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編者的話

此讓外界人士欣賞本核學生的創作。 外,本學年特別展示更多同學的美藝創作,讓本核同學可以互相觀摩學習,更藉 學發揮創意,豐富學生多元學習經驗。適逢創核三十五周年,《青苗集》第十九 .特以《三十五周年核慶青苗文藝特集》為名,除輯錄同學的中英文寫作文章 本核一直致力推動同學在文藝方面的發展,培養同學對藝術的興趣,鼓勵同

品 约 欣賞價 ,只要是同學用心之作,都會有機會在本文藝特集刊登,供同學欣賞 本創作集所刊載的文章雖非字字珠璣,但都出自本核學生的創作,具有一定 值 。無論是平日的中英文寫作訓練、作文比賽,還是各式各樣的美藝作

學生攝影作品,讓本特集能順利出版。同時,本校老師悉心培育及耐心指導學生 感謝視覺藝術科袁婉荷老師協助藝術作品的編輯工作,攝影學會曾字新老師提供 作 最後 ,終有獲得欣賞的機會,希望同學繼續努力,心提高寫作能力及藝術創作力 衷心感謝一直支持本特集編輯工作的楊麗萍校長和陳佩玲副校長,更

創

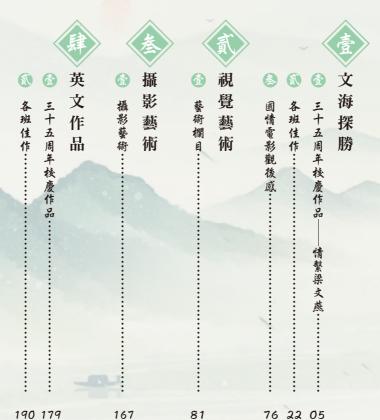
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目標進發

編輯:葉素霞老師、田雅芝老師、郭麗瑩老師、王菊英老師 二零二三年六月十二日

《三十五周年校慶青苗文藝特集》

月錄





壹

三十五周年校慶作品

情繫梁文燕

情繫梁文燕

♦

————一丁 陳前形

喜歡這裏的環境 雖 然就讀梁文燕紀念中學還未滿一年,卻已經有強烈的歸屬感。第一次踏進這所中學,我已經很 清幽寧靜, 讓我們可以專心學習

所以這句話令我重拾希望,開始對這間學校產生歸屬感,期待在這間中學開展我的校園生活 績怎樣 還記得第一次開始對學校產生歸屬感 ,只要你不放棄,我們一定會把你拉回來。」這句話真的感動了我,我小學的成績一 ,是副校長來禮堂向我説出的一番話:「無論你在小學的 直平平 成

也有很多不同類型的課外活動供同學參加 同學也非常親切 這 裏的老師也十分親切 ,儘管冬天悄然來臨 , 每一位都會跟我們聊天, 但同學依然熱情 ,使我們除了學習外,也可發揮不同的潛能 對我們關懷 我們會 起成長 備至 ,他們總在背後支持著我們 0 學校: 為同]學的身心發展

我倍感幸福 在 老師 和同學的鼓勵下, ,也十分期待往後在校園經歷的所有事 我一定會好好學習 ,盡力做好每一件事 , 我相信在這間中學學習,我一定能讓自己發光發 能夠在梁文燕紀念中學

己;我也慶幸遇到一班好朋友,陪我一起溫習,一起分享分憂,讓我成為更好的人 亮。我也慶幸我能遇見良師,陪伴我成長,給了我很多的機會,令我的成績得以提升 ,能夠做好自

年,希望在校長、副校長及老師的帶領下,學校能更上一層樓。 我希望在未來的日子,我能在他們陪伴下,在各方面都有所提升,能為校爭光。踏入二零二三

情繫梁文燕

♦

的洗禮

無可置疑的是母校對於同學們的意義是重大的

著同 .學們夢想與可持續發展的未來, 時 光匆匆,轉眼即逝,梁文燕紀念中學已走過三十五載的光陰,母校如同一個巨大的行囊 我們感謝母校的培育, 感謝師恩 感謝母校的一草一木以及知識 3,裝載

母校對同學們確實是重要的,是同學們成長路上的見證者,更是引導者

她 3 陪我、 校對我而言是 度過 , 她 一個永遠都不會消散的故事 引導我 , 教導我 , 培養我的 ,更是美好回憶 人生觀 , 更教導我們要回 原 因 無他 我 饋社會 人生的成長 , 我深愛我的 期 都 是

母校

陽 永恆的 陣雪松的 樣照耀 我深切的記得 是無可替代的。母校在我回憶裡是一種紫荊花和松木混合的味道 味道 著我 令我感到溫暖的 是融化 ,剛進這所學校時,一 我心焦慮情緒的 存 在 暖陽 切都很陌生,只記得有位老師的身影如同照耀雪人的冬日暖 那氣味是讓 ,更令我安心 人能記得最 的存_· 久的 在 0 每次回憶這段往事 是永久刻在心 ,這是我在那天無意中發現 裡的 時 味 道 似乎都 它是 峟

的 的 , 能體會到的是複雜的心 記 得當時還 有樂團在表演 緒, , 是無懼的勇氣 聽著二胡與 小提琴的合奏 ,以及像五彩泡泡一樣的幸福感 , 同學在操場的打球聲 。那是在 , 樓上課室的讀 圓形 場 嗅到

聲

所有聲音匯聚,至今縈繞不去。

的 刻的故事 來與期盼 味 道 剛好是在那瞬間,一束夕陽照射在學校的樓梯間與同學們的身上,我卻從縫隙間看到了光明的未 而受母校栽培的我們 ,我希望我的母校能像那束光一樣照耀更多的人,以及永遠散發那令人安心的紫荊花與松木 我希望能在母校的六年生活中好好學習以報師恩,回饋社會,這就是我與「梁文燕 , 在離開母校後也能發光發熱,繼續追尋夢想 最深

情繫梁文燕

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三甲 李梓彤

年半以來,在這裏的人和事都令我獲益良多;隨著時間推移,還讓我有更深的體會 我第一次踏進梁文燕中學校門的那天,距離現在已有兩年多的時間,卻依舊讓我印象難忘 這兩

再等一下再進去,畢竟人生路不熟,未知的環境、未知的同學、未知的老師 感到恐懼 我依稀記得兩年前,那天正是我來到梁文燕中學的第一天,膽怯的我站在門前 。過了良久,我深知自己不能再浪費時間,便下定決心,毅然邁出步伐,朝學校走去。自 ,這裏未知的一切都使我 ,心裏躊躕要不要

此

,我在梁文燕中學的生活便正式展開了。

情 路 些方面上我都有得著。眨眼間,我已不是當初那個在校門前猶豫不決的人 霧漸漸散去 ;那麽現在的我便是羽翼漸豐的鳥兒,對前路的方向和志願有了初步的想法,原本環繞在四周 都成為了為我點明方向的指示牌,不論是處理問題的 如果説剛入學的我是一隻雛鳥 ,遠處的景象愈發清晰,令我不至於在成長過程中迷失。而在梁文燕中學經歷的 ,對身邊的一切都不甚了解,充滿了迷惘與徬徨,一不小心便會迷 方法 ,抑或是學習態度、待人處事等 種 在這 種 的 事

更多。

組件也無法如常運作。 份子。這兩年半以來,我在梁文燕中學經歷了不少事情,希望未來的日子,我在梁文燕中學能學到 梁文燕中學就像一艘輪船,老師 而它亦將我們聯繫起來 、同學和職員工友都是不可或缺的組成部份,一旦缺了其中一個 ,由素未謀面的陌生人變成在梁文燕中學中環環緊扣的

我在梁文燕走過的日

•

丁 丘倩兒

生的新環境,進入中學的一刻,不免有點緊張,幸好這裡的校長、老師、社工和工友等都十分友善 回首三年前小學剛剛畢業,那時的我被分派來到梁文燕紀念中學。從六年的小學生涯來到一個陌

令我提著的心稍為放下了一些

願梁文燕紀念中學可以繼續發光發熱 今年已是我在梁文燕紀念中學就讀的第三年,也是梁文燕紀念中學的三十五周年校慶,在此我祝

Ţ

話劇 生活真的十分多姿多彩 習方面重視對學生的教育,更有不同的學術或體藝活動讓同學參加 被迫取消 這三年間 劍擊、攀石等,同學們也常在活動或比賽中取得佳績,在運動方面也是出類拔萃,所以學校的 但學校亦會為我們開設網上學習班和講座,也會時常關心學生的心理健康 ,我在此學習了很多。家政課讓我找到了自己的 興趣 , 同 ,例如數學比賽、音樂比賽、英語 . 時 因為新冠疫情 。學校不只在學 很多活動都

犯錯 理 成為錯誤的一個。除了楊校長的教誨,各位老師的悉心教導,都讓我學習到豐富的知識 , 我印象最深刻的就是校長在開學典禮上曾分享的一個故事,名叫 學 自己是正確的時候,不要因為大部份人而受影響,改變自己的選擇,否則自己也會隨波逐流 校也非常注重學生的德 、 智、 體 ` 群、美五育的發展 ,楊麗萍校長就經常教導我們不同 「狂泉」 , 説的就是當大部份人 的道

在不知不覺中我的中學生涯已經過了一半,在梁文燕紀念中學,我不但找到了自己的興趣 學習

到知識

還找到了自我

最後,我想在此再次為梁文燕紀念中學送上真誠的祝福,祝母校桃李滿園,萬代流芳。

情繫梁文燕 梁文燕與我

♦

時 的熊熊火焰;長風吹拂 而 輕 沿著學校旁的斜坡前行,一簇簇奼紫嫣紅盛開的花朵映入眼簾,輕輕地搖晃著它的花蕾,像燃起 柔 時 而激昂 ,千姿百態 ,那翠綠的葉子隨風起伏, 0 就在不 -遠處 還有幾隻野豬在尋找食物 宛如一位舞者在曼妙的 韻 , 律中擺 群猴子在樹上跳 動 她美麗的 長裙 躍

我回

歸

自然的感覺

,

這就是我踏進梁文燕的第一

印象

兄師 助 師 時 的 無私 姐的中 走進校園內,就有一群學生熱情地招待我,待人十分有禮;校務處的職員也格外親切。再觀看師 甘為 老師更是不厭其煩地糾正 奉 人梯 獻 樂表演 為我們精心準 ,教育我們成才,令我永不忘懷 ,真想不到他們是如此的博學多才,令我深感佩服呢 備 我們 的 每 傳授的不單只是知識 課;他們用心地教導 , , 還有各種高尚品德 不辭勞苦 !在課堂上, 毫 無怨言 0 梁文燕的老師言傳 0 當遇到迷惘 我也感受得 到 與 無

直令我有種回家感覺 了小鳥 談 到 鴿 學校最 字 嘰嘰 有特色的 喳 ,是我生命中的第二個家 喳 地方 地 叫 著 , 就是我們的 幾隻蝴 蝶 蜜蜂 圓形 在飛舞 //\ 廣場 小 處處鳥語花香。至今 廣 場內充滿著生機 ,梁文燕的 蔥蔥 的 人和事 樹 \vdash 停滿

不成 雲 , 線 照耀著運動場上的運動員,令人聚精會神。各社員的歡呼聲, 除 ,獨木不成林」 此之外,我也忘不掉我在梁文燕參與的第一場運動會。那一天風光明媚,陽光穿透著層層厚 ,梁文燕的團隊精神令我感到校園生活不再孤單 更令我感到梁文燕的團結 ,更教會了我團結一 致才能成 單絲

事

,眾志成城

人的 亂的思緒 回饋社會 根基 在梁文燕走過的日子,一年、一 能知事理而努力實踐。梁文燕三十五周年送給我的禮物,就是做人的學問 向新的一年邁去,三十五周年 歲 , 漸 ,不經不覺又像細沙一 漸 接近 ,偷偷遠離 樣不經意流 只知道離畢業的日子不遠 走 無形中卻為我打下做 1,我將來定必會 我整理

凌

四丁 何海清

親愛的梁文燕紀念中學:

的課堂,現在回復全日上課,全校能一起慶祝您三十五歲生日,真是來之不易啊 今年是您建校三十五周年,我想您一定很高興 。過去三、四年間 !因疫情而經常停課,或只上半天

遇 靜的學習環境;是您令我們有美好的環境,留下美好又珍貴的校園回憶;是您令我們能夠在這裏相 ,互相認識對方,最後成為生命中的摯友。太多事情想感謝您,您的「好」數之不盡,我或許只能 感謝您三十五年來給老師一個優良的環境,讓他們培育了一屆又一屆的學子,是您令學生們有安

用努力去報答您

溫柔 活 人時間陪伴我和同學們吃飯聊天 畢竟才剛剛升上中一,離開熟悉的小學,同時我亦期待著去了解您、熟悉您 還記得我第一天來到您這裏時,您對我來説是陌生的,我還有些害怕您,害怕不習慣在這裏的生 熱情的學生輔導員 ,學長學姐帶我去認識您 ,告訴我們有關您的事情,讓我更快熟悉您。 ,幫助我適應在您這裏的 生活 中 他們在午膳時用私 一時 有親 切

您給我 令我增加對學習的熱情;上網課後家裏的誘惑太多,反而降低我的學習效率。如今全日復課後 學生對學習的熱情。回復實體課後,在您這裏跟同學一起學習,坐在課室內認真專心,努力奮鬥, 我想念您,我想念您!我不喜歡上網課,總是感覺缺少了重要的人和事,後來發現是缺少了熱情 生的回答聲 到 中一下半年 一個如此優美的學習環境 ,少了學生的歡笑聲 ,因疫情暫停面授課 ,四周被青山環抱、鳥語花香,令我能靜下心來專心學習 ,少了學生的吵鬧聲,想必您也不好受。與此同時 , 在我們不能回校的日子中, 您應該變得冷冷清清吧?少了學 在那 段歲 感謝 這

上不同的人 很慶幸來到這裏 ,學會待人接物,學會面對困難 您猶如一位母親,處處為兒女著想;我們猶如您的兒女,毫無顧慮地善用您供給我們的 ,因為您 ,您為我帶來很多美好的校園生活,這亦將會成為我一輩子珍貴的回憶。我在這裏 ,我和同學們 ,更在此找到人生的方向 、好友們在這相識相知。我在這裏不只吸收知識 。衷心感謝您 我的母校 ,更獲得成長的指 二 切 我 遇

敬祝

桃李滿天下

學生

何海清敬上

二零二二年十二月二十四日

♦

親愛的母校

重 找到自己想追尋的目 都少不了您對我的悉心栽培。驀然回首, 生日快樂 !時光荏苒 標 讓我譜寫出令自己走向成熟的樂章 歲 月 匆匆 不經不覺我已經在您這 我發現這裏已成為我另 從 裏度過第 中 時 個家 的幼 五 個寒暑了 。在這裏的美好回憶 稚懵懂 到 在 現 這 裏 在 的 成 您令我 熟穩

微 風 吹過 在 聲聲的蟬鳴中 將我帶入回憶 , 泛起陣陣 的 漣漪 聲笑語的每一天,亦已珍藏在學校的每個角落

刻 落 布 韋 歷 0 繞著校園的跑道亦記錄著我們奔跑跳躍的足跡。 往窗 歷 今年的三十五周 午飯過後,我站在走廊上,依靠牆邊眺望操場,那裏經常都有著我們朝氣蓬勃的身影 在目 外 漢去 ;閉幕禮上的唱校歌環節亦充分表現著我們對您的敬愛 總能看到藍天白雲伴著碧綠的: ?年校慶陸運會更令我記憶猶新 山 丘 坐在課室時,陽光鋪灑在書桌上, 各社的健兒在運 同學的歡聲笑語伴著微風散在課 這點點滴 動場上為社爭光 滴的回憶深深刻在我的 像一層溫 揮灑汗 室的 放學後 暖的 每 水 的 個 時 角

腦海

中

跌倒過無數次再站起來向前奔跑 與您在一起的五年中,我不斷尋找著人生的方向。在追夢的路上有太多的未知, 0 支持我繼續向前走的動力,就是一直在我身旁的老師和同 而我亦在黑暗中 學的鼓

勵 才令我有勇氣繼續向前進發

過去的日子如輕煙,被微風輕輕吹散了;如薄霧,被初陽蒸融了。」時光匆匆流逝, 轉眼間

五年就過去了

情 帶給我無盡的快樂。祝願母校往後繼續「博學慎思育英才,桃李滿門揚四海」。 感謝您見證我的成長,包容我們的年少無知。是您孕育了出色的我們,讓我們學會大大小小的事

敬祝

生活愉快

學生

蘇紫澄敬上

二零二二年十二月二十二日

校園生活記趣

*

六丙 周田彤

物品 在感受到一般熟悉的晃動後,我睜開疲乏的雙眼,看見小巴到達學校。等我回過神來整頓完隨身 車上的同學早已撤退了。我連忙下車,拖著不甚精神的身心走進校園

翅膀 想當我們畢業後也會回到母校探望恩師,不忘飲水思源,感激與感慨之情滿溢 走得不快,身旁的同學們亦早已走遠,空氣似乎也冷淡下來。忽然聽到鶯鳥們吱吱喳喳的聲音 我不禁回想起一 前前後後地一上一下突出鳥巢的邊框 一看,大樹的分枝上築了個小小的鳥巢,幼鳥們紛紛伸長脖子向父母常哀求食物,每個肉粉色的腦袋 遨遊外面的大千世界。我一步步走進校園,耳邊鳥雀們的鳴叫聲 路程上,身旁前後的同學已經敞開心扉跟各自的好友傾談 如同 一眾新生的幼鳥,生氣勃勃 眾同學在老師的教導下成長 ,成鳥們則勞而不怨地一次次垂下頭, 0 到長成之時,必定亦如成 , 知識不斷地累積 , ,令羽翼未豐的同學們逐漸長出 顯得我特別的孤獨 鳥們 漸遠 般 。可人性終歸與鳥不同 ,氣宇軒昂 餵給幼鳥們渴求 疲倦 離 的 開 的 步調令我 養育的 新 食物 抬頭 生 我 搖 的

的歌曲 步 進有蓋操場 路上樂聲總是吸引不同的人過來,有欣賞的同學特意在一曲完畢後為我們送上鼓掌; 角落的鋼 琴瞬間 牽動我的思緒 0 我偶然會與好友在剩餘 的 午飯時 間彈奏各種 有與 不同

我們 相 同 相 熟的 在好友彈奏時 老師 ,會倚仗在琴上的欄 , 我會期待今天碰到的人是誰 杆 , 聽 著琴聲; , 沉浸在樂聲中思考亦是一 有我們的 朋友 過來 聚 集 種 打趣 趣 味 0 每 天的 人都不盡

我把 員的 發現 游 動 飼 崗 的 路過校務處門外,我的目光停留在水族箱。泛藍的水載著箱內充滿生氣的世界,在假石塊中不 記觀賞 條埋 料投入缸內 位 魚 偶然會負責餵養牠 在砂中的魚 ,停在石峭邊的 0 觀察牠們的行為也十分有趣,實在令人感嘆小小生命亦會如此 , 不時 們 用 蝦 , 觸 魚鰭撥上新 我拿起 鬚隨意地順著水流飄動,好不寫意 飼 料 砂 瓶 ,把自己完全融 牠們馬上便會游到缸 入砂 海中, 邊 0 我在水族箱邊仔細察看 不見影蹤 , 張大嘴巴游來 奥妙 我曾 經身負 游去 等著 養 斷 殖

尚 未 走到跟 路上 前 與各位相熟的老 , 已聽 到 內 裏的 師打招呼後 喧 開聲 0 快步走上前,扭開門把 遇到一 位舊友 我們一 , 邊傾 充實而有趣的校園生活點滴 談趣事 , — 邊走向 .我 們 的 洶 監 湧而 獄

來……



這 我明白了

甲周琰華

明 白 到 狺 親情的重要 件事深深地印在我的腦海中,慢慢地浮現出來,每當我想起來,我便會很想念我的家人 ,也會

我 都 感到傷心,夜裡偷偷地躲起來哭,卻沒人理會他 轉 感 到 我 教喜 哥哥那時才四歲,我每天都哇哇大哭,為了令我不再哭,父母試著滿足我所有要求 和 哥哥從 ,因為我是家裡唯 小 就看對方不順 的女孩子,只有哥哥非常討 眼 因為哥哥覺得我的出生讓 厭 我 他 非常 我剛出生的 不幸」 詩候 其實 父母 我的 ,哥哥因此 每天都 出 生 大家 韋

可是 , 後 有 來 天我對他改觀了 哥 哥開始背上照顧我的任務 ,他覺得我很麻煩 ,常常對我破 口大罵 ,我當然也很討 厭 他

你 [硬心 為甚麼把我妹妹推倒?」我第一次看到他保護我 那 軟,我終於明白他其實還是很愛我這個妹妹 天 他 帶我去公園玩 , 突然有 一個男生把我推倒了 ,當我有困難的時候 ,他第一次叫我妹妹 還説我笨 0 哥 · 原來他並不討厭 他會第一個出來保護我 哥 突然大聲説:「 我 你幹 ,他只是 嘛

這 件事令我明白到,只有家人會真心真意對待你。自此,我放下了對他的厭惡之感 ,也明白到親

情

的可貴

我最尊敬的人

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想的 。爸爸個子不高,一頭烏黑的短髮和一身白皙的膚色,臉上有一雙炯炯有神的眼睛,顯得十分 我最尊敬的人不是甚麽名人,而是一個極普通的人,他就是我的爸爸,但我不是一開始就這樣

精神

斷地給我説笑話,分散我的注意力。這時的我,病痛好像一下子消退,看著爸爸滑稽的樣子,我的心 立即把他穿著的外套脱下來,披在我的身上。他在我旁邊不停地走來走去,靠不斷運動來保暖,還不 啊!三十九點五度!爸爸二話不説,背起我就往醫院跑,醫生為我打了點滴,爸爸擔心我再次受寒 了晚上十二時半,我的頭變得異常的燙 怕感冒藥那酸苦的味道,就説:「沒事,我沒感冒,可能是嗆著了。」爸爸也就沒再問甚麼。但是到 午,爸爸發現我有點咳嗽,就關心地問:「你怎麼了?是不是感冒了?要不要喝感冒藥?」由於我害 裏感到無比的幸福和溫暖 爸爸對我十分關心,有一年冬天,我一大早就不停地咳嗽,而且頭有些痛,可我並不在意 ,嘴裏還説著夢話,爸爸發現後立刻拿來溫度計為我測 量 中

也陪我一起讀,可是他當時太累了,讀了一會兒就打起了呼嚕;聽著他的鼾聲,我也打起了哈欠,很 爸一直催著我趕快睡覺,但我翻來覆去還是睡不著,就順手拿了一本故事書來閱讀,爸爸見狀 裙給我做菜做飯 又一次,媽媽出差不在家,爸爸加 。平時 ,每天晚上我都養成了不看書便不睡覺的習慣 班 回來 ,非常疲倦。當得知我還沒有吃晚飯時,他立即穿上圍 , 而 這 一天都深夜十一時了 索性 谷

這樣 他就是我的爸爸 個好爸爸而驕傲 他的個子雖不高,但在我心裡比誰都高大, 他是我最尊敬的人,我為自己能有

快進入了夢鄉……

你有秘密嗎?我有一個在心中隱藏已久的秘密。

不勝數 某年暑假 有渾身是刺的刺猬魚 ,我和媽媽去海洋館遊玩。出來時正巧遇見一 , 有酷似鸚鵡嘴巴的鸚鵡魚, 個賣魚的小 有渾身金黃的黃堂魚,還有像馬戲團 攤 0 那裏的魚兒形態各異 小丑

似的小丑魚……

買魚 ,更買了一個價值六百元的大魚缸回家,魚兒總算是有了一個溫暖舒適的家 媽媽一 直喜歡魚,今天見到這麼多可愛的小傢伙,更是歡喜到不得了。於是 媽媽花了兩百多元

我心想 小塊饅頭屑掉進了魚缸裏。這時魚兒們一擁而上,全來搶著吃這塊饅頭屑,不一會兒就吃個清光 , 魚 兒 一 個月後的一個下午,我一邊吃饅頭,一邊趴在魚缸邊欣賞這些美麗的小魚。吃著吃著一不小心 定餓極了。於是我便把剩下的饅頭掰成碎屑 ,扔進魚缸。魚兒們全部出動 , 津津有味

地吃著饅頭屑

過來, 股不皮開肉綻才怪。於是我故作鎮定地對媽媽說:「 翌日, 看著可憐的魚兒,惋惜地説:「不可能啊 我發現魚兒們仰面朝天,全浮在水面上。 - 我昨天早上才餵過的 媽媽 糟了, , 你看 魚兒全部歸天。要是讓媽媽知 ,你把魚全都餓死了 。 ___ 我生怕媽媽看出破綻 道 媽 媽 , 我的屁 $\frac{1}{\sqrt{1}}$ 刻趕

這 秘密埋藏 已久,內疚也一直伴隨著我 我 不敢向媽媽明言, 但我實在很想向 . 媽 媽說:

對不

接著説:「你一定記錯了,肯定是被你餓死的。」這時媽媽也無語可言了。

起 - 是我欺騙了您 ! 」

沙田城門河記趣

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沙田城門河位於沙田區,是我最喜歡的地方,附近的設施多元化,包括:單車徑、跑步徑和公園

等,是一個休憩和放鬆的好地方。

車 上星期日下午,爸爸、媽媽和我一起到沙田城門河畔踏單車 邊看風景,還感受到大自然的風伴隨著我,仿佛置身於白雲當中般寫意 ,沿路途人十分多。我 一邊踏著單

新的花香飄進我的鼻子,真是心曠神怡啊 會兒,我們在城門河旁休息,聽到小鳥在樹上吱吱地叫,魚兒在水中游來游去,突然有一股清

黃昏的片段 太陽慢慢地從天空中消失,有很多路人連忙地拍照。鏡頭中映照著天上的日落,我連忙拿起手機拍下 黃昏時,天空掛著又圓又大,橙紅色的夕陽,吸引我目不轉睛地看著日落,天空漸漸由光變暗 日落中有無數小鳥在空中飛翔,鴿子在淺水的岸邊行走,這會不會是香港最美麗的風

景呢

最後,我們依依不捨地離開。回到家,我回想今天的行程,看著今天的照片,真是十分難忘,十

夜遊故鄉

*

情的地方。我也不例外。

語計量

故鄉是許多人心之所向,對在外打拼的人來説,故鄉使他們藏在心窩裡最溫暖、最明亮,最有溫

存 在 我簡單的收拾了一下就邁開步伐 因無他 在這漆黑的夜晚 人們都認為逝去的曾經都該惋惜,但 ,我認為我們逝去的童年並不是悲傷或讓人心裡猛一痛的存在,而是快樂、溫暖、充滿歡樂的 (),我忽然憶起年幼時的美好回憶,也不知為何 ,前往那片故地。我為此次的旅程取名叫「重返兒時快樂之旅 你們那時真有珍惜嗎? ,也不知為何心裡有所悸動 於是

的 ; 小時 的 優雅的 ,五花八門,不亦樂乎。再往前走,有一片湖。湖裡有天鵝在水裡游泳,翻起一片片波瀾 候 而後我又看到了月亮在湖中的倒影,那抹銀白真是漂亮極了 走著走著,轉過牆角,有一扇充滿粉筆痕跡的塗鴉牆,舊舊破破的已有年久失修的感覺 ,是高貴的。看著牠們仰著高貴的頭,在湖裡彷彿跳舞一樣 ,每當吃完晚餐我都會去胡同裡找小伙伴玩耍,玩各種小遊戲,有當時流行的,有自己發明 真讓我感到就像看了一場表演似 。記得在 牠們是

火, 清香的飄進我的鼻子裡,具有安神的功效。不知不覺中,我睡著了,在那片花叢裡 海 涼 的輕吹下, 0 開滿了鬱金香和百香草,不同品種的鬱金香挺直的開在那片山坡,在銀色月光的照耀下, 現在國家繁榮富強,安息吧!沒有你們就沒有今天的國家。」走到山腳的地方,那裡有 長盛不滅 再 穿過 由 山頂 一片小竹林 她們晃了晃好看的身軀 。可因為這些燈火,再也看不到星星了。我轉頭望向旁邊的烈士陵 俯視下去,可看到時代的變遷 ,來到了後山,爬上小 0 這個畫面被我深深印 山頂,旁邊有烈士陵 ,山下的城市已是繁榮富裕 - 在腦 海裡 (,在山 永遠銘記 頂有 , 周 — 陣 圍都是霓 。盛開的百香草 陣 心中説 晚 虹 風 燈 吹起 謝謝 在微風 萬 一片花 滿是 很 家 燈 你

土。不同年齡看事情的心境,果然不一樣 第二天清早,我踏著步伐回家,重遊故地的我又有其他的感慨 我愛我的故鄉,我愛我的故

秋日記趣

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| | 三 | 禁 | 桁

夏日慢慢遠去;秋日漸漸來臨。現在天氣已經開始轉涼了,可見街上的路人陸陸續續地加穿了衣

服 無論是馬路上、行人道上、公園裡都有秋風走過的身影

各式各樣的水果,還有我最愛的秋遊 雖然秋天沒有春天的暖和 ,沒有夏天涼快的西瓜 ,沒有冬天的聖誕節、 跨年倒數 ,但秋天不僅有

的會留在樹上觀賞遠處的美景 幅幅的名畫 説起 秋遊 ,很難不聯想到那金燦燦的樹葉 讓人百感交集 。我與他們合照, 秋天的落 葉 , 落葉一片片的,不斷在鏡頭中起舞 有的會堆積在地上聚會,有的會在空中翩翩起 層層的躺在草地上,與眾不同的樹葉呆在 跟我互動 起 舞 拍下 成了 有

張張充滿秋意的瞬間

禁令人垂涎欲滴 冬天出現 落葉鬱鬱蔥蔥 ,偏偏只在秋天成熟;那香糯糯的栗子 。每位經過的路人,也會被它們深深吸引,不得不買上一袋回家,享受這份秋味 ,但最代表秋天的卻是一 輛小 推車 ,紅彤彤的烤紅薯 炒栗子車仔檔 香噴噴的 頑強的栗子不在春天、夏天 雞 蛋 每次在排隊時

的事。

有趣的事,這些趣事充滿著我們的生活,我們的生活也會因為這些樂不可言的事,忘掉一切鬱鬱寡歡 秋天的趣事數之不盡,數之不盡的趣事吹拂這飄落的樹葉,人們依然會在秋天裡發現一些新奇而

夜遊農村

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一丙 鄒錦祭

高樓大廈比較少,因此在晚間的時候,昆蟲和小動物都會出動 還記得小時候我在農村生活,爸爸和我常常會在晚上九時到十時外出散步 ,那時的農村很落後

便向 那天 小橋的方向 ,爸爸和我慣常的下樓散步 !走去。街道十分寂靜 剛下樓我們便聽到了蟋蟀和不知名的鳥類的叫 個途人也沒有, 沿途更沒有路燈 , 我們只好使用手電筒來照 聲 就這樣我

明

在蟋蟀的叫聲伴隨下我們走到了小橋

的 水裏和草地上去,原來只是一隻小青蛙鳴叫。及後我便和爸爸向小池塘的方向走去 的下方是一 小蝌蚪呢 //\ 橋不算寬闊 個不大不小、不深不淺的小 !正當我看著水裏的蝌蚪發呆時 ,大概只能横站三位小孩子,全長大約只有一米多 河 道 ,突然被一個尖鋭的叫聲嚇了我一跳 深度大約一米。但是可 別小 大 看 此 [這河 我們都叫 道 我條件發射的看 它做 內裏孕育出 小橋 無數 木 橋 泂

著我 道內裏有甚麼動物,只看見有一大群的青蛙 的 在 感覺 小 池 塘對面有 横過橋後 座橋 青蛙 , 説 和蟋蟀 真的 的 Ш 我並不很喜歡那 聲 漸多起來了 座 小池塘有 橋 , 大 為 那 一個小型羽毛球場般大小 座 橋 底 下 ·的河 水 裏似 有 東西在看 我不知

小池塘的旁邊有一個養雞場,這是附近唯一一個有光照明的地方,我們遠距離看到雞場的主人在

辛勤努力工作,更不時聽到雞鳴的聲音

是螢火蟲,我不得不大聲讚嘆大自然的神奇。晚上的農村,有一種讓人説不出的美! 當我們打算回家的時候,路過一片青草地,發現一個一個的小光點在空中飛舞,走近才發現原來

這 件衣服 對我別具意義

♦

丁梁贊

以搭配校服「毛衣」,厚重的羊毛衣適合冬天穿著,又可以在寒冷的上學日當內層保暖衣服穿著 最近天氣冷了,是時候拿出我的羊毛衣。羊毛衣有輕有重,輕的羊毛衣適合夏天穿著,又可

毛衣是藍色的,承載了外婆對我滿滿的愛,所以這件羊毛衣對我特別有意義 付出一 一天過去,我的病情終於痊癒了,我十分感謝外婆,她親手織縫的溫暖牌和她無微不至的照顧 你還記得那件羊毛衣嗎?我仍記得小時候的冬天,我在外婆家很容易患上感冒和發燒 滴滴像豆大的汗水,為我編織了一件溫暖的羊毛衣,替她每天無微不至地關懷著我 。日子一天 ,幸好外婆 。這件

外婆在前幾年因車禍去世,於是我更加珍惜這件毛衣,即使有污漬 深深地印在我的腦海中,毛衣勾起我過去的回憶,即使天氣寒冷,我都會穿著那件毛衣。不幸的是 長大後,我還記得外婆親手縫製的那件羊毛衣,外婆告訴我:「天氣涼了,不要著涼 因為羊毛衣上有外婆的氣味,這代表外婆對我的心血和汗水,別具意義 ,也不去清洗,簡單地擦拭 這句話 一會就

健康,我會好好保存外婆親手縫給我的羊毛衣 雖然這件羊毛衣有些破舊 ,但是內裏蘊藏了外婆的對我的細心和關愛,希望她在天上生活得快

重遊舊冊

</l></l></l></l></l></

都能 形 氣 那 裏很空曠 石頭 沒有鬧市的喧嘩,卻令人心曠神怡,感到莫名的輕鬆 感 這個春天,我再次回到我的故鄉。坐了兩小時的車,我沿著一條筆直的大馬路進入故鄉的 到 堆 灼 熱 ,不像名勝景點般熱鬧, 、乾草塊、魚塘 令人汗流浹背。 , 連 椅子都是石造的。夏天時 空氣中汗味 也沒有高樓大廈那般繁華。 土味夾雜 , 那 是 一 ,椅子是熱的 磚瓦拼成的 種 陳舊的味 地板也是熱的 小屋 道 , , 像一 沒有汽 個矮矮 無論 車 的 在 的廢 正方 哪 韋

滅不了它,就是這樣令人安心的石塊,承載著所有人的回憶 有靠背 魚塘是仍最平靜的 ,一般又冷又滑 ,卻從沒有人投訴過這幾塊冰塊 ,它聽著一群大叔們的 寒暄 ,那裏只有一張圓的石頭桌子 , 下雨沖不走它, 颱風刮不走它,連時 ,四張石造長 間 櫈 也 沒

柔的 有 個人般高,令人難以看清腳 魚塘背面長滿了野草,像一片森林般 看著孩子由兒時向自己扔石頭 下的泥 ,「打水漂」到現在長大成人,相信她也一定會感到欣慰和感動 沙 , ,如果在那裏遺失了東西還有可能找回來嗎?它們長得甚至 稍 有不慎便會變到 個 「落湯雞」;魚 塘是個 日 親 總是溫

的吧

謝謝您

親愛的母親

門 感完全不輸前面的大門,心想:就算是不懂規則的小孩子,又怎會有膽量去吃那放在眼前的 但木門之後又是甚麼?前方十幾米遠的幾個神像 從 魚塘 往東走三米會看到一扇氣派的大木門,小時的我甚至要找到爸媽才有膽量穿過這 ,神像前放著三碟食物 ,食物前又上著香 食物呢 兩 壓 扇 泊

折疊 減價 櫈 「三筒!」「二條!」這兩聲打斷了我的思緒,大堂的兩則擺放著一張接一 只是一場普通的遊戲, 沒有派對般吵鬧 也沒有賭場般 是一 種屬於鄉村的平凡熱鬧 凝重 ,輸給別人二十元 ,贏也是二十元,沒有升價 張的四方木桌子和木 ,更沒有

吃上 火不時 但他們 水池 大堂的左邊明顯更少桌子和空間,我發現那裏是有暗門的!門內卻是一片熱火朝天:大鐵鍋 猛熱 口美味的飯 卻總我把我趕走,之前我不懂,現在我知道了, 燒起來如 四時起便有四 人這麼高 個人開始忙碌,那麼我們才能在晚上吃上一口熱的 ,又不時只剩火苗。之後他們又分工合作: 他們在默默守護著這村人,讓他們能在工作後 洗 飯 米 , 煮飯 他們用著柴火爐 洗菜 煮菜 柴

人需要,就去幫助 這 是屬 於鄉村的 ,工作既為自己,也為大家,如此團結 世界, 沒有勾心 鬥角 ,只有互助互愛 , 這 是 一 熱情又令人舒適 個 純 粹的世界, 何必想這麼多?有

這是我見過最美麗的笑容

三 Z 用 虹

緒隨著照片回到了那一天…… 張泛黃的照片,這張照片上是我和一個小女孩的合照,照片裡小女孩的笑容十分有感染力,令我的思 釋放善意時綻放在臉上的笑容,無論是何者,它們都具有感染力。閒來無事,我在床頭櫃 每個人都曾經在心裡烙印下最美麗的笑容,也許是成績優異時母親臉上的笑容,也可能是陌生人 裡找到了

鈴

鈴鈴

鬧鐘響了,今天是學校舉行農村體驗生活的日子,我非常歡欣鼓舞地衝向

堪。 學校 難忘 了這座橋 觀 容易知足,雖説是農村人家的孩子,但卻擁有著富有人家也買不到的快樂,將幸福體現得淋漓盡致 在跟我説:「一 沿著 接著 ,這是我見過最美麗的笑容,炯炯有神的眼睛像極了星星般閃耀,彎彎的眼睛像極了月亮 坐上校車去到了農村,一進村口就看見一位老奶奶在那裡摘葡萄,那裡有一片葡萄園 ,我們到達目的地,遠望過去有一個小女孩在與她的哥哥玩耍,她綻放出來的笑容讓 小溪往前走 我們一個接一個相互扶持走過了一座小橋,這座橋看似村夫野老,搖搖晃晃很是危 起玩呀 一些,我看見了破舊的房子,甚至房頂那些瓦磚已經壞得七七八八了, ! 她的笑容带著單純且樂觀的感覺,讓人不由自主地感歎這個小女孩是多麼 ,十分壯 破 我畢牛 險 ,彷佛 猧

臘陽 吧 嘴 忍 癟 到 的 :雙頰下如彎月的雙唇, 中 油 !這是我們精心準備的… …」我本想推卻,但看到她臉上揚起的微笑,那炙熱真摯的目光讓 絕 午 夾 膩 進我 時 小 的 ,只好拿起筷子夾起來咬了 女孩見狀連忙欣喜地説:「 肉 的 女孩的 塊 他們拿出了存放在家裡已久的 碗 , 我不好意思拒絕 我眼中除了她夾 家 叔叔 還有如白雪般的兩排牙齒 冏 姨都十分熱情地招待我們 , 心 東西 怎麼 小口。入口竟然香氣四溢 裡卻萬分的嫌棄。但小女孩在旁真誠地跟我説:「 的動作外 臘 樣?好吃嗎?我們還 腸 , 認真烹調 , 最令我難以忘懷的就是她臉上泛起的 ,這種無私分享的喜悦是那樣的奪目 跟 並把珍貴的 有 ,果然非常美味 我們簡單 都給 臘 介 你 腸 <u>!</u> 紹了附近有什 放入我的 她 , 我把整 邊説 碗 笑容 塊 裡 ! 吃 麼 臘 姐 好 邊 過飯 姐 看 把 去 腸 虚 其 都 著 紅 放進 快 彤 餘 我 那 首 乾.

埋怨 間 善良 最美麗的笑容 內 想起當 心的 也許是她的笑容讓我意識到從前的我多麼的不懂事, 的 护 我 感受 時 人很 的我竟嫌棄 載 多 回了 ,讓人覺得這個笑容背後有一 我們 現在 這就是我見過最美麗的笑容 應懷 他們家 , 著 想 最 起來那個 珍貴的 顆感恩的 食物 女孩子的笑容仿佛帶著 心 個熾熱的心 去看待社會上和身邊的人,也許你也能像她 他們卻. 把我們當 , 不會笑裏藏 她臉上的笑容永遠是最單純 作家 種 人般對 魔 刀 力 0 , 可 待 同 以溫暖 時 , 我不 她的笑容 但不 他人 I讓我 領情還 最 樣成: 又溫 純 明 粹 白 心 暖 牛 到

世

世

我

小女孩在草地上玩了一會兒。直到傍晚我們乘車回校時與他們道別

, 並拍下了一

張照片

她照×光及超聲波

趣説不要像儍子般站著。她笑了笑,一邊坐上椅子一邊跟我打招呼。我認真地問了她幾道問題 克風説。然後我看見一個熟悉的面孔走進來,我頓時呆了呆,但很快便反應過來。我讓她坐下來 没想到我竟然會在這個場景重遇她,「何幼羚,請到2號診症室。」我按著紅色的按鈕 對著麥 便讓 ; 打

很驚訝 言辭便能得悉對方所想 無話不説 我坐在椅子上看著她的病歷,但心裏卻想起跟她的往事。我和她從幼兒園時便是好友,我們幾乎 因為她向來身體健康 她的 興趣喜好我都瞭如指掌, 。但後來她要出國讀書,我們便愈來愈少聯絡 她對我的了解亦是如此。 我們之間就像有心靈感應 。所以她今天來到醫院 般 我 不需)感到

癌 及後她邀請我一 萬幸的是屬於早期 我回過神來,便已收到她的X光報告,看起來無太大問題;我再看著超聲波報告,發現她患有乳 同吃晚餐 , 治癒率 ,我欣然答應了 ·很高 0 我讓她進來,通知她需要接受治療,並替她預約了覆診 時 間

心裏不知為何有種欣慰的感覺。但是氣氛好像有點尷尬 吃飯時,我發現她的言行舉止都變得優雅了,非常有禮儀,不再是那個翹著二郎腿的暴躁少女 ,我嘗試詢問 一下對方到國外學習的情況 她

告訴我 的事,令我十分懷念過去 一開始到英國感到十分不適應,因為兩地文化不同,令她過得不太好。我們還聊了許多年輕 時

的我和傻傻的她,就是我們的友誼也是「傻傻的」 的 總沒有幼兒時的純粹。我真的很想念那時無論做甚麼,總會有人耐心地教導你;想念那時候 後來她的癌症治好了,我們也經常約會,但感情總是沒有起初的純粹。成 年人的世界總是複雜

朋友

•

二丁 余心怡

法 認為朋友是人生中最重要的選擇 個 過程 。人的一生中必然離不開社交,由出生到長大,在學校或社會工作,都會和不同的人交流 有人説過,圓滿的人生莫過於有一位能夠互相扶持,同甘共苦,知己知彼的朋友,我認 ,我們會交到形形色色的朋友。但是否所有人都適合與之交友呢?我的答案是否定的 侕 同這説 大 此 在這 我

遭受挫折和委屈的時候 中重要的存在 友,在開心或難過的時候,能夠互相分享和傾訴;在你遇到不公的時候,為你抱打不平;在你 ,但那些以金錢和利益建立的關係並不能稱之為朋友 ,不斷鼓勵和安慰你;在成長的道路上,默默地互相支持和陪伴,朋友是人生

因此 們的 襲或吃飯請 並不會長久。當然 目的 交友需要謹慎,正所謂「近朱者赤,近墨者黑」,如果是以互相利用為目的而交朋友,這段友誼 在選擇朋友方面 有些 客,那個所謂的朋 更極端的會以此來慫恿你做出不良或違法的行為 ,藉著朋友的名義進行道德綁架 ,我們要明辨是非,擇善固執 友就會以「 我們是好朋友」或「你不這樣做就絕交」來威脅你以 ,強迫你做不喜歡的事情 ,不能隨波逐流 例 如盜 ,以免做出錯誤的決定 竊 ,例如你不借功課給他抄 喝酒 吸 煙 吸 毒等 逹 成

維及其成熟的思考方式,與正值青春期的青少年不一樣,所以也是需要同齡朋友之間的交流和陪伴 種説法,畢竟人是群居動物,一旦遠離群體就會感到孤單寂寞。即使遇到問題向長輩傾訴,他們的思 交友也不會造成甚麼問題 若果交友會有結交損友的風險 人的生活不必顧慮社交也更為輕鬆 ,此時就會有人説,那麼不去結交朋友不就沒有風險了嗎?反正不 。雖然有人會這樣想 ,但我不認同 狺

讓他們得到理解,因而找到釋放情緒的窗口

推你一 心之事,要遵從自己的意願,只有彼此付出,真心的友誼才能長久。 總的來說,朋友是人生中最重要的選擇 把, 為你打氣,才能夠克服眾多困難 ,當在前進的道路上感到迷惘時 繼續向前邁進。 但也要謹慎選擇朋友,不能做出違背良 ,正是因為有朋友在背後

談知己

四甲 梁啟粲

友, 解自己內心的朋 己」二字就能取代以多不勝數的文字去修飾的「朋友」。望文生義,「知己」簡單來説就是知道 即 點頭之交 知己」,它經常被世人與「朋友」混為一談、同日而論,卻不知背後存著雲泥般之差別 友,他們也就是最早感知、最早知曉你心中所念的,心領神會,並非泛指一切的朋 。 「知 瞭

持 著重禰 友 你成為將心比心的人。問君嘗過「忘年之交」舉世聞名的故事?「衡始弱冠 ,打破年紀的束縛,心有靈犀。這就是比朋友更優勝的人—— 知己不拘於年紀、地位等,也能與你共度患難,風雨同舟。知己是跨越各種後天條件,也願意和 當時禰衡年紀少,未滿二十歲,但孔融已經五十歲了,雖然孔融比禰衡年紀大不少 **衡這個人才,不拘年歲而結交他為友,卒成知己,更在日後推舉他** 知己 ,他倆惺惺相惜 ,而融年四十 但是他 遂與 ,互相扶 為交

鍵 繩索; 不僅 彷彿在 好像在你身處長滿藤蔓的樹叢下,為你砍出一條逃生道路 如此 ·你身處冰天雪地下,為你送來溫暖 知己還是你人生路途上的助力點 ,雪中送炭 在緊要關頭 ;猶如在你身處坑洼沼澤下 ,伸出手 , 推 你 一 把 ,為你放下救命 是你 成 功 的

難有 漸崛起 人侍奉不同 翻 在 ,齊桓公更成為春秋霸主之一,他們後來衍生出「管鮑之交」之絕詞 身一日,但鮑叔牙卻向齊桓公引薦身在牢中的管仲。最 春秋戰國時期 的君主時 ,管仲與鮑叔牙年少時相交深厚,他們都了解雙方的人品和能力,不久後他們一 管仲更不幸地射傷了鮑叔牙的君主齊桓公 後 ,淪為 ,國家在鮑叔牙與管仲的 「階下囚」 。可見,了解及欣賞你的 終日困於囚 輔政下 ; 漸

在你身處困境之時,仍能為你作出翻天覆地的轉變,扭轉乾坤

的蛔 懂得你的興趣所在 鍾子期因染病去死,他狠下心腸毀琴來祭子期,感歎自己再無欣賞彈琴演奏的人了。這類的知己,他 更有一 蟲 般 得悉你的一顰一笑,不需常伴於身,卻能寸步不離 種知己,他為了你的離去,甘願放棄心愛之物以祭,如俞伯牙和鍾子期 ,亦知道你的深嗜熱愛,他不需要多説一句話 ,他就能知道你的心思,如同 0 俞伯牙得悉知己 道

路途上只尋得一位知己,已足夠陪伴你走整段路程。無論是哪一種知己,都能在一瞬間 知己,是不會被年紀 、地位或背景所束縛 ,也能與你惺惺相惜 、心有靈犀 、患難與共 ,璀璨生輝 就算人生

談知己

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四乙 羅令言

厚的人。古人雲:「千金易得,知己難求;如獲知己,死而無憾。」可見知己的寶貴和重要 在 :世間芸芸眾人中找到一位知己簡直是大海撈針,何謂知己?知己即是瞭解自己,跟自己情誼深

訴瓶 音少 情都索然無味。知己是契合金蘭的同伴,是會來到心靈底層作客的貴賓,兒時的心靈由家長照顧 以以自己為知己。」我並不認同,知己是我們心靈的過濾器,當我們心情低落時,我們需要一個 共生藻一樣互相共存,不能失去對方。沒有知己的人生是可悲的、遺憾的、失落的。有人説: 與誰言?世人笑我太瘋癲 人生在世倘若沒有知己,便失去人生路上拼搏的意義。知己是異母共魂的雙生兄弟 將負面情緒分擔,所謂的自我排解,只不過是自欺欺人罷了。岳飛道:「欲將心事付瑤 有誰聽 ?」可見古人對心事沒有途徑抒發的感慨。古語 ,我笑他人看不穿。」知己是懂得欣賞自己才能的人,沒有知己 云:「今夜風吹愁乍起 就 心 做 如 琴 甚 煩 珊 我可 麼事 何傾 瑚 意 知 與

匠石運斤的故事可給出答案。在知己死後,匠石道:「臣則嘗能斫之。雖然,臣之質死久矣。自夫子 除了父母 ,我們可 以信 任的 人是誰?可 作為後盾的人是誰 ?誰能指 出我們的不足? 《莊子》 記

大後由知己承擔

遠方來,不亦樂乎?」事實上其中的朋友可瞭解為「知己」 是知己,知己是經過一段長時間彼此瞭解的夥伴,大家相逢恨晚,由此知己便可以處於主觀角度為對 何定義. 方考慮 「隱藏」,便毫無壓力可言,相處如親,自然感到快樂 知己做事,會為對方作考慮,不會遺忘對方。「患難見真章,日久見真情。」説得妙,朋友之上 知己?有一個辨別知己的方法 ,可以替對方作出正確決定 ,知道對方的長短,更可以在適當時候互相提點 ,和知己相處時會感到快樂,沒有壓力 ,知己是完全瞭解自身的人,面對知己不 0 《論語》 此 中 外 的 我們 有 崩自 應

不是魚 論 跨越年 邏輯思考問題 理念不同 ,互相駁 結交知己沒有特定限制 龄, ,怎麼知道魚快樂呢?」兩人就此展開辯駁。這就是著名的「魚樂之辯」,為後人留下有趣的 難 理念亦可以有所差異,只要身處同一時空都可以成為知己 本應無法相交,但他們卻有為國謀福祉的共同目標,故他們常常就 。兩人經常這樣探討問題 。如莊子和惠子遊經一座橋。莊子説橋下的魚自由自在而快樂,惠子馬上反駁他:「你 ,古代有一對知己好友! , 相知相惜 ,難怪惠子去世後 莊子和惠子。雖然莊子屬道家 ,莊子那樣傷感 --知己不僅可以 些 哲學命題進行辯 ,惠子屬名家

知己是我們需要及努力尋覓的失散兄弟,陪伴我們、勉勵我們、認同我們、信任我們和瞭解我們。

談談你對 讀書無用」 的看法

四丙 李沛敏

需要讀書 讀書對我來説是有用的。身為學生的我,讀書正是現階段首要的任務,但這並不代表只有學生才 人非生而知之者, 所謂活到老 、學到老,人生每一個階段都有相應的難題要解決 孰能無惑?」遇到困難時該怎麼辦呢?我認為讀書能讓我們得到答案 。在韓愈的 《師説》

中的意思 曾説過: 向父母 來解答:「讀書有三到,謂心到,眼到,口到 西漢時期的文學家劉向曾説:「書猶藥也,善讀之可以醫愚。」何謂善讀?這裏我會用朱熹的話 老師交差而草草了事的人, 「學而不思則罔 才能真正學到當中的道理!即使是自身資質不高的人也可以通過努力讀書得到成 , 思 而 不學 則殆 根本無法吸收知識,又怎麼會覺得讀書有用呢?萬世師 。」學習與思考缺一不可,讀書時要專心致志 。」一些死讀書不懂變通的人又或心不在焉,只是為了 紐 功 細 表孔子也 咀嚼

多 都 屋 _ 點 可以從書中找到 書中自有顏如玉」, 讀書也有一些額外的獎勵,它能滿足你的好奇心,不同的書涉及的範疇也不同。「書中自有黃金 書籍是人類進步的階梯 ,甚至能夠穿越時空與 書中 的知識 閱書越多,學識便更豐富 如同 古時的人交流學説 .寶藏 一 樣 , 極為珍貴。上有天文,下有地理 , 又或看這個世界多一點 , 了 你想 解這個世界 知 道 的

有人認為「讀萬卷書,不如行萬里路」,但是行萬里路的前提是要有一定的知識儲備,不然怎樣

和當地的人溝通,迷路時又該怎樣做呢?

讀書學習才能成長,讀書學習才能在遇到突發問題時懂得解決,讀書學習才能開拓眼界。

談談你對 讀書無用」 的看法

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四丁 何海清

為全球首富。但我認為讀書在很多方面都是有用的,無論在社交上、生活上、甚至社會上都能用上 現 ,今社會認為讀書無用,就算沒有讀書都可以做「大事」,就例如比爾蓋茨,他讀書不多亦可成

他國 認識 更可以是自己閱讀課外書、閱讀文章及為考取證書而學習的過程。因此我們可以閱讀不同國家的語文 ,學習不同地方的語言,例如葡萄牙文、法文、泰文等,認識不同國家的語言,便能讓我們認識其 這 家的人 首先 此 詞語 ,我認為讀書可以增強我們的語文能力和溝通能力 .和文化,可與他們結交,締結更多友誼 ,便可以減少出現誤解詞意和讀錯音的情況 。 而且 ,令溝通交流更暢順 , 有很多詞語都是多義多音 。讀書並不單單指在學校上課學習 無阻 我們閱 讀 讀書

的 後行 至道聽塗説 辨不清 行 讀書令你獲得知識,懂得分辨是非 我們還可以從書中獲取知識 不過你要明白所獲取的知識後才能有正 呢?一些人想去實踐一事 必定會釀成 誤信謠言後犯下錯誤 大禍 0 懂 得 明 ,但他連最簡單的實踐方式都不知,怎能成功?做事前必定要三思而 。有人説:「讀萬卷書,不如行萬里路。」但如果沒有知識又如何去 辨是非 輕 則造成過失 (真的 1很重 確思想。 要 , 重則構成犯罪 , 讀書可以令你明辨是非,一個人若連是非 別人説的話沒有經過思考 ,後果可大可小 全部信以為 。所以讀書是有用 真 都 分

容,難以融入他們的討論中。人們在小時候總是聽不明白成年人的説話內容,感覺被他們排擠 有讀書就會明白內容,便可參與在內一起討論。讀書能知世上一切事,能帶領你到達你自己不能到達 容易找到共同話題,引起共鳴;如不讀書,別人談到一些事情時 怎樣的人生才多姿多彩?最簡單的方法便是讀書,不讀書的人生便無趣得多。讀書令你與人談天 ,你不懂便自然不明白別人所説的內 如果

的境地,書中一切都需要我們去思考,其中的樂趣只有讀過,去體驗過才知道

用 平天下都需運用書中知識。讀書不是一日就能讀完,人生道路漫漫長,只要有心便能成 ,才能真正明白當中的真理,我們不應把認為讀書無用,小至日常生活和社交,大到齊家、治國 書中自有黃金屋,書中自有顏如玉。」 讀書能令人領悟到很多事情,同時我們亦要學以致

自此之後, 我終於解開了心結

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銅

匙

燦爛的外衣,整個城市都洋溢著聖誕的氣氛,我苦苦地尋找著那遲到了十二年的禮物,那解開心結的 在這氣勢磅薄的天河下,我穿梭在一條條的街道上。聖誕節的燈飾大放光明,一幢幢大廈披上了

在媽媽的懷抱裏 經常給我買零食 直過著如此平淡的日子 自我有記憶開始,我的生活就只圍繞著父母親。他們不曾離棄我,一步一步地撫養我長大,他們 ,買玩具,買衣服;閒暇時,爸爸會推著我去樓下的公園,陪我玩遙控車;晚 ,聆聽著她柔和的歌聲, ,但突如其來的消息打破了這一 慢慢閉上眼睛 切的寧靜 安穩地睡去。我本以為之後我們一家三口會 Ĺ, 躺

心結 也失去了。這時我對弟弟的出現感到不滿 的到來搶走了父母對我的關注,每天他們只顧著看護弟弟,給他換尿布,給他餵食 我 ,的家庭將要迎接一名新男孩。父母也開始為他的誕生作準備,照顧我的時間也少了許多。 、妒忌,甚至委屈。從此,在我心中便埋下了對弟弟不悦的 ,就連哄睡 的 弟弟 機會

為 原本只屬於我一 次都會偏 她只會説: 長 大後 心 弟弟 弟弟就像 個人的爸爸媽媽 他還小,你要學會包容和體諒他 弟弟喜歡作弄我 — 跟 屁 蟲」, ,現在有人和我分享;一個人獨大的生活也不再復返。 但 我 他 走 不 到 會調 哪 ,他也走到哪; 節 力度 。 ___ 這時 經常會傷害到 ,我發現我在家中王子的 我玩什麼 我 他也要搶著玩 0 每 次 、向母 地位 親抱 我心中的 漸 而母 怨弟弟的 漸 親 下 降 結 每

種子

般越發壯大

禮物送給我 哥的職責,為什麼他依然要為我送禮。」 記 語得每 一年我的生日和聖誕節都是弟弟 而我卻一臉不屑地説多謝 , 我心中嘀咕道, 也沒有回禮, 最興奮的時 候 心中不免地感到了一 心結亦套上了一層不解 0 雖然他只有少許的零用錢 般慚愧 0 但他仍然會買 我不曾做好哥

嗎 與 的 師 的 他生 彎路和低谷, 結 老 活 此刻我才明白到這個道理。兩兄弟就應該愛護對方,互相照應 師 弟弟搶走了我原本得意的生活 的 天中文課上,老師 回答説:「 點 點 滴滴 但弟弟的出現何嘗不是為我的 比起互相對立,不如互相愛戴。正因為弟弟的到來,你的人生才更豐盛 才發現原來有他的生活,才不會苦悶 在解説曹植的詩句 ,搶走爸媽的關 , 當中 人生帶來數不清的樂趣 本 注 , 但 是同 0 卻要我去愛護他 我心中的芥蒂便漸漸地化開 根生, 相煎何 。在人生的路途上會有許多曲 把我從低谷中 太急 ?我帶著不解去 __ 這句勾起了我 拉起. 來 , 並找 請 不是 到了 教老 想 心

做哥哥的職責

睡著 ,床邊的聖誕襪正等待一份禮物。他送了我十二年的聖誕禮物,如今我也當他的聖誕老人吧! 回憶到這裡,我已經找到屬於他的禮物,我下定決心把禮物帶回家。凌晨時分,弟弟已經安祥地

聲 消失在銀河中。 窗外皓月當空,幾許繁星陪伴閃爍著冷月。月亮幽暗的光映照著我內心的結,伴隨著弟弟的打呼

自此之後,我終於解開了心結。

自此以後 我終於解

五乙黃爾澄

!叮!叮!」我跨越心中的憂懼,踏上火車,決定回鄉探望多年不見的外婆 你 我也十分喜愛外婆 這是多麼微小的約定,為何我無法履行?這一定是我昔日幼稚的行為所致 羣 羣 的 秋 雁伴隨著火車 小 時候我與她約定了 甫飛 。飛往昔日的 我長大後 故鄉 。外婆自我小時候 我 定要經常 , 便十分愛 鄉 探望 你 (護我 , 照 顧 你 疼愛 陪伴 我

左手 滲出一 時 靈般向外婆飛去 外婆突然推開門説:「一心 絲絲的鮮血。它們像怒視著我,責罵著我 件玩具,右手一件玩具 我要把玩具全部放在地上,這樣才方便我玩 。外婆被玩具擊倒在地,玩具給了外婆 。我把它們拋 ,出來吃水果或陪伴我 來 抛去 , 它們 。」我向要求我拾回玩具的媽媽説 「致命一撃」。 會 就 像一 你明天便要回去大城市 架無· 人駕駛的飛機隨 外婆的身上出現了幾處傷痕 意飛 我 我 翔 坐在 的玩具失 就 地 在 這

傷 她 我 陷入了 定不會原諒我 內 疚的情 0 緒 以後她見到我 中 窗外變得漆黑一片。 ,一定會怨恨 怎麼辦 討厭我 ?怎麼 , 因為我的頑皮 辦 ? 疼愛 我的外 使她受傷 婆 大 我 我該如 而 受

何是好

外婆 的家門 父母 知道 後 , 周圍長滿著各式各樣的花草樹木 ,母親便陪伴外婆到達醫院 而我和父親因工作及學業的 0 而 我 , 低 頭 沉吟半 ·晌著 問 伴隨爸爸乘搭火車 題 便 先回去 城 回去 到 逹

城市

從 此 以後,我再也沒有回去過。那句應説的話 我也沒法説出來

外婆的 不想與外婆通電話 天的要求。 每當 原 媽 媽 我害怕 與外婆通電 ,內心不斷出現矛盾和掙扎。 我擔心,我無法直視外婆 話 時 ,我的: 心 總是跳得很快 ,我也無法做出任何行動 這也逐漸成為我的心結,我也一直認為自己無法得 , 我 獨自 房間 彌補 拒絕答應媽 我的 過錯 媽要我 我既 想 與外婆 但 到 世,

會不會不願看見我?我拿出手機 火 車 卽 將到達終點站 Ŀ 火車的廣播聲把我拉回現實 ,想上網尋找如何能迫使火車折返原本的路 我卻 在沉思, 我是否真的要回去 外婆

乖 要經常回去探望他們 乖 的 坐在 耶 椅子上, 終於可以見到外公、 反覆 0 我不禁再次低頭沉吟 向母 親 問 外婆了!」 ||著||-甚 麼 名 0 時 父母前幾天才説外婆患上了輕微腦退化症 候 11 朋 才能看見外婆 友吸引了我的 外公 注意 ?他們 他 興 總是陪伴我 奮若狂地 説 著 她年 我 長 他 事已 大 不

高 ,若果我不回去,難道我還有機會探望她?難道我不希望得到她的原諒?難道我只想她記得我多年

我下定決心,一定要解開自己的心結。

前的

i 樣貌

?

卻一次也沒有探望你。」秋風輕吹外婆的白髮,她莞爾一笑地説著:「一心回來了,多年前你還是小 孩子,你一定不是故意的,何必耿耿於懷?而且,你是外婆最疼愛的人,我又豈會怪你,責罵你?而 開大門, 我終於抵達外婆的家門,昔日的繁密的花卉植物早已枯萎,只剩下一棵梧桐樹及遍地黃花 淚在眼中流轉 ,視線模糊地向外婆説:「外婆,一心回來了!對不起,多年前把你弄傷了 我推

且當年我也只是擦傷而已。」

這 眼淚止不住流淌下來,我嗚咽起來,走向前抱緊外婆。自此以後,我終於解開了心結。 我因擔心外婆不原諒 ,選擇避開她 但她從來沒有責怪過我,也從不怨恨我 ,仍舊愛護我 。想到

這一句話,我會記上一輩子

♦

積木 起因 的 配的我 事 則是我在幼 我看到這 心中默念這句話:三思而後行 修 ,隨即衝上前跟他扭打在 端 做事前三思而後行 稚園和 一幕,呆在 別的 原地 同學打架 一起。事後,雙方都要互相道歉,父親了解事情後,説:「 , ,不要被情緒所支配 那名同學則嬉皮笑臉地道歉,這不認真的態度激怒了我。 。」未見過父親如此認真,我像小雞啄米般不停點頭, 。我正在堆砌著積木 父親語重心長地説 , 在即將完成之際 突然 我則 慚愧 名 地 同 點了 心中默 學 遇到同 被憤怒支 撞倒 點 頭 . 類

地把這

句

話當作座右銘

火 靜下心來思考。 會有意見不合的情況 番思考,我決定妥協 直在我的 時 間偷偷地溜走, 胸 如果情況 膛燃燒 。我與其中一名成員分歧較大 轉眼間我已是小學五年級生,當時我要與別人同組完成專題報告,但當中肯定 ,報告因而很快完成。令我想不到的是那同學向我道歉 ,)持續 讓我想對那同學口出惡言 報告肯定不能完成 0 ,因而常常發生口角,導致報告遲遲未能完成 , 再者 「三思而後行」— , 如果我 口出惡言, 我突然想起這句 肯定會傷害到 ,表示自己口直心快 話, 他 於是我 /; 怒 經 猧

没有顧及我的感受。這件事後,我亦明白原來思考後再説話或行動 ,顧及別人的感受, 亦能讓事情進

行得更順

利

,我也開始有些改變

權衡 天 都 捉弄我: 站在 利 他們為了捉弄我,拿著我的筆袋拋來拋去,想著這樣我便會像猴子一樣跑來跑去;當 光陰似箭,六年過去了,我升上了中學,我與不少同學關係甚好,當然;亦有關係較差的。有 弊。 的同學。 旁 如跟他們打架,便是我的錯,之後必會受罰;如我尋求老師幫助,便是他們的錯 ,想著看熱鬧 在理智即將埋沒時 。當時我不但感到憤怒,亦感到心寒。百感交織之下,我差點忍不住去教 , 想起父親對我説的話 ——三思而後行。我坐了下來,閉上雙眼 [時其 。想通 他同學

切的我

,不理會他們,逕自找老師去,最後事件得以平息。

行為 到 困境時尋求最佳的解決方法;不只如此 父親 回想 這 一句話 一下,現在社會上大部分人都很浮躁,如做事或説話前多想一下,或許世界便會多一分包 ,可以説令我獲益良多,非常受用。在做任何事前先三思,能顧及別人感受,在遇 ,三思而後行 ,可以令自己的行為符合禮義 ,不做出過分的

容和忍讓

快樂看似不易掌握, 其實十分簡單

♦

丁 鍾 進 衡

的世代 懷的……對我而言,快樂是無價的,哪怕是雞毛蒜皮的瑣事,也能為我帶來快樂。但在這個追名逐利 快樂是一種感受,是與生俱來的;快樂是一番滋味,是回味無窮的;快樂是一縷記憶,是難以忘 別出一格的樓房、名車成為了現時快樂的前提

年的 忙 暫的幾天假期。密集的鍵盤敲擊聲此起彼落,我望著桌面的日曆出神。距離上一次與家人見面已有 ,父母很少來電。父母過得好嗎?身體又如何?突然,同事們整理桌面的動作把我拉回了現實 時間 在偌大的辦公室,所有人如同行屍走肉般,面無表情地做著自己的事,好讓自己能享受接下來短 這一年,我日復一日的工作,就是為了能在公司有自己的一席位。 也許是知道我工作繁

也加深我回到老家的念頭 福的笑容 家三口收拾店鋪的模樣 離開公司,微不足道的我站在這高樓面前,形成了強烈的對比。華燈初上,萬家燈火,望著道旁 唯 不同 . | | | | | ,我笑得遠比這個小男孩燦爛!微風一陣陣吹過,加快了我往回走的腳步 ,一時記憶湧現。在我還小的時候,我家也曾像他們一樣,臉上都洋溢著幸

到 悉 扇老舊的木門前 多令人心曠神怡 翌日下午, 我便準備好行李出發。走在鄉間的路上,天色漸暗 0 由於是新年的緣故 心這孩子回不來了?」 街 坊鄰里的家門前 「再不回來菜都要涼了。 , 都傳來 邊走邊 陣陣歡聲笑語 看 雖然只是三言兩語 切 都是這 0 不 麼的 會 旧 走 熟

卻讓我的心泛起了漣漪

涼 了 來說 刻 默 默 收拾好情緒後 上 我 但我 前 這可説是過於豐盛了。我吃著父母給我夾的飯餸,晶瑩的眼淚悄然從我的臉龐落下 推 開 擁抱二人 的心卻無比溫暖。 門 ,短短的幾十秒,母親早已哭成淚人,饒是父親 ,母親迫不及待地把我拉到飯桌前,看著一桌子琳琅滿目的食物 ,他們的眼淚是因為難過嗎?不是 過後,我們三人津津樂道 。正正相反 , 彷彿回到了小時候;我們雖然年長了, 這個成熟穩重的人, ,這對他們來說可 也是眼 ,對於我們三個人 能 是 最 角 。飯菜雖放 歡 濕 喜 潤 但那 的 我

語 快樂看似不易掌握,其實十分簡單。也許我們不能時時刻刻都保持快樂,但我們都曾擁有 顰 一笑,又何嘗不是快樂?其實,屬於自己的那份快樂一直都在,我們只需要放慢腳步

出那

小步,便可輕而易舉地掌握快樂

份快樂始終不會改變

談知己

*

六甲 許芷琳

這幾個字,想著:「知己不就與普通朋友一樣嗎?有甚麼不同呢?」 引了我的注意,書本的封面寫著:「千金易得,知己難求。」在回學校的途中,我的腦海不斷浮現出 那天是一個最平常不過的早上,唯一不同的是在我準備出門回學校時,擺放在桌子上的一本書吸

懂 呆,完全不知道應該 字:「念慈,你平時沒有怎麼參與班級的活動,不如這次就派你代表我們班去比賽好嗎?」我呆了 女生代表遲遲沒有人自薦,正當女生們面面相覷,沒有人願意出席比賽時,班主任突然叫了我的名 但是看見其他女同學紛紛低下頭的樣子,我只能硬著頭皮答應了 回到學校,班上正在為第二天的班際籃球比賽召開會議,男生代表都已經選好,可是還剩下一個 如何回應他 ,因為我對籃球根本就是一竅不通,連最基本的運球動作也沒能學

賽感到擔憂 氣 師 面 突然 前 在接下來的課堂,我都提不起精神,為第二天的比賽感到憂心忡忡,害怕自己會不會在同學和老 ,可是以你的性格又不會主動和其他人説,只會自己一個胡思亂想,所以我想告訴你 張 _ 便利貼和一粒糖果出現在我的眼前 以及能否為我們班爭光。在小息時,我趴在桌子上,就像一個泄了氣的 ,便利貼上寫著:「我知道你現在肯定在 球 般 為 毫 的比 無生 ; 你

心 可以做到的 站在我的 不遠處 !不要太擔心,就當它是一場遊戲吧!」我抬起頭想看看是誰給我這些東西時 臉上洋溢著甜甜的笑容 , 向 我做了個加油的 手勢 , 我握著那 粒 糖果 /<u></u> 便看見 裏甜滋

滋的

心

中

的煩惱好像消散了一點

當日 著的 話 習的 在一旁支支吾吾的,這時一心突然在我的身後出現 樣 , 我會在這裏陪你的 籃球 練到夜幕低垂 籃球教學影片,練了一遍又一 放學後 她輕聲地說:「就知道你會不知道怎樣向人尋求幫助,沒事的,如果你是怕一個! 隊 ,為了應付第二天的籃球比賽,我獨自留在學校進行練習,我看了一遍又一遍手機中顯示 他們都技藝高超 ,一心也一直陪伴著我 !」看見一心在這裏陪著我,我便終於鼓起勇氣請求別人教導我打籃球 ,我想問他們可不可以教導我 遍的射球姿勢和 動作 ,把手搭在我肩膀上,彷彿是在給予我力量 卻始終不見 ,可是又礙於自尊 一丁點的 進步, ,不懂如 看見旁邊正 何 人問 開 尴尬 縱使 勇氣 只 在 的

我的 久 再 以兩分之差落敗了。 一次來到我的 H 隊 第二天,班際籃球比賽即將要舉行時,我緊張得在球場邊深呼吸,不停踱步,焦急不已,一心又 賽開 友把籃球傳了 始了 身邊 ,我們與鄰班的實力不相伯仲 我慚愧得不敢抬起頭 給我 ,緊握著我的雙手,鼓勵著我,告訴我:「你可以的!不要怎麼緊張 , 可是我卻沒有 接好 ,自責的情緒一下子湧上心頭 ,分數也差不多,當比賽去到尾聲,分數僵持 把機會給了鄰班 以至於因為我的失手, ,我踽踽獨行 來到雜物房的 最 不下 ! 後我 沒多 時 們 班

旁邊的陰涼處 ,盼望腳底下可以裂開一 條縫 ,讓我鑽進去,即使天上的太陽暖暖的 我卻只覺得渾手

冰涼

葉間透射下來,地上印滿大大小小的燐燐光斑,而一心對於我來説 遠,但你已經讓我們十分驕傲了!」她一邊説 人躲在這裏自責 正 當我陷入內疚的情緒時,我的手被一心握著了,她拍了拍我的後背,告訴我:「不要自己一個 ,你已經做得很好了,你知道嗎?其他同學都在稱讚你呢 一邊把我從陰涼處拉到陽光底下,陽光從密密麻 ,就像這燦爛的陽光 !雖然離獎牌只差一步之 麻 的枝

這知己便已足矣 憂傷時的一 的蛔蟲 家後,我再看了看擺放在桌子上的那一本書,想起在這籃球比賽中與一心經歷的事, 比 任何 股春風 人都更了解我 ,輕輕為我拂去心中的愁雲 ,我想我明白朋友和知己的分別了, ,她就像一束陽光, 「酒逢知己千杯少。」而我有一心 溫暖燐光我的生活 她就 她就像我 像我肚裏

經過這件事,我才明白到一心是我的知己,是真正了解我的人。」

你還是老樣子 ,把所有心事都藏在心裏… 一心的這句話如水滴般 滴 滴的滴在我的

心湖中,泛起陣陣漣漪… …

心、 所有的好與壞都顯露得 壓力都猶如洪水般向我湧來。自古打天下難,守天下更難,沒有人可以站在頂峰 激情的年輕 自從升上中六後,我的生活開始忙碌起來,面對升學的抉擇、無數的測驗考試、難以調適的學業 人, 我們全都朝著更好的成績進發 覽無遺。 我本應未雨綢繆 ,為快要來到的文憑試作好準備 人們都將我們的長處及短處放在顯微鏡下細究 !我身邊全是充滿野 但我卻不能在生

活與學業之間取得平衡

答。 知道 中不能保持水準 !為甚麼別人那麼輕鬆就超越你了?我不知道!為甚麼你就不能努力一點?我不知道 寂靜的空氣中只有老師對我的責罵聲 你最 近到底怎麼回事?怎麼每科的分數都下降了那麼多?」 眼看著不斷下跌的分數 ,他的每 ,老師只有質問我為甚麼 一句都是對我的否定。 老師的一言一語都在責怪我在測驗 ,本就沉默寡言的我只好以沉默作 為甚麼分數總是下跌?我不

腳 候不是有老師找你就是去圖書館 步 向 我走 邁著迷茫且沉 來, 不待她走到我面前 重的步伐垂下頭走出教員室 ,不是嗎?我都知道哦 ,我便説: 你怎麼知道我在這 ,馬上便看到在旁邊等待著的 ° 她不等我的回應 ? 她咧 開嘴笑了笑: , 心。 便拉著我的手往操場方 — 心 帶 著輕 你 在 這 快 的 時

向

走

別呆站在這了!」

的 你還 話語仿佛看穿了我獨處中反思與忐忑,在拔河的思緒 是老樣子 路 Ė 我們 ,把所有心事都藏在心 都 沈 默不語 ,從小至今我們都是如此 裏。 我知道你很努力了 。 倏然, 在她 面前都無所遁形 一心回頭 所以 別給自己太大壓力好嗎?」一心 看向 我 捧 著 我 的 臉 蛋

你 的 小 動 你怎 作 麼 你 知道的 在不高興時總是垂著腦袋走路。你在小時候被欺負、被責罵了便是如 ? 我本以為我將自己隱藏得很好 0 因為我都在留意著你呀 ! 你 此 的 成 績 還有

我 開 努力就好了,沒有人會責怪你的。」 我從來都不喜歡 字 我……」 句都敲擊在我的心靈上。她總是這樣,即使我沒有跟她透露半句 我哽咽得説不出話來,一心伸出雙手擁抱著我,説:「只是測驗而已,考差了下次再 肢體接 觸 但惟 有 她並沒有像他人般質問我,只有一邊輕拍著我後背,一 一心的擁 抱能帶給我慰 藉 她 的 話語像鑰匙 , 她還是能夠準 般 將我的 確 邊安慰 道 心 出我 屝

的心聲

執時 怪我 在我身邊,讓我知道我不需要獨自承擔。在小時候 我內心無處安放的糾結以及委屈都在眼眶打轉,化作淚水倏然落下。他人只會因為我的成績而責 為我提出建議的,是她;現在我為學業壓得喘不過氣的時候,為我開解的,也是她。只要我難 甚至感到失望,惟有一心能透過我微小的動作觀察出我有心事。她並沒有過問,只是靜靜地陪 ,我被欺負時替我出頭的,是她;在與父母發生爭

心的肩膀,我所積累的心事都在驀然間打濕了她的衣襟

過時,一心總是能及時出現,像夜幕中的北極星般

,為我指引前方的道路,才不至於迷失。我依靠著

這一句話 9 我會記上一 輩子

*

六丙 陳曉晴

不 餓 句説話我整整聽了一年,當時的我便覺得媽媽是個噪音污染機 。」因為小時候是嫲嫲照顧我所以母親特別緊張,害怕嫲嫲年老或忙於打理家務而忽略了我 歲的時候,我才剛剛學懂一些單字,母親就像複談機一樣,一直對我説:「吃飯了嗎?肚子餓 。這

有想過電話另一頭的母親對我的思念和關心 重的感覺,每天放學回家,媽媽便馬上致電給我:「小寶,吃飯了嗎?今天幼兒園的飯菜合你口味 ?」我為了可以準時收看我最愛的卡通片,因此每天都敷衍了事,隨便説了兩三句就掛線,從來沒 三歲的時候 ,我剛升上幼兒園,本應是件開心的事,但媽媽的樣子卻刻上了煩惱二字,心事重

我説:「寶寶,吃飯了嗎?要不要煮點東西給你?」我對這句説話厭煩到只是輕輕搖頭作回應 再多加回應 上的人都説母愛只有加分制沒有減分制。媽媽每天刻苦耐勞地上班直至深夜,回到家第一件事就是對 六歲的時候,我剛升上小學,以為媽媽可以停止她的「愛心問候」。但結果是不可能的,難怪世 ,不想

了 。 的 內 容 每天與我享用午餐的同學都會取笑我是個 我 倒背 歲 的 如 時 流 候 我 \neg 大寶 剛升上中學 吃飯 了嗎 ; 已 經無 ? 而我便會毫 力反 「媽寶」 抗媽媽濃 無 感情地回 厚 我只好尷尬一笑以示自嘲 的愛 , 每到. 應: 中午必定有電 吃了 沒有 其 話 但內心已經充 他事 打 來 我 就 電 掛

滿怒火

猶如火山爆發的前兆一

樣

而 不見 歲 的 假裝在忙才沒有時間接聽電話 詩候 我剛升上大學 對於母親的愛我無法 0 對於 「吃飯了嗎」 再忍受 這一 句説話感到極度厭惡 ,當母 親 打 來 詢問我的 狀況 甚至覺得它比 我都 會視

髒話更難

打 母 候的我沒有當是一 在地上踐踏 不得不暫停 來關 親 如 十六歲的 心 我 既 的 往地 ,求她不要再來打擾我的生活 借 近況 時候 打電話來關 回事 步到外出接聽 我亦因種種原因沒有再跟 我剛 。後來我搬到外面 心 步入社會 我 , 可是那 她什麼也來不及說 媽 媽已 時候我正在如重要客戶 —個 。在電話掛線前,我隱隱約約聽到母親 她聯絡 經選擇做家庭主婦 人居住,我和母親之間的關係也漸漸疏遠 ,更沒有説聲抱歉 ,我便對她破 , 談 放棄 生意 口大罵 , 工作提早退休 有時候我也以為因為我語氣 手機卻 , 毫不留情地 痛哭的聲音 直 一發出鈴 將母 記 她也再沒有 記得 有 親 聲 但 的 令我 愛放 天 那 時

太重

媽

媽生氣了

説 時 親 促 オ Ĭ 能 間 的 的 Ŧ 步伐 身體狀 直 本來 ? 我 到 復 難 趕到醫院 我二十九 我的淚水也再忍不住了,一 那天想告 我走到母親的 過極了, 況不理想 歲 淚水頓時模糊了我的 訴 看見母 , 爸爸 你 應撐不了太長時間 床 但 原· 邊 親 打 躺 , 來 輕輕 來 倒 我 在 通 經常 地 病 電 串 問 床 話 眼睛 打擾了你的生活 她是否很難受 上, 串像珍珠一 末 告訴 身上 期 , 喉嚨也 我媽 癌 症 插 亦 媽在 滿 樣從我的臉上流下 更咽 暫時 儀器 為什麼不早點告訴 醫院 和工作 起來,説不出話 沒有找到方法根治 0 過了 緊張 , 所以 幾分鐘 的 後來決定暫時 氣 來 醫 氛 我 來 生 瞬 便、 間 , 母親 過了 到了 只能好好 進 λ 不告訴 病房 撫摸了 很長的 頂 珍惜 我 時 告 你 我 邁 間 現 訴 的 你 頭 心 有 我 吃 便 情 的

想 於表 是問 T 你了 除 達 我 兩 T 個 很 戸 她 緊張 後 想再聽你的那句話 親 吃 外 飯 , 我但不. 了嗎 母親擺脱了 好像沒 ? · 知道 看 有人再 如 似 病 痛的折磨去到一 0 何 微不足道 會如 那句話,我會記上一輩子的 是 好 此 關 所 的 以天 心 — 句 我 天關 個無拘無束的地方 話語 0 現 在 心 , 想也 我 卻 充 的 滿了 再 溫 聽 飽 0 不到了 親 我 0 現在 對我 真 傻 的 想起母親對我說得最 母親 現 累 愛 在 才懂珍 你聽到我 大 為 惜 母 親 的 卻 本 多的 話 來 己 嗎 經 就 ?.我 太遲 不 話 便

每當我 就為自己的年少 到 那張字條 無

* 來供養他們 ,今天卻以一 每當我看到那張字條,就為自己的年少無知感到懊悔不已 兒子,你愛吃的回鍋肉外賣放在冰箱了,醒來記得拿來吃。」父親平日都是以手機短訊提醒 ,現在的付出只不是未來的投資。 張字條的形式關心著我,我不以為然,認為這是為 一旁的垃圾桶已經滿溢 知感到懊悔不已 人父母的責任 連 張廢紙也容不下 ,反正將來 亦 明 當 明 由 往

我

冷藏著我對父親的愛,冷藏著我對父親應有的關懷 父親手寫的提醒字條 天一天的過去 另有那在冰箱裏一 但這 段時 間 ,我房間 成不變的外賣回 內的垃圾桶 ,冷藏著自己的金錢價值觀 內的 ... 肉 飯 垃圾每天都堆 冰箱裏冷藏著的不止回鍋 積 如 Щ 書桌 旁再 肉飯 也沒 還 有

常是父親負責清理,今天卻忘記幫我清理,懶惰的我毫不打算將垃圾桶清理乾淨,只是將一旁的字條

貼在書桌內側的告示板上,等待垃圾桶清乾淨的一天

始明 著老舊的折疊式電話 的 財 政 白 又過了幾天,從學校走路回家的我偶然遇上熟悉的身影——父親正在停車場與鄰居閒聊,左手拿 狀 到父親不再用手機短訊而改用字條提醒我的原因 況 ,右手拿著吃到 一半的 廉 價麵包,與父親告訴我的家庭財政狀況完全相反 ,也從那吃到一 半的 廉價麵包意識 到家 中 我開 真

越來 中 悔 抽 那只懂索求卻不懂感恩的嘴 越 離 我為父親的謊言感到憤怒 自責的我 他 向 鄰 居説著對自己孩子的期望,自己孩子的長處 ,未等他述説完自己對孩子的愛,感到無地自容的我便加快腳步回到 ,怒那滿是關懷卻隱瞞著情況的嘴; 0 矛盾的心情如萬馬奔騰襲來 0 ,正當混亂加劇之制 父親: 卻同時為這善意的謊言感到 越來越 高的聲線伴隨著 ,父親的 那 個 聲 的 家 線 , 是一 懊悔 將我 旁 從

家中 一切如常,不同的是我,我拿出冰箱的回鍋肉外賣;拿出對父親的愛,拿出對父親的關懷

述説 到 房 著樓下餐廳的 來記得拿來吃。」 間 書桌 到 家 內側 過度勞損 燒鴨飯有多美味 的已鬆掉一半的字條喚起我的注意 的身體 在這刻-那刻我再也按捺不住 才被我察覺 , 他 , 不知道自己掩 早已熱淚盈 「兒子,你愛吃的回鍋肉外賣放在冰箱 匪 蓋 的 在父親 真相已被發現 臉茫 然的 裝 表情 作 開

T

醒

至今吃掉的外賣,不只消耗了父親微薄的收入,更消耗掉他的健康

未見其回應 瘡百孔的臉龐,已化為純白的頭髮,就像一朵將凋零的花朵。「父親。」我呼喚著,過了一會兒,仍 那天,我穿過滿是消毒藥水味的走廊,越過穿著外科手術袍的人群,站在那張病床前,看著那千 。是的,他患上老人痴呆。首先忘記了寫字條,再忘記了清空垃圾桶。現在 ,連我的面

也忘記了

歡吃回鍋肉了。」 往事,忘記了很多人,忘記很多的興趣, 我努力掩蓋著此刻的心情,擠起一絲微笑,裝作是護士跟眼前這位蒼老的人對話,他忘記了很多 但他沒有忘記自己珍視的事 「我跟你説 ,我的兒子最喜

有時光倒流的能力,我只盼望能補償這位偉大的父親 臉上,我才悔不當初,為那一時的快感不斷使喚著被老化折磨的父親以無私的愛為動力的人。若果我 吉光片羽的回憶再次湧入腦海,他的愛從未消失,而年少的我遲遲未能察覺,當皺紋已滿佈他的

重新貼好的字條 可惜世事不是童話,如今我將年老的父親接回家中,無時無刻照顧著他的起居飲食,看著那被我 ——「兒子,你愛吃的回鍋肉外賣放在冰箱了,醒來記得拿來吃。」就算過去了十多

年,我還是後悔著自己的年少無知。

未能察覺的愛由我償還 當我踏出社會後,我才明白他的苦。父親,未來堆滿的垃圾桶由我清空,家庭的財政由我承擔



國情電影 《我和我的祖國》 觀後感

♦

二甲 譚詩華

的自豪感 同 泊攝 這是一部為慶祝中華人民共和國成立70周年的獻禮片,長達兩小時三十四分鐘,由多位導演共 ,分為七個小故事,從不同身份、不同責任、不同階層的百姓身上體現愛國情懷及對國家產生

租車 的小朋友以800元「買」走。出租車司機立即去尋找那個小偷,但反而被街坊當成了劫匪,在人前鬧 意滿志得。 一個大笑話,更被打了一頓,這一幕非常有喜劇 的司 我最喜歡的其中一個單元是關於2008年奧運會的故事,名為《北京你好》 機 後來他想把這張門票送給兒子,這時他才發現門票沒有了,他的門票卻已被一位來自 ,他在公司抽獎中得了一張北京奧運會開幕典禮的門票 感 ,實在千金難求 。故事主角是一個出 , 他當 時 表現 四 得 很 JII

門票送給了這位小孩子。在奧運開幕典禮中,小孩子在很多觀眾面前向出租車司機這名小人物致謝 鳥巢的農民工,因此他才想來看看爸爸付出的努力,看到這, 後來出租車的司機找到那個孩子,原來孩子的父親在汶川地震中遇難喪生,而他的父親就是修築 我頓時百感交集 。 最後 ,出租車司機把

國家的的繁榮發展感到驕傲 這套電影的故事都是以中國70多年來的重要歷史事件作題材,我看到很多感人的小故事,還有對

國情電影 《我和我的祖國》 觀後感

李尚颐

堅固 唯一的稀有金屬交給林治遠他們,許多百姓也在晚上絡繹不絕地前來奉獻自己的物品給林治遠他們。 大家都不約而同 治遠的助手)走到屋頂上,用擴音器請求百姓捐出家裏的金屬產品 的工程人員林治遠在試驗中,發現升旗過程出了故障,那個阻止國旗捲入旗杆的金屬圓球 而 我印象最深刻的是電影第一個單元— 崩壞 ,需要馬上採用鎳 ,一呼百應地努力尋找自己家裏的金屬產品,甚至連清華大學化學系教授也取出校內 、釸的材料重新製造 真人真事改編的《開國大典·前夜》。負責電動升旗儀式 ,但距離開國大典只剩十多小時,這時 。我最感動的是住在附近 梁昌壽 ,因材料不 的 百 姓

力 也一定會毫不吝嗇地為國家而奉獻 這份愛國之情令我感動不已,也令我深刻感受到眾志成城的威力 中國百姓及工作人員為了翌日能讓五星紅旗徐徐升起的那一刻而犧牲自己的睡眠時 。如果我當時也是其中一人 間 物品 , 我 精

國情電影《我和我的祖國》 觀後感

抵統定

</l></l></l></l></l></

事 的努力 講述1949年中華人民共和國的開國大典前一夜發生的某件事。工程師林治遠是負責電動升旗的項 ,但就在大典開始前十多小時 在 ,他們成功重新製造一顆堅硬的阻擋球,典禮也順利完成 《我和我的祖國》這一齣電影中,我最深刻的是第一個故事 ,旗杆頂部用於阻擋和穩固國旗的金屬球裂開 《開國大典·前夜》 。幸好 經過他 ,這個故 和眾人

達旦努力到大典開始前的一秒,甚至克服恐高症爬上旗杆上焊接,令我深感佩服 在這個故事中我深深地感受到林志治遠那一顆愛國的心,即使難關重重他也無所畏懼,不但通宵









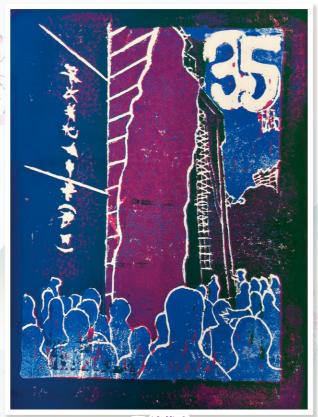
5A 蘇紫澄



5A 黃敏儀



5B 鄧月庭



5B 連紫晴



5D 黃如盈



2B 蔡楷楷



4A 丘桂子



3A 鄧穎鍶

35周年校慶



4A 伍君怡

4A 梁凱婷



4B 黃曉榆



4A 蘇棋鋒



5A 林穎欣



4B 雷柏淇



5A蘇紫澄

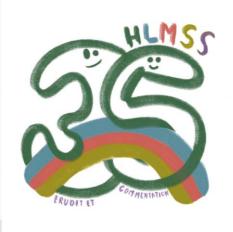


5A 王思蕊

35周年校慶



5A 曾芷晴



5A 黃詩棋



5B 連紫晴



5B 許綺彤



5C 李致源



5B 鄧月庭



5D 蔡嘉怡



5C 嚴婷園

35周年校慶





5D 馮曉彤

5D 何天恩



6A 曾卓粲



5D 陳宥彤



6D 陳愷娸



6A 麥書瑤



6D 丘淯瑜



6D 馬香瀅

▶35周年校慶 標誌設計 2022



高中組冠軍 紅社 4A 何思穎

初中組冠軍 紅社 2A 李鎧恩



校友組冠軍 紅社 黃家曦 2007畢業







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6A 葉曉婷 數碼世界 塑膠彩紙本



6A 萬靜兒 新主管 塑膠彩紙本



6A 劉智明 平行時空 塑膠彩紙本



6A 郭澤楷 數碼世界 塑膠彩紙本



6A 陳瑋舜 水世界 塑膠彩紙本



6C 陳忻玥 閱讀奇想 塑膠彩紙本



6C 陳依琳 夢遊仙境 塑膠彩紙本



6B 何健斌 數碼世界 塑膠彩紙本



6D 伍樂而 水世界 塑膠彩紙本



6D 丘淯瑜 漫遊香港 塑膠彩紙本



6D 丘淯瑜 生物世界 塑膠彩紙本

- 2022作品



2A 張恩慈 關愛貧窮·由你做起 紙杯圖案設計



2A 李鎧恩 關愛貧窮·由你做起 紙杯圖案設計



5B 鄧月庭 穿越 塑膠彩布本



5B 鄧月庭 貧民區的孩子 塑膠彩紙本



5D 游嘉慈 貧民區的孩子 塑膠彩紙本



2B 陳思欣 心繫家國標誌設計



5A 蘇紫澄 貧民區的孩子 塑膠彩紙本 2022



5A 黃敏儀 貧民區的孩子 塑膠彩紙本

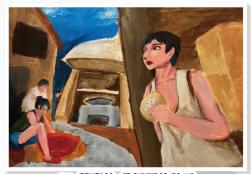
- 2022作品



6B 伍忻桐 夢 水彩



6B 伍欣桐 上班族的狂想曲 塑膠彩紙本



5D 蔡嘉怡 貧民區的孩子 塑膠彩紙本



6B 陳汶漪 上班族的狂想曲 塑膠彩紙本



6B 陳汶漪 友里、同行、愛流動 水彩及墨克筆紙本



6C 張樂兒 偶像 紙模型



6C 張銳勇 生命 水彩



6C 張樂兒 友里、同行、愛流動 水彩及墨克筆紙本



6C 莊晴晴 永恆 塑膠彩布本



6C 張樂兒 尚有一秒我們就要表演 塑膠彩紙本

2022作品



6C 莊晴晴 尚有一秒我們就要表演 塑膠彩紙本



6C 林恩彤 童年 塑膠彩布本

2023作品



4A 丘桂子及5B鄧月庭 2023東華三院蔡榮星小學 「水泉澳新校舍開幕藝術邀請展作品-始於足下·擇高而立」



5 A 黃敏儀 令人驚訝的聚餐 塑膠彩紙本



5B 連紫晴 令人驚訝的聚餐 塑膠彩紙本



6B 陳汶漪 交通工具到站的一刻 混合媒介



5A 蘇紫澄 令人驚訝的聚餐 塑膠彩紙本



5B 鄧月庭 令人驚訝的聚餐 塑膠彩紙本



5D 游嘉慈 令人驚訝的聚餐 塑膠彩紙本

- 2023作品



6C 林恩彤 交通工具到站的一刻 混合媒介



6C 張銳勇 從高空俯瞰的新發展區 混合媒介



6C 莊晴晴 城市中的節奏 塑膠彩紙本



6B 伍忻桐 我的前世今生 塑膠彩紙本



6C 林恩彤 22世紀的生物、 植物及動物 混合媒介



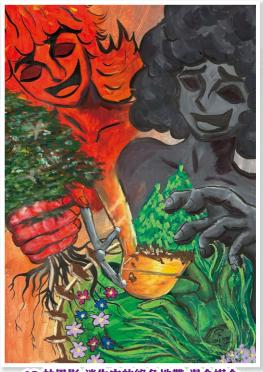
6C 張銳勇 22世紀的生物、 植物及動物 混合媒介



6D 孟嘉儀 從高空俯瞰的新發展區 混合媒介



6C 張樂兒 城市中的節奏 塑膠彩紙本



6C 林恩彤 消失中的綠色地帶 混合媒介

2023作品



6C 莊晴晴 交通工具到站的一刻 混合媒介



6C 莊晴晴 22世紀的生物、 植物及動物 混合媒介



6C 張樂兒 交通工具到站的一刻 混合媒介



6C 莊晴晴 去了不該去的地方 混合媒介



6D 陳愷娸 交通工具到站的一刻 混合媒介



6D 孟嘉儀 交通工具到站的一刻 混合媒介



6D 黎樂妍 從高空俯瞰的新發展區 混合媒介



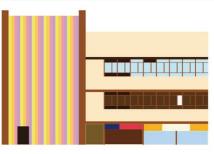
6D 黎樂妍 消失中的綠色地帶 混合媒介



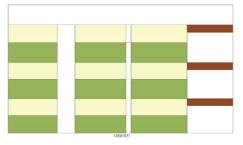
6C 張銳勇 交通工具到站的一刻 混合媒介

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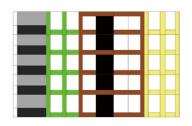
顯徑商場
4A 陳瑋舜 WORD大廈 顯徑商場



4A 郭澤楷 WORD大廈 大圍新翠村



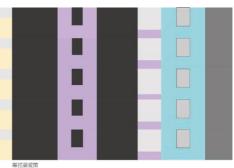




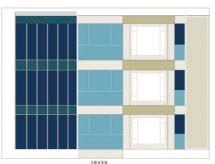
大圍美田邨

4A 劉智明 WORD大廈 大圍美田





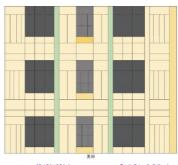
4A 萬靜兒 WORD大廈 顯徑嘉愛閣



4A 葉曉婷 WORD大廈 大圍名家匯



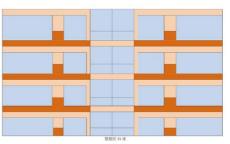




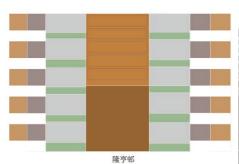
4A 張穎彤 WORD大廈 美田

WORD大廈 **對照圖 2018**





4B 何鍵斌 WORD大廈 聚龍居11座



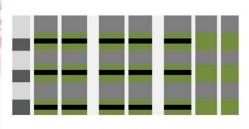
4B 張雪瑩 WORD大廈 隆亨邨







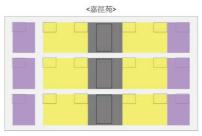
4C 陳依琳 WORD大廈 雲疊花園



新翠邨新月樓 4C 陳忻玥 WORD大廈 新翠邨新月樓





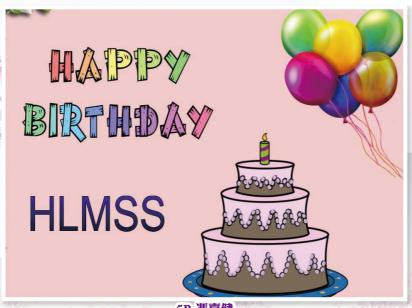


4D 丘淯瑜 WORD大廈 嘉徑苑





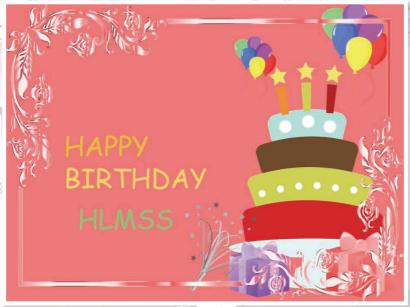
4D 伍樂宜 WORD大廈 美田苑



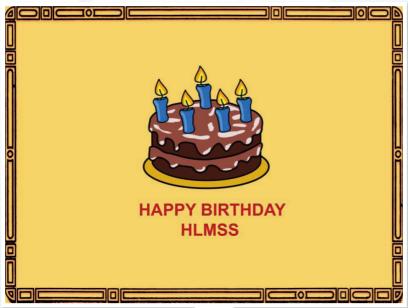
5B 馮嘉健



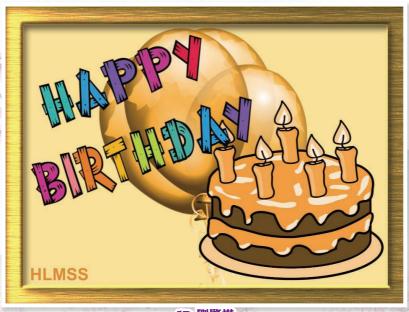
5C 鄧巧晴



5D 何穎賢



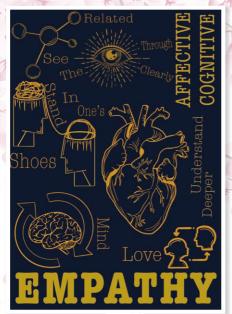
5D 劉肇棋



5D 劉肇棋



6A 趙寶儀

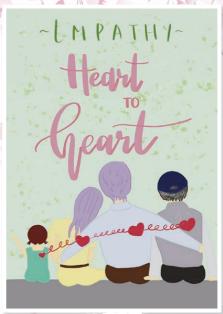


4C 張樂兒



4D 孟嘉儀





4A 李韋潼



4C 洪欣燾



3A 黃曉榆



3A 陳依瑩



3A 李斯朗



3A 鄧穎鍶



3A 丘桂子



3A 林銘因



3A 梁啟燊



3A 何思穎



3A 蘇棋鋒



3A 劉越



3A 譚凱儀



3A 羅皓臨



3A 葉浚軒



3A 翁譽鋒



3A 張淯然



3A 楊景琦



3B 黃亮廸



3A 葉俊豪



3D 黃巧童



3C 陳少玲



4D 邱加力



3C 陳樂謙



5B 陳汶漪



3D 曾栢菲



5C 張銳勇



5B 伍欣彤



5C 林恩彤



5C 洪欣燾



6D 孟嘉儀

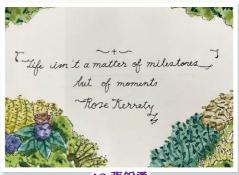


6C 張樂兒

2021



4A 李韋潼

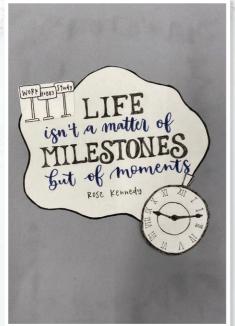


4C 張銳勇

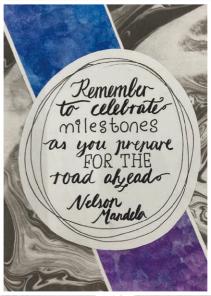
2021



4B 伍欣桐



4C 洪欣燾



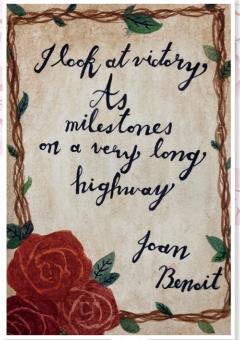
4B 陳汶漪



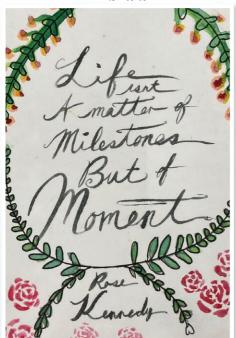
4B 孟嘉儀

英文書法卡設計

2021



4C 莊晴晴



4C 庄安琪



4C 張樂兒



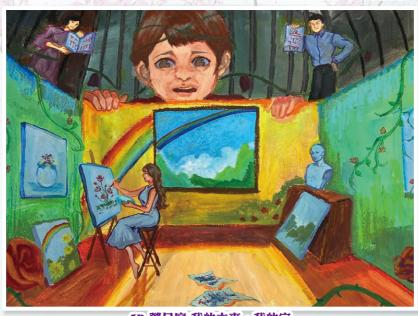
4D 黎樂妍



5A 黃敏儀 我的未來·我的家



5A 蘇紫澄 我的未來·我的家



5B 鄧月庭 我的未來·我的家



5B 連紫晴 鄧月庭 水墨風景畫



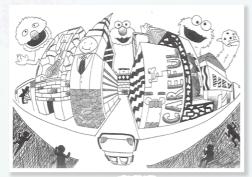
5D 蔡嘉怡 我的未來·我的家



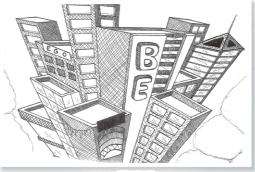
5D 游嘉慈 地下的神秘世界



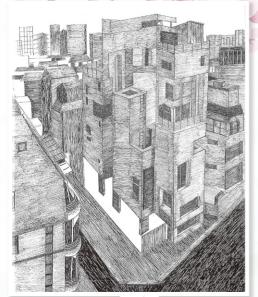
5D 游嘉慈 水墨風景畫



4A 李韋潼



4C 莊晴晴



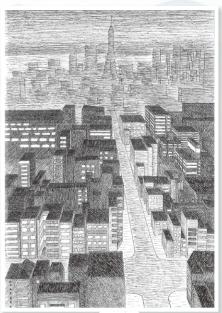
4C 洪欣燾



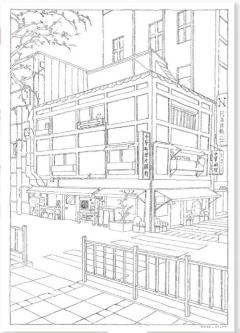
4D 陳愷娸



4B 伍忻桐



4B 陳汶漪



4C 張銳勇



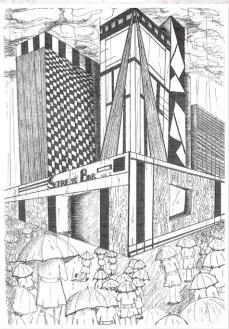
4D 孟嘉儀



4D 黎樂妍



4C 張樂兒



4C 林恩彤



4A 林穎欣



4B 鄧月庭



4A 黃敏儀





4B 連紫晴





4D 陳錦豪



4B 吳灤晴





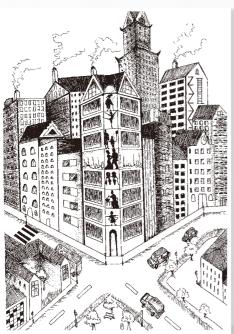
4A 林穎欣



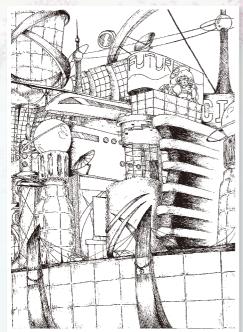
4B 連紫晴



4A 蘇紫澄

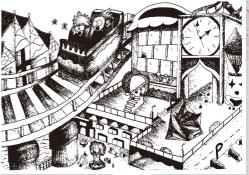


4A 黃敏儀



4B 鄧月庭





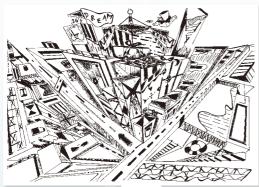
4B 吳濼晴



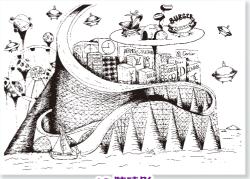
4D 游嘉慈



4B 張子晉



4D 陳錦豪



4C 陳曉彤



4C 陳賀然



4C 嚴婷園



4A 黎沛麟



4A 丘桂子



4B 梁曉榆

書簽設計 2022



4D 李善汶



4C 陳樂謙



5B 吳濼晴 向藝術家江啟明致敬



5A 蘇紫澄 向藝術家江啟明致敬



5B 張子晉 向藝術家江啟明致敬



5A 黃敏儀 向藝術家江啟明致敬



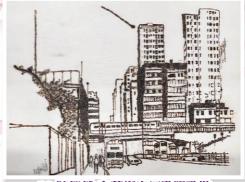
5B 鄧月庭 向藝術家江啟明致敬



5B 連紫晴 向藝術家江啟明致敬



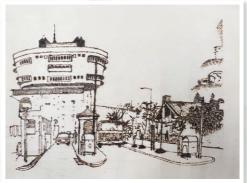
5D 蔡嘉怡 向藝術家江啟明致敬



5C 陳賀然 向藝術家江啟明致敬



5D 陳錦豪 向藝術家江啟明致敬



5C 陳曉彤 向藝術家江啟明致敬



5D 游嘉慈 向藝術家江啟明致敬



5C 嚴婷園 向藝術家江啟明致敬



3A 何樂勤



3A丘柏光



3A 萬凱揚



3A 張稀程



3B黃子陽

陶偶及





3B 梁曉晴



3B 羅宛靖



3B 馬守燁



3B 羅傑宇



5A 蘇紫澄



5B 連紫晴



5B 鄧月庭

加麗海洋 時裝設計 2022



5A 林穎欣



5A 蘇紫澄



5A 黃敏儀









5B 鄧月庭









5C 陳曉彤









5B 連紫晴





5C 陳賀然



5D 游嘉慈



5D 蔡嘉怡



5A 林穎欣



5B 鄧月庭



5A 蘇紫澄



5A 黃敏儀



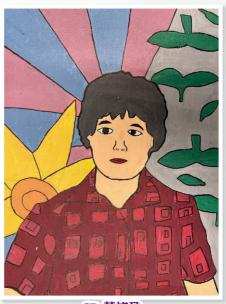
5B 吳濼晴



5D 游嘉慈



5B 連紫晴



5D 黃如盈



5A 黃敏儀



5A 蘇紫澄



5A 林穎欣



5B 鄧月庭



5C 陳曉彤



5C 嚴婷園



5B 連紫晴



5B 張子晉



5D 游嘉慈





3A 何靖楠 人物速寫



3A 麥繼中 人物速寫





3A 莊蓮蓮 人物速寫



3A 李恆 人物速寫



3A 何樂勤 群像速寫



3B 呂浩然 人物速寫



3A 何樂勤 人物速寫



3B 羅宛靖 人物速寫



3B 戴金龍 人物速寫



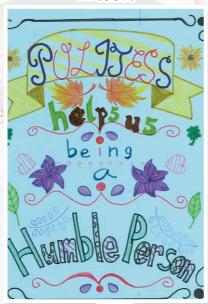
3B 蕭哲瑜 人物速寫



3B 梁諾晞 人物速寫

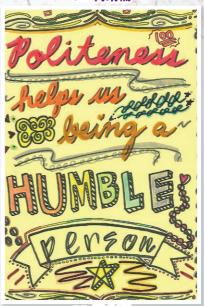


3A 何樂勤



3A 馮靖怡

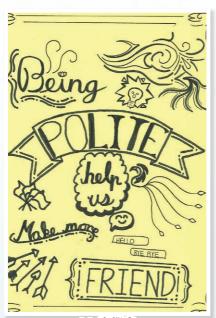




3A 洪小瑩



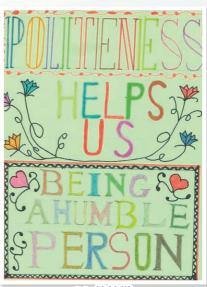
3A 張詠怡



3A 麥繼中



3A 李尚頤



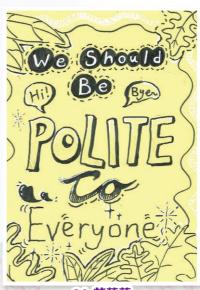
3A 林綽謙



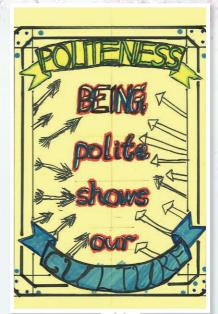
3B 梁諾晞



3B 蕭哲瑜



3A 莊蓮蓮



3B 戴金龍



5A 蘇紫澄 以禮待人·文燕人襟章設計 比賽 黃社 得獎作品



5B 鄧月庭 以禮待人·文燕人襟章設計比賽 紅社 得獎作品



5D 蔡嘉怡 以禮待人·文燕人襟章設計比賽 紫社得獎作品



5D 游嘉慈 以禮待人·文燕人襟章設計比賽 綠社得獎作品



5A 林穎欣



5A 黃敏儀



5A 蘇紫澄



5A 蘇紫澄



5B 連紫晴



5B 鄧月庭



5C 陳賀然



5B 張子晉



5D 蔡嘉怡



5D 陳錦豪



5C 陳曉彤



5D 游嘉慈



4A 馮卓楠



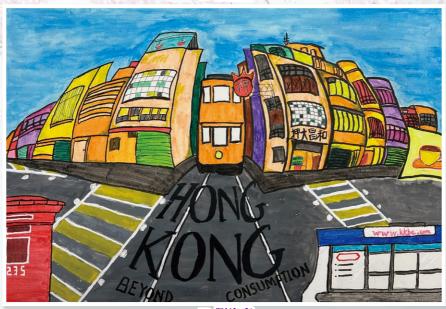




4A 黎沛麟



4B 梁曉愉



4B 劉洛齊

消費以下的香港海報設計 2023



4B 趙思嘉



4B 周飛翔



4C 曾栢菲



4D 陳依瀅



4D 唐銘霞



4C 陳樂謙



4D 李善汶





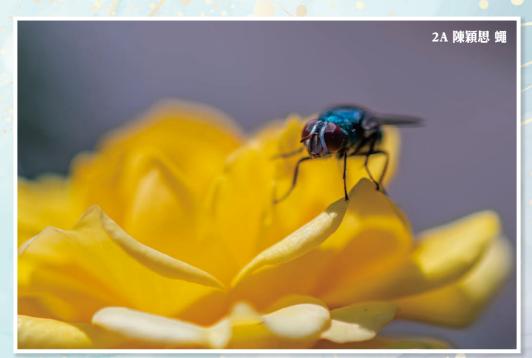








章 攝 影 藝 術



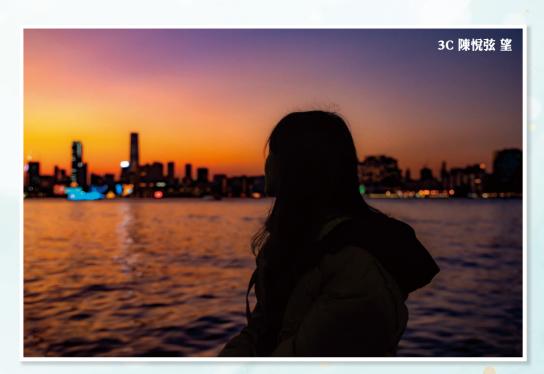


















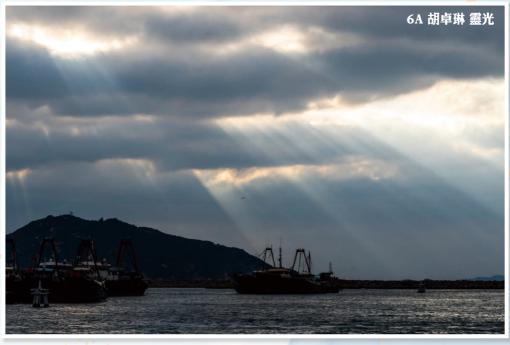


























35^{th} Anniversary

My School, My Home

1B Thomas Lo Ying Yu

This is my first year in Helen Liang Memorial Secondary School. I have learnt so many things in my new school and I am proud of being a student here!

In Helen Liang, teachers tolerate us even when sometimes we talk loudly and leave the seat. Teachers are patient with us and teaches us a lot. This is why I love this school so much!

In addition, teachers and students are like a big and lovely family. We learn to be responsible and studious. We also understand it is important to respect and be tolerant with one another. Why? Because the school is our home and we treat each other as a family member.

In my secondary school, we have many rooms and facilities, such as the library, hall, the self-study room, art rooms, labs, classrooms and the climbing wall. At lunchtime, I usually do some reading in the library. It is spacious. After school, I usually go to the selfstudy room to revise what I have learnt that day. It is quiet and cosy. Our school is big and there are all kinds of places and facilities that match your needs.

This is my favourite school, a place to call home! Do you like my school? Helen Liang Memorial Secondary School is the best! Happy birthday to my alma mater! Happy 35th anniversary!

My Favourite Memories at School

2A Chantelle Ho Fuk Tsz

"Starting secondary school was a whole new phase in my life," I remember that I was always saying this when I was in Secondary One. I realized that time flies. Secondary school has made my life change a lot and made me realize it's time to grow up. Yet at the same time, it is a time for making friends, meeting new people, and getting used to a new environment. Our memories in school are also important milestones in our lives that we will never forget. Do you want to know my favourite memories at school?

Friends in our school are probably closer to me than my relatives or other friends. We watch each others' growth and changes. We see each others' flaws and support each other through difficult times. We find joy in each others' company and create a support group. One of my most unforgettable memories is the tradition of our class since Form One. Whenever we have any quizzes or tests the following week, we study together via the phone or face-to-face in the study room. When we have any questions or points that we do not understand, we brainstorm together. Also, we are ready to teach other classmates who do not understand well. We do our homework together but we never copy! We just support each other in terms of everything. We use our strengths to help each others' weaknesses.

HLMSS is the place where we meet our friends, acquire our knowledge and start our futures. Most importantly, it shapes our lives!

Happy Birthday, **Helen Liang Memorial Secondary School!**

3A Hong Jolyn Lu

Happy birthday to my dearly beloved school!

I cannot believe you have turned thirty-five this year! Each and every one of us teachers and students are super joyous about this specific celebration of yours. As being one of your students, I am overly proud and deeply honored to be celebrating your thirtyfifth birthday.

I have prepared a list of things that I feel grateful for what you have offered to us and I would love to share them with you as a present. This is just one of my gifts. I will talk about the others a bit later, so stay tuned!

Do you know what I feel grateful for? I am absolutely thankful for the fun and meaningful activities and events that you have provided for us this year. I feel like for this year, since the pandemic has started to decline a bit more than before, more and more thrilling and exciting things had come to life, such as the two-day sports day event, the all-round learning day (e.g. appreciating Nature in Pak Tam Chung, Sai Kung), camp day and so much more. Those are a few of my favorites and I am really glad that we could experience these specific events for the first time ever after the 'pandemic years'. The most memorable experience for me is the most recent Christmas party. I know this is the second time in my case. However, it was more special since there were new and unique performances and entertainment that had been given to us, such as wonderful singing and medley dance shows by our talented students, and also ending it well with quirky and entertaining games for us to enjoy. I would like to give a huge shoutout to our Student Union Verb for making tons of freshly new activity ideas and turning them into a reality.

I am not only happy with these moments, but also with the special bonding moments with my class! Unlike any other classes I have been in, my class 3A is definitely a different kind of breed. How different? Well, if I am being honest, I describe my classmates as 'the Teletubbies'. The Teletubbies include four lively and overly-positive characters who are just filled with different kinds of happiness. For my classmates, some may be quiet but quietly happy, others may be wild but wildly merry, some may also be in-between (which is me). We are so chaotically happy that we even sing along with familiar songs together from time to time!

With each of us having different kinds of personalities, we always have the same characteristic, which is always being jolly and there for each other, no matter what circumstance we are in. We will always be there for each other. Not to mention, the baby-faced sun represents our helpful and responsible class teachers who guide us all the way through since the first day of school. They are our cherries on top!

I am so glad to have an opportunity to gather with teachers and classmates who will walk with me to any kinds of challenging roads together as one, and it is all because of your attentive arrangements for our class. Thank you!

Oh, and you think I forgot about the other present? Well, it is not a literal thing, it is just my promises that I have made for you. I promise that I can gain more confidence with English competitions that you have encouraged me to attend. I promise that I will continue doing my best to look after classmates around me and provide them with my unconditional support. And last but not least, I promise that I will get some more sleep and gain the energy to strive for improvements, academically and mentally.

It is not much but I hope you admire the little priceless thoughts and gifts that I have presented and prepared specially for you. I hope you are proud of my personal progress as well, I will do anything to make you proud!

I am once again wishing you the happiest birthday and hoping for more blessings to come in your way!

A Journey to Remember: My Time at Helen Liang **Memorial Secondary School**

4A Bernice Lai Pui Lun

Unconsciously, I have been studying in Helen Liang Memorial Secondary School for four years. This is my fourth year and next year will be my fifth year. I have to start preparing for the HKDSE examination in year six. In retrospect, time flies really fast. The first day of school was like only a while ago.

I remember when I participated in the S1 Orientation Day during the summer holidays I had an incredible time. Other than meeting new classmates and friends, everything felt very fresh. During the activities on the first day, I performed a split in front of all the people. Then the teacher who was in charge of the Chinese Dance Club immediately invited me to join the club. That was all thanks to my grandmother for letting me join the ballet dance club back in primary school, which led me to have a chance to join the Chinese Dance Club too.

In Secondary One, I was very happy about the fact that we could eat outside of school. I still remember that I told my mother that it was \$22 for a bowl of porridge when I went out to eat, which was very cheap for me. My mother made fun of me by saying she didn't have to use \$5 to make corn porridge by herself, but I was really naive at that time because I felt that eating porridge was cheaper than eating rice.

Due to the widespread of the new, mysterious flu-like illness, known as COVID-19, it was safer for everyone to stay inside and so we started Secondary Two with online classes instead. It wasn't a great start since I had never seen any of my classmates in real life ever

since the pandemic first started. Knowing it was dangerous to go out, I stayed at home for a very long time. During online lessons, I couldn't catch up with other students and it made me very frustrated. When we finally came back to school and took the exam, my results were as bad as I could remember. Because of that, my mom signed me up for tutorial classes so I wouldn't fall behind.

In Secondary Three, I didn't know if I performed well in English but I tried my best. Unlike the previous year, I was content and so was my mom. Surprisingly, I got first in English in the whole form. As my mother worried I would be under great pressure with my homework and studies, therefore, I am only required to pass all subjects since the start of secondary school. Luckily, my grades have gradually improved year by year. My mother often says no matter how high or low my exam scores are, it isn't an issue as long as my foundation is strong and the first step is to get a pass in all subjects.

This year I am in Secondary Four and I am much busier than the last three years. There were many times when I felt weak and unmotivated, and I often cried for no reason at all. My mother said people wanted to cry because it is a way of venting their emotion. She also said: "Since you are busy with homework, studies, and extracurricular activities along the way, you need to learn to re-organize your study schedule." I understand that I need to keep going, because this is the pressure we must face in secondary school. At the end of my six years at Helen Liang, there will be other difficulties and challenges that are waiting for me, but for now, I need to take some time to adjust my mindset and face my current situations positively.

Although there might be many setbacks and challenges ahead, I also had some delightful and unforgettable experiences in all activities that I have participated in at school. Next year, I need to start preparing myself for the HKDSE examination. I have also planned to quit some activities so I would have more time to rest and for tutorial classes. Despite the possibilities of failing at some points, all that matters is that I have tried my best. I don't have to put too much pressure on myself but enjoy my time while I am still here.

The above are journals of my experience during my years at Helen Liang Memorial Secondary School.

My School Life: From Freshman to Senior

5A Candy Yip Wai Wai

I still remember the first time I set foot in our school, on its 30th anniversary. As I pored over the school's publications and saw the photos of the young and energetic faces from the past, I couldn't help but wonder about the stories behind them. It feels like it was only yesterday, yet here I am, now a part of this history as we celebrate the school's 35th anniversary. Time flies indeed!

My first year in Secondary 1 went better than I could have hoped for. I was initially anxious about adapting to a new school life and making new friends, but I soon realised I had nothing to worry about. My classmates were friendly and talkative, and we quickly became close friends. They were a saving grace for my shy and nervous self. We spent most of our time together, helping each other with homework and studies, and laughing at the little things. They are an important piece of my school life puzzle.

Of course, life is not all sunshine and rainbows. COVID-19 broke out when we were in Secondary 2. Schools were suspended, and we had to stay home and have online lessons. It was overwhelming to face the cold computer screen and not see my dear friends. However, the pandemic could not stop our warm hearts and bond for each other. We stayed in contact through phone calls and shared our daily lives and care for each other.

Now, three years have gone by, and I can't help but feel like time has slipped through my fingers without doing anything meaningful. However, it has also taught me a valuable lesson about being grateful and cherishing my time. I have learned to appreciate the time we have left in school and be more efficient with my time to improve myself.

Spring has always been my favourite season, with its lovely weather and blooming flowers. This spring is even better with the abolishment of the mask regulation, a symbol

that the dreadful disaster has finally come to an end, and life is returning to normal. The flowers in our school seem to bloom brighter than ever, and the once-empty playground is now filled with laughter from schoolmates playing ball games. That's the vitality of youth and the excitement of campus life, I guess.

As I enter my final year as a Secondary 5 student, I can't believe how fast time has passed. So many things have happened over the years, and we can't predict the value of a moment until it becomes a memory. These moments will always be like a flower that will never fade, blooming in my memory forever.

Lesson Learned: How Our School Has Prepared Us for the Future

5A Kelvin Siu Chung Ming

As students of Helen Liang Memorial Secondary School, we have witnessed firsthand how our school continuously prepares us for the future. A quote from my favourite game, 'Work in the dark to serve the light', perfectly embodies our school's philosophy of working humbly and selflessly for the greater good. In this article, I aim to share what I have learned about how our school has prepared us for the future.

Our school is committed to providing us with the best possible education, which includes developing a wide range of skills and qualities that will serve us well in our future lives. From the moment we step foot on campus, the schoolwork tirelessly to instil curiosity, creativity, and critical thinking in our minds.

One way our school achieves this is through offering a variety of extracurricular activities that allow us to explore our interests and passions outside of the classroom. We have been encouraged to participate in sports teams, music groups, and community service projects, among other activities. These opportunities are designed to help us develop leadership skills, teamwork abilities, and a sense of civic responsibility. Additionally, our teachers are trained to provide personalised instruction that caters to each student's unique needs. They employ differentiated instruction to ensure that every student reaches their full potential.

Our school has helped countless students develop important skills and qualities that will serve us well throughout our lives. One of the most important lessons we have learned is to be independent thinkers. We were encouraged to ask questions, seek answers, and develop our own opinions. This skill will serve us well in school and beyond when we face

complex problems. Furthermore, we have developed strong communication skills through group projects, presentations, and competitions. We are required to represent our school in various competitions, which not only gives us a sense of belonging but also teaches us how to work cooperatively with our classmates to achieve success. These skills are essential for success in any area as they allow us to express ourselves effectively. Our school has also instilled values such as teamwork, leadership, and perseverance. These traits will help us navigate through difficult situations in the future.

In conclusion, our school has equipped us with the necessary tools to succeed in life and played an essential role in shaping who we are today by providing us with a strong educational foundation as well as fostering personal growth. Our teachers have imparted valuable knowledge and skills that will help us succeed in various fields. They have challenged us to think rationally, communicate effectively, and work collaboratively. These skills are essential for success in today's world. As students, we are grateful for the education and guidance we have received at HLMSS.



A selection of the best writing from each class

Amy's New Furry Friend

1A Thomas Cheang Kwong Yeung

Amy was a shy and lonely girl who had a hard time making friends at school. During lunchtime, no one would talk to her, leaving her feeling upset at school. Her parents were worried about her.

One day, Amy told her mom that she wanted a pet. In May, her mom took her to an adoption centre where she saw a cute dog sleeping. Amy was excited and asked, 'Mom, can I adopt the puppy?' The staff member at the centre agreed and encouraged Amy to take good care of her new pet. Amy was overjoyed and named her new furry companion 'Jack'.

Every day, Amy lovingly brushed her new buddy's fur, played with him and walked him in the park. She also gave him the best dog food to keep him healthy and happy.

Over time, Amy and Jack grew more comfortable and confident in each other's company. Amy began sharing Jack's photos on social media. To her surprise, many of her classmates liked and commented on her posts. They all said they wanted to meet Jack.

Amy invited her classmates over to her house to meet Jack. This opened a new chapter in Amy's life, and she made many new friends. Amy was no longer the unhappy girl sitting alone and isolated. She has become a happier and more connected girl, surrounded by friends and loved ones, including her adorable furry bestie, Jack.

Get Ready for Some Fun Festival Events at School!

1B Circle Au Yuen Tung

Are you looking for some exciting events to participate in at school? Look no further! We have some amazing festival events planned just for you.

Mid-Autumn Festival

On September 29, get ready for an interesting Mid-Autumn Festival. You'll have the chance to try delicious mooncakes with rich salted egg yolks and watch a fire dragon dance in the hall. It's going to be a blast!

Halloween

Get your costumes ready for an unforgettable Halloween Day on October 31. Dress up as your favourite ghost, witch, vampire, or zombie and join in on the fun of trickor-treating for some sweet treats. You'll have the chance to meet new friends and play together all day long.

Dragon Boat Festival

Mark your calendars for the important Dragon Boat Festival on June 22. You won't want to miss the chance to eat special rice dumplings wrapped in bamboo leaves and watch the thrilling dragon boat races held on Shing Mun River. Plus, we'll even teach you how to make rice dumplings on your own!

Don't miss out on these amazing festival events at school. We can't wait to see you there!

New School Life

1C Janice Luk Hiu Yau

My name is Lucy. I am a sociable person but I used to be rather timid and quiet before. On the first day of secondary school, I didn't have any friends because I was too shy to talk to my schoolmates or classmates. Understandably, I was also anxious about adjusting to my new life in secondary school.

When I returned home to have dinner with my family, I felt upset and wasn't in the mood to share my problems, even with my family members. My mother knew that I had trouble making friends, which also made her quite worried about me.

At the weekend, my mother told me she would take me to a special place but she wouldn;t reveal any details about it. To my surprise, she took me to an adoption centre. On our way there, she said I could pick one animal there as my pet. I was thrilled by the idea!

'Once you get the pet, you must become a responsible owner', my mother reminded me.

'Of course, I will!' I eagerly responded.

While I was walking inside the adoption centre to choose my pet, I suddenly spotted a cuddly white dog with black dots on its fur. It was love at first sight so I chose that adorable dog to be my pet.

It's the loveliest dog I've ever seen. Since then, I've been going outside regularly to walk my dog and play ball games with her. One day, when I was walking my dog, I bumped into my classmate. She went over to me and asked, 'Is this your puppy? She's so cute! What's her name?'

'Yes, it is. Her name is Lily.'

From that day on, we became friends! I had to thank my mother for taking me to adopt Lily. Now, I finally got a friend at school!

An Email about Keeping a Pet

1D Chung Ka Dick

Dear Auntie Ann.

How have you been? I've been thinking about getting a pet recently. I'd love to adopt a cat to play with as it seems like a more enjoyable activity than playing video games.

I'll feed my cat with proper cat food. Cats can be very active so I'm prepared to learn patience and attentiveness while caring for it. Sometimes, my cat might get grumpy and I'll have to pay closer attention to it. I'm excited to play games with my cat and even share my bed with it every night.

I'll also take my cat to the park for some fun and meet other people with their lovely dogs and cats. I like cats – they're simply adorable!

Hope to hear from you soon!

Love. Jenny

The Giraffe and the Lioness' Tears

2A Oscar Lee Pak Hei

It was a soothing morning, the birds were chirping happily, grass being soft as ever. I was minding my own business when suddenly, two zebras were sprinting towards me.

'Mister Giraffe! There is a lioness roaming around! Get out of here if you value your life!' both zebras yelled.

Since they came at a high speed, I couldn't process everything and panicked. I decided to dash into the trees to hopefully blend in.

Then, a lioness appeared. However, she didn't seem like it was out for hunting.

'Help me. I'm getting hunted! I'm innocent. I swear!' cried the lioness.

I knew the tears on the lioness were genuine, so I poked my head out.

'You seem to be distressed. May I help you?' I asked.

'Yes. Please save me from the hunter!' she yelled.

So, after the lioness had told me the plan, we went into action. The hunter who was carrying a musket approached me, talking to me in his language, 'Have you seen a lioness nearby?'

I was concerned about the gun but I kept calm and looked away. That was my way to answer 'No'.

It was going smoothly until the hunter swiftly pointed the musket at me. The pressure was getting higher. I was being held at gunpoint. That was until a bush shook itself. The hunter redirected his gun towards the bush instead. 'Got you now, you sneaky cat!'

Then, the lioness leaped out of the bush underneath me and attacked the hunter.

'I thought you said you would run off into the wild!' I exclaimed.

'Sorry. It's my natural instinct,' laughed the lioness.

I breathed a sigh of relief as I got to live another day.

Shopping Fun at New Town Plaza

2B Cindy Keung Hi Ying

Discover a fantastic experience for you and your loved ones at New Town Plaza - the ideal shopping centre for families and friends in Hong Kong. Get ready to embark on an amazing journey.

Shop and Enjoy

New Town Plaza is a haven for women. You can find top brands like SK-II, Chanel, Tommy Hilfiger and many more. Explore an extensive selection of beauty products, clothing and accessories and enjoy a full day of shopping with your besties. Discover the latest makeup products and stylist dresses all under one roof.

Drink and Dine

Head to the first floor to explore a diverse selection of restaurants. Try unique Asian fusion or famous European cuisine offered by us! Savor sushi from Japan and indulge in delicious pizza from Italy, all in one place!

Facilities and Services

Families will love the Snoopy theme park on the third floor - a place of great fun for all ages. On the seventh floor, you'll find a roof garden with a grand water fountain at its centre. Take nice pictures and share them on social media to get lots of 'likes' and 'followers' with the spectacular views!

Worried about your furry friends joining the fun? No problem! We provide pet carts to keep your cute companions comfortable during your visit. Plus, our disinfection services are qualified against COVID-19 on all floors.

Come and visit New Town Plaza today for a memorable shopping experience!

Cloud Shopping Centre

2C Tinky Fan Hoi Ting

Are you a shopping enthusiast? Then come and check out Cloud Shopping Centre! It is the newest shopping centre located in Shatin!

On the first floor, you'll find a stylish boutique and a well-stocked personal care shop. The boutique offers a wide variety of fashionable clothing for all ages and styles, featuring popular brands and the latest trends. In the personal care shop, you'll find all kinds of skin care products and cleansing products, including soap, shampoo, and every other personal care item you can think of!

Feeling hungry and don't know what to eat? Check out the food court and restaurants on the second floor! With over 500 seats available in the food court, you won't have to worry about finding a spot to savor your meal. We also have a diverse selection of restaurants there too!

Looking to buy gifts for your loved ones or indulge in a good book? Check out the gift shop and the bookshop on the third floor. Browse through the bookshop's collection and enjoy a quiet reading session or find the perfect gift for your friends and family in the gift shop!

Are you an animal lover? Check out the pet shop on the fourth floor! It's one of the biggest pet shops in Hong Kong! You can find any pets and pet supplies you want. I promise you will have a wonderful time with your new furry friends!

Cloud Shopping Centre is the perfect place for you to hang out with your friends and family. Come visit us today!

A Crafty Lioness

2D Kenny Yeung Hoi Ming

One hot day, I was eating leaves from a tree in the grassland. Suddenly, two of my zebra friends ran towards me, shouting, 'Run! A lioness is nearby.' When I looked up, I saw something moving quickly in my direction. My heart raced with fear.

Then the lioness came near me, looking very tired. I didn't know what to do. I was frightened that she would eat me, but I could hear her faintly pleading, 'Help me! Help me!'

I wasn't sure if I should help her or not.

She turned around, came nearer and gazed intently at me. I wanted to help her, but she was a lioness, after all – a carnivore. My fear grew stronger.

Despite my fright, I mustered the courage to give her some water and food. All I could offer were leaves but she gratefully consumed them. The lioness finished all the leaves but remained hungry. She opened her mouth wide, aiming it at me. I pleaded with her for mercy, but it was futile.

I died in the end!

I couldn't understand why I had been so kind to her, only for her to be so cruel to me.

Will Robots Make Our Lives Better or Worse?

3A Skyler Ho Lok Kan

As technology develops day by day, more and more debates spark around robots. The question "Do you think robots make our lives better or worse?" can be seen everywhere, from news outlets to video essays. Everyone has their own opinion on the topic, and they make valid points. I am going to join the conversation and talk about my point of view. The way I see it, robots do make our lives better. I have a few crucial factors to support my statement.

Firstly, robots are programmed to carry out exact application parameters and paths, ensuring reliable, consistent and repeatable operations and these are some qualities that we humans do not have. The rising labour costs and the increasing competition for low wages overseas have made more and more manufacturers invest in robot technologies rather than human labour. In fact, 90% of all modern robots can be found in factories. Since the second wave of the industrial revolution, robots are already involved in manufacturing. They can make high-quality products in no time, lowering the cost of the products. While this benefits the consumer, it also benefits the manufacturer as robots seldom make errors, which reduces the waste of material and time. As a result, robots can satisfy both consumers and manufacturers.

Secondly, robots can go to places humans cannot go. Humans are very adaptable, but there are still places we cannot go, for example, Mars. Mars, as we all know, is a vast planet which is icy cold and covered in reddish dust and dirt. Though it is right next to Earth, it takes an extended period of time to get there, and no one has ever been there. Hence, there are endless possibilities for what could go wrong. That is why NASA has sent out robotic vehicles called rovers to Mars over the years. The more recent ones they sent out are called Sojourner, Spirit, Opportunity, Curiosity and Perseverance. The robots were sent there for a reason: they have to complete missions such as taking pictures, looking for

signs of past or present life and determining if humans could explore Mars one day in the future, etc. As we can see from NASA's rovers, robots can help humans with our scientific development by allowing us to find out more about the universe and go to places we have yet to explore.

Lastly, robots can improve our quality of life. Many fast-food restaurants use machines to take in orders instead of humans. In my opinion, this is better as robots do not make mistakes. Sometimes, the cashier gets my orders wrong; it might be because of factors such as tiredness or stress affecting them. But robots do not have emotion and do not get tired, which makes them more efficient labour. Another example is a device that is capable of translating between multiple languages, which makes travel more accessible because it gives people the freedom to move about and experience what they like instead of adhering to the usual tourist attractions. These examples show that robots have the potential to make our lives easier in many different ways.

To sum it up, robots do make our lives better as they have qualities that we do not have. They are more precise, can reach extreme locations, and can improve our quality of life by performing a variety of functions. Robots prove that human civilization has grown as a whole, and I am sure that robots will continue to help and benefit us in the future.

The Most Exciting Charity **Concert I've Ever Had**

3B Kathy So Ka Yin

Last week, the principal decided to organize a charity concert in the school hall, featuring performances by the Music Club. It was the highlight of my school year.

I very much looked forward to this Charity Concert. On the day of the event, I arrived at school early and saw a few students rehearsing their songs. I also took the opportunity to practise my own performance. After a while, my friend joined me and we rehearsed together.

At 9:00, the charity concert finally started. After some student performances, it was time for my friend and me to take the stage. I was super nervous and plagued by stage fright during our performance. When we finished the song, the audience - consisting of parents, teachers and students – fell silent. Then, many people applauded, filling me with a strong sense of accomplishment! After the event, I learned that we had raised over \$1,000!

This was the most memorable charity event of my life. The concert was a great success! I realized that even small actions can make a significant impact on those in need. I hope to see more people participating in charity events in future. I will certainly participate in meaningful events like this in the future. Let's come together to support more charity initiatives.

The Benefits of Robots

3C Keith Fong Ki

Robots are getting more and more common nowadays. We can even find robot waiters in some restaurants. In the long run, will robots make our lives better or worse? I think robots will make our lives better. Robots can help us do housework, make people safer and help people in need.

First, robots can help us do housework. For example, robot vacuum cleaners can help us clean our homes, robot chefs can cook food for us, robot dishwashers can do the washing up, and robot washing machines can wash our clothes. Robots can help us with housework while we are at work.

Second, robots can make people safer. For example, robot police officers can help policemen protect people if they are in danger. They can also do dangerous jobs for humans, such as working with corrosive chemicals in laboratories. Robot firefighters can help firemen fight fire by entering highly dangerous environments.

Third, robots can provide assistance to those in need. They can protect women living alone, ensuring their safety from potential threats. Robots can also aid people with disabilities, helping them move around more freely. Some robots can be used to care for patients with highly contagious diseases, reducing the risk of infection for human caregivers. Lastly, robots can also serve as companions for the elderly people to reduce their loneliness.

On the contrary, some people worry that robots may take over the world, injure people in wars and create weapons of mass destruction, but none of these will happen if humans do not build war robots for fighting.

In conclusion, I think the advantages of robots far outweigh the disadvantages. The world will certainly be better if people use robots wisely.

Do you think robots will make our lives better or worse?

3D June Kwok Shuk Yin

Today, robots are ubiquitous in everyday life. Although they can be convenient at times, I believe robots will ultimately make our lives worse.

Firstly, robots are likely to replace many low-skill jobs. For example, waiters and waitresses are among the occupations most at risk of being replaced. Their jobs involve serving food and taking orders, which are relatively simple tasks for most people. The same applies to hotel receptionists. In fact, some hotels have already started using robots to serve guests. As a result, robots have displaced many unskilled jobs and forced some lowwage workers out of the labor market.

Secondly, the maintenance of robots can be quite costly, making it a considerable expense. Robots comprise complex components, so after operating for some years, their parts may rust or become loose. For that reason, we need to spend a substantial amount of money to repair robots and to update their software, which can be very expensive. If engineers lack sufficient funding or parts, they cannot properly maintain these robots.

Thirdly, robots will make humans lazy. Robots can help us perform all sorts of tasks, even those that are very easy. Due to convenience, humans assign many simple tasks to robots, which can lead to increased laziness. It has been observed that humans often rely too heavily on robots.

In conclusion, considering the numerous disadvantages associated with robots, I believe they will make our lives worse. While robots have changed our lifestyle, we should not rely too heavily on them to take over our own responsibilities. Otherwise, we might have to pay a heavy price in future.

A Letter of Advice: Should I Become a Vet?

4A Bernice Lai Pui Lun

Dear JC,

First of all, thank you for writing me this letter. I am sorry to hear that your parents weren't being supportive about your decision to become a vet and want you to become a doctor instead. Sometimes parents do not agree with their children's decisions but want them to do something they like without considering their children's wishes. I understand your feelings and sympathize with you. I will try to give you some advice that might help.

You mentioned that your parents wanted you to become a doctor because you can have a better prospect and you are feeling frustrated. First, you should try to calm down and not worry so much. I understand that it can be hard to accept someone disagreeing with your choices, but you should not get so upset since there are ways to make this situation better. If you are really passionate about becoming a vet, you should chase your dream against all odds. I think that being a vet is a great choice for you. You have always loved animals and caring for them. Remember how you took care of those homeless kittens on the streets when we were small. You brought them food every day until they were rescued by the SPCA. If you became a vet, you could help save animals from being sick as you need to diagnose them and try to cure them. You would make a great vet so you should continue to follow your dream. Even if your parents don't support your decision, it is still your choice to choose your path in life.

Although it is important to know that other people cannot dictate your future, it is still better to have their support, especially from parents. Have you tried talking to them? It is a good way to understand why they do not agree with your decision. Maybe they do not know that you have such a great love for animals. You will never know if you don't ask your parents why they rejected your career choice. After learning the reasons, try showing

them that you are serious about being a vet and show them that being a vet is beneficial to our society. Maybe you can get them to change their mind. You can explain to them that being a vet is just as important and useful as being a doctor. Explain to them that pursuing a career as a veterinarian also provides a promising future, and if you excel in the field, there's a good chance of earning a substantial income.

If you ever feel frustrated or have negative emotions, try to think more positively. You won't be able to solve your problems if you are always stuck in a negative mood. So please find some time to talk to your parents and let them know how you feel. I am sure your problems can be solved more easily.

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

Best wishes, Chris

Stress and Exam Pressure Are the Worst

4B Jessica Chiu

Hi everyone and welcome back to my blog! If you're a regular follower of mine, then you probably know that I love to solve problems that you guys have sent me, so let's jump right into it!

My schoolmates and I were talking about how test and exam stress is affecting us. A follower of mine, @Chris_W, has also asked me what they should do about exam stress. I have a lot to talk about regarding this topic. Most students from all around the world encounter this issue all the time, including me of course. As much as we hate tests and exams, we must study really hard in order to get good marks, or else we will fail.

No. 1 Why is Studying So Important to Students?

In modern times like now, we must get good grades to get into university and find a decent job. In other words, our future depends on our grades. If we don't study, we might not get the job we want and may end up with low-paying jobs.

No. 2 What Makes Studying So Stressful?

First, some students have bad scores since they can't remember the answers due to excessive worry. Getting paranoid can make you forget things since all you're thinking about is 'What if I fail?' or 'What if I have the worst score in my class?'

In addition, students also suffer from peer pressure. Have you ever had a situation where your friends get better grades than you and you feel guilty for not studying harder? Then you are currently experiencing pressure. This kind of pressure always discourages you unknowingly and makes you feel bad about your achievements.

No. 3 Ways to Deal with It

If you're bothered by stress or exam pressure, then these tips below might help you!

- Try to take breaks no matter how important the test or exam is. Studying too hard may prove to be too much for your brain to remember or manage. By taking regular breaks, you allow your brain to relax and process the information received, which would also help transform short-term memory to long-term memory.
- Try to use stress toys like stress balls or fidget spinners! This is especially helpful for those who tend to be nervous. These stress toys will help you feel relaxed and calm, which would allow you to focus your energy on your work or studies.
- Ask a social worker for help. If your parents or peers do not listen to you or fail to acknowledge the pressure you have been feeling, you can ask your school's social worker for help. They are professionals who are trained to handle our emotional problems. If your school does not have one, you can call youth organizations such as the Hong Kong Federation of Youth Groups! This organization is established to promote youth development and volunteers and staff members will listen to you and help you feel better.

No. 4 What Could be Done in the Future?

I really think that both teachers and parents could be less strict with us. Life is not only about studying and studying; fun is also a part of our lives. Teachers could give us fewer assignments and teach us more useful skills like marketing or something like that, and parents could be more understanding and encouraging. That would definitely strengthen our bonds.

I hope my advice can help many students that are in trouble. I'll see you guys next week!

My Successes

4C Hazel Cheng Suet Yi

Good morning, everyone. I am Hazel Cheng, an alumnus of HLMSS. I am grateful for this opportunity to share my successes with you all.

Time has flown by quickly and it's been 40 years since I left school in the blink of an eye's time. To me, the word 'success' can be described as achieving, attaining, and accomplishing an aim or a target, and that is exactly what I am doing now. Want to be the next one?

You might be wondering what I do for a living. I am a child psychologist. When I was young, I clearly knew what I wanted to be already but it took me a lot of time and effort to achieve that goal. I really didn't mind spending 10 hours a day studying, and the rest of my time was spent reading books on psychology.

In case you are not familiar with what a child psychologist does, let me explain. A child psychologist predicts and explains human behavior and mental processes and helps to change and improve the lives of people and the world they live in. It's essentially the scientific study of what a young human being has been through.

I still remember the old days of working so hard to meet the requirements and being able to attain high scores in each subject. I had thought of giving up, but I dismissed the idea immediately. Because I persevered, I became who I am now. I succeeded.

Overall, I know that I am not the only one who has achieved success. The special thing is that we've all been through different challenges. If I can do it, I am confident that you can do it, too! So why not set a goal and strive for it? Thank you.

My E-sports Tournament Experience

4D Nancy Ho Hoi Ching

Good morning, Principal, teachers and students,

I'm Chris of 4D and I am a member of our school's Video Gaming Club. As you may have noticed, gaming or e-sports have gained popularity in recent years in all parts of the world. To help our fellow schoolmates learn more about e-sports, the Video Gaming Club recently organised our school's first electronic sports tournament. I am glad to be here to share my experience and joy with you all.

First, I would like to talk about the reasons why I got involved in e-sports and the tournament. I really love video games and I often watch professional sports tournaments as well as popular gaming events or walk-throughs on social media websites. I have always dreamt of holding e-sport tournaments in our school since I think schoolmates can clarify some misconceptions of these activities and help everyone understand e-sports better. Like other sports, participants have to undergo strenuous training over a long period of time before they can do well and outperform other players. However, e-sports tournaments are mostly hosted by private companies that tend to promote the games, the events as well as enhancing the images of their companies and obviously eye on profits. Recently, China and Korea have officially accepted competitive gaming as official sports events and this may indicate the wider acceptance of this type of activity.

Secondly, I would like to share the experience of organising the first esports tournament. Through hosting this event, I realised that many schoolmates are enthusiastic about knowing more about this new form of competition. We worked in unison to show that e-sports are more than mere entertainment and can be taken seriously.

Finally, I have learnt a few things in the course of running this event. I have learnt about teamwork. Many of us got the chance to make new friends or find the opportunity to get to know each other better. Collaborating and interacting with all the parties meant

that my organisational, leadership or people skills were enhanced. Communicating effectively with teammates can help us have good division of labour while saving time. This is why I would like to deliver this speech to encourage everyone here to find opportunities to learn beyond the classroom.

This is the end of my speech. Thank you for listening. Join the Video Gaming Club and experience something new. I can't wait to see you in our future events!

Assisting Hong Kong NEETs: Understanding the Problem and **Offering Solutions**

5A Gordon Yeung Cheuk Yin

Introduction

NEETs, or young people who are not in education, employment, or training, are on the rise in Hong Kong. This report aims to explain the reasons behind this trend and offer suggestions on how to help these youths.

Reasons behind the NEETs trend

The pandemic has caused a decrease in the demand for employees in different trades and industries, resulting in few job opportunities for teenagers without any working experience. Additionally, the popularity of video games skyrocketed during the pandemic, leading many teenagers to spend more time playing games and becoming addicted to them. This addiction caused some to quit school and lose sight of their future. As a result, more and more NEETs feel upset or depressed about their future, and start to spend their time on games and on the Internet.

Furthermore, the education system in Hong Kong is often criticised for being too rigid and examination-oriented, which can cause students to feel disenchanted with their studies. The emphasis on academic success can also lead to a lack of emphasis on developing practical skills that are necessary for their future careers. Some may therefore feel ill-equipped to enter the workforce even after completing their education.

Solutions to Help NEETs

It is essential to help these youths, and here are some suggestions:

Enhance the Education System

Firstly, enhance the education system to help teenagers plan their future and learn useful skills and knowledge. If the education system emphasises their future career, they will know how to decide their own career. NEETs are not aware of their strengths and advantages, so they cannot achieve their potential in different ways. Better education will help develop their skills and minds, and youths will find their own ways to depict a better future.

Hong Kong's education system should also focus more on practical skills and vocational training to prepare students for the workforce. By providing students with exposure to different industries and job roles, they can make more informed decisions about their future careers. This could be achieved through internships, apprenticeships, or other work experience opportunities.

Find New Hobbies

Encouraging NEETs to find new hobbies that are engaging and productive, especially outdoor sports or cultural activities, is another effective way to help prevent them from getting addicted to video games or the Internet. Participating in sports or cultural activities can bring about numerous benefits, such as improving physical fitness, developing new skills, and building social connections with others who share similar interests.

Outdoor activities can also help NEETs to develop a greater appreciation of nature and the environment, cultivating a sense of responsibility and stewardship for the world around them. Additionally, cultural activities such as music, art, or dance can provide an outlet for creativity and self-expression, which is definitely beneficial for mental health and emotional well-being.

By encouraging NEETs to find new hobbies, we can help them to develop new interests and passions that can provide a sense of purpose and fulfilment, and reduce the risk of them becoming socially isolated or addicted to technology. This can also provide opportunities for NEETs to interact with others in a positive and productive way, which can help to build their social skills and self-confidence. Ultimately, this can help to empower NEETs to take control of their lives and pursue their goals with greater determination and enthusiasm.

Provide Job Opportunities

Lastly, provide job opportunities to NEETs. As the pandemic has come to an end, companies are getting back on track and may give chances for young people to work. Youths have the potential for huge productivity to help companies while having a glorious learning experience. This is a win-win situation for both employers and NEETs. Besides, NEETs will be more self-confident if they receive praise, recognition, and appreciation from other people instead of being scolded. Working can help them understand society and help them step out of their comfort zones.

The government and employers should work together to provide more job opportunities for NEETs, especially those who have dropped out of school. This could involve the creation of apprenticeship schemes or other work-based training programs that give young people the chance to gain practical skills and experience.

Conclusion

In conclusion, the lack of job opportunities and poor education system are the reasons why NEETs withdraw from society. We need to offer them better education, job opportunities, and mental support. We should try to understand their thoughts and ideas, enhance their self-esteem and self-confidence, and prevent the number of NEETs from rising. Let us help these youths, and together, we can build a brighter future for Hong Kong.

A Surprise Encounter

5B Joyce Kwok Ka Yuet

I am a big fan of the pop culture idol, Eddie Crane, who is a talented pop singer and is admired by many for his good looks. One day, I had an unforgettable encounter with him.

Last week, while I was running on the street to find my lost wallet, the sky suddenly opened up and it began to rain heavily. Feeling sad and defeated, I sat down by the roadside and started crying in the rain.

Suddenly, an umbrella was held over my head. When I looked up, I saw Eddie Crane standing in front of me. Compassionate and observant, Eddie noticed my distraught state and quickly realized that I had lost my wallet. Without hesitation, he rummaged through his own belongings and found a wallet he had picked up earlier, which he was planning to take to the police station. He handed it to me, and I was overjoyed to find that it was indeed my lost wallet.

Feeling grateful and thrilled, I beamed from ear to ear and shouted, 'The wallet is mine!' Eddie's kindness and quick thinking made a huge difference in my day and left a lasting impression on me. I seized the opportunity to express my gratitude to him and asked him to sign my wallet. It was truly a surprise encounter that I will never forget.

My Once-in-a-Lifetime Stay in a Cage Home

5C Jason Fong Ka Ho

I used to believe that having a two-bedroom apartment was the smallest living space you could get in Hong Kong. I would even complain to my parents that our home was tiny and they would always remind me that I was lucky to have a roof over my head and a stable Internet connection. They would also say I need to be knocked back down to size. Luckily for them, that would happen soon before they expected.

I was asked to do a project on housing in Hong Kong the other day and one of the topics was on cage homes. I, therefore, went to a cage home to gain some experience.

Once I 'checked in' to my new home, I was in utter shock to find that I had five roommates - one of them was even smoking a cigarette indoors! I really wanted to leave but I had to finish my project. As I looked around the 'home', I saw people from the fifties to the eighties. Most of them were very depressed. Not only was the cage home crammed, but also had no air-conditioning. Being in the summer, I sweated crazily.

As I sat down on my bed with my laptop and portable hotspot, I began to do my homework, but my brain was not cooperating with me. Suddenly, someone yelled 'the answer is 132'. I looked over and saw a 40-year-old sitting on the bed beside me. He offered me a beer but I politely rejected him. Soon nightfall came and my stomach was making noises. I walked over to the 'kitchen' to find that there was not even a fridge, a microwave oven, or a kitchen counter, the only thing was a sink and a gas stove.

'Hey, new guy! Come and have some ramen!' I peered over to see a man in his sixties, cooking cup noodles. I rejected him as I hated the flavour. I went back to my backpack and ate a protein bar. As soon as I lay down inside my cage, my feet were hitting the other end of the cage. I am 1.87 metres tall, but the length of the cage was only 1.7 metres. That night was the worst night I had ever had. I didn't get a glimpse of sleep as I heard cockroaches and spiders moving about. When I woke up, I ran to the bathroom just to find out it was broken. I had to pee in a cup in front of everyone, which was so embarrassing. Once time was up, I ran out of there, caught a taxi and headed home.

After the stay, I really began to appreciate the flat that I was residing in. Despite not having a dishwasher or an air-purifier, I still am thrilled not needing to live in a cage home.

Soon I began to realize the housing issues Hong Kong has. There is just too little space. Things have to be done. For starters, 'one child policy' needs to be implemented in Hong Kong. With the growing population, there is not any space to build more housing. Therefore, we must lower the number of people in Hong Kong to cut down on this 'house war'.

Secondly, the cage home problems must be solved. I was actually lucky enough to get a large-sized room, but it was still the size of a storage room. There must be laws to govern the size and price of these places, as well as assessing their fire and safety.

In conclusion, this experience was really an unforgettable one and I hope I will never need to stay there again for the rest of my life.

How to Eradicate Child Poverty?

5D Owen Chung Chun Hang

Hong Kong is dubbed 'Asia's World City'. However, beneath the glittering façade, the plight of child poverty is staggering. We cannot turn a blind eye to this problem because it affects our future generation's opportunities to serve the community. It is imperative to raise people's awareness and take action to eradicate child poverty.

First and foremost, it comes as no surprise that children living in poverty are physically unhealthy. These children are under tremendous pressure as their parents can only make ends meet. According to the Hong Kong Poverty Situation Report, 170,000 children were living in poverty in 2018 and many of them have to support their families by working or collecting discarded cardboards on the streets. Some of them even have to look after their younger siblings by tutoring and cooking for them. What about the children themselves? They are busy from dawn to dusk and when they finally have free time, they cannot help but fall asleep. Without time for themselves, they will not be able to develop their potential. Worse still, they will be trapped in the vicious cycle of poverty.

Not only is their mental health affected by poverty, but also their physical health. Due to inflation, most children who live in poverty always eat canned food, which lacks proper nutritional values and can result in an excessive sodium intake, which may affect kidney development in young children and lead to elevated risks of heart disease and high blood pressure later in life. What a shame that they cannot even have chances to absorb nutrients and build up a stronger immune system! As a result, they might have many diseases in the future. Unfortunately, news has spoken volumes of the inadequacies in our medical infrastructure. These underprivileged children do not have access to quality medical services, which are conducive to good health.

Third, children living in poverty tend to have fewer chances to receive quality

education. Although the government provides all children with 12-year free education, many parents sign up for tutorial classes and interest classes in the hope of giving their children an edge in the competitive society. However, this puts a considerable financial burden on families, making it difficult for children living in poverty to study, let alone boosting their upward mobility. This is more serious especially for those living in cage homes or subdivided flats where unhygienic problems such as bed fleas can be a headache. The environment is so unpleasant that children cannot stay focused.

Child poverty poses a threat to our next generation and it is also a menace to our society. It is therefore of utmost importance to help these children break out of the vicious cycle of child poverty.

To address the health issues of the unfortunate children, the government should encourage schools to conduct more activities promoting positive values and different interest classes. Learning should not be confined to what we read in books, but also soft skills and interests. With these free classes, students can explore their potentials, thereby have a better understanding about themselves and even their career prospects. More importantly, they can have a more positive mind, which is essential throughout their lives.

Besides offering free classes to grassroots families, these children should be given allowances. Not only can they use these allowances to support their families, but they can also hire domestic helpers. Buying fresh vegetables and meat should not be a privilege of children for well-off families. Access to quality medical services should also be granted to children in need because this is what we are entitled to.

It is high time to deal with child poverty, especially when the wealth gap has reached a tipping point because of the pandemic. It is indisputable that the government should implement more innovative policies and offer allowances. It is crucial to solve the saddening problem. Only by eradicating child poverty can Hong Kong truly become a world city of Asia.

A Proposal for a Weekly **Reality TV Show**

6A Janice Chan Cheuk Hei

Dear Principal,

I understand that this year is our school's 50th anniversary and the school has decided to film and broadcast a weekly TV show on the school TV network for one term. To make this celebration a success, I would therefore like to suggest the following three themes and content for the show and explain how they would appeal to our students.

1. History and development of our school

Our school has been established for 50 years and has a long standing and unique history that all students would be interested in learning more about. It would therefore be great to have one of the weekly themes on our 'School History and Development'. For example, the main building on our campus is one of the declared monuments in the district. It used to be a community centre that provided a place for local residents to have various sports activities during British rule. Some of our students may know that it is an important historic building but do not know that the building was the first Chinese community centre in Hong Kong. By explaining its history, students could not only have a better understanding of our school but also enhance their sense of belonging and identity.

In the first episode, we could film a student having a walking tour of the campus and introducing the different buildings. I suggest inviting alumni of different ages as guest hosts each week and students from different forms each week to chat with the alumni about our school history and share some real-life experiences. Themes like 'PE lessons in the 1970s and Now' or '1980s Tuck Shop Food and Now' could be quite interesting. It is believed that these kinds of topics would be immensely appealing to our students. We could also invite famous alumni such as actor Alan Hui and Hong Kong Dance Team member Janice Law to share their school memories. This would definitely catch our students' attention and make the weekly TV shows engaging.

2. Drama and dance performances

The second idea would be to showcase the talents of our students from different classes by allowing them to perform drama and dance routines. As it is our school's 50th anniversary, everyone would be excited about it. Many talented students from either the Drama Club or Dance Club have always performed on stage on special occasions. However, all students should have a chance to celebrate this joyous occasion together apart from those who are talented. It is therefore suggested that one of the weekly themes could be inviting all the classes to perform either a drama or dance performance with their own theme about the school. We could then film and broadcast their performances during recess and lunch for the term weekly.

To make the TV show more entertaining, we could invite the school photography team to film the training practices and rehearsals of all the classes and show these clips at the end of each episode. Furthermore, we could have the teachers and students vote for the best drama or dance performance at the end of the term and the winning class could get the chance to perform in the 50th anniversary variety show. I am sure none of our students would want to miss this opportunity to display their talents.

3. Athletes' reality show

As our school is well-known for its sports achievement and is ranked second in the division of the Inter-school Athletics Competition, it would be a fabulous idea to have a show about the athletes as my third suggestion. Since the 1960s, our school has performed extremely well in this area. We could have short interviews with these athletes to let students in our school know how much effort they have put in to achieve such good results. This also reinforces our school motto 'Health and Diligence' that we wish our students to attain.

It is recommended sending students from the photography team to film the training sessions of the athletes. At the same time, we could have the school news reporters conduct short interviews with the athletes about their daily lives such as their diet and daily workout routine. These clips could be shown at the end of each episode to gain students' interest in the show.

The above are my suggestions for the themes and content of the reality TV show. It is sincerely hoped that they would be useful and would be taken into consideration. It is also hoped that the TV reality show could be held smoothly and that our 50th anniversary celebration would be a great success and a wonderful memory for our students.

> Yours sincerely, Chris Wong

An Alumnus Speech on the Graduation Day

6B Derek Wong Yiu Fai

Greetings everyone,

I'm Chris Wong, an alumnus of this school who graduated a few years ago. I am truly honoured to be invited here to speak with you and share my own experiences and views on becoming successful.

In fact, I believe many people have a misunderstanding when it comes to the concept of 'becoming successful'. Most of them think that if they try hard enough, we'll eventually achieve success. However, the fact is that despite trying very hard, it may not guarantee you the road to success.

Here I have three tips to share with you as a guide to success. Firstly, you have to build high self-esteem. In the future, you may face many problems and make difficult decisions. You need to prepare well and work through your hurdles step-by-step indomitably, without being deterred or defeated by any challenges or problems. You need to believe in yourself, have confidence, feel good about yourself and take pride in what you do. Your passion for what you do is the most powerful vehicle to drive you towards success.

Secondly, you need to embrace a positive attitude while expecting the best possible outcome for yourself. You always need to set a target slightly above your ability and beyond your comfort zone. Imagine that you act like a magnet and can attract the right kind of things you want. In such a way, you are creating your own opportunities and should not wait for them to come to you. Be proactive and utilise all the available resources to your advantage.

Finally, you need to set powerful goals and climb towards your target step-by-step

through perseverance. Setting attainable goals can give you a clear direction to work towards your aims through manageable steps. In the process, you are conscious of what you should do and how you can reach your goals. This in turn helps you build your confidence and set another goal to work towards in the next step of your pursuit.

All in all, if you want to achieve success, you need to have high self-esteem, a positive attitude and set powerful goals that challenge you. Remember that there are no shortcuts to success. You need to work hard and reach your destination step-by-step. In addition, keep yourself mentally and physically healthy. As the old saying goes, 'where there is the will, there's a way'.

Good luck to everyone. Thank you for your patience.

Social media: the source of the latest trends

6C Ella Chan Yi Lam

If you want to get information about the latest trends in pop culture, where do you turn? Newspapers? Magazines? TV? Just like many other young people in Hong Kong, I turn to social media. Social media offers access to billions of blogs and videos that cover pop culture, including the latest TV shows and movies, music and concerts, tech and games, and much more. It's fast and convenient.

As a foodie and beauty lover, food and drink, as well as style and beauty, are the two main areas I always want to keep track of. I don't want to miss any of the latest trends, so social media is my perfect choice as it allows me to easily search for the information I want. For example, on Twitter, I simply select the tag that interests me, such as 'popular food' and I get all the posts with that tag in less than a second. The posts at the top are usually the most popular and latest ones. Browsing these posts, I can learn about popular food in different countries and the latest trends. I can get new information every day. YouTube is another platform where I can find information about the latest trends. There are many food reviewers on YouTube who visit new restaurants and introduce new food and drinks that people are curious about. By subscribing to a few of their channels, I can always stay updated on the latest trends in food and drink.

Style and beauty keep changing every day. Instead of reading newspapers and magazines, I prefer using Instagram and Tik Tok to get information. Many celebrities and key opinion leaders (KOLs) use these social media apps. Their styles and the clothing choices have a great influence on their fans. People follow them to become more fashionable and stylish. These celebrities and KOLs also work with different companies to promote or endorse their products, quickly turning these products into the latest hits. Therefore, following these celebrities and KOLs' Instagram and Tik Tok accounts is the easiest way to get new information about style and beauty.

In conclusion, social media has become the go-to source for the latest trends in pop culture. With billions of blogs and videos, it is fast and convenient to find the information you need. Whether it is food and drink, style and beauty, or any other area, social media platforms such as Twitter, You Tube, Instagram, and Tik Tok offer a wealth of information. By following celebrities and KOLs, users can easily stay updated on the latest trends and products. The rise of social media has transformed the way we access and consume information and it will continue to be a valuable resource for generations to come.

Studying Abroad? Time to Think Twice

6D Ricky Lo Ho Kwan

It comes as no surprise that some of our schoolmates withdraw from school to study abroad. One of my best friends in class also left Hong Kong last month, but this is just the tip of the iceberg. It is foreseeable that the number of local students studying overseas will just continue to soar. Conventional wisdom believes that students who have a chance to complete his schooling overseas can have their horizons broadened, but is it always true? Its impacts on local schools and children should not be underestimated.

This phenomenon can be attributed to several reasons, with the most prominent one being the tremendous pressure inflicted on students. Owing to the highly competitive society and cut-throat education system, students can hardly enjoy their school life. In addition to their parents' expectations, students themselves also strive for academic excellence. To this end, they have to study around the clock for nothing but to avoid lagging behind others. It is no exaggeration to say that nurturing a hobby, which can indeed open their minds, is a luxury. Students' learning is somehow stifled as learning should not be confined to what we read in books. It is therefore no surprise that parents tend to send their children overseas for well-rounded education.

Besides the education system, parents also take students' competitiveness into account. It is irrefutable that there are more reputable and prestigious universities in other places, let alone the variety of courses offered there. Although there are around ten universities in Hong Kong, not all of them are widely acclaimed. Completing schooling abroad will give local students an edge in our competitive society, thereby preparing them for a brighter future. The people they get to know in these prestigious universities can give them a passport to high-paying jobs in international firms. Some students also study abroad as they can pursue their studies in areas related to aviation and veterinary. In pursuit of their dreams, these students decide to study overseas.

With the in-depth analysis above, it is not that hard to comprehend the reasons behind the unquenchable thirst of parents and students for foreign education. While more students are jumping on the bandwagon of sending their children abroad for studies, the impacts on local schools and on these children cannot be neglected.

The most significant impact is the outflow of talented students. The trend of sending students to study abroad has drained the pool of students with academic excellence. With a shrinking number of students, the quality of Hong Kong schools inevitably decreases, which dampens their reputation as well. Without a doubt, every cloud has a silver lining it can also be an incentive for local schools and the government to revamp the education system and shed their spotlight on students who need more assistance.

Alongside the impacts on local schools, the exodus is also detrimental to our students. While there are benefits that students can reap from studying abroad, they have to overcome some challenges, which may affect their mental well-being if not handled well. Most of these students travel all the way from Hong Kong to a foreign country on their own. Apart from adapting to the new environment, they have to take care of themselves and do chores, ranging from doing laundry, cooking, to cleaning the house, which can pose a challenge to some pampered children. What's more, they may experience cultural shock due to differences in values, resulting in homesickness.

While parents believe that studying abroad is the best option for children, they need to evaluate the impacts, especially those on our future generation and even the society. It's definitely a personal choice, but when students flock abroad and have difficulty blending in, it reminds us to think twice before we leave our beloved Hong Kong, for the sake of our future and our society.

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