



Yan Chai Hospital Law Chan Chor Si College

The Pieces

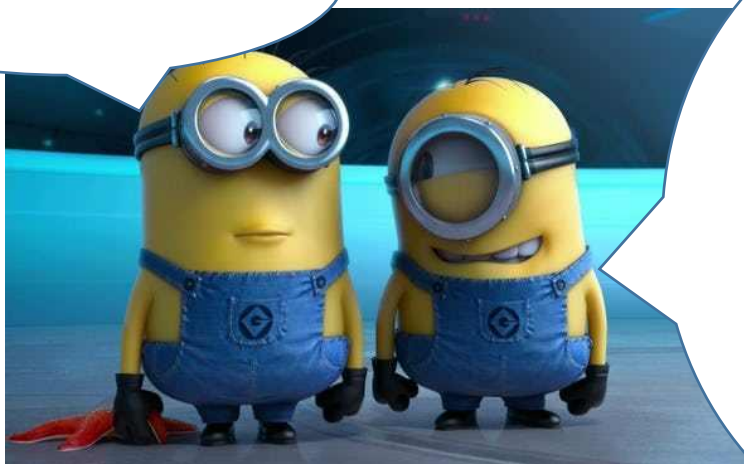
Volume 2



**A collection of good ideas from
2018-2019**

What are "The Pieces"?

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A small selection of English works from LCHCCSC produced in second term, 2018-2019. Please enjoy! Maybe you are in these pages, or someone you know!

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ENGLISH SHARING

LEE, Himbo & LEE, Vaness (6B): Dreams

- Both: Good morning principal, teachers and fellow schoolmates.
- Vaness: I am Vaness from 6B.
- Himbo: I am Himbo from 6B.
- Vaness: Hey Himbo, DSE is just around the corner. There's only around 4 months to go. But I heard that you are still playing video games all the time. Or even till midnight at weekends.
- Himbo: Well, I do admit that I'm leading this kind of life. But do you know what my dream is?
- Vaness: What's that?
- Himbo: My dream is to become an esports player.
- Vaness: Are you serious? Being an esports player in Hong Kong is like being a beggar. Hong Kong people are so conservative. They will not support this industry. You'd better stop dreaming.
- Himbo: I know, but somebody has to take the initiative to make a change, and I would like to be that person. I believe everyone should have written an article about 'our dream' when we were a kid. Do you still remember what that is now? At that time, we did believe that dream could come true when we grow up, so why not try our best to pursue it? So Vaness, what's your dream then?
- Vaness: Hm... I'm actually standing at the crossroad of life. I want to be a vet but

my parents hope that I can be a lawyer. I'm so lost and I'm not sure whether I should just go for my dream or surrender to the real world.

Himbo: You shouldn't be so confused. You should be the one leading your own life, not your parents.

Vaness: I know, but it's not just about me. I'm afraid of letting my parents down and I'm in such a dilemma now.

Himbo: If I were you, I wouldn't make a choice that I might regret in the rest of my life. My parents always say no to my dream of being an esports player. They said that they couldn't see the future of it and the process would definitely affect my study. So I tried my best to strike a balance between my game practice and study. I would only take part in some competitions at the weekends and spend the weekdays for preparing DSE.

Vaness: Sounds feasible. You can pursue your dream and handle your study at the same time. Hope what you're doing can convince your parents one day. Seeing you try so hard to fight for your dream, it really makes me reconsider my career path. I do agree that having our own dream is the most important in life. The process of chasing our dream is much more valuable than whether we can achieve it at the end or not. The sweat, the pain, the lesson and the memory that we gain are way more precious. And I know sometimes we may see the words from our parents or teachers a bit discouraging. They may tell us not to do this, not to do that. In fact, they all hope that we can lead a more comfortable life in the future. Somehow they see us as their shadows, they want us to achieve more or even to surpass them. So, we should also take their very sincere advice.

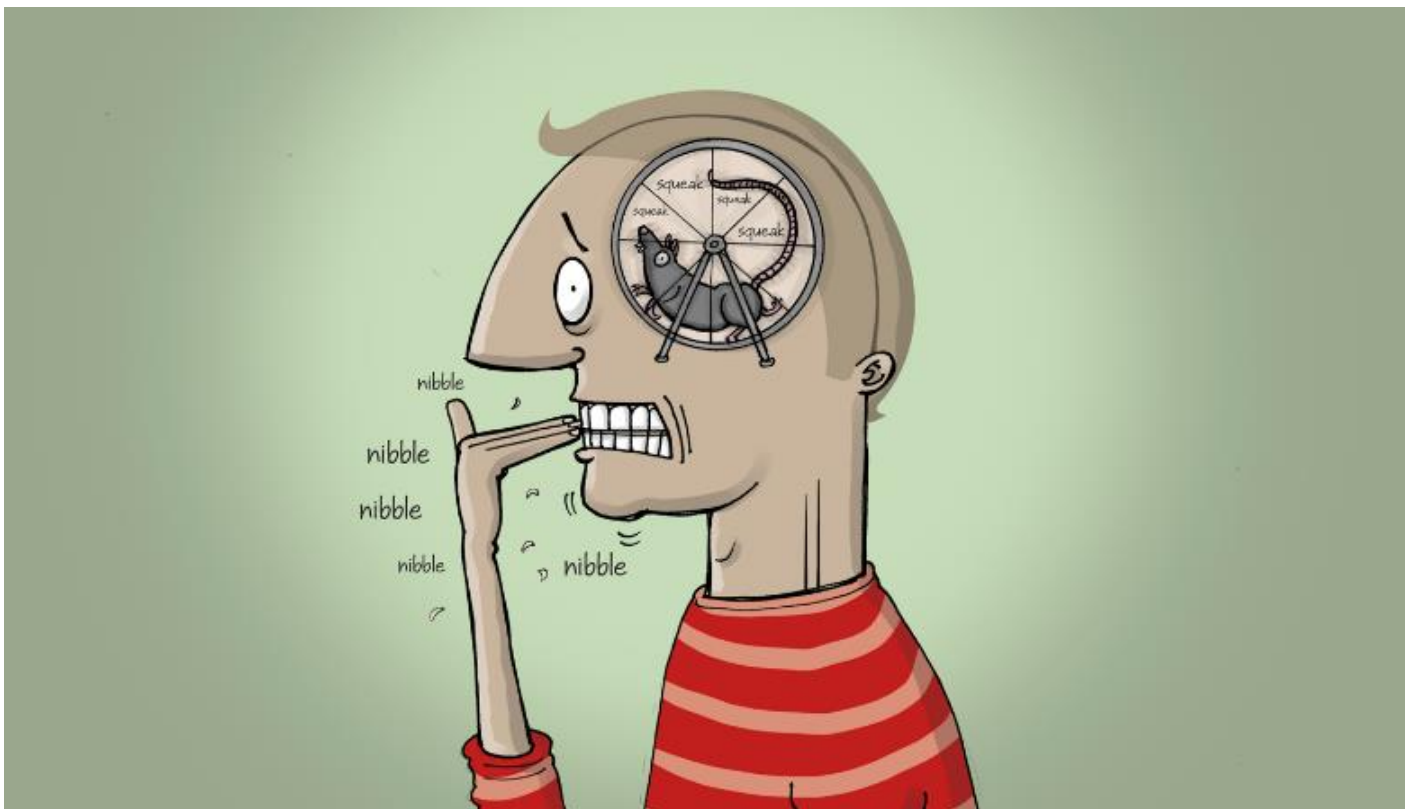
Himbo: True! The expectation from adults should be the stepping stone towards our dream, not roadblock. There is no excuse to give up your dream. As long as you have tried your best to achieve it, you will surely have no regret when you look back in life. That's the end of our sharing, hope we can remind you about your childhood dream. Thank you.



Have you ever thought that you may have anxiety? Do you know the symptoms of anxiety? Do you know it might be a serious disease? Today I am going to share with you some facts about anxiety.

Anxiety is the feeling that you had on your first day of school when you may have felt nervous, worried about new things that you might encounter. If you have stomachaches or tremble when you feel worried, then you could have anxiety. If you have these kinds of feelings for more than six months, then it might be an anxiety disorder.

An anxiety disorder is more serious and extreme than normal anxiety. The main reason why it is more serious is you could experience recurring panic attacks or trauma. Also, it actually depends on how seriously your anxiety is affecting your daily life. But,



no worries! Of course there are ways to soothe this serious disease. To comfort yourselves, lemon balm is a good choice to relieve some stress. Furthermore, doing exercise or writing down the things that you worry about, can help you to reduce your stress. However, if you find that these ways don't work, you need to seek professional help from a psychiatrist or psychologist.

Anxiety is very common for Hong Kong people who often have due to the fast paced city in which we live, especially when some of us don't know how to release our stress in a suitable way. So no worries if you think you have it, just relax a bit more and tell your concerns to the people you trust.

Last, although having a disease is surely painful and it may make you feel lonely, I believe there's always a way to solve things when you think positively. As a reminder, don't give up easily until you have tried your best. Thank you.

YIP, Eunice (2B): No “ifs” or “buts”

Good morning principal, teachers and fellow schoolmates. I'm Eunice from Class 2B. Last week, we received our report cards for the first school term. I was a bit disappointed with my results. Then I came across a meaningful quote when I was surfing the internet. The quote was “Once you have made up your mind, stick to it; there is no longer any 'if' or 'but'”.

Does this saying sound familiar to you? If you have studied history, I am sure you have heard of the famous French Emperor, Napoleon. Napoleon was an ambitious and intelligent man and he is considered as one of the greatest commanders and rulers in history.

As a student, I can totally relate to Napoleon's quote: 'Once you have made up your mind, stick to it; there is no longer any 'if' or 'but'. Very often, we give ourselves lots of excuses. For example, when we know that the exam is approaching, some of us might think: 'I should start my revision but I am very tired today', and sometimes, we'll tell our teachers, 'I have finished my homework but I have forgotten to bring it to school.' 'But' is the word that we always use to excuse ourselves from our responsibilities. It is also a word that holds us back from achieving our goals.



'If' is another a word that we use a lot. When we're unhappy with our academic results, we might think, 'If I had more time for revision, I would not have failed my exam.' Or, 'If I had paid attention in class, I would have done better in my exam.' 'If' is a word that we often use after we fail in doing something, and when we regret not making enough effort in our work. However, while being upset over a result that we can't change, why don't we reflect on our mistakes and set new goals to achieve? Remember, just as Napoleon said, 'Once you have made up your mind, stick to it', once we have set a new target, we should strive hard towards it and not give up easily.

Dear schoolmates, after listening to my sharing today, I hope that instead of saying 'if' or 'but' next time you make an excuse, ask yourself: What can I do to improve? Thank you.

INTERCLASS SPEAKING COMPETITION



CHAI, Fok Sze, Emily (1D): Parents

Good morning, everyone. I am Emily from 1D. Let me share my personal experience with you and see if you face the similar situation. My parents feel very happy if they see me working hard with my homework on my desk. But once I touch my smartphone, they get irritated and start shouting at me. Oh my god! I just touch my phone for less than a minute. Do you have the same experience? Can you tell me why adults always think that they work much harder than we students?

I stay at school for about 8 hours a day while my parents work for 10 hours. They always say that they work harder. But wait, after school, I still need to do endless homework and do revision for dictations, tests, and exams! But my parents can just sit down in the sofa comfortably and use their smartphones until 2a.m.! Who works loooonger?

Besides, they can stay up late to enjoy the quiet night time. But me? I have to go to bed before 11p.m. because I need to get up early for the school. I also want to enjoy the free night time. But I can't.

And the most interesting thing is that if I do badly in school, my parents will be SUPER angry and keep yelling at me. They even threaten to take my phone away. However, if they do not do well at work and their bosses are not happy, they will be angry and still shout at me! Oh dear! I do not do anything wrong at your office! Why

me again?

I understand that all Hong Kong people have a lot of pressure. I know that my parents work very hard for me but I study hard too. We also need freedom and a break.

Can parents have a nice talk with us so that we can support each other?

Hope we can have better communication with our parents and RELAX! Thank you!

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TANG, Yan Wing (1D): Fun facts about the human body

Good morning, principal, teachers and fellow schoolmates. I'm Wing from 1D. Do you have questions about yourself? Or I should put it another way: Do you know a lot about the human body? Today I am going to tell you some facts about human body.

Number 1: Your mouth produces about 1 litre of saliva each day! Saliva is the water in your mouth. You probably won't know that our body is always giving us water. Next time, if your mother tells you to drink a glass of water before you rush to school in the morning, you can be a bit cheeky and tell her you have 1-litre of saliva to help you.

Number 2: Before I tell you, let me ask you a question: Do you take a shower every day? Sorry that I have to tell you this, but no matter how clean you are... according to scientists, there are 67 different bacteria in our belly button! I don't know whether the bacteria are good or bad, but... when you hear bacteria you will think of something dirty. So, remember to clean your belly button when you have your shower.



Number 3: Shark teeth and human teeth, which do you think are stronger? Let me tell you, studies found that human teeth are as strong as the teeth of sharks. Researchers found that the coating on shark teeth is no harder than

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that of the enamel on a human wisdom tooth. Our only weakness is that our teeth won't grow back after they fall out but sharks' will! A shark can use up to 30,000 teeth in its lifetime! Thirty thousand! While we only have 32 in our lifetime! We can't be jealous of sharks' nature.

Number 4: Our bodies give off a certain amount of light. When you see the drawings of Gods, you usually see beams of light around their bodies. According to scientists, this is true of every one of us. Japanese scientists even found that we glow the strongest at 4p.m. every day! Can you see the light around my body now? Nope.... As the amount of the light is too tiny and weak for our eyes to see. And of course, I cannot be compared with the Gods.



This is the last fact I would like to share with you. If you want to know more, just google it. Thank you.

LIN, Joseph (1A): April Fools Day

Pa



Good morning everyone. I am Joseph Lin from class 1A. Yes, I have a reputation of being talkative and SOMETIMES, ONLY sometimes, naughty. Before I start, let me ask you a question first. Do you know what special day it is on the 1st April? Yeah... Well, the PowerPoint ruined my speech. Yes! It's April Fools' Day! It's a fun and exciting day all around the world, especially for mischievous boys like me. And today, I am going to talk about this wonderful day.

April Fools' Day is a day when people play tricks on others for fun and others can play tricks on you. It is acceptable to have fun with each other, but we should play just right. If not, we will bring troubles to ourselves. Well, I'm speaking from my personal experience...

On that day, I pranked one of my best friends, Jun. When he was using the toilet, I turned off all the fans and lights in the toilet and it scared him so bad. He was frightened. And I laughed and laughed and laughed... until Ms. Cheung found out what happened and punished me. I mean, rightfully so, I guess...I will definitely think of some less offensive pranks next year.

We have fun on April Fools' Day. But do you know anything about the origin? No? OK! Let me tell you guys. Actually, many, many years ago, New Year's Day was NOT on the 1st of January. It was on the 1st of April. One day, the king of France, changed the New Year date from 1st of April to 1st of January. But some silly people still celebrated the New Year on April. Therefore, people who were willing to update themselves, play pranks on the people who were stubborn, who were hence the fools,

on that very day.

Speaking of fools, I believe none of us here are fools. We may not perform the best in exams, but that is not the meaning of learning. I believe learning should be just like my speech. We can have fun, we can laugh and we can enjoy ourselves, but in the meantime, we can always bring some knowledge home. I hope I have brought you laughter and some knowledge in the last 3 minutes. And I truly hope that you can experience joy in the next April Fools' Day. Thank you!





LO, Sing (2D): LOVE

Good morning principal, teachers and my fellow schoolmates. Before I start, guess what I'm going to share today? Something most of you like very much. It's love. "L", "O", "V", "E", love. And I'm going to share three types of love.

The first one is your parents' love. Did your parents say, "I hit you because it does good to you", or "I punish you because it helps you grow"? Have you heard that? I'm sure you have. I think you guys may think this is annoying. But it is true. Your parents gave you love and make you grow up happily. In their hearts, they want to take good care of you and treat you very well. So, you must love them and treat them well.

The second type of love is the love between a boy and a girl. I can see many of you are "single dogs". But never mind because the Valentine's Day has gone. Luckily you won't see any public displays of affection. And what about a boy and a girl? Just like the boy loves the girl and the girl loves the boy and they kiss and hug? No! For example, Snow White has found her true life and she lives very happily with the prince. They will think of their future. They may plan to have a baby to start a family. They may try to make each other feel happy. When one of them is in pain, the other will be in pain too. Just like some kind of true love? Maybe, I don't know. And I am not encouraging you to fall in love now. You must study hard for your exams. The exams are coming soon.

The next type of love is the love of classmates. You may ask, "What is the love between you and your classmates?" "I am not gay" or "I am not a lesbian". Let me give you an example. If you hate this guy, you will not help him or her. It's all about caring.

Just like I like this guy. I want to play with him or her. You should be polite to do this. But I think you guys will love to play on your phone together with your classmates more than playing with your classmates face-to-face.

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At last, during this period, caring of others should be more than the love between a boy and a girl because you're in the study period. You must study hard. Of course you should care about your parents too. When you are an adult, you can get married and have a baby and treat your kids like how your parents did to you.

Last but not least, I am not encouraging you to find a boyfriend or a girlfriend now. Hope you enjoy my presentation and have a nice day. Thank you.





LAI, Lisa (2D): **If all things could speak**

Good morning judges, teachers and fellow schoolmates. I'm Lisa.

Have you ever imagined if all the things could speak? Like, the chair you are sitting on, the uniform or the watch you are wearing. Yes, I mean... if they could speak, had feelings and even had a soul. I always wonder, what would they say to me and who would I be in their eyes. A master or a monster? Today, I will use “he” or “she” when I talk about them, but not “it”.

So, what would be in their minds? You use your pen every day. If you don't use him, he will be useless. In the exam, he might be very excited. A good pen which functioned well might say, ‘Let me help you get high marks.’ You will love a good pen. If no ink comes out from his tip in the exam, you will collapse. A bad pen’s home will be a rubbish bin. When you send him to the rubbish bin, he would beg you, 'Please, change your mind! Not the rubbish bin, please!'

How about the phone we use every day. Let me use 'she' here. You can use her to search for many things such as games, videos, photos, and so on. Of course, she would also feel tired just like humans. She might say, ‘Turn me off, I need to sleep!’ Sometimes, we make her dirty and sometimes, we may leave a scar on her beautiful face. A phone might say, 'When you decided to buy me, you became my master. You must be kind to me. I will become the most important thing of yours and you will rely on me. Can I be your master?'

A mirror can let you see yourself. You can know who you are. Some people say, 'In the mirror, there is another you.' One day, if you are very lonely and then you may

talk to them. The mirror might say, 'You look beautiful today. But I am you, I think I am prettier than you. Can I replace you?'

If things could speak, that would be horrible right? By the way, they might have soul. So, we must be kind to them and take care of them. The doll who sleeps with you might speak to you one day. Don't be too scared. The chair you are sitting on is talking to you now. Listen!

This is the end of my speech. Thank you.



LING, Jack (1A): **4 types of food foreigners don't eat in Hong Kong**



What food don't you eat? *Green peppers? Bitter melon?* How about foreigners? Many foreigners come to Hong Kong for travelling, and many expats live here. However, they found that it is difficult for them to get used to some food in Hong Kong. For example, they don't eat chicken feet, stinky tofu, century egg, durian, herbal tea and so on... But why don't they eat them? That is what I am going to tell you today.

First, foreigners don't eat chicken feet because they don't like to chew bones. Chewing bones will make them vomit and vomiting at dinner is bad table manners for them. Besides, they feel disgusted and sad for the poor animal since we chop off their feet. They think it is extremely *dirty* to eat them because chicken feet is for chickens to *walk*.

That is why foreigners won't eat them. Am I correct, Mr. Dan?

Secondly, foreigners don't tend to eat stinky tofu. The main reason is it stinks a lot, even I hate to eat it. When foreigners walk through the streets in China, they always try to walk away when they smell stinky tofu. However, some foreigners do love to eat it, some say it smells bad but it tastes good (thumb up). The fun thing is they can't describe the smell, some say it smells like their socks or even a skunk.

King of fruit, durian! Foreigners hate the smell and the taste of it. Many foreigners try them but most of them puke and say they won't have durian again. When you put a piece of durian in your mouth, some people instantly feel depressed, they feel mushy and smelly, and they don't enjoy the slimy texture. However, durian is the king of fruit in Asia and the king of smell, of course. Some durian fans even can't distinguish between the smell of a *garbage chamber* and *durian*. However, they say that if you try it once you will love it because it is sweet. I think I need to introduce this king to Mr

Hans one day. Someone do truly appreciate its depth of flavor.



The last food is century eggs, ah! I think they are disgusting, and foreigners don't like them either because the taste is horrible. Some people describe the flavor as almost like hard boiled eggs. Some other people like to eat it with porridge and minced meat. But for most people, they don't enjoy it. Actually, century eggs are duck eggs but they are buried in dirt and chemicals for a long time to make it like a jelly with a rubbery texture.

After my sharing today, maybe some of you might stop eating some of the food. However, it is only my opinion. I like seeing foreigners react to those kinds of food. They have good manners and try not to puke, also, they are always courageous to eat new food, even though it smells gross. So please do remember that table manners are very important. Try not to force any of your foreign friends to eat food that they don't like. You don't want to be forced to eat deep-fried spiders neither, right? Thank you!



TAM, Ming Ho Jason (3B): How to be popular among girls

Good morning principal, teachers and fellow schoolmates. Before I start my presentation, let me ask all the boys a question. Please stand up if you think you are a gentleman and you can make the girls feel very warm and comfortable talking to you. Harry Chan and Steven Yuen, do you understand my question? You two sit down please! I think all the boys want to be popular among the girls. But well, most of us are not handsome and rich. How can we make the girls come to us? For this, I have asked the very troublesome Hong Kong girls in my class and they told me three qualities that they like.

First, you don't need to be rich and handsome. It is true that money is important, but money cannot buy real happiness. You can always see some beautiful young Miss Hong Kongs married some very rich old men who are 40 years older than them and they finally broke up. They have money, but they are not happy. Then what do they want? It is humour, they want someone who can make them happy. So, boys, you don't need to worry about money.

Second, you don't have to look very handsome, but it is very important that you can't look very ugly. If you are too handsome, they girls may think that you will have a lot of girlfriends and will not want to spend time on her. But if you are too ugly, with an oily face, a lot of pimples, smelly hair, outdated clothes and only love to stay at home playing online games, the girls will run away too. Well, that really explain why most of the boys in my class have no girls around them.

Last, you need to have a thoughtful and caring heart. So how can you show you have this quality? It's very easy. All you need is to always have a pack of tissues in your

pocket. The girls in my class told me that this little pack of tissue means a lot to them. They said that a good man must always have a pack of tissues to give to the girls when they need them. When they get the tissue from a boy, they would feel very warm and will have a very good impression of that boy. So, boys, don't ask the girls for tissues anymore!

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Well, the qualities that I have mentioned are to have a sense of humour, look normal and have a pack of tissue. So, girls, where can you look for such a good guy? Here you are!



WONG, Nga Hei, Ally (3A): Why I want to be a vampire

Pa



Good morning everyone! Before I start, I would like to ask you a question. ‘Do you want to stay young and look attractive forever?’ If yes, I think you would be very interested in my topic!

All of you heard about vampires from books. They are just imaginary creatures. But I can tell you – I love vampires, even though they are just the imaginary creatures! Now, I’m going to tell you why I want to be a vampire!

First of all, I am quite envious their unlimited life span. I think nobody wants to die, but our lives are limited. One day, we will sleep forever. BUT! Vampires are different! They can live for a century or even more.

In fact, I can’t imagine one day, I’m going to close my eyes and die. But I know it will happen. That’s very sad....Therefore, I want to be a vampire. I envy them, their unlimited lives. Besides, I’m also interested to live longer so that I can see how the world changes. Will AI conquer the whole world after a century? Can we travel to the Space? I really want to know!

Secondly, vampires have the most attractive face. I think nobody wants to lose his or her young and beautiful face. Frankly speaking, I don’t want to get old. After I watched the movie ‘Twilight’, I started to love vampires. I had never thought that vampires could be so charming and cool! Their skin is white and their eyeballs are red in colour! They are so unique! I think they are elegant if they don’t show their sharp teeth.

I know some of you may think vampires suck human’s blood and this is cruel. But we are not better than vampires because we eat animals too!

Finally, I love vampires because they have an awesome power! That is, turning people into vampires by biting them! It is amazing! Imagine if I had this power, I would absolutely make all my friends and family become vampires too, so that they could also live forever with me together!

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That's wonderful, isn't it? Thank you.





LAM, Lok Yin, Eunice (3D): Is dating good for us?

Good morning everyone. I would like to ask you a question before I start. Do you want to have a boyfriend or girlfriend now? If yes, please raise your hand! Oh no. I hope you are not telling the truth. Because I believe the answer is always yes. But you may worry what will happen if you are in a relationship. So I am going to figure out if it is good for us to have a boyfriend or girlfriend now.

First and foremost, all of us are still teenagers, so some parents may worry about us. That's why they think dating may affect our study. That's normal. It's because they may think some of us may just focus on our boyfriend or girlfriend. Furthermore, we may keep chatting online and it makes us forget to study and do homework. But mom and dad, let's look at the bright side! I can study with the one I love and so I will spend even more time on study. It's not bad!

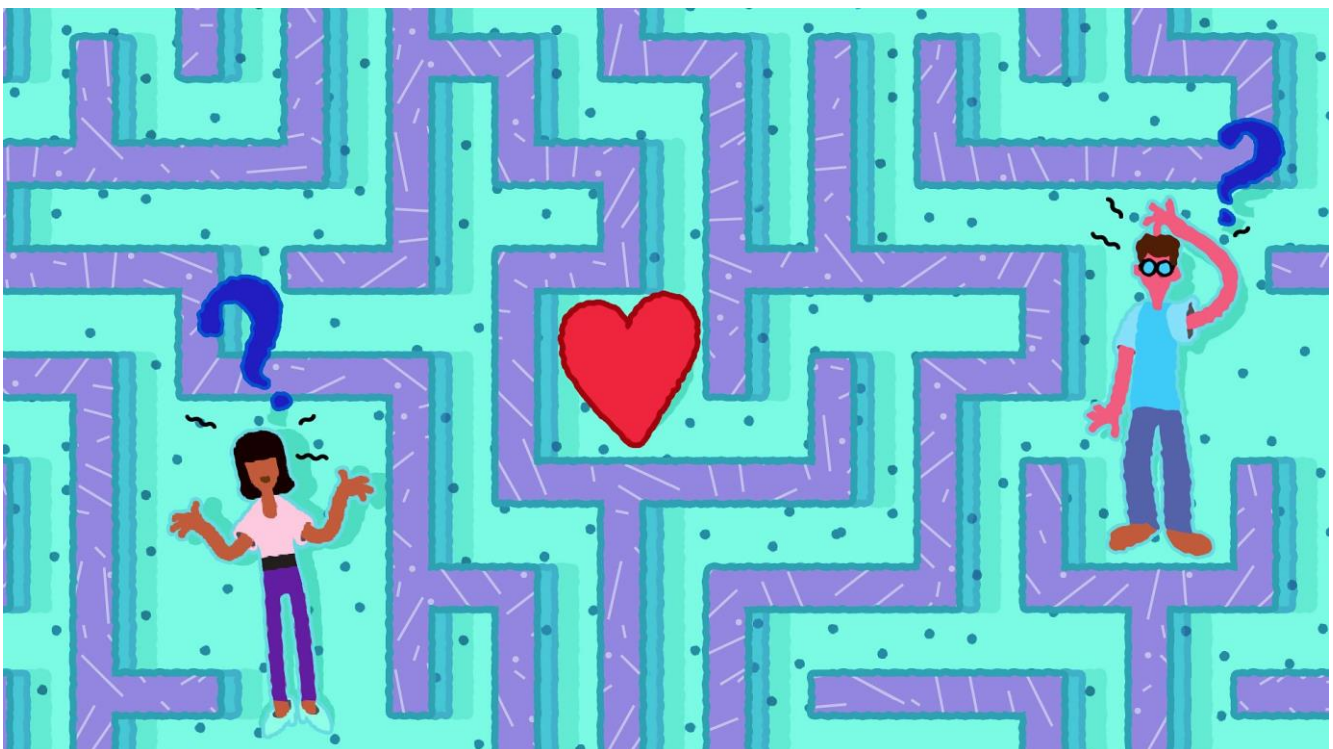
Second, we can rely on him or her. That means we can seek help from someone when we are in need. Besides, we can solve problems and think of more different ideas together when dealing with difficult situations. It's better than having to overcome the obstacles on our own. Hence, our interaction skills and problem solving skills can be improved!

After listening to these points, you must think that dating is amazing, wonderful and fascinating. But I am sorry that I am going to disappoint you because I am going to talk about the drawbacks.

For the worst case, some teenagers may attempt to commit suicide after breaking up with their partners. If teenagers are not mature enough, they may be affected by their emotions easily. Then, a scary idea may pop up: 'I want to die!', because they think it's

too painful for them to break up with their boyfriend or girlfriend. Do you think I'm trying to scare you just because I don't have any... No! I am not trying to scare you. Similar cases are occurred in other countries. It's ridiculous for teenagers to give up their valuable lives by committing suicide.

Having a boyfriend or girlfriend may cause teenagers to hurt themselves which is an extreme drawback. However, dating can make teenagers become happier because we can get assistances from our partners all the time. In addition, we can have some more comprehensive ideas when dealing with different situations. To conclude, it shows that it's good for us to have a boyfriend or girlfriend now. However, before you enjoy these benefits, you need to have a boyfriend or girlfriend first. So for those who didn't raise your hand 3 minutes ago, you need to act now, GO!





SIU, Kona (4D): Dream Family

Good morning everyone. Today I'm going to talk about a very important topic for you and me. OK, let me ask a question before my sharing. What do you think your dream family should be? (Hmmm~~~)

For me, my dream family is where love, care and protection are. Everybody has their own responsibility and role. That's how a family is! But, what will happen if we don't play our part? Let me paint you a picture.

OK! Let's imagine we are in a family. I'm a mother of this family, I am waiting for my son to be back. He has had a long day at school.

(Ding-dong) I open the door.

[M]: Oh! You are back, I have made some delicious dishes for you. Would you want to try some?

[S]: NO! I don't want any! Go away!

[M]: ... I spend a lot of time on it, how about Just a little bit? ...

[S]: NO! I said I don't want any! (Angrily)

BANG! And he slammed the door.

The mom feels very sad and dejected. I mean, you can imagine how sad the mom is. She only wants to love her child. But that's what she got. Because the kid was tired after school. I'm sure many of us have experienced this. We got tired and we take it out on our family, which is so wrong.

What I want to say is that everyone has their own problems to deal with, but when we go home, we should try to embrace each other and forget about the troubles we face outside. We should protect the home as an environment of love and tolerance. Even though we may be very tired like the kid in the story, we must remember to NEVER

EVER hurt our family members with our impatience, conflicts and anger, because they are the people who love us the most.

Now let's think about the dream family that I asked you to imagine once again. If we want to get our dream family, we need to stop the hurting, and replace it with unconditional love. We need to shut out all the negativities before we walk through the home door and protect it with love. Then, and only then, the dream family, will no longer a dream. Thank you





HUNG, Kai Hin, Marcus (4A): Extra lessons

Good morning everyone. I've just got a reminder from Ms Chui and let me make an announcement first before I start my presentation. S4 M2 students, we will be having an extra lesson from 3:35 to 7:00 p.m. today. I repeat, 3:35 to 7:00 p.m. today. Oh poor M2 students, you must be thinking, why me again? Please raise your hand if you hate the extra lessons or the tutorials at school? Wow, I do respect your courage to let others know what you think. Personally, I can proudly tell you that I love the extra lessons and I don't see any drawbacks of having tutorials after the regular school lessons.

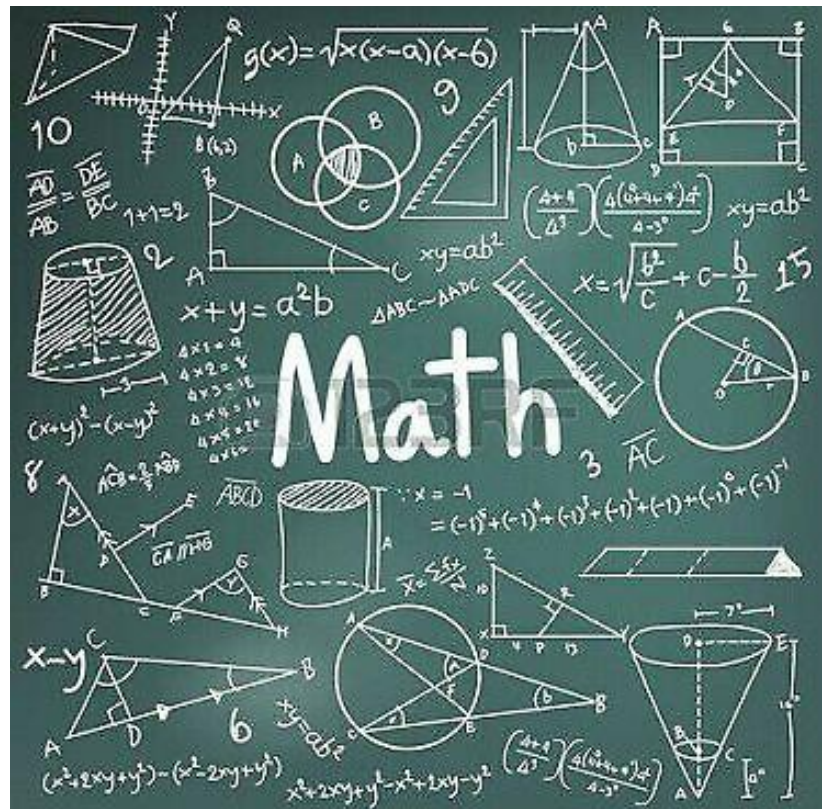
First of all, academically, we have regular lessons only from 8:35 to 3:35 and I must tell you that this limited six to seven hours is basically not enough. S4 and S5 schoolmates, we are facing the DSE very soon and it is one of the most important battles in our life. We should study like a war machine. Sven and Kung Kai Wing, if you are making up excuses of not attending the lessons today, like 'I have a stomachache' or 'I am so good at Maths and I can learn it by myself', I am sorry to tell you that you will be a loser in this game. Honestly, what do you usually do when you return home at about 4:00 p.m. when there's no tutorial? You just play PUBG or Minecraft. Then, why not listen to our experienced teachers guide us to do something meaningful?

Next, economically, we must thank our teachers as the lessons are completely free. In addition, for some of us who need to spend an hour to go to school, it is more cost-effective to have a few more hours of lessons in order not to waste your one hour of travelling to school. By the way, I admire the teachers who arrange lunch-time tutorials, we can acquire more knowledge while pouring lunch into our mouth. We are not wasting even 1 second of the lunch break. Thank you so much our dear teachers.

Last but not least, psychologically, having extra lessons is rather heartwarming. Our wonderful teachers are treating us like their own kids as they are sacrificing their valuable time to have tutorials with us on Saturdays, from 8:00 a.m. to noon. Sometimes, you may even feel that 4-5 hours on Saturdays just isn't enough.

If you asked me to describe how I feel about having tutorials, I would tell you that it's like you have finished your main course, which is the regular lessons, and the owner of the restaurant suddenly tells you that you can get a free dessert because you are a VIP of the restaurant. Well, how surprising it can be! You just feel that you've earned a lot in this meal.

To be honest, the one standing on the stage right here is definitely not the Marcus that you know. I must have gone insane! I do feel frustrated when I know I can enjoy the “desserts”. However, I am learning to be a positive Marcus. Let's face it. Life is always difficult for us. Rather than complaining about the tutorials all the time, why don't we embrace it with a more positive thinking? M2 students, sorry that I have ordered the desserts for you this afternoon. If you do want more, don't be shy and just tell your teachers! Thank you.





HO, Shirley (4C): Counting our blessings

Good morning, everyone. How's it going these days? Do you have a lot of things to complain about? Have you encountered something unfair?

Please calm down and listen to me.

Living in highly competitive Hong Kong, nobody can lower their pace. We students complain about how our teachers assign us so much homework. Why do we have so many tests and tutorials? Why are we so poorly treated? When can we stop and take a rest? OK. Please stop complaining. Frankly, we are really blessed and happy.

I joined an exchange trip visiting a secondary school in Zhe Zhang this Easter Holiday. This trip inspired me a lot. Compare the school day of a Hong Kong school with China, my buddy in China arrives at school at 7am and some days she needs to arrive even earlier. After experiencing 14 hours of a heavy learning load, the school finally ends at 9:30 in the evening. The tiring days are repeated from Monday to Saturday. On her desk, there is a pile of books and notes. In a country that has more than 10 million candidates sitting for the public examination each year. The keen competition 'motivates' her to study 24-7. I found that she does not have any entertainment. No time to relax and of course no time for mobile phones. I suddenly found that I need to be thankful as I have time for tutorials.

Students work in a small, crowded class that accommodates 50 students. There are 800 students in each form and you can see how huge the competition they need to face is. I am sure nobody would like to get a report card ranked 800.

You always say you don't want to go to school, don't you? What will you do if you are allowed to stay at home? Is it really meaningful to live a life with mobile phones

and games? Do you really want to be a person without any knowledge? Think carefully. I know you are just kidding about not wanting to go to school.

In this world, many children do not have cover to stay safe. There is no food to eat and no clean water to drink. Now you are staying in a spacious school hall with air-conditioning. Please say thank you to your parents and to society.

Living in a safe and peaceful society, you would never meet any adversities like going hungry or being killed by bombs and bullets. We are lucky!

I know life is not easy. Going to school is the cost that we need to pay to be mature. Please say thank you to the teacher who assign you the most homework.





CHAN, Celia (5C): What is the most selfish letter?

Good morning principal, teachers and fellow school. I want to ask a question before I start. Do you know which is the most selfish letter in the world? U? Y? I? That's it! Everything in the universe is centred all around "I". There are some words beginning with "I" such as iPhone, iPad, iPod. etc. Everything is around "I". So, what does "I" stand for? "I" is a very self-centered letter. e.g. "I want everyone to love me." or "I want others to respect me." "I" would love things to work based on my opinion, my likes, my dislikes, "I" want this, "I" don't want that. "I, I, I, I, I", everything is around "I". Do you think life will be happy when it's only about "I"?

When we grow up, we start by learning how to take from our parents. They will then try their best to fulfill our expectations. Let me tell you a story. When a boy is 5 years old, he goes to his mother and says, "Mama, I love you." His mother will reply, "I love you too, son." Then, the boy turns to 16 and goes to his mother and says "Mama, I love you." The mother will then ask, "How much do you want?" Later, he turns to 25 and goes to his mother and says, "Mama, I love you." "The mother will understand and ask, "Who is she? Where does she live? No worries, we can sort this out." At last, when the boy turns to 40 and goes to the mother and says, "Mama, I love you." His mother would know and comfort him, "Son, I told you not to marry her." From this story, we know that every time when the boy says "I love you" to his mum, he wants something from her. In fact, we are all similar to the boy. When we say "I love you", we want to take something from the other people. It's all because "I". The "I" is so big and so powerful. Do you think people who are religious are exceptions? I don't think so. When people come to God, they only ask for something. They only pray "God, give me what

I want.” No one would go and tell God, “God, I love you, I want to give you something. What can I give you?” No one would do that because the “I” is so big.

So, everyone, that explains why the most selfish letter in the world is “I”. Yet, I know you can be better than a letter. Don’t be as selfish as “I” and try to begin learning from “I” to “you”. I am sure it can make you happier. Don’t ask what people can do for you, try to ask what you can do for the others.





CHEUNG, Man Kit Velvet (S5Gr6): **Paradox**

Good morning everyone, I'm Velvet Cheung. Today, I have a difficult question for you. Can anyone tell me: which came first, chicken or egg? If you believe chicken came first, put your hand up. Hmm...it's such a tricky question, isn't it? Because you need a chicken to lay an egg, but chickens come from eggs. This 'chicken or egg' paradox was first proposed by philosophers in Ancient Greece.

So what's a paradox? A paradox is a statement that seems to be self-contradictory or silly but it carries some truth in it. When you think it is correct, it is wrong. And when you think it is wrong, it is correct! Interesting, right?

In literature, a paradox is often used to make readers think over an idea in a creative way. One classic example comes from William Shakespeare's famous play, Hamlet. In the play, Hamlet says "I must be cruel to be kind". Tell me, how can a person treat others kindly even when he is cruel? However, Hamlet is talking about his mother; and his plan to kill Claudius since Claudius has murdered Hamlet's father. This act of Hamlet will be a tragedy for his mother because she's married to Claudius. But Hamlet doesn't want her to be with his father's murderer anymore, so he thinks that killing Claudius will be good for his mother. Thus, he must be cruel to his mother only to be kind to her.

Here comes another paradox that I like a lot, the "paradox of the stone". It came from the medieval times in around the 12th century. It questioned whether it is possible for God to "deny himself". We all know that God is the most powerful right? God can create anything he wants. So here's the question: Can God create a stone that he can't lift?

Alright, you don't have to give me an answer now. The beauty of a paradox is that it makes us think. It gives us wisdom and helps us see life in a different way. In fact, life itself is a paradox. Think about it, "the more you fail, the more likely you are to succeed" and "the more you know, the more you know that you don't know"!

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Ladies and gentlemen, after my sharing today, I hope you can embrace the paradoxes in your life. Remember: always keep an open mind, see things from different perspectives. Live a meaningful and spiritual life. Thank you.





CHEUNG, Jacky (5A): Stages of love

Good morning Principal, teachers and fellow school mates. Today, let's talk about love – love between boys and girls.

Love is addictive. It is something most of us, especially young people at our age, are looking forward to. We are always curious about having a relationship. That's why you can see there are already so many couples in this hall. While enjoying the love you have found or envying others being in a relationship, can you tell which stage you are or they are at? Yes, actually every relationship will have to go through different stages.

The first stage of love is 'falling in love'. That's the very first step to start a love relationship. Having a crush on someone makes you feel you are floating on the top of the world. Typically people can't think of anything else and may even forget to eat and sleep.

The second stage is 'becoming a couple'. Having feeling for someone doesn't mean you two are boyfriend and girlfriend. To be a couple, you have to start a relationship. But how to start? You have to pluck up your courage to be the first one to admit your feeling and your desire to go further with her. Why I said 'her'? Because as a gentleman, you should take the initiative to show your love to her and don't let the girl do that. So boys, don't just sit there and wait for a girl to come to you. Grab your chance and show your love to her directly. I believe that this is the way to get you guys out of the pool.

But let me tell you a secret. I made her come to me! Of course you can make it if you are an attractive boy with attentive and charming personalities. And that is my case.

As a couple, you two will immerse in romance and learn what your partner likes. You will try to expand your individual lives to begin to develop a life of “the two of us.”

The third stage is the most difficult one for every couple. This is a period where the relationship becomes cold and everything starts to go wrong. Little things begin to bother you. You will feel less loved and want to escape. Just as simple as the sentence ‘Can you be quiet?’, can trigger a lot of thinking, like ‘Does that mean he doesn’t want to talk to me?’ Or even worse, ‘Doesn’t he like me anymore?’

Have you ever thought about it, Suki?

This stage can be the beginning of the end of the relationship. However, the positive side of Stage 3 is that it helps us to take away a lot of our illusions about our partner. We can learn to appreciate the person we are with, but not the projections we had placed on them as our “ideal partner.”

If you keep sharing everything with your partner, the love and laughter you thought you had lost will begin to flow again. After getting through Stage 3, your relationship will become stable and long-lasting.

These are the three stages of love. I am glad to have a stable relationship with my perfect girlfriend and I wish all of you can have a perfect partner like mine. Thank you!



SOME INTERESTING WRITING

DENG, Ki Wai (1D): Matilda

Have you read the book Matilda? I read it. It is funny. So today, I am talking about my favourite part of the story and also, if I want to be friends with Matilda.

Firstly, I will share my favourite part of the story. It is the part when Matilda used her special powers to write Miss Honey's father's will. The will said Miss Trunchbull must give the house and money back to Miss Honey. Miss Trunchbull saw the writing and was shocked. She left the school and never came back. In this part, I was happy Matilda helped Miss Honey to get the house back. Also, the children didn't have to be afraid of Miss Trunchbull anymore. This part was very funny too.

I want to be friends with Matilda. She is very clever. She is very good at math. If I have any questions in the lesson I will ask her and she can help me. And she likes to read books. She goes to the library every day. I like reading too, so we can go to the library together, we can share books. Matilda is also nice, she always helps her friends. She did not tell Miss Trunchbull Lavender put the newts into Miss Trunchbull's water. She has many good things so I would be happy to be her friend.



The problem of obesity in Hong Kong is getting worse. The number of overweight citizens has increased from 2.25 million in 2007 to 2.97 million in just a decade. Experts have suggested that Hong Kong should legislate a tax for fat and sugary food in order to combat the problem. In my point of view, however, I disagree with this.

To begin with, a fat and sugar tax is unfair. As far as I know, people who tend to buy food containing a lot of fat and sugar are generally not as wealthy because they cannot afford more expensive health food. Junk food is a less costly option. For instant, organic celery costs \$67, but cup of instant noodles is a mere \$6.50 on the Wellcome website. So, it is clear that nutritious food is not affordable for working class people. If a fat and sugar tax is imposed, the victims would be those who aren't so well off. They would need to pay more for their meals because most of the food they consume is not healthy, and at the same time, they would have a heavier financial burden on their daily necessities. Therefore, it is unfair for junk food consumers that are not able to afford other food choices.

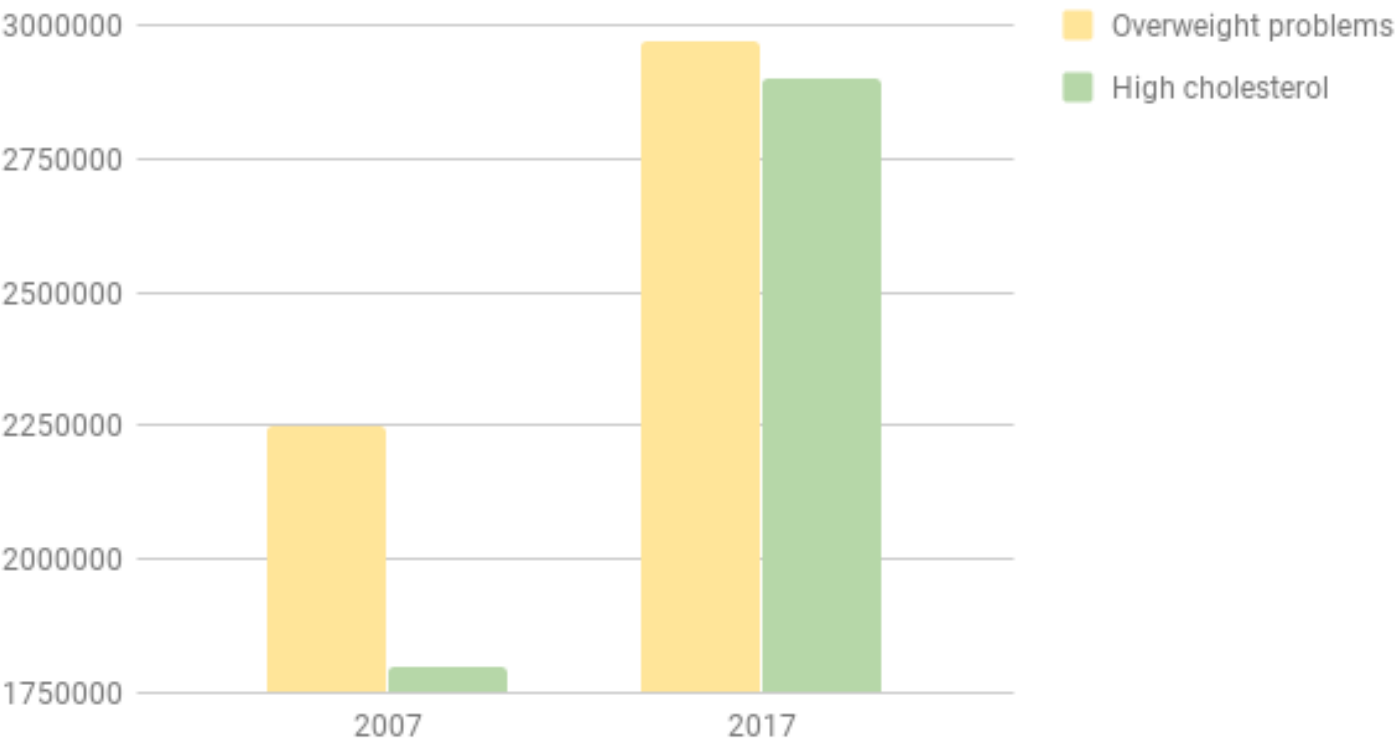
Besides, a fat and sugar tax is not feasible in Hong Kong. An increase in the price of these food items would probably just encourage consumers to buy the same items from mainland China at a cheaper price. Since the development of information technology, more and more online shopping forums have appeared. People have started to adopt online shopping as one of their methods to purchase goods. Generally, goods purchased online are cheaper than those in a physical store, especially on mainland online platforms. For example, a packet of chips costs RMB\$1 on Taobao but HK\$5 in Wellcome. Because of this price difference, people are increasingly tending to buy their

food on the internet. If a fat and sugar tax was created, it would only create larger economic incentives for people to purchase cheaper food from other places via the internet.

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It is clear that a fat and sugar tax is not fair and feasible. Therefore, there is no reason for the government to set up this tax to alleviate the obesity problem in Hogn Kong.

Population Health & Obesity Estimates 2007 vs 2017



ASSEMBLY SHARING: MR

SANTOSPIRITO & HANS

Australian Slang

- Dan Hey, Hans. This is your last week here, right?
- Hans That's right. It's been great, but it's time for me to move on!
- Dan Where are you going next?
- Hans Well, I'm stopping off at Singapore, but I'll be visiting Australia as well.
- Dan Really?
- Hans That's right. I want to say "G'day" to some "mates".
- Dan Wooooh! Stop right there. That sounds like you're using some Australian slang!
- Hans That's right. When I was in Australia, I picked up lots of Australian slang. They use casual language all the time. I know there are some students from this school who are about to go to Australia for an exchange programme, so they'll learn to speak like an Aussie too!
- Dan An "Aussie"?
- Hans An "Aussie" is an Australian.
- Dan Maybe we should quickly run through some Australian slang then!
- Hans Ripper!
- Dan "Ripper" means great. What other words do you know?
- Hans Well, I said "G'day" before.
- Dan That's short for Good day (or hello).

Hans And I said “Mate”.

Dan That’s “friend”. So “G’day mate”, means “hello friend”.

Hans I also know “arvo”. That means “afternoon”.

Dan Like, what are you doing this “arvo”?

Hans Absolutely. This arvo I thought maybe I’ll have a “barbie”.

Dan A barbie is a BBQ. So I guess you’ll cook a few snags on your barbie.

Hans Snags: sausages.

Dan I know some more unusual Australian slang. Do you know this one: “a shark biscuit”?

Hans A shark biscuit? What’s that?

Dan Kids at the beach!

Hans Oooohhhh... because the sharks want to eat the...

Dan Absolutely! It can be hard work learning slang!

Hans Hard work? You mean “hard yakka”!

Dan That’s right. So, you’ve almost finished your time in Hong Kong.

Hans Yes, it’s been gnarley.

Dan “Gnarley” means great (but it’s a word mainly used by surfers).

Hans What really surprised me was just how “choc a blok” the city is.

Dan Choc a blok means really full! Choc a blok of what?

Hans Choc a blok full of people...

Dan It must be sad to leave!

Hans Yes, it’s been a sick experience!

Dan Sick?

Hans Yes, in Aussie slang, “sick” means awesome.

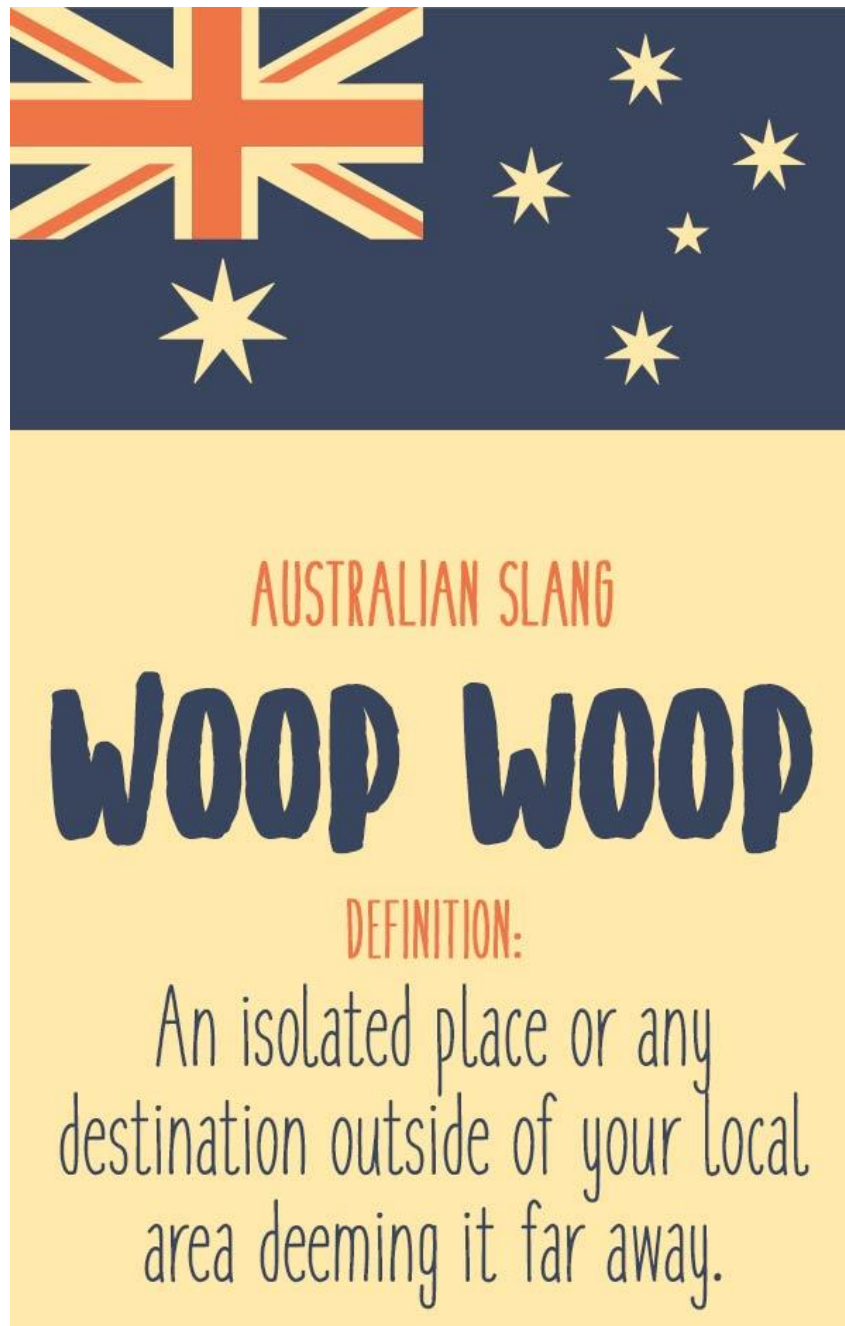
Dan OK!

Hans It's been a sick experience, but it's time I shot through.

Dan Shot through? That means leave, right?

Hans So thank you to everyone for making my stay here so memorable. I really appreciate the experience.

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English and German

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Dan Good morning, Hans.

Hans Guten morgen.

Dan Wow! What was that?

Hans Good morning –in German.

Dan Guten morgen.

Hans Good morning.

Dan Sounds quite similar! Almost the same! Wonderful!

Hans Wunderbar!

Dan Wow! What was that?

Hans Wonderful –in German.

Dan Wunderbar!

Hans Wonderful –sounds quite similar.

Dan Hello.

Hans Hallo.

Dan School.

Hans Schule

Dan Huh! The same! How about... computer?

Hans Computer.

Dan No, no. How do I say, “computer” in German?

Hans Computer!

Dan Oh! Same word. That’s amazing.

Hans Toll

Dan Toll?

Hans Yes, “toll” is “great” in German. That’s not the same!

Dan No, that's different.

Hans Anders.

Dan Anders?

Hans Yes: "anders". "Different".

Dan So, "different" in German is different to English. Why are there so many similar sounding words in German and English

Hans Well... that because England was once invaded by the anglo saxons coming from Germany, over time, the ancient english language has mixed with the language of the invaders.

Dan So I guess German must be easy to learn once you know how to speak English!

Hans Actually, I hear it's pretty difficult because, for example, in English there is one word for the word the, in German, we have over 6 different words, where they are no real rules to apply to use the correct form of the

Dan OK! I learned something today!

Hans Yes: Du hast heute etwas gelernt.

Dan What does that mean?

Hans It means "you learned something today"!

Dan Oh, that is true!

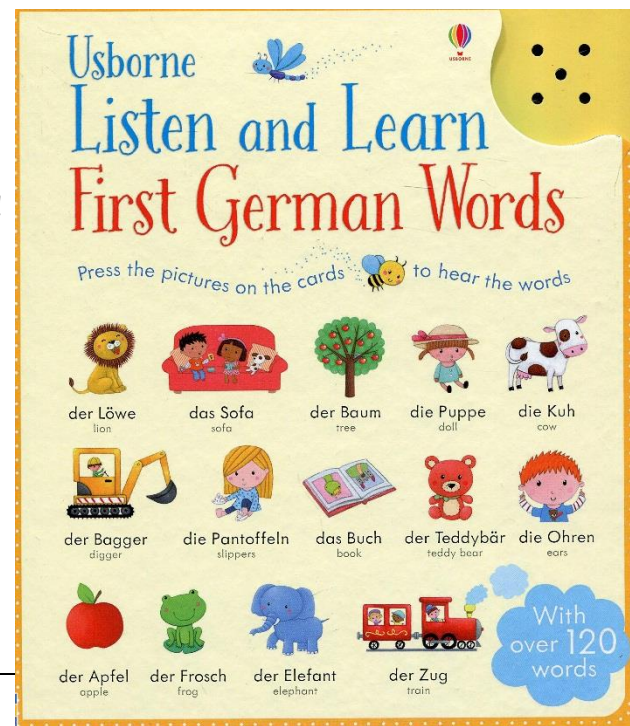
Hans Das ist richtig.

Dan Thank you.

Hans Danke dir.

Dan Happy Thursday.

Hans Fröhlichen Donnerstag.



Interesting questions for Hans

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Dan So, each class I've asked students to ask Hans interesting questions.

But they haven't always been interesting...

Hans Yeah, how old are you... not so interesting...

Dan How old are you, Hans?

Hans If any students want to know this, they can come and talk to me.

Dan So... I thought for English sharing today, I might ask Hans some interesting questions, and we'll see what his answers are.

Hans Sounds good. Let's get started!

Dan Question 1: If you could be any animal, what would you choose and why?

Hans I would definitely choose to be a dog.

Dan Oh, really? What kind of dog?

Hans I would choose to be a very cute Golden Retriever, because I would get so much food and hugs from my owner.

Dan Nice answer! Personally, I'd be a monkey (I really like bananas).

OK. Question 2: Tell me one key difference between Bremen, your home city in Germany, and Hong Kong, your home now.

Hans Hong Kong is always so crowded, Bremen is only crowded during special as Hong Kong is on a normal day.

Dan For me the key difference between Hong Kong and Melbourne is that there is more Dim Sum here. And more homework for students (yeah!!!). OK, question3: What is the strangest thing you have ever eaten?

Hans Probably Stinky Tofu on a Nightmarket in Taiwan.

Dan For me, Snails. Everyone should try one... just go to the local park and maybe you can find some after it rains. Last question: Can you tell us a joke?

Hans Sure: one day a teacher was very angry because a student was sleeping in class.

He asked: "Why are you sleeping in the class?"

And the student said, "Well, your voice is so sweet that it's sending me to sleep!"

The teacher said: "Oh, really? Then why aren't the other students sleeping too?"

The student said: "I'm afraid that's because they're not listening to you!"

Dan Ha ha ha! Nice one. So, where can we find you if we want to practice a bit of English, or learn a bit of German or French?

Hans In my office on Floor 7.

Dan Cool! Thanks everyone, and have a happy Wednesday! (and don't forget about the Trivia at lunchtime.

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Dan Cool! Thanks everyone, and have a happy Wednesday! (and don’t forget about the Trivia at lunchtime)



Unlock your ideas.



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☺ ***Try and write about a topic that interests you.***

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