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CHAN, Oscar (3B): You can't please everybody

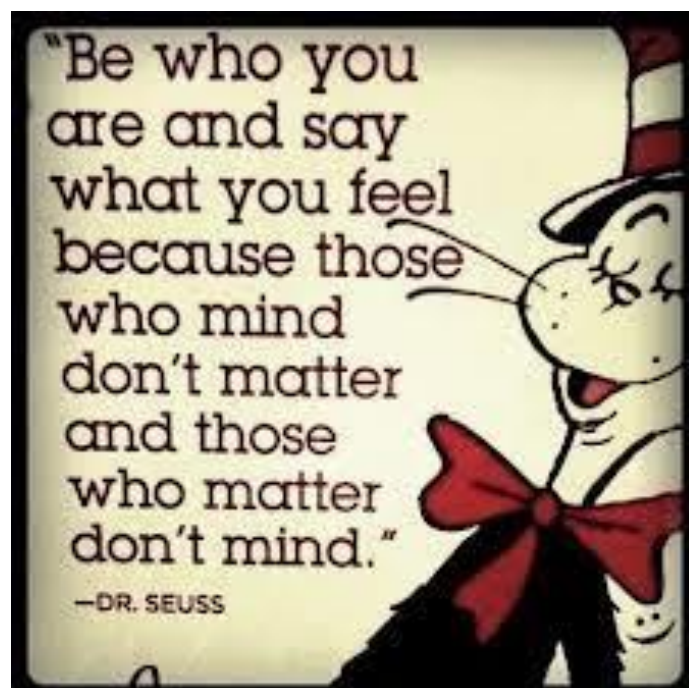
Good morning Principal, teachers and fellow schoolmates.

Have you ever heard somebody say, 'You can't please everybody'? That's a sentence I hear all the time. So what does the sentence 'You can't please everybody' mean? It means making everyone happy is impossible no matter what you do. In my opinion, we should stay true to ourselves and not try to make everybody happy.

We are all different on a number of levels. We live different lives, have different beliefs, values, relationships, thoughts and emotions. It's because our parents raise us differently, think differently and behave differently. This makes it easier to understand why we're critical of others sometimes. That could also be why it's impossible to please everyone in life.

Guys, when you have something you don't really want in your life, I recommend that you talk about it and explain your point of view with an open mind and a positive attitude. Understanding who you are and don't lie to yourself. This has been something that I've done very often.

We are each on our own journey. Each of us is on our very own adventure, encountering all kinds of challenges, and the choices we make on that adventure will



shape us as we go. Those choices will stretch us, test us and push us to our limit, but our adventure will make us stronger than we ever knew we could be. There's a quote by one of my favourite authors, Joseph Campbell, and it goes like this: Find a place inside where there's joy and the joy will burn out the pain. That's all for my sharing, thank you!

HUNG, Isaac (5A): Genius

Good morning everyone. Today I want to talk about genius. When a typical person thinks of a genius, the first thing that comes to his or her mind is generally an image of a physicist like Albert Einstein or maybe even a math genius like David Choy. However, over the years I have come to extend my definition of genius.

First off, I extended it to sports. Sportscasters talk of the genius of Lionel Messi or Cristiano Ronaldo. All of these people demonstrate amazing genius in their respective sports. Fortunately, for us non-future pro athletes, life isn't only about sports.

As a student, there're plenty of chances to show our genius in academics. However, I dare to say, most mainstream schools in HK provide room for students to demonstrate their talents in limited areas, and that's why students who can't stand out from others in studies often fall into a deep frustration thinking they are nobody important at all.

Yet the fact is, genius comes in many forms. One particular example comes to my mind is the craft of socializing. This type of genius knows how to pick up on subtle signals from others and able to read people's body language and facial expressions in order to develop a harmonious relationship. To be frank, I can't do that well. So isn't it amazing?

From this I believe that everyone is a genius of some sorts. Everybody is a genius. But as Albert Einstein suggested, if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

Every individual is born with a gift that is unique, you can be a genius of making jokes or excelling in the craft of creativity. Literally, every one of us is a genius of some particular sets of skills.

However our society only shows its recognition of a limited number of skills. This can result in some awesome talents going to waste. Note that being intelligent does not mean you are good at everything, even for Stephen Hawking. If you judge his intelligence by singing and dancing, he would be an absolute fool. So why do only doctors and lawyers earn the most respect, but not sewage workers? Our mindset is manipulated with incorrect concepts.

I believe there is a genius inside each of us. Never let the social norm define you. Young people, we are here to make use of our time to figure out the type of genius we have and to develop it to its fullest.



As long as you can sharpen your saw, no matter what type of saw it is, you are phenomenal! So trust Yourself, Develop your talents to show your brilliance.

CHOW, Kin Long, Cody (5B): My summer internship experience

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Students' best friend, the summer holiday, has gone. What did most teens spend their precious time doing? Some participated in interest classes, while some went travelling. Of course the most popular choice is staying at home to play online games. But in recent years, participating in internship programs has become a trend.

Organized by The Scout Association of HK – The Friends of Scouting (童軍之友社), I joined their internship program which gave me countless opportunities to nurture my work ethic and search for the domains where my talents are. With guidance from social workers, I decided to work for MWYO, a local think tank which was established by Mr Lau Ming Wai. It focuses on teens' development, and so it conducts a lot of research about teens. The internship was from 22nd to 27th July and I worked as a secretary. I spent most of my time checking documents and writing briefing notes for events that Mr Lau was to attend. This job surprised me a lot since I didn't expect it to be so demanding – it demanded a high level of English language proficiency. So, I spent a lot of extra effort in finishing the documents. Luckily, my hard work was recognized.

On day three, my supervisor, Jess, decided to extend my internship for one more month. They appreciated my abilities in language and critical thinking. I was so grateful that in just a few days, they already considered me as an asset and offered this once in a lifetime opportunity.

During the official internship program offered by MWYO, I was responsible for doing research about major problems that teenage boys face. The task was pretty challenging, but with the assistance from my patient, kind and open-minded supervisors - Andy and Cindy. I managed to write a short article about it.

What I could learn in this month was really precious and practical. It sharpened my communication and analytical skills. What's more, I learned more about getting along and working with adults. What the teachers said in school is totally not a lie - language ability is extremely important when it comes to work. Therefore, I would strongly advise our fellow schoolmates to treat English not just as subject but as something practical and useful.



TSANG, Eric (6B): Natural hazards

Good Morning Principal, teachers, and my fellow schoolmates. Today I am going to share with you my recent thoughts on the natural hazards.

I am very sure that all of you may have heard that a catastrophic earthquake has struck Indonesia, followed by a disastrous tsunami which hit the island of Sulawesi.

According to the Authorities, over 400 died in this disaster, almost all of the villagers living in the village close to the epicenter were to believe to be killed by the earthquake. Apart from the loss of human lives, the infrastructure, including roads, electricity and water supply, docks facilities, and even the airports were serious

damaged. This damage not only affected the rescue work, but also the recovery of the region.

We have to admit that, humans are nothing comparing with the might of mother earth, despite our top-notch technologies. When earthquakes strike, we humans are helpless, and can only take shelter, keep ourselves safe and wait for rescue.

However, technology has still proven useful and can limit the damage and negative effects from natural hazards. Since 1965, a regional early warning system for tsunamis was established in the Pacific region, but not in the Indian Ocean. After the disastrous 2004 Indian Ocean earthquake and tsunami, the United States Geological Survey concluded that many lives could have been saved if an early warning system had been established there too, since there would be 3 hours for evacuation. Unfortunately, although Indonesia suffered heavy losses in the 2004 tsunami, an advanced early warning system is still being tested due to a lack of capital, which has slowed down the research progress. If the system is completed and online, the losses may have been much lower.

Going back to Hong Kong, we're taught that Hong Kong is safe from several natural hazards. We need not to worry about earthquakes and tsunami. However, Hong Kong is still vulnerable to typhoons. Just a few weeks ago, Typhoon Mangkhut, one of the strongest typhoons in Hong Kong's history, showed us what damage she could do. The government's unprepared stance towards the damage from the typhoon makes the post-typhoon situation much worse.

As global warming becomes inevitably stronger, the warmer and warmer ocean water in summer and autumn will be more and more favorable for typhoons and super typhoons like Mangkhut. Hong Kong has never been struck by such a disastrous typhoon for almost 30 years. The early warnings from the authorities had successfully raised the residents' awareness to prepare for the worst. However, it is now time for us

to investigate what measures government should take to overcome the predictable danger from these natural hazards in the foreseeable future, like seawater intrusion, and the blockage of draining systems.

It is now for us to start preparing for the worst. Thank You.



CHAN, Amy (6D), HUNG, Marcus (4A): Australia!

Amy:

Good morning principal, teachers and fellow students. Last summer holiday, Marcus and I and 10 other students took part in an immersion programme to Australia. In nearly two months, we lived in a whole English speaking environment with a host family. I made lots of improvement in English. Not only the basic conversation skills, vocabulary, and useful phrases, but also some Aussie slang. Aussie means Australia. For food, they have “Aussie burger”. For tea, they have “cuppa” (that means a cup of tea). I experienced lots of differences between Hong Kong and Australia, and



lots of challenges as well. I have much better speaking skills now and I have developed my ability to adjust to a new environment. Now, I am proud to tell you that I have overcome all the challenges. Marcus, I'm sure you enjoyed the program a lot too.

Marcus:

Of course, Amy. Let me share with you my school life in FCAC. FCAC is a high school located at Hervey Bay in Australia. It's a huge school but only has 800 students. We could walk around the school wherever we wanted. And the nicest thing was that we had a laptop that was provided by the school. We could search for useful information on the Internet during or after lessons. The students and teachers there were very kind and nice. I quickly got used to my study in Australia.

My classmates were all very friendly and fun. We went to a tent next to our classroom every morning and lunch during the recess. We chatted or joked around there. I loved my lessons in Australia very much. First, in my PE lesson, we played touch football. It's a very exciting sport. My teammates and I tried not to get touched by the opposing team, but at the same time, we had to touch the line behind them. It was great fun to play. Next, let me tell you what I did in music class. My class formed a band in music lessons. I am a keyboard player, so I played the electric piano. We had a cool drum kit, a trumpet, and a guitar. Unfortunately, I could not perform to the community because I returned to Hong Kong. But I am so happy that I could ride a unicycle which I found from my homestay!!!



Amy:

Good job, Marcus. Australia has a different education system. It's good to know about another education system and learn more from others. In Hong Kong, we have to do DSE and to get a university degree. In Australia, 50% of the marks goes to school assignments, 50% of the marks goes to public examination like our DSE. It seems that they are more relaxed about their study, but actually not! They have to spend time on school assignments by themselves. Their teachers just give them some support, and they have to search all relevant information by themselves. This experience not only helps me improve my communication skills, I also learn to appreciate other cultures and understand the outside world. I hope you can also take your first step, to be BRAVE and explore the world around you!

Marcus:

Yes, study hard and you can receive a scholarship offered by this school.

Marcus and Amy:

TANG, Yan Wing (1D): My trip to Japan

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Good morning, principal, teachers and schoolmates

Have you ever travelled overseas? Or do you want to travel overseas? Where do you want to go?

Last summer, my family and I went to Osaka to have a trip. It was an unforgettable trip because it was my first time going overseas.

We arrived at Kansai airport at about half past twelve. After picking up our baggage, we took the shuttle bus to the city. When the shuttle bus was leaving, I saw that the Japanese staff of the bus company bowed to us. I have never seen people in Hong Kong doing the same thing. I asked my father. He said Japanese people pay attention to the manners a lot.



The place I liked the most was the world's largest aquarium. There are many sea animals, such as sea lions, penguins, dolphins, otters... I could see them closely and they were adorable. I also liked Nara Park because I tried to feed the deer with grass. They are not scared of people.

On the trip, we also had another special experience. One night, after a whole-day of shopping, we were exhausted. But, when we went back to our guesthouse, we found that we had been so careless that we had left the key in the room! The owner of the guesthouse had to call her staff to open the door for us. We were so sorry about that because it was our mistake. Luckily the staff said she lived very close to the guesthouse.

I think there are many different things between Hong Kong and Japan. I was impressed with the politeness of the Japanese people. In the future, I want to travel to other countries to experience something different because traveling opens my eyes.



EXAMINATION CHAMPIONS

CHENG, Tom (5A): Wildlife

I'm Chris, a lion who now lives in a place called 'The day after the wild has gone'. It is a place for all of the animals, and why is the name of this place so weird? It is a long story.

One year ago, humans built a lot buildings to live in, to shop in and play in. They even built on a desert and under the sea. There was already no more space for us.

But suddenly, the sky started to rain. When we drank the water, we had knowledge and we knew we would become extinct if we didn't do anything.

We quickly moved to the nearest river. We wanted to store some water for survival, but when we got there, we only saw a huge wall. There was no better way to get water. We ran to some human buildings and tried to get water there and some food, but the humans started screaming and they ran. I didn't care about them and entered the kitchen to use a bucket to get some water. We got a lot of water and dug a big hole to store it. This was the biggest step we had ever made.



The leader of the humans sent a lot of people who had guns and tried to kill us all. So we fought with them and forced them out of the place. Soon, a girl appeared. At that moment, we wanted to fight with her, but she just stood far away from us and

started asking questions. Later, she became our friend and she also taught us to talk, although it is difficult for us.

One month later, the leader of the humans came and asked us what happened and why we have knowledge. Our leader answered the questions and also requested him to remove the walls to the river and give us more space to live. After a few seconds, he accepted our request and the human leader and the girl went back to their city.

A few weeks later, they granted our wish and set the place as a protected area. Now, we are still like our life in the wild but somethings are different: now we have knowledge, we won't eat other animals. We eat some meat which is made with beans. It really tastes like meat. But we still like to catch deer or other animals for training. Sometimes people come and play with us. I really feel thankful that some people come to play with us. I really feel thankful for the rain. It gave all of us a chance to change our lives.

OK. It is the end of my story and you need to sleep now, kid.

If you want to play with us again, come here the next day.

CHIU, Yumi (5B): Parents monitoring their kids' phones

Dear XXXXXX,

Technology has developed very rapidly and now we can find all kinds of information on the internet. Nowadays, many children have their own electronic devices. Some parents in Asian countries are installing apps on their children's mobile phones to monitor their children's internet activities to ensure that they use these

devices responsibly. Some parents are afraid that their children will use their mobile phone inappropriately, surfing indecent websites or installing apps with violent content. They are afraid that their children are not discerning enough to know what is right or wrong and therefore they want to monitor their children's activities. However, I don't really agree with these parents' actions and in this letter I'm going to explain why I disagree.

Firstly, I disagree because of privacy issues. Parents installing these monitoring apps are actually violating their children's privacy. Children have their own right to use their mobile phones without others monitoring. Children can do whatever they like when using their mobile phones so I don't think parents have the right to monitor their children's mobile phone. Even though they are parents and they have the right to know what their children are doing, they shouldn't use this system of monitoring. Why not just talk to their children so that they can know what their children are doing when they use their mobile phone? Therefore, I don't think parents should install monitoring apps on their mobile phones.

Secondly, there is a problem of trust. If parents allow their children to have their own mobile phones, that means they trust their kids. They trust their children to be responsible for owning a mobile phone. But installing monitoring apps means they



don't trust their children. They think their children may use mobile phones incorrectly. If parents don't trust their children, why allow them to have their mobile phones in the first place? They can just ignore their children's request for a phone. If parents have enough trust on their children, there is no need for them to install a monitoring app. This is another reason I disagree with the installation of these apps on kids' phones.

Besides this, having these monitoring apps can affect the parent-child relationship. Children are growing up and have their own thoughts. They may want to be more independent like an adult, so they might not want people controlling them. So children may not want their parents monitoring their mobile phone activities. Children may argue with parents about these apps. Parents will think their actions are just protecting them and these are good for their children. However, children may not think so, they may think their parents are controlling them. And therefore, it may worsen their relationship.

To sum up, I disagree with these parents' actions because of trust, privacy and the worsening of parent-children relationship. It is better for parents to talk with their children on using mobile phones rather than monitoring their mobile phone activities.



Best regards,

Yumi Chiu

CHOW, Cody (5B): Bad behaviour at the show

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Dear Members,

I really appreciate the efforts that you have devoted to the drama performance at Esty Mall last week. It was a great show. However, unfortunately we have received complaints from the venue about some inconsiderate behavior from a group of members in our club. Therefore, I am writing this email to all of you to address this serious issue.

To begin with, the first complaint we received was the mess which was made backstage. According to the staff at City Hall, our members left behind a large amount of trash backstage including props, scripts, and even plastic rice boxes. What's more, they have found bubble gum stuck to the floor. Please note that it is very irresponsible to leave any waste backstage. Imagine if you were one of the City Hall staff. I am sure that you would feel the same frustration. This is more than just a hygienic issue but a matter of responsibility. We should also feel sorry for the janitor who needed to clean up the stage for us. I really hope the same mistake won't happen again.

Besides this, we have also received a complaint about inappropriate behavior such as swearing, screaming, and running. According to the letter from City Hall, some of their staff witnessed some of our members were talking loudly with offensive language and giggling loudly. Once, one member even bumped into someone in the audience without apologizing. The City Hall received complaints from the public saying that we are disrespectful. It is really disappointing that some members do not



understand the importance of manners, especially in public areas where we are not representing ourselves but our school. Therefore, we should have been much more aware of our behavior and the way in which it impacts others. As the old saying goes, “What you do refers to what you are.” I am sure no individual would like to damage their or their school’s reputation in the hearts of others. Therefore, please behave yourself.

Last but not least, the final complaint we received was regarding the misuse of the facilities. After the production, their maintenance staff found that some

of the light bulbs and ground microphones were broken due to misuse. After checking the CCTV, they found that some of our members had been playing with the lighting and stepped on the microphones causing damage. In our training, we have taught all of our members the correct method for stage equipment use. Therefore, I believe that this is a matter of discipline. I hope you all can understand the fact that discipline is essential to all members. If you don't have discipline, I am afraid that you will never be a good actor or actress. I really hope all of you can understand this simple rule. Learn from your mistakes.

To conclude, the purpose of this email is not to blame any individuals but to educate all of you to understand the core values of our club –discipline, passion, and joy. If you don't have discipline, you won't be able to achieve the other two. I am so sure that the majority of the members are considerate and well educated, upholding the values of our club. These are just a very few cases. Therefore, I still have very high expectations of all of you as a whole. To those inconsiderate individuals, I hope you can learn from these mistakes to be better actors and actresses. Let's keep up the good work and be passionate.

Yours faithfully,

Chris Wong

Chris Wong

Chairperson

‘Come and eat a burger, you will get a car!’ shouted a man. ‘Congratulations, you get a car,’ shouted another man. Joseph saw a burger shop having a lucky draw. He wanted to join. So he went to this burger shop and saw a poster: the more you eat the bigger your chance is! ‘Wow, let me try it,’ said Joseph. So that is how the story started...



‘Welcome, we now have a lucky draw. When you eat the burger you will find a note under the burger. This paper will tell you if you win or lose! Let’s try!’ shouted a lady. Joseph wanted to get the car so he started to eat the fast food. After he ate ten burgers, he didn’t get any surprise. He felt sad and went home. Next day, he went to the burger shop again. He ate more and more, but he still didn’t get any surprises. His family told him not to eat too much because it was not good for his health. But he didn’t listen to his family.

After three months, he had eaten ninety-eight burgers. When he ate the ninety-ninth, he got the car. He won the car! He had used a lot of money to eat the burgers, but he got the car. ‘Congratulations, you get a car. Now I will give you a

document and after two months, you can come and get your car!’ said a man. ‘Wow! I got it! I got it!’ shouted Joseph.

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After two months, he had become a fat boy and went to get the car. ‘Let’s give this man a big hand and say congratulations together! You can drive your car. This car is very expensive. You can drive it now!’ said a man.

When Joseph sat down, he suddenly lost consciousness. After he woke up, he was in the hospital. His car and his fat body was not there. He knew that he was dreaming. He was so sick so he had to stay in the hospital.



Dear Editor,

I am writing in response to the article in the Young Post stating that starting the school day at 8:00am influences pupils' concentration. Regarding this statement, I will explain the reason why students feel exhausted and argue against the suggested solution of a 9:00am start.

First and foremost, students' lack of sleeping time causes their fatigue. Most Hong Kongers live under a condition of constant hustle and bustle. Of course, students are no exception. They not only need to deal with academic considerations like assignments and examinations, but also extra-curricular activities, for example, swimming classes or tutorial classes. It is stressful and tiring for these busy-bees. As a result, they sacrifice their valuable resting time in order to achieve better results in study and other activities. Students do not get enough sleep, therefore, they feel exhausted in the morning.

I believe that we understand the current circumstances of local students. Hence, we ought to start thinking of some feasible measures to tackle the fatigue of pupils. Nevertheless, a 9:00am start is not sound advice.

As we all know, the major cause of Hong Kong students' exhaustion is shortage of sleep. Never-the-less, if we postpone the start of the school day from 8:00am to 9:00am, it would not benefit our students in terms of sleeping time. This is because the later the starting hour, the later the finish time for school. They may need to go back home even later after all their extra classes. Please do not forget that they still have tons

of homework and revision. Inevitably, the time they go to bed would be postponed and thus would still lead to fatigue despite a later start to the day. Thus, starting the school day at 9:00am is not a workable solution for this problem.

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In short, we need to explore other options for dealing with this issue.

Best regards,

Thomas Law.



LIANG, Jacky 5A: A terrible accident

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Dear Sir/Madam,

Last month a terrible bus accident occurred. 14 people died, and they were all children. On 24th October, 2018, a private school bus from Happy Primary School was carrying 53 children and going from Kowloon Bay to Choi Hong. The driver was driving while dealing with the young children in the bus because the children were too noisy. Suddenly the bus crashed with a mini-bus. 14 children died and many people were hurt.



It is sad to hear about this case. Many people say that private school bus service operators do not follow proper safety procedures when dealing with young children. I think this may pose a danger, and the accident was caused by this. When a bus driver is driving, they must only focus on the road. They should not have to take care of other things, such as the children in the school bus, because these things will make the driver lose focus, and it causes a higher risk of accident. It is so dangerous. So I think the driver and the school bus service operators should follow proper safety procedures all the time.

Here I have some recommendations for how private school bus services can be improved.

First, all school bus services need to have a helper to take care of the children

and control their behavior. Young children like talking with their peers. It is easy to understand. When they are talking, it is definitely not easy to control them. I think private school bus service operators can employ a bus attendant or monitor. In a school bus, the driver should only focus on driving and the monitor can help control the young children. It will make the school bus safer, and fewer accidents like last month will occur.

Second, I think the design of the school bus can be improved. Many private school bus designs are not good. The children's seats are very close to the seat of the driver, and the separation of the children and driver is too close, so that the noise created by the children can affect the driver very easily. This poses a danger. As a recommendation, I think the separation can be greater, or put a sound proof panel between the children and driver to reduce the noise. The driver can be more focused and the bus journey will be safer.

Last but not least, I think you can place a television on the school bus, and play some education videos. The children always make noise because they are bored. They have nothing to do except talking with peers. So I think you can put a television in the school bus, and when the bus is moving you can turn on the TV and play some educational videos for the children. When they watch the videos, they won't talk to others and create noise. It can reduce the noise and let the driver focus on the road.

These are my recommendations for how private school bus services can be improved. The first is to have bus attendants to take care of the children in the bus. The second is to put a soundproof panel between the children and driver. The last one is to play some education videos for the children. Hopefully, the above recommendations can help you to improve the services of private school buses. Safety is the most important thing we should think about.

After the long school year of studying at school, my parents decided that we should relax ourselves by going on a trip to Australia. My sister and I were so excited about it.

We arrived at The Australian International Airport in early morning and we were ready to set off to the hotel. We had a lovely and delicious lunch.

‘Can we go to the beach, dad?’ I asked.

‘Of course we can,’ he answered.

We drove for an hour and finally we arrived at the beach.

‘Wow, this is beautiful!’ my little sister said. We set up our umbrella and our chair, also our food. First we had a sandcastle competition. Whoever built the best sandcastle would be the winner. I couldn’t believe that my mom won. Next, we played a game of beach ball, but we played it like football. We had a lot of fun and we very much enjoyed ourselves.

‘I want to swim,’ I said.

‘OK, let’s do it,’ my dad said.

We swam off into the sea, and we raced together.

Suddenly, ‘Aaahhhh!!!! Shark!!!’ shouted my sister.

My father pulled us back onshore and we were nervous.

‘It’s getting closer!’ my mother cried.

The shark jumped up on the beach and said, ‘Hello, there!’

‘Aaaaahhhh, he... he... can... talk....’ We said together.

We were shocked to hear the shark talking to us. I thought: I was dreaming,

but no it wasn't. Our eyes were wide open. We were scared.

'I'm not dangerous. I'm friendly. Thank you so much or not running away,'

the shark said.

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'What are you? Why can you talk? Who are you?' my father asked.



'I am the King of the ocean, and I always wanted to ask humans about water pollution. By the way, I am Alex,' he answered.

'Really?' I asked again.

'Yes, I came from Atlantis, the kingdom under the sea,' he said.

We chatted for a bit and we finally understand what problem he had.

'It's all our fault,' my sister said.

'Mom, we can't keep polluting the

sea,' I said.

'Yes, from now on we will tell everyone we know about the sea pollution, and stop throwing rubbish into the ocean,' dad said.

'Thank you so much, and please don't tell anyone about me, OK?' said Alex.

'Yes, we won't,' we said together.

Alex the shark swam back into the sea, back to his home.

We finally discovered that Atlantis is real, the Kingdom is real: the unknown question has been answered by us today. I think that we didn't just have fun here in Australia today, but also I've learned a lesson. Animals have life too. We should protect them and save them. I wish to see Alex again next, maybe I can go to Atlantis with him too.

Dear Editor,

Recently, I read an article about the importance of looking beautiful. The article argued that appearance is the most important factor in a person's life. I disagree with this message. I would like to discuss this matter further.

There are a number of reasons why I disagree with the article's argument. Appearance is actually not that important in your life. Nothing is more important than inner beauty. Although many people may think looking good is essential, I just want to let you know it is not. Just imagine, a person has a very pretty and attractive face, but she is mean and cold-hearted. Do you think she will get many friends because of her beautiful face or people will just leave her alone because of her bad personality? No doubt, she will have no friends. Thus, being a kind or generous person is actually more important for keeping healthy relationships with your friends or working partners. Inner beauty is the factor that makes you successful in your whole life while having a good looking face is actually not that essential in our life.

You will never feel satisfied or glad if you only care about your appearance. There will always be someone who is more handsome or prettier than you. If you think that being good looking is the most important thing in your life, you will always compare yourself with others who are more beautiful. If you do that, you will always feel depressed and keep thinking why you are not as beautiful as the other people. Thus, you will never achieve happiness.

So what should we be focusing on instead? Having a fulfilling life is actually

the most important thing. Life is short. What we have to do is try to live caring about things that really matter, not caring about whether you are good looking or not. Remember that you cannot take anything with you when you die. Caring for your appearance is actually meaningless. There are things that are far more important to happiness.

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Life is like a camera...
FOCUS on what's important,
CAPTURE the good times,
DEVELOP from the negatives,
and if things don't work out,
Take another shot.



LAM, May (5B): **An Application: Student Activities Coordinator**

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Dear Ms Lee,

I am writing to apply for the position of Student Activities Coordinator.

I believe I am suitable for the position since I have relevant experience with organizing activities. When I was in form 4, I was a committee member of the Social Service Club in our school. I organized a visit to elderly homes in Kung Tong district during Lunar New Year. The visit helped expose more than 80 students from F1 to F5 to the community and feedback from the visits was that our students brought a lot of positive experiences to the elderly. I think, this success could help me to handle the work of organizing fun group activities for other students at lunchtime and after school.

Besides this, a Student Activities Coordinator needs to lead a team of students from the Student Activities Association. I think it is important to have leadership skills. As I am the house captain of Unity this year, I have been involved in leading the whole house in different inter-house competitions with my house committee. Therefore, I think I can handle the challenges of leading a team to organize different activities for our students.



For the fun group activity, I suggest we could do Secret Angel as the first activity. Since a new school year is about to start, some new comers in form 1 may not be familiar with our school. Through playing Secret Angel, different students from form 2 to form 5 would pair up with new form 1 students. They would need to join a game of basketball and exchanging presents to figure out who their Secret Angel is.

Playing Secret Angel can provide more opportunities for students to connect to each other. This can definitely help them to build up social networks and learn how to communicate with other. It can also help new coming students to familiarize themselves with our school and establish a sense of belonging during activities.

I believe I can handle the job of Student Activity Coordinator and cultivate a great atmosphere for our school.

Thank you.

Yours Sincerely,

Chris Wong

WONG, Aaron (2A): Your hotel was ... less than good!

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Dear Sir,

I am writing to complain about the service quality, room facilities and the buffet at your hotel. I went to your hotel when I travelled to Taiwan and I found the experience was totally dissatisfying.

I would like to start by commenting on the unbearable service quality. The staff who work in the reception area were very unprofessional. When the staff member received a phone call asking questions about the hotel, she did not answer the question but instead said some rude words to force the people who made the phone call to hang up. She did not care about the people lined in front of the reception. I waited for two hours, but I still could not get any information about the hotel. This is a completely unacceptable situation.



To add our disappointment, the room that I slept in was filthy. The ground was wet. I was disgusted with the ground. To make matters worse, it is very dangerous for some flammable substances to be so close to the electrical appliances. It could lead to a fire accident. In addition, the condition of the washroom was terrible. It is intolerable: there were flies around the toilet and some used toilet paper was in the toilet. The water of the toilet poured out on the ground! This is a dangerous and filthy condition.

The thing that concerned me most was the buffet of your restaurant. There was not a lot of kinds of food. The poster outside the hotel claimed that the hotel would provide many traditional foods from different lands, but the chef just prepared some extremely simple dishes. To my astonishment, the food was not fresh. It looked like it had been left in the kitchen for a long time. After the people ate this buffet, they could get sick.

I hope you take these complaints very seriously. Furthermore, I demand an apology from the hotel company and a half refund for my stay and for the buffet as my experience was highly unsatisfactory.



Yours faithfully,

Chris Wong

WONG, Andy (5B): Application: Student Activities Coordinator

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Dear Ms Lee,

I am writing to apply for the position of Student Activities Coordinator. I noticed the recruitment details on the school's noticeboard and I believe I am suitable for the position. Let me start with what kind of characteristics I possess which make me suitable.

To begin with, I am an outgoing individual who loves to make new friends. Student Activities Coordinators are required to organize fun group activities which means the job requires communication between students and a high degree of interpersonal skills. In other words, a Student Activities Coordinator has to be outgoing and sociable. What makes me outgoing is my experience as a house captain. During my time as a house captain, I have participated in many different kinds of committees. Some committee members were very outgoing, while others were a little passive. However, I can adapt to their personalities and get along with them all quite well. We held many different kinds of activities such as basketball competitions or cookie selling. All these experiences have trained me to become an outgoing person who loves to hang around with people and the feedback I have received from my house advisor is very positive. Therefore, I believe my outgoing character would lead me to be a competitive candidate for the spot.

Furthermore, my creativity also leads me to be a great candidate for the post. From my perspective, an activity which can appeal to students has to be creative, or something that they have never tried before. My ideas for student activities are engaging and highly creative. One way I gained my creativity is from the robot workshops I've

joined. In the workshop, I was told to make a robot that can assist with house work, like dish washing, table cleaning. However the most difficult part is to also make it compact. This task shows how my creativity can be triggered by a challenge. In the end, with my creativity, I won the gold prize for the Hong Kong Robot Competition. Therefore, I am greatly convinced I would be an ideal candidate for this job.

One idea for a student activity I've come up with is called "Love is all around." Student live under hectic schedules brimming with past papers and may lack time to interact with friends and people around them. Maybe they don't have time to appreciate their friends. Therefore, I came up with this activity which encourages students to bring their best mate and spend some time with them. They show their appreciation of their friend by a letter writing activity during either lunchtime or after school. We can hold session in which students can interact and write some positive messages to their friends. I hope that the activity can help them to spread love and positivity to the people around and learn to appreciate them.



Thank you for your attention and I hope that you will consider my application seriously. I promise I will devote my greatest effort to the job and once again, thank you for offering this opportunity. Should you have any questions, please contact me via email at chriswong@gmail.com.

Yours sincerely,

Chris Wong

Chris Wong

Dear Ms Lee,

It is unavoidable for an affluent city like Hong Kong to have a large amount of waste. But recently, the severe waste problem has made our landfills gradually overflow. This has placed our waste issue in the limelight. As the president of the Student's Union, I am writing to propose an innovative idea to reduce paper waste. This idea is named the "The Paperless Classroom", and it can greatly reduce paper waste in school.

For every school, it is normal to give printed paper notes and worksheets to students as part of everyday lessons. These materials are useful, however, a large amount of paper is required for printing. When every school in every district is doing the same action, it can create a significant waste issue.

Therefore, I would like to suggest the idea of the "Paperless Classroom". This

innovative idea has multiple benefits. First and foremost, computers could be used as an alternative to paper. The school could provide each student a laptop computer with fundamental functions. Whenever the teachers want to distribute notes to students, they can just upload the document online. There is no need for print outs. Secondly, by using the computer for lessons student will avoid going to the library to print out resources



they need. They can use their lap top instead. Additionally, student awareness of waste issues is raised by this initiative.

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Although the target of reducing paper waste can be reached, there may be some burdens to the school. The first one being the finances needed for buying each student a computer. It could be expensive, but it is only a one-time cost. The “Paperless Classroom” initiative is a sustainable project that would last a long time, which is beneficial to our school in the long term. Also, the usage of computers for students can be a thing of concern. But under the teacher’s supervision, students will make good use of the computers.

This project can be a big step for every school, since we are brave enough to take our first step, we could bring a positive impact to other schools and they will be optimistic about the project and to adapt to what we are doing. It can really change the teaching system for all the school.

It is hoped that the “Paperless Classroom” can be taken into consideration, so that the paper waste issue could be greatly alleviated and relieve the pressure on our landfills.

Yours sincerely,

Chris Wong

Chris Wong

The President of the Students’ Union.

CHOW, Marco (4C): History

History. Some may think it is a boring subject, but I find it very interesting. I don't think I would ever get bored of listening to stories about the past, if anything it just makes me want to know more!

**Marco Chow Kin-long, 16,
Yan Chai Hospital Law
Chan Chor Si College**

ASSEMBLY SHARING: MR

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SANTOSPIRITO

Stephen Hawking & black holes

Earlier this year, 14th March, one of the greatest thinkers of the last century died. This man was quite remarkable in many ways, and he had become quite famous (there are even movies about his ideas, and at least one movie about his life).

I'm talking about Stephen Hawking. You may have seen photos of him: he had a slow progressing disease which paralysed him so he couldn't move his body, so he used a mechanical wheelchair to move around. His disease meant that he couldn't talk (because he couldn't really control his mouth or tongue) so he communicated through a computer which he could control by using a single cheek muscle! His voice when he used this machine was a computer generated voice.

Now I'm not an expert at all on science or physics, but Stephen Hawking was. Much of his work was about black holes.

What's at the centre of a black hole? Black holes are stars that have collapsed in on themselves using gravity to suck in everything around them. This power is so strong, that not even light can escape a black hole –that's why we call them black holes. Stephen Hawking wanted to know what was at the centre of a black hole, so he teamed up with another physicist called Roger Penrose to work out this problem. They decided, through mathematics, that if you travelled to the centre of a black hole, you'd find something called a singularity. Here, so much matter is forced into such a small space

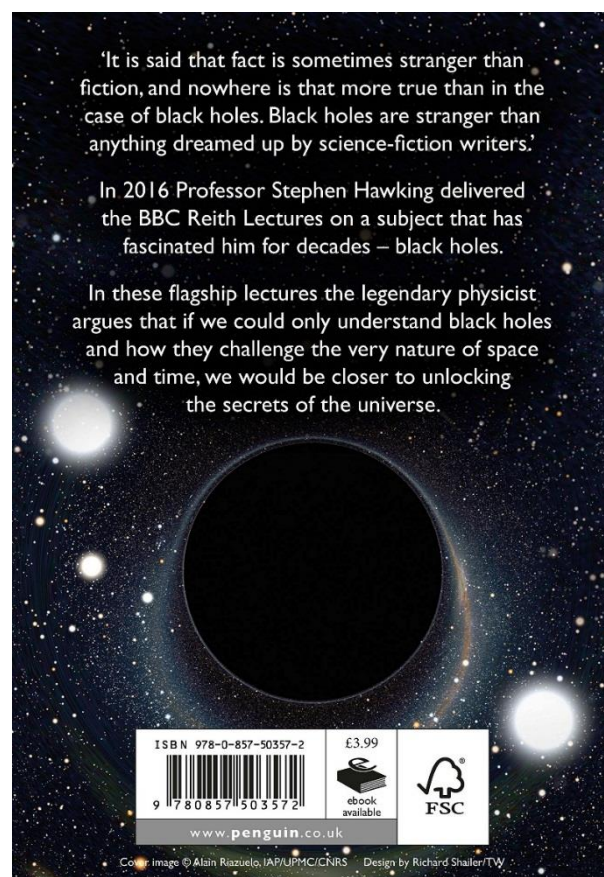
that gravity becomes infinite (without end), where everything is crushed into a point of infinite density punching a hole through the fabric of the universe and breaking the rules of physics as we understand it. Science fiction movies sometimes explore what could happen inside a black hole (the most famous recent one is called *Interstellar*).

What happens at the edge of a black hole? According to Stephen Hawking, in space pairs of particles and anti-particles are popping into existence all the time (where do they come from? I have no idea). When this happens at the edge of a black hole one of the particles falls into the black hole, but the other escapes. The escaping particles are called “Hawking Radiation”. The other particles falling into the black hole have a negative mass, and they cause the black hole to get smaller and smaller. Eventually the hole gets so small it explodes with the energy of a million nuclear bombs.

Stephen Hawking showed that at one point, everything in our universe was squeezed into a singularity, and when it exploded, which we call the “Big Bang”, it sent everything out to form everything. This was the beginning of the universe.

Remember, he came up with all these ideas without being able to write anything down. He only had his brain, and a small muscle in his cheek.

Anyway, a very remarkable man. If you want to know more: check out Youtube. You can do a Youtube search on Stephen Hawking’s big ideas... made simple. That’s probably the easiest starting point! Or ask your science or physics teacher more about black holes. I’m sure they know a lot more than me!



Ocean Cleanup System 001

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Global warming... plastic everywhere... fossil fuels... you know that there is a huge collection of plastic rubbish floating in the Pacific Ocean? It's called the Pacific Garbage Patch. It's enormous... Sometimes it's hard to see positive things happening in the world (especially when we're talking about the environment), so I want to share something with you. I hope this assembly sharing will give you some hope.

The other day, I was asked if I wanted to take part in a charity event to help raise awareness for "Ocean Cleanup". Now, I had heard of Ocean Cleanup before, but not in much detail, so I got on YouTube and watched some videos on it, and talked to my good friend, Mr Google, and asked him to tell me about Ocean Cleanup. This is what it is:

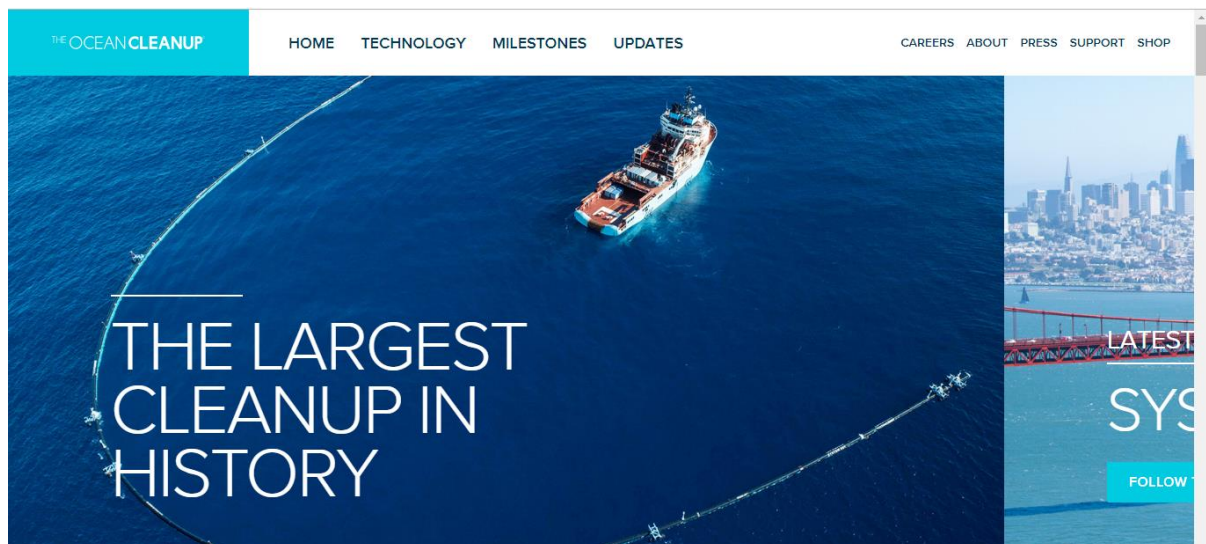
The Ocean Cleanup System 001 is a device for cleaning up floating plastic from the ocean, like the Pacific Garbage Patch. It's a really simple idea. It's like a long floating bar which is 600 metres with a skirt or curtain 3 metres deep below it. They use a boat to position the system near the garbage patch, and then a combination of the waves, current and the wind form the bar into a U shape. The floating bar stops plastic escaping over the top of the system, and 3 metre hanging skirt stops smaller plastic particles going under it. Fish and other marine life can easily swim under the skirt so there is no danger to sea animals. All the garbage there gets collected into the U shape, then a boat comes and collects the garbage and takes it away for processing and recycling. Then the whole process continues. Because the system is free floating (it's not tied to anything) it automatically drifts across the water to the area with the most

plastic. Simple ideas usually work better than complex ones.

This system is very new: The Ocean Cleanup System 001 launched on September 8, this year. They used their boat to pull the system into an area of the ocean for testing to see how well it worked. They did 2 weeks of testing and it pretty much went as planned. Then they pulled it to the Pacific Garbage Patch. On October 17, they positioned the system at the Pacific Garbage Patch and October 19 it started to work.

This is the very first of what they plan to be 60 systems. Once all 60 systems are operating, The Ocean Cleanup estimates that the System will collect 50% of the Pacific Garbage Patch every 5 years. That's amazing.

So, there are hopeful stories out there of people using great ideas to help the world get through difficulties. Do a YouTube search to watch some short 5 minute videos on how it works. Type "Ocean Cleanup" into Youtube. Also, if you visit the Ocean Cleanup website, you can see everything: timelines, live updates, and lots of other information. I hope you've found this story interesting!



The benefits of learning to cook

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So, feeling hungry? Let's talk about cooking! Mmmmmm...

I want to give you a list: the benefits of learning to cook.

SOCIAL STATUS:

Looking for a boyfriend or girlfriend? You need something to show that you're special, like having a skill that others don't have. Learn to cook, and your significant other will think about you whenever he or she gets hungry. That's at least three times a day, but probably more.

So learn to cook.

COOKING IS A FUN ACTIVITY FOR TWO

You can spend time with your best friend, your girlfriend, or your boyfriend! You get to make delicious things while you chat. It can be romantic and delicious at the same time: romantilicious!

So learn to cook.

KNOW WHAT'S IN YOUR DINNER

Buy something from the supermarket, and you have no idea what's in it! Flavour enhancer 202? What's that? And what's red food dye number 40? It says it's a natural colour... it is! It's made from crushed bugs. Mmmmmm... But: learn to cook and you always know exactly what's in your meal.

So learn to cook.

COOKING SAVES MONEY

Compare the money spent on a home cooked meal with eating in a restaurant.

So learn to cook.

THE ABILITY TO GIVE GIFTS

Bake a birthday cake for someone. Bring some home-made snacks to your friend's house. You will be very popular.

So learn to cook.

STRESS RELIEF

We're all so busy these days... Homework, school, homework, homework, school, homework... Need to relieve your stress levels? Forget mobile phone games, and get into the kitchen.

So learn to cook.

IT CAN MAKE YOU A HAPPIER PERSON

Studies have shown that cooking can really be a therapeutical activity: it improves your outlook on life. The reason is simple: when you cook, you stimulate your senses. The feel of the new flour you bought at the market, the smell of those fresh strawberries, the sound of the whisk beating, all those things can stimulate your senses, which contributes to get more endorphins, those feel good hormones that put a smile on your face. The other reason is that when you focus on the present moment, on your ingredients, you cannot think over your problems; you have to leave them to one side (even if for a few minutes). This really helps you be more emotionally stronger and as a result, happier in general.

So learn to cook.

IT MAKES YOU MORE CREATIVE

You don't need to follow the recipe! After a few months of cooking, you'll get pretty good at it, and then you can start making things up!

So learn to cook.

In conclusion, I'd just like to say: learn to cook.

$$2 \times 2 = 4$$

See... numbers are my friend

$$4 \times 4 = 16$$

See... numbers are my friend

$$16 \times 16 = 256$$

See... numbers are my friend

$$256 \times 256 = 65536$$

See... numbers are my friend

$$65536 \times 65536 = 4,294,967,296$$

See... I get maths anxiety

Maths anxiety is a real thing. You can measure the stress in a person when they are asked difficult mathematics problems: they have a feeling of tension, their blood pressure goes up, their heart rate increases... You can measure this reaction...

This reaction has a name: Maths anxiety.

I want to tell you a secret... but please don't tell anyone... I get maths anxiety...

I have to try to remember: numbers are my friend...

So how do I convince myself that numbers are my friend?

I remember that many things I really, really like, are actually maths (in

disguise)...

See... numbers are my friend

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Music is made of numbers: one octave is eight notes, I can make a chord (a group of notes that sound beautiful when played together) using maths...

See... numbers are my friend

Art has numbers in it... geometry (shapes) is the foundation of perspective (the way you can make something look closer or further in an art work)...

See... numbers are my friend

I really like maps... world maps...
ancient maps... maps of old buildings...
And maps are made of math and
numbers... See... numbers are my friend

So whenever I start to feel anxious
about numbers, whenever my heart starts
to pound faster and faster... I just remember:

Numbers are my friend



