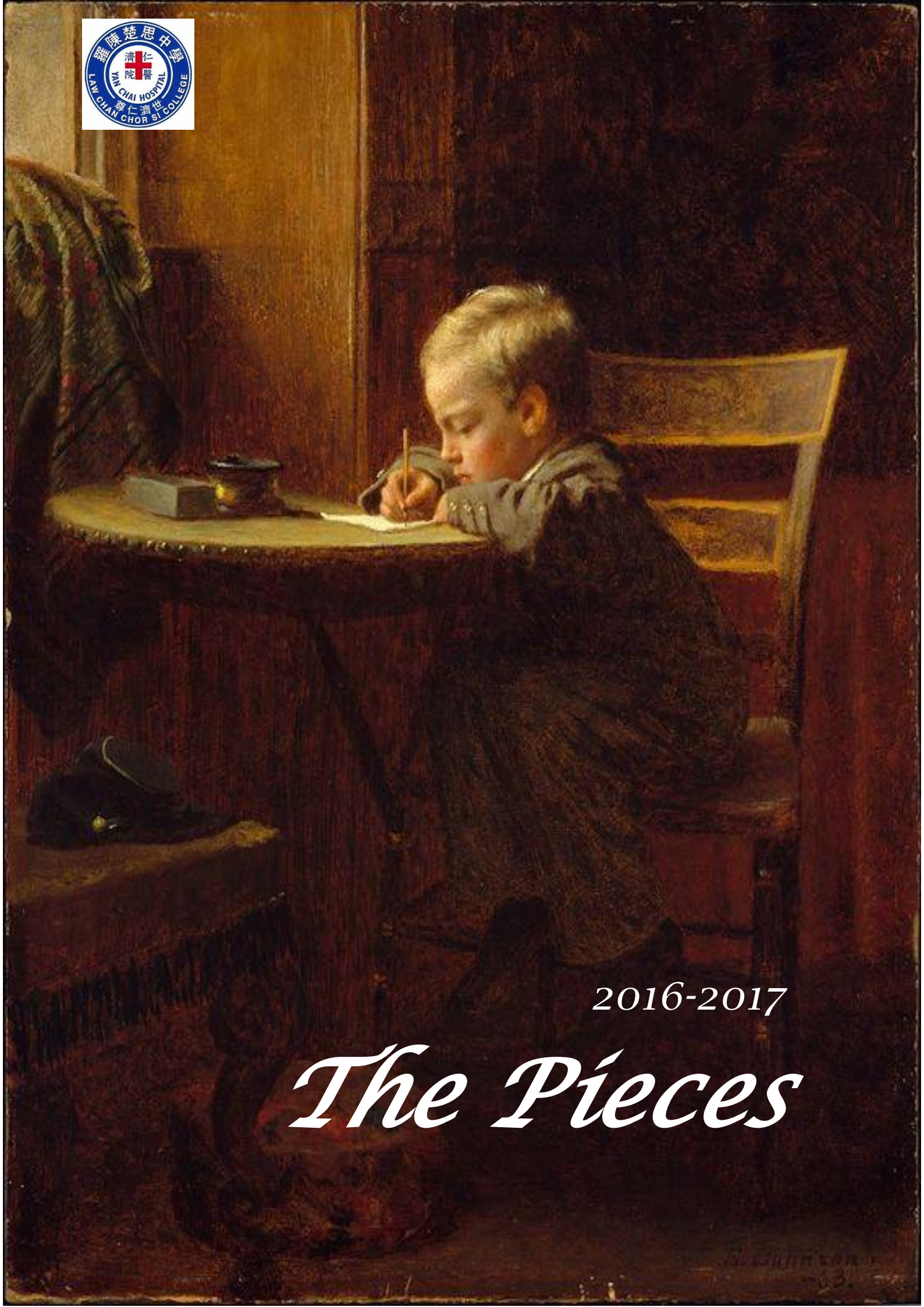




2016-2017

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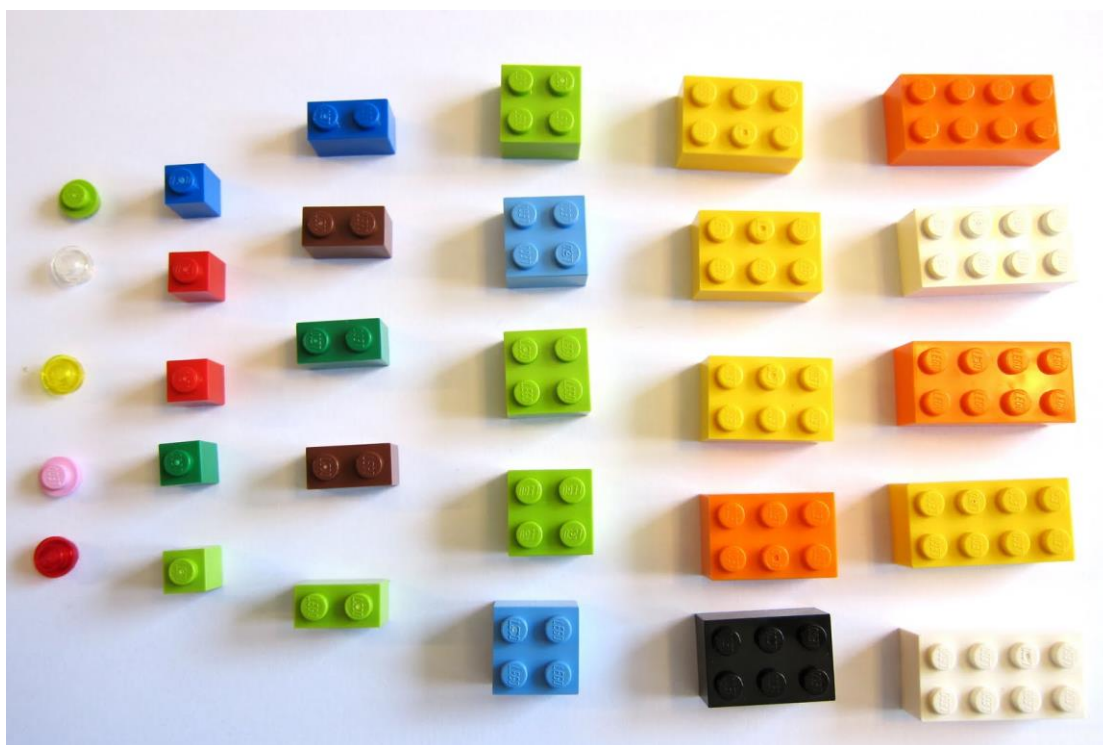
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Enjoy The Pieces!

Inter-class Writing Competition (16-17)

S1: Cyberbullying

1D, Hui Pui Chi, Jessica

Billy's Diary



5th June, 2017

Today, I felt sad and embarrassed.

Our class had a Uniform Quiz two days ago and today Miss Chan gave us back the quiz paper. Miss Chan said a student got full marks. Everyone was thinking who that student was. Miss Chan said, 'It's Billy!' I felt joyful and excited because I got full marks again in the Uniform Quiz. 'Wow!' Everyone gave me a big hand. However, I didn't know John hated me...

John was a naughty boy, he always made fun of others and many students didn't like him. After recess, I thought it was noisy outside so I went out. I saw that my name was on a post about 'The Cheating King'. I felt surprised because I never cheat! I heard someone call me Cheating King Billy. I told my class teacher and she helped me solve this problem. My class teacher is Miss Lam. She said angrily to the class and shouted at us, 'Who did it?' John put up his hand. Everyone looked at him. 'I hate you!' said John. Miss Lam asked him why he did this. We three went out and John told us why he wrote the post.

When John said this, I felt angry. 'How do you always get high marks?' He demanded. 'Why does everyone like you?' I replied, 'I study hard every night and when others face problems, I help them.' John didn't say anything after that. He knew he had done something wrong. He said sorry to me and I asked, 'Do you want to be my friend?' 'Of course!'

Now, I am teaching John some things and he does not hate me anymore. This incident tells us if you want to do something good, you should work hard. Using words to hurt someone is bullying. Don't be jealous of someone. If you want to succeed, you need to be more hardworking.



1A, Leung Ka Sin, Charlene

John's Diary

Yesterday, our English teacher, Miss Chan, passed our quiz paper back to us. I'm not good at English, so I got pretty low marks, but at least I passed the quiz.

One of our classmates, Billy, is good at English and this time he got full marks. How? How did he get full marks? The quiz was so hard! Unbelievable! How does he always get high marks? Everyone likes him but not me! You are going to have some punishment for being a handsome, intelligent and charming boy! Yeah! And the punishment: that's me!

I shouldn't give him some minor or easy punishment, let me think...oh yes...this is a great idea: spreading some rumours to everyone at school on the students' forum.

When I arrived home, I turned on the computer immediately. I wrote a post, 'Topic: Cheating King. Do you really think Billy is hardworking? NO WAY! I saw him cheating in the quiz! He is a cheating king! Don't trust him!' As I submitted the post, I had a pretty evil smirk on my face. Teachers always say this is bullying, but hey, bullying is pretty fun. Billy... ...sounds like "bullied"... ...a perfect name for someone to be bullied.

The next day, when I went back to school, I saw Billy. He was standing in the corner and being criticized by the others. People yelled at him using his new, wonderful, cool nickname 'The Cheating King'. 'The Cheating King' protested and said he never cheated, but everyone shouted back, 'You cheated! You are The Cheating King!'

Back to the classroom, Billy's best friend, William, told him about my story. William thought I was spreading the rumours and absolutely, they told the teachers about it. William always supports Billy and kept saying that Billy didn't cheat.

And then, the teacher punished me! I'm going to kick both of them one day for revenge.



5th June, 2017

1B, Tai Ying Yuet, Angel

Billy's Diary

Today was a bad day.

Yesterday, Miss Chan gave us back our Uniform Quiz and I got full marks again! I was really excited! Many classmates were proud of me too! However, John was angry. He thought it was unbelievable and wondered how I always get high marks. As everyone likes playing with me, he was jealous and he had an idea. He went to the Student Forum that many schoolmates visit and made up a story about me.

'Do you really think Billy is hard-working? No way! I saw him cheating in the quiz! He is a cheating king! Don't believe him!' John wrote. Many schoolmates visited the Student Forum, and read the story. When I came back to school today, many schoolmates called me names saying I was a cheating king. I was so upset. I never cheat! Why did they do this to me? So I took a look at the forum John wrote on, and saw John posted a picture of me -I looked like a pig in the photo! Then, I told Miss Chan everything. She saw the Student Forum and told John not to do this because it was bullying. Lastly, John said sorry to me and he said he would not make up any stories about anyone anymore!

I hope our schoolmates will not bully each other ever again.





S2: My Role Model

2D, Chan Suen Lam, Lorraine

Doctor Joseph Jao-Yiu Sung

Do you know what a role model is? A role model is not just the one who you admire, it is also who you can learn from. They might have some good qualities we can learn from. My role model is Doctor Joseph Jao-Yiu Sung, a professor in Chinese University of Hong Kong. Let me tell you the reason why I admire him.

In the first place, he is determined and brave. In 2003, there was the SARS outbreak. At that time the technology was not as good so it was difficult for them to find the SARS pathogen. But Doctor Sung never gave up, he always contacted patients, and as we know, this was a very dangerous thing to do. After many days, they finally found the pathogen. We all call him 'the hero of Hong Kong'. He fought the virus for us! We really should learn from his courage and persistence.

Besides being determined and brave, he is positive too. When he had finished studying to be a doctor, and was doing his medical intern, he was always picked on by his boss because his boss thought he was always showing off. However, Doctor Joseph Jao-Yiu Sung wasn't upset and he showed his boss his motivation. He worked harder and his performance became better and better.

In addition, Doctor Sung is a friendly person. In university, all students think he is a good communicator. They agree that if students have any problems, Doctor Sung is a good listener. According to the students and teacher, Doctor Sung is the most popular professor in Chinese University of Hong Kong.

I have learnt more about medicine from his story, and I hope I can be a positive force for change as a doctor one day just like him. I'm sure that Doctor Joseph Jao-Yiu Sung can be a role model for everyone.





2A, Ho Ching Laam, Chrysan

My mother

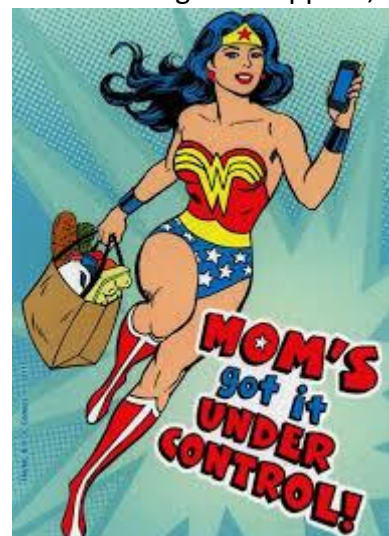
What is the definition of a role model in your mind? Is it someone who is always good or has never done something wrong or badly? Who can be your role model? Mother Teresa? She is generous. Michael Jordan? He is a talented NBA player. However, have you ever heard this: “far in the sky, near your eye?” For me, my role model is my mother.

Lots of people might not think highly of their mother. Perhaps they do not appreciate their mothers, but have you thought about what your mother did for you? First, she waited for nine months to give birth to you. That is hard for anyone. Have you thought about that? My mother cooks delicious breakfast for me every morning very quickly. When I have problems, she is just like a superwoman, helping me solve them during the 5 minutes before I leave home in the morning. That shows she is flexible.

Also, she is a generous and diligent mother as she spends a lot of time on our family. She takes care of everything, like doing homework, cooking three meals, waking me and my brother up, taking care of my puppy, etc. However, she doesn't have any extra time for herself. She can only sleep for 3 to 4 hours per night. She goes to sleep at around 2 to 3 o'clock, but wakes up at 7 o'clock every day. Besides this, although she feels hungry, she also will give food to us. She always says, 'I'm not hungry, you eat it first.' We all know she is, in fact, hungry.

Also, did you know that she is really reliable and trust-worthy? I always tell her many secrets, then she helps me to solve problems and explain, giving me suggestions and she never complains about anything. When I feel sad or if something bad happens, I chat with her. She comfort me just like my friends. When something makes me angry, I will also share with her. She will explain the reasons or analyse it with me together. Actually, she is the person that I most believe because she is my mother who surely protects me forever.

From now on, please treat your mother well, for time and tides wait for none. Don't let time pass without giving thanks to her. I will set her diligence, generosity and reliance to be my target in my life.





S3: Argumentative Writing

3A, Ip Ho Shing, Kelvin

Should young children keep a pet?

Recently, people have been actively debating whether young children should keep a pet. For me, I think it is good for children to keep a pet because it brings a lot of advantages. In this essay, I am going to tell you the advantages of children keeping a pet.

Firstly, it makes children less lonely. In the last few decades, people have become more likely to have only one child or maybe they don't even have a child because the cost of living now is much higher. A child will feel lonely if his or her parents both go to work but it is different when there is a pet such as a dog or a cat. The pet may play with the child. People always say that pets are the best friends of humans, and in this case, pets will make children less lonely. I believe that if I compare a child with a pet at home to a child without a pet, the one with a pet will feel less lonely. Also, the kids from a single-child family may not know how to communicate with others because he or she is always alone. Children will become more thoughtful whenever they need to take care of a pet, so keeping a pet makes children less lonely and also develop their personality so it is good for students to keep a pet.

Secondly, it helps children to be more patient and responsible. Keeping a pet is not easy. If it's sick, you need to take it to the vet. If it's bored, you have to play with him. For example, if you keep a dog, then you need to take it to have a walk every day, otherwise, it will get fat because of the lack of exercise, then it may develop a serious disease. Therefore, if you keep a pet you need to be patient. Also, keeping a pet may train your sense of responsibility. If you forget to give it food, it may get sick or if you forget to take it for a walk, it may get fat. It is your responsibility to care for your pet. Pets need love. If you own it, you need to give a lot of your love to it. They want you to play with them, they want you to love them so you have to be responsible and also love it when you keep a pet. Therefore, it can train your patience, responsibility and your sympathy and also you can learn how to love others when you keep a pet.

Last but not least, it can improve the relationship between parents and children. Whenever there is anything that children can't handle, they may ask their parents for help. For example, if a pet dog is sick, it is impossible for a child to take the dog to the

vet by themselves, they need their parents to help. It combines the love of children and the parents together. They have to take care of their pet together. When there is trouble, they may handle it together. A family with no pets may not have anything to do together but a family with pets they have to take care of it together. Therefore, it makes a better relationship between children and parents.

In conclusion, children keeping pets is good, not only for children to develop their personality but also as a way to improve the relationship between children and parents. I hope that when children keep a pet, they can treat it as a part of their family and friends.





3A, Leung Kwok Yin, Andy

Should young children keep a pet?

More and more people like to keep pets in Hong Kong. Cats and dogs are by far the most popular choice. They think that pets are humanity's best friend. However, there is more and more bad news talking about people who don't treat their pets right. So, let's discuss if young children should keep the pets. I think there is more harm than good. These are the reasons why I think that way.

First of all, young children may not treat pets right as they were too small to take care of animals. Although you may say the parents may help them to take care of the pets but this essay focuses on young children caring for pets, not their parents and young children lack experience in taking care of pets. If they do not they do not take care of their pet properly it could result in some illnesses or problems. Therefore, I think young children don't have the experience to treat them appropriately.

Additionally, young children may just want pets as a novelty, but after a while they might get bored with their animal and just leave them on the street like trash. It was reported that a lot of people abandon their pets because they get bored with them. This causes a lot of stray animals on the street which can affect the nearby residents. It is possible that some young children just treat pets as toys. If they don't want it, they can throw it away easily.

In conclusion, the reasons above have showed that it is not suitable for young children to have a pet because they lack experience to take care of the pets and they may just want the pets at that moment but not forever. Therefore, I hope that young children wait to get a pet until they are grown-ups and don't treat it just as a toy.



22/365



3A, Tse Ka Man, Penny

Should young children keep a pet?

More and more people in Hong Kong keep pets for the past few years. Students often want to keep pets too. Recently, there is a lot of discussion on 'Should young children keep a pet?' For me, I absolutely support this idea. There are a lot of advantages for them. Why? Now, I am going to tell you the reasons.

Firstly, young children who keep a pet can let them learn more skills, such as problem-solving skills. They may have some problems when taking care of their pets, so this is a good chance for them to try their best to solve the problems that they face. Let's take my experience as an example. When I was a primary 3 student, my dad bought me two rabbits and I had to take good care of them. I had many things to do for them, such as feeding them and cleaning the area that they lived in. At first, I did not know how much food I needed to feed them, so I went to the library to borrow some books about that. I tried my best to feed them after I read the books. I felt successful and I learned that I needed to try more to solve the problems by myself, and my problem-solving skills became better. The example shows that keeping a pet for young children is good for them. If they keep a pet, they may learn some skills just as I did!

However, many parents may think that they are too small, and they may not have enough experience and skills, so they may cause the pet to die. I think that it is not their fault, but it is important for parents to help their children to care for their pet. Keeping a pet can help both parents and children to have a chance to communicate with each other. The pet may become friends with the children too. At the weekend, parents and their children may play with the pets, and in the process, they can talk to each other, so that they may know more about each other. Parents can give suggestions for the children too. Let's give my experience as an example again. As I had two rabbits, I often cleaned the place that they lived in with my dad at the weekends. I told him about my experiences and what I had learnt when I took care of them. He also gave me some suggestions, so my two rabbits could stay healthy. My dad always listened to me and our relationship became better and better. This example also shows that keeping a pet for young children can create more opportunities for communication between parents and their kids. If they keep a pet and communicate with parents, their relationship will improve.

Finally, all of my examples show that keeping a pet for young children create a lot of benefits. This can help them learn more skills. Furthermore, parents may have a

chance to communicate with their children and give some advice for them. Their relationship may become better. After reading my essay, I hope parents give young children a chance to keep a pet.





3D, Fung Yuen Ki, Katie

Should young children keep a pet?

Do you want to keep a pet? I believe that many of you want to say yes to this question. However, do you know what pets need? Can you handle pets well? I don't think a young child should keep a pet. This essay outline the reasons why.

First of all, young children still do not have that much knowledge and experience. They may not know how to take care of pets. Some of them may just think that they are cute so they want to have one but do not take good care of it. After a few days, they may feel tired and bored of the pets.

Secondly, many young children are busy with their study and extra-curricular activities. All of their time is spent on revision and joining different kinds of activities. They might not have enough time to take care of their pets. Keeping a pet takes a lot of time; we have to walk the pet and play with them. That means young owners cannot provide for the needs of pets.

Thirdly, keeping a pet requires a lot of money too. However, not every family can afford the cost of keeping a pet. If you keep a pet, you should take them to the vet regularly and buy snacks, toys and everything they need. It costs a lot of money. In other words, if you do not have too much spare money, please think about how you can afford that.

To sum up, keeping a pet is not as easy as you imagine. Therefore, I don't support the idea that a young child should keep a pet. All parents should think about the above reasons seriously before letting their children keep a pet.





S4: Technology Addiction

4B, Ko Kin Ming, Anson

Letter to the Editor

Dear Editor,

Because of the advanced technology, more and more people can have access to IT gadgets. With the increasing amount of technology usage, more people, especially teenagers who are curious and easily influenced, become addicted to technological gadgets.

The amount of time teenagers spend on technological gadgets is more than an adult average working time. According to a survey, 57% of the teenagers use technological gadgets up to 10 hours a day while the average working time of an adult is only 8 hours. Most of the teenagers use gadgets two hours more than the average working time. The problem has become more severe in the recent years.

In my opinion, setting up a schedule will help alleviate the problem. Teenagers usually have no plans on what they should do in their spare time, their attention will be drawn to smartphones or other gadgets. Setting up a schedule will keep their day packed. They could also arrange some activities in their spare time. For instance, doing exercise, going for a walk, etc. That way, teenagers will not have any spare time to use gadgets. They could then get rid of the addiction in no time.

Secondly, teenagers should limit the time of usage. They could limit their gadget using time step-by-step. For example, they could limit the usage within 3 hours first, then they could step it up to 2 hours. Eventually, they can live without their gadgets. They could learn self-control in the process and become more disciplined.

To get rid of the addiction is not an easy task. It is not shameful to seek help during the process. It may be harsh to you at first, but if you succeed, the glory will be no others but yours. I do hope that they can escape the hell of addiction and become normal again.

Yours faithfully,

Chris Wong



4D, Wong Tsz Nok, Matthew

Letter to the Editor

Dear Editor,

I am writing to talk about the problems of technology addiction. Nowadays, most teenagers have various technological gadgets, for instance, smartphones, laptop computers, tablets, etc. Youngsters are now becoming more addicted to these products. It may cause many problems.

It is undeniable that if youngsters are addicted to technology, it will hinder their face-to-face communication. It is not uncommon for teenagers to isolate or lock themselves in their room when using their laptop computer for playing online games. If their parents want to go out with them, they might be furious and shout, 'No!' Some teenagers care more for their smartphone than their parents. When their friends message them, they will reply immediately. It seems that they can't live without their phone.

The problem of youngsters being addicted to technological gadgets is so severe that we should do something to alleviate the situation.

First of all, we can educate teenagers to have better time management. Schools can hold a talk in the morning assembly to tell students not to use technological products frequently and they should limit the time spent on these devices. Also, tell them the maximum screen time should only be 2 hours. Hopefully, they may be able to control their time used on it. School should also tell them to focus on their academic results and share their everyday life with their family. Through education, we can teach them not to spend so much time on electronic devices and encourage face-to-face communication.



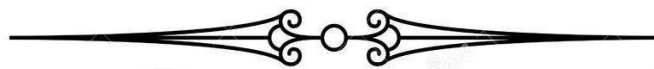
Moreover, we can ask parents to stop youngsters using gadgets by using applications. There are some applications for parents to control their children's devices. They can also set up rules like the kids have

to talk to their parents for an amount of time in order to use their gadgets. Studies show that a habit can be formed in a few months. If teenagers keep communicating with their parents for a period of time, it builds a habit. As a result, they will spend less time on those products.

The problem of teenagers being addicted to technology is getting more severe. We should keep our eyes on it so that our next generation can have a better life.

Yours faithfully,

Chris Wong



4B, Ku Wai Ying, Kelly

Letter to the Editor

Dear Editor,

Technological gadgets, for instance, smartphones, iPads and computers, are prevalent in most developed countries. Hong Kong, as a cosmopolitan city, is neck and neck with other nations like America and Japan, which suffer from the serious problem of the overuse of technological gadgets. The problem is particularly serious among teenagers.

Many surveys conducted by government and non-government departments have shown that more than 80% of teenagers in Hong Kong admit that they cannot live comfortably without smartphones. There are some real-life examples that we can easily observe. It is not uncommon to see people on the MTR holding their smartphones or people focusing on the screen when dining with their family. More serious cases can be teenagers joining illegal activities because they want to buy a brand new phone. So, we can see that online addiction in Hong Kong is really serious.

In order to alleviate the problem I have two ideas which I hope will work.

First, the government could launch some educational activities like teenage camps through various appropriate organizations. Although the government has done something to educate the teenagers about the impacts of overusing technological gadgets, it is not really effective. Through some activities like teenage camps, teenagers can learn in a fun way. In the camp, teenagers should not be allowed to use technological products and they will then have the opportunity to experience the real

meaning of face-to-face communication. Also, they can learn to live without their gadgets to reduce the seriousness of addiction. In this way, teenagers can have a further distance with their phone and be closer to the people around them.

Next, businesses in Hong Kong can also help. Take MTR as an example, we can see that people on the MTR are focused on their smartphone and ignore things around them. The MTR manager can put some posters to remind people not to use their phone too often. In addition, restaurants can give a little discount or prize if customers do not use their phone. It can attract teenagers and maybe all Hongkongers to leave their gadgets for a while.

Yours faithfully,

Chris Wong





S5: Social Issues

5D, Yu Yee Ki, Vanessa

Cultural understanding in an international city

Hong Kong boasts a reputation as an international city, and rightly so. Although many residents are of Chinese descent, there are also a wide variety of ethnic minorities living here. While the different groups residing in our city generally live in harmony, there are occasionally reports of racism and of social strain. This is an issue which might best be addressed by different cultures learning more about one another, and engaging with one another in a more meaningful way –something we can all play an active role in. In this essay, three suggestions will be made to explore how students can contribute to a cultural exchange to promote understanding between ethnic minorities and Chinese residents of Hong Kong.

The first suggestion is to establish a club in school specifically about ethnic minorities: The Cultural Exchange Club. The Geography Club has outing activities, the Science Club has experiments to do, so why can't The Cultural Exchange Club have similar activities? If the club has a big enough budget, they can launch an outing to visit different ethnic groups in Hong Kong. It could be similar to volunteer work. The club can also launch some games and hold an expo to raise students' awareness on racism. Therefore, if students have the ability to launch a club directly about ethnic minorities, it will increase greater understanding between cultures.

Another way of promoting communication would be to help minorities with learning the Chinese languages. There are a number of ways we could do this, but I thought one idea could be to set up an online help page with translation and any language questions someone might have. Most ethnic minorities don't know or cannot learn Chinese well in workplaces or schools because of the lack of resources or lack of education opportunities, so this could be a way that they can get practice as well as feedback from native speakers. Students might not be able to help ethnic minorities directly so the best way could be to set use an online page for help with language issues. If ethnic minorities do not know the meaning of a specific word or sentence, or even if they don't know how to deal with a problem in Chinese, they can ask on the page and the student can answer them as fast as possible. In such a technical world, this could be

an effective way to solve some of the problems minorities have with language as well as culture.

The third idea is for students to produce and broadcast programmes, dramas or songs of their own on the topic of cultural understanding. Students nowadays are taught about making videos or producing a song at school so it would be good to use these skills in a socially meaningful manner. The song lyrics or the programme content can be used to promote multicultural understanding and racial harmony in Hong Kong, or even show the activities of the Cultural Exchange Club. This could be a powerful positive tool for bringing this issue into the public eye.

To conclude, there are many things that can be done to promote the cause of racial harmony in Hong Kong. This essay provides just a few suggestions for activities and programmes which could be conducted by students to help enhance Hong Kong's multicultural status. The ideas discussed in this essay, student produced songs or dramas, online interactive pages to help ethnic minorities with language and culture, and the establishment of a club to help with cultural interaction are worthwhile and should all be introduced.





Three ways to encourage students to be more responsible towards their homework

Recently, more and more students in our school have not been handing in homework on time or have not completed their homework satisfactorily. The problem is already very serious as there are on average at least two students in each class who do not hand in their homework or finish it properly every day. If our school or the Student Union are not going to tackle this problem, students will become lazier and more irresponsible, and this may affect them in the future. In order to solve this problem, there are three practical solutions.

Firstly, after school activities which students usually really enjoy (like sports training) should not be allowed to the students who do not complete homework up to standard on that day. It is believed that most of the students who attend their school activities after school feel very tired afterwards and they may ignore their homework and then just have a rest. However, it is absolutely not an excuse for skipping homework or just write two words on each line of their homework. If they do not have enough time for doing homework because of after-school activities, then they should not join them. Once they are not allowed to join the trainings or activities after school, they will feel depressed, so they will do their homework seriously and hand it in on time. If the situation does not improve, then we need to increase the punishment, for instance, no after-school activities are allowed for them anymore until they can hand in homework on time and do it properly for a month. After that, they will not dare to continue bad homework habits. Therefore, not allowing lazy students to attend their school team trainings or school activities is a good way to solve this problem.

Secondly, increasing the time for detention class is also an effective way to solve this problem. The current time for detention class is only thirty-five minutes. This is not enough to create fear or to punish students. The new time should be a bit longer: forty-five minutes is more appropriate. Detention class is not a kind of time wasting for the students as they can do their homework or study during the detention class. Students will feel bored in detention class since they cannot talk, all they can do is homework.

Finally, awards for the student who submit their homework on time and appropriately are also needed to encourage the students to be more responsible. There could be an activity held by the Student Union, called 'Responsible Competition'. If the students hand their homework in on time and do a good job then the class teachers can sign a record, which is given to the Student Union. When students collect

a certain amount of signatures, then they can redeem their signatures with some gifts from the Student Union. For example, fifteen signatures for snacks, fifty signatures for a free movie tickets and so on. The student who gets the most signature can be awarded as a 'Responsible Star' and the Student Union can give that student a big prize, like free Ocean Park tickets. These prizes can encourage the student to be more responsible toward their homework. After a period of time, being responsible will be part of the school's culture. Therefore, this activity is also an effective solution for dealing with this problem.

To conclude, no afterschool activities for lazy students, increasing the detention class period and holding 'Responsible Competition' are three possible ways to solve the problem. With the above punishments and awards, students will learn to become responsible towards their homework in their school life. Not only in their school life, but also in their future.





5A, Tse Wai Yin, Jason

The problem with waste

In 2018, the landfill in Tseung Kwan O will be full. There are over 18,000 tonnes of waste sent to landfill every day. If we do nothing in the coming few months, our city will definitely be surrounded by rubbish. For the sake of our beautiful city, we should put the waste disposal issue as the top priority. As a student, I think there are something that we can help, here are my suggestions.

Firstly, students can teach their family members about the concept of the 3Rs. Of the 18,000 tonnes of daily rubbish, over 40% is domestic waste. If we reduce the rubbish we make, we can help solve the problem. I think most students know we should 'Reuse, Reduce and Recycle' and we can help spread this message. It is better for society if more people know about the 3Rs. Therefore, I recommend students to teach their parents, brothers or sisters about the concept of the 3Rs. Once they know about this, we can all recycle newspapers, plastic bags, bottles and so on. By encouraging your family members to help the environment, the problem can be eliminated.



Secondly, students can hold a carnival in the community, so that the awareness of waste disposal can be raised. Some citizens do not have a sense of protecting the environment. They may be wasteful of resources, such as throwing away leftovers in each meal, or throwing away expired food and so on. This behavior increases the burden on landfills. A carnival can help raise awareness and tell society that we should not waste anything. In the carnival, children can learn the message through games, elderly could learn by listening to talks held by a famous guest. This activity is really meaningful and worth doing. We can tell society of the importance of reducing the

pressure on our landfills.

Lastly, participating in a rally is also a workable way for us to raise consciousness and to solve the problem. Recently, the government has ignored many important issues like building incinerators or expanding landfills. The government doesn't tackle the issue seriously. Therefore, we have to stand up, and create pressure on the government. By participating in a rally, we are not only expressing our opinion to the government, but also raising awareness of waste disposal. Radio and television will report the news if we stand up and join the rally. It is really an effective way to help to solve the problem.

To sum up, everyone creates waste, so everyone should take responsibility for today's issue. I think participating in a rally, holding carnival and promoting the 3Rs to family members are things we can do to help to deal with the problem effectively. Waste disposal is a problem which requires us to take action, and we should not turn a blind eye on this issue. The problem can be assuaged or even completely sorted out if we all do something to help.



Inter-class Public Speaking Contest (16-17)



1B, Che Tsz Shing, Jason

How to be a good friend

Good morning, principal, teachers and fellow schoolmates. I am Jason from 1B. Are you a good friend? Look at me. Do you think I am a good friend? Let me share some tips on 'how to be a good friend' with you today.

First, we need to give some free time to our friends. If you hang around your friends all day long, your friend may 'unfriend' you! We don't like somebody to be attached to us every minute. It's the same for your friends. They don't like you to stick to him or her the whole day long, unless they ask you to do so.

Second, when your friends are talking, you need to listen. Don't speak while your friends are talking. Be a good listener and you can win friendship. Just like last time, when my friend was turned down by a girl, he cried for 3 hours! Even though I wanted to tell him that girl was not suitable for him, I didn't say anything while he was crying. After that, we are not just friends, we are good brothers now!

Next, we must keep secrets for our friends. If your friend tells you a secret, you must not tell anyone, including other friends or your family. The secret must be something very important to your friend. If you don't keep it secret and tell others, your friend will feel very annoyed. He will not be your friend anymore!

What's more, you need to avoid misunderstanding between you and your friends. A misunderstanding, even on minor stuff, can destroy friendship. If you don't eliminate misunderstanding between you and your friends, your friendship can't last long. Don't be impatient with your friends, because if you are impatient, they will be angry and this will cause a problem!

I've talked about what you should do to be a good friend. Do you remember the key points? Let me give you a brief summary. First, don't bother your friends all day long. Be a good listener and avoid misunderstandings between you and your friends.

Hope you all have happy friendships. Thank you.



1C, Kuang Ching Yu, Jasmine

It's not too bad to be short

Hello, everyone. I am Jasmine from 1C. Have you ever imagined being the tallest one in your class? The one who stands at the back of the queue. They always see the most clearly from the back. They are always seen by others as they are the most outstanding ones.

Why do I say so? I am always ignored by teachers because even if I put up my hand, they can't see me, even if I sit in the front... When I go out with my family, most people think that I study in primary school but after I tell them that I study in secondary school, they look surprised and laugh at me... It didn't happen just once but many times. Do you know how frustrated I am? I didn't do anything wrong but I'm still short...

I am always a good helper to my teachers. I collect homework on time, never forget what my teachers ask me to do. However, there is one thing that I can't help my teacher with. Ms Lau always asks the tallest classmate to lower the screen for her but she never asks me to help her! I know, because I am not tall enough no matter how hard I jump.

Well, I am not groaning about my height. Did you see how fast I could run on the running track on sports day? Did you see how far I could jump that day? Every cloud has a silver lining. Although I am short, I am the champion in the 100 metre race. God gave me talents in sports so do not look down on short people. They may be hiding some abilities that you do not know about.

Also, it is easy for me to choose a boyfriend in terms of height. Many girls would prefer boys taller than them. Now, I don't need to worry as most boys are taller than me. To be fair, height is only one of the criteria when we choose a partner, like if he is responsible, loyal, caring and so on... Don't be too superficial, girls. Anyway, as I am so cute in terms of height, I don't have to worry about finding a tall boy.

Although I am short, I always do exercise to make myself taller, like playing badminton and running... I am not upset about my height but I still want to be taller. Why? So I can help Ms Lau to lower the screen!





1A, Leung Ka Sin, Charlene

Horror gameplay

Yesterday I chatted with my best friend from the internet. When we were chatting happily, he sent me a YouTube link, and recommended me to watch the video.

The video was a horror gameplay by my favourite YouTuber. I really like watching this kind of gameplay video because I like the YouTubers' funny reactions when they get a fright. Although I know it's not a good thing to laugh at people when they got scared. To be honest, it entertained me a lot and I laughed so hard. Also as I said, the video was made by one of my favourite YouTuber, so I followed my friend's recommendation.

At the beginning of the video, it was not really scary at all, because the most important part hadn't come yet. Suddenly, there was a bloody-human-head-like thing which jumped toward the screen to scare people. At that moment, the YouTuber was so frightened he fell off the chair. I leaned on the sofa while I was watching the video and I almost fell off the sofa with laughter because of his really hilarious reaction when he got a fright.

After watching the video, I went back to chat about the video with my online friend who sent me the video, we discussed a few funny things in the video. Sometimes I choked or couldn't even breathe because I couldn't stop laughing at the messages that my friend sent me. I almost laughed my head off –I could have been just like that bloody head from the game!





2B, Yu Wing Yi, Nikki

Unconditional love

Good morning principal, teachers and fellow schoolmates. Who do you think is the person who loves you the most on this world? Who will always support you no matter what happens? Who is the person who takes care of you day and night? I'm sure most of you will say 'My mother'. Am I right? Today, I would like to take this chance to share with you all how great our mothers are.

First, I always think my mom is a superwoman. She is a very powerful alarm clock. She can always wake me up from my sweet dreams, kick me out of my bed and make me go to school on time. Although I have set the alarm clock on my mobile phone, it can never be as effective as my mother in waking me up. I also think my mother has a special GPS system in her mind. She can always find out where the things that I am looking for in my very messy bedroom. In addition, she has to cook for the whole family, do all the housework and take care of everybody at home. If she is not a superwoman, how can she do all these things?

Second, she is the one who gives me unconditional love and does not look for anything in return. She does not sing very well, but she used to sing to me when I was small to put me to bed. She is the one who feels more pain than I do when I get hurt. She keeps reminding me to drink more water and to bring an umbrella to school even though the weather is sunny. She likes to eat chicken, but will tell me she does not like to eat chicken leg and puts it on top of my big bowl of rice. The most important thing is, when everyone said that I don't have any talent, my mom is the only person who believes I can do anything and supports me all the way. Who else on earth will be willing to do these things apart from our mothers?

In fact, there are countless things that our mothers have done for us. Don't forget that she is also a human being like all of us. She has emotion and she will also feel tired. Look for something you can do to lighten her load like helping with the housework. Do something that can cheer her up like giving her a big hug. I'm sure simple things like these can already make her day.

People say that God does not have time to take care of everyone, so he created mothers. Yes, maybe we will find our mothers annoying sometimes, but it is true that they are the ones who loves us the most in this world. Even though Mother's Day has just passed, it's never too late to show how grateful you are to her. I hope you can all cherish the love you have from the greatest woman in your life.



Good morning, principal, teachers and fellow schoolmates.

Have you ever had an argument with anyone? I'm pretty sure that you have experienced this before. The person with whom you argued with might be your parents, friends or even someone you didn't really know. Today I'm going to share some of my views on this topic and give my ideas on how to solve an argument.

First of all, let's look at why an argument arises. An argument means two or more parties have different opinions or standards on a problem or issue. To my understanding, the main cause of an argument is our habit of one-way thinking. For example, when your mother sees you lying on the couch doing nothing after school, in her mind, she may think that you are so lazy and wonder why you don't start working on your homework. And then, if you or your parents are not patient enough, you end up quarrelling.

I'm not defending children. However, apparently, from the above case, parents should try to understand that their children can be tired after a whole day of lessons, just like they also need a break after work. So, let me tell you, our mind is a very sophisticated one, we should allow ourselves to think from other perspectives.

Secondly, sometimes people have arguments because of different perceptions. Everyone faces different problems and has different experience in life. Some arguments may be caused by our differences in culture, religion, or race. If you are a peace-maker, you need to get rid of your personal judgment before you get to know more about someone or something. After considering the issues, you can surely have a stance but remember you don't need to get into any fight with others even you don't share the same view because this could only worsen the problems.

Before finishing my speech, I would like to say, if we want to avoid conflicts, we should try to put ourselves into others' shoes. When we are discussing an issue, it is important to listen to the others and provide evidence to support your views. And of course, don't be rude, hold on and think twice whenever things are getting intense. Thank you for listening to my speech.





2D, Chan Suen Lam, Lorraine

Being “mindful”

Staying up-to-date with Facebook, Snapchat, Instagram and everything else means it’s hard not to look at your phone every five minutes, but all of this has made us less efficient. Microsoft released a study last year showing that people generally stop concentrating after about eight seconds. That’s one second less than how long a goldfish can focus for, and this short attention span has been attributed to our digital lifestyle.

With exam season coming up, here are some tips on staying focused. One of them is putting your digital devices away. It doesn’t need to be a permanent break; just putting them away for a certain amount of time every day while you work can keep you focused. It’s not enough to put it in your pocket, though, where a buzz or a beep will still distract you, you need to put it in another room, or switch it off so that you won’t be tempted. Even if you do this for just 30 minutes a day, it will help.

Being mindful is all about taking small, simple steps, so it’s easy to incorporate some mindful habits into your daily routine. When you’re brushing your teeth, do nothing but brush your teeth. Don’t think about the day ahead, or the fight you had with mum last night, simply enjoy brushing your teeth. When you walk to school, feel your feet as they touch the ground. Take note of how your backpack feels on your body, and how that makes your body feel. Simply notice these feelings.

Another one is to do a random act of kindness. Thinking about others, and their needs, is a great way to train your mind. That could mean volunteering, where you devote yourself completely to someone else. You’ll find that by doing nice things for other people, you’ll be rewarded yourself, with a good sense of mental well-being.

Spend time in nature without your headphones or without music. Listen to the birds, and pay attention to the way the ground feels beneath your feet. Don’t think about what you’re going to have for dinner, or the amount of homework you have to do. Simply enjoy being in nature.

Remember that wherever your intention goes, your attention follows. So just think about being mindful and you're sure to be more focused!





3D, Chan Uen In, Chloe

Single-parent families

Good morning principal, teachers, and fellow schoolmates. Have you thought about when you will get married? When you will have a family and a baby? Some said they have never thought about that, some said it is really important for some adults especially couples to think about this. Today, I am going to talk about being parents, not the ordinary ones, but single parents.

A single-parent family means a family with a child under age 18 headed by a parent who, maybe, has gotten a divorce and has not remarried, or by a parent who has never been married, or for other reasons. Do you know nowadays there are more and more single-parent families? There are a few reasons. First, a person's marriage has ended in divorce. A divorce might result in only a mother or father taking care of the child, but the other parent can still be involved in the family. Second, one of them has died because of sickness, therefore, the other one needs to take care of their children by their own. Third, people get pregnant early and they do not have enough planning for the future. It usually happens to the young people who are rebellious.

There are advantages and disadvantages of being a single-parent. An advantage is that there are no compromises, you can make big decisions by yourself. You can have a bigger sense of responsibility for yourself and your children. You can also show everyone you are able to take up the role of both mum and dad.

On the other hand, there are some disadvantage. First, you will be more stressed because you are the main person to be responsible for your child's health and wellbeing. Second, you may need to face emotional problems. Your children could fall victim to emotional problems because they lost their mum or dad. Third, you will feel lonely. If there were two adults who typically make the decisions for the household, it could be much better and you can have someone to rely on. Therefore, being parents is not easy but being a single parent is even harder.

You really need to plan for the future carefully. Hope that after listening to my presentation, you will know what to do. Thank you.





3A, Tse Ka Man, Penny

Please think clearly before you decide to get married

Good morning, everyone. Have you been to a wedding ceremony or wedding banquet before? What was in your mind when you saw couples making a vow and saying “I do”? Getting married is one of the most important moments in our life. I believe that many of you may have imagined how your true love looks (muscular? elegant? pretty?), and the life after meeting your true love. Mostly importantly, you will stay with him or her forever after. Today, I am going to talk about marriage.

Firstly, let’s talk about why people get married and its advantages. A marriage brings two individuals together. This creates a chance for both the husband and the wife to go through life as a team. They will face problems together and overcome them together and learn something together, hopefully. They support each other and understand each other better and find ways to comprise too. Both of them also need to shoulder responsibility and learn to share both joys as well as worries as they are not alone. Couples take good care of each other when they are sick or they are fragile emotionally. In this way, they can become more mature. Do you agree?

However, every coin has two sides. Marriage is not always perfect. There are some disadvantages. After getting married, you may not have too much time to spend with your parents and friends. You may need to consider your spouse first. But, it is not good to stick to each other, like twins. Both of you need some privacy. At home, as you don’t stay with your parents anymore, you both have to share all the household chores and cooking. Whose duty is that? Cleaning the bathroom, washing clothes, cleaning the floor, changing bed sheets and cooking, who should do them? Is it a must for the wife to do all the housework? The wife may also need to work. It may spark another argument. Think further, if you have children, you will need to take good care of them, so you may have more worries and feel burdened, both emotionally and financially. Oh my goodness! I can’t imagine that! Headache!

As for me, I certainly hope that I can find a person who can stay with me my whole life, but it is not easy because I have a lot of defects. I think that my companion needs to accept all of my defects and appreciate my merits. I hope he always stays with me and enjoy quality time with me. You could consider these as the conditions for choosing my spouse. Many couples do not trust each other, so they get a divorce. As I do not want to get a divorce after getting married, I will remind myself to **totally** trust my husband. I think ‘**trust**’ is the most important element in a relationship, so that they can stay with one another forever and ever.

Before I end my presentation, I hope that all of you will think clearly before you decide to get married with your companion. Oh, no, you should get a trustworthy partner first. Oh no, maybe you should get a boyfriend or girlfriend first! Good luck and thank you!





3B, Yuen Tsz Yan, Abby

Super powers

Good morning, Superman. Hi, Wonder Girl. I love your suit, Iron Man. Batman, you look so cool in your car.

Have you imagined what would happen if you had super powers? To save the world? I am not a great person for keeping the world safe. If I had super powers, I would do something fun.

First of all, I would freeze time and then take selfies in different places. You know, there are always crowds of people in the tourist spots. It is impossible to take good pictures in beautiful famous places. There are always strangers in my photos. So, I would go travelling everywhere, freeze time and then click. See! I am on the top of the Eiffel Tower ALONE! I am swimming at a beautiful beach in Hawaii by myself! So relaxing!

Also, I would like to be able to fly. I could go anywhere I like with no traffic. Being stuck on the road is not fun, especially in the morning. I never want to be late to school again. And I am sure the air quality must be better up in the sky, so I wouldn't get sick so often. One more benefit is that I could save money because I wouldn't need to pay for transport. Travelling by plane is very expensive. If I had superpowers, I would go overseas more frequently. Korea, I am coming! I can see my idol easily.

But one thing that I don't want is to be very strong. It will scare the boys away. I need to act like a gentle kitten in front of the boy that I love. If I were very strong and broke everything, I am sure he would run away as fast as he could. It would break my heart.

What kinds of super power do you want?

Bye! I need to freeze the time and see how many marks the judges are giving me!





4B, Ko Kin Ming, Anson

Are video games really that bad?

Before I start my presentation, I want to ask you guys a question. Imagine you have a kid one day. What would you do if he loved playing video games up to the point that he declared that he wanted to be a pro-gamer? Would you hit him until he gave up? Would you sit down and have a word with your child to discuss the matter? Or would you simply accept the fact that he was so determined and you would just face reality? Over the past few decades, people have been arguing whether or not they should let their children play video games. There have been a lot of discussion over this issue and it also makes me wonder, are video games really that bad? The way I see it, the answer is no, not just because I'm a bit addicted to them, but the fact is that I see many benefits to playing video games. In the following, I am going to break it down to a few points, and see if you guys agree with me.

First of all, video games help us reduce stress. Most of the time when we play games, we are doing it, as we say, "just for fun". Any time if we encounter something hilarious in the game, those things make us laugh uncontrollably. At that moment, our brain produces a chemical called "Endorphin", which usually appears when we work out or eat chocolate. It helps relieve pain or stress, much like a drug but a natural one. Some people may choose to do physical exercise to relieve pressure. Playing video games is just another way to achieve the same purpose.

Besides this, it also allows us to have a getaway from the real world and have our dreams come true. Have you ever thought of becoming a superhero to save the universe or wish to be a princess waiting for your prince on a white horse to come look for you? You can be whoever you want to be in a video game, a knight, a ranger, a dwarf or even a vampire. It can help you fulfill your dreams and fantasies. You feel relieved after that short gap by escaping reality, away from work, school, anything that bothers you. How fascinating it is!

Moreover, it enhances our problem-solving skills. While there are a lot of gamers who prefer action-based games, some of us like the puzzles which are often encountered in games. They can really encourage us to think more or even think out of the box. Most games require not only our problem-solving skills but also our intelligence. For instance, strategic games like 'Star Craft' can improve our ability to solve imaginary and real-life problems, because these games teach us to execute and formulate strategic plans. We can be wiser and smarter at the same time. Our brain will start rusting if we stop using it or simply use it for something routine. Apart from

using it on homework or study, video games can also be an alternative for brain development, and it is way more enjoyable.

Although there's a whole wide world for us to discover and tons of work for us to do, sometimes all we need is to have a break, a time out, away from all the annoying things in the world and dive in the magnificent world of gaming. This world is not just about money, all that matters is what we like to do and that we enjoy the process. But do remember, moderation is the key. As long as you are not so addicted, it's not really that bad. I hope my presentation would change your negative perception about playing video games.

Thank you.





4B, Tam Ka Ki, Karen

Organ donation

Good morning, everyone!

The selfless act of a 26-year-old clerk who sacrificed two-thirds of her liver to save the life of a stranger has moved many Hongkongers. Tang Kwai-sze, who was dying of severe liver failure, underwent two transplants to save her life and is still in hospital. Her story has not only caught wide attention across the city, but it has also raised public awareness on a long debated issue – Organ donation. Today I would like to share my views on the causes of the city's low donation rate and suggest some practical solutions.

With technological advancement, many serious illnesses are likely to be cured or relieved these days. However, transplants are the only hope for many patients with organ failure caused by illnesses such as diabetes and cancer. According to figures from the Hospital Authority, in 2016, the average waiting time for a kidney transplant was 51 months and the ratio of patients in the waiting list to donors was 24:1. More than 2000 patients and their families are waiting desperately for an organ. In fact, Hong Kong's rate of organ donation is among the lowest in the world. According to a Legislative Council study in July, there are only 5.8 donors for every one million residents. This clearly shows the severe shortage of organ availability in the city.

But why is there such a low rate of organ donation in HK? One of the major causes, from my point of view, is culture. Chinese culture has a deep-rooted tradition of keeping the body of a loved one intact. It is not common for families to donate parts of their relatives' bodies after they have passed away. Second, it is a result of uncertainty regarding the deceased's consent. If families and relatives haven't heard of or disapprove of the deceased's decision to donate their organs, hospitals can only respect their decision and organ donation can no longer proceed. The third reason may be that of religious constraints. A combination of the above reasons has caused the low organ donation rate in Hong Kong.

In order to boost organ donation in Hong Kong, I strongly believe it is high time for the government to heighten public awareness of the issue. Education at a young age is the key. New teaching materials on organ donation should be introduced in primary and secondary schools. These materials should aim to help young citizens have a better understanding of the procedures and knowledge of the subject. At the same time, young students can realize organ donation will be the only way to give hope and new life to many severely ill patients.

Although Tang Kwai-sze's life-saving transplant has greatly increased the number of organ donor registrations, the government should step up measures to encourage more citizens to become organ donors. Apart from providing more convenient means for the public to register as organ donors, the Department of Health should launch organ donation campaigns and have more advertisements on social media to spread the message and help citizens develop a positive attitude towards organ donation. Also, we can also learn from Spain, which has one of the world's highest donation rate. A doctor from Spain suggested that a better understanding of organ transplants among doctors and nurses would help boost the donation rate more. He believed that it's more important for medical staff to learn how to reach potential donors at an appropriate time and have better face-to-face communication with the family when the patient is dying.

My parents are organ donor volunteers and I will do the same. I believe organ donation is one of the greatest gifts of all. It is an act to extend human love in the world. What are you waiting for?

Thank you.





4A, Wong Nim Tung, Kathy

Good girls and bad boys

I want to start with a story about my friend. Joanne, my primary schoolmate, is a good girl but I have to tell you that she is in love again after breaking up with a “bad” boy. And now, her new boyfriend is also a “bad” boy. I think everyone knows there is a stereotype that girls really go for bad guys and I just want to explain why. I don’t think that girls go for bad guys just because they are bad. There are other reasons out there that they are going for those type of dudes.

I think the main reason why girls go for bad guys is because of the excitement and the adrenaline rush they have whenever they talk with them and maybe even date them. Everyone wants their life to be like a movie. They like something dramatic and interesting. They want crazy things to happen and for there to be passion and fire in their relationship.

For most girls the idea of dating bad guys fits perfectly with this idea and that’s what they are looking for in life. There is a saying, ‘You only live once’. People want to live their life to the fullest and sometimes that unfortunately translates into dating someone who you really shouldn’t be with. Girls are not intentionally going for guys who are going to disrespect them and be rude. Who would want that? Nobody!! Girls don’t want just a boring relationship, they want something exciting and they think that they can get that from their bad guys, but they are wrong!!!

Another reason that girls really go for bad guys is because they want to be special. The image of a bad guy is often associated with heartbreaking players who shift among girls quickly. Movies always portray bad guys as shifting among girls except for that **one special girl. She** is different than the rest. She is better than the rest and she is the one that makes him change just because that girl is **very, very** attractive. The idea that someone would change everything just for you is very alluring, and that is why bad boys are often so attractive to girls. They can say, ‘Oh! He has changed for me, I swear he is not the guy he was before. He is different!’ Girls want to feel like they have an extremely significant impact on the guy. What you should all know is that this is not going to happen! Don’t be so innocent!

Do I sound crazy? Don’t worry, we, girls will eventually grow out of the desire to date bad guys and realize that we actually need a nice guy to settle down with. If you have met a bad boy and you don’t know what to do, please feel free to find me!



5A, Mak Hei Lung, Alex

Being single

Good morning principal, teachers and fellow schoolmates.

Before I start, I would like to do a quick bit of research. As you know, it's a rare chance that I can get so many people listening to me. So the question is, if you are single, which means you don't have any boyfriend or girlfriend, put up your hand. Really? I can just see a few of you have raised your hand. Anyway, today I am going to share my view on being single.

Have you ever seen couples flirting in front of you? They may do it like this, 'Oh baby, you are my everything. I love you so much!' 'Me too! Honey!' They only see each other in the whole universe. It seems a bit rude for this occasion but doesn't it make you want to punch them in their faces? Actually my friends always show how sweet they are on each other in front of me. You know how annoying it is? And my response to them is, 'Oh! My eyes hurt. I can't see anything without sunglasses.' In fact, they even asked me, 'Why can't you get a girlfriend?' I tell them firmly, 'The right time hasn't come yet.' But it usually comes with some giggles: 'It's because you look like a monkey.' Another guy shouts, 'It's because you are short'. I become speechless.

Some may sigh that if they were like G-Dragon, Song Joong-Ki or Chou Tze-Yu, they wouldn't be single. But what's so bad about being single? Why don't we enjoy being single?

There are many advantages of being single. The first one is definitely the freedom which you can enjoy. Who doesn't want to be like a bird flying in the sky? Dear gentlemen, you'll never need to be afraid of missing the phone calls of your girlfriend. And ladies you don't have to get nervous waiting for your boyfriend's calls. It is FREEDOM!

Secondly, being single can actually help you save a lot of your money. It's sometimes unavoidable to pay on a date. When your girlfriend says, 'It's so cute. I like it,' I am sure a few of your banknotes will leave your wallet. Luckily, I am single so I feel proud of what I have when I take out my wallet. You will feel extremely cool on Valentine's Day too since you don't have to spend a dollar if you are staying home.

Finally, the best thing I enjoy having no girlfriend is that I can always get a ticket for popular movies. There is quite often a vacant seat between 2 couples. Of course you need to put up with seeing them feeding each other popcorn.

Actually being single is much better than you think. If you can't change the status at the moment, why don't you enjoy it to the fullest?

Thank you.

Single?

No, I'm just
in a relationship
with freedom!





2nd: 5A, Li Wing Yan, Yanie

My Small Hands

Good morning, everyone. Today, I'm not going to talk about a very special topic. I just want to talk about my hands, my small hands.

When I was small, I thought the size of my hands was normal since I always compare my hands with my mom's, and our hands were the same size. However, I found out that my hands were extremely small when I was in Form 1. It was my first time to compare my hands with others, and my hands were much smaller than others. They are just like this. I tried to comfort myself at that time, 'If I am taller, I will have bigger hands, as they are in proportion.' This is what I told myself.

But I still want to figure out the reasons why I have such unusually small hands. One of the reasons is that the nutrition which should have helped me to grow my hands instead developed my brain, and that's why I'm so clever. Also, the second reason is that the God is jealous of my talents, so he gave me a pair of small hands!

Ok, I just imagined those reasons. I think the most plausible reason is related to my sister. When I was a child, my sisters always played with my hands and said, 'Oh, your hands are so cute! I hope your hands can stay that size so I can keep playing with them! They're so adorable!'

Oh my God! I finally found the reason. It's because of my sister's wish. Unfortunately, I can't take revenge on her, like fighting or getting angry with her, as she is very powerful.

Is it a problem to have tiny hands? No, of course not. There are, in fact, advantages for having tiny hands. Let me just give you some examples. First, it takes you less time to wash your hands so you have more time for other activities. Next, you can keep your hands warm in those little pockets in your jacket. Third, people always think your hands are the cutest, and you are therefore cute, by association (though I don't care if I'm the cutest).

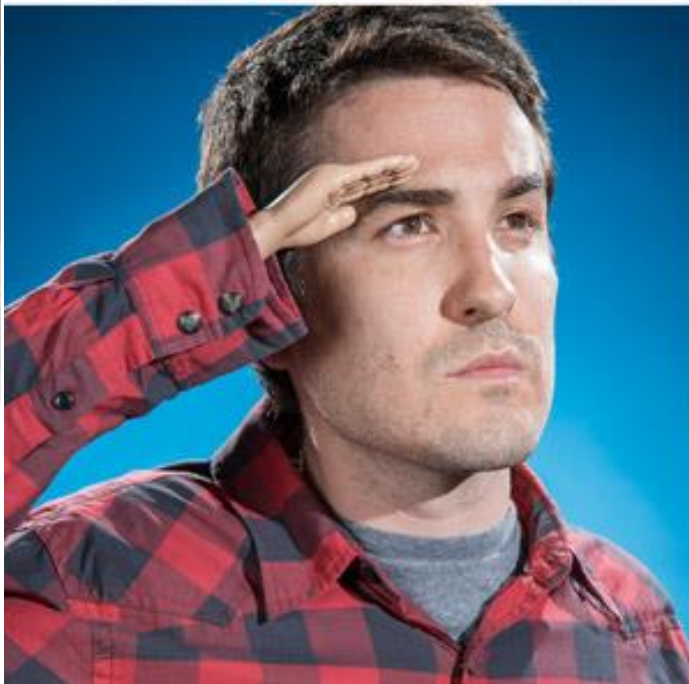
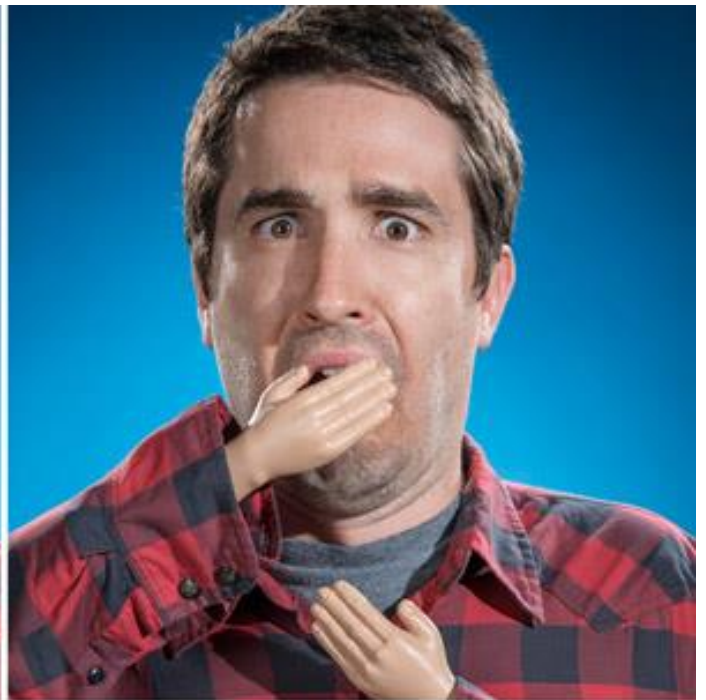
Some people keep asking me, 'Wow, your hands are so small! How can you play basketball?' OMG, of course I can! No one plays basketball by holding the ball this way, and skills like dribbling, passing, and shooting do not require me to hold the basketball. Ok? So, please stop asking me this stupid question!

Finally, I have a dream. I want to find someone who also has small hands which

are not in proportion to their height. It is definitely one of the more important things on my 'To do list'. Also, I wish that my sister will have a pair of small hands in the afterlife. I'm just kidding! Don't tell her please.

Hope I can find another pair of small hands.

Thank you!





3rd: 5B, Tsang Chung Hin, Eric

Work experience

Good morning, principal, teachers and fellow schoolmates.

Today I am going to talk about my work experience. Have you guys ever worked a part-time or a summer job? Have you gained something from that experience, I mean other than a salary? I have chosen this topic today since I really want to tell you of my not-so-wonderful and wonderful work experience last summer.

Last summer, I joined a world-famous, multinational restaurant with countless employees, as a peak season helper. You and I may also have spent much money in their shops. Yes, McDonald's.

I arrived at McDonald's in Whampoa wearing a happy smile on my face, eyes like an eagle. I was thinking about all the tasks that I could complete perfectly. I was going to be the best. But very soon I discovered I was wrong.

Let me tell you about my duties on my first few days. All I did was pick up trays left on tables and sweep the floor. Yes, the very simplest tasks in the shop. During the first few days, I fully understood that sweeping the floor could be very difficult because after I swept an area, when I went back, I found rubbish again. I really don't know why so many customers spill soda on the floor. Gosh! Patience, I told myself, be patient.

Luckily, after a few days, the manager told me to help take food to customers and help dispense soda drinks. In fact, all I had to do was push buttons for the drinks. After a week, finally I could help take the customers' orders. But things are not always so smooth. One day, a customer ordered a burger and she asked for no pickles in it. Since I wanted to make sure I could do a perfect job, I went to the kitchen to tell the cooking team to remove the pickles. Since nobody answered me, I repeated the request a few times and I got a reply at last: "There *are* no pickles in a McChicken burger, you newcomer." I was like... ok, "I am new." Working perfectly is not that easy. This is the not-so-wonderful part but I now know that McChicken burgers don't have pickles. Sounds so silly, right?

Anyway, this was my work experience. I finished my summer job after 1 month. But I have learnt something useful for the future. I have got to be patient, enduring, humble and what's more, ready to learn all the time. This is the wonderful part.



English Sharing

1B Hung Kam Ngai, Alan

Life is a little bit like a game of UNO

Good morning principal, teachers, and fellow schoolmates,

I'm Alan Hung from 1B. Have you guys ever played any card games? Do you enjoy it?

Today, I am going to share with you my favorite card game, UNO, and what I have learned from it.

First, let me explain the rules of UNO. There are one hundred and eight cards in four colors. There are numbered cards and action cards. Each action card has different function.

You will receive seven cards and you can start to play!

Have you ever realized the similarities between playing UNO and life?

Everyone receives different cards when you first start. Just like everyone is born with different backgrounds. Some people have good cards, some people have bad cards.

Then, you start playing the cards following the rules, just like you have to follow the rules set by school and society.

Everyone's goal is to win the game, so you have to make good use of what you have got.

However, it is not always easy. Life gives you obstacles. You may receive a "draw 2" or "draw 4" card, just like all the difficulties you encounter in life. But don't feel frustrated! You can try to make good use of them and try to learn from them.

Sometimes, when you are about to win, you may receive a "skip" card. Just like people get injury or sickness. You just have to take a break, and be patient.

In a game of UNO, you may win or lose. But you can start over again and try to win next time.

Nevertheless, you only live once. It doesn't matter whether you become successful or wealthy. The most important thing is you enjoy the process!

So, let's make good use of everyday and try to enjoy it!

This is then end of my sharing. Thank you for your attention.



The benefits of doing voluntary work

Some people might think that doing voluntary work is something that wastes their precious time and that volunteers cannot get anything in return. I can tell those people that doing voluntary work is not something stupid, but really meaningful.

Every week I go to a centre in Lok Wah Estate to teach the elderly to play board games. How did I start my life as a volunteer? Three years ago, I joined a program called “Little Board Game Tutor”. In the beginning, I learnt how to play the board games and how to explain the rules to help the players understand them. During this time, I met lots of new friends who were also volunteers. After the program, our leader, Selina, who is a social worker, started a group called B.A.W. with us. B.A.W. is a warm family which allows me to learn different skills such as communication skills, team spirit and patience. These are things we cannot learn in books. When we have problems, Selina chats with us and gives us advice on how to solve them. We also have activities like camping, outing, cooking day and our Christmas party. I feel very happy working together with my group members. Being a volunteer can help open our eyes to wider horizons.

I have even taught children, teenagers, as well as the elderly. I have been teaching the elderly for three years already. For me, I like getting along with them the most as they are always kind to me. You know, they can be very playful too. Some of them like to tell jokes a lot. I think I am not the one who brings them happiness, but instead, they bring me lots of fun and energy. They never say something bad to hurt me when I do something wrong or badly. And they are still so smart that they can understand things very quickly.

I don’t need any money because seeing them wearing a smiley face gives me the biggest satisfaction.

There are so many things that you can do when you are free. Instead of indulging yourselves with your smartphones or game consoles, being a volunteer is a very good choice. If you have ever tried to do voluntary work, you may understand what I mean. If you haven’t, I hope that you can try it in the near future.

G'day everyone. How was your summer holiday? It has been great, hasn't it?

A few months ago, I was like a frog in a well who knows nothing about the great ocean. But this summer holiday, this little frog opened her eyes to new possibilities as she finally jumped out from the well and into the ocean: Australia. For 50 days, she had a unique experience.

The little frog joined the immersion programme and she found a whole new world: a totally different learning style, environment and culture and it inspired her a lot. The learning style in Australia is so different from that in Hong Kong with less assessments, and with the aid of laptops in lessons. Yes, I am the little frog. I found it relaxing to learn in this way and I enjoyed this unique learning style too. What we do in Australia is to search for information from the Internet and share what we have found. In this way, we can learn from each other and have more interaction. In our final project we had to do a PowerPoint but the local students in FCAC needed to submit a video which they made by themselves with not much help from teachers. That was much more difficult than what we had to do and I really found it amazing to see their independent work.

Food technology was my favourite subject. We cooked different kinds of food from around the world like Italian and Chinese food. We could eat the food we made after the lesson and the feeling of eating Chinese food in Australia is interesting. By eating food from different places, we learn about different cultures. I think exchanging cultures by eating was great fun!

The last thing I would like to share with you is my birthday which I didn't expect they would celebrate with me. My most unforgettable memory was on the 21st of August. I can't believe on the day I was 13 going on 14 years old. I had a surprise party. My host family and friends spent their precious time designing a surprise party for me. The feeling was like a prince proposing to a beautiful girl. I think I am a lucky girl with all the blessings.

The trip was truly beneficial for me in many ways. It helped me to become more independent and mature. Also, it improved my English and my confidence in it. I want to thank my family, my host mum and my school as they all gave me something special.

Allison: The exams are coming, May! I wish I were in Australia so that I don't need to suffer any of the study pressure of Hong Kong.

May: Yes, yes! I really want to stay in Australia. Let's recall our sweet memories of the Immersion Program in Hervey Bay last summer.

Allison: The school we stayed in Australia is called FCAC. This is the school where Amy comes from. The school is so big that that we got lost easily but the students there always helped us to find our classrooms. It's really a great place to study.

May: I enjoyed my school life in FCAC so much. On the first day, I was too nervous and shy to speak to anyone, but my buddy, Kate was nice and always smiled at me. She taught me what I had to do and was very patient with me.

Allison: May, what subjects did you take?

May: I learnt English, History, Business, French, Visual Art, Science, Mathematics and Physical health (or PE in Hong Kong). The subject I liked most was English. The English lessons in Australia do not teach grammar and vocabulary, but reading and literature. During the 7 weeks in Australia, we read a novel called "The boy in the striped pyjamas". This book is very deep. My English teacher often asked us to express our own opinions. I got a lot of help from teachers there. They were really nice to me.

Allison: Studying in Australia is an awesome experience. I was so lucky to have had a great host family. We went fishing, visited a theme park and walked on a very nice beach at the weekends.

May: Allison, let's talk about the differences between Hong Kong and Australia. In Australia, students do not have any tutorial lessons and they are never kept by teachers during recesses. They can really have a rest during recess or after school. I hope Hong Kong starts to do this too!

Allison: I couldn't agree more! Also, the Australian lifestyle is very relaxing. Most people in Hervey Bay have cars and boats. They often go for long drives or have a boat trip. Lastly, I found that they don't worry about being overweight,

but they care about their health!

May: I am sure you all will enjoy studying or staying in Australia. I hope you can join the Australia Immersion Program next summer.



4A, Yip Chin Pang, Anthony

My experience studying in The USA

Good morning, Principal, teachers, and schoolmates.

I'm Antony Yip from 4A. I would like to share my experience in the US with you all today.

I joined the US exchange program last year and stayed in Minnesota for ten months and lived in a town called Grygla. Grygla is a very small town with a population of less than 300 people.

There were only 15 students in my grade at school. They are all amazing and friendly students. I played basketball and did track events in winter and spring. It was fun to play and chat with all my American friends. Also, I studied German at school. It is not a difficult language for me because it is similar to English.

One of the most memorable events during my stay there was watching an NFL game downtown. NFL was an American professional football league. It was absolutely awesome to watch a live match at a big stadium.

During winter days, my host brothers and I went skiing and snowboarding! It was so fun to ski from the top of a mountain. Besides that, I tried some new things such as attending a prom, driving a snow motorbike, mowing the lawn and learning a new language. I also received a medal at the track meet. It was incredible that I did so many things in only ten months!

This exchange program really helped improve my communication skills. Students can speak fluent English, just like an American, in only ten months. For anyone who is worrying about the cost of the exchange programme, with all the things that you go through, and the experience you gain, it is totally worthwhile.

Thank you.



Good morning principal, teachers, and fellow students. I'm Michelle from 4C.

Two weeks ago, on the 14th of February, St. Valentine's Day, one of my classmates in 4C brought a little flower bouquet to school for his beloved girl from another class.

Girls, no matter if you have a boyfriend or not, do you dream of having someone to prepare a flower bouquet on St Valentine's Day for you? Are you longing for a romantic candle-lit dinner with a heart-shaped steak with your special someone?

This is how we believe Hong Kong people celebrate St. Valentine's Day. It seems to be a tradition for boys in Hong Kong to spend a fortune on buying a flower bouquet, paying for a candle-lit dinner and for luxury presents for girls. On TV, we can always see people being proud of how many thousands-of-dollars they have spent on St. Valentine's Day.

But for other countries, or when you ask our ELTAs – Zoe and Rose, they may find it strange that it seems to be a must in Hong Kong for the boys to take the active role doing everything for the girls, because they think that love is a mutual thing, so both parties should do something for each other, not just the boys. In Japan, it is actually the girls presenting chocolate and gifts to boys and they do not present chocolate to their boyfriend only, but also other male friends or co-workers!

In my opinion, St. Valentine's Day is actually a trick created by businesses in order to boost their sales and profit. You see, a bunch of flowers usually only costs a hundred dollars, but it costs a thousand on St. Valentine's Day. Businesses package St. Valentine's Day as a special day and it is a must for us to spend a lot of money on celebrating. But think carefully: should we show our love and care to our beloved one only once a year on that day? And can you really tell how much a person love you just by the amount of money he spends on St. Valentine's Day?

In two weeks, on 14 March, it is White Day. It was actually established by a Japanese candy company in order to boost their sales. On that day, Japanese men prepare chocolate to return the favor to women who gave them chocolate or other present on St. Valentine's Day. Some of you may think of doing something special to celebrate White Day. So instead of falling into the trap set by big business, why don't you just DIY something? Maybe you can join the White Day chocolate making class organized by the English Society on the 13th of March to prepare your exclusive

chocolate for the ones you care about. So you see, we don't need to use money to show others how much we care about them. We should also be aware of the traps set by businesses in our materialistic society.

Thank you.



Why we should all daydream more

Good morning Principal, teachers and fellow schoolmates. Do you always daydream in your lessons? Have the teachers ever told you that daydreaming is a waste of time and you should concentrate on the lesson? To me, I would say yes to both of these questions. I daydream sometimes and I remembered my primary school teachers always told me not to do so and frightened me with all the bad effects of daydreaming. Recently, I have read a few articles about the benefits of daydreaming and I found out that what my primary school teachers said was wrong. Let me share some of them with you.

Firstly, daydreaming can help us develop various skills and abilities. The Wall Street Journal, which is a very famous magazine worldwide, cited that research found that imagining not only can increase our cognitive ability, but also our problem-solving skills. It pointed out that people who have a good imagination can usually think in different perspectives. This may then help us develop ideas and find better ways to solve problems. With better skills and abilities, we can then become a more flexible person.

In addition, daydreaming can also improve our memory too. There is no doubt that the process of imagination can stimulate our brain. In fact, it can also deepen our memory. A study by the American Psychological Association showed that people can find old memories which they had forgotten through imagination. In other words, if you want to have better memory, instead of reciting passages or memorizing knowledge from books, you should try daydreaming instead.

Moreover, creativity, which is of utmost importance to our future career, can also be cultivated through daydreaming. Under the spoon-fed education system in Hong Kong, we are not encouraged to be creative people in the public examinations. All we need to do is to memorize the model answers like a robot in order to handle the exam. However, this is not really what society wants. Nowadays, employers are expecting their staff to be creative and versatile. Without these qualities, I'm afraid it's hard for us to survive in the working world. There are many reports worldwide saying imagining things while daydreaming can facilitate our creativity. So, why not daydream?

These are the three advantages of daydreaming that I would like to share with you all this morning. Indeed, daydreaming is not a bad thing if we do it once in a while. But of course, you have to be able to control the time you spend doing it and do it at the right time. Hope you all enjoy my sharing this morning. Thank you!



Good morning, principal, teachers, and fellow schoolmates.

I like gaming. Today, I would like to talk about the news in the gaming network in Hong Kong.

Recently, in Hong Kong, a very popular gamer who streams his own gaming videos every Monday to Friday criticized a fan of his for stealing his videos. The fan had been uploading the gamer's streaming videos to his own Youtube account for about 3 years without getting permission from the gamer. From this, the fan gained a profit from the streaming videos, and earned about 50 thousand dollars per month because the fan's channel has become very popular as well. When the gamer was informed by Youtube about this situation, he criticized the behaviour of that fan since the fan was using someone else's videos to make money. The news has sparked a lot of discussion in the gaming network.

The problem here concerns copyright. Everyone can upload videos to Youtube if you have a google account, which is very easy to create. And then you can upload videos, even the videos are not taken or made by you. These videos will not be removed until someone reports you to Youtube saying that it's violating others' copyright. Even if someone reports you to Youtube, the follow-up usually takes a few weeks or a month. There will be a cost to the video owner, especially the videos of TV programs and movies.

So what do you think about the copyright problems of Youtube? Have you ever uploaded any videos that did not belong to you? I think Youtube should take this problem seriously and check out more videos that may be violating the copyright issue, particularly top viewed videos. This is to protect the rights of the video owners. Also, most of us need to be more aware of the copyright issue. If what you upload is not your original work, then you must not claim it as yours otherwise, in this modern age, you may be brought into a lawsuit.

Thank you and have a nice day.

The importance of etiquette

Good morning, principal, teachers, and fellow schoolmates. Today, I would like to talk about the importance of etiquette. Etiquette means the set of guidelines for politeness and good manners, the kindness with which we should always treat each other. It is a shame that many of the correct behaviours we once considered common sense have gotten lost. Once men were taught to comply with the 'lady first' rule. However, no boys in my class take the initiation to give me a hand when taking a heavy pile of books to the teacher's cabinet which is on the 7th floor. Oh! No! Where are my male classmates' social manners?

Having social manners is important. One of the most important rules of etiquette is that we should be polite. As a prefect, I observed that quite a lot of our schoolmates do not greet or even 'nod' to the prefects who stand at the entrance of the school in the morning. Even though we say 'Good morning' loudly to them, they just walk past us with a blank face. It makes me think that they are rude. I always joke with the other prefects that they are reluctant to open their mouth because they have not brushed their teeth. Sometimes, I even want to stop them and demand that they at least to give me a grin.

Another thing is that etiquette can provide you with a kind of confidence. Knowing how to behave appropriately in a given situation makes you more comfortable. Also, it protects the feelings of others. When doing discussions, we should play the role of a good partner and be thoughtful and pleasant. It is better not to point out the mistakes our partner makes too directly. Our partner will feel better and become more comfortable expressing his or her views since they will not have been teased.

Remember, everyone observes you and it is essential to project a good image to others at home or the school. Boys, do you think you are gentlemen? And girls, do you think you act like ladies?

5D, Lam Cheuk Ming

Chat to a stranger

Last week, I found a Facebook page which was about a Hongkonger who records his experiences of talking with a stranger every day. After I read it, I was impressed how creative he was.

As we are taught to be careful, so we rarely talk to people who are on the streets. We just walk past them without any facial expression and continue to walk our way. If people spoke to you, you would think they were mad or dangerous. However, greeting strangers on the streets is common in other countries. They say, 'Hello, how are you?' to start the conversation. People don't mind stopping walking and talking to one another for a few seconds. I am afraid Hong Kong people are too insular.

According to the organizer of the Facebook page, he originally thought that he himself was too timid but he wanted to change this. So, he found a way to train himself: talking to strangers. I am thinking of doing this too. Actually, I am training myself since I am standing here. Can you hear the shaking of my legs? Anyway, I will start by saying something like, 'Hi! How are you?' 'Have a nice day.' I don't think I need to make a practice dialogue when I get less nervous and more skillful at maintaining a longer conversation with strangers. One very important thing is you need to be observant, and find someone who is nice and not too busy to converse with.

I think this way is better than making friends on the internet since you can really open your mouth to talk and train your communication skills. When you need to talk to a bigger group of people, give a speech or sit for an interview, you won't feel nervous anymore, since you have already had quite a period of practice.

If you want to know more about the Facebook man's experiences or share your own experiences, you can search 'Chat to a Stranger' on Facebook.

Thank you.

