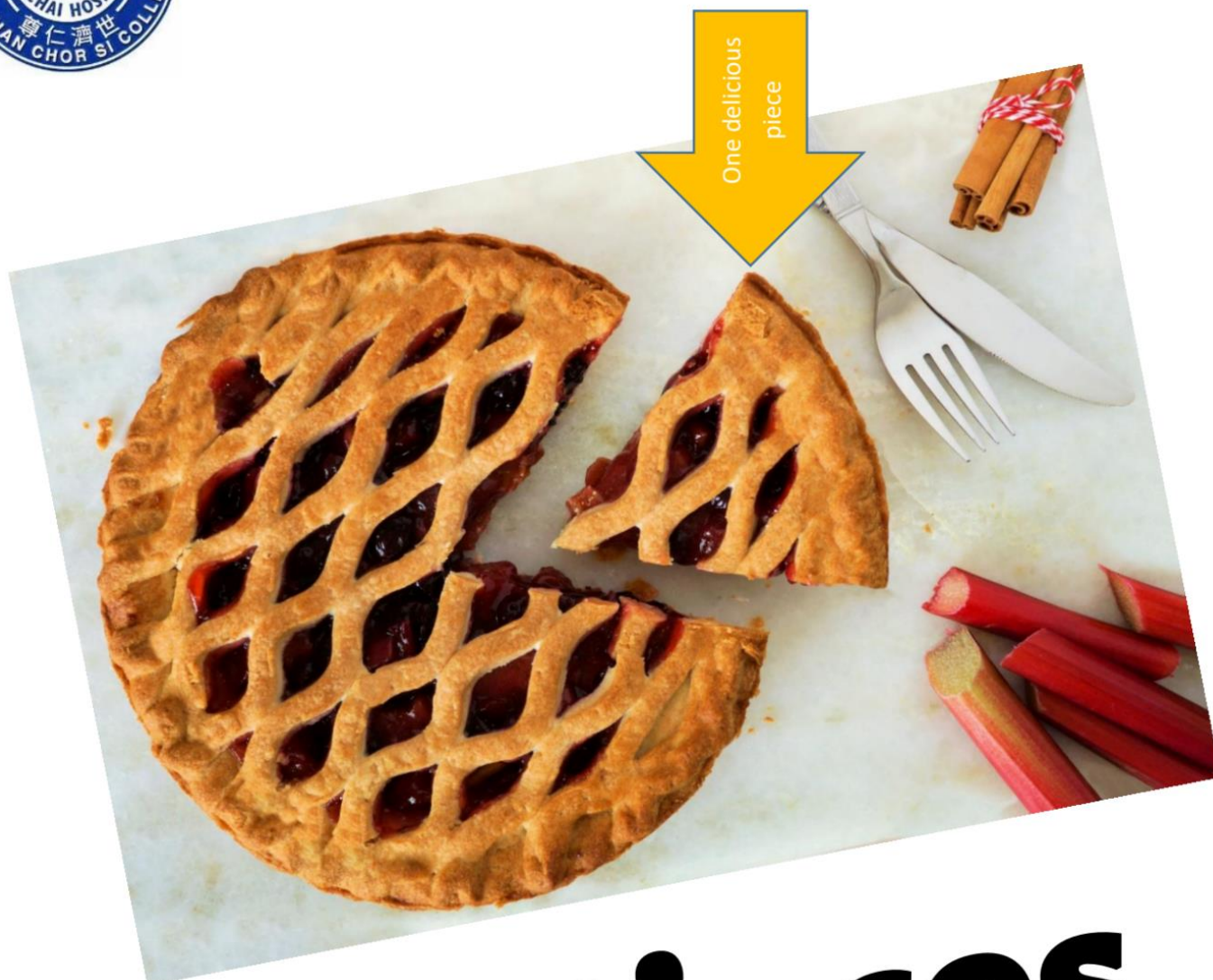




Yan Chai Hospital Law Chan Chor Si College



The Pieces

Term 1, 2024

The Pieces, Term 1, 2024

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Public Speaking Solo

Being Poor but Lucky

WONG Pik Ying, Niko -6A

75th Hong Kong Schools Speech Festival:

Public Speaking Solo - Secondary 5: 2nd Place

Good morning my fellow S1. I'm the head prefect, Niko Wong. If you could choose, would you prefer to be lucky or wealthy? For me, I'd choose to be a poor but lucky person.

Just like my topic today, 'Being Poor but Lucky'!

Why do I say that? Because if I'm lucky enough, money is never a problem. I just need to buy lottery tickets and get rich! Fortune brings fortune!

But it sounds too realistic to just think about money itself. I'm going to tell you three things that I treasure, which can't be bought by banknotes, but can be obtained by luck.

The first one is academic success. Here's a story about two students. The first one was born lucky and smart, he got a chance to study in a school which offers innumerable resources, and he graduated smoothly without any obstacles. Another student, who was born unlucky and unintelligent, worse still, his studies was affected by Covid-19 pandemic. With school suspension, zoom lessons, and even global lockdown, all make his learning process very torturous.

Take me as an example, I'm having a hard time just like the second student. I'm not a genius, it takes time for me to pick up the foundation after having zoom lessons during my whole junior form. If I'm lucky to be born a few years earlier, how easy my school life would be!

Second, health. Let say you were diagnosed with terminal cancer. There's nothing you could do with medical treatment. No pills, no surgeries could save you. Then what's the point of being well-off? In contrast, luck does make a difference. There was a girl who had 4 different types of heart diseases at the same time. She was devastated. But, because the diseases are

interrelated, they offset one another, and she survived. How fortunate she was! Now you see how important being lucky is!

The third thing that I treasure most is relationships. Having good relationships with other people brings us love and joy. Money can neither buy genuine relationships nor maintain any of them. But with luck, you are born in a loving family, you find sincere friends; you meet supportive teachers. I consider myself a lucky person. It's my luck to get into this school even though I don't have excellent academic performance. It's also my luck that I met adorable friends and passionate teachers here. I received immense support from them.

In a nutshell, these three things that I treasure—academic success, health, and relationships are all related to one word, happiness. You may think that money can also buy happiness, but a study by Princeton University shows that although happiness initially rises with income, it levels off and plateaus when our income reaches annual US\$75,000. As the emotions of people are constrained by other factors. But with luck on your side, it gives you unexpected gifts and it may stimulates your life satisfaction index. With luck on your side, you can also be successful in life, have genuine relationships, being healthy and happy.

But can we embrace happiness solely with luck? Definitely not. If you do nothing when luck comes to you in the form of opportunities, you are surely going to lose them. So once you get the opportunity, grab it and make good use of your fortune.

Do you know the story of Leo Messi? He was diagnosed with a growth hormone deficiency when he was a teenager, but he was very lucky that Barcelona decided to sponsor his medical treatment because of his talent in playing football. And now, Messi is a soccer legend. His achievement is not just built up by luck, but his determination and hard work in achieving his goals. You should learn from him, don't just count on luck but be diligent as well. As the well-known professional golfer Gary Player said, "The harder you try, the luckier you get."

Thank you!



Beauty blossoms from personal feelings & relationships

WONG Pik Ying, Niko -6A

76th Hong Kong Schools Speech Festival:

Public Speaking Solo - Secondary 6 & University / Post-secondary: 3rd Place



Good morning my friends

The Chinese philosopher Confucius said, “Everything has beauty but not everyone sees it.” This quote suggests that beauty is inherent in all things, but perception varies from person to person. In other words, beauty is subjective. In the next few minutes, I will explain how beauty blossoms from personal feelings and relationships, by diving into our connections with our parents, pets, friends, and objects.

Beauty blossoms from the bonding between people, and the first relationship we build is with our parents. When I was young, my mum kept saying, “Oh darling! You’re the most adorable girl in the world, you’re the prettiest princess, look at you! How can you be that beautiful?” This is my mum. I feel so embarrassed when she said it in front of our relatives or her friends. It sounded like a lie or a sort of comfort to me. But as I grew older, I realized that these words weren’t lies, not even close. They were the expressions of love from my parents. They truly love me from the bottom of their hearts. They think I’m beautiful just because I’m their daughter, not my appearance. This perfectly explains that beauty blossoms from the bonding between parents and children. It is out of love that they see beauty in me, not just because of how I look, but who I am.

Does anyone have pets at home? Now, I want you to picture your pets, and think about how you would describe them. ‘Beautiful’, ‘cute’, ‘adorable’? Why is that? Is that because your pets are really beautiful? I have four tortoises, which probably don’t look appealing to most of you. They are grey, with a rugged shell, and wrinkled skin. They are nothing like the traditionally cute fluffy animals like cats and dogs. However, I spend time to feed them, play with them, walk

with them, and even talk to them as friends. They are more than pets to me; they are my family members. To me, they are the most gorgeous creatures in the world. Just like how parents perceive their children, we see beauty in our pets, because beauty blossoms from the memories and bonding we share with them.



This also applies to other relationships, as we grow older and meet people from all walks of life. We build friendships and romantic relationships with others not because of how they look or dress, or because of their skin colour or body type, but because they have certain qualities that we admire and appreciate. Our friends and partners may not be beautiful in other's eye, but they are beautiful in our eyes, we see them as they are kind, generous, respectful, encouraging, supportive, optimistic, and confident. We learn to see beyond external appearances and find true beauty in people, discovering how incredibly amazing and beautiful they are.

Last but not least, beauty blossoms from our relationships with objects or items. Have you watched the Disney animation "Up" (the one about an old man flies his house using a thousand balloons)? In the movie, Carl doesn't give up his house, because it represents his deep connection to his late wife. The house is a symbol of their shared dreams, memories, and the life they built together. In the eye of the beholder, Carl, the house is not just bricks and stones; it is a



beautiful home filled with fond memories between him and his wife. Just like Carl, there must be something that you perceive as extraordinarily beautiful. A poem, an artwork, a birthday gift, a scenery, or a special place? Whatever it is that you are most attached to, it is beautiful because of the memories and people you associate it with.

To sum up, beauty does not only come from physical appearances but blossoms from our feelings and relationships with people and objects. Through building a close bond and creating fond memories with them, we're able to appreciate their inner qualities and true beauty. I'd like to end my speech with my favourite quote from Shakespeare: Love looks not with the eyes, but with the mind; and therefore is winged cupid painted blind.



Australia Immersion Programme



Postcard from Robert

LAW Yeung Chak, Robert -6D



I'm Robert Law from 6D. It's my pleasure to share my incredible journey of studying and living in Australia as part of the Australia immersion programme. In the past summer holiday, I experienced a transformative adventure that broadened my horizons, built my values, and instilled a sense of courage and open-mindedness. I studied in Hervey Bay, which is a charming town in the state of Queensland. This experience has been nothing short of amazing.

At Fraser Coast Anglican College, I was welcomed with open arms and treated like a regular student. The school environment was laid-back and supportive, allowing me to immerse myself fully in the Australian education system. During the weekdays, I attended classes, participated in school activities, and made new friends. The weekends were filled with exciting adventures such as whale-watching and a tour to Fraser Island. We saw a pod of whales and I'm sure I will never forget it. Witnessing these majestic creatures in their natural habitat was a breath-taking experience that I will cherish forever.

This immersion program has been a life-changing experience for me. There is an educational difference: studying in Australia encouraged me to think critically and creatively. They always encouraged me to think out of the box and I've made lifelong friends from different backgrounds, and these connections have enriched my social life and broadened my network.

To my fellow schoolmates, I encourage you all to seize every opportunity that comes your way. This immersion program has changed me completely within just seven weeks. It has

taught me to be courageous, broad-minded, and adaptable. Embrace new experiences, step out of your comfort zone, and you will discover a world of possibilities.

Last but not least, I would like to express my deepest gratitude to the school's financial support and encouragement from the English teachers. Make this experience possible, and I am forever grateful.

Once again, thank you to my teachers, host family, and fellow students for their unwavering support and kindness. I hope my journey inspires you to embark on your adventures.



Postcard from Rowena

NG Hoi Ching, Rowena -4A



Good morning everyone, I am Rowena from 4A. During my exchange program in Australia, I was immersed in a vibrant culture that offered me a wealth of invaluable experiences and personal growth. This journey has profoundly impacted my perspective on life, and I would like to share some of my insights.

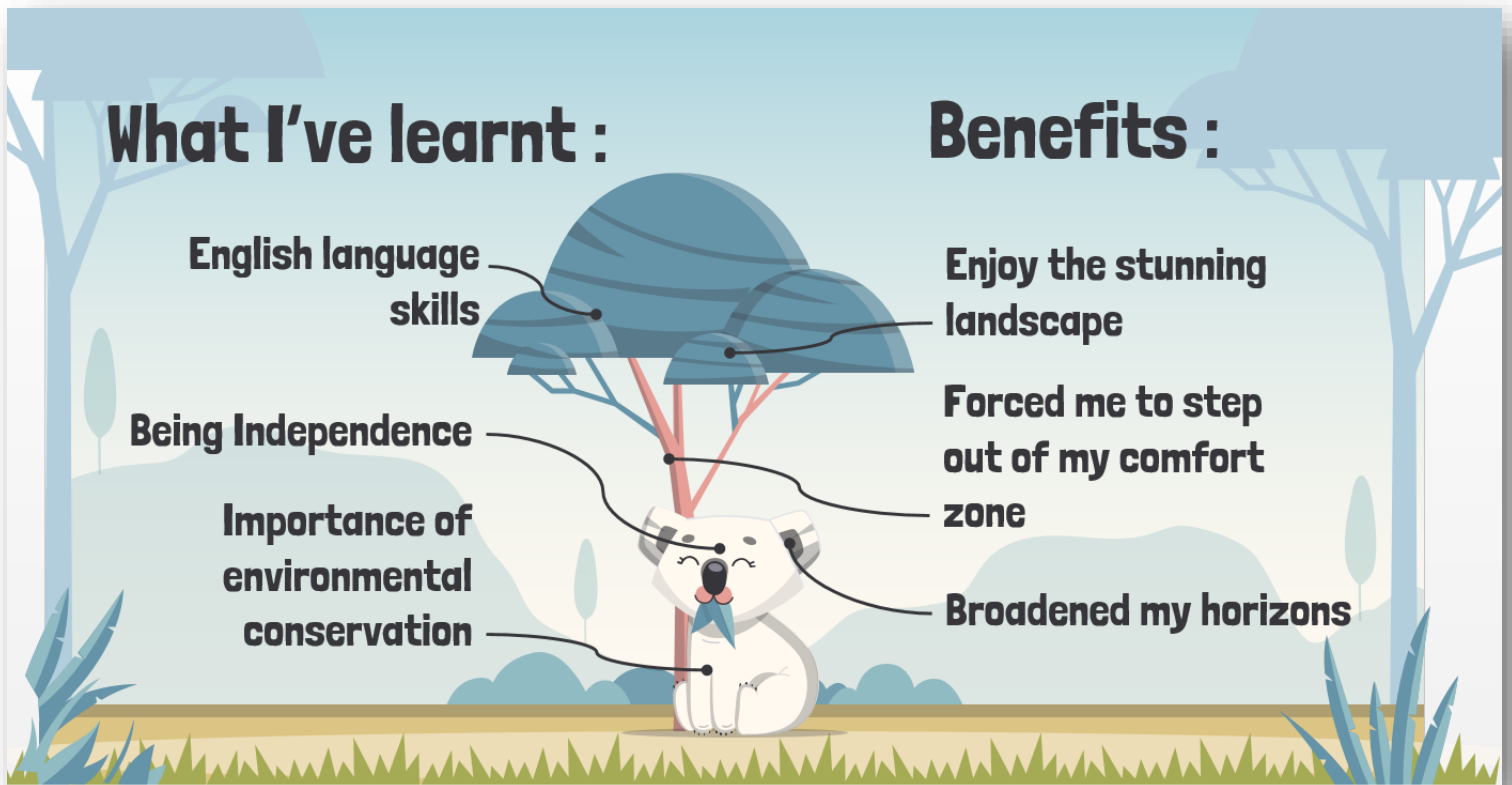
Living and studying in Australia exposed me to a diverse range of people and cultures. The friendly and inclusive atmosphere made it easy for me to form lasting friendships with locals and other international students. This cultural exchange enriched my understanding of global diversity and taught me the importance of embracing new ideas and perspectives.

One of the most significant aspects of my exchange was the opportunity to improve my English language skills. The immersive environment forced me to step out of my comfort zone and communicate with confidence. This not only enhanced my academic performance but also made me more adaptable in various situations.

I love my host family. They are a Christian family. They are very friendly and kind. Living with a family and in a culture completely different from my own offers perspective on what I always thought of as “normal” and helps cultivate gratitude for things I had previously taken for granted.

Moreover, Australia’s stunning natural landscapes allowed me to appreciate the beauty of world and the importance of environmental conservation.

In conclusion, my exchange experience in Australia has been transformative. It has broadened my horizons, improved my language skills and instilled in me a sense of global responsibility. I am grateful for this and will carry the lesson I learned with me for the rest of life.



Postcard from Cici

PANG Nam Sin, Cici -6A



Hi, everyone! This is Cici! I am going to tell you about my beautiful, gorgeous, unforgettable experience in Australia.

Now, in the two pictures on the left, you can see me and my bosom friend Niko. Oh my gosh, it is such a fortunate thing to be able to go to another country with your good friends during your student days, isn't it? Of course, I have to thank the teachers who gave me this precious opportunity—Ms Leung, Ms. Ho, Mr. Dan, and Ms. Chong. Thank you all! Besides, look at this beautiful background, I think you can see a rainbow. Guess what, this

turned out to be the amazing scene we saw on the first day we arrived in Australia. I thought this indicated that the next 7 weeks would be as beautiful this day's weather. The facts also proved my guess well.

First and foremost, I would like to introduce my kind and nice host family. As you can see, the young lady on the left is my host mother, Lizzy, next to me is her daughter Mila. On the right are host Grandma Dianne and Grandpa Brian. They are very nice, they often buy me chocolates, take me to school, and take me out to play. I love them.

Next, I would like to share my unforgettable experiences in Australia. The most memorable one was my 18th birthday. My God, I was so touched and happy that day. Lizzy took me to buy a caramel cappuccino before school. When I was at school, Manila and Tracy prepared a birthday party for me - all the international students came over to celebrate my birthday. Can you believe it! Then we went to the beach in our school uniforms and had a birthday cake. My God, that day was so beautiful! My 18th birthday was so special!

In addition to the most touching memories, there are also the funniest memories. On the second weekend, Lizzy took me out to the sea. Yes, it was the boat in the upper left corner. The sky was magnificent that day, with a gradient of pink and blue, and a big moon. You can take a look at this video - the boat went very fast and I laughed extremely happily. Remember that smile now because it will disappear soon! When the boat stopped to watch the sunset, I got seasick! I felt like I was going to vomit and I thought I almost saw God. After staying at sea for about half an hour, the ship finally returned and I was still alive. Please don't laugh and remember to take a sea sickness tablet if you are going to take a boat ride. Poor me!



Besides that, you might want to know what I learned in Australia - how to write essays and do power points! Yes, you heard it right. That's what I learned. As you can see, the above PowerPoint are all made by me, including Essential English, engineering, and psychology. On the right is an excerpt from my biology essay. I write these things every day, and I think this laid a good foundation for me for university.

Finally, here are some of my school activities and school friends. In the upper left corner is the Hospitality class. This is my favourite class because it has food, just kidding. As you can see, the others are my school friends --Lyli, Lizz, Nell, and Cooper, to name but a few. By the way, here I want to give a close-up of my host grandparents, I love them. They are all very good people and have added a lot of fun to my life in Australia.

This is the end of my sharing. In fact, I still have a lot to say, but if you are interested, you should sign up and experience it yourself!

Postcard from Timothy

YAO Chun Hin, Timothy -5B

Introduction

46 days of the Australia program. From the shine in the beginning, to the reluctance at the last second. How lucky I am to have such an unforgettable experience. This holiday is the most valuable one in my school life. The sights I saw, the life I gained and the challenges I have overcome are what I never could have experienced in my comfort zone.

Food

For breakfast, I ate cereal with milk, fruit like strawberries, banana slices, sometime with toast and peanut butter. For morning tea, I ate fruit, cookies, and some snacks. For lunch, I ate sandwiches, or salad, or noodles, or fried rice from a thermal box. For dinner, I ate vegetables and beans with meat like fish fillets, steak, or roast chicken. Sometimes I had potato puree. Also, some days, I made my own breakfast, lunch, and dinner to practice my cooking technique and sometimes my host grandma wasn't at home, so I needed to cook for myself. But usually my grandma prepared delicious food for me.



How about my school life?

On school days, I woke up at 7:00, arriving at school at 8:15, and left school at 3:15. I had some compulsory subjects: English, Science, Mathematics, HASS (Humanity and Social Science), and also elective subjects: Food Technology, Design and Graphics, and Music. The school was very large, and had many classrooms with big spaces, huge halls with a basketball court, broad lawns with green grass and kangaroo poo as well. I met some very kind students in the school and some of them were also the top students in year 10. Year 10 is Form Four in Hong Kong. We talked about the difference of school life, environment, culture and what we ate in the morning. Gradually, we created a good communication and a stable social cycle in school. Although now I have come back to Hong Kong, we still keep in touch on social media, sharing daily life to each other. So that is a great relationship between friends in different nations. Like university, we need to move to designated classrooms to attend each lesson. Normally, we had some classwork and a little bit of homework, but most of it is done on my laptop. The school gave us a laptop for study, and we could check the timetable, school news, information, and resource for all classes. So, we always used it during classes for doing classwork and research. Besides, we had a big assignment for each subject, most with a time limit of about 3 weeks. It was almost the last two weeks of the programme when the teachers started to post the assignments. I only did Biology, English and half of the history assignments. However, now, I can no longer receive the score of it. Ok, never mind...

What did I do at home?

My home was a big house with a large lawn, a small farm with chicken wings, no, there was an adorable chicken. There was also a spa! They had just bought a spa machine and had put it outside under the eaves. I could adjust the water temperature to a range of 30 degrees to 45 degrees, and it also had a hydro-massage function. How enjoyable it was! And I am grateful to say that my host family took loving care of me. Sometime when I went back home from church, many birds were singing in front of my house. For what? For meat! My grandma gave me some meat for the birds, and I threw it on the stairs of the house, then the adorable birds would fly up or walk on the stairs, eating the meat. At night, I watch TV with grandpa and grandma, and had a shower. I would ask grandma about my Australian homework if I had some confusion about it. I

talked about the politics of Australia, China, Hong Kong and even America with grandpa as he knew more about it and was interested in it. And I could watch a movie in the entertainment room, where we had a 3D surround sound system. Wow! Cinema effect.

Saturday & Sunday

On Saturdays, we went whale-watching and saw K'geri, some huge whales, a wonderful rainforest, blue skies with fresh water, and others amazing sights. I also went shopping, walked along the beach, and visited restaurants owned by a friend's family. The shopping is not like Hong Kong which have different floors, in Australia, they just have the ground floor but there are shops like we have in shopping centre in Hong Kong. Also, I went to church on Sundays. In the church, the music and the light effect is like KTV. Ha ha! After church, we had a morning tea with sausages bread and friends sitting around a table, sharing their daily life in Australia.

Challenges

I didn't have so many challenges in Australia, but I would like to talk about the large temperature difference there. The first two weeks, when I woke up in the morning, the temperature was about 8 degrees. It was like living in a fridge. However, in the afternoon, I wore PE clothes for PE lessons, and at that time, the average temperature with strong sunshine was about 30 degrees. WOW, so crazy! I think the unbelievable temperature difference is the biggest challenge I had in Australia.

Conclusion

What have I gained from this experience? I asked my dad: he said I met a lot of people and friends. I ask my mum: she said I improved my English. And I asked myself: it helped me grow, broadened my horizons, I learned more of the lifestyle and culture of another nation. It also strengthened my mind, enhancing my independence. What a great builder!

Thanks to the schools for the opportunity, the support from my family, my friends and schoolmates, and enthusiasm of everyone in Australia, making it the best memory in my school life. Hopefully, there will be more chances and meaningful challenges waiting for us to help us be the best version of ourselves.

Writing Quiz



Autonomous Vehicles

PAN Shuk Ting, Mandy -6A



Do you still think that autonomous vehicles only exist in the movies? Come on. It is already the 21st century. They are a reality in several cities around the world ranging from San Francisco and New York! Since autonomous vehicles are becoming more and more prevalent, it is worthwhile pondering what merits and drawbacks they bring to human society. In this essay, we are going to have a closer look.

To begin with, it is beyond a shadow of a doubt that autonomous vehicles offer certain contributions to human society. First, they ensure the safety of long-distance drivers. In some cases, drivers are required to drive for more than 10 hours during a journey. This poses a threat, as drivers can become fatigued and there is an increased risk of accidents occurring. According to the World Health Organization, the average length of human attention is two to three hours, therefore driving a vehicle for 10 hours is definitely exceeding the average ability and likely to cause accidents. Hence, autonomous vehicles can ameliorate the potential risks that human drivers can make and have a relatively safe driving experience.

In addition, autonomous vehicles can offer more time-saving routes. For human drivers, sometimes it is inevitable that they may chose a more time-consuming route to their destination as they are not familiar with the transportation network of a city. However, Artificial Intelligence

(AI) can avoid this issue. Since autonomous vehicles drive using radar, they receive the most updated traffic reports on the road. It is believe that AI can make a far more efficacious route to the destination so as to shorten the time used. Compared with the efficiency, AI can assist humans to pick a more time-saving route and reduce human error.

However, there are some aspects that autonomous vehicles cannot cover. Some potential drawbacks are still present.

Can autonomous vehicles make a moral decision? The answer is certainly not! Even human beings can't give correct answer, not to mention an AI. For instance, there is famous selection between saving a bunch of people and crashing the vehicle into a building. It seems that saving those people is the more moral decision at that moment, but obviously no-one can know how many people are inside the building, maybe 10, 100, or even 1000. The number of casualties may be greater than the bunch of people outside the building. Under this situation, autonomous vehicles cannot distinguish the relatively better option and no one will know what will happen to the autonomous vehicles. Hence, this is one of the limitations that autonomous vehicles have.

What's more? The trend of autonomous vehicles can have a negative economic impact. When the market is inclined to choose automatic systems, more and more human labour will be laid off. This results in a sharp increase in unemployment and this can have a serious economic effect. Before adapting to autonomous vehicles, governments should have a clear policy on how they can protect vulnerable industries' workers, otherwise, even though citizens will be able to enjoy comfortable journeys, they will live in poorer economic circumstances.

After discussing both advantages and disadvantages, it would be worth considering whether autonomous vehicles could work well in Hong Kong. For me, I would say "no". Since Hong Kong is a small and dense city, it is very easy to drive from one place to another place. Thus we wouldn't have 10 hour journeys to contend with. Also, the public transportation system is so advanced. Therefore, autonomous vehicles would not necessarily work in Hong Kong.

A One-Day Trip to Sky Phone in Shenzhen

PAN Shuk Ting, Mandy -6A

Perhaps you have been waiting for a chance to visit an IT company for a while, and today, we can make your dream come true! In the coming month, we are going to organize a one-day trip to visit the headquarters of a famous mobile phone company in Shenzhen –Sky Phone. This trip is going to be held on 16th July, 2024 at a cost of only HK\$50. You definitely can't afford to miss it! Visiting Sky hone opens up a golden opportunity for you to learn more about the operation of this advanced IT company and also how they use their high-level technology. In addition, we're 100% responsible for your transportation in Shenzhen, so there is no extra cost for you to worry about.

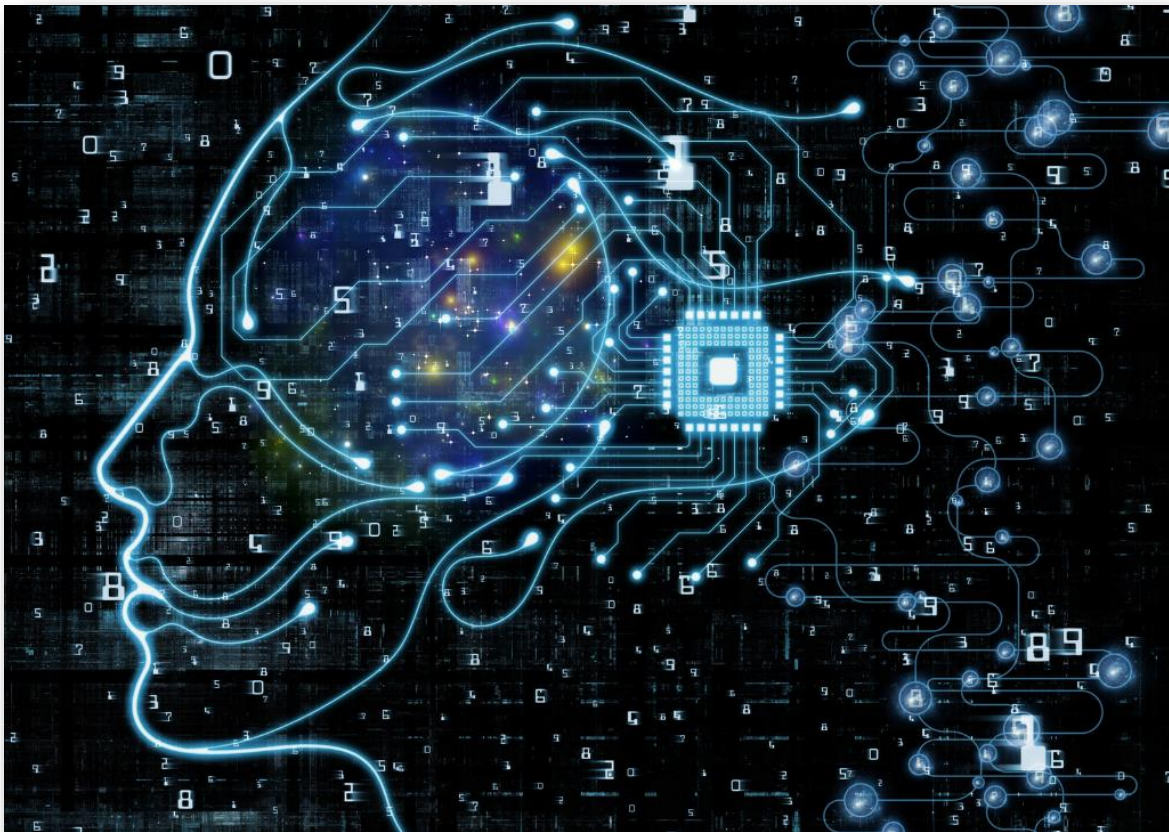
With regard to the intriguing activities you can enjoy on the trip, first you can grab the chance to visit the visitor park and warehouse. Through this experience, you can learn the realistic application of Artificial Intelligences in daily products, ranging from vehicles, to labour. In the visitor park, the design of the advanced and automatic vehicles will be displayed to all the



visitors and in the warehouse you can see a real robot working in our production line so as to increase the productivity. Visiting these two venues will show you that the uses of robots are certainly not limited to Chat GPT, but can create a greater value to a company. We believe this activity can broaden your horizons.

Besides, the one-day trip also provides you with a chance to explore the workstation at Sky Phone. Here, you can clearly observe the operation of an IT company, plus, you may have opportunity to talk with the employees to learn more information regard the responsibility of a worker of an IT company. If you are interested in being an engineer or a software designer, you can't miss this chance! Moreover, we invite the CEO of the Sky Phone to have lunch with all our participants, which mean you can listen to the sharing from the CEO and also ask any questions or even express your crazy ideas about technology to him!

Even our one-day trip has limited time, but it is believed that you can be instilled with unlimited knowledge. The trip not only imparts knowledge but also brings you merriment! So what are you waiting for? Come and join us and enjoy this opportunity!



Application for the position of Youth Mentor

TSANG Pak Hei, Ethan -4A



Dear Mr. Lam,

Re: Application for the position of Youth Mentor

I am writing to apply for the position of Youth Mentor at the Big Brothers and Big Sisters Scheme, which was advertised on the School website.

First of all, I possess strong leadership skills. I am the Head Prefect of our school. In this role, I often have to look after schoolmates and lead the other prefects. In addition, I am the Student Ambassador. I often host important school events. Therefore, I believe that I can host events on Friday evenings and weekends.

Secondly, I also possess good proficiency in English and Putonghua. I am the President of the English Society and the Vice-president of the Chinese Society. I always have to communicate with foreigners in order to plan events for the English Society and I always have to present during the Morning assembly every Monday. In addition, I have joined an exchange programme outside our school and I have gone to the United Kingdom of Great Britain and Northern Ireland during the Summer holiday last year. Moreover, I join Putonghua speaking contest annually and I have won multiple awards in it. Therefore, I am sure that I can assist in providing homework remedial classes and study groups for the S1 students who are in need.

Last but not least, I have a passion for supporting younger students and creativity in planning and running activities. I have been a member of the Student Union of our school for two years. I always assist the chairperson with planning and running activities. In the past year, I ran multiple activities for our school and the most successful activity is “Chase your Dreams” which was run with the School’s social worker to provide emotional support for students who are in need. This activity included playing games and chatting with the students to get rid of their negative thoughts. Furthermore, I am currently working with the other members of the Student Union on next year’s “Fun Day Fair” of our school. Therefore, I am confident that I can assist in planning and running activities for the S1 Student Orientation Programme and providing emotional support for S1 students which I have done before.

I have attached my CV for your reference. I would be glad to attend an interview anytime you want. I look forward to hearing from you and cultivating a caring school culture and supporting your students.

Your sincerely,

Chris Wong

Chris Wong

A One-Day Trip to Sky Phone in Shenzhen

Yu Ka Man, Carmen -6A

This is the president of the IT club speaking. Have you wondered how a high-tech business works? How it feels to be working there? Now, you are given a fantastic chance to get to know the answers by visiting a real high-tech company.

To help you familiarise yourselves with the activity, let me give you a glimpse of what we have planned. This will be a one-day trip on 16th July, 2024, visiting the headquarters of a famous mobile phone company in Shenzhen –Sky Phone. During the day, you will gain a full and comprehensive view of this technology start-up, as well as explore a series of innovative items in the visitor park.

Now you already have an idea of the event, why don't I introduce more about the company? One of the highlights you cannot afford to miss is the attempt to develop AI driven vehicles. Looking from afar, you would say they are nothing but electronic cars. Guess what? What's inside is what makes all the difference. Only if you take a closer up view, you will see there is no brake or steering wheel. There are just two to four soft chairs lying inside, which makes the area like a little meeting room. This is what the company feels most proud of –cars driven and navigated by artificial intelligence where utmost safety and comfort are offered. By joining this activity, you will be able to experience the latest model of autonomous vehicles.

As this trip is committed to letting students have an understanding of high-tech companies so as to facilitate their choice of work, another must-not-miss session is the immersion in the workstation of Sky Phone. Back to the question I asked at the beginning, how does it feel to work there? This tells you more. Stepping in the workplace of Sky Phone, the massive touch-screen monitor is a floating sphere showing all the data of the company. Through exploring the working environment and talking with the employees here, you will have a clearer idea and image of this type of business and cultivate a stronger sense of career orientation.

Speaking of work, what about if we shed some light on robots working in Sky Phone. In the warehouse of the company in Shenzhen, you will be surprised how unmanned this company

could be with less than 10 robots organising the warehouse. They check inventories, categorise products and deliver items as part of their daily routine. What's more, their working pace is jaw-dropping with a speed of less than 10 seconds to sort out around 1000 products in the warehouse. If you want to witness it, make sure you don't miss out on this event.

All in all, this one-day trip will open up a magnificent opportunity for you to widen your horizons. Moreover, it only takes HK50. What are you waiting for?



Domestic Pets are now walking on the Streets

Yu Ka Man, Carmen -6A

Granted, Hong Kong has been an animal-loving city for decades, but it seems to have broken with tradition in recent years. A study conducted by HKU has shown that rate of abandoned pets has surged to 35% after the COVID-19 pandemic. 15% of which was domestic pets. Why have Hong Kong people been dumping pets into the streets? The most common two reasons are due to moving abroad and difficulties in taking care of them. As long as more stray animals are show up, the workload of animal shelters is also levelling up. No sooner have they save a stray dog, another pops up.



Apart from the shelters, in such situations there are more consequences to the animals, as well as society in general. An obvious one is that the abandoned animals are left without proper care, a decent shelter or nutritious food. Unlike humans, animals are unlikely to generate

income on their own. In other words, it's impossible for a stray to take care of themselves, and the result is often death from dehydration or starvation. Another issue is, who is going to be responsible for the higher risk of the spread of animal diseases? For example, dogs can carry numerous bacteria or even viruses. Not to mention they are now living in such unhygienic environments. What's more, the loss of emotional connection with owners could bring inevitable depressions and anxiety. The mental states of abandoned animals is a most worrying situation. With the aforementioned plight of strays, it is high time we took some action for these vulnerable creatures.

First and foremost, it is suggested that schools or campuses adopt abandoned pets as their school pet, providing them with suitable shelters and nutrition. In this case, pupils can take the role of caretaker by learning how to treat and care for animals ranging for dogs and snakes. Pets will be able to receive care and food, leaving their days on the street in the past. Not only physical support is given, but also relationships between human and animals can be built.

Regarding the hygiene condition of stray pets, the Health Department of the government can also provide a subsidy to vets and clinics in an effort to encourage more of them to care for animals from the street and reduce the medical expenses from vaccinating abandoned pets and pills given to treat them. Through this, the diseased pets will get healed and the rest will be protected, both human and animals.

As far as the emotional state of the pets is concerned, it is recommended that a "Pet Me" community centre be built by NGOs so as to offer emotional support for pets suffering from loneliness, depression or anxiety from feeling apart after being separated from their human owners. However lonely they may feel owing to the lack of human interaction, the public is here to help. No matter if you are a senior or junior, you can always offer company or love to the abandoned animals to ease their mental stress. A sense of belonging can be cultivated.

Public Speaking Competition



S1 Public Speaking

How to Learn English

CHEUNG Tsz Man, Cindy -2B

Good morning, principle, teachers and fellow schoolmates. I am Cindy Cheung from class 1B. English is one of the most important languages, it is the official language for many countries, for example, the US and the UK. English is often used in our daily lives. When we watch Marvel movies, the superheroes speak in English, and some of you like listening to English songs too. Therefore, English is very useful and important. Today, I am going to tell you how to learn English effectively.

First, you should listen to your teachers carefully in class. You can write down the key points, new words and examples given by your teachers. You can read your notes again and again after the lessons, and you will remember all the key points. If you do not understand the key points, don't forget to ask questions! I believe your teachers are happy to answer you.

Second, you can read some English books, watch some English movies and listen to English songs when you are free. You will learn a lot of new words, sentences and grammar from the books, movies and songs, you can improve your reading, writing and listening skills. It is really fun to learn English in these ways.

Finally, why not write some articles or stories in English? Practice makes perfect. Don't be afraid to make mistakes, no one is always right. I tried to write articles before and I got higher marks in English exams. I was really happy! So, I think you can learn English effectively if you follow my methods.

Remember, no matter how difficult it is, you should try your best to finish it and never give up. Thank you!



The Food Waste Problem

LUI Sze Yau, Kenny -2A

Good morning, everyone. This is Kenny from Class 1A. Today, I am going to talk about the food waste problem. Wasting food is a big problem that we need to solve. Every day, a lot of food gets thrown away, and it's not good for our planet. But don't worry, there are things we can do to help!

When we waste food, it hurts the environment. Growing food needs a lot of resources. It also makes air pollution worse when food breaks down in landfills. So, we need to be mindful of how much food we buy and only cook what we can finish.

Wasting food also costs us money. Think about all the food we buy but never eaten. It adds up! When we waste food, it's like throwing away our money. But we can save money by planning our meals and only buying what we need. We also can save leftovers for another meal instead of throwing them away.

Did you know that wasting food means others go hungry? Some people don't have enough food to eat and it's not fair when we have more than what we need but throw it away. We can help by sharing our extra food with others. We can donate food to people who need it. Make a shopping list, check the fridge, share extra food. This can also solve food waste problem.

This is the end of my sharing. Thank you!



Cool Stuff About Football

POON Chun On, Issac -2C

Hey everyone! I'm Isaac from 1C. Do you like watching or playing football? Today, I want to share some cool stuff about football with you. Listen up, because it's gonna be fun!

First of all, look at me. I love football! Some of you might think it's boring, just a bunch of people chasing after a ball. But trust me, it's really, really interesting! Let me tell you why I love football.

Since primary school, I have always liked basketball because I thought playing basketball could help me grow TALLER. However, after I got into secondary school, I gradually fell in love with football. I joined the football team at school and now I think it is an amazing sport. I really enjoy playing it with my teammates and friends!

So, what is football? Football is a popular team sport played all around the world. I believe it is also the most popular sport among all sports. Two teams with 11 players each compete against each other. There are ten players and one goalkeeper in each team.

After talking about what football is, let's look at my favourite football player. Can you see this 11-year-old boy in the PowerPoint behind me? He is Cristiano Ronaldo, an inspiring football player. When he was only 10 years old, he was already one of the best young players in Madeira. He faced challenges because he was poor and had a different accent than the other kids. He was laughed at and bullied because of that. At 15, he had a heart problem and needed surgery. But he never gave up. At 19, he joined Manchester United, and at 23, he won the Golden Ball, the highest honor for a football player. Ronaldo always goes all out and never gives up, and that's why he's a respectable role model to me.

That's all for today. I hope you have learned something about football today. Thank you for listening!



5 Things I Want to do Before I Die

HUI Chun Ngai, Elliot -2D

Good morning Principal, teachers and fellow schoolmates. Do you have a bucket list to do before you die? ... I have one in my mind. Today I will talk about the 5 things I want to do before I die.

First, I want to be a farmer. Many people think that being a farmer is not an easy job, but I think it is super easy and interesting. ...Why? I just need to feed and herd the farm animals like goats, cows, pigs and poultry in the farm and I can eat them all.

Second, I want to milk a cow myself so that I can drink a lot of milk. Do you know why? The first reason is that drinking more milk can make me grow taller. I want to be as tall as Lebron James and play basketball with him. Another reason is that milk is delicious. I really like the sweet flavor and creamy texture of milk. Believe it or not, I can drink 1 litre of milk every morning.

The third thing that I want to do before I die is I want to sleep in a comfy bed every day because my bed is too hard and uncomfortable. I can never sleep well at night. That's why I always fall asleep during lesson. Teachers, don't blame me! Blame my bed please!

The fourth thing that I want to do is that I want to build a house by myself. Have you ever thought that we can build a villa with bamboos, tree branches and soil? That is interesting! Right? If I can build one before I die, I will invite all of you to come and visit my dream house.

Last but not least, I want to have a son of my own. I want to teach him to be a polite and kind child, like me! Um... I think I will be a good father. I will give him all my money before I die.

That is the end of my sharing. Thank you for your patience, and I hope you enjoyed my sharing. Goodbye!!



If We Had 25 Hours in a Day

Al Tsun Yin, Anson -2A

Good morning everyone. My name is Anson An. We are going to discuss our topic, "If one day had 25 hours, what would I do?" Well, this is a frequently asked question, but everyone will have their own answer, and so do I. I will split the extra time into three parts: studying, sleeping, and relaxing.

First, I will talk about studying. Studying is important for us because we need to study for our dictations, exams, etc. It's essential for us since it's not only about getting good marks, but also preparing for our future as well. Since we are form one, we need good fundamentals to continue to build up our skills to reach higher and further.

Secondly, sleeping also plays a major role in our daily life since almost one third of our day is used by sleeping. We need a good amount of sleep time to help our body recharge for the work ahead of us and also to let our mind cool down after a busy day of working and studying.

Last, but not least, relaxing is also needed. We need fun and entertainment to keep us happy and to maintain motivation for doing things like studying and working. If we don't have fun, what's the meaning of life? We are not robots! But we need to control our time for relaxing since too much relaxing will lead us into bad habits like being addicted to playing games or laziness.

Lastly, these three parts impact our daily life the most, which is why we need to spend more time on them. This is so we can have a balanced and happy life. That's the end of my speech. Thank you all for listening, and have a great day.



S2 Public Speaking

Stephen Chow

TAM Lok Tung, Nicole -3D

Have you ever heard a saying 'If you don't dream, you might as well be dead'? It is from the classic movie, *Shaolin Soccer*. The people who said this classic lines is my role model, Stephen Chow. Have you ever watched his movies? He is a famous actor and he starred in a lot of comedy films, such as *All for the Winner*, *Fight Back to School* and *Kung Fu Hustle*. He is well-known for his exaggerated facial expressions and hilarious quotes. Almost everyone in Hong Kong knows who he is. Now, I am going to tell you the reasons why he has become my role model.

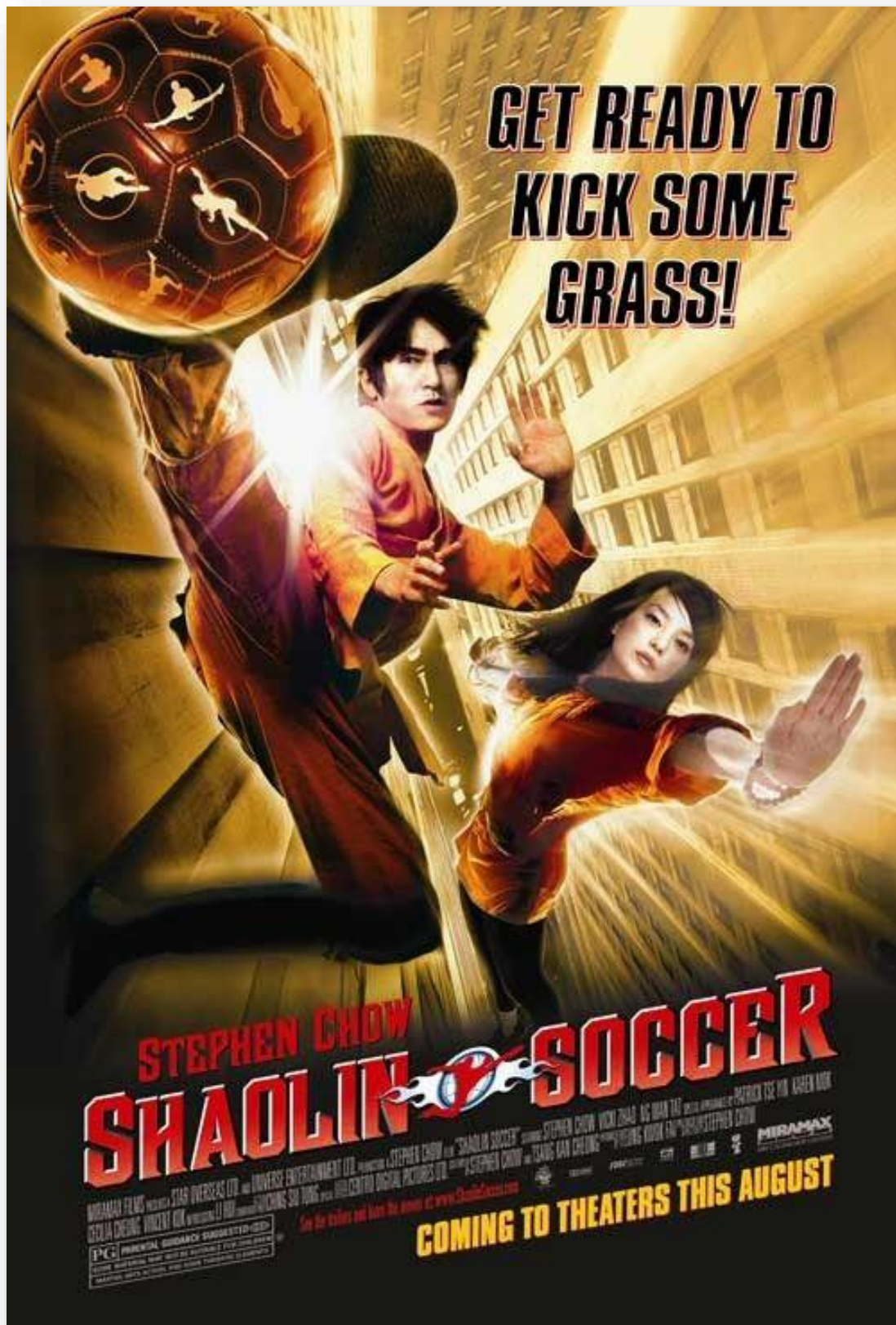
First, Stephen Chow is humorous and responsible. He took part in a lot of films and most of them make people happy and laugh loudly. Everyone loves his movies as they are funny and he is humorous. Also, he seldom uses stand-in and finishes all of the performance by himself. It shows that he respects the production of the film and performs very well. It made him a successful actor. However, I can tell you he is not only about that.

In addition, he is kind and generous to people in need. He donated millions of dollars that he won in a show to children who have cancer and donated about 30 million dollars to areas that were affected by Sichuan earthquake in 2008. Moreover, he donated money to build 100 primary schools for left-behind children and donated more than 30 movie screening rooms for migrant children. You may be surprised by his kindness.

Moreover, Stephen Chow has a positive outlook on his life. He grew up in a single-parent family. Although he was not good at studying, he did not give up and decided to be an actor. He was not famous and some people hated him at first. Luckily, he became famous in a movie and started to be well-known. He has a positive outlook because he never gives up and keeps being very positive and persistent.

To sum up, Stephen Chow is a wonderful person that is worth learning from. His contributions to the entertainment industry have left a lasting impact, and he continues to be

regarded as one of the most influential figures in Hong Kong cinema. I hope that I can be a person that is as good as my role model. He can surely be a role model for everybody.



Michael Jordan*HE Tsz Hong, Devin -3B*

"I have missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." This is one of my favourite quotes by my role model, I am sure you have all heard of his name. Yes, he is Michael Jordan, a legendary basketball player. Let me tell you more why I admire him so much.

In the first place, he is very generous. Every year, he donates a lot of money to a charity called "Make a Wish", which is an organization that helps children with serious illnesses. A lot of kids have their dreams come true because of his help in the past 34 years. Apart from this, when something bad happened in America, he would also help. For example, he donated his \$1 million salary to help the victims in the 911 Attack. If one day I were rich like him, I would also do the same!

Secondly, he is very diligent. When he was a student, he was rejected by his school basketball coach. The reason was he was too short to be a basketball player. After that, he went to school early every morning to practice his skills. He was then accepted and has such great achievements today. His diligence made me believe that nothing is impossible. You just have to work hard, then no one can stop you in chasing your dream.

Lastly, Michael Jordan is also very humble. Even he has won many important awards like 6 NBA Championships and 6 NBA Finals MVP, he still said, "There is no such thing as a perfect basketball player, and I don't believe there is only one greatest player." Even if we all think he is the best basketball player in the world, he still doesn't stop there and keeps on improving himself. We should all learn from him.

Let me end my sharing with my favourite Michael Jordan's quote, which is also on the PowerPoint slide. "Some people want it happen, some wish it would happen, others make it happen". I hope we can all be the last type of people that Michael Jordan mentioned. So, if you have a dream, don't just sit there, take action and make it happen.



Michael Jordan vs. LeBron James in the playoffs

MICHAEL JORDAN

LEBRON JAMES



179	Total games played	224
7,474	Total minutes	9,415
5,987	Points	6,404
48.7%	Field goal %	48.8%
56.8%	True shooting %	57.7%
1,152	Rebounds	1,993
1,022	Assists	1,543
376	Steals	399
158	Blocks	216
2	Triple-Doubles	18
119-60	Career playoff record	148-76
6	Championships	3



My role model - Ting Zhu

TANG Pui Hei, Hazel -3A

My role model is Ting Zhu, and every volleyball fan should look up to her.

Do you know what a role model is? Have you ever thought about who you look up to? A role model is someone you admire and want to be like. I believe a role model should be brave and positive.

Now, let me tell you about my role model, Ting Zhu. She is a professional Chinese volleyball player and the former captain of the China women's national volleyball team. Standing at 198 cm tall, she shows her amazing skills during matches.

There are many reasons why I admire her. First, Ting Zhu is known for her amazing sportsmanship and positive attitude. Even after tough losses, she encourages her teammates and shows respect for her opponents. As the leader, she takes her responsibilities seriously. In 2013, she helped China win the FIVB Volleyball World Grand Prix, and in 2014, she led her team to victory in the Asian Games and other competitions.

But she is more than just a great player. She is also very flexible when she plays volleyball! I remember watching her on TV when I was younger. I was amazed because I had never seen a volleyball player or any athlete so flexible. I started playing volleyball because of her, and I want to be as great as she is! Her leadership and dedication make her a great role model, proving that supporting others and staying positive are key to success in sports.

Ting Zhu is the best volleyball player, and everyone should learn from her. No matter what happens in a match, she never gives up until the end. These are the reasons why she is my role model.



Cheung Ka Long

WONG Yuet Na, Nana -3C

Good morning principal, teachers and fellow schoolmates, I am Nana Wong from Grp5. Have you ever heard of the famous fencer Cheung Ka Long? He is a legendary left handed fencer in Hong Kong.

Although Cheung Ka Long is only 26 years old, he has won several medals in international competitions. For example, he has won a gold medal in fencing in the Tokyo Olympics 2022, and became the first athlete to win an Olympic gold medal in fencing and the second athlete to become an Olympic champion in Hong Kong's history. His hard work got recognized and he obtained the title of "Ten Outstanding Youth Persons" in 2023.

The achievements of Cheung Ka Long have attracted the public's eyes towards Hong Kong sports. Citizens of diverse age groups are more willing to do exercise and children are more willing to learn different kinds of sports. Many people admire Cheung Ka Long for his achievements and call him 'the God of fencing.' He is always asked a question, 'How can you win in Olympic competitions?' Cheung Ka Long answered, 'We need to persevere while facing any challenges and don't be afraid.' That's why many people like him very much.

The story of Cheung Ka Long is educational and inspirational. I am a player of the school's basketball team and I can understand the effort Cheung Ka Long has paid for years, and I have learnt a lot from his achievements. I would strive to be a better basketball player and persevere and not be afraid every time I participate in basketball competitions.

That's all I wish to share, have a nice day. Thank you!



S3 Public Speaking

Socially Awkward

WONG Ching Ki, Kiki -4D

Have you ever felt that you are uncomfortable and out of place in social situations? If you do, you might be socially awkward! I, Kiki Wong, from Class 3D, shall be your guiding light as I am someone who is also socially awkward. **Chuckles in pain**

Anyway, moving on... To me, improving my social skills is one way to be less socially awkward. The chances to meet new people were all lost after being too scared to talk to other human beings thanks to COVID-19. I just regret doing that for so many times. As someone experienced, I would say that improving your social skills are probably the best way to transform you into a social butterfly. Or maybe I should tone the exaggeration down by a bit. Well, by improving your social skills, it will make you transform into a person that doesn't have social awkwardness. So now, let me share the ways to improve your social skills.

Have you ever heard of 'faking until you make it'? No, it is not copium. Instead, it will actually have some positive impact on your social life! Just simply try to add your own way of being social while doing so. Then, you will probably have better social skills!

Other than 'faking till you make it', there are also other ways to improve your social awkwardness. What are 'they'? Well, in short, try to not be anxious, in other words, don't let your emotions get ahead of you, like feeling anxious that you will say something wrong and people will dislike you for it. Well, stuff like that indeed might happen, but it's not 100% true that it MUST happen! So, just calm down, take a deep breath, it will help! I am sure that it will, even for just a little.

For the last way, it's something we learnt in class, well, at least I think we did, and the way is improving your EQ! Try to put yourself in other's shoes, think about what they might be feeling and more, understanding their perspectives.

Aww, that's all! I hope that I helped you with these tips I mentioned. One last thing I want to say is that no matter what, please do remember that it is ok to not be willing to socialize with people, as it is normal to have social awkwardness. Don't force yourself to socialize, just go with your own pace! Now, see you!

A woman with dark, curly hair is shown from the chest up. She is wearing a green, long-sleeved jacket with a buttoned cuff. She has her right hand raised to her face, covering her eyes. She is smiling broadly, showing her teeth. The background is a solid, light brown color.

Socially Awkward?

Before I Die I Want To...

WONG Sze Yan, Daphne -4D

Good morning Principal, teachers and fellow schoolmates.

Before I die, I want to travel to Japan and Iceland with my family. I know my parents really want to travel overseas but they don't want to spend so much money on travelling because they want to save this money for me. I choose Japan because it has fascinating cultures. Also, I saw many photos and videos of cherry blossoms in Japan and they are really amazing! That's why I want to take my parents to see it in person! Beside Japan, I want to travel to Iceland to see the aurora. I believe these beautiful sceneries will surprise my parents.

The second thing I want to do before I die is write an autobiography – a book about the life I have experienced and publish it. I think my life is dramatic, so I would like to share bits of my life with others. I will donate the money I gain to an orphanage because I hope the children can live a better life with that money.

The last thing I want to do before I die is visit my birthplace again. Before studying primary school, I lived in Mainland China. I think my childhood was beautiful and innocent. It was the happiest moment in my life. If I have the chance to visit my birthplace again, I can recall my lovely memory. I believe looking back at my childhood is very meaningful to me.

Life is short. Although time passes by consciously and unconsciously, sometimes, we can complete what we want to do. Whether these things are meaningful or meaningless, whether they are all completed or not, at least, it proves that I did not come to this world in vain.



Think Twice Before Owning Pets

SHIH Long Ching, Clayton -4D

Do you have a pet at home? Many people choose not to have children but have a pet in their family. From a survey, 35% of families in Hong Kong own a pet such as dogs, cats, turtles and even snakes. Today I am going to talk about the benefits of having a pet with you and the downsides of it. I am sure many of you have read news about poor animals being abandoned. I am going to talk about why.

First, why do people keep a pet? Many people believe pets are great companions. They make you never feel lonely and make you laugh when you are upset. Pets give you huge emotional support. They help reduce your stress and anxiety.

However, many pet owners keep a pet because of other reasons. They are influenced by those cute animal videos online or their friends who have a cute fluffy animal as their pet. They simply do not think carefully before they get a pet. What happen next?

After that, they realize keeping a pet is not as easy as they think. For example, it takes a lot of time to take care of animals. You need to clean up their messes like poo. Oh, so disgusting! Also, some pets are too active and naughty. A dog may bite your pillow and sofa when you are not at home. Therefore, more and more pets are abandoned. For example, I remember a piece of news about stray dogs biting a little girl because the dog did not know how to find food after being abandoned. I am not saying we should blame the dog, but, of course, the dog owner.

Yes, true. Having a pet has many benefits. However, we should be responsible and think twice before we own a pet.

That's the end. Thank you for your listening and I hope you enjoy my sharing.



How do Chinese parents express love to their children?

SITU Wan Shing, Winston -4B

Hi everybody. I'm Winston from S3 Group 5. Let's talk about love today. How often do you say 'I love you' to your mom and dad? Almost never, right? And have you wondered why Chinese parents don't say, "I love you" to their children?

Today I'm excited to share with you about how Chinese parents express their love for their children. Unlike Western parents who always say "I love you" to their kids, Chinese parents express love not by words, but through actions. They believe that "actions speak louder than words." Many Chinese parents like to show their love through actions, like cooking, cleaning, buying new stuff for their kids and taking care of them when they are sick.

My parents are the same. My mom always makes me pork brain soup. She says it's good for my brain so I can get at least 90 marks in every test and exam! Every time I come home from school, my mom would ask "have you eaten yet?" and say "please eat more! You're too skinny!"

In fact, food is a way for Chinese parents to express their love and care. What about my dad? Well, he shows his love by calling me all the time to ask "where are you??" and "when will you be home??" Sometimes, I find him quite annoying, but I guess that's his way of showing love.

Now, let me ask you: do your parents scold you a lot? My parents do! And can you believe that it is a way for them to show their love? For example, do you hear your mom or dad say, "No video games until your homework is done!" or "You'll never find a job if you don't study hard now!" When Chinese parents show affection with words, it usually comes in the form of scolding. They may seem to be harsh but it is rooted in concern. Our parents want the BEST for us. They want us to build good habits for our future.

So next time, when your mom or dad scolds you, take a moment to think about their intention. Express your gratitude to your parents for their love, sacrifices, and efforts. Try to give them a BIG hug and be the first one to say "I love you"!

Thank you.



Being Single

LAM Chun In, Jimmy -4A

Hi, I'm Jimmy. Before I start, please raise your hand if you are single. Well, I'm not like you guys because I have a girlfriend and she is over there... See my racket? Some of you may think I'm a psycho because I have a relationship with a racket, not a real person. That's so weird! However, I have to tell you that there are tons of benefits of being single.

First of all, recently there's a topic about choosing between PS5 and a beautiful girlfriend and it sparked a heated debate among my friends. To me, I will definitely choose PS5 because it is simple. Hey, those who have a girlfriend, you tell me how you answer every time you two need to pick a place for lunch. She must ask you, 'You decide.' Then you say, 'McDonald's'. 'I don't wanna eat burgers.' You then say, 'Let's go for Tam Jai.' 'Tam Jai again!?' However, PS5 won't give me a bold face after my suggestions. It will never argue with me on any topics. Also, PS5 will never leave me alone.

What's more important, girls may cheat on me and tell me I'm just nobody. It is too heart-breaking for me to hear that, or even I can say it is an emotional harm. (sobbing) How long did you spend time recovering after breaking up, you tell me! Therefore, I would rather hold my PS5 in my hand than a girl's hand.

Last but not least, as dating with someone requires devotion of time and money, you will be very busy. First, you always need to squeeze some time for your beloved one to study with her, to hang out with her and... to stay with her. You have to put your homework and revision aside. Second, you also need to earn some money for spending at Christmas, New Year and Valentine's Day. Oh, you are safe on Ching Ming and Chung Yeung Festival! Yeah! How do you get money? Maybe you need to get a part-time job, mate! Therefore, if you are single, you will have extra time in your hands to do anything you like, or to relax.

In conclusion, being single isn't a tragedy. On the contrary, you are safe!! Perfectly safe! You will have more time to improve yourself when you are single and wait for the one you deserve.



We enjoy being single instead of hating to be single. Pray for the best and no rush! I hope you enjoy my sharing.



S4 Public Speaking

Being Single

CHUNG Haw Shuen, Bell -5D

Good morning, everyone. Do you know if any of your friends has a boyfriend or a girlfriend? Are you envious of them? Do you also want to date with someone? If yes, I will bless you, but for me, I can tell you I love being single. You may ask me, don't you feel lonely when you see many people have their lovers? I can definitely answer you no! Today, I stand here and proudly declare, I am single, so what?

Let me tell you. First of all, being single allows me to spend more time on myself and do what I want to do. I can go shopping with my friends, do drawings and play the piano. I don't need to check my phone every minute for missed calls or unread messages from my other half. When I see my friends keep checking the messages from their lovers, I will feel very lucky that I don't need to do that because I still have a lot of other things to keep me busy. I really enjoy my own company.

In addition, being single makes me less stressed. I don't need to prepare gifts for every festival. Hey, do you know how many festivals and celebrations there are for a couple every year? Valentine's Day, Chinese Valentine's Day, Birthdays, Christmas and the many anniversaries... Come on, that's too much! For those who have a lover, do you feel stressed before festivals and anniversaries and worried that your gifts are not surprising enough? As for me, while you are worrying, I am just sipping a cup of tea.

The most important thing is that I can see whoever I want and I don't need to avoid suspicion if I am not in love. I don't have to worry about meeting friends of the opposite sex. I don't need to meet my lover's friends or family so that means I can spend more time with my family and friends. Yeah, I love my family and friends.

For me, the most important people in my life are my parents. I want to spend my time with them when I am still a youngster. So if you ask me if I want to have a lover, I will say: maybe later. Thank you and have a nice day.



BEING SINGLE
MEANS YOU'RE
TAKING YOUR TIME
DECIDING HOW
YOU WANT YOUR
LIFE TO BE AND
WHO YOU WANT
TO SPEND IT WITH



How to Avoid Being Noticed

POON Tsz Wai, Ande -5A

My friends and classmates think that I am an introverted person. I never speak at any public places and seldom join multiplayer activities. All these things I have done because I want to be neglected. (Sighing and shaking your head) When Ms Kwan told my group to write a public speaking passage, I started to be anxious. I still could not forget the moment, during the English tutorial, Ms Kwan announced her pick of the participants to join this contest. I avoided looking at her. Gradually, I could see Ms Kwan's shoes, walking towards me. Then she touched my shoulder. 'Ande, congratulations!' 'Oh, no!' Her 'appreciation' drove the final nail in my coffin.

I could never understand those stupid people who enjoy being under the spotlight. In fact, there are many benefits if you are not noticed.

First, it is unlikely for you to get into trouble. In class, teachers are always too naïve to expect students to volunteer to answer their questions. Don't bother me. The classroom is so quiet. The teacher moves her head, looking at me for a few second. Thanks to being invisible, my teacher becomes embarrassed since she cannot remember my name. Then, she turns to shout out the name of the more famous classmates. Sorry, you are in trouble. Who wants to be disturbed from day dreaming?

Also, as you are not outstanding, fewer people will be jealous of you as you cannot even get their attention. It will make you safe in any places.

So, how can you do to become neglected?

First, find a seat at the back of the classroom, behind a big guy. During lessons, never call out or lift your head. Focus on your work. Remain mostly silent and let the chatty ones talk. Never fall asleep. Then, you are more likely go unnoticed. Dress neatly and so Ms Yau will not give your name to your class teacher. Reduce unnecessary contact with people. Set your social networking account into private. Don't do things that are not your business.

Hope my advice can help you stay out of the trouble. Thank you.

Being Single

HUI Chun Wang, William -5B

Good morning, principal, teachers and fellow schoolmates. Have you ever seen your friends dating someone? Do you sometimes feel envious? Today, I'm going to talk about being single. How many of you are single now? Can you show me your hands? (I am single too, it's really not a big deal.) There's no need to feel ashamed of it.

Now, why should we embrace being single? Trust me, being single gives us many benefits. Being single gives people more time and space to develop their own interests and hobbies. Without the influence of a partner, you have the freedom to pursue your passions and do whatever brings you joy. Whether it's diving into books, embarking on exciting adventures, or mastering new skills, the possibilities are endless. Why don't you share a personal story about learning new skills and how it wouldn't have been possible if you were in a relationship, emphasizing the importance of having time for oneself?

Second of all, being single is awesome! It's a chance to know yourself, be independent, and boost confidence. You face challenges, fulfill your needs, and find your unique style. At the same time, the self-confidence and independence that singles built in their independent life, will also make them stronger and more confidence. Likely, single life can also make it easy for people to have their own social relationships.

Now, let's consider the flip side. Am I sounding bitter? I don't want to give that impression at all. Dating is not inherently bad. If it were, we wouldn't see couples everywhere. Dating teaches us how to get along with others and allows us to learn from one another. By communicating and getting along with our partners, we can understand our strengths and weaknesses and get to know ourselves better.

And here's another important point: dating helps us develop higher emotional intelligence (EQ) and communication skills. In the process of getting along with our partners, we need to learn how to express our own needs and emotions and learn how to understand each other's feelings and needs.

Overall, dating is like a coin with two sides, and it all depends on how you perceive it! Maybe dating is like a superpower that helps us support and uplift each other, creating unforgettable moments in our sometimes gloomy lives. It's like a magical journey where we can grow together and have a blast!

If you have an amazing boyfriend or girlfriend, they can be your partner in crime and help you grow into the best version of yourself. But hey, being single can also be an awesome choice! It gives you the freedom to focus on self-discovery and enjoy the adventure of being on your own.

So, whether you're rocking the dating scene or embracing the single life, remember to have fun, stay positive, and make the most out of every moment! Life's too short to not enjoy the ride!

Overall, a coin has two sides and it depends on how you perceive dating. Maybe dating is a good thing to support each other and grow together. Feel the power of it and make a special, unforgettable moments in our depressed life.

To sum up each, all the things have their pros and cons. If you have a good boyfriend or girlfriend you can grow up yourself. Otherwise, being single also is a good choice.



Parents? Annoying!

CHONG Man Ho, Matthew -5C

Good morning principal, teachers and fellow schoolmates. I am Matthew Chong from 4C. Let me start my presentation by describing a scenario. You tried to relax a bit at home after a long day at school. Once your mom spots you doing nothing but checking your mobile phone on the sofa, she immediately yells, 'Have you finished all your homework?' If you dare to say yes, she would followed this with, 'Then go to do your revision! Your DSE is coming, can you get into university blah blah blah...' Does this sound familiar to you? You are very lucky if you can say no to my question. In the following, I am going to share a few more annoying things that my parents do. See if you have experienced the same.

The first thing is my parents give me too much attention, especially on my relationship. They are super sensitive to this. For instance, if I go home a bit late, I must have gone dating. If I dress a little bit more decent and do my hair, I must be going out with a girl. When I make a phone call at night, the one on the other side of the phone must also be a girl. Obviously, they have too



much confidence in their son. With all these assumptions in their mind, they would continue lecturing me by saying something cliché like ‘don’t get distracted at this moment; better get into university first before you start dating.’ But the most ironic thing is that my parents met each other when they were in junior form and they started their relationship at a very young age. Isn’t it ridiculous for them to have such a double standard for their son?

Apart from being sensitive to my relationship, they have no trust in me. For example, if I go out in a basketball jersey, basketball trainers and also with a basketball, where can I go? To a basketball court of course! But they just won’t believe me. They would call me literally every single hour to check where I am. If I am out for too long, they would even ask me to send them my location. Come on, I’m not a three-year-old kid! I need my own leisure time. They always worry that I may learn bad behaviours from my friends. Don’t smoke, don’t take drugs, don’t gamble etc. etc. They keep indoctrinating me about this. I am pretty sure my friends are all drug dealers or gangsters in their eyes and their son is too stupid to distinguish what is right and what is wrong.

The last thing is they have too much expectation on me. When I was small, they sent me to all kinds of classes. Can you believe that I learnt piano, violin and even dancing before? Not to mention all those afterschool tutorial classes. I do understand that all parents hope their kids can become a doctor or lawyer one day, but honestly, this is not what I want. Studying in Hong Kong is tough, going to school for at least 9 hours a day, plus extra tutorial after school are stressful enough. Don’t forget there are still countless of assignments and quizzes await for me. Why can’t the adults put their feet in our shoes and try to understand us more?

Well, I am having second thoughts. Although our parents are overprotective or sometimes annoying, this is a way for them to express their love. They do this for our future. They want us to have a better life when we grow up. Regardless of all our poor attitudes or rude words, they continue to work hard to support our life, and the best is always given to us. We can never find this kind of unconditional love elsewhere. Therefore, treasure the moments we have with our parents, even though they can be annoying sometimes. But only if we cherish their love, we will have no regrets when they are gone. Consider giving your parents a big hug or at least a warm smile today after school! Hope you guys get some inspiration from my sharing. Thank you.

Welcome to Scoop

CHOI Ho Hang -Terence 5C

Good evening, everyone. Welcome to Scoop, one of the most popular TV programmes in Hong Kong. I am your host Terence.

Since the launch of our programme in 2005, we have received a lot of compliments, saying that we manage to highlight stories which have a significant impact in society. Scoop mainly focuses on entertainment news, but we are also determined to help the general public. We report unfair situations to raise everyone's awareness. From time to time, after we report the situations, people can get immediate assistance.

I am sure many of you sitting here love watching Scoop because we are not just entertaining but also informative. We can always provide professional and even legal advice to help viewers solve problems which may have annoyed them for more than 10 years. Let me ask you a question. If there was water leaking from the ceiling of your flat, what would you do? Which government department would you call? One of the viewers called us for help in this situation. When he found that it was actually leakage from his upstairs neighbour's unit, he asked his neighbour to fix it but his neighbour ignored him. He then called the management of his building and they asked him to call the Buildings Department. The Buildings Department asked him to call the Food and Environmental Hygiene Department. He waited and waited and the problem became worse and worse! There was water dripping on his head every single day. He called us and we interviewed him. After that episode was aired, he got help within a week! He thanked us for helping him.

We never stop improving the quality of our programme and we value feedback from our dearest viewers. Sadly, we have also received complaints. One of the reasons you may hate our programme is that we make you lose your appetite when we report people living in flats filled with cockroaches during dinner time. How do you feel when you see rats, cockroaches and piles of rubbish on the screen? Let me interview Dr. Yeung. Dr. Yeung, do you enjoy seeing cockroaches and rats while having dinner? You may think that the insects are actually crawling out from the



screen and into your bowl of rice. We have to apologize to you but we were just trying to help those needy clean up their home.

You may love our programme or hate our programme. We just hope that everyone will have a caring heart for the community. Call us at 60886600 if you need any help. See you tomorrow. Bye.

Welcome to Scoop!



Salute My Dad

YIP Ying Ying, Iris -4A

Good morning principal, teachers, ladies and gentlemen.

Did you give your mum a hug and say 'I love you' on Mother's Day two weeks ago? As for most of the Asian parents, they seldom convey their love to their children. So does my dad. My dad is 60 and he's a very typical Chinese old man who is conservative and stiff-necked.

Most of the old Chinese men don't like their kids to argue with them, and they don't like their daughters to date with anyone. That's the reason why I don't have a boyfriend now!

I remember once, I got 60 something marks out of 70 in my English Reading paper, so I shared this happy news with my dad with thrill and my dad's response was, "Oh, yah. Good job but remember one thing, just one thing....DON'T BE TOO PROUD OF YOURSELF."

'No dad, I just want to share my happiness with you.'

After a few seconds of silence, my dad said, 'Are you arguing with me?'

I was speechless, as for having being his daughter for 16 years, I know it's not wise to answer this question. So I moved on to another topic.

'Dad, you know what? I've made a new friend at school these days.'

'Oh, yeah? What's her name?'

'He is a boy.'

'Hey, hey, are you dating!? Do not ever date with boys before you graduate from university.'

'No, no, we're just friends.'

'That is impossible to have a male friend.'

'He is a humorous guy. Again: we are just friends.'

Suddenly, my dad's face turned into a poker face.



‘Are you arguing with me? Don’t argue with me again. That’s impossible to develop pure friendship between boys and girls.’

‘Dad, it’s possible, because he’s gay.’

Then it’s my dad’s turn to get speechless...

Although my dad is stubborn, he is still the best dad in the world. I was very absent-minded when I was in primary school. I always lost my books, stationery or even my homework!

‘Oh, my gosh, Dad. I lost my homework again. What can I do?’

‘It’s okay. Don’t worry, your dad can help you.’

My dad has never beaten me even once for all these 16 years. He is conservative, he’s stubborn but he is tender even when I made mistakes. As the saying goes, ‘Daughter is daddy’s sweetheart in the previous life.’ And my dad is a superman to me in this current life.

Father’s Day is coming, and I’ll definitely give him a hug. Oh maybe not a hug, but a salute to him.



S5 Public Speaking

Are Poverty and Crime Interconnected?

CHAN Hoi Lam, Helen -6A

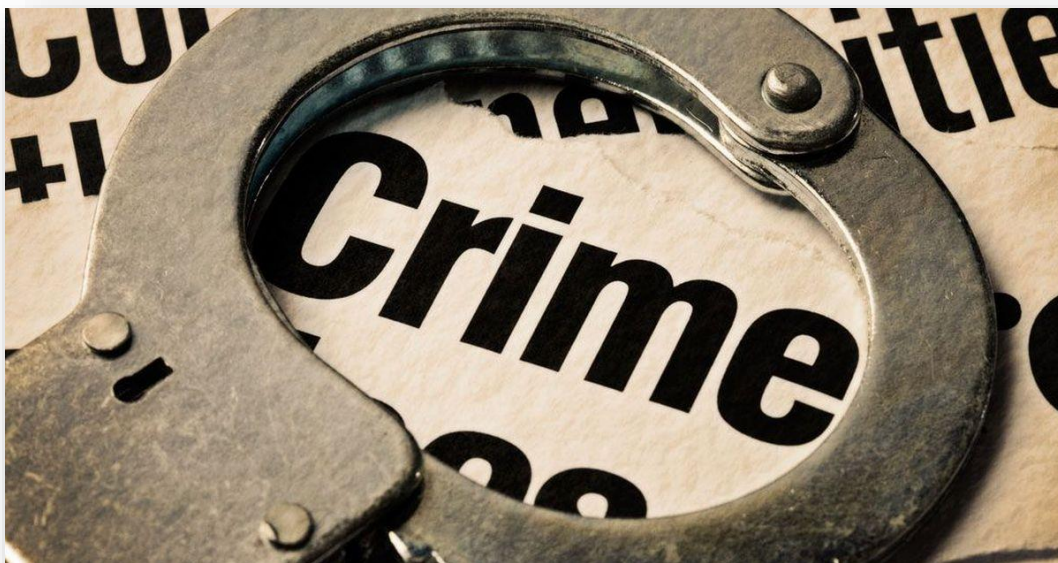
Good morning principal teachers and fellow schoolmates.

Today, I would like to share my opinion on the topic 'Are poverty and crime interconnected?'

Poverty and crime have a complex relationship, and there is evidence to suggest that they are interconnected. While poverty does not directly cause crime, it can contribute to the conditions that make crime more likely to occur. Let me explain.

First, poverty often leads to social disadvantage, limited educational opportunities, and lack of access to basic resources such as healthcare, housing, and employment. These factors can create frustration, and a sense of desperation, which may increase the likelihood of engaging in criminal activities.

Besides, poverty can create economic motivation for criminal behaviour. If one faces financial problems, he or she may turn to crime as a means of survival or to obtain resources they



lack. For example, in the poor countries, it is not uncommon that the poor may steal food to fill their stomach.

What is more, poverty can limit opportunities for personal development. Without access to quality education, job training, or stable employment, the poor may feel trapped in a cycle of poverty, leading to a tendency to criminal behavior.

Apart from the above, do you know that poverty is associated with higher rates of mental health issues, like higher levels of stress, depression and anxiety? Untreated mental health problems can increase the risk of criminal activities such as violence. It is even possible for people in poverty to feel worthless.

A few words before I finish my presentation, it is important to note that while poverty can contribute to crime, I have to stress that not all those living in poverty engage in criminal behaviours. Many factors, including personal characteristics, ways of parenting, social welfare systems, and community resources, can mitigate the situation. Efforts to address poverty and its underlying causes, such as improving access to education, healthcare, and employment opportunities, can help reduce the happening of crime.

This is the end of my speech. Thank you.



The Heaviest Social Issue - Obesity

CHIU Tin Yu, Bosco -6C

Today, my speech is about obesity. Where do my ideas come from? Books? Magazine? Internet? Not really! Most of my ideas come from my English teacher, Miss Chung. I think she is an expert of obesity. Why? When the word "Obesity" appears, the first person comes to my mind is Miss Chung! Anyway, let's get into the topic.

Nowadays, in Hong Kong, obesity has become a real "heavyweight" social issue, many people care about obesity. One of the major causes is that most people lack exercise. There are two reasons for this major cause of obesity. Let's dive into the sea of causes together.

The first reason is that playing grounds in Hong Kong are in short supply. Land in Hong Kong is very limited and a lot of land is for business and residential uses. Therefore, only a small part of Hong Kong has been developed for doing sports and



most of them are far from the residential areas. The general public is unwilling to take the time to go to playground which is far away. This has led to a lack of motivation for doing exercise. Hence, more people are reluctant to exercise and many of them have developed the problem of obesity.

The second reason is that more and more people have chosen a sedentary lifestyle. As Hong Kong is a very busy city, people have long working hours every day. Most people are exhausted after a long working day. When most of the people want to rest after work, it's difficult for people to get the motivation to exercise. Therefore, instead of doing exercise, many people choose to sit on the sofa or lie in bed to reduce fatigue. Besides, most Hong Kong people work in an office, so most of them are always sitting in front of the desk. That's why they have built up a sedentary lifestyle.

To conclude, Hong Kong people are not getting enough exercise because of the environment and the living habits. People don't take action to exercise, which makes obesity a more serious problem. We need to find ways to make exercise more accessible and enjoyable, so we can kick obesity to the curb and get Hong Kong back in shape!

Thank you.



Same-Sex Marriage in Hong Kong

KAI Ching Yi, Amber -6D

Hi Everyone! I'm Amber Kai from S5 Group 4.

Today I have a question for you: Do you truly know what love is?

As the saying goes, love knows no boundaries. And sometimes people fall in love with someone of the same gender. There has been a big debate about whether people of the same sex should be allowed to get married. It's called same-sex marriage.

Let's dive into this topic today. The idea of traditional marriage between a man and a woman has changed throughout history. In different parts of the world, there is a growing trend to support the right of same-sex couples to marry. As of 2024, marriage between same-sex couples is legally performed in 37 countries, such as the United States, France, Germany and Australia. Besides, same-sex marriage has been legal in Taiwan since 2019, making it the first place in Asia to legalize same-sex marriage.

What about Hong Kong? Unfortunately, same-sex marriage is still not recognized here. Personally, I strongly believe that it should be legalized. In fact, support for the rights of same-sex couples has grown significantly in the last decade among Hong Kongers.

A recent report jointly issued by two Hong Kong universities and the University of North Carolina shows that 60% of Hong Kong people supported same-sex marriage, while only 17% said they did not support it.

These figures are encouraging. Indeed, legalizing same-sex marriage is important because everyone should be treated equally. According to the Basic Law, everyone in Hong Kong 'shall be equal before the law'. Allowing same-sex couples to marry is a way to honor this promise and ensure fairness for all residents.

Another strong reason is that all individuals, regardless of sexual orientation, should have the right to express their love and commitment through marriage, based on the principles



of equality, love and personal freedom. Can you imagine how it feels if someone tells you that you can't marry the person you want to be with?

Last but not least, legalizing same-sex marriage in Hong Kong helps to promote social harmony. By including and accepting our LGBT family members, friends, neighbors, and coworkers in marriage, we create a stronger, happier, and more inclusive society.

Remember, all love is equal. When love wins, we all win.

Thank you.



Are we 'Smart' Enough to use Smartphones?

LIANG Ip Yung, Skye -6C

Good morning Principal, teachers and fellow schoolmates. Hey, guy! Do you think you are 'smart' enough to use smartphones? Okay, let me ask you some questions. Where do you usually put your smartphone when you go to bed? Right next to you? Or under your pillow? When you wake up in the morning, what's the first thing you do? Go brush your teeth? Wash your face? Or view your notification messages on the smartphone? Oh my god! I'm sorry to tell you that you're not really that 'SMART', and you're actually already one of the smartphone addicts.



So, what problems does smartphone addiction cause in our lives? It not only affects our physical health, but also our social relationships. According to the Vision Council, it revealed that constant blue light exposure from digital devices could cause vision problems like dry eye and eye strain. Moreover, overuse of smartphone may disrupt our

sleep pattern. What do you do every night before going to sleep? Sending your never-ending 'good night' messages to your boyfriend or girlfriend? Watching the latest Korean drama on Netflix? Or non-stop browsing your friends' stories and reels on IG? When we finally put down our phones, it takes us longer, may be 30 minutes or even one hour, to fall asleep. Therefore, the quality of sleep is reduced and the next day we all wake up like zombies!!!

Smartphone addiction may also create dysfunctional relationships with our family and friends. When you go out for lunch, sometimes you may forget to bring your wallet but definitely



not your smartphone. Lunchtime is no longer a time for lunch, but a time for game battling and sending messages. It is not uncommon to see that families or friends sitting around a table are not eating or talking at all. Instead, they are just looking at their phones without any meaningful face-to-face interaction. Some even choose to send text messages to their family members and friends even though they are just sitting next to them. That's so ridiculous, right?

My friends, do you all have the symptoms I mentioned earlier. If you have one or two, it's time for you to learn to be smart about your smartphone use. First of all, try to reduce the screen time that you spend on your smartphone. You're the one who owns the phone! You can change the phone setting and turn off all the notifications at any time. Second, you must keep your hands off your smartphones at dinner. Never use your smartphone when you're with other important people! You should get rid of smartphone addiction and learn to embrace the simplicity in real communication in your daily life.

That's all for my sharing today. Thank you for your listening!



What does your body need?

PAN Shuk Ting, Mandy -6A

Good morning Principal, teachers and students.

Before I start my sharing, I wonder, do you really know about your body? Come on, I am not talking about your gender, your appearance or your personality. But, do you know what your body actually needs?

Certainly, we all understand that the body needs energy to support our daily activities, our sources of energy primarily come from carbohydrates, lipids, and proteins. However, do you truly know the ideal proportions between these components? You can choose to buy a donut from A1 Bakery as a tasty breakfast. What you may not know is that consuming ONE donut is equivalent to eating TWO bowls of rice!



So choosing foods that are more nutritionally valuable is worth considering. An adolescent should consume an average of 2300 calories every day, please control your intake of different nutrients at each meal, vitamins and minerals are essential to you

When you are tempted to eat more than you need, ask yourself, 'Is this what I need or just what I want?' A German philosopher, Schopenhauer said "the greatest of follies is to sacrifice health for any other kind of happiness." Be smart! Don't sacrifice your health because of a momentary desire, a moment of happiness.



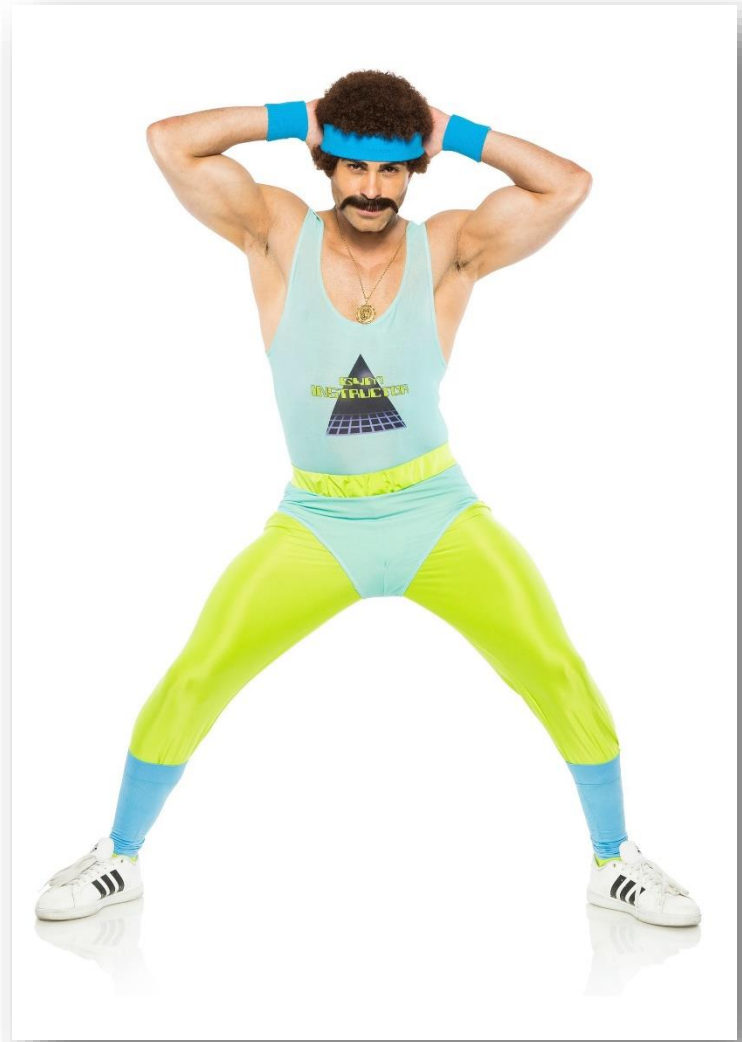
So returning back to the question I asked you at the beginning, what does your body really need? On top of healthy eating, more importantly, it's exercise. Have you heard about the automatic nervous system in our body? The automatic nervous system helps you to control body functions by judging whether you are awake or asleep.

If you haven't moved for more than three hours, this system automatically determines that you need to rest. Just like sitting still in the classroom after lunch, we all start to feel sleepy when it's 5:00 pm during our tutorial. If we don't exercise regularly, our body will put us in a sleeping mode, as a result, we will do nothing! Thus, no fitness activities at all!

Today, I not only want to teach you how to eat healthily and exercise properly but the most important message is that, listen to the inner voice from your body. The body doesn't speak; it can only give you signals. But each time you ignore these signals, like falling ill frequently, being unmotivated, even when you meet your favourite boys or girls or feeling blue, there may be potential or even greater harm to you.

Now, let me speak on behalf of your body, "While you indulge in gourmet food without any physical activities, please listen to my voice carefully".

Thank you.





Yan Chai Hospital Law Chan Chor Si College



A collection of work from students of Yan Chai Hospital Law Chan Chor Si College

Please enjoy **The Pieces!**

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