WRITING LABORATORY

2024-2025

PO LEUNG KUK MA KAM MING COLLEGE

Content I

Content II

Content III

Email - Out and About

By 1A Cheng Cheuk Tung, Abby

Re: Our exciting and fun-filled weekend in Hong Kong

Dear Cherie,

I know you are free this weekend. Should we explore some places in Hong Kong together? I've thought of some great places to visit!

First, let's go to Ocean Park, which is in Aberdeen. We can spend the whole day at the park! If you want to explore the entire park, we could stay overnight at a hotel nearby. It is not too expensive. At Ocean Park, we can see some exotic animals like polar bears, penguins and sharks. There is so much to see. After visiting the animals, we can ride the roller coasters. They are exciting. I'm sure we will both have a lot of fun.

Next, we can visit Shek O Beach. I know that we both enjoy swimming, so I think it will be a memorable experience for us. We can go there by bus. When we arrive, we can have fun at the beach for about four to five hours. I think we should go in the afternoon because that's when the restaurants are open. After a nice swim, we can try some seafood from the area.

Finally, we can't forget about visiting Disneyland on Lantau Island! We can go there by MTR. Once we get to Disneyland, we can spend four to six hours checking out the magical park. I know you're excited to meet Mickey Mouse, your favourite character! At night, we can stay for the beautiful fireworks show. It will be a magical end to a perfect day.

Let me know if you have other ideas. I can't wait to spend time with you this weekend!

Best wishes,

Abby

Review - Game on

By 1A Law Ting Hei

Why I Love *The Battle Cats*

Are you looking for a game that's both quirky and strategic? Do you want to join a group of friendly people who love to play? If yes, I have a game to tell you about! My favourite game has won the hearts of players everywhere.

In 2012, a company called Ponos, based in Japan, decided to create a game called *The Battle Cats* with its team of developers. When the game first launched, not many people noticed it. However, everything changed when an English version was released in 2014. It suddenly exploded in popularity. Now, *The Battle Cats* is well-known for making players think carefully about their moves. The game is inspired by the game *Nyanko Great War*.

The Battle Cats is considered a tower defence and strategy game. The game is simple: you fight, upgrade, press buttons, grind experience (XP) and repeat. The game has faced allegations in the past, but these were proven false. *The Battle Cats* has many fans and is very popular. If you try to hack the game, it won't work. The people who made *The Battle Cats* have special protections to stop hacking. Anyone caught hacking will get in trouble.

There are both merits and demerits about the game I want to discuss. First, the game has amusing and challenging stages to play through. The treasure grinding and talent system are what make it a balanced classic. On the downside, there are some absolutely horrible units that have been added to the game. The number of traits some enemies have can be really annoying. What I dislike most is the random number generator (RNG). It can sometimes be frustrating as if you are unlucky, this foils a well-executed strategy.

Overall, I like the game's amazing pictures and cool designs. The artwork and animations are awesome. Many players enjoy this game because they have to think carefully and use their strategies to win. Even though some fan art may look strange, that's okay! People still love The Battle Cats. It is a classic game that many fans enjoy.

Article - Sports & People in sports

By 1A Lo Tsz Huen

Why You Should Try Badminton

By Cherie Lo

Do you know badminton came from England? I am really passionate about badminton. I can't get enough of it. My mum suggested me trying it when I was six. Since then, it has become one of my favourite hobbies.

To begin with, let's learn the simple rules of badminton. You must not let the shuttlecock hit the ground, or you will lose a point. You need to hit the shuttlecock over the net. Along with bringing your badminton racket you should bring some spare shuttlecocks. It is very important to be prepared.

Moreover, badminton is a brilliant sport for all ages. It has many benefits. For example, playing badminton can keep you strong and healthy. Apart from keeping you strong, badminton helps you build important skills like cooperation. You should not miss the chance to play with friends, as teamwork can help you build friendships and mutual respect.

Last but not least, I believe it is a good idea to start playing badminton. It's easy to learn and can greatly improve your health. You can even enjoy badminton indoors. I hope this article inspires you to give badminton a try!

Review - Game on

By 1A Tang Chun Long, Angus

Roblox: The Playground for Creators

Roblox is by far the most trending game platform in the world. It is reported that there are about 200 million players online monthly, which is incredible. In Roblox, players can create their own games. Roblox was created by David Baszucki and Erik Cassel in 2004. Little did they know that Roblox would come up with robots and blocks, which is interesting, isn't it? Roblox cares a lot about fair play. If someone cheats or hacks, they can get banned.

On top of that, Roblox is the perfect game for entertaining digital natives. It has a diverse game library with different kinds of games made by Roblox's fandom and community. People can also use their creativity to create various games. Best of all, you can play Roblox for free. I enjoy the freedom of playing and creating games. I was amazed by how many choices there are. Moreover, Roblox can be educational. If you want to make your own Roblox games, you need to learn about coding and design. Countless functions are hard to use, but they can improve our coding skills, which are useful for the future.

However, although there are many players, people are particular about the quality of the games they play. Moreover, with so many games to try, players sometimes become addicted to games.

In my opinion, I think Roblox is suitable for people of all ages to play, as it is user-friendly and has a lot of features that everyone can access. it is a fantastic game that keeps getting better. Why not give it a go? Whether you want to use your creativity, learn new things, or just have fun, Roblox has something for everyone.

Speech - Healthy Eating

By 1B Huang Tsz Ting

Good morning, Principal, teachers and fellow schoolmates. I'm Chris Wong from Class 1B. Today I am going to talk about healthy eating.

It is important to eat healthily since healthy food can provide energy for us to grow and do work. Also, healthy food can make our teeth, skin, bones and muscles stronger. More importantly, it can protect our bodies when we get sick.

I want to share a healthy dish that I like, it's salad. I always make it with my favourite vegetables such as green cucumber, broccoli and raw lettuce. Then, I will mix them with some lemon juice to add flavours. It is healthy and easy to make. Vegetables provide carbohydrates, Vitamin C and Vitamin K. Vitamin C can boost immunity. Besides, Vitamin K contributes to bone health. All of these vitamins are important to our bodies.

So, let's eat more healthy food together and make our bodies stronger, shall we? That's all of my sharing, thank you for listening.

Story - An Interesting Day Without My Phone

By 1B Huang Tsz Ting

Last Sunday, Amy invited me to study at the library together. While I was on the bus, I suddenly realised that I didn't have my phone. At first, I thought it would be a boring day, but it turned out to be completely different from what I thought.

After I got off the bus, I felt helpless without my phone because I didn't know the way to the library. My brain went blank for a moment, but I took a deep breath and calmed myself down. After that, I thought of borrowing a phone to call Amy. I described what I saw to Amy and she came to pick me up. 'I'm so happy to see you! Thanks for coming! You're a real friend!' I said excitedly.

When we arrived at the library, Amy turned off her phone to try to spend a day without phone as well. Without the distractions from our phone, we were very focused and we studied a lot of English vocabulary. I used to find English vocabulary very difficult, but surprisingly, I found it easy on that day. I never thought I could learn this fast.

It was an unforgettable experience for me and Amy. We have learnt that a life with no mobile phone can still be happy. I will try to shut my phone down for a day once a week.

Email - Fun-filled weekend

By 1B Man Yue Fei

Dear Joe,

How have you been doing? Let me tell you some great news. My exam is over and we can hang out at the weekend. I've already planned ahead. Let me tell you the exciting plan.

First, we'll need to decide on a meeting point. I suggest we meet at the bus station near the airport. From there, we can take a shuttle bus to Mong Kok, where we'll find a hotel to stay at for the night. After settling in, I plan to visit Snap Shop so we can enjoy the stunning city views from above. We can also take photos with Disney characters and even get their autographs.

Afterwards, we can go on a shopping spree. There are so many shops in Mong Kok where you can buy souvenirs and gifts for your friends back home. One of my favourite places is The Silver Dragon in Mong Kok. I suggest you should bring plenty of money as it's like a flea market and you can find all sorts of delicious Thai food. It is full of nostalgic souvenirs.

Next stop, we can go to Disneyland by car. It's only 30 minutes away. We're going to spend the whole night there so don't forget your camera. After dinner we'll finish the evening with a fireworks show. What unique memories we will create between us.

Although the trip will be exhausting, it will be memorable and we will have some beautiful Y2K photos as a keep sake of our interesting trip. I hope you will like it.

Love,
Holly

Article - My Favourite Sport

By 1B Man Yue Fei

Are you a sport lover or a big fan of playing badminton? If you are, you are going to have a new friend because I am a big fan of badminton too. Why is badminton my favourite sport? Because playing badminton can help us grow taller and make us be healthier.

Besides, it is easy to learn and we don't need to buy much equipment. You only need a badminton racket and shuttlecocks. There are two ways to play badminton. The first is singles, where two players compete against each other. The second is doubles, which involves four players in total. Playing badminton is a great way to improve hand-eye coordination.

I started playing badminton when I was five. My family and I were having a gathering, and my sister and dad were playing. I wanted to join them, but I didn't know how to play. My dad noticed I looked disappointed, so he taught me. From that moment on, I fell in love with badminton.

When did you start playing badminton? If you haven't tried it yet, give it a go with your friends—it's a lot of fun!

Speech - Healthy Eating

By 1C Huang Lucy

Good morning, Principal, teachers, and fellow schoolmates. I am Chris Wong from class 1C. Today I am going to talk about how to improve students' healthy by eating and why it is important to eat healthily.

A lot of teenagers enjoy eating fast food but fast food can be unhealthy for us. Fast food contains a lot of oil, fats and salt. Consuming too much of it can lead to obesity and illness. We need to eat less fast food.

Eating healthily is important because healthy foods like vegetables, and fruits, provide a lot of nutrients which helps our body to function well. Foods such as apples, blueberries, tomatoes, and broccoli are rich in dietary fibers and vitamins. Fiber aids digestion and vitamins protect our organs, eyes, improve our nails and hair and so on. These nutrients found in vegetables and fruit can help us prevent diseases and strengthen our immune system. Nutrients help our bodies fight off germs and support our growth. Hence, maintaining a healthy diet is crucial.

It is a good idea to try to make a healthy dish by yourself. I think smoked salmon salad is a great choice. Salmon is rich in omega 3 fatty acids which are beneficial to our health. Omega 3 fatty acids help support heart health, brain function, and reduce inflammation. Smoked salmon salad is easy to make it. First, select your favourite vegetables. Next, chop them into pieces and mix them with the smoked salmon. Last, add some salad dressing. Then, a mouth-watering, homemade salad is ready to enjoy.

Eating healthily is vital for our physical health. By making better food choices, we can enhance our quality of life and enjoy the time we spend with loved ones. So, let's start eating more healthy food today. This is the end of my sharing. Thank you for your listening.

Article - My Favourite Sport

By 1C Huang Lucy

Badminton – an intense sport

By Lucy Huang

Have you ever tried playing badminton? Badminton is my favourite sport! Since my first attempt, I have found it enjoyable! So, I joined the school's badminton team and practice twice a week.

First of all, there are some rules and equipment we need to know and prepare for, for playing badminton. This intense sport requires one or two players for each team. They should use rackets to hit a shuttlecock to score points. Therefore, we need to wear trainers to move easily on the court. Apart from wearing trainers, we also need to wear knee pads and wristbands to protect our joints.

Now, I want to share my special experience and the reason why I like playing badminton. Once, I carelessly twisted my ankle in the competition, but I didn't give up and still gave it my best shot to finish the competition. In the end, I won. I was so excited and I also learnt a lesson from this unforgettable experience: never give up. This is the reason why I am so fond of playing badminton – I learn a lot and it is great personal growth!

In addition to learning valuable lessons, another reason I like playing badminton is it keeps me healthy and fit. It improves my hand-eye coordination and keeps my mind active. It is definitely an intense and interesting sport.

If you have not yet tried, it is a good idea to play badminton. It is not difficult to learn and you can play it with your friends or family in your spare time. I'm sure that once you give it a try, you will fall in love with this sport.

Speech - Healthy Eating

By 1D Chen Shi Yue Cindy

Good morning, Principal, teachers and fellow schoolmates. I am Cindy from Class 1D. Today I am going to talk about improving the health of students. First of all, there are many ways to keep us healthy, such as to sleep well and exercise well. But today, I would like to talk about how to eat well. It is the easiest way to keep us healthy. We eat every day, don't we?

Eating well is important. If we don't eat well, we may get ill or fat. Eating healthily can keep us fit and mentally healthy. It is important, isn't it?

Next, I would like to share with you a healthy dish that I learnt from the Home Economics lesson. It is low in oil, sugar and salt. It is full of nutritional value and delicious. This dish is salmon and vegetables. All you need to do is, first, prepare a few pieces of salmon, a few cups of raw vegetables, a handful of tomatoes and some salad dressing. Second, cut the raw vegetables and tomatoes into small pieces. After that, mix them together and add some salad dressing, if you like. Serve like this on its own or adding an egg is a healthy option too. Eating well is easy, isn't it?

It is important to eat healthily. Vegetables are full of minerals and vitamins. Eggs and meat are full of protein, too. We should eat healthily every day. So, let us keep a healthy diet, shall we?

This is the end of my speech. Thank you!

Blog - An educational hobby

By 1D Chan Chak Hei

An Educational Hobby

Posted by Hugo Chan Chak Hei on 8 December 2024

Someone said, ‘Reading books are steps that help humans to grow.’ Reading books is a good hobby as books are useful and informative.

Initially, I did not like reading but all the friends around me liked reading. They invited me to the library to read together. Then, I started to like reading. In the end, I became a bookworm.

Reading is very enjoyable. When I read, I feel like talking with the cleverest people in the world. I like books about politicians or famous people. My favourite book is *Quotations from Chairman Mao Tse-Tung*. This book is about the Chinese leader Mr. Mao. Reading this book, I learnt a lot about China’s history. It was very educational.

Through reading, we can relax both our mind and our body. When we immerse in reading, we will not hear any noise and any emotion we have is in connection to what we are reading. Only when reading will we feel such relaxation .

Reading can help us learn a lot about culture, history and knowledge. When we read books about politics, it feels like joining an international event with other famous people, being a part of the event and changing the world together. We can also learn more about our country.

Let’s read and have a promising future together!

By 1D Tse Wing Hei, Harris

Monopoly: A Great Game for Everyone

I think everyone has a favourite game, right? My favourite game is Monopoly.

Monopoly is a really fun game. It is famous all over the world. Lots of people have played it. It started a long time ago. A smart lady called Elizabeth Magie made it to help children learn about money and how things work. Then, a man named Charles Darrow changed it into the game we know today.

You play Monopoly with dice, property cards and money. Players buy pieces of land, build houses and hotels, and then ask for rent from anyone who lands on their land. The goal is to make all the other players run out of money. There are also some fun surprises, like going to jail or paying for water bills.

Did you know that during the Second World War, British soldiers who were Prisoners of War, used Monopoly boards to smuggle in essential items, including real money and maps to help them escape!

So, I really enjoy playing Monopoly because it’s so exciting!

By 1D Yang Tim Lung Timothy

Cycling – A Wonderful Sport

By Timothy Yang

Cycling is one of my favourite sports because it can make me stronger and healthier. Do you enjoy riding your bike? When I have some free time, I love to go out cycling with my friends because it helps me feel relaxed and happy.

First of all, let's talk about some important rules. What should you wear when cycling? It is a good idea to always put on your helmet and other protective gear, such as knee pads and elbow pads. They can keep you safe while riding your bike. In addition, if you ride at night, you must use lights on your bicycle so everyone can see you.

Moreover, cycling can be a lot of fun. Once, I had an exciting race with my friend. At first, I had the upper hand. Suddenly, my friend caught up to me. Just before the finish line, I gave it my best shot and crossed the finish line first.

Lastly, I hope you will give cycling a try. It can make your muscles strong and improve your health. Besides, you can spend time with your friends. So, when you have free time, hop on your bike and enjoy cycling!

Profile - My Classmate

By 1E Wong Ching Tung Megan

My classmate is called Emily. She is clever and patient at school. Her birthday is on 19th May and she lives in Fanling.

She is a sporty person. She likes to go hiking and play table tennis very much! She goes hiking with her family once a month and plays the table tennis with me and our friends once a week. She always feels tried after hiking and playing table tennis but she enjoys that most of the time because she likes doing this a lot.

She was very worried about her new school life on the first day because she didn't know anyone at the new school. But now she is very happy and excited about the new school because she has made a lot of new friends and our teachers are very nice. She thinks it is a good beginning and she thinks she will have more friends at the new school. She wants to be hardworking so as to learn more things and have a fruitful year.

Story - A Day with No Phone

By 1E Wang Yuzhen

I was excited when I woke up because today was a sunny day—no rain! After quickly eating my breakfast, I left home and took the bus to visit my grandma.

When I was on the bus, I felt very bored and couldn’t sleep because there were no empty seats, so I had to stand for a long time. I opened my bag to find my phone, but I was surprised when I pulled something out—it was my power bank! I had forgotten to bring my phone.

Even though I didn't have my phone, I had made a plan for today’s trip and brought enough cash. But after getting off the bus, I realised the most important thing—I didn’t know my grandma’s home address! I wanted to call her and ask her to wait for me at the bus station, but I couldn’t. I felt confused. Then, I suddenly saw my grandma’s neighbour, Mrs. Chan. Luckily, she still remembered me, so I asked her for my grandma’s home address.

Although I arrived late, I finally visited my grandma and ate lunch with her.

A letter to the Editor - Teenagers using filters

By 2A Kung Wong Lok Keung

Dear Editor,

I am writing to express my opinions on how 90% of teenagers in Hong Kong are using filters to edit their photos before posting them on social media. As a teenager, I would like to share the reasons why teenagers commonly use filters and the importance of inner beauty.

First, filters can enhance anyone’s appearance and increase their confidence. Filters can smooth out skin blemishes such as acne and adjust facial features. Meeting the public's aesthetic standards can increase the likelihood of receiving more likes and positive feedback on social media. Using filters makes teenagers feel more confident when sharing photos because they can present the perfect version of themselves.

Second, filters can be adapted to various social media trends. Nowadays, many popular influencers on social media use filters in photos to show their perfect face. Therefore, teenagers who follow them, also want to be like them and be appreciated by their peers. Also, teenagers are worried that they may be discriminated against or attacked if their unfiltered photos stand out since social media platforms are filled with filtered photos.

However, I believe that inner beauty is more important than appearance. Inner beauty is enduring and has a deeper impact on interpersonal relationships and personal growth. Although appearance can attract initial attention, inner beauty, comes from kindness, empathy, and wisdom, which are all traits that can establish strong and meaningful connections.

In conclusion, we should realize that filters can be a tool to help us look perfect temporarily, but inner beauty is the key for us to win admiration from others.

Best regards,
Chris Wong

Film review - The Last Dance Saved Me

By 2A Wen Ya Qi

If you think a funeral is terrible, you haven't seen *The Last Dance* (2024). Hearing the name of this film, you may think it is a horror film. When you watch this film, you will know that a tissue is definitely not enough to wipe your tears! It is touching.

The Last Dance was written and directed by Anselm Chan. It tells the story of Dominic, a wedding planner, who was forced to become a funeral agent in the background of the pandemic and business depression. This transformation caused a fierce conflict between him and Taoist priest, Master Hello Man. Later, Dominic's attitude and feelings towards his career and life change gradually while getting along with Hello Man and his son and daughter.

The Last Dance is a must-see. I was on the edge of my seat. First, the themes in *The Last Dance* are based around the traditional Taoist funeral ceremony, 'Break Hells Gate.' The film not only explores the separation of life and death, but more importantly, through the experience of the characters, it also shows the difficulties of real life, such as the career difficulties of Taoist students and the pain of Miss Zhen's loss of children. These themes trigger the audience to think about the meaning and difficulties of life.

Second, the characterisation is vivid. For example, the main character, Dominic Wong, performed by Dayo Wong, changes his job from being a wedding planner to working in the funeral industry. The transformation of Dominic's personality through this experience is rich and the growth of the character is impressive.

The only shortcoming of the film is how some of the themes are insufficiently expressed. The film wants to express too many themes, aside from life and death, such as gender equality and East Asian families' conflicts, but these themes are only touched on.

In general, this film enables us to deeply experience the joys and sorrows of human nature. It taught me how to communicate with my family, and it saved me. I highly recommend this film to you. I really wish it would have a sequel.

Speech - A person has made an impact on me

By 2A Wu So Tung

Good morning, Principal, teachers, and fellow schoolmates,

I am Cathy from class 2A. Today, I am going to talk about my grandma who has made a positive impact on me in my life. With her silver curly hair, kind eyes, and warm smile that can melt away all my worries, she has been a constant presence in my life. While she has faced numerous challenges in her life, she has always remained positive and resilient.

One of the most significant ways she has influenced me is through her work ethic. She worked tirelessly as a seamstress, often staying up late until midnight. She taught me that no matter how difficult the task is, trying the best is the key to success. When I struggle with my study, especially the challenging math questions, I often think of her perseverance. I will think of her sitting at the sewing machine and patiently fixing intricate patterns. I then find the strength to keep trying and push on with all the math problems.

Also, my grandma is kind enough to help others. She is always the first to offer a helping hand to our neighbors, even to go as far as sharing her house with an elderly friend. She showed me that small acts of kindness matter. All our many kindnesses can have a huge impact on others' lives. Inspired by her, I have been volunteering in a local community center for a long time. I find it incredibly rewarding to make a difference in someone's life.

My grandmother is my role model. Her unwavering work ethic and boundless kindness have shaped me into the person I am today. She let me know that love for learning and compassion for others can overcome obstacles and make a positive impact on the world. I hope that one day I can be a great inspiration like her.

Thank you for listening.

Article - An eco-friendly Christmas party

By 2A Yang Cheuk Lam Aslan

How to Make an Eco-friendly Christmas Party

Christmas is coming soon. I am sure everyone is expecting the Christmas party. However, a party can cause a lot of rubbish. So, how can we hold an eco-friendly Christmas party?

Here are some tips for an eco-friendly party. First, we can hold the party outdoors instead of indoors, because an outdoor party can help save electricity. There is no need to turn on the air conditioner or strong light sources, such as light bulbs, if we hold the party outdoors. Second, we can use fewer disposable products for the party and use more recyclable products to reduce the rubbish. Last, we can use our own cutlery instead of single-use cutlery. We can also reduce leftovers by carefully ordering the amount of food we want to eat.

Now, I am going to share with you some experiences that I had last year. We launched many campaigns that could make the festival greener, such as a competition about collecting rubbish and activities that encouraged students to create new items. We also had an activity about making the party decorations on our own. These activities made the party greener and more eco-friendly. I'm sure this precious experience can help you come up with some ideas about how to make the Christmas party greener.

Overall, having an eco-friendly is not that difficult. We can protect the environment while enjoying the festival. This is great, isn't it? What are you waiting for? Come and join us to hold an eco-friendly Christmas party together.

Speech - Role model

By 2B Chan Yuk Tong

Good morning, Principal, teachers and fellow students,

Do you have a hero who has had a great impact on your life? If so, how did they inspire you? I am Chris Wong from Class 2B. Today I am going to talk about a person who has inspired me a lot.

My role model is Ma Long, the famous table tennis player in China. He is one of the best table tennis players in the world. He has won about 30 awards in the past ten years. Most people say that he is the best player in the history of table tennis. However, his life was not always so good.

In 2009, Ma Long lost three times to one of his teammates. To overcome this stumbling block, he worked hard. He did not give up and continued to improve his game. Finally, he won many gold medals and has become one of the best table tennis players in the world.

From the stories of Ma Long, I have learnt that we should not give up easily even when we are in hot water. We should try to finish our tasks as much as we can because nothing is impossible. In addition, I find Ma Long very modest. He never says things are easy for him. Even when he wins a match, he will say something to admire his opponent.

In conclusion, Ma Long has inspired me. I know that when I face any stumbling blocks, I should never give up!

Letter to the Editor - Using filters

By 2B Du Jin Feng

Dear Editor,

I'm writing to express my opinion on the use of filters among teenagers in Hong Kong. Most teenagers edit their photos before posting them on social media. In my opinion, they should not do so because inner beauty is more important than physical appearance.

First of all, most teenagers use filters to adjust facial features in order to look more beautiful and make a good impression. They want to attract attention and win admiration from people they care about such as their friends and families. If they get more likes on social media, they believe they will have more self-confidence. After using filters, they feel proud of themselves; however, this pride, and these 'likes' on social media will not build true self-confidence.

I think teenagers should not use filters because inner beauty is more important. Teenagers should learn that people have different kinds of beauty. If you are very beautiful but very rude, no one will like you. Inner beauty such as kindness and intelligence also matters. When teenagers understand that inner qualities make them beautiful, they will feel good about themselves and feel real self-confidence.

In conclusion, teenagers should not put emphasis on how they look. Beauty is only skin deep. They should focus on developing their personalities.

Yours faithfully,
Chris Wong

Story - Mysterious stories

By 2B Yip Tsz Hang

Lessons from a Broken Ship

One day, during the Visual Arts lesson, Mr. Chan, asked Class 1B to build a model in groups of four. David, Tim, Ron and Daniel were in the same group.

‘What are we going to do now?’ asked Tim.
‘Let’s build a ship full of zombies.’ Ron replied.
‘Great!’ Daniel said, ‘I like making terrifying things. Let’s do it!’ Then, they started to make the model. As all of them were impatient, they built the model very quickly. The faster they built the model ship, the more mistakes they made. Because of their impatience they made mistakes, which meant the model ship could break easily.

Four days later, the model ship was built, and they had to bring the ship back to their school. Since the model ship was big and heavy, they had to be very careful. On the way to their school, some streetlights started to flicker, and they heard some weird noises.

‘This gives me the creeps,’ said Tim, when all of a sudden, they saw a ghost heading towards them! ‘AHHHH!’ Ron yelled at the top of his lungs and ran away, causing the model to fall. As the model ship was not perfectly built, it broke into many pieces. ‘Oh no! Our model ship!’ Tim cried, ‘What can we do now with only one day left?’
‘Pick up the broken pieces quickly! We still have time,’ Daniel ordered. The group reacted quickly and rebuilt the model without making any mistakes within fifteen hours.

At last, the group finished their project and learnt that they should not cry over spilt milk, and they should finish all tasks with patience.

Blog Enry - True Friendship

By 2B Zhang Shu Qui

A True Friendship

Hi everyone! Do you have a true friend in your daily life? My true friend is Mary. Mary is a 16-year-old teenager. She has long wavy hair with an oval face. She is very attractive, and she also likes to smile. When she smiles, she is charming.

Mary is not only very beautiful, but also very thoughtful. When we hang out, she always notices everyone's emotions. Besides, she is confident. She doesn't care what other people say, and she stays true to herself. When I am sad, Mary always lends me an ear and listens to me attentively. She has helped me solve a lot of problems.

I remember that we once went camping together. I hadn't been camping before, and I was a bit scared. Mary encouraged me by saying, 'I will protect you. Don't be scared! Be brave!' She always supports me when I do not feel confident enough. She is an encouraging and supportive person.

Mary is my most important friend and her friendship empowers me. I think she is the best girl in the world! Can you share something with me about your best friend in the comments below? I'm waiting for you!

One-sided Argumentative Essay - Animal shows

By 2C Wu Chiu Yee

Animal shows should be banned

I support the idea that animal shows should be banned. I believe that animals should enjoy freedom and dignity and should not be forced to perform in unnatural or harmful ways.

First, there is no doubt that animals shows should be banned to respect animals' basic welfare rights. Forcing animals to perform often involves prolonged training and unnatural behaviour displays that violate the principals of animal welfare. Many animals are required to perform actions that go against their natural habits which is harmful to their physical health. For instance, in the aquarium at Ocean Park, exhibits many adorable and obedient dolphins which are trained to show seemingly exciting, complex, jumping and flipping movements. Yet, they actually cause serious damage to dolphins' bones and internal organs. Therefore, we should ban animal shows to protect animals' well-being.

Also, animal performances often have safety hazards that not only pose a threat to the animals themselves, but also pose risks to the audience and staff. When animals perform in unnatural environments, they can easily feel stressed and anxious. This emotional state may lead animals to engage in aggressive behavior or cause chaos by attempting to escape. For example, during a circus show in US, a lion broke from its restraints and rushed into the audience, causing multiple injuries. Therefore, animal shows can be dangerous, and thus we should ban animal shows not only to protect animal welfare but also ensure human safety.

To sum up, animals are sentient beings with emotions and lives. Humans have no right to profit from wildlife. The imprisonment of animals and forced training to make them perform for entertainment is an example of extreme cruelty. Moreover, the training process causes serious injuries to the animals. We should take their lives seriously and ensure their safety. Human societies must cultivate a genuine respect and care toward wildlife animals, as well as leave them alone in their natural habitat.

Letter to the Editor - Teenagers' use of filters on social media

By 2C Tan YanQing

Dear Editor,

I am writing to express my thoughts regarding the recent article that claims about 90% of teenagers in Hong Kong use filters to edit their photos before posting them on social media. This alarming statistic has prompted me to reflect on the underlying reasons for this beauty-obsessed trend and the importance of inner beauty.

Firstly, teenagers use filters to boost self-esteem. Some teenagers use image filters to adjust facial features, such as covering scars or spots, so that they can show flawless skin to others. They don't want people to see the imperfections. Filters can temporarily boost self-esteem by allowing teens to present their perfect selves to others, which can increase their confidence.

Secondly, teenagers' use of filters often stem from social pressure or herd mentality rather than their recognition of the trend. Some teenagers jump on the bandwagon of using filters without truly understanding its value or meaning. They only join in because of peer pressure. If someone gives a like or comments on their filtered pictures or videos, teenagers take this as approval and feel encouraged to adopt this practice regularly. For instance, a filter named 'AI Retro Comic Filter' has become extremely popular on Instagram and TikTok. This filter can transform users' facial features into the style of comics from the 1980s, with exaggerated highlights and shadows effects, which has attracted many people to follow suit and use it. However, people have overlooked the potential risk of facial data leakage that may result from the abuse of AI technology.

In my opinion, the value of one's external appearance diminishes over time, whilst qualities such as kindness, wisdom, and courage increase in value. Teenagers' obsession with retouching their photos can make us forget the importance of inner beauty. In fact, our personality, our kindness and consideration toward others, is the real beauty. These inner attributes shape our character and define who we are beyond mere physicality.

In conclusion, I strongly believe that inner beauty is more important than outward beauty. I hope that schools and parents can educate teenagers about the appropriate use of filters and the significance of inner beauty. In this way, teenagers can foster healthy self-esteem. Thank you for bringing attention to this important issue. I hope my letter sparks further conversation and action.

Yours faithfully,
Chris Wong

Letter of Invitation - Helping others

By 2D Chan Wai Yan

Dear Parents,

I am Jovi Chan, the chairperson of the Social Service Club. I am excited to invite you to participate in our upcoming fundraising event aimed at raising funds for Hope HK, a charity organisation dedicated to supporting educational programs for individuals with intellectual disabilities.

This campaign is a wonderful opportunity for us to come together as a community and make a significant difference in the lives of those who require extra assistance with learning and daily activities. By promoting healthy living and unity, we can bring hope and relief to individuals and families who are struggling, giving them a chance for a better future.

The charity walk will take place on March 17th, starting at 1:30 pm and concluding at 4:30 pm. The route will begin at the Sha Tin Town Hall. From there, we will proceed along the picturesque Shing Mun River, continuing towards the scenic Lion Pavilion, and finally looping back to the starting point at Sha Tin Town Hall. Every step you take and every dollar you raise will directly contribute to enhancing educational resources, providing specialized learning tools, and offering tailored support to those with intellectual disabilities. Your generosity will help create an inclusive environment where everyone has the opportunity to thrive and succeed.

If you find this cause meaningful and would like to make an impact in our community, please send us an email with your name and phone number before March 10th. Feel free to reach out if you have any questions. We look forward to your enthusiastic participation and support.

Let’s pay it forward by helping those in need!

Yours sincerely,
Jovi Chan

One-sided Argumentative Essay - Animal shows

By 2D Ng Sze Sze

Animal shows should be banned

In recent years, the issue of animal shows has sparked debate. Therefore, I totally agree that animal shows should be banned. The reasons are as follows.

First of all, animal shows are not a natural environment for animals. Wildlife belong in their natural habitat. For example, birds and dolphins have the innate ability to find food by themselves. Birds can find worms to feed themselves and their young, while dolphins can catch fish. However, if they are raised by humans, they will lose their survival skills. They are not meant to be imprisoned and trained to perform complex tricks for human entertainment.

Another argument is that animal shows are a form of animal cruelty. Animals need to endure long training to perform one action only. Some trainers hit animals if they do actions incorrectly because they want the animals to be obedient. Therefore, animals will feel tired and stressed. For instance, at Ocean Park, dolphins are trained to jump out of the water and hit the ball and the trainers sit on their body while swimming around the pool. These sophisticated actions are harmful to them.

Some people think animal shows will give them an over-the-moon experience. They think the animal show does not pose any imminent threat to the animals' wellbeing, nor during the performance, and will therefore have no negative impact on the audience. This is not true. Animal shows often include dangerous performances. For example, trainers sitting on dolphin's body can be harmful because trainers can be too heavy for some weak dolphins so they will get hurt. Besides, animal shows teach wrong values to children as well. When children watch animal shows, they learn that it is acceptable to treat animals as objects for entertainment. This can lead to a lack of empathy and understanding of the natural behaviours and needs of animals, especially to wildlife.

Based on the examples above, it is clear that animal shows are a form of animal cruelty, and the well-being of animals is ignored. Therefore, I agree with banning animal shows. Animal shows are like the elephant in the room. Animal shows are a big problem but everyone avoids addressing it, or they ignore it completely. We need to address this critical issue head-on to support the banning of the animal shows.

Letter of invitation - A walkathon activity

By 2E Yang Fu Zhen

Dear Parents,

I am Jovi Chan, the Chairperson of the Social Service Club. I am thrilled to invite you to participate in a meaningful walkathon activity.

This fundraising activity will take place on Saturday, May 14th, at Hong Kong Park. It will be held from 8am to 12pm. All the participants will walk along a predetermined route of 5km, starting from Hong Kong Park Gate A and ending in Tsim Sha Tsui MTR Station. Along the walk, you will see refreshment stations where you can take a break and learn more about our charity.

The purpose of the fundraising activity is to raise funds to help our underprivileged community. We will provide them with medical care, shelters, and basic supplies. We hope the walkathon can bring us together for them and let them feel the warmth and bonds with us.

To register, you can visit our website, www. socialserviceclub.org and download an application form. You can fill in your personal information and send it back to the email socialserviceclub@gmail.com. The email address can be found on the website at the link on the application form. The deadline is April 25th.

We look forward to your participation. If you have any questions, please feel free to let me know.

Best regards,
Jovi Chan
Chairperson
Social Service Club

Blog entry – Friendship

By 2E Yeung Hei Lam

My True Friendship

Posted by Hilary at 1pm on 1st January 2024

What is a true friendship? I think a true friendship is based on respect and honesty. My best friend is my classmate, Jessie.

She is medium height and weight. She has a round face and long black hair. Jessie is in Green House, so she always wears a green shirt at school. She carries a bag with many important things, such as keys, student card, and money. She always smiles. Her warm smile is like the sun, which can make us feel joyful and warm.

Jessie is optimistic. When we have some difficulties, she comforts us with a smile. I remember one time when we had an activity to pick up dead leaves. I was tired and wanted to go home. Jessie said, ‘It’s ok. Although this activity is tiring, it can make us healthy and we can learn a lot of things.’

Also, she is very warm-hearted. When I feel nervous and downcast in the tests or exams, she always knows how to make me smile and feel better. She tells me some jokes and lends me an ear. Although her jokes are not funny, she tries to make me cheerful and takes care of my feelings. She never lets me down.

This friendship helps us grow. It is one of the most precious gifts in my life, so this friendship is important for me.

Story - Eclipsed Horizon

By 3A Liang Jie Zhen

In 2493, in the far reaches of the galaxy, a research vessel called Stellar Sentinel, was searching for ancient alien relics. Passing through the glittering expanse of the nebula, the crew stumbled upon a massive, dormant space station of unknown origin.

Dr. Elara, her eyes gleaming with excitement, exclaimed, 'Look at this! A fully intact alien station!' Captain Dax frowned, his rugged face betraying a doubtful expression.
'We've seen ruins before, Elara. It is risky to explore something so intact!'
'Risky? Beside them, Rex, the android, quipped, 'That's your cue to send men first.'

The station loomed ahead, its metallic surface eerily smooth under the starlight. As they entered, the air was cold and stale, carrying a faint metallic tang. It was impossible to ignore how unnatural the silence felt, as if the station itself were holding its breath. Elara eagerly examined some glyphs glowing faintly on the crumbling walls. 'These patterns are baffling.' She muttered, her voice tinged with frustration. But then, the station trembled, and its ancient systems roared to life. 'What did you touch?' Dax called, his voice laced with alarm. Elara stammered. 'I–I didn't touch anything!' Suddenly, the central chamber revealed its purpose by a screen: a massive weapon capable of erasing star systems. An ominous countdown began as an eerie hum of machinery grew louder.

The station unleashed mechanical guards – sleek, deadly robots with glowing red eyes. A piercing scream shattered the silence as one robot attacked. 'Rex, hold them off!' Dax shouted, grabbing his plasma rifle! 'It is critical to buy us more time!' Elara cried, frantically studying the alien console. Whether she could decode the baffling glyphs in time or not would determine the fate of millions. Rex charged ahead, metal clanking against the floor as he fought off the attackers. The sound of laser fire, the acrid smell of burnt circuits, and the screeches of the killer robots filled the air.

'I can't override it! Someone has to disable the core manually!' Elara yelled, her voice trembling. Rex, pausing mid-strike, said calmly, 'Looks like that's my job.'
'Rex, no!' Dax shouted.
'It is brave to make such a sacrifice', Rex's wry tone hung in the air before he disappeared into the chaotic maze of conduits.

Minutes later, the countdown ceased, and the station powered down. But Rex hadn't returned. 'He saved us,' Dax whispered, grief shadowing his voice. As they returned to the home ship, Elara vowed, 'We'll find a way to bring him back.'
The galaxy was saved, but they had lost a friend, and the journey was forever changed.

Letter of Advice - Teenage Problems

By 3A Wong Sara

Dear Amy,

Thank you for reaching out and seeking help. I know it must be overwhelming to be stressed for a long period of time. I'm here to support you, and I'll give you my best advice in the hope that you can get the help you need.

First, you mentioned that you had lots of homework and had to study every day. I suggest you use the Pomodoro technique for schoolwork and revision. It helps you have enough time and energy to focus on a task. You should try studying for 35 minutes, then rest for 10 minutes or adjust to your own liking. Doing homework seems endless, and you might not see the light at the end of the tunnel. I recommend scheduling and time blocking what you might need to do as soon as you arrive home. This method helps me visualise my workflow and makes me feel less overwhelmed. I hope it works for you too.

Second, you also mentioned that you were not getting quality sleep recently. Trust me, I can relate as well. What really helped me to fall asleep and stay asleep was to find time to wind down. For example, avoid looking at your phone screen for 30 minutes before bedtime. Try meditating quietly in your room and listening to calm jazz or classical music. I know it's hard for you while having a packed schedule, but getting a good night's sleep actually helps convert the study materials you've revised into long-term memory. Not sleeping is neither good for your studies nor your body, so please keep that in mind when you're thinking of staying up late to cram for your tests.

Third, you talked about being unsure whether or not to take sleeping pills. There are many side effects, like feeling sleepy the next morning or feeling a tingling sensation in your limbs. It might ruin your circadian rhythm or cause dependence or addiction to the sleeping drug. Medical professionals definitely advise natural remedies over medicine. If you feel like it is necessary for you to take sleeping pills, you should talk to your family doctor before making that decision.

I hope the advice above helps you get through Secondary 3. If you need more advice or want to share your success, I'm only one letter away!

Best wishes,
Chris

Letter to the editor - Wildlife animal protection

By 3B Chen Xiayun

Dear Editor,

I am writing to express my concerns about the pressing issue of protection for endangered animals and wildlife in Hong Kong. Nowadays, many people's activities in their daily lives pose threats to the habitats and lives of wild animals, but Hong Kong people seem unaware of the impact their behaviour has on wildlife.

Due to Hong Kong people's bad habits, such as single use plastic bags, and packaging, a lot of rubbish can be seen everywhere. For instance, many people enjoy barbecuing in country parks but they leave rubbish like disposable cutlery. Also, people often feed wild animals with leftover food or throw food on the ground. Have you ever thought about the impact of these habits?

Without a doubt, the consequences of these behaviors are so serious that they put the environment and the health of wild animals at risk. The rubbish and disposable cutlery pollute the area and contribute to the contamination of wildlife habitats. Also, if wild animals eat leftover food from people, it affects their health and makes them dependent on human food. The wild animals may lose their ability to find food independently. Furthermore, many of the ingredients in human food is not suitable for wild animals to eat. Therefore, careless human behaviour affects numerous wild animals, such as boars, monkeys, and birds. Ultimately, aggravating and endangering wild animals and the ecological environment.

Given the above, we must raise awareness and encourage the Hong Kong people, at the level of local communities, to take action for wildlife protection. For example, we can educate the public by organising workshops at schools or community centers to teach the importance of wildlife protection and ways to redress the problematic human habits that lead to endangering wildlife. Secondly, we should strengthen the awareness of environmental protection among all Hong Kong people. We should encourage restaurants city wide to use reusable cutlery and materials. Also, supermarkets need to stop selling single use plastics ware, as other countries have done. Hong Kong officials need to enforce stricter laws on cleaning up rubbish and food outdoors. In addition, the Agriculture, Fisheries and Conservation Department (AFCD) could organise regular clean-up events and encourage the public to join. By working together, with the public, we can learn how to clean-up the environment and country parks, whilst becoming more environmentally aware.

I strongly believe that Hong Kong people's awareness can be raised by taking these actions. It is vital to promote awareness of endangered wild animals and wildlife protection. Let's join hands and work together to protect Mother Nature and maintain ecological diversity.

Yours faithfully,
Chris Wong
Member of the Conservation Club

One-sided argumentative essay - Cultural heritage preservation

By 3B Chen Xiayun

Should we celebrate Mid-Autumn Festival?

The Mid-Autumn Festival is one of China's four major traditional festivals and holds significant cultural value. Some argue that eating mooncakes is unhealthy and that the festival generates excessive waste, suggesting it should not be celebrated. However, I strongly disagree with these views. The Mid-Autumn Festival is a vital part of Chinese culture, fostering family connections and inspiring innovation while preserving tradition.

Firstly, the Mid-Autumn Festival is a cornerstone of Chinese cultural heritage. It is deeply tied to the ancient story of a mythical figure, Chang'e, the moon goddess. Chang'e ascended to the moon to hide after she drank as elixir of immortality meant for her husband to stop it falling into the wrong hands. This tale of Chang'e enriches the festival's significance. In 2006, the tale was recognised as an intangible cultural heritage of China. Our ancestors celebrated with activities like moon gazing, lantern displays, and eating mooncakes, symbolising happiness and family unity. The image of Chang'e, along with her companion that fled with her, the green jade rabbit, have long been shown in Chinese art and literature. These traditions continue to reflect the festival's enduring role in preserving Chinese history and values.

Moreover, the festival strengthens bonds among loved ones. In today's fast-paced world, many people are consumed by work and have little time for family. The Mid-Autumn Festival provides a meaningful opportunity for reunions, whether through sharing a meal, admiring the moon, or exchanging mooncakes. These activities remind people to cherish their relationships, making the festival an essential occasion for fostering connection and togetherness.

Conversely, critics highlight the high sugar and oil content in traditional Mid-Autumn Festival mooncakes. However, contemporary alternatives, such as plant-based, low-sugar, or gluten-free mooncakes, cater to diverse dietary needs while maintaining the festive spirit. In addition, the Mid-Autumn Festival mooncakes have inspired modern innovations that address concerns not only about health but also the environmental impact.

Today, more focus is on environmental concerns, and this includes the waste from the Mid-Autumn Festival celebrations. However, such waste can be mitigated. For instance, people can use recyclable materials for lanterns or reusable cutlery during gatherings. The Government can also implement measures, like designated areas for releasing lanterns, to reduce environmental risks.

These adaptations ensure the festival remains relevant and sustainable.

In conclusion, the Mid-Autumn Festival is a cherished cultural heritage that symbolises Chinese history and values. It strengthens family relationships and encourages innovative solutions to modern day challenges. By continuing to celebrate this festival, we honour our traditions and ensure their preservation for future generations, keeping the flame of our cultural heritage alive.

Letter of advice - Teenage problems

By 3B Ma Hei Long

Dear Amy,

Thanks for your letter. I'm sorry to hear about the problems you have. It's fine to seek help from others. I'm always here to support you!

First of all, you mentioned that you've been feeling very stressed out since S3 as there's a huge amount of homework and revision every day. I totally understand! As you need to choose your electives this year, there are new subjects that need to be learnt. I can understand how it makes you feel anxious. However, you need to stay positive and find solutions by learning problem-solving skills. I've got some study methods for you. These methods will help you return to a healthy lifestyle! You can study for 40 minutes, then relax for 20 minutes. It is an efficient way to complete your homework. Also, you can form a study group with your friends so that you can study while chatting with them. It could be more relaxing or comfortable to do homework in this way.

Don't be too stressed about your studies. There are many beautiful and happy things around you. You trap yourself in a cage when you only focus on studying. I hope my advice can help. Please let me know how things turn out. I will wait for your next letter. Remember, we are friends. I will always support you when you are stressed!

Remember, you are not alone. Setbacks and challenges are just a natural part of life. Keep your chin up and take things one step at a time. You're stronger than you think, and I believe you'll find a way to shine through this. Write back soon, and let's keep cheering each other on!

Best,
Chris

Article - Incredible invention

By 3B Mok Kason

The Camera — The Safe for Our Memories

What invention has had the most impact? For me, it is a camera. The camera is very useful. It captures images and records moments in one's life. The technology of the camera today means you can also capture something far away with the zoom. The camera preserves memories. By pressing the button, a clear image can be formed and saved on an SD card. It enables people to share important moments, such as family gatherings, milestones, birthdays and so on

Firstly, the camera on our smartphones brings a lot of convenience into my life. Aside from all the functions a camera already does, a smartphone camera allows me to film, and share with my friends live. Secondly, cameras provide security and safety for people. Surveillance cameras are placed everywhere and run 24 hours a day. They capture every moment and prevent criminals from hurting people. Thirdly, the camera can also document cultural practices, traditions, events, and so it can be a very useful research tool. Cameras help preserve information for future generations to know more about history in a vivid form.

Cameras also spark privacy concerns, as some criminals may use cameras to invade others' privacy. In addition, people may over-rely on the camera. Some traditional skills are disappearing, such as painting and writing.

In conclusion, it is undeniable that cameras have improved our lives and bring us convenience. Without them, we may still be at risk of crime, forgetting memorable moments and using traditional skills that take a lot of time. What do you think?

By 3C Huang Yuk Lam

Impacts of Robots in 2050

I recently read an article discussing how our life will be transformed by robots. I would like to share my predictions and insights on how our life will be like with the assistance of cutting-edge robots by 2050.

Impacts of robots at school

Robots will help students and teachers. They will teach students lessons they do not understand, and also alleviate teachers' work pressure. For example, robots will help teachers to check attendance and mark students' homework. Teachers' time will be available to meet more of the varied learning demands of students thereby improving students' academic performance overall.

Impacts of robots at home

At home, robots will make our life easier. They will take over household chores such as cleaning, doing the laundry, and cooking. When we wake up, robots can serve us the breakfast we ordered the night before. They can also take care of our family members. If there is an emergency, robots will call the paramedics for help. The existence of robots will save us much time and address our day-to-day household concerns.

Impacts of robots in daily life

Robots will make our life more convenient. It will become normal to see robots walking along the street or on public transport in order to serve us. They will deliver packages, drive cars, and public transport for us. They will also appear in hospitals, hotels, and restaurants as service support to meet various needs.

In conclusion, by 2050 robots would have revolutionised our daily experiences from education to home life. In short, they would have improved the quality of our life. Nevertheless, many jobs done today by humans will be done by robots in the future. Therefore, humans will have to adapt and specialise in work robots cannot do. As we embrace this technological advancement, it is crucial to ensure these innovations benefit our society, and no human is left behind.

Speech - Charity Sale

By 3C Yau Yuet Sang

Good morning, Principal, teachers, and fellow schoolmates. I am the Chairperson of the Student Union. Today I want to share an upcoming event with you — our school's charity sale.

The charity sale will be held in the School Hall on December 21st from 9 am to 4 pm. All the proceeds will go to the Poma Charity. The Poma Charity focuses on helping abandoned animals. We have a Slogan—'Seek Help for Them'!

This event is not only a charity sale but an important opportunity for us to show our care for society. Come and enjoy delicious street food and desserts. You will love all the fun games on site. You will be entertained by musical performances. Contribute to those little animals' lives. Come and have a great day. Come and support the Poma Charity.

I call on all of you to participate. Whether you buy goods or help at a booth, you can help support our school's charity sale. Let us take action to spread the love. Let more abandoned animals receive care and help.

I look forward to seeing you all at the event. Let's cheer for the love and support of the animals.

Thank you.

A letter of advice - Teenage problems

By 3C Li Wing Shan

Dear Amy,

I got your letter last week. I'm sorry that I didn't reply to you earlier as I had a lot of homework and quizzes last week.

You mentioned that you have lots of homework and revision every day. I'm sorry to hear that you are feeling so bad. I suggest that you make a timetable for your study, then you can finish your homework step by step and you won't need to worry about it all the time. Is there anything distracting you while you're doing homework or studying? I know phones and TV easily distract us so I suggest putting your phone away when you want to stay focused. This will help lift your concentration and efficiency.

You also said that you have been sleeping very badly. I suggest you do more physical exercise every day such as yoga. It can make you feel relaxed as well as tired so that you can fall asleep more quickly at night.

You also said that your friend suggested you take sleeping pills. To be honest, sleeping pills are not good for our bodies. Although they can make us fall asleep more quickly, it is not successful in the long term. I think you should try meditation and do exercise every day. I think these healthy habits can help solve your problems.

I truly hope my advice brings you some comfort and helps you through this tough time. You're not alone—I'm always here for you. And when things start looking up, I'd love to hear all about it. Don't hesitate to reach out anytime, and one day, I know you will be able to share your good news too.

Love,
Chris

By 3C Li Wing Shan

The Impacts of Robots by 2050

As technology advances, robots are becoming an integral part of our daily lives, transforming various sectors. Robots are helping us from AI-driven home tutors to logistics robots. This makes me think about the future of robots. This essay explores the impacts of robots at home, school, and in daily life by 2050. Ultimately, robots will enhance efficiency, personalise experiences, and improve safety.

Enhancing Daily Life at Home

First, I would like to talk about the impact of robots at home. I think by 2050, there will be robotic nannies. Robots will be able to take care of babies, handle tasks like bottle-feeding and changing diapers. Parents' heavy responsibilities will be reduced due to robotic nannies. Not only will robots help take care of babies, but at the other end of the spectrum, they will also act as personal image consultants, helping individuals—especially high-profile clients—maintain their public image.

Transforming Education

Second, let me talk about the impact robots will have in schools. Robots will assist in personalised learning. By 2050, a personalised approach to learning, created by the robots, will enhance students' engagement and improve learning outcomes by tailoring education to individual needs. Not only will robots help students with personalised learning, but they will also help teachers, and will take on administrative tasks, handling routine duties, so that teachers can focus more on mentoring and interacting with students, improving students overall educational experience.

Revolutionising Society

Finally, I would like to talk about the impact of robots on daily life. Robots will operate self-driving vehicles. This will reduce traffic accidents, lower transportation costs, and improve mobility for those unable to drive. Not only will robots impact transportation, but they will also manage warehouse operations. That increased efficiency in inventory management and shipping processes will lead to faster delivery times and reduced operational costs.

Conclusion

Robots by 2050 would have accelerated our lives in many ways. Life by 2050 would have changed significantly and become more convenient. Nevertheless, artificial intelligence is a double-edged sword. Although robots will bring positive impacts, we will need to remember how to be independent.

Article - An impactful invention

By 3D Hong Ying Pang Caden

Microphone – Confidence Builder

There are various inventions in our lives. All of them transform our lives significantly. In my opinion, the invention of the microphone has had the most impact on my life. When I was five, I always spoke in a low voice, and the teachers often punished me, which made me feel really embarrassed in class. However, the microphone changed everything for me. It helped me to build confidence.

Miss Lee, my primary school English teacher, noticed that I was very shy and couldn't speak loudly. One day, she gave me her microphone and taught me how to use it. The first time I used the microphone, I felt really anxious. To my surprise, my voice became very loud through the microphone! All of my classmates cheered for me, and Miss Lee even rewarded me with a packet of chips! From that moment on, I began to ask her if I could use her microphone more often, and she agreed! That was a turning point in my life. I became more confident and could stand up to answer questions in a loud voice, which instilled a sense of pride in me.

The microphone has many advantages that benefit us. Firstly, it helps people who speak softly to be heard by others. Moreover, when teachers are sick and cannot speak as usual, it allows them to project their original sound effectively. Last but not least, it enables national speakers, like those in China, to reach larger audiences and share important messages with clarity. For example, our [class] captain used a microphone during a presentation, and everyone could hear him clearly, which made the event much more engaging.

However, there are some negative impacts of microphones as well. They can sometimes amplify unwanted noise, which may disrupt a class or make it difficult to focus. Despite these drawbacks, the microphone is an invaluable invention and a great tool to help us in our lives, enhancing communication and boosting our confidence in various settings.

One-sided argumentative essay - Cultural heritage preservation

By 3D Zhou Kwan Yi

The Mid-Autumn Festival – a blessing or a curse?

The Mid-Autumn Festival, as one of the most important traditional festivals in China, has been celebrated for thousands of years. However, in recent years, there has been a growing debate about whether or not this festival should be continued. I believe that the Mid-Autumn Festival should not be celebrated anymore.

First of all, the Mid-Autumn Festival has become too commercialised. In recent years, many companies have started to use the festival as a marketing tool to promote their products. As a result, the festival has lost its original meaning and has become more about buying and purchasing goods. This commercialisation of the festival has not only made the festival more unaffordable for people to enjoy, but also led to a lot of waste.

Secondly, the Mid-Autumn Festival has become a burden for many families. The festival is traditionally a time for families to reunite and enjoy mooncakes together. However, with an increasing cost of living and pressure to keep up with the latest trends, many families find it difficult to afford the expensive gifts and meals that are now associated with the festival. This has put a strain on many families and has made the festival less enjoyable for everyone involved.

Finally, the Mid-Autumn Festival has become too focused on tradition and has failed to keep up with the changing time. While tradition is important, it is also essential to adapt to the new circumstances and to reflect the needs and values of modern society.

Letter of Complaint - Improper use of sports equipment

By 4A Chen Yan Wai

Complaint about the improper use of sports equipment

Dear Mr. Liu,

As the secretary of Everplay Sports Club, I am writing to express my strong dissatisfaction with the improper use of sports equipment by students at your school.

Last Friday, four students from your school played table tennis at our club. However, some serious issues were caused by your students after using our table tennis room.

The first problem was that some of our sports equipment was lost because of your students' irresponsibility. The table tennis rackets and many table tennis balls were missing. The loss of the sports equipment has negatively affected the other users' experience.

Another problem we found extremely disappointing is that students did not follow the rules while using our facilities. Your students did not maintain the cleanliness of our table tennis room. It was shocking for us to find chewing gum stuck to one of the tables. It took us so much time and effort to remove the chewing gum and clean the table.

To make matters worse, the students didn't follow the rules stated by our club. They just left the table tennis nets on the tables without tidying up. This behavior is highly irresponsible and has caused us a lot of trouble. We hope you can teach them that it is their responsibility to keep our environment clean.

In view of these problems, we will be grateful if we could receive a genuine apology in writing from your students. We also expect to see what they have learnt from their mistakes. Also, we demand compensation for the lost sports equipment. If no action is taken to resolve the problems within this week, we will have no choice but to make it known to the public. We will do this by displaying a poster that includes the details of the incident and identify which school the students were from.

Yours sincerely,
Chris Wong
Secretary
Everplay Sports Club

Adjustment Letter - Response to a complaint

By 4A Chung Man Fong

Dear Mr. Yip,

I am writing in response to your email expressing your disappointment with your recent journey from Fanling to Admiralty. We value the opinions of each passenger.

Firstly, I would like to express our apologies for the overcrowded conditions on the train. We understand how overcrowded a train can be, especially during peak hours. In order to reduce the number of passengers on board, we increase the frequency of trains during peak hours to accommodate more passengers. We strive to provide exceptional service to all passengers and we are sorry about the discomfort you and your family experienced.

We understand your disappointment with the unclear announcement and would like to extend our sincerest apologies. We will upgrade our announcement system and install more speakers in each MTR station. In addition, more training will be provided for our staff to ensure that each passenger receives the announcement. We apologise for the inconvenience you and your family experienced.

We understand how frustrating it can be when the air-conditioning of the train is insufficient. To solve the problem, we will upgrade the air-conditioning system and do regular inspections. We are committed to providing a reliable service and comfortable environment for all passengers.

We appreciate that you brought these matters to our attention as they help us improve our services for all passengers. In light of the inconvenience, you and your family faced, we would like to offer our sincere apologies once again. As a gesture of goodwill, we would like to offer you and your family free travel passes.

Yours sincerely,
Chris Wong
Manager
Guest Relations Department

Letter of Advice - Teen problems

By 4A Deng Yui

Dear Chris,

I saw your post in *Teen Magazine*. I'm sorry to hear that you've found yourself depressed and overwhelmed lately. It's brave of you to reach out for help. I understand how frustrating it can be. I want to share some advice with you and hope you will find it truly helpful.

It's disheartening to hear that you are suffering from sleep deprivation because of your academic stress. I know that you are struggling with Mathematics, and I really understand. In order to deal with the stress, I suggest you seek help from your math teacher, who can help you clear up any of your misconceptions. In addition, setting a clear timetable is crucial for enhancing time management. You should do revision on the topics you are the most unfamiliar with first. Making a to-do-list will organise your time and be more efficient for you. In doing so, you can organise enough time for rest.

I understand your frustration when you performed badly in the swimming competition. You'd already put in a lot of effort! I've encountered similar situations to yours and I learnt to change my mindset. If you stop competing with others, you will feel less stressed. Without stress, you will discover more easily what you are good and not so good at. I believe approaching your swimming with less competitiveness will be helpful in enhancing your overall swimming performance.

It can be hard to find someone to share negative emotions with. It's wise of you to reach out for help. Why don't you also talk with someone you trust? They can give you a great helping hand. You are not alone! Remember that setbacks and challenges are a natural part of life. Don't let negative emotions consume you. Hang in there!

Best wishes,
May

Letter to the Editor - FOMO culture

By 4A Ma Lap Shun

Dear Editor,

Recently, the incident that an audience member was called out for videotaping during a live gig has attracted a lot of public attention and has started the discussions on FOMO culture in Hong Kong. I am writing to share my views on FOMO culture in Hong Kong, discuss the problems it brings and suggest solutions to the problem.

FOMO, which stands for fear of missing out, is getting more serious due to the advance of technology. More and more people use social media or other streaming platforms like YouTube, and Spotify because of the human innate need to belong to a group. There is no doubt that we, as humans, like spending time with our families and friends. The emergence of social media allows us to know about what our friends are doing instantly.

Despite the convenience brought to us by FOMO culture, it also causes several negative consequences. FOMO culture may lead to an addiction to the Internet. As we want to know what our friends are doing, we keep checking the latest updates on social media. According to a survey conducted in the United States, nearly half of the teenagers said that they spend more than eight hours per day on their mobile phones or computers. Prolonged use of electronic devices results in poor physical health. We may suffer from short-sightedness and other diseases.

My first piece of advice is that we need to step back from social media by setting restrictions on the usage of our electronic devices. With more spare time, we can do some physical exercise or mindful practice like meditation. The purpose of doing these activities is to ensure that we focus on our real life and not the one in the virtual world. Furthermore, face-to-face communication is better and more beneficial for our mental health than online chatting. Look no further than the Covid Pandemic and how people's mental health was impacted not being able to meet face-to-face.

My second piece of advice is that we should focus on ourselves more. We don't have to capture every moment and post it on social media. We need to manage our time well and not waste it online sharing your life with others and thereby diminishing your real life in the meantime.

To sum up, FOMO is a widespread phenomenon that is difficult to combat. It is high time for us to deal with it before it is too late.

Yours faithfully,
Chris Wong

Letter of Complaint - Study, School Life and Work

By 4B Li Hoi Yan

Re: Complaint regarding your School's visit to Everplay Sports Club

Dear Mr Liu,

I am writing to complain about what happened when your students visited us last Friday, 3 December, 2024.

First, I discovered that two table tennis rackets and many balls were missing. This is unfair to our club members who need the equipment for practice and fun. It will cost approximately $150 to replace the missing equipment. If your students took them, please ask them to return the rackets and balls in good condition.

Next, your students left the table tennis net all tangled up. This not only makes it difficult for the next users but also damages the equipment. It takes a lot of time to untangle the net and set it up again. It is important to return equipment to its right place and take care of it.

Finally, I found chewing gum stuck to the table. This is not acceptable and creates an unsanitary environment for all users. Cleaning it up took a lot of time and effort. It is important to keep shared spaces clean. Therefore, I urge you to remind your students about the importance of meeting the club's sanitary requirements.

I would like you to ensure that the equipment will be returned to the club safely. It would also be helpful if you could talk to your students about the importance of being respectful and responsible when using shared resources. I would also appreciate an apology from your students to show that they understand the consequences of their actions.

If no actions are taken to rectify this situation within two weeks, we will have no choice but to escalate the matter, including informing the local newspaper about the incident. I hope you can act promptly to remedy this situation and ensure that such issues do not happen again.

Yours sincerely,

Chris Wong

Secretary

Everplay Sports Club

Letter of advice - The individual and society

By 4B Ng Tsz Yu, Evans

Dear Chris,

I know you're going through a difficult time. It is brave to look for help. It is understandable that you're feeling depressed, and frustrated.

First off, failing a math test after lots of revision must have been tough. I would have felt the same way too, perhaps even more resentful after putting in so much effort. You ought not to sacrifice your health for study, as getting 8 hours of sleep allows your brain to store and process information naturally. To do well in maths, you need to have a clear head. So, you had better take enough rest every day. If you are able to rest more, you will find it easier to stay focused. I suggest trying to set a regular sleep schedule and perhaps you could ask your teacher for study tips. What about making a study group with classmates? Let's focus on finding what works best for you.

I can understand your frustration with the swimming competition. It's actually amazing to get first runner up. If I were you, I might feel envious of the winner, but you ought to be proud of your success. How about using a cross-training method, like doing yoga after swimming, to help with recovery? Besides, you had better keep practising! You might find it challenging and even feel inadequate sometimes, but swimming is your dream, isn't it?

Lastly, I'm sorry to hear that you tried to seek help from friends to address your negative emotions, but they avoided you. You must have felt lonely. Why don't you seek professional help from a counsellor who can provide guidance and support? If you can find someone to talk to, you might feel less alone. Remember, seeking help is a sign of strength, not weakness. I'm here to lend you a shoulder to cry on and offer a helping hand in any way I can.

I really hope my advice is beneficial. You're not alone, Chris! Be kind to yourself, and don't be afraid to ask for help. I want to reassure you that things will get better. Don't feel guilty for feeling sad. It's a natural response to stress. Hang in there!

Cheers,

Peter

Letter of complaint - A complaint about students' misbehavior

By 4C Chen Xiaoxun

Re: Complaint About the Incident That Happened Last Friday

Dear Mr. Lin,

I'm writing to make a complaint about an incident involving four players from your school team who played table tennis at our club last Friday. I would also like to express my deep dissatisfaction of their behaviour.

First of all, we were appalled to find that two table tennis rackets and many table tennis balls were missing after the aforementioned players left. In this situation, it may affect other users' experience at our club. It also shows how they disrespectful the other members of or our club.

To make matters worse, we were frustrated to find chewing gum stuck to one of the tables after these students used the table. This may cause hygiene problems, such as spreading bacteria and viruses to other users. In addition, it was hard for us to remove. Such unhygienic rubbish left on our furnishings affect our members' experience of our facilities and would deter future members from joining our club, leading to a loss of income.

As if this were not enough, we even found that the table net was tangled and left unattended. This prevents other users from using the equipment. Also, it shows how your students did not follow our rules about leaving all equipment in an undamaged and usable state. Therefore, we were very disappointed in such behaviour.

We hope you can investigate the matter and give the students involved a serious punishment so such issues do not happen again. Moreover, we demand a letter of apology from the students concerned to make sure they understand their behavior was unacceptable. Last but not least, we expect to receive compensation for the damaged equipment.

If no action is taken, we will consider litigation. Furthermore, we will post the event and name your school as the school these students came from on our social media accounts (Instagram and Facebook). We hope these incidents will not happen again and that we can provide a great environment and experience for all our members in the future.

Sincerely,
Chris Wong
Everplay Sports Club

Speech - Volunteer work

By 4C Chen Xiaoxun

Good morning, Principal, Vice Principals, teachers, and dear schoolmates. I am Chris Wong, a proud member of the School Society Service Club. It is a great honor to stand before you today to share my thoughts on the value of volunteering. Have you ever participated in volunteer work? Allow me to share the inspiring charm of being a volunteer.

Let me begin by sharing how I first became involved in volunteering. Like many of you, I wasn't initially interested. I used to think volunteering was a waste of my free time, and I preferred staying home to watching TV. However, everything changed when I was invited to join a mentoring program. I provided tutoring, support, and guidance to primary school students from underprivileged backgrounds. Seeing the smiles on their faces ignited a deep sense of fulfillment in me. Can you imagine the joy of making a difference in someone's life? From that moment, I fell in love with volunteering.

There is no doubt that volunteering is both meaningful and rewarding. By volunteering, you can support people from diverse backgrounds and gain insight into their perspectives. This experience broadens your understanding of the world and helps you develop empathy. Moreover, volunteering allows you to build valuable skills, such as communication, leadership, and problem-solving. Working in teams and collaborating with others challenges you to think creatively about how to better assist those in need. Through these interactions, you not only learn new things but also gain a more global perspective.

As the saying goes, 'It is more blessed to give than to receive.' Why not get involved in volunteering and a charity to help those in need while fostering a sense of community and purpose? Imagine being a child from an underprivileged background—how cherished and joyful would you feel if someone offered you support? Your help can make a real difference. Actions speak louder than words, so let's take the step to join charity efforts and embrace the rewarding moments that come with volunteering.

Thank you all for your kind attention. I hope to see many of you joining us in various charity initiatives soon!

Evaluation report - Evaluating SU's performance

By 4C Tsui Wai Sin

Introduction

This evaluation report aims to evaluate the performance of the Student Union for the 2023-2024 academic year. The primary objectives of this report are to assess our effectiveness in facilitating communication between the school and students, organizing diverse activities, and providing recommendations for future improvement.

Methodology

Three key methods were employed to ensure a balanced evaluation. First, anonymous surveys were distributed to students, yielding valuable insights into event satisfaction. Second, interviews were conducted with 10 teachers and 70 student representatives to gather qualitative feedback. Finally, quantitative data was analyzed, including attendance records from 12 major events and suggestions submitted through the Student Welfare Box introduced this year.

Results

The Student Union successfully organized 12 events, such as the Cultural Festival, which had an 85% participation rate, and the Career Workshop, attended by 70% of students, demonstrating our commitment to diversity. Additionally, partnerships with five local businesses provided three exam guides distributed to junior students, directly enhancing their well-being. However, there is room for improvement, as about 40% of students felt the competitive activities lacked diversity.

Recommendations

To address these challenges, several recommendations are proposed. First, when organizing sports events, we should include a wider variety of sports to appeal to diverse interests. Second, mandatory conflict resolution training should be implemented for non-committed members to improve teamwork. Finally, quarterly meetings with school management should be established to systematically address student concerns and foster sustainable communication.

Conclusion

In conclusion, the Student Union achieved significant progress in promoting engagement this year. By implementing the proposed recommendations, we can ensure continued success in the future.

Adjustment letter - Replying to a letter of complaint regarding the service of MTR

By 4C Tsui Wai Sin

Dear Mr. Yip,

We are writing on behalf of MTR regarding your recent trip with us. We take passenger feedback seriously, and we sincerely apologise for any inconvenience or misunderstanding you may have experienced during your journey last month.

In regards to the overcrowding you experienced, we extend our sincerest apologies. Upon reviewing the data on passenger flow, we identified the issue stemmed from a higher-than-expected number of passengers. To prevent this from happening again, we will increase train frequency during peak times to ensure this concern is addressed.

Concerning the unclear announcements, we offer our genuine apologies. Upon investigation, we found that the speaker system was in need of repair. To address this, we will upgrade the announcement system to provide clear and accurate information about delays. Additionally, as our staff did not provide a comprehensive service, we will implement further staff training to improve service quality in the future.

On the topic of the insufficient air-conditioning, we are sincerely sorry. We aim to provide a comfortable environment for all passengers, and we genuinely apologise for failing to meet these standards during your trip. We have conducted a thorough investigation into the matter and have resolved the issue. Our maintenance department has already been instructed to fix the problem, and we are confident that the air-conditioning will now function effectively.

As a gesture of goodwill, we would like to offer your family four complimentary single-journey passes, valid across the MTR network for the next six months. We hope this can help compensate for your uncomfortable experience.

Once again, we sincerely apologise for the shortcomings in our service. Your feedback is invaluable in helping us improve. We remain committed to delivering safe, efficient, and comfortable journeys for all passengers. Thank you for giving us the opportunity to address your concerns, and we hope to welcome you back onboard soon.

Yours sincerely,
Chris Wong
Manager, Guest Relations Department
MTR

Speech- Volunteer work

By 4E Xu Sibo

Good morning, principal, teachers, and fellow students,

On behalf of the school's Social Services Club, I would like to share my voluntary experiences and the incredible benefits of joining a voluntary club.

First and foremost, let me describe how I first got involved and its profound impact on me. I began my journey in the Social Services Club looking to make a difference, and what I found was an opportunity to develop essential skills such as leadership, teamwork, and problem-solving. Working alongside my peers on various projects taught me the importance of collaboration and effective communication.

Now, let's consider the significance of volunteering. When we volunteer, we directly contribute to positive changes in our community. Volunteers have the unique ability to address local needs, whether it's helping at a food bank, organizing community clean-ups, or supporting those in need. Each small effort creates a ripple effect, inspiring others to join in and amplifying the impact we can make together.

Additionally, volunteering brings numerous personal benefits. Engaging in community service can significantly boost your well-being. Studies have shown that volunteering can reduce stress, increase happiness, and provide a deep sense of purpose. When we help others, we often find ourselves feeling more fulfilled and connected to those around us.

Moreover, being part of a voluntary club allows us to learn new skills. Whether you are organizing events, fundraising, or collaborating on community projects, each experience enhances your capabilities. These skills are not only valuable in our personal lives but also in our future careers. Employers often seek individuals who demonstrate initiative, compassion, and a commitment to service.

Moreover, volunteering can broaden our perspectives. By engaging with different communities and understanding their challenges, we cultivate empathy and awareness. This exposure enriches our education, allowing us to appreciate diverse viewpoints and cultures. The lessons learned through volunteering shape us into more compassionate and informed individuals.

Lastly, volunteering fosters friendships and builds a sense of community. Working together toward a common goal helps us connect with others who share similar values and interests. These relationships can last a lifetime, enriching our social networks and creating lasting memories.

In conclusion, joining a voluntary club is more than just an opportunity to give back; it's a chance to grow, learn, and connect with others. I encourage each of you to consider joining a club like ours. Together, we can make a difference in our community while enriching our own lives. Thank you.

Adjustment letter - Replying to a letter of complaint regarding the service of MTR

By 4E Lo Lok Yung

Dear Mr. Yip,

Thank you for taking the time to contact us regarding your recent experience traveling from Fanling to Admiralty. I sincerely apologise for the issues you and your family encountered during this journey. We value your feedback, as it helps us improve our services and enhance the experience for our passengers.

In regards to the overcrowded situation, we are sorry to hear about this problem. We understand that traveling with family can be challenging, especially in a crowded and uncomfortable environment. During peak hours, our trains can be quite full, and we recognise that this affects the overall experience. We are actively reviewing our scheduling and capacity management strategies to provide more space and comfort for our passengers, particularly during high-demand periods.

Concerning the unclear announcements, we acknowledge your frustration. Timely and accurate communication is crucial to our passengers. Arriving 20 minutes late can be distressing, especially when traveling with family. In response to your complaint, we are taking significant steps to improve our communication system. We are also enhancing our real-time update mechanisms to provide passengers with timely and clear information. We are committed to improving our announcement system to ensure better communication with our passengers.

In response to the insufficient air conditioning, we understand that a comfortable climate is essential to an enjoyable experience. After investigation, we found that the air conditioning was indeed malfunctioning that day. Once we identified this issue, we took immediate steps to enhance our air conditioning system, ensuring that the temperature is maintained around 18 degrees Celsius to prevent a stifling environment.

To enhance your travel experience, we would like to offer you and your family discount tickets, as well as priority tickets, allowing you to enjoy improved service and a more comfortable environment. Again, we apologise for the inconvenience and negative experiences you faced. We are committed to resolving these issues promptly.

We value your patronage and look forward to the opportunity to serve you better in the future. Should you have any further concerns or suggestions, please contact me at 1323432. It is our pleasure to assist you and provide a great experience for our customers.

Yours sincerely,
Chris Wong
Manager
Guest Relations Department

Letter of advice - Teen problems

By 4E Wong Ching Yee

Dear Mary,

I saw your post in *Teen Magazine*, and I am truly sorry to hear that you are feeling so down and overwhelmed right now. It sounds like you've been putting in so much effort, yet the results haven't been what you hoped for. I can understand how frustrating and disheartening that must feel. It's completely normal to experience these emotions when things don't go as planned, and it's important to know that you are not alone in this journey.

You've been working incredibly hard, sacrificing sleep to study for your Mathematics exam and dedicating hours to your swimming practice. It's commendable that you are so committed and determined to do your best. However, it's also crucial to remember that success isn't always measured by the outcome but by the effort you put in and the lessons you learn along the way. Failing an exam or coming second in a competition doesn't mean you are not good enough; it simply means there is still room for growth and improvement, and that's something to be proud of.

I can understand how isolating it feels when you try to share your feelings with friends and they don't respond the way you hoped. It's natural to want to talk to someone about what you're going through, but sometimes people might not know how to respond or might be dealing with their own issues. Why don't you consider finding a different outlet for your emotions? Maybe you could try writing in a journal to express your thoughts and feelings; it can be a great way to gain clarity and reflect on your experiences.

Another suggestion is to find a hobby or activity that brings you joy and helps you unwind. It could be anything from playing a musical instrument to painting, or even something as simple as reading a book or watching a movie. Engaging in these activities can help you take a break from stress and provide a sense of accomplishment in a different area of your life. Why don't you explore something new that you've always been curious about? It might just be the distraction you need to lift your spirits and regain your confidence.

Remember, you are not defined by your failures or setbacks. You are defined by how you respond. You are a strong and capable person with so much potential. It's okay to feel frustrated and upset, but don't let these emotions define you. Keep pushing forward, and don't be too hard on yourself. You deserve kindness and recognition for all the hard work you've been putting in, and I believe brighter days are ahead.

Best wishes,
Chris

Letter to the Editor - FOMO culture in Hong Kong

By 4E Xiao Ching Nam

Dear Editor,

I am writing to express my concern about FOMO, the "fear of missing out" phenomenon. Nowadays, it is a widespread phenomenon that effects an increasing number of people in Hong Kong leaving them obsessed with their mobile phones. This trend, however, poses a serious threat.

With the development of technology, nearly everyone owns a smartphone. Many people constantly scroll through streaming platforms, even during meals, while working, and sometimes even in the shower. This behaviour stems from a fear of being disconnected from social life, commonly known as FOMO.

FOMO represents an underlying anxiety that many individuals experience. For instance, when people finish their work or feel tired, they often turn to platforms like Instagram or Facebook. However, engaging in these mindless activities rarely provides the relief they seek. Most individuals do not realize they have FOMO until it is too late. They are constantly bombarded by notifications and often wear headphones, yet they fail to recognise how unimportant these messages are. This reliance on their phones can lead to feelings of being overwhelmed when they are without them.

In my experience, overcoming this issue is not as difficult as it seems. A few years ago, I found myself in a similar situation, unable to leave my phone for even two hours. It was only when I took a step back that I realised how much I was missing out on genuine moments with my friends.

In hindsight, the most important thing is to enjoy life in the present. Building relationships with the people around us is far more rewarding than any virtual interaction. We should strive to detach from our screens and embrace real-life experiences. This shift not only fosters deeper connections with others, but also reduces anxiety and enhances our overall well-being.

Moreover, I urge our community to initiate conversations about the impact of FOMO and digital dependency. Schools, workplaces, and social groups can play pivotal roles in promoting digital wellness and encouraging healthier habits. Workshops and discussions on mindfulness and the importance of unplugging could be instrumental in creating a more balanced lifestyle.

Additionally, we can encourage periodic digital detoxes—designated times when we intentionally disconnect from our devices. This practice can help individuals regain control over their time and attention, allowing them to reconnect with hobbies, nature, and the people they care about.

Let us not forget that life is happening all around us, and the fleeting moments we share with family and friends are irreplaceable. By prioritising our relationships and being present, we can combat the anxiety that FOMO brings and truly live in the moment. Let us advocate for a culture that values real connections over virtual ones, fostering a healthier, more fulfilling community for all.

Yours faithfully,
Chris Wong

Letter of Advice - Giving advice to a troubled teen

By 4F So Kit Tong

Dear Chris,

I know you're feeling sad and worried right now. It can be very disappointing to work so hard and not see the results you want. Remember, one setback does not change your talents or value. Your effort and determination are important, and they will help you succeed eventually. The following is some advice that I hope can help.

First, it's very important to talk about how you feel. Try to share your thoughts with someone you trust—like a family member, friends, or your teachers. Talking can give you a new way to see things and make you feel a bit better. You don't have to go through this alone.

For your school work, try to make a simple schedule. Divide your study time into shorter parts with small breaks in between. Instead of long hours, aim for focused 25-minute every time followed by a 5-minute break. In this way, it can help you stay focused and not get too tired.

With your swimming practice, it's great that you want to improve. However, do not push yourself too hard. It's completely okay to slow down if you feel you are too tired. Focus on practicing one skill at a time but try not to practise for many hours each day. Doing a little often can help you improve without burning out.

Also, don't forget to take care of your mental health. Try to take some rest or do deep breathing exercises. Either of these approaches can help you to lower your stress. Even just a few minutes each day can clear your mind and help you feel better.

Lastly, try and join a study group or an extra class for swimming. Being with others who want the same goals can bring you support and energy. Many students experience the same difficulties and challenges you are going through, and sharing your experiences can make a big difference.

Remember, feeling stressed or sad is a normal part of life, but it's important to work things out. Always feel free to ask for help, and be kind to yourself as you face these challenges. You're strong and I am sure you will be successful. Please write back if you need any more help.

Best wishes,
Kit Tong

Letter to the Editor - FOMO culture in Hong Kong

By 4F Zhang Youwei

Dear Editor,

As a regular reader of your column, I am writing to express my opinion on the issue of FOMO culture in Hong Kong—FOMO stands for 'Fear of Missing Out.' Recently, a video on YouTube showed GEM Tang calling out a fan for recording her live show in Star Hall on the 10th of September, 2025, instead of fully enjoying the experience. This incident has sparked discussions about FOMO and its impact on our lives. In this letter, I will explain the issue, outline my views on FOMO culture in Hong Kong, discuss the problems it creates, and suggest solutions.

As for FOMO culture, I believe it plays a significant role in many people's lives. Many teenagers feel the constant need to check their phones and monitor what others are doing. However, this often causes them to miss out on the joy of living in the moment.

FOMO also brings many problems, such as emotional distress and anxiety. Those affected often experience stress and anxiety, fearing they might miss out on something exciting. This worry can lead them to put social media over quality time with friends and family. As a result, FOMO can weaken real-life connections.

To combat FOMO, I suggest encouraging mindfulness and digital detox practices. People should actively participate in the moment rather than being consumed by their screens. Educational workshops promoting the importance of real-world interactions could also help tackle the negative effects of FOMO.

To address FOMO, we need effective ways that encourage real-life interactions instead of online attention. Schools should teach students how to live in the present moment rather than constantly worrying about social media updates. Public workshops can raise awareness about the benefits of disconnecting from social media and prioritising real-world connections.

FOMO culture in Hong Kong can contribute to anxiety and stress, preventing people from fully enjoying life. However, by focusing on real-life experiences and supporting each other, we can build a happier and more connected community. So, let's take action today! Put down your phone, engage with the people around you, and start enjoying life without FOMO. Positive changes might surprise you!

Yours faithfully,
Chris Wong

Debate Speech - Including lion dancing in PE curriculum

By 5A Chan Yik Chun, Philip

Ladies and gentlemen, judges, teachers, and fellow schoolmates,

Lion dancing has long been a time-honoured local tradition in Hong Kong. Today, the motion we are going to discuss is: ‘Lion dancing should be included in the Physical Education (PE) curriculum of our school.’ Our team firmly supports this motion, and we have four main reasons for doing so.

First and foremost, including lion dancing in the PE curriculum enhances students’ cultural identity. As a traditional performance art—recognized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 2010 as part of the intangible cultural heritage—lion dancing offers students the opportunity to explore the history and evolution of local culture. For instance, students can participate in inter-school performances, which increases their exposure to traditional practices. This creates a platform for students to appreciate the beauty of their heritage and take pride in their cultural identity. Therefore, incorporating lion dancing into the PE curriculum significantly strengthens students’ sense of cultural identity.

Secondly, lion dancing promotes the overall well-being of students. As an aerobic activity, it greatly improves physical health. Since lion dancing is considered a moderate-intensity exercise that helps burn calories, participating in it reduces the risk of cardiovascular diseases such as stroke and heart attack. Beyond physical benefits, lion dancing also supports students’ mental health. It fosters a vibrant atmosphere of unity, offering opportunities to develop teamwork and a sense of belonging. In this way, lion dancing nurtures students’ holistic development by enhancing both their physical and mental well-being.

Third, nowadays, some people claim that including lion dancing in the Physical Education curriculum would increase the financial burden on the school, as it requires additional resources. However, its implementation can actually attract sponsorships. Recently, several government organisations have offered educational funding to promote the study of native culture in schools. For example, the Jockey Club has proposed the Art and Education Programme to provide subsidies and support for schools running lion dancing programmes. The more related activities the school organises, the more sponsorship it can obtain. As a result, including lion dancing in the PE curriculum presents an opportunity for the school to secure more funding for educational development.

Lastly, these measures can enhance the school's reputation. Incorporating lion dancing into the PE curriculum increases the uniqueness of the school, as such activities are rarely seen in Hong Kong schools. Moreover, lion dancing strengthens the bond between the school and the local community through collaboration with local organisations, which greatly increases the community's awareness of our school and contributes to a stronger public image.

In conclusion, including lion dancing in the PE curriculum can improve students' overall development and promote the growth of our school. As custodians of native culture, we strongly believe that students should be involved in keeping the flame of our intangible cultural heritage alive. Therefore, our team stands firm in support of the motion. Lion dancing should be included in the Physical Education (PE) curriculum of our school.

Thank you!

Letter to the Principal - Proposing a new program

By 5A Chik Hoi Yan Maggie

Dear Principal,

I am writing to propose a new programme that the Computer Club can carry out in collaboration with the English Department to enhance English learning. Many students at our school face challenges in learning English due to outdated traditional materials. They often feel confined by existing knowledge and struggle to think creatively. Teachers also encounter difficulties in improving students' English performance using technology, as traditional methods are still more commonly used. Therefore, it is high time the school integrated technology into English lessons to benefit both students and teachers.

Firstly, the Computer Club can help develop an educational English AI, guided by professional input from the English Department, focusing on language rules to enhance students' English proficiency. The AI will offer student-centered practices tailored to individual needs. It can correct mistakes and provide suggestions for improvement, helping students identify and address their weaknesses systematically. Additionally, students can gain valuable insights into areas that require improvement. For instance, the AI can generate grammar exercises on topics such as passive voice, reported speech, and other advanced grammar structures. Through consistent practice, students can master these nuanced grammar points.

Therefore, use of AI, not only helps consolidate fundamental knowledge but also fosters measurable progress in students' English learning. For teachers, it can generate customised exercises based on students' needs, offering greater convenience and support in lesson planning.

Secondly, a speaking chatbot can be developed by the Computer Club in collaboration with the English Department to provide accurate pronunciation and enhance students' English-speaking proficiency. The chatbot can simulate daily conversations, offer exam-speaking practice, and generate performance reports and give suggestions to them. Through regular use, students can improve their fluency and confidence. For example, students can engage in speaking practice twice a week, allowing them to use a variety of expressions and reduce their fear of speaking English. Above all, the chatbot will not only help students improve their speaking skills but also boost their confidence. For teachers, it can support teaching materials and lesson preparation.

Thirdly, gamified learning platforms can be introduced. The Computer Club will handle programming, while the English Department can provide the content. This platform features interactive question-and-answer buttons and engaging English games. Students can learn through play rather than relying solely on text-heavy notes. This approach of learning through play helps reinforce memory and reduces dependence on rote memorisation. Learning through play also creates a more enjoyable and engaging learning environment. For example, students can play a multiple-choice reading game that helps them understand content through interactive feedback. Moreover, learning English through games can enhance long-term memory and increase students' motivation. For teachers, it offers more options for curriculum design, increasing flexibility and improving teaching quality.

Given all the above, this new proposed programme through collaboration with the Computer and English Departments, will benefit both students and teachers by enhancing English learning overall. It is hoped that the school will further introduce technology, notably AI, through such an initiative to support students' academic growth in English, without delay.

Thank you for your attention and consideration.

Yours sincerely,
Chris Wong
Chairperson
Computer Club

Letter to the Principal - Proposing a new programme

By 5A Lin Tsz Shan

Dear Principal Lee,

I am the Chairperson of the Computer Club, and I am writing to propose a new programme in which our club can collaborate with the English Department to enhance students' English learning.

In recent years, technology, especially artificial intelligence (AI), has become an integral part of education. Our school encourages students to utilise technology to boost academic performance and provide a better learning environment. In light of this, we would like to organise a programme with the English Department that aligns with our school's goals.

We plan to organise a series of monthly workshops called 'Study Smarter.' In these workshops, students will be taught how to design a personalised English learning app which allows them to create customised functions tailored to their needs. To offer an enjoyable and valuable learning experience, we would require 30–50 tablets or iPads, a stable internet connection, and two classrooms to conduct the lessons.

The Computer Club, with its technical expertise, will carry out the programme in collaboration with the English Department, which will provide educational content and support students in their English learning journey.

For students, this programme can significantly increase their engagement in English learning. They will learn how to programme specific functions and build the framework of their own apps. In this way, they can use the app to identify their weaknesses in English and work to improve it. Creating their own learning app can be an engaging and effective way to enhance their English skills. For instance, students can interact with an AI chatbot they have developed, which can help improve their fluency and pronunciation while giving them a sense of accomplishment.

Moreover, students can enhance their learning effectiveness, as all app functions are tailored to their individual needs. For example, students who struggle with speaking might design an AI chatbot while those who are not good at grammar may leverage the grammar checking feature. This programme also promotes self-directed learning by encouraging students to create their own tools. In short, it not only helps them develop both technical and linguistic skills but also strengthens their ability to learn independently, skills that are essential to their academic growth.

For teachers, this programme can help reduce their workload. Students will be able to focus on their specific weaknesses using the app, and they can practice independently. As a result, teachers are not required to cover every detail in class, allowing for more efficient and targeted instruction. Teachers will be freed up to focus more on advanced skills, explore other methodologies in daily lessons, and effectively help boost students' performance at school.

This new programme is not just about improving students' academic performance; rather, it is about enhancing the well-being of both students and teachers. By implementing this programme, students and teachers can develop a closer relationship through the guidance and learning process. Teachers will be able to identify the difficulties students encounter more quickly and find better ways to address them.

It is high time we leveraged technology to provide better learning resources and outcomes for students. I believe this programme will benefit both students and teachers alike.

Thank you for your time and consideration. I look forward to receiving your favourable reply soon.

Yours sincerely,
Chris Wong
Chairperson
Computer Club

Two-sided Argumentative Essay - Impacts of using smart phones

By 5A Yuen Sheung Chun

Smartphones: Smarter or Clumsier?

Nowadays, citizens' lives are enriched thanks to the advancement of technology. While mobile phones are undoubtedly convenient, the widespread use of smartphones among teenagers has sparked a heated debate in the community about whether these electronic gadgets pose a threat to teenagers' health and well-being. In this essay, I will explore both sides of the argument and express my own opinion.

On the downside, critics have solid reasons to support their viewpoint. Due to the rise of FOMO (Fear of Missing Out) culture, teenagers tend to stay glued to their mobile phones all day, spending time on messaging apps like Instagram, Threads, and Facebook. As they increasingly communicate online, they spend less time engaging in face-to-face interactions, which can hinder the development of their social skills. The convenience of mobile phones enables teenagers to use them anytime and anywhere. This is exemplified by a study conducted by Hong Kong University, which indicates that teenagers communicate most effectively through texting, as it alleviates concerns about self-image. However, when it comes to face-to-face communication, their ability drops to one-fourth of their texting proficiency. Teenagers often struggle with self-esteem, making real-life communication more challenging. Clearly, frequent use of mobile phones can diminish their socialising abilities.

Another aspect of the argument is that teenagers have become increasingly addicted to smartphones. Mobile phones are small, portable, and convenient, and the vast amount of captivating content available online makes it difficult for many teenagers to disconnect. While adults may recognize and address this issue quickly, adolescents often lack self-control and may seek comfort in addictive behaviors. Survey results show that the majority of the younger generation spends over three hours a day on screens. In fact, smartphones not only lead to addiction but also cause physical harm. The blue light emitted by screens contributes to vision problems like shortsightedness, especially among adolescents. Additionally, the radiation from these devices can disrupt their development and sleep patterns. Apps like TikTok, which feature endless reels and short videos, make it even harder for teenagers to log off. It is irrefutable that smartphones contribute to both addiction and health issues among adolescents.

Conversely, mobile phones also offer significant benefits to teenagers. Advocates argue that smartphones can broaden their horizons. As the Internet is often referred to as the "World Wide Web," hence the subdomain of the URL for hypertext, 'www'. The Web, the service built on top of

the internet infrastructure, provides access to a vast range of information. With the rise of the Internet age, teenagers can develop a global perspective, which contributes to their personal growth. Educational applications like Duolingo, Poe, and HelloTalk offer a variety of learning opportunities, enhancing the scope of knowledge available to them. Not only can students acquire additional information, but they can also use the Internet to solve academic problems. With apps like Chipp.ai and PhotoMath, students can strengthen their long-term memory by creating quizzes or resolving confusion with the help of artificial intelligence (AI). It is widely believed that smartphones can significantly expand teenagers' worldview.

In addition, smartphones provide entertainment and communication, which enhances teenagers' well-being. Since mobile phones are portable and convenient, teenagers can text their friends instantly. This allows for real-time communication through a wide range of applications such as Instagram, Messenger, and WhatsApp. Instead of writing emails, students can message their friends instantly using these platforms. Moreover, mobile phones offer easy access to a vast amount of entertainment with just a few taps. Apps like YouTube provide a wide variety of content, ranging from educational videos to comedy. Clearly, smartphones can bring endless entertainment, learning experiences and social connectivity for teenagers.

From my point of view, I believe that mobile phones have both advantages and disadvantages. If teenagers use their mobile phones wisely, a balance can be achieved. Taking all opinions into account, the best approach is to use smartphones responsibly. Measures such as setting time limits can help prevent excessive use. As the saying goes, less can be more.

Open Letter - Environmental protection

By 5B Fong Cho Wai

Dear Students,

I am writing to inform you of the changes to all sports activities and facilities at our school in order to make the school more environmentally friendly. Our Principal would like to implement these changes because he believes that we, as students, are capable of shouldering this responsibility. In this letter, I will outline some important suggestions.

First, the lights in the gym will be turned off when it is not in use. This means that if someone wants to use the gym, they need to turn on the lights. And when you leave, please remember to turn off the lights. Keeping the lights on unnecessarily can contribute to light pollution. Last year, our school spent a significant amount of money on electricity, and we hope to reduce that expense this year. It is not too difficult for us to be eco-friendly, and every small action counts.

Second, instead of using disposable cups, we should all use our own water bottles. Our school will stop providing disposable cups for students. Plastic pollution is a serious environmental issue caused by the excessive use and improper disposal of synthetic materials, leading to harmful impacts on ecosystems, wildlife, and human health. Bringing your own water bottle has many benefits. Not only is it a step toward reducing waste, but it can also give you a sense of pride in contributing to a healthier environment.

Third, we will use fans and open windows in the gym when the weather is cooler, instead of relying on air conditioning. Nowadays, the world is facing the challenge of global warming. In the winter, our school will always keep the windows open to allow fresh air to circulate. If students feel too hot, they can bring a small fan. Remember, global warming leads to increased average temperatures worldwide, affecting weather patterns, ecosystems, and human health. By reducing our reliance on air conditioning, we can help combat this pressing issue.

To conclude, we should all strive to use less air conditioning and turn off the lights in the gym when they are not in use. We will also eliminate disposable cups in favour of reusable bottles. Together,

we can reduce pollution from our school and make a positive impact on the environment. Let's take action now and do our best to reverse the negative impact of climate change. The world will be a better place if we all contribute more to less pollution.

Best regards,

Chris Wong

Chairperson

Student Council

Essay - The Impact of Smartphones on Adolescents

By 5B Yeung Tsz Ching

The Impact of Smartphones on Adolescents: A Double-Edged Sword

In today's digital age, smartphones have become ubiquitous, especially among adolescents, who seem to be inseparable from their devices. This prevalence has ignited a heated debate about whether smartphones are a boon or a bane for young people. While some argue that smartphones pose significant threats to teenagers' health and well-being, others contend that they offer valuable benefits that enhance learning and social interaction.

For the opponents, concerns about the negative impact of smartphones are well-founded. One of the primary issues is that excessive smartphone use can lead to a range of physical and mental problems. Many teenagers spend an inordinate amount of time on their devices, often exceeding the recommended screen time limits. This can lead to health issues like obesity, poor posture, and eye strain. Moreover, the addictive nature of social media and gaming apps can result in anxiety, depression, and disrupted sleep patterns. Studies have shown that teenagers may develop a skewed sense of reality through social media, often feeling inadequate when comparing themselves to the carefully crafted online profiles. This digital pressure can adversely affect their self-esteem and overall mental health.

Smartphones provide access to a wealth of information, enabling teenagers to learn beyond the classroom. With educational apps, online resources, and collaborative tools, students can enhance their learning experiences and develop critical thinking skills. Furthermore, smartphones facilitate communication and connection, allowing teenagers to maintain relationships with friends and family, especially in a globalised world. In times of crisis, such as the recent pandemic, smartphones have proven invaluable for remote learning and staying connected, helping to mitigate feelings of isolation.

In my view, the debate surrounding smartphones and teenagers is nuanced. While it is crucial to recognise the potential dangers associated with excessive use, we must also acknowledge the positive impacts that smartphones can have when used responsibly.

Report - Online scams

By 5C Chan Wai Ching

Report on the increase of online scam cases

1. Introduction

   The Internet that we communicate and shop in has been changing with increasing number of scams. This report will explain why scam cases have increased and how we can protect ourselves.

2. What causes people to fall prey to online scams

   2.1. Lack of awareness

   A lot of people do not know about online scams, they might not think that the things they see are fake, for example, phishing emails, where hackers will send emails to you with a company name, or they will create a fake website then when you go online and search it, you will think the emails are real and you will fall prey to them.

   2.2. Emotional control

   Scammers will threaten the victims for their personal information. For example, they will send a text or call you, and tell you that your account is at risk and need you to give them your personal information to fix your account. They make you feel scared and rushed, and then you will give them your name and password easily.

3. Ways to prevent ones from being online scam victims

   3.1. Learn about scams

   You can go online and search some news about online scams, to know how scammers usually threaten victims. For example, when someone you do not know wants to ask for your personal information like your password and your address, you need to be vigilant at all times, verify his/her identity and do not provide any of your sensitive personal information. You need to verify the identity of the person who wants your information, like from the bank or the government.

   3.2. Use strong passwords

   Using strong passwords can protect your accounts. For example, your passwords should be hard-to-guess, like JH10U4#, consisting of numbers, letters and symbols. It will be hard for scammers to guess your passwords. Using strong passwords is the way to protect your personal information online.

4. Conclusion

   Following the safety guidelines online while you are working or shopping online is important. Keep learning about scams, and protect your personal information and yourself.

Open Letter - Making the school more environmentally friendly

By 5C Huang Chun Hang

Dear Students,

As we all know, protecting the environment is quite important for everyone's future. In order to raise students' awareness of environmental protection, there are going to be some changes in our school.

First, we have to reduce the use of plastic bottles. To achieve this goal, we should bring our own water bottle to school and refill them when needed. Using our own water bottles will help decrease the amount of plastic waste from our school. Plastic bottles are one of the main causes of landfill pollution because the plastic does not decompose. Bringing our own water bottles and refilling them, benefits us by building up the habit of reusing and creates an environment with less waste.

Second, it is important to reduce the amount of paper used at school. Less paper can really encourage a culture of sustainability. To reach this goal, there will be no paper cups at school, no paper copies on noticeboards and information and notices will only be sent by email. Reducing the amount of paper used at school protects trees and forests, decreases the release of carbon dioxide and provides more oxygen for us. It in turns improve the air quality for us and enables us to become healthier.

Third, in order to save electricity at our school, we will have the following changes: all lights will be switched off in the gym or sports hall when they are not in use; when the weather is cooler, open windows or use fans instead of air conditioners in the gym. Also, the air conditioners should not be set at temperatures below 25 degrees Celsius in the gym or sports hall. These changes will surely help our school to save energy. At the same time, it will reduce our school's electricity bill. When the school's expenditure is decreased, our school will have more money to provide for other activities for us to join. Also, saving energy can help us develop the good habit of doing so, even when we are at home. We can all help reduce the negative impacts on our environment by saving energy. Ultimately, doing so will make our lives more environmentally friendly.

In conclusion, the changes mentioned in this letter can really help us protect the environment, which is beneficial for us all, along with helping us nurture good habits. It is critical to make our school more environmentally friendly and build a green learning environment.

Yours sincerely,
Chris Wong
Chairperson
Student Council

Debate speech – Including lion dancing in PE curriculum

By 5D Ifra Ahmed

Should we incorporate lion dancing into the physical education curriculum of our school?

Good morning, ladies and gentlemen, esteemed judges, and fellow debaters. Today, I stand before you to argue in favor of incorporating lion dancing into the physical education curriculum of our school. This vibrant and culturally rich practice offers benefits that go far beyond mere physical activity.

First and foremost, lion dancing promotes physical fitness as it involves an intense workout combining aerobic exercise with strength training. Dancers engage their entire bodies, enhancing cardiovascular health, flexibility, and coordination. In an era where childhood obesity is a growing concern, integrating lion dancing into the PE curriculum can provide an engaging way to motivate students to stay active. By introducing an activity that is both enjoyable and challenging, we can instill a lasting appreciation for physical fitness among our students.

Furthermore, lion dancing serves as a unique cultural expression that fosters inclusivity and diversity. With our school community consisting of students from diverse backgrounds, lion dancing offers an opportunity to celebrate and learn about Asian culture. By including lion dancing in our curriculum, we can promote cultural awareness, respect, and understanding, enriching not only our students' educational experience but also their sense of pride in heritage.

Moreover, lion dancing encourages teamwork and collaboration, requiring synchrony and communication among dancers. Through learning to work together to execute intricate routines, students develop essential social skills such as cooperation, leadership, and problem-solving, which are invaluable, not only in sports but in all aspects of life. By emphasizing teamwork through an engaging medium, we equip our students for future challenges both within and beyond the classroom.

Additionally, lion dancing contributes to enhancing mental well-being. Engaging in the movements and music associated with lion dancing can reduce stress and anxiety. The joy of dancing, coupled with the creativity involved in performances, can significantly boost students' self-esteem and emotional health. In a world where youth mental health issues are on the rise, introducing lion dancing into the physical education curriculum can serve as a positive outlet for expression and relief.

In conclusion, including lion dancing in our physical education curriculum is not just about adding another activity; it is about enriching our students' lives. Lion dancing promotes physical fitness, cultural understanding, teamwork, and mental well-being. Let us seize this opportunity to provide our students with a well-rounded education that prepares them not only for exams but for life.
Thank you.

Open letter - Write an open letter regarding green changes to be made at school

By 5D Ifra Ahmed

Dear Students,

I hope you are well. As the chairperson of the Student Council, I am excited to share some important changes to our sports activities and facilities that our school will be implementing to promote a more environmentally friendly atmosphere at school. Under the guidance of our Principal, we aim to create a sustainable school environment through these dedicated green initiatives.

To minimise the amount of waste produced, we will no longer use disposable cups for drinks during sports events and activities. Instead, we encourage everyone to bring their own reusable water bottles. Additionally, all information and notices regarding sports activities will now be distributed via email only. This change not only reduces paper waste but also ensures that everyone is informed in a timely manner. Furthermore, sporting results will be posted on our school website, eliminating the need for paper copies. This aims to streamline communication while being considerate of our environment.

We are also committed to conserving energy within our sports facilities. To that end, the lights in the gym and sports hall will be switched off when these areas are not in use. We encourage everyone to make the most of natural ventilation by using fans and opening windows when the weather is cooler, thereby reducing our reliance on air-conditioning. It is essential that we never set the air-conditioning units below 25°C in these spaces. By adopting these practices, we can significantly reduce our energy consumption and create a more comfortable environment for all.

Lastly, we want to emphasise the importance of staying hydrated while also being environmentally responsible. Therefore, all students are encouraged to bring their own water bottles to school and refill them at designated refilling stations throughout the school. This simple action will not only reduce plastic waste but also promote a culture of living sustainably among our peers.

In conclusion, these green initiatives are vital steps towards making our school a more environmentally friendly place. By participating in these changes, each of us contributes to a healthier planet and fosters a sense of responsibility within our community. I urge all students to embrace these practices and make a conscious effort to support our school’s commitment to sustainability.

Thank you for your cooperation and enthusiasm in making our school a greener place.

Warm regards,
Chris Wong
Chairperson
Student Council

Letter to the Principal - Proposing a new programme

By 5E Kong Ki Ngai

Dear Principal Lee,

On behalf of the Computer Club, we are writing to propose a new programme that the Computer Club can carry out with the English Department to enhance English learning and its immediate short and long-term benefits for all the students of our school. The details are as follows.

Over the years, our school's students have struggled to master English, which has affected their academic performance and self-confidence. This also limits their chances of getting into the university of their choice and their potential for social mobility. English is most students' second language, and a lot of students from our school have limited exposure to it at home. Given that many of us come from low-income families, we often lack access to additional language resources or tutoring.

To address these challenges, we propose developing an English learning tool using artificial intelligence (AI). This learning tool, developed as an App would give us personalised and interactive lessons powered by AI. The App can be used on smartphones or computers, and it would integrate English learning with increased engagement to support our self-study at home or anywhere outside the school campus.

The most immediate benefit of such an App designed for our students lies in its provision of a virtual English-speaking environment. In addition, this AI English learning tool would provide a speaking platform where students can talk to the AI chatbot in English at any time. Additionally, the AI bot can correct our students' grammar, helping us improve our speaking skills. This solution would be beneficial for students from low-income families, as they may not have family members who are good at English. Through this tool, we can enhance our grammar and language fluency.

Furthermore, the long-term benefits of such a programme for our students are equally significant. Improved speaking can in turn lead to better written English and vice versa. Moreover, students can send their writing to AI for corrections and receive suggestions. Certainly, if students use the programme for an extended period, their English will improve. In turn, the students' probability of achieving level three to pass the DSE would be enhanced, thereby reducing the risk of jeopardising their chances of gaining university admission.

Lastly, the benefits for teachers of such a learning tool would include increased student motivation for learning English.

It is high time that we addressed the issue of students' English proficiency and created a learning programme that is practical, convenient and interactive. Students would gain more self-confidence in English. I am confident that the programme would significantly improve the English-learning experience for both teachers and students.

I am eager to discuss this proposal further with you and explore various options for this plan.

I look forward to your favorable reply soon.

Yours sincerely,
Chris Wong

Debate Speech –

That lion dancing should be integrated into the school's PE curriculum

By 5E Tsang Chin Wai

Ladies and gentlemen, judges, and my fellow debaters, today our team will argue why lion dancing should be included in our school's Physical Education curriculum. Lion dancing offers a unique combination of physical exercise, cultural education, and teamwork, providing tremendous benefits to students. By incorporating lion dancing into PE lessons, we can offer a fun and interactive way for students to stay active while also learning about an important Chinese tradition. In the following, three key points will argue and demonstrate how this addition to the curriculum will enhance the overall educational experience for young learners.

As we all know, lion dance is usually accompanied by a musical ensemble consisting of at least three instruments. Unlike conventional performances where music directs movement, lion dance musicians follow the lion's movements, integrating elements of music, dance, and sports. This dynamic activity makes it an excellent addition to PE lessons.

Traditionally, music classes focus on learning theory through textbooks, but students often struggle to apply this knowledge to other subjects. Instead of learning music passively, lion dance provides an engaging and practical way to grasp musical concepts while burning calories. Beyond its physical benefits, constructing a lion costume strengthens students' crafting skills, endurance, and fine motor skills—important soft skills that translate into other areas. Additionally, each lion mask and movement has its own associated rhythm, requiring high concentration and coordination. These skills help students stand out among their peers and in future interviews. Learning through hands-on experience often proves more effective than theoretical study alone. Therefore, learning lion dance is a form of learning we should take advantage of.

Apart from acquiring essential life skills, lion dance is also a valuable means of preserving Chinese traditional culture. It is our responsibility to pass on our heritage rather than allowing it to disappear. Historically, lion dance originated in the military before evolving into a folk performance that blends art, martial arts, sports, and entertainment. Today, it has spread across Chinese communities worldwide. More than just a performance, lion dance embodies courage, strength, energy, wisdom, prosperity, and good luck—values that set lion dance apart from other PE school curriculum sports.

Preserving traditional Chinese culture is not a waste of time, nor is lion dance merely a form of exercise. Integrating lion dance into the school's PE curriculum supports and preserves maintaining our cultural identity and fulfilling our duty. Given the above, today's motion must stand. Thank you.

Two-sided Argumentative Essay –

The debate on smartphones: harmful or beneficial for teenagers?

By 5E Wong Man Him

Smartphone: A Friend or A Foe?

Imagine a teenager engrossed in their smartphone, scrolling through social media, messaging friends, and playing games. This scene is not uncommon in today's society, where smartphones have become an essential part of daily life for many young people. While some argue that smartphones are detrimental to teenagers' health and well-being, others believe that they offer valuable benefits such as connectivity, access to information, and convenience. In this essay, I will examine both perspectives on the impact of smartphones on teenagers and ultimately express my view on this complex issue.

First of all, portable devices are a lot more convenient than simply a mobile phone or desktop computer. As technology advances, smartphones nowadays come with a variety of useful applications which are beneficial to their users, especially for teenagers. For instance, people in the past could only use a desktop computer, or earlier, just a physical dictionary, to search for the meaning of a word, but with new inventions and applications on smartphones, teenagers can look up the usage of a word easily. Teenagers can conveniently learn how a word is used just by using an app on their smartphone, rather than simply looking up on an online dictionary or a book. This convenience illustrates how usage of a smartphone for teenagers enhances their studies.

Apart from the convenience mentioned above, we should all recognise how smartphones allow teenagers to connect with others beyond face-to-face interaction. Since smartphones contain various social media platforms, teenagers can engage with others through these digital sources. For example, before smartphones were invented, people could mostly connect with each other through landline phones, but now teenagers can share anything, anytime, anywhere with others via instant-messaging applications like WhatsApp and Signal on their devices. Thus, the benefits of smartphones are exemplified in their ability to foster better connectivity. As an array of social media apps can be downloaded onto smartphones, teenagers have multiple ways to maintain and expand their social interactions.

However, a coin has two sides. Critics argue that excessive smartphone usage negatively affects teenagers' physical and mental health. Smartphone addiction can lead to a range of health issues that impact daily life. Physically, excessive screen time strains the eyes and may contribute to poor

eyesight. Mentally, excessive smartphone use can lead to anxiety, depression, and other psychological disorders. The above demonstrates that while smartphones offer numerous advantages, improper usage can lead to significant health problems.

In conclusion, the debate surrounding the impact of smartphones on teenagers remains complex. While smartphones provide convenience, connectivity, and educational benefits, they also pose risks, particularly concerning health and addiction. As technology continues to evolve, teenagers must find a balance in their smartphone usage to maximize its benefits while minimizing their negative effects on mental health, social skills, and physical well-being.

It is important to acknowledge the benefits that smartphones can offer, such as the enhanced communication and access to educational resources. Yet, striking a balance between responsible smartphone use and recognising its potential risks is crucial in supporting teenagers' overall well-being. I hope my discussion has encouraged parents, educators, and teenagers themselves to engage in open conversations about healthy smartphone habits and to make informed decisions that foster a positive relationship with technology. Let's take action and promote awareness on responsible smartphone use. Let’s create environments where teenagers can thrive both online and offline.

Application letter –

Job application for the post of an intern in the Fanling Youth Centre

By 5E Wong Wing Kiu, Sophia

Dear Sir/Madam,

I am writing to apply for the intern position at Fanling Youth Centre, as advertised in *Ming Pao* on April 27, 2025. I am confident that my strong leadership skills in developing comprehensive and effective event plans make me an ideal candidate for this role.

As a current Form 5 student at PLK Ma Kam Ming College, my academic performance places me among the top 10% in English, Chinese, and Citizenship and Social Development. In the school projects and learning activities, I have gain valuable experiences which equip me with strong communication skills for engaging with teenagers of different backgrounds. At school, I have the chance to work with youth, including non-Chinese students. This has given me valuable experience in fostering inclusive environments. Additionally, as President of the Student Union, I have developed expertise in event planning, collaboration with community organisations, and handling extensive administrative tasks. This experience would be particularly useful if I am appointed to become the intern at the Fanling Youth Centre.

Furthermore, my commitment to youth development is demonstrated by my 50+ hours of volunteer work at Kowloon Youth Centre, which has provided me with hands-on experience in supporting young people and understanding their needs. This experience has strengthened my ability to design and execute events that resonate with youth communities.

The Youth Centre's commitment to youth development and fostering a vibrant, diverse, community deeply resonates with me. I am inspired by your mission to mentor youth in life planning, offering a range of activities for exploration, and nurturing their sense of social responsibility. I am confident that my strong event planning skills align seamlessly with the Youth Centre's objectives and values.

Enclosed with this letter is my resume, which provides detailed information about my qualifications, professional experience, and achievements. I welcome the opportunity to discuss my application further in an interview, where I can elaborate on my approach and how I can contribute to the success of the Youth Centre.

Thank you for considering my application. I am eager to contribute my previous experience, problem-solving skills, and passion for youth development. My goal is to create engaging programs that help young people and foster meaningful connections within the Fanling community. I eagerly anticipate the possibility of joining your esteemed team and making a positive impact on the lives of youth at the Youth Centre. I am available at your convenience and can be reached at 2123-4567 or chriswong@gmail.com.

Yours faithfully,
Chris Wong

Graduation Yearbook Entry - Graduation

By 6A Man Cheuk Ting

Academic Life

Time passes by inadvertently, and it's already the last 6 months of my studies at Kowloon Secondary School. Over these six years, I have experienced the COVID-19 pandemic and took online classes at home. Consequently, I cherished the time I spent with my classmates and teachers in Class 6C at school, face-to-face, every day.

Over the years, I have found myself immersed in a wide variety of subjects and activities. However, there is one subject that holds a special place in my heart – Biology. How did I choose to study Biology? At first, I chose Biology because I got excellent results in it, in Form 3, but later I was inspired by a TV series and I decided I wanted to become a nurse. Therefore, I have had high expectations for myself in Biology, which has given me countless rewarding experiences, especially conducting experiments in the laboratory.

In fact, studying Biology is not easy at all. There are endless past papers to finish and endless key points to memorise. The topic I hate the most is about plants, because the content, such as the structure of plants, is very complex. This topic of plants is very boring to me. But I found learning about the structure of human beings, especially their structure of cells and bacteria, very interesting. When I learnt about some diseases, I felt like a doctor, using the knowledge I was learning to solve the patients' problems. After completing the course, I felt a great sense of accomplishment.

Student Life

I still remember when we performed on stage at the Christmas Singing Party. Everyone had a smile on their face. We were all exhausted from practicing day after day before the show, but we had no complaints. Although we had some arguments when discussing the dance steps and song choices, which is the nature of our Class 6C, everyone had different opinions, but in the end we all came to a unanimous decision.

Now we are working hard for the DSE. Every day after school, I see everyone sitting in the self-study room and burning the midnight oil for the test. I am grateful that our class teacher at that time often brought some snacks for us. It helped me feel that I am not alone as I study for the DSE, there are the other students and teachers from Class 6C, supporting one another. I hope we all get excellent results in the DSE and get admitted into our favourite universities.

Speech - Slow Movement

By 6A Zhang Ling Wan

Good morning, everyone.

Today I stand before you as a proponent of the Slow Movement, a concept that encourages us to embrace a slower pace of life in a world that seems to be speeding up. The Slow Movement advocates for a more mindful and deliberate way of living.

Let me draw your attention to the benefits of Slow Movement. The benefits of embracing the Slow Movement are numerous and profound. Do you slow down when going back to school or work? Do you enjoy the vibe of the surrounding environment? By slowing down, we allow ourselves the opportunities to truly savour the present moment. To enjoy the beauty in the little things that often go unnoticed in our hectic lives, including the breathtaking sunset, comfortable breeze and the soothing fragrance of flowers. This change in mindset can lead to reduced stress levels, improved mental well-being and a greater sense of fulfilment and contentment.

One of the key aspects of the Slow Movement is slow living, which encourages us to be more intentional in how we spend our time. Nowadays, as city dwellers living in a metropolis, we always feel like we need to hurry to do everything. We always run fast, walk fast, or even eat fast, to spend more time on working or studying. Instead of rushing from one task to the next, we should take the time to engage fully in each activity, whether it's studying for an exam, spending time with your loved ones or pursuing a hobby. In the weekends we can spend more time enjoying different kinds of activities and working on our hobbies. By slowing down and being present in the moment, we can cultivate a deeper sense of connection and meaning in our lives.

And let's not forget about slow food, which promotes the ideas of preparing and enjoying meals mindfully. Nowadays, we spend lots of time on working and studying. We might have our lunch or dinner in 15 to 20 minutes, eating convenience food such as instant noodles, microwaveable meals or fast food. It isn't good for our health in the long run. By taking the time to cook and savour our food, we can enjoy the happiness brought from cooking and have a sense of satisfaction. We not only nourish our bodies but also connect with the community around us.

So, what can you, as students, do to follow the principles of the Slow Movement in your own lives? Start by cultivating hobbies at weekends. Engage yourself in activities you enjoy beyond studies. You can explore nature, read books, paint or play music to relax. Spend quality time with your friends

and family without distractions. Also, it’s a good time for you to take a break to recharge and avoid burnout. Practise mindfulness or meditation to reduce stress and improve your concentration.

It's also important for you to eat mindfully. Take time to savour your meals and eat fresh and healthy food. Pay attention to the flavours, textures and aroma of your food. However, avoid eating in bed or while studying.

In conclusion, embracing the Slow Movement is not lazy or unproductive. By slowing down and being more mindful in our everyday lives, we can cultivate a greater sense of peace and joy. I encourage each and every one of you to embrace the beauty of life. Thank you!

Speech - Slow Movement

By 6A Zhang Sze Ching

Good morning, everyone. In recent years, people's lives have become increasingly fast-paced and hectic. Not only do people eat fast food, but they also rush through their reading time and daily activities. This constant rush leaves little room for enjoyment and reflection. However, some people support the idea of a movement that promotes a slower pace of life through concepts such as slow food and slow living. Today, I will examine the benefits of the Slow Movement and what people can do to incorporate it into their own lives.

For background, the Slow Movement encourages people to embrace a more leisurely pace of life. This approach can make our lives calmer and more peaceful, benefiting both our physical and mental health. By slowing down, we can appreciate the little things that often go unnoticed in our busy lives. So, what are the benefits of the Slow Movement, and how can we slow down effectively?

There is no doubt that the Slow Movement allows us to take our time and savor the moment to enjoy such things as truly tasting meals while eating with our families. It encourages us to read slowly for pure enjoyment, enhancing the reading atmosphere and our mental attention to detail. When we engage in slow reading, we immerse ourselves in the text, allowing us to fully appreciate the story and its details. This practice not only brings us pleasure but also fosters a deeper understanding of the material. The Slow Movement advocates a healthy lifestyle. It is high time to help ourselves slow down and find balance and enjoyment in our lives. In our pursuit of happiness, we must remember that a slower pace can lead to greater fulfillment.

It is easy to follow the Slow Movement. First, the key is to do fewer things. We should reduce our to-do lists and the number of tasks we need to accomplish each day. By simplifying our schedules, we can focus on quality rather than quantity. Second, if you don't finish something in one day, try to start it the next day. Some people find this frustrating and associate it with laziness and procrastination, but it is completely normal and simple to embrace this mindset. We should try to slow down and recognize that it's okay not to get everything done all at once.

While we should aim to complete tasks efficiently, we must also prioritize our enjoyment of free time. The Slow Movement can help us find that balance between productivity and leisure.

In conclusion, the Slow Movement is beneficial for everyone, so I encourage you all to give it a try! Embracing a slower pace can lead to a richer, more fulfilling life.

Proposal - Proposal of annual school marathon

By 6B Chiu Tsz Chai, Nick

On behalf of the School Running Club, I am writing to propose the organisation of an annual school marathon. This event would be highly beneficial not only for students but also for teachers.

Firstly, regular training has a significantly positive impact on physical health. According to a survey conducted by the University of Hong Kong, individuals who engage in at least 30 minutes of fitness training daily have a lower risk of heart disease compared to those who do not. An annual marathon would serve as an excellent opportunity to encourage both students and teachers to participate in physical activity together, fostering a sense of community and collaboration. I propose that the marathon be held on a Thursday, allowing every student to invite friends and teachers to join in the fun and promote a healthy lifestyle.

Moreover, hosting an annual marathon could create a positive image for our school. I have confirmed that no other school in the area has organised such an event, which positions us as pioneers in promoting health and wellness in our community. This initiative would not only enhance our school's reputation but also attract attention from prospective students and parents, showcasing our commitment to fostering a vibrant and health-conscious environment.

In addition, regular training and participation in the marathon can significantly alleviate stress for students. In today's fast-paced environment, many students experience high levels of stress. Engaging in physical activity offers a constructive outlet for this pressure. To incentivise participation, we could offer a commemorative T-shirt as a reward for students and teachers who join us for five or more training sessions leading up to the marathon.

Furthermore, we could consider incorporating additional activities such as health workshops, nutrition talks, and fun runs for younger students, making the event a comprehensive celebration of health and wellness. This would not only enhance participation but also engage the entire school community, creating lasting memories and emphasising the importance of a healthy lifestyle.

Thank you for considering this proposal. I believe that an annual school marathon would be a valuable addition in our school's calendar, promoting health, unity, and a positive school spirit among all members of our community.

Speech - Slow movement

By 6B Tsui Yan Wing

Good morning, Principal, teachers, and my fellow schoolmates,

I am honoured to be here today to discuss the benefits of the Slow Movement and how we can incorporate its principles into our everyday lives. Our modern world, is increasingly becoming more fast-paced and hectic. The Slow Movement advocates for a mindful approach to living, promoting concepts such as slow living, slow books, and slow food.

One of the most significant benefits of embracing a slower pace is its positive impact on our health. In fact, individuals who lead a slower lifestyle tend to enjoy a longer lifespan compared to those caught up in the rush of daily life. For example, when we slow down, we lower the concentration of adrenaline in our bodies. By prioritising our well-being, we can foster a healthier, more balanced life.

So, how can we actively follow the Slow Movement in our own lives? One powerful way is by dedicating quality time to our friends and family. Building deeper, more meaningful relationships is essential. For example, we can enjoy a meal together, engage in heartfelt conversations, or participate in shared activities. We must remember to savour these moments.

Additionally, we should reflect on the food we consume. Many of us opt for convenience foods that are often high in salt, sugar, and unhealthy fats. These choices can have a serious impact on our health. It’s time for us to try slow food, which emphasizes fresh, local ingredients and preparation methods that nourish our bodies and souls.

Moreover, it is crucial for teenagers like us to recognize the importance of adequate sleep. In our fast-paced lives, we often sacrifice sleep to meet deadlines or keep up with social activities. However, prioritising rest is essential for maintaining our health and improving concentration. By creating a relaxing bedtime routine, we can ensure that our bodies and minds are adequately rejuvenated.

In conclusion, embracing the Slow Movement enables us to live healthier and more fulfilling lives. By reducing our pace, nurturing our relationships, being mindful of our food choices, and prioritising our sleep, we can create a more balanced existence.

Let’s take inspiration from this movement and strive to slow down, savour each moment, and truly live our lives to the fullest. Thank you.

Graduation Yearbook Entry - Graduation

By 6C Li Chui Ying

Academic Life

One subject I truly enjoyed studying was History. Despite the challenges, I found it rewarding because understanding the significance of each world event is crucial in grasping the full context of the world we live in today. Additionally, most historical events are interesting to me. Studying history helps us gain insights into the past and its impact on the present.

The teaching style also made me enjoy History. Mr. Lam's teaching approach is engaging—he connects historical events to contemporary society and lifestyles, making them easier to understand. Moreover, the class atmosphere is very pleasant. Even though writing essays is challenging, both my teacher and classmates motivated me to enjoy the subject even more.

Student Life

One of the highlights of my time in Class 6C was Sports Day. Competing in different events and cheering for classmates made the day unforgettable. Whether winning or losing, the spirit of teamwork and encouragement brought us closer together. Looking back, these moments remind me how special our class was.

Another unforgettable memory was our class trip to Shenzhen for our Citizenship and Social Development project. We took funny photos and had a great time together. I made many friends in Class 6C, and this trip not only deepened my understanding of the subject but also became an important shared memory, as it was our first overnight school trip since the Covid-19 outbreak.

I am sad to leave, but I am also excited about graduating. My time at Kowloon Secondary School has been a journey of growth, friendship, and unforgettable experiences. As we part ways, these moments will remind us of the incredible journey we've shared. I am grateful for the lessons learned and friendships formed, knowing they have prepared us for the future.

As I prepare for graduation, I carry these memories with me. The friendships, laughter, and challenges have shaped me into who I am today. Moving forward, I hope to cherish these experiences and continue learning and growing beyond the walls of this school.

Wishing everyone success in their future endeavours. I hope to see you all again in the near future!

A letter to the editor - Urban redevelopment

By 6D Tang Yui Him, Percy

Dear Editor,

In recent weeks, the housing authorities' newly published manifesto on the redevelopment of Choi Hung Estate, has sparked a heated debate. Many citizens, including celebrities and former civil servants, have expressed their disappointment—and even anger—toward the plan. Citizens fear that the iconic housing estate, although described in the plan as 'old,' 'outdated,' and 'dangerous,' will be completely erased, along with the collective memories of its residents. As a former resident who was raised in Choi Hung Estate, I strongly share these concerns. Therefore, I am writing to oppose this radical and insufficiently scrutinized plan for the following reasons.

Firstly, the plan causes extreme inconvenience for the residents. According to the proposal, they are given only two options: either accept a $30,000 compensation or wait for a new flat in an unspecified public housing estate. The first option is clearly inadequate—the amount is not even enough to rent a 350-square-foot flat in the Kwun Tong District for a single month. The second option is equally problematic. Residents are likely to receive a much smaller flat than their current one in Choi Hung Estate, and they must endure a 36-month waiting time between being displaced and receiving a new home. Some, who can live with their family during the waiting period, like my mother, can still find this plan acceptable, but let's not forget those who are less fortunate. Will they become homeless during this period? The published documents offer no clear answers.

Moreover, officials from the Housing Authority have refused to guarantee that the new flats will be located near Choi Hung Estate. This implies that residents may be forced to sever ties with their long-established community networks. Pupils will have to say goodbye to their present schools and classmates, and my mother will be separated from her friends she has lived close to for decades. This is not merely an inconvenience—it is a violation of their basic human rights.

Another valid concern raised by this extremely ambitious plan is that cherished memories may be lost forever. Choi Hung Estate, as younger readers may not know, marked a significant milestone in the history of Hong Kong's public housing. For example, it was the very first housing estate to include a toilet in every flat. In my mind's eye, this represents an evolution in public housing—from a focus on quantity to a focus on quality.

The government could certainly build dozens of replicas or museums of Choi Hung Estate, just as they have done with the old railway station in Tsim Sha Tsui and the Kowloon Walled City. But without

the original, how can visitors gain the same experience from a brand-new replica as they would from a ‘living fossil’? How can future generations truly understand the essence of the ‘Hong Kong Spirit’ by merely looking at photographs? If the Government continues to bury its head in the sand, another catastrophic preservation of our history may be looming.

Every time I return to Choi Hung Estate, I can’t help but feel nostalgic: the park where I spent my childhood; the fast-food shop where I studied for my A-level exams; the laughter with my best friends; the excitement of moving in, and the sorrow of losing my pet puppy. These memories live vividly in my mind. Of course, I understand that redevelopment is important, but isn’t preservation equally vital?

Take Macau as an example: their government has already legislated to preserve any building over 50 years old. In Hong Kong, we have a similar system for classifying historic buildings, but is our Government truly willing to follow the rules it set for itself? After reading the redevelopment plan, it seems to me that those promises are just empty rhetoric. Therefore, I cannot support the Housing Authority’s proposal.

Yours faithfully,
Chris Wong

Email - An annual school marathon

By 6D Cheng Kuan

Dear Principal,

On behalf of the Running Club, I am writing to request permission to organize an annual school marathon. I believe that regular marathon training offers numerous benefits for both students and the school community.

Last year, we conducted a survey on students' exercise habits. The results showed that a majority of students (80%) rarely exercise regularly, while only a small percentage (5%) do so consistently. Therefore, an annual school marathon is necessary to raise students' awareness of the importance of physical activity.

First and foremost, regular marathon training is vital for maintaining students' physical health. I've noticed that many students struggle with weight management, let alone achieving a healthy body shape. In our school, nearly half of the students are overweight. Regular training can help students learn how to manage their weight and monitor their body mass index. Additionally, it can increase their resistance to various health issues, such as strokes and cardiovascular diseases. Clearly, regular marathon training is essential for promoting physical well-being.

Moreover, marathon training can also improve students' mental health. In Hong Kong, we are under tremendous pressure due to the fast-paced lifestyle. Take myself as an example, I often have to burn the midnight oil to complete a heavy workload, which leaves me feeling exhausted and stressed. A healthy outlet for relaxation is crucial to relieve this pressure. When we train for a marathon, our bodies release endorphins—chemicals that help us feel happier. Through training, students can reduce feelings of depression and improve their overall mood. Thus, regular marathon training can help alleviate negative emotions and support better mental health.

Under no circumstances should we overlook the advantages of regular marathon training for the school. Furthermore, such a marathon could significantly enhance the school's reputation. From the perspective of parents, our school is often seen as placing more emphasis on academic performance than on other aspects of curriculum and student development. By promoting regular marathon training, we demonstrate that our school genuinely cares about students' overall well-being. This helps the profile of our school to be renowned not only for academic excellence but also for other strengths such as sports. If our students win medals in external competitions, such as inter-school marathons, it will further boost the school's public image.

In addition to our school's reputation, regular marathon training can help foster a harmonious school environment. In today's digital era, students often focus on their phones rather than engaging in face-to-face interactions. They seldom communicate with classmates, let alone with teachers. Marathon training provides a valuable platform for students to connect—not only with peers but also with teachers and even school leaders like yourself. With all school staff invited to participate, these sessions can strengthen bonds and promote mutual understanding. These shared experiences will leave a lasting impression on everyone involved. As a result, misunderstandings and conflicts between teachers and students may be reduced, contributing to a more positive and cohesive school atmosphere.

All in all, regular marathon training offers numerous benefits for both students and the school. I sincerely hope you will grant us permission to organize an annual school marathon.

I look forward to your reply. If you have any questions or concerns, please feel free to contact me.

Yours faithfully,
Chris Wong
Chairperson
Running Club

Speech - Slow Movement

By 6E Chung Chun Hei

Good morning, Principal, teachers and fellow students,

My name is Chris Wong. It is my honor to have the chance to present to you the latest lifestyle trend: the Slow Movement. As a steadfast advocate of the movement, I am going to share with you its benefits and convince you to adopt this beautiful way of life.

Have you ever wondered why you are always tired, exhausted or burnt out? Well, you must be one of the victims of this modern, fast-paced society, where everyone is being pushed to the edge. The cut-throat education system causes huge impacts on your mental as well as physical health.

Even after you graduate, there is no way you can get away with stress. Instead, more stress will be exerted on you when you become an adult. It seems like you can never see a bright future, doesn't it? Well, slow movement might be the only way out.

The Slow movement gives you the opportunity to enjoy your life. Remember, you only live once. What's the point of rushing through your life? Every moment in your life is profound and precious. It is such a pity if you do not realise the beauty of your life. By incorporating slow movement into your life, you might realize the beautiful side of your life and learn to appreciate it.

The first way to achieve slow movement is meditation. It is an activity that suits all walks of life. By practicing meditation, your physical and mental condition can be observed. All your negative feelings will be gone after meditation. Meditation is very easy to do and can be done anywhere. Find a place where you can sit down comfortably, close your eyes, and focus on your breath. As simple as that, your journey to meditation starts!

Aside from meditation, there are other slow things you can do. Just listening to music for example, or having slow food – where you prepare your meals from fresh ingredients and take the time to eat your meal, with your family – not rushing and eating fast food.

I earnestly hope you can try to bring slow movement into your life. Consider adopting the above suggestions and you will embark on your journey to slow movement. Trust me! Once you get started, you will never want to be 'fast' again.

Email to the Principal - An annual walkathon

By 6E Fan Sze Ki

Dear Principal Ma,

On behalf of the Running Club, I am writing to propose the organisation of an annual school marathon. As a concerned member, I believe that this proposal can bring lots of advantages to the students' health and contribute to a more organised learning environment.

One of the benefits of organising an annual marathon is that it can improve the mental health of students. Nowadays, many students need to study for long hours. They do not have enough time to relax because they always burn the midnight oil. As time goes by, students may have difficulty releasing their stress. The accumulated stress and anxiety can lead to serious health problems. If a marathon can be organised, students will have a chance to do some sports. Endorphins, chemicals which can improve one's mood, will be produced when they are exercising.

Apart from lifting mood, running a marathon also boosts the overall vitality of students because they will gain more energy. The energy they gain can support them in completing all their tasks and activities throughout the day. Therefore, I suggest that the school should organise a marathon in the future to increase students' energy levels.

Furthermore, the proposal may improve the fitness of students. Because of the accumulated stress, students may eat excessive amounts of food. Therefore, they may suffer from obesity. The organisation of an annual marathon will help students better control their body weight. By becoming fitter, students will have more resistance to illness and diseases. Students will also be more focused and attentive in their classes.

Our school's reputation can also be enhanced if an annual marathon can be organised. It boosts the school's image in the community by showcasing its commitment to maintaining students' health and wellness. It will show people how the school places emphasis not only on students' academic performance but also on their holistic development.

To conclude, organising an annual marathon brings a lot of benefits to students and our school. The mental and physical health of students and the reputation of our school can be improved. I would be grateful if you could consider this proposal seriously. Our club looks forward to discussing this proposal with you. Please feel free to contact us if you have any questions.

Yours sincerely,
Chris Wong