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# 銀禧文集

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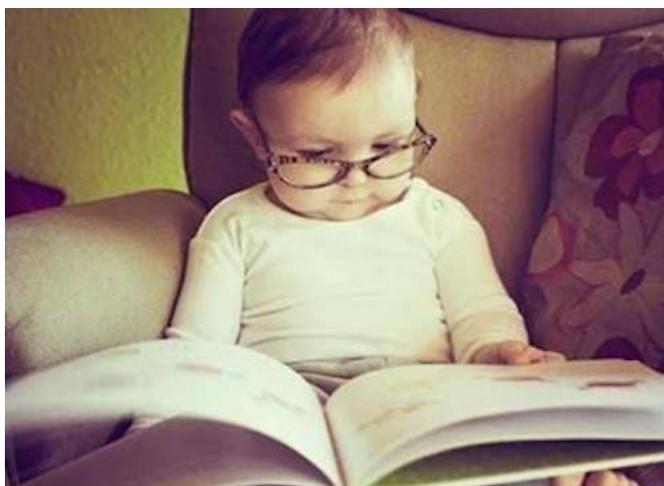
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Ho Ngai College (Sponsored by Sik Sik Yuen)



*Jubilee  
English  
Compositions*

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# 回憶點滴

## 記一次比賽的經歷和感受

1B 章華溢

每逢看見有人游泳，我就想起了那場比賽，那場令我記憶深刻的比賽。

小學的時候我報名參加了全區的游泳比賽，這是我第一次參加游泳比賽，雖然我並不是很厲害，但是我想試一試。

比賽的前幾天，我一直在練習。到了比賽的那天，我坐著學校的專車來到了比賽的場地—實驗小學，我進了游泳池，裡面人山人海，我就隨便找了一個空位坐了下來，眼望四周，看著其他選手每位都「實力強盛」，而我只是一名「小菜鳥」。我心想：「哇，我要怎麼辦啊！他們都很厲害！」我的心跳得很快，甚至產生了放棄的念頭，但是，我既然已經來到比賽場地，不能就這樣回去。我內心很掙扎，媽媽似乎看出了我的心思，就語重心長的對我說：「你不必緊張，我不需要你一定要拿到什麼名次，只要你挑戰自己。」聽了媽媽的話我沒那麼緊張了。

很快便輪到我上場了，比賽前我跳到水中熱身，剛跳下去一股涼意鑽進我的身體。我心想：「好冷啊！我不想動了。」但為了比賽我只能默默的祈禱，祈求不要影響我的成績。

比賽開始了，我全神貫注的凝視前方，在裁判的一聲哨響下，我像一支箭一樣衝了出去，拼命的蹬腿，划水，很快便處於第二名的位置，當我轉身游回去時前面的人已經快到終點了，我奮力的追趕上去以求減少之間的距離，最終仍保住了小組的第二名，但不能進入決賽。沒進決賽多少還有一點失望，但是我心中的高興要多於失望，畢竟是我第一次參加比賽。

雖然心裡有點遺憾，但這場比賽不僅鍛鍊了身體，還鍛鍊了意志，面對任何事情都要勇敢面對，不能輕易退縮。



## 記一件令我開心的事

1B 譚韞妍

人的一生中會發生很多的事，也許是令人難過的事，但是，也會發生一些令我開心的事，這些事往往在我印象中是那麼美好。

記得在以前，我有兩個形影不離的好朋友。我們一起上學一起放學，買東西總是喜歡買一樣的。我們無話不談，在一起時總是無拘無束，我們有說不完的話，對彼此的了解比父母還清楚，和她們在一起是我最快樂的時光。

有一次，我們在周末時約好了一起去爬山，我們在路上看到了一些從未見過的植物，蜿蜒的山路讓我們更加想要看到最後的風景。我們一路上歡聲笑語，炙熱的太陽下，我們的青春和友誼正在燃燒。我們走到了最後，眼前的風景並沒有辜負我們的一路艱辛，一條清澈的溪流進入眼簾，溪邊的石頭如同五彩斑斕的寶石一般，在我的眼前閃耀，我的心情無比的快樂。

這一件與朋友之間開心的事，不僅讓我感到了快樂，還讓我明白到經歷了艱辛，最後等待你的將會是美麗的風景。這就是在我印象中美好、開心、難忘的事。



## 記一件令我開心的事

1B 李國韜

令我開心的事有許多，但讓我記住的事卻只有一件，那就是遊樂園的「摩天輪」。

小時候家人帶我去遊樂園玩，那是小朋友和家人互動的必備場合之一。那有摩天輪和過山車，這些都是刺激的遊戲。我和家人一起去玩了碰碰車，剛開始車的速度不快，可到後來速度快得像一隻獵豹似的，但撞到別的車後，那痛感十足啊！然後過了許久，遊戲終於結束了。

到了我們一家人坐上過山車時，大家心情都忐忑不安，像被鬼嚇到了一樣。我坐在第二排，心情是非常地興奮，就像一隻饑餓的老虎看到獵物時的心情一樣。遊戲開始了，全車人都在不停的尖叫著，有的哭著，有的呆呆的笑，有的暈過去了，這真讓人感到害怕啊！接著我們坐上了安靜又巨大的摩天輪，直到升到最高時，才知道晚上的天空和城市是這麼美，這也是一件多麼開心的事。

從那以後，我時不時地去遊樂園玩碰碰車、摩天輪和過山車，因為這是我童年的回憶，同時也是一件令我最開心的事了，我永遠忘不了那摩天輪的美。



## 這一次，我錯了

2C 馮曉茵

在每個人的成長經歷中，都會碰到許多事，必定少不了做錯事，而我也不例外，這件事便令我感到非常地慚愧。

一天，我在房間裡用電腦玩遊戲。然後，爸爸進房間對我說：「女兒，等會把天臺的衣服收下來，天氣預報說今天會下雨，趕緊把你的校服收回來，不然明天你就沒得穿啦！還有，不要老是玩電腦，對你眼睛不好，出去玩該多好。」我玩遊戲正玩得開心，突然給爸爸的這些話給煩到，覺得爸爸非常地囉嗦，隨便地說：「行啦，我知道了，你趕快出去工作吧！」

爸爸出去工作後，我玩遊戲玩得很開心，看窗外的天氣晴朗，心想天氣這麼好，怎麼會下雨呢？衣服自然就會乾。

不久後，天色漸漸變黑，也開始響雷了，小雨一滴滴地落在了地下，我聽到外面打雷，發現該收衣服了。我馬上往天臺上跑，可是，小雨漸漸地變成了大雨，衣服變得濕淋淋的。這時候，我知道我做錯事了。

爸爸工作回來後，看到衣服濕濕的，知道我沒有把衣服趕緊收回來，一個憤怒而又失望的眼神盯著我看，說了一句：「你好好想想自己做的事，後果自己承擔。」

看到爸爸對我的眼神，聽到這一句話，我眼睛裡的眼淚流了下來，心裡像被針紮了一樣難受。我好好地反省自己，我不應該沉迷電腦遊戲，就不會有惰性，那樣子衣服就不會給淋濕，明天回學校的衣服就這樣泡湯了。我心裡感到無比地慚愧，做了一件非常小的錯事。這一次，我錯了。



## 春節假期中的三件開心事

2C 吳紫悠

放眼望去，街上全是紅色一片，商店門前掛著一個個紅色小燈籠，家家戶戶都貼上了朱紅的揮春，商城、超市播放著喜慶的歌曲，整個城市都洋溢著歡樂的氣氛。

久違的回到老家，呼出一口熱氣，搓搓手，韶關的天氣比香港更冷，人來人往的街道，可比我平常生活的地方熱鬧多了。越接近春節，街上就越多的人，人們沒有因為寒冷天氣而留在家中。

車子緩緩駛進溫泉酒店，一走進去就看到櫃檯小姐臉上掛著親切的微笑，換好衣服後便走進溫泉區，嘶，可真冷呢。溫泉區分為室內和室外，不同的池子都有不同的功效，我毫不猶豫的跳進有美容功效的池子，熱氣一瞬間沁進身體，一下子就讓人輕鬆下來，考試帶來的疲倦一掃而清，閉上眼睛，感受著泉水帶來的溫度。泡過溫泉後臉上變得紅撲撲，整個人都暖和起來。

綠葉輕輕垂下來，寒冷的天氣沒有令它枯萎，走進充滿農場氣息的羊莊。冬天是吃羊肉的最佳季節，一陣羊騷味撲鼻而來，不禁咽了咽口水，那味兒可真香，急步走進去坐下，拿起菜單猛點，香烤小羊排、炭烤羊肉飯、古法烤羊肉串。一道道菜色都色香味俱全，味香肉嫩，肥而不膩，齒頰留香，好不美味。

新年最令人期待的當然非討紅包莫屬了，我的親戚不多，只有小貓三四隻，但今年的紅包錢卻異常的多，打開一封封的紅包，一次比一次驚喜，五封紅包加起來竟然有三千多塊，看來我的小金庫存量可以上漲到迷你富了。

滿佈紅色裝飾的街道熱鬧非凡，這是一個普天同慶的節日，聽到喜慶的歌曲，我臉上不禁掛起愉悅的笑容。



## 最後一次初中旅行

3A 黃國旭

時光飛逝，光陰似箭，初中的日子越來越少，這次的旅行日也是初中的最後一次，我們要好好珍惜剩下的初中日子。

由中一到中三，一共去了三次旅行日。每次去的地方都不同，發生的事有難忘的，有開心的，也有不開心的，但每次旅行可以增加同學之間的友誼，令到我們知道要好好珍惜一起玩的時間。中一、中二我以為還有很多時間和同學一起玩，不知不覺已經到了中三的下學期，剩下只有幾個月時間就要分開，所以我會珍惜這幾個月的時間，去留下美好的回憶。

中三的旅行日，也是初中最後一次的旅行日，我們去了元朗大棠燒烤。當天十二點左右，先有幾位同學買水槍玩，再有人玩捉迷藏，最後有人提議一起玩槍戰，大概有二十多人玩。雖然他們都全身濕透，但我可以看得出，他們那份喜悅是三次旅行中最開心和最難忘的一次。因為這是最後一次一起去旅行的日子，以後不會再有，所以才會玩得那麼盡興，他們和我一樣，已經懂得去珍惜一起玩的時間，不會令自己留下遺憾，留下了很美好的回憶，但時間好似火箭一樣，一瞬間就消失了。

我們和兩位班主任一起去了三次旅行，雖然我們很少互動，但他們教會了我要珍惜眼前人，珍惜和家人、同學、老師、朋友相處的日子，不要在離別那一刻才懂得珍惜時間。時間是人類的克星，因為人類無法回到過去，無法停止時間，所以我們只可以去珍惜時間，這是唯一可以做的。

三次的旅行日，我都留下了難忘的回憶，令我不會忘記這班同學，我會好好珍惜和他們相處的時間。



## 最後一次初中旅行

3A 陳佩宜

人生有很多第一次，同樣也有很多最後一次。今天是同學們最向往的春遊日。

陽光灑向大地，微風輕拂臉龐，一年之計在於春。春天像嫵媚的姑娘，沾花帶葉，濃妝艷抹，總是對著平靜的湖面欣賞自己的容貌，卻不像夏天那麼有活力，秋天那樣勤勞，冬天那樣堅強，只是讓人迷惑而懶惰。春風是世界的鬧鐘，她這一來，喚醒了樹洞裡的松鼠，喚醒了地下的青蛙，喚醒了山洞中的小熊，喚醒了……它這一來世界萬物都甦醒了。

本次春遊的活動主題是：燒烤。在漫長的候車過程中，老師終於一聲令下「排隊出發」。下了車，同學們吃力地提著大包小包的食品和燒烤用具，來到大棠燒烤樂園目的地。擺好燒烤用具，我們開始生火。生好了火，我們擺出了各種的美食：有雞翅、雞腿、豬排、肉丸、腸子……應有盡有，真讓人垂涎三尺啊！開始燒烤了，燒烤過程是漫長的，要耐心地等候才能享受美味。

吃的吃飽了，喝的喝飽了，我們還玩起了遊戲——打水仗。我們去小賣部買水槍，有的人則用空瓶子，在瓶蓋上弄幾個小孔，就在此時，「嗤嗤嗤」一陣水聲。我們扭頭一看，黑隊趁我們歡呼不備時，不知從甚麼地方衝出來，向我們猛烈射水，水射得我們眼睛睜都睜不開，我們不敢回頭，一直衝到大樹後。你把我弄成落湯雞，我把你弄成落湯雞。水花往上射，形成千萬朵盛開的白蓮，美極了。可是，玩遊戲的時光總是流逝得很快。

離開的時間漸漸臨近了，春遊活動也接近尾聲了，這次的春遊成為了我們初中生活中一張美麗的照片。



## 最令我難忘的一句話

3C 鄧楚健

在我漫長的人生旅途中，父母、老師、同學、朋友等各種身邊的人對我的教誨，值得我銘刻在心中的話語有很多，但是最令我難忘的是那一次登山時，爸爸教會我的一句道理——「世上無難事，只怕有心人」。

記得那一年暑假，我們一家人都忙完了手中的工作，之後，爸爸就提議道：「今天天氣不錯，不如我們一家人去登山吧！」我連忙點點頭表示同意。可媽媽卻說：「我就不去了，我還要看電視劇大結局呢！」

於是，我只好和爸爸一起出發了。一路上，兩旁的鮮花燦爛地綻放著，路邊的小草彎著腰，彷彿在向我打招呼，襯托著我的好心情。過了大約半小時，我們到達了目的地。

這時，我看見了那高高的山頂，心裡充滿了恐懼，對爸爸說：「這座山這麼高，我們怎麼可能爬得上去呢？」爸爸答道：「傻孩子，不試試怎麼知道呢？」於是，我便像一匹受驚的野馬，飛快地奔向了山頂。一路上，我時快時慢，走著走著，腳步漸漸沉重了，不久，我停下了腳步。我對爸爸說：「讓我休息十分鐘吧！」但是，十分鐘之後我仍然不想繼續。爸爸知道我的用意後，和藹可親地對我說：「孩子，你怎麼可以半途而廢呢？世上無難事，只怕有心人。加油！你一定可以登上山頂的！」之後，我便繼續登上山頂。到達山頂，我和爸爸觀賞著夕陽的餘暉。

經過這件事後，每當我在學習和生活上遇到難題想要放棄時，就會想起這一句「世上無難事，只怕有心人」，然後努力尋求解決問題的方法。



## 熱鬧過後

4A 陳詩敏

熱鬧過後，我卻感到失落。在小學六年級的時候，因升中而要開始進行義工服務，於是我就到樓下的社區中心尋找一些義工服務，由於義工服務種類很多，我必須要仔仔細細地去選擇適合我的義工服務。經過長時間的考慮後，我終於決定要參與探訪殘障人士服務中心。

在那一項的義工服務中，由於是社區中心舉辦，因此會有來自社區的學生參與其中。在不久，我們一班熱心的義工就開了一個簡介會。在簡介會中，我被一班義工推舉為今次活動的組長，去帶領大家參與那一次的義工服務，我很榮幸可以成為今次活動的組長。在簡介會中，我們一班的義工也討論了當天的活動。

到了服務當天，我們一班義工心中充滿著期待前去探訪殘障人士。在探訪期間，我們首先由服務中心的姑娘帶領參觀殘障人士居住的房間、日常飲食的廚房，以及殘障人士所使用的設施，令我獲益良多。

到了活動的重點，我們一班的義工開始表演一早準備的節目。首先有搞怪的魔術表演，某一位的義工，在自己的衣服口袋中，不斷取出五顏六色的手帕，一眾的殘障人士欣賞得非常高興，彷彿整個中心都充滿了笑聲。然後，另一位義工表演了唱歌，令到一眾的殘障人士陶醉於音樂中。

在一連串的表演後，我們與殘障人士進行對話，從而了解殘障人士平時的生活、遭遇等。在這個過程中，一班義工與受助者有說有笑，而我自己也與一眾的受助者談得非常投契和盡興，自己亦全情投入那一次的義工服務。

光陰似箭，活動的完結時間迫在眉睫。服務完後，同行的義工以各種各樣的藉口爭相離開，而我因為身為組長而留下收拾。在收拾的過程中，我看到了受助者再度陷入無助，一些殘障人士想伸出援手去幫助我一同收拾物品，但由於自身的問題而感到無奈。

因此，我覺得一眾的義工之所以參與今次的義工服務，大概是為了玩樂，為了消磨時間，為了一張證明參與義工服務的證書。他們把義工服務的宗旨「要幫助有需要的人」拋諸腦後，令我因今次的事件而感到失落。

現在的人，不懂得以自己真誠的一顆心去對待別人，去易地而處。我真的很盼望每個人都可以用一顆同理之心和同情之心去對待身邊的每一個人。在熱鬧過後，我卻感到失落。



## 節日裏商場的所見所聞

4B 林悅琪

「中秋明月當空掛，萬家燈火寄相思。」——題記

凝視著空中那輪越來越圓的弦月，百般聊奈的我走入商場之中。在這本該團圓的節日中，我只身一人走在這繁華的商場中，與熱鬧的人群格格不入。

「唉，妹妹幫我們照一張相好嗎？」一個中年人拿出手機詢問我，我點頭接過手機。屏幕中的一家三口幸福的笑著，站在巨大的月餅前面，小女孩站在中間望著手中的小燈籠。看著一家三口甜蜜的樣子，我眼前蒙上一層薄霧，匆匆按下拍攝鍵便想將手機還給他們轉身離開，那位叔叔接過手機跟我說了句：「中秋節快樂！」我朝他笑了一下便轉身走開了。

「快點洗手吃飯了！不然飯菜都涼了。」媽媽在廚房中喊著，我和弟弟從沙發上蹦起，爭著去洗手。媽媽還在廚房中張羅著，姨媽從廚房中端出一碟碟冒著熱氣的佳餚，外公坐在桌前已經喝起了小酒。窗外閃著一朵朵的煙花，盛放在夜空中，映紅了月亮的臉，也映在我們一家人的心中。我們就這樣說說笑笑的渡過了中秋節的夜晚，切著月餅賞著月，一家人團圓的時刻最為難得。

商場中的霓虹燈映在我臉上，我趴在二樓的欄杆處，看著今晚商場中央的節目，主持人用力的調動著台下的氣氛，呼籲著大家上台玩遊戲。看著主持人在台上辛苦賣力的樣子，趁大家沒注意轉身偷偷擦汗的樣子，我想，在這中秋佳節，他也很想回家和家人團聚的吧。商場仍然放著喜慶的音樂。

機場裡，媽媽幫我拖著行李，爸爸去幫我排隊辦登機牌。媽媽挽著我的手對我說：「有空多打打電話回家，媽媽會很想你，在香港要收斂自己的脾氣，別去惹事生非，你真的是媽媽所有的希望了。」我強忍著眼淚點頭，入關時向他們匆匆揮過手便跑進去了。我怕我多望他們一眼都會有所留念，怕下一刻眼淚就要決堤，直到走了很遠我才敢哭出來，我多麼不捨，不捨與他們團聚的時間。

音樂聲將我從回憶中拉扯出來，身旁仍是熱鬧的人們，一家人挽著手從我身邊經過。我掏出手機向家裡人發送了訊息：「中秋節快樂，月餅很好吃，商場裡很熱鬧。」關上手機，我又變成了一個人，一個人消沉在這熱鬧的商場，一個人穿梭在這車水馬龍的城市，一個人踏上夢想的旅程。我多想念，想念我的家人，想念與他們共度中秋的美好時光。

「萬卷書信的想念，抵不過一次的相見。」



## 那一刻真美

5C 黃咏琳

今年的暑假，我回了老家一趟。興許是住慣了城市，所以對於老家那個小縣，我真心嫌棄，覺得那裡平地多、人多、牛也多，能逛的地方，卻沒幾處。用個詞語去形容它，真的是「挺落後」的。

夏天給我的印象就只有太陽，毒辣的太陽。一出門就感覺整個人都熟了，撒一把孜然，大概就成新疆烤肉了。所以，我是盡量能不出門就不出門，免得被曬得頭昏腦脹的，情緒也變得不好。

有天傍晚，我瞧見夕陽西下，瞧見暈染了半片天空的晚霞，唯一的想法就是出門走走。因為當時的我已經窩在空調房裡好幾天，都快忘了塵埃是甚麼味道了。

這個時候，每家每戶都忙著開飯，小區裡沒甚麼人煙，我一個人百無聊賴地散著步，在蒼穹之下哼著歌。不知不覺，也迎來了夜晚。我一邊抱怨著小地方無聊，無處可探尋，一邊邁著步子打算回家。而就在此刻，我不經意地仰起脖子，望了眼皎潔的彎月。讓我意外的不是天有多漆黑，而是漆黑的夜空中，鑲嵌著耀眼的星星。

我衝回家中，拿了副眼鏡又跑上了天台。那並不是繁星點點的星空，但卻讓我看得如癡如醉。我一邊懊惱著為什麼沒帶相機，一邊又目不轉睛地盯著夜空中的那些小星星。它們分佈得毫無規律，但依然光彩奪目。

我撥通了家裡人的電話，與他們分享著我眼中的一切。而選擇待在家裡的他們認為見怪不怪，因為這個小地方開發不大，污染也不嚴重，要看星星是輕而易舉的事情。我掛斷了電話，繼而欣賞著我甚少見過的「星空」。

從小就在城市長大，那裡雖然繁華昌盛，卻也失去了樸實與寧靜。它像是不會休息的機器人，每天都忙不迭地工作著，被自己的燈光籠罩著，容不下夜空中同樣耀眼的星星。

我相信每個城市的孩子都夢想著仰臥在星空下的草地上，然而城市的發展卻扼殺了這些渺小的願望。可我懷揣著同樣的願望，卻因為這落後的小地方，得以實現。

萬籟俱寂的天台，只剩下我與星空。耳邊驟然掠過一句話：「縱使人年紀再大，也請不要忘了初衷。就算多希望世界更加燈火通明，也不要忘了最初為大自然夜晚照亮的，是星空。」

當我看到星空中有一顆星星閃動了一下的時候，我由衷地感嘆著那一刻，真美！



# 美景如畫

## 雨中風景

1A 周鈺煒

雨中的風景是清新的空氣、嫩綠的樹葉、濕潤的泥土和散發著清香的花朵組成的，也有工作中的人在欣賞著，休閒中的人在享受著這美景。

一天，空中原本是晴空萬里，陽光明媚，萬里無雲，一片如海般碧藍清澈的天空，卻像是被甚麼驚嚇到了。太陽匆忙隱沒在早已烏雲密佈的天空中，原先的晴空已變成如今彷彿鋪滿了灰色簾布似的灰蒙蒙，令人感覺胸口悶，也讓我原本晴朗的心情有些低落，不過好在雨中的景色能安撫我的情緒。

雨滴打落在窗上，像壁畫一樣美，晶瑩剔透的雨珠就猶如珍珠一般潔白無瑕。清新的空氣也令人心曠神怡，覺得整個人舒暢了不少。雨滴落在樹葉上，更顯樹葉的清新嫩綠，勃勃生機，就好像一片小小的樹葉中包含了飽滿的汁液，也令整棵樹顯得更加活力滿滿。

假如你附近有一座高山，你將會看到一幅山水畫出現在你眼前，高山流水，山峰陡峭無比，清澈的泉水可清晰的看見在其中的一塊塊石子，綠色的樹林讓這座山增添了許多色彩，高飛的鳥兒突顯山中的生機勃勃，雨落在泥土裡濕潤了土地，讓泥土看起來更加鬆軟。

雨水使空氣濕潤，一層薄薄的霧圍繞著高山，使山增添了一絲朦朧感，從遠處看更加神秘，讓人想前往探尋這座山的秘密。

在雨中的人們也是逐漸繁忙，清新的空氣令人舒適了不少，夾著細微雨絲的風輕撫臉龐，輕柔的感覺讓人精神不少，充滿活力地繼續工作，而我則是休閒地坐在餐廳中享受著我的午餐。

看著雨中的景色，喝著香醇的奶茶，看著手中的書，聽著令人放鬆的音樂，讓我感嘆人生的美好與雨中風景的美麗。



## 雨中風景

1A 李芷彤

「轟隆，轟隆……」窗外傳來如擂鼓般的巨響，驚得床上睡覺的我一躍而起，是誰打擾了我的好夢？掀開窗簾，只見天上烏雲滾滾，一道道閃電劃破天空，那場面，可壯觀了。

睡意早已蕩然無存的我忙起身往外跑去，直往陽台上奔。「唰啦，唰啦……」，還未見其「人」，便先聞其「聲」，哦——下暴雨啦！豆大的雨珠傾瀉而下，「啪」地打在了石築的陽台面上，不一會兒，陽台上便積起了一層水。

「下雨啦！快收衣服啦！」隔壁陽台上冒出幾個人影，手忙腳亂地收起了衣服，在雨中顯得霧霧朦朦、隱隱約約。我站在陽台上，眺望遠處的風景，百座高樓隱在粗雨中，若隱若現，好似一名蒙紗遮臉的姑娘，讓人想一探究竟，卻又無法觸摸。

高大的樹搖搖欲墜，卻又拼了老命直著身軀與狂風暴雨對抗，調皮的雨珠兒在它綠油油的葉子上跳舞，葉子一起一落，彷彿在迎合它們的動作。暴雨沖進了土壤，使它變得泥濘不堪，似乎誰一腳踩下去，就會陷進去。

「下雨啦，下雨啦！」樓下，幾個頑皮的孩子沖進暴雨。雨水澆濕了他們的頭髮，打濕了他們的衣服，他們卻依舊「咯咯」地笑著，你追我打，踩過的地方濺起一波比一波高的水花。直到他們的父母也沖進雨中，喝斥地拿著浴巾裹住他們，他們才又笑又鬧地走了，每個人都像是從水中打撈出來的「落湯雞」一般。

這場暴雨來得快，去得也快，還未回過神來，雨已經變小了，隱於暴雨中的「姑娘」紛紛現身，陽台上的衣服早已收走，大樹又一如既往挺直了身軀。此時，幾隻鳥兒飛在空中，發出「啾啾」的叫聲，一切再次變得寧靜下來……

雨停了，一切都好似沒有發生般，能證明它來過的，大概只有泥濘的土壤和厚厚的積水了。



## 雨中風景

3A 何金泰

伴隨著雷聲「轟隆隆」地響，雨水「唰唰」地說下就下，我坐在教室窗旁，靜靜地觀賞著這一場來自大自然的藝術匯演。

剛開始是陣陣的小雨，像是一片朦朧美的沙畫，在空中一撥一撥地，好似詩中說的「春雨潤物細無聲」那樣，一切在悄然之下，被打濕了，被滋潤了。

忽然，畫風驟變，狂風來襲，雨水也應和越來越大。雨越下越大，由一絲絲細針變成了一滴滴水珠，打得窗戶「啪啪」響，整個場景更像是有人在天上灑水，傾盆大雨，我看得不亦樂乎。我多麼不捨得關上窗啊！我多麼想伸手出去與大自然雨神來一場近距離的接觸。任憑雨水拍打我的手，那宛如上天在贈予我幸運之前，對我這凡夫俗子的一種洗禮！但我不得不關上窗戶，哪怕忽略老師的勒令，被雨水浸濕的課本，我告訴自己，有機會一定出去淋個痛快！

關上了窗，聽不得雨的奏樂，下半場是無聲的表演。此時，風已經小了許多，雨水也整齊有序起來，呈現在眼前的又是一幅壯麗的景象。一切萬物一切新，被雨水刷新過後，洗去一層煙灰，猶如新生的葉子重新拾起本該具有的姿態。翠綠，是生命茂盛的狀態，更像是勃勃生機的流露！

漸漸地，雨水小了，烏雲被悄然撥開，一縷縷陽光射散出來，只剩下水珠在葉子上流淌著，從葉莖滑向葉尖再滴到泥土裡，空氣中滿是濃濃的鄉土氣息，是生命的味道，就連即將枯萎的小草也活了過來，不愧是「春風吹又生」。

下課鈴響了，我背好書包，走在回家的路上，路上我走走停停，一是為了一覽無遺這雨後的新象，嗅這不可多得的紛香，二是細細回味著剛看完的一場表演。



## 雨中風景

3C 吳可欣

上一次下雨已經是上個月了，我對下雨的天氣是十分地熱愛。

那天，是毛毛細雨，雨水像細針一般從天而降。我撐著一把傘在雨中漫步，時不時地可以聞到泥土被雨水滋潤後散發的味道，時不時地可以聽見小鳥的歌唱，彷彿在慶祝下雨天的到來。

我走在雨中的路上，看見路旁一棵棵參天大樹，被風和雨相交，風吹動樹葉而搖擺著，像是希望可以吸收到更多的雨水。有兩盆花孤獨地站在路邊，枝上已沒剩下幾朵花了，似乎就要枯萎，但是雨的到來，帶給了它們新一次的生命。雨越下越大，從毛毛細雨變成了傾盆大雨，雨水如大豆一般拍打在我的傘面，我只好無奈地按原路返回。

在回家的路途上，空氣中瀰漫著霧霧的水蒸氣，使一整條道路彷彿如仙境一般，時而清晰，時而模糊，有種令人抓摸不定的感覺。大雨的到來並沒有阻擋人們出門的腳步，越來越多的人們開始去上班或上學。

漸漸地，當我回到家中，雨再一次變小了。外面的一切似乎去舊換新了一般，花草樹木的顏色變得更加鮮艷，空氣也格外地新鮮，我的心情也因下過雨而感到十分開心、舒服。

雨中的風景是美麗的，也是令人感慨的。看見下雨時的景觀，不禁會聯想到許多美好的事物。所以我喜愛下雨天，更加喜愛在雨中漫步的感覺，這樣不僅可以欣賞到與平時不一樣的景色，還可以令我放鬆心情，投入於大自然的風景當中。



# 人情暖心

## 一個好人

2A 張嘉潤

隔壁來了一位新住客。

前幾日他悄無聲息地搬進來，我不禁猜測他也許是個溫雅的人，我想：「總會見到的」。

翌日，我照常背著書包在門口穿鞋，突然聽到細微的「咔嗒」一聲，隔壁的門「吱呀」一聲開了。我打開門，帶著莫名的期許往那邊望去。

來人和我想像中的有很大出入。單調的平頭，他粗描的眉下一隻細小的眼，兩頰的肉擠在一起，叫人看不清眼底的情緒，下巴覆蓋了濃密扎人的胡須，給人一種不善的感覺。最引人注目的是他手臂上的紋身，雜亂的線條和紛繁的顏色，有些猙獰和戾氣。他略肥大的身形和粗壯的臂膀，儼然是一個彪形大漢。

我不安地吞了吞口水，對上他的眼，哪知他突然朝我一笑，肥肉擠成一團，眼睛眯成小縫，一口整齊的黃牙，我驚愕地笑笑，然後他邁著大步走開了。這之後我把他定義成一個壞人，儘管他衝我笑了。

在某個本該晴朗的下午，天空卻淘氣地飄起了細雨。我想起晾在平台的棉被，急急忙忙地下樓，兩床厚厚的棉被我只拿得動一床，眼看越來越大的雨點，我著急了。此時，只見隔壁的大漢穿著黑背心和短褲，左手搭著他的薄被，一把撈起我的棉被，大搖大擺地走。我小跑地跟上，他一直等我用鑰匙開了門，才把被子還給我。

「真是個好人啊！」我感激地想，稍後我卻對我之前的想法感到羞愧，只看外表就隨便下定義，未免也太膚淺了。有時出門遇到他，他一如既往地衝我笑，沒有任何惡意的咧嘴大笑，憨厚、自然。

事物的本質和他所表現的總是不同。看似桀驁的少年，其實對誰都彬彬有禮；看似和藹的阿伯，其實不喜歡小孩。好人和壞人的界限早已模糊，不以貌取人，是人對人基本的尊重。



## 一個令我敬佩的人

2B 莫志杰

人生中會遇到許許多多的人，會和各式各樣的人接觸，無論是家人、朋友或者陌生人，都會給我們留下一個印象。我有一個敬佩的人，她並沒有做出任何大事，但她似細水長流般的母愛而令我敬佩，她是我的母親。

她有著及耳的棕色短髮，明亮的大眼睛和因為歲月而長出的皺紋，她總是笑咪咪的，爸爸常說她有一雙「愛笑」的眼睛，哥哥說她越「笑」越年輕，但在我的眼裏，她彷彿就像是一隻「笑面虎」。她總是跟我說：「你長大了，該學會獨立了，別總是讓我擔心。」而我心裏總是在想：「你哪裏有給我獨立的空間呀？」她經常一邊指責我懶惰，一邊幫我收拾衣服，她是一位口是心非的人，也是一位無私的母親。

小時候我很貪玩，記憶中有一次下雨天，我因為和哥哥玩耍而弄濕了衣服，回到家裏心中暗想：「糟了糟了，又要挨罵了！」果不其然，媽媽很生氣的指責我：「怎麼弄得全身都濕了？太不聽話了你！要是生病了你就知錯！」說完，她就進房間幫我拿衣服，讓我去洗澡。我心裏不滿地說：「為什麼只指責我？哥哥也有玩，怎麼不罵他？媽媽太偏心了！」於是我洗完澡便生氣地躲進房間裏睡覺。

不知道過了多久，我睜開眼睛感覺全身酸痛，頭上貼了一張「退燒貼」，我聽見房外似乎有聲音，於是問：「媽媽，現在幾點了？」媽媽回應我：「三點多了，你醒了麼？要不要起床喝點粥再睡？」我突然想起中午媽媽偏心的事，生氣地說：「我不要！你留給哥哥吧！」媽媽沒有回應我，我又不知不覺睡著了。突然，感覺有人似乎在撕掉我的「退燒貼」，我微微睜開眼睛，看見媽媽用毛巾幫我擦臉，又幫我貼上了一張「退燒貼」，我突然感覺鼻子酸酸的，原來母親這麼晚沒睡，是為了照顧生病中卻還在生她氣的我，這樣無私的舉動，令我對她的誤會和生氣一併消除，也明白了父母總是無私的愛著子女，這樣的行為如何不令人敬佩？

人生會遇到數之不盡的人，但母親是我們最先遇上的人，母親是一位無私的「角色」，她的無私令我敬佩，她是我最敬佩的人，也是我最大的「避風港」。



## 一個令我敬佩的人

2B 黃子慧

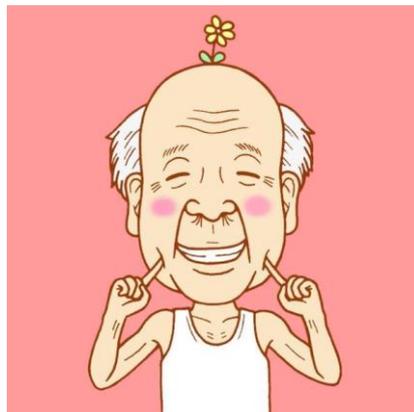
令我敬佩的人是一個再尋常不過的老爺爺，他滿頭白髮，背有點駝，額頭上佈滿了皺紋。他是一個賣餅老人，他經常在我家不遠處擺攤，因為他的餅好吃而且實惠，生意很火。可是就這樣的一位老人，讓我無比敬佩。

那是一個炎熱的夏天，傍晚的時候，他像往常一樣在街上擺攤。這時是我放學回家的時間，路過小攤時，我便聞到了餅的香味，於是連忙跑過去買餅，因為人太多我等了好久才買到餅。買到後我就想離去，正在這時這位老人手拿一個皮包叫住了一位年輕人。這引起了我的好奇，於是便跑回去看個究竟，原來這位年輕人在買東西時不小心把皮包忘在了小攤上，老人看到年輕人十分著急，好像在尋找甚麼東西，便認為他有可能是失主，老人上去一問果然沒有錯。幸虧老人及時把皮包還回來，不然這個年輕人該有多著急呢，因為裡面放了十萬元呢。為了感謝這位老人，年輕人拿出一千元給老人，可是被老人一再拒絕。

事後，有人問他為什麼把錢還給他，又沒有人看見你拿了。老人說：「不義之財，我怎麼能要？」「那你為什麼不接受他給的一千元？那是你幾個月的收入呀。」老人回答：「那些錢不是我的，我只是物歸原主罷了，再說，我只願花自己掙的錢，不願意要別人的錢，人活著就要活得有骨氣。」

聽了這些話，令我十分驚訝，一個老人竟能說出這麼慷慨激昂的話，實在令人敬佩。一個人活著不就是要活得有骨氣嗎？如果一個人失去了骨氣，只會要別人的施捨，那活著還有甚麼意義？用自己的東西是最好的，永遠不要拿別人的東西。

這就是令我敬佩的人，一個拾金不昧、樸實無華的老人。



## 一個我敬愛的人

2C 陸詩晴

這個世界上，有成千上萬種工作，而我最敬愛的人，她不是甚麼社會名流，也不是甚麼千萬富翁，她只是一名平淡無奇，隨處可見的家庭主婦。但其實，這工作，才最難。

她年芳四十，沒有水靈靈的大眼睛，但時常流露出溫柔的目光。每當她微笑時，眼旁的魚尾紋總會露出她歲月的痕跡。她還擁有一張能說會道的嘴，當然，大部份時間是用來教育我的。還有一雙常年溫暖的手，雖已不再平滑，但我依舊喜愛牽著。

她是我的母親，這世上獨一無二的人，亦是我敬愛的人。

曾經我學過「慈母手中線，遊子身上衣，臨行密密縫，意恐遲遲歸……」，母親這一生，都得為了子女而去日復一日的工作，還得付出心血，去為子女擔驚受怕。我敬愛的她，也一樣，每天的生活無非是為了我而奔波勞累。

還記得十三、四歲那年，正值青春期的我，是一個蠻不講理的人。時常會對她惡言相向，吵架、摔門，甚至是離家出走，都成為了那段日子的標籤。有天，我三更半夜回家，睡到了正午，她捧著午飯來到我的房間。她用溫暖的手，輕拍我的背，我記得我是厭惡地推開並且還責怪她，那次，是她第一次打我。

她哭了，不是傷心，而是露出一副恨鐵不成鋼的表情，她說的一言一語，我仍記憶猶新。她說：「你知道我多擔心你嗎？」我慌了，可能是愧疚、後悔，內心百味雜陳。這一次也是我第一次與她談心。

我記得我輕輕拉起她的手，讓她坐在我身邊，才緩緩開口：「對不起」。

她手捂著胸口，平復了心情後，告訴我，她在我這個年紀，已經背井離鄉，孤身一人來到城裡打工。由於重男輕女的傳統思想，她被剝奪了學習的權利，去店裡當學徒，省吃儉用供兩個弟弟上學，而她打拚了幾十年，為我創下一個美好的環境，我卻一次又一次不懂珍惜。這種種的童年經歷，讓我第一次覺得，敬愛之情，油然而生。

原來我的母親，有那麼多辛酸的過往，她一個人吞在肚裡，從不訴苦，讓我敬佩也讓我反思。

慢慢地，我的改變，也讓她露出了久違的笑臉，眉心舒展。

讓我敬愛的不僅是她曾經辛酸的經歷，還有她日復一日的工作。

我發現，母親每天的生活，都有律可尋，從早上睜開眼，便開始忙碌了。每日每日不停的洗衣做飯，為我的生活奔波勞累，心力交瘁。工時二十四小時，要做多久呢？當然是一輩子。夏天，廚房裡傳來飯菜的香氣，裡面包含了她的汗水及愛。冬天，冰冷的洗碗水，貫穿整個冬季，我有幾次想幫她，當我碰到那刺骨的水，猛得一縮，她就會笑著讓我出去。

因為愛，她做的所有事都無怨無悔，使我又敬又愛。

現在，長大了，她成為了我最敬愛的人。因為我是她的女兒，她所做的一切不附帶任何條件，只要我是她女兒，她就會為我付出，甚至是生命。如何讓我不敬愛呢？她用她的切身經歷來挽救迷途中的我，來感化我。我懂得了她的辛酸，她為兄弟父母的付出，讓我又如何不敬愛？

世界上，沒有一模一樣的她，更沒有一個願意為我付出如此多心力的人。她為親人的付出，如同巨石般震撼我的內心，使我改變。她對我的愛，如潺潺流水，溫暖我的一生。一輩子，無怨無悔付諸心血，不論勞苦，從不計較。

她只有一個，她是我最敬愛的人，教會我為人處事的道理，也讓我從迷茫的路上找回方向，學會付出，學會愛。



## 奧運多面睇

3A 周卓能

作為四年一度整個世界的一場體育盛事，奧運會一直吸引著我們的目光。雖然里約奧運會已經結束，但奧運選手們精彩的比賽和許多感人的事情依舊給我們留下了深刻的印象，處處體現著友誼。

最令我印象深刻的，是女子田徑五千米賽場上感人的一幕。一位美國的選手在比賽時不小心崙腳了，一臉痛苦地倒在地上，而還在比賽的新西蘭選手目睹了這一切後，停下了腳步上前去安慰她，並小心翼翼地扶她起來，互相扶持著跑完了全程。這感人的一幕像太陽一般溫暖了所有觀眾的心，也完美地詮釋了「友誼第一，比賽第二」的精神。她們也因此被授予珍貴的「顧拜旦獎章」。

不僅僅是奧運會，我們身邊也處處體現著友誼。去年校運會，同樣是在長跑的賽場上，每一位參賽的同學都竭盡自己所能跑向終點，豆粒大小的汗珠揮撒在塑膠跑道上。在還有四百米到達終點的時候，一位同學因體力不支而撲通一聲倒在了跑道上，周圍的同學見狀立馬上前將他扶起來，把他的手臂搭在他們的肩膀上，一步一步地扶著他完成了比賽，他們也得到了學校的嘉獎。在賽場上，到處都可以看到友誼的身影。

在賽場上，友誼第一，比賽第二，在生活上，友誼也與我們形影不離。希望我們能好好珍惜友誼。



## 等待

3B 林佳茵

我有一個知心老伙伴，當我在空無一人的房子感到孤單的時候，我都會躡去鄰居老奶奶家玩耍。所謂知心老伙伴就是鄰居老奶奶，她知道我心裡隱藏的所有事，同時也陪我消耗等待的時間。

背起行囊，我將赴遠程進行考試，而我在前往的路上也有鄰居老奶奶的陪伴。我們三步快走兩步小跑，猶如跳動的袋鼠，又笨拙又不得不加快腳步趕上火車。誰知隨處可聽的廣播突然通知我，乘坐的那列火車半路因碎石滾落太多，阻擋了火車前行的路程，讓滿身大汗的我們深感慶幸。低頭一看，老奶奶氤氳的眼珠和豆大的汗珠浸濕了她的臉頰。我頓時心生自責，自責我忘了她這麼大年齡，還要她陪我奔跑，現在還要陪我等待火車的到來。

等待火車的時間很漫長，老奶奶看我行李上沒有水果便自行走去買，她給當時不知情的我隨便搪塞了一個借口就獨自去買。等待區對面的欄杆還未竣工，路面上坑坑洼洼的泥路還鋪著一層落落不平的碎石，而水果鋪則要穿過這條路，越過一條欄杆才能到達。

起初我以為老奶奶要去廁所，便放手讓她去，誰知道當我看到那一幕時，我後悔至落淚。老奶奶張開大八字腿一拐一拐踏著路面上的碎石，無需看老奶奶的面目表情，我便知道必定是掙掙的。因為她鞋子底薄，碎石硌著鞋底，必定會產生痛感。我因行李的緣故而不能去幫助老奶奶，在等待她買水果的過程中，我的內心無比煎熬。一步一個腳印好似小孩在蹣跚學步般淒涼，終於走過那條參差不齊的碎石泥路，現在還要翻躍那條欄杆才能到達。但是欄杆那堵牆至少有一米三高，而奶奶一米五的身高需要跳上去才能翻過。我心急吶喊：「老伙伴我不要買，你快回來。危險！難道你不要自己的身體了嗎？快回來！」

老奶奶裝作聽不到，還是一遍又一遍嘗試跳躍，但一次又一次失敗，嘗試多次後，終於成功也順利地買到水果。可這回來的路也不易走，慢慢跳下來又一步一步踏上碎石，就這樣行走了一個多小時才來到我身旁。我熱淚盈眶狠狠抱著老伙伴，「老伙伴，你可知我等待你安全歸來的過程有多煎熬？」老伙伴只是微微一笑地說：「只是希望你出門在外，能有個水果吃。」如此簡單的一句話讓我的等待變得微不可及。

那次眼睜睜看著老伙伴為我穿過多個難關才買到水果的煎熬等待，讓我難忘至今。那次等待，讓我意識到我在老伙伴心裡位置是如此之高；那次等待，讓我對老伙伴更加依賴與信賴；那次等待，把無形的年齡代溝完全消滅。

那次，我在等待老伙伴的安全歸來。



## 一個令人印象深刻的老人

4C 丘柔

「我覺得你長得特別像我老伴。」一位老先生對一位老婦人搭訕道。這是我認為最庸俗的搭訕方式，我嗤之以鼻，打心底認為那位老先生一定是個不正經的老頭。

我每天都到這家咖啡館來，或許只是喝杯咖啡小憩片刻，或許是拿上本書隨著咖啡細品慢嘗。我最愛的是這裡安靜的氣氛，能讓人在輕柔緩慢的音樂中，體驗到節奏急促的城市裡難得的那一份悠閒時光。不知何時，這家咖啡廳西邊的吧台旁總會出現一位打扮講究、氣質優雅的老女士，也總有一位看起來穿著整潔的老先生。她每天都來，像是等待著誰。老先生也每天都來，用同樣的、庸俗的告白搭訕。

「我覺得你特別像我老伴。」

「哦？那我倒真想看看你老伴是甚麼樣子。」

「她啊，是個傻姑娘，我給你講講我們以前的事吧。」

得到允許後，老先生用沙啞的聲音開始將那一段塵封的過往娓娓道來。

「年輕的時候，我在樹上打了隻鴿子燉了湯，剛燉好，一個小姑娘跑過來問我有沒有看到她的鴿子，我當時嚇得虎軀一震啊，只好說沒看到。她就開始抽泣起來，我便打了碗湯給她喝，最後我們兩人一起吃完了那鍋湯。之後她就每天都來找她的鴿子，我心存愧疚，每天都做一桌豐盛的美味給她吃。到了後來我要去當兵了，離別之時她告訴我，那隻鴿子本來就準備吃了，她早知道那天的湯是她的鴿子，但她覺得挺好吃的，就天天借著找鴿子的借口來吃我做的飯。她還說，她會等我回來。」

「那她等到了嗎？」老婦人被勾起了興趣。

老人並沒有回答，和婦人道再見，故事戛然而止，一旁正聽得津津有味得我覺得好不盡興，但也只好把這個疑問埋在心底。

因為忙著考試，好一段時間我沒有去那間咖啡廳。再去之時，老婦人仍在那，只是老先生變成了一個年輕的小伙子，眉目中與老人有七分相似。受不住好奇心的我詢問了那位小伙子，他告訴我，那位老婦人和老先生是夫妻，老婦人得了老年痴呆，每天都到這來等她的丈夫，老先生便每天來給她講過去的事，希望她能想起來，不久前老先生去世了，只好由兒子代替，每天陪伴老婦人。

聽到這裡，我心生愧疚，將老人堅貞的愛看成庸俗的搭訕，但我感受到更多的，是對老人長久、堅貞的愛的感動。之前老人離開的背影，既瘦弱，也高大，他這份陪伴，最是樸素，也最是浪漫。

「你長得好像一個人。」老婦人痴痴看著小伙子的眼睛。

「誰？」

「我的老伴。」

她等到了，但她永遠不知道。



# 童心未泯

## 我喜歡的漫畫人物

2A 杜芷妍

「各位顧客，XXX 電影場次已可以檢票入場，請有序地排隊進場，及照顧好同行的老人和小孩……」聽到這個廣播後，妹妹馬上拉著我的手進戲院裡坐好，十分期待這出電影。

電影中他是一隻怪獸，身體很壯，比門口還要高大。他頭上長了兩隻半月形的彎角，身上有藍色的長長的毛，還有紫色的毛在中間點綴，甚是美麗，暫時稱他為「毛毛」。

在電影情節中，他與他的搭檔大眼仔救了一個意外走進怪獸世界的小女孩，那個情節特別令我感動。

當大眼仔發現小女孩和毛毛說話時，毛毛很堅決地說：「快點藏好她，萬一她被其他怪獸見到就糟糕了！」於是毛毛和大眼仔便「收留」了小女孩一段時間，他們的感情也日益深厚。

直到有一天，毛毛突然向大眼仔說：「我們必須要把小女孩送回人類世界，送回她的家，她的父母一定很擔心她，而且人類和怪獸怎麼可以共存？她應該回到她的世界！」大眼仔卻憂慮地說：「但是我們去到人類世界，萬一被捉住後果將不堪設想啊！」毛毛用堅定的眼神看著小女孩。

那天晚上，毛毛抱著熟睡的小女孩準備送她回人類世界，大眼仔站在門口說：「我們是搭檔嘛！」

然後，他們送小女孩回到家，毛毛把小女孩輕輕地放在床上，眼含著淚光看著熟睡的小女孩，然後輕輕撫摸她的臉龐，轉身走去。

一路上，他們歷盡「千辛萬苦」：被人類發現，要偷偷摸摸才能返回怪獸世界。

到鏡頭最後，出現了大眼仔的大頭，他說：「也只有毛毛這種如此感性的人，才會這樣熱心幫助他人啊！」

「本場電影已放映完畢，請有序地離開電影院。」妹妹拉著我的手，說：「姐姐，你房間好多毛毛啊！原來叫毛毛啊！」

「那你覺得毛毛如何？」我問道。「很好人啊，他不怕困難，幫助小女孩回家！」妹妹說。

我也趁此機會教導妹妹：「我們也要學習毛毛一樣熱心幫助別人啊！能夠幫助到別人就盡量去幫助別人！」

「知道啦。」妹妹點頭回答。



## 我喜歡的漫畫人物

2A 丁美嵐

你有聽過多啦 A 夢嗎？他是我喜歡的漫畫人物之一。說起多啦 A 夢，或許你會想起他的法寶——時光機。可能你會在別人的口中聽到一句話：「希望多啦 A 夢出現，然後利用時光機回到過去。」或許在你無助的時候，你會想起多啦 A 夢，然後心裡想道：「他能出現嗎？能扶我一把嗎？」儘管你知道他是虛構的，只會出現在童話世界之中，但你仍會想像。

多啦 A 夢是藍色的，頭部圓圓的、矮矮的、胖胖的，身上有一個鈴鐺，他很喜歡吃豆沙包。「我想吃豆沙包」，這就是他的口頭禪。他一見到老鼠便會感到害怕，就會東奔西跑。當大雄遇到困難時，需要法寶的時候，他總是找不到的。

究竟多啦 A 夢為什麼會出現呢？因為大雄頭腦既不聰明，又常常被人欺負，所以多啦 A 夢從他的世界搭時光機回到 21 世紀幫助大雄。一開始相見的時候，大雄認為他是一隻不明來歷、沒有幫助的機械貓，可是一日一日的過去，感情變得更加深厚。

有一次，大雄要考試，但他頭腦不聰明，需要用許多時間才能取得佳績，於是，多啦 A 夢用他的法寶——記憶方包來幫助大雄，讓他能在考試當中取得佳績。儘管這是有點不誠實的行為，但多啦 A 夢就是要幫助大雄的呢。不過最後考試還是不合格，因為吃了太多方包，全部吐出來了。

大雄有兩個同班同學，叫胖虎和小夫，他們常常欺負大雄，不過每次多啦 A 夢也會幫助他，不讓他們恃勢凌人。多啦 A 夢是一隻狸貓，別人說他是「機械貓」，他每次都會憤怒和不高興。

人始終會老去，時光流逝，大雄也死去。多啦 A 夢並沒有回到自己的世界，卻利用時光機回到最初認識大雄的那刻。

現實世界裡並沒有時光機，過去的事就是過去，不能回到過去。通過大雄和多啦 A 夢的友情，告訴我們怎樣珍惜自己的朋友。「一寸光陰一寸金，寸金難買寸光陰」，所以我們要活在當下，珍惜時光。



# 寄情於物

## 眼

2C 王佳琪

都說「海可納百川，天可容萬物」，但我認為真正的，可源源不斷的匯入這世間一切的，便是那抬頭可見浩瀚星河，低頭可觀蔚藍大海，放眼望去，可嘆這無垠大地的，小小的一雙眼。

世間的人大多都有一雙眼，它色彩斑斕。亞洲人的眼珠多為棕色、琥珀色、褐色，雖然世界文化裡，每當形容亞洲人、東方人時，經常用「黑髮黑瞳」來說明面部特徵，但實際上「黑瞳」只是暗色、深色的錯覺，真正的黑瞳倒不是說沒有，只是「光聞聲而未見其人」的味道，反正我這個東方人在土生土長的這些年裡，也是只見過那麼幾個。

說了亞洲人，必然要談一談歐洲、美洲人了。想來有趣——西方人感嘆東方的「神秘」，說著東方人「黑髮黑瞳」的美麗，東方人誇讚西方的「色彩」，講著西方人「金髮碧眼」的吸引。你誇我，我誇你，到底還是因為羨慕的外表下，那顆騷動著的，求而不得的心吧。其實有眼睛，就已經可以很幸福了啊。

初中時的某一天，鄰居家的姐姐一夜間失明，沒有徵兆，也找不到任何原因，就這麼，永遠也看不到了……那段時間大家都過得很壓抑，剛開始是瘋狂的摔東西，「乒乒乓乓」的時間幾乎沒有停過，好像要把那個本來就「一目了然」的家進一步地粉碎一次。後來，不知是沒有了，還是不想了，聲音開始停止了。可聲音很快又開始了，是那止不住的哭嚎。

「眼睛是多重要啊」，我那時才開始意識到。「眼睛是我們與世界接觸的堅固橋樑之一」，我那時才知道。那段時間，我對有關「眼」的詞特別敏感，找了很多相關的資料，與人交談時總是忍不住地觀察眼睛。

眼睛是各不相同的，正所謂「人有千姿，物有百態」，眼睛更是如此。眼睛的形狀「各式各異」，有圓鼓鼓的杏兒眼，眼角上翹的丹鳳眼，傻呆呆但是很可愛的死魚眼，最後最後，便是迷人的桃花眼。不同的眼裡會有不一樣的眼神，就算是同一種心情，表達的也會有所不同。有時我還會把不同的眼型和眼神搭配起來，想想怎樣好看，杏眼裡的一抹溫柔，丹鳳眼裡的一絲促狹，死魚眼一閃而過的嫌棄，桃花眼裡的一股傲氣，可每當這時，我總會想起鄰居家的姐姐，她雖有一雙桃花眼，可眼中卻總裝著那多得好像用不完的溫柔。雖不適合，但

別有一番韻味。而也是那時，我才發現，再美的眼，再亮的神，沒有那一抹光，便再也漂亮不起來了。

眼睛是要好好保護的，它太脆弱了。太光不行，太暗不行，太乾不行，太濕不行，太疲勞不行，這不行那不行。它像城堡裡唯一的公主，被一群又一群的騎士保護著。它偶爾喜歡看看那城堡後方的森林，那是它唯一能看到的遠方了，那時，它會特別開心，特別滿足，會覺得一天的疲勞都消散了。「外面很危險啊，可被保護太累了，不出去就不出去，我看看森林就好了。」它是這樣想的。

某一天，我看到了小姐姐。在小區樓下，沒有恰到好處照射到臉上的陽光，沒有走到草坪中間，讓花兒圍繞，她就那樣走著，在那排石子路上。我以為，她城堡裡走失的公主回來了……那天啊那天，我們聊了很久，她說她挺過來了，真的是很不容易，她說歷經艱辛才爬到山頂的人，總會在下山時看清絆倒他的石頭，她說還有更多的山峰和石頭在等她，她又走了。

想著想著，我笑了——城堡裡的公主很重要，因為它是唯一的公主。有一天公主生氣了，它受夠了城堡的束縛，她一聲不響的走了，一去不回。國王和王后傷心欲絕，一蹶不振，可他們要站起來啊，人民在等著他們。只要他們還記得子民，他們一定會站起來的。



## 音樂盒

3B 潘偉森

聽著音樂盒發出的優美旋律，看著音樂盒上的人偶沿著音樂盒內的路線翩翩起舞，我漸漸地陷入思考，原來音樂盒的運作方式居然和社會上的一種人的人生很相似！

扭動音樂盒的鏈環，人偶開始沿著路線起舞。這種人的父母就是那個扭動人生「鏈環」的人，而音樂盒的路線就是父母幫助他們計劃的人生，他們就是音樂盒上的人偶，一切都只能按照計劃好的前進。我覺得這種人已經失去了自我，他們的人生只不過是別人想他們過的人生，這樣的人生有意思嗎？我認為沒有意思。

音樂盒優美的旋律配上人偶的舞蹈，一切看起來都很美好。大部分這種人的人生在別人眼裡也很美好，因為他們大多是一生風平浪靜，又或者生活變得越來越好，沒有經歷大的風浪。一切看起來很美好是吧？也許大多數人會回答是的，但我卻不這麼覺得。我覺得他們像一個扯線玩偶，無論這個玩偶多麼好，但他們還是被操控著一舉一動。我認為這其實是表面美好，背後卻是悲哀。

音樂盒的鏈環轉停了，旋律停止，人偶也停止舞蹈。這種人一旦沒有父母這個「鏈環」的幫助，誇張一點說可能會甚麼也做不了。將他們比喻成海中的小船，可能一個小風浪就可以擊沉他們，因為他們根本沒經歷過風浪。

各位父母，你們希望自己的子女過著「音樂盒式」的人生嗎？其實多給一點自由讓他們發揮，也許「奏出的旋律」和「舞蹈」會更好！



## 燈

3B 李嘉怡

當你看見燈時會想起甚麼？我想起在我人生受到挫折、失敗、落魄和哀傷的時候，在我旁邊支持及開解我的朋友、家人及老師。

有時候，人生總有不如意，彷彿像人迷失在黑暗的世界一樣，找不到退路。但這個時候察覺到的，總是我身邊的朋友，他們永遠在我身邊散發出光芒，就像黑暗中開啟的一盞燈，燈散發出來的光芒讓我在黑暗中找到自己，例如在我一些需要抉擇的時候，他們總會出手相助。所以我認為朋友是非常重要的，因為他們總會在你的左右開解你和陪伴你，令你過得更愉快。

那當你在人生中承受到失敗時，你又會想起誰？我想到了我的媽媽，她總會在我背後支持我和鼓勵我，就算我現在已痛失父愛，她也像燈一樣照耀著我，發著光溫暖我，希望減少我的傷痛。所以母親每天的悉心照料和噓寒問暖也令我打動心扉，我認為她就像亮起燈一樣，長時間在溫暖我的心房，令我長時間感覺被愛，另外她也是我的動力，令我勇敢向前。

當你犯了錯的時候，你又會想起誰？我卻想起了教導我的老師們，他們會原諒你犯過的錯誤，例如欠功課、遲到、不上學或頂撞老師等，他們不是傻，他們只是希望你可以在錯誤之中成長。所以我認為老師就像燈一樣，在我們的學習階段照耀著我們前方的路，一切都是為了讓我走得更容易些，帶領我們向前衝到終點，飛往晴朗的天空。

那個溫暖、充滿光芒和閃耀的燈，就是朋友、家人及老師，他們總會在你困難的時候，在你背後支撐你，讓你可以向前走。



## 窗

3C 黃雅雯

窗，在現在有著不容忽視的作用。它讓窗內的空間變得明亮，也讓窗內的人們可以欣賞到窗外的大千世界。

小時候，窗邊的位置真是叫我既愛又恨。恨的是，覺得自己在這被看的一清二楚，毫無躲閃之力。愛的是，它給我帶來許多歡樂，好讓我度過那漫長的一天。

那時看恐怖片，明明自個兒膽小，可又按不住自己的好奇心，看完後仍心有餘驚。晚上，月光透過玻璃窗，射入的殘影在地上抖動著、抖動著，讓人浮想連翩……於是乎，在房間裡折騰累了才睡下。

冬日的早晨，我趴在窗上，目送父母上班，不知有多悲傷。等我發現那窗上的印子，不禁感到驚訝。我靠近它，呵氣，它就像穿上了薄紗，於是伸出手去撫摸，薄紗又消失了，隱隱有一些水珠。呵氣、撫摸、呵氣、撫摸，就猶如哥倫布發現了新大陸一樣，我尖叫著跳了起來，在窗邊度過了愉快的一天。

還記得，我尤其愛透過窗去看外面的一切，就像看皮影戲般。看外面的人們，大人在與小販討價還價，小孩拿著風車在地上狂奔，還有小狗在那「汪汪」地叫著。這些日常瑣碎卻溫馨的場面在電視上可少見。

窗在童年時期一直陪伴著我，帶我認知這個大千世界。讓我知道，光可以透過窗留下影子，在冬日裡窗會起一層薄霧，可以透過窗看到外面新奇的世界。

生活中的科學原理，我可是很早就知道了呢！這可比從枯燥無味的書中學來的知識有趣多了。想到這裡，我就像那拿到糖果的小孩一般，沾沾自喜。

窗，與我亦師亦友。它就像我的啟蒙老師，告訴我許多知識。它亦是我的朋友，陪我看那大千世界，度過一個又一個春秋。

窗，它是一個神奇的玩伴。



## 手錶

4C 李添賜

時間是個漏斗，它帶著人們的快樂、悲傷，緩緩地透過人們的嘴巴、指縫、聲音溜走，無聲無息，不為人所知。但手錶卻可以裝住時間，保留住記憶深處那抹淺淺的痕跡。

小時候父母工作忙，我經常被抱過去和外公呆在一起。外公手腕上總戴著一個手錶，金屬的正圓型，上面雕刻著精美的花紋，由一條拇指粗的銀色格子鏈繫著。那塊手錶似乎有著某種紀念意義，記得外公有一次很深沉地對我說：「時間改變了一切，但這塊手錶讓我永遠記住了當時最真的自己。」懵懂的就問：「難道現在的外公是假的嗎？」我傻乎乎的問題逗樂了外公，他就抓著我用他剛長的鬍子扎得我大聲求饒。

外公有午睡的習慣，吃完中餐他總抱著我在席子上睡覺，可外公手上的手錶總磕得我生疼。當時的我哪裡肯睡覺，趁外公睡著了便偷偷爬起來，躡手躡腳地取下外公的手錶，翻來翻去地想發掘出什麼秘密，甚至放鼻子上聞了聞，最後把它套在了自己的手上，為了不讓它掉下來，還得再伸出一隻手扶著，別提有多別扭了。就在即將脫下手錶的時候，外公醒了，他一眼看見了戴手錶的我，不由分說，我又受到了鬍子攻擊。

如今外公已去世，他的手錶也一直擺在他房間的抽屜裏，每次媽媽看見它，都會有不同的情緒，有時哭，有時笑。而我看見這塊錶，只會感到歡樂，彷彿外公又在席子上拿手錶磕我，抱著我用鬍子扎我。

這塊手錶裏藏有我對外公的種種回憶，以及我對外公濃濃的思念。讓我想起那喜歡捉弄我，總是開口大笑的最真的外公，以及在外公面前十分安心，不急躁的最真的我。



## 最後的燭光

4C 劉秋樺

夜幕降臨。

屋內，燭光搖曳，像是一個頑皮的精靈，在風中舞動身姿，散落的人影在燭光中晃動。煙霧瀰漫，每張臉的神情在飄渺的煙的遮掩下，看不清，只是周遭籠罩的低氣壓讓人無法忽略。每個人都低著頭，我看見她的背在顫抖，雨從她頭上的烏雲滴落，一滴又一滴。最後一發不可收拾，滂沱的雨傾瀉而下，雨，於無聲中下了一夜。

燭光明亮，卻容易消逝。那抹暖黃映照在那張臉上，他在對我笑，笑得和藹可親。忽然，雨又下了，將我的臉打濕，讓我的眼盛滿雨水，何曾想過，這一天來得竟這麼快？我還未與你促膝長談，還未與你熱切擁抱，還未與你攜手同遊。而這一切都來不及了，追悔莫及的我趕不上生命的消逝。我拼命迎頭趕上，最終還是狼狽不堪的頹然倒下，再也沒有力氣去追趕。蠟燭也在時間的流逝中逐漸消融，燭光明滅。

一絲光透過紗窗照在我臉上，我望著那孱弱的燭光，就這麼看著它一點一點的消逝，它奄奄一息，最後化成一縷煙，飄散在空中，消失了，而我，無力挽留。



## 窗外

5C 劉曉慧

早晨的陽光被媽媽從窗外放了進來，刺醒還在睡夢中的我。聽著耳邊媽媽溫柔的呼叫聲，我萬般無奈的睜眼，看見窗外鳥兒嘰嘰喳喳、活力四射的樣子，我只覺得疲憊心累。

吃過早餐後，爸爸和媽媽幫我整理了一切，親自開車送我去上學。我呆望著窗外閃過的街道，感覺既陌生又熟悉，陌生是因為我從未在這些街道上走過，熟悉是因為上學放學都能從爸爸的車窗中望到這些風景。忽然，有道飛影從我眼前閃過，我目光緊緊追隨著飛影，是小鳥！它在寬闊的天空飛翔，可我很快便看不到它了，因為窗的空間有限，看到的也不過如此，那鳥兒能看見甚麼呢？我很好奇，卻也只限於好奇，因為我沒有翅膀飛不起來。

到了學校，老師以最親切的笑容迎我入教室。不變的是環境，不變的是學習，不變的是作業，我的生活也是不能變的。我看向窗外的樹枝，不知何時有了幾隻不同品種的鳥兒在嘰嘰喳喳的聊天，好不熱鬧。我喜歡聽這些聲音，儘管不知道甚麼意思。窗外的鳥兒來往自由，喜歡就留下，不喜歡就離開，有甚麼會拘束到它們呢？我想應該也沒有了吧，因為有翅膀，所以才可以享受我沒有的。

剛一放學，爸爸就立刻接我去課外補習班，上鋼琴課。我有些不耐煩的感覺，我打開了車窗，感覺到窗外微風撫面的溫柔，我漸漸平靜下來。「爸爸，我可以不去上課嗎？」我平靜的問著，果然爸爸立馬皺眉地說：「不行。」本就是意料之中的回答，但是我忍不住心中的失望。漸漸伸手關上了車窗，窗外微風的氣息還殘餘在我的臉上，殘餘在我的心上。如果我有翅膀，我就能有鳥兒一樣的生活，一樣擁有自由。

鋼琴房有一面大大的落地窗，落日餘暉鋪散在地面上，金色的光輝裝飾了黑色的鋼琴。老師還沒到來，我站在窗口感覺到暖洋洋的，忽然看到一隻飛得愉快的鳥落在地上，看著我。我猶豫了一會，打開落地窗的門，看鳥兒不動，我便向前走了一小步，又向前走了一小步，想碰小鳥的時候，它忽然起飛，白色的一個影在黃昏下特別明顯。看了看四周的環境，我才發現自己身處陌生的院子，那是窗外的世界。直到老師叫我，我才回去，心裡止不住的喜悅。

晚上的睡夢裡，我站在窗外，有著翅膀，毫不猶豫地離開漂亮房子，去追求我向往自由的方向，也許會到達最自由的彼方。



## 窗外

5C 黃咏琳

窗外的一切象徵人生，看似事不關己，卻時刻心生感觸。沿途的風景有好有壞，有平淡無奇的或是令人驚嘆的。可這一切都比不上叫做「家」的那個終點，即使在那裡待膩了整個童年，但依舊滿心期待能早點到站。

去年春節，我堅持要回老家。因為在外地讀書的原因，已經有三年沒回去過春節了。我懷念家鄉新年時熱鬧的氛圍，我懷念接連不斷的鞭炮聲能徹頭徹尾地響爆我的耳朵，我懷念外婆舅舅他們不厭其煩地催促跨年倒計時完後要馬上洗澡睡覺。我害怕時間的洗滌會沖淡這一切，所以我要回去，回去再重溫一次。於是，我乘上了長途火車，在沒有臥票的情況下，我在窗邊坐了一夜。只能感嘆中國人口太多，想回家的更多。

正趕傍晚時分，火車一路向北，街景一直在後退。一首詩因而在腦海中浮現：「枯藤老樹昏鴉，小橋流水人家，古道西風瘦馬，夕陽西下……」我欣慰地一笑，幸而我並不是斷腸人。等待的時間，一分一秒都嫌漫長。平時一個人沒甚麼，突然聚集在一個人人都思鄉的空間，我又更思念了。夜幕降臨，窗外黑漆漆的，倒退的盞盞小燈下依稀飄著星點小雨。車內的人紛紛擔心著下雨了怎麼辦，交頭接耳地討論著。一名白衣男子笑嘻嘻道：「沒事沒事！下雨也阻擋不了我們回家的路。」整節車廂的人都被他逗笑了，剛才的不安一下子就消磨殆盡了。

我聽著車內熱鬧的嘈雜，看著窗外孤寂的寧靜。想起了微博上曾提到的話題——那些年讓你記憶深刻的老人言。我記得很多人都說：「以後上學工作嫁人了，不要離家太遠，不然受委屈沒人幫你。」家是一個避風的港灣，家人是心靈的慰藉。看了看時間，距離終點還有五個小時。我終於撐不住沉重的眼皮，睡過去了。

「到站了。」一個乘務員叫醒了，揉了揉惺忪的眼睛，才發現窗外又一片陽光明媚了。家人把我接回了家，家裡的擺設還是一成不變，我放下行李，趴在外婆房裡的窗台上欣賞起來。窗外的麻雀一隻兩隻，在電線杆上多嘴。不遠處就是火車軌道，日復一日地乘載著思鄉的人們，路邊的樹又長高了，附近也起了一棟新樓。果然，家裡的窗外還是那般熟悉的風景，熟悉的人情世故。沒睡好的我，又迷迷糊糊地進入了夢鄉。

窗外的一切象徵著人生，看似事不關己，卻能時刻令我心生感觸。



## 意想不到的禮物

6C 周詠欣

一月六日（星期五） 陰

今天回家的時候，我拿著這份意想不到的禮物，雖然它不重，但我的心卻是沉甸甸的。

一份意想不到的禮物，當中必定包含著送禮者的心思和驚喜。在現今這一個科技發達的國家，人們都不外乎是送贈不同的電子產品或直接以金錢送贈。不過有時候也會有特別的例子，例如送的是一件平凡和簡單的禮物。

古語有雲：「千里送鵝毛，物輕情義重」，這一句話也代表著我一直以來的想法。在這一個物質主義的世界中，一份有價值的禮物往往比一份有意義的禮物好，而且更受別人的愛戴和喜愛。不過我一直以來都不介意別人送一些親手做的禮物給我。

在回家的路程中，一直左思右想究竟我的奶奶會送甚麼給我，是一幅照片？是食物？是背包？……雖然奶奶送的禮物不重，不過走著走著，我的心卻是沉甸甸的，充滿著一絲的期待和喜悅，但是我相信奶奶是送了一份金錢也買不到的、一份意想不到的禮物給我。

當我一步一步地走進家中，我的心也按捺不住那一種的興奮、期待，我的心猶如火山般快將爆發。當我整理好自己後，平復自己的心情，迫不及待地拿出禮物，小心翼翼地拆出。

經過一番的功夫後，我也順利拿出我收到的禮物。原來奶奶送了一件她親手做的毛衣給我，那一刻我的心頓時感受到溫暖，這一件毛衣相信是奶奶花上一段挺長的時間去製造的。我立刻穿上這一件溫暖和充滿愛的毛衣，毛衣充滿著奶奶的愛和她那一股熟悉的氣味，穿上了這一件毛衣，令我回想起小時候與她的回憶。

奶奶送了這一件意義重大的禮物給我，當中充滿了奶奶對我的思念之情。雖然它不重，但是當中的意義猶如一本一本的書充滿我的腦海，我的心也開始產生一種強烈的想念之情。那一刻我反覆地問自己：「奶奶的每一問、每一份禮物都充滿意義，那為什麼你又一封信、一份禮物也不回呢？」

原來我一直以來都忽略了住在家鄉的奶奶，她以前送的禮物我都不太喜歡，不過今天我所收到的禮物，是我意想不到的，也令我有著很大很大的遺憾。

其實在幾天前，奶奶已經離開了我，這一份意想不到的禮物是她生前寄給我的，因為種種原因導致禮物在奶奶離開後才送到我身邊。在禮物中還有一封信，我相信是奶奶托我的叔叔寫的，充滿她的愛和關懷。

信中奶奶並不是留下很多的訊息給我，她說：「收到這一份禮物開心嗎？這是我花心思去製成的，不是買的，真的很希望你可以穿上這一件我為你做的毛衣，是不是很意想不到？奶奶快要離開了，你一定要好好照顧自己和父母，奶奶永遠會在你身邊。我愛你，一心記得要努力讀書，我會為你打氣！」

當我看見這一封意想不到的信，並穿上這一份意想不到的禮物，我的眼淚一發不可收拾，我對奶奶的不捨之情變得更加強烈，我的心也變得更沉、更痛、更後悔。這一份意想不到的禮物，勾起我與奶奶的所有回憶，從小到大我都很希望收到奶奶親手做給我的衣服，不過我沒想過是在她離開後才得到。這一份意想不到的禮物，令我明白到原來以前的我一直都不懂得珍惜。雖然一件毛衣並不太重，但是對於我來說卻是一件讓我永世難忘的禮物。

這一份意想不到的禮物，也伴隨著奶奶的遺憾和關懷。現在的我也會開始好好珍惜別人所送的禮物，不論是以物質為主，還是以心意為主，我也會把它們好好珍藏、珍而重之。別人所送的禮物也必定是意想不到的。

收到這一份意想不到的禮物，令我後悔了，令我成長了，也令我變得更珍惜每一個人、每一件事。我發現以前的我是多麼的討厭，多麼的無禮，而且經常「空口說白話」，雖然口裏說：「物輕情義重」，但卻一直都做不到。不過在今天收到這一份意想不到的禮物後，我更能體會到「千里送鵝毛，物輕情義重」。

今天我收到了一份意想不到的禮物，雖然它不重，但是當中包含著別人送出時的心意和快樂，所以我必定會好好珍惜。



# 足跡遍遍

## 中大遊記

4A 蔡俊豪

在上星期五，學校舉辦了一次中文大學實地考察。起初我覺得這是一次十分平凡的實地考察，但過後卻並非如此。在中大看見到社會的發展，以及珍貴的生態，我充分感受到大自然的親切。

走過中大必到的景點——天人合一亭，就像身處在海的中心，近處可見茫茫的大海，遠看可見無窮的天際。天人合一亭就如一個天堂，我似乎被那美麗的海景迷住了。在那欣賞的同時，清涼的海風亦陣陣飄來，令我心境清涼，真想永遠住在那裏。唯一可惜的是，遠處正在進行的填海工程，一片美麗的大海，就因區區的填海而失去了美感，這樣太可惜了，填海的人就不能顧及一下大海的感受？大海也會因此而毀容。

離別了美麗動人的天人合一亭後，我們下個景點是百萬大道。我們穿過聯合草地，越過聯合梯及山崖，經歷一番努力，終於來到百萬大道前。這條百萬大道十分長，亦十分闊，連接著中大圖書館和中大之間，而且百萬大道的地面是以圖形為主，十分壯觀。有不少人都以為這條大道是以一百萬來建造，但並不如此，百萬大道這個名字是有意義的。身處百萬大道之上，我感受到大學生的成功感，他們一定花了不少努力才可以到此修讀。

最後，我們在飯堂吃過飯後，繼續遊覽中大，我們最後的目的地是未圓湖。在未圓湖旁有一座涼亭，坐在涼亭之下，彷彿自己化為一位文靜的書生，一邊閱讀，一邊吹著涼風，十分休閒。我亦圍繞著未圓湖遊走了幾個圈，看見湖中原來有不少魚，它們十分活潑，令我回想起以前的事。身處在這美麗的未圓湖，我覺得我們需要反思，不應該再污染生態，因為香港可見的生態少之又少，每當做完一件事，就應反思一下。

在這次的中大遊覽中，我明白了生態的重要，認識了中大的景色，我幾乎被那些景色迷住了。中大，就像是與大自然共存般，處處都是大自然的美。我們應該珍惜中大的景色，不要污染。



## 中文大學一日遊

4B 薛卓穎

與往常讀書日不同的是，今天並不需要上煩悶的課，而是到沙田的中文大學散步，起初我連中文大學在哪也不清楚。中文大學是香港數一數二的大學，是人才的匯集地，可說是一個集才華和美貌的大學。

夏日炎炎，不管去哪都覺得軟弱無力，出遊不僅是吃力，更是熱得累人。但是，中文大學反而是一個消暑的好去處，既有室內的圖書館，也有室外的天空之境、未圓湖……

從學校坐專車出發，到達中文大學僅需四十分鐘左右，第一站便到天空之鏡欣賞。原本從王良和的文章上了解到，吐露港像是個小女生的短裙，而她的短裙卻越來越短。在這座聞名全港的天空之鏡——天人合一亭前，我站在水邊，看吐露港的雲海一色，身後的水池倒映著藍天綠樹和同學們的背影，天人合一。有水有樹也有涼風，即使烈日當空，坐在此地也不會熱汗直流，涼風好比冷氣，特別清新，燥熱之氣盡消，留下一身閒適之意。

其後，我們來到水塔之下，水塔下方有一尊孔子像。孔子像面向北方，銅像背後有一竹枝，竹上寫著孔子的教學理念：「學而不厭，誨人不倦」。孔子生前的偉大早已街知巷聞，他帶領弟子周遊列國，撰寫六經，為後人的文化奠定了基礎，他是儒教的始祖，他的仁、義、禮、智，世世代代地教導我們做人的道理。

之後，我們一一走過聯合草地、百萬大道、烽火台、百草園，其中讓我印象最深刻的，是終點站——未圓湖。經李伴培老師解說後，我們了解到未圓湖的名字來源是象徵人的一生不是圓滿的，這句話深深印在我腦裡、肉裡、骨裡。也是，人的一生有過成功，有過失敗，經歷過挫折才能磨鍊自己，從失敗中獲取經驗，也正驗證了「失敗乃是成功之母」這一句老話。據說未圓湖邊的景色會隨著季節的變化而變化，未圓湖上的荷葉鬱鬱青青，尚未長出像君子那樣屹立在湖上的蓮花。春意盎然，正是萬物復甦的季節，有驕傲的玫瑰、漫遊的鯉魚、嫩芽的草地，給人一種清新而又優閒的夏日。

雖然是第一次來中大，但是中大的一點一滴已印入我的腦海裡。在聯合草地上朗誦小思的作品，猶如身臨其中與小思作家在草地上探討問題、散步。最後，中文大學的午餐真的很好吃，如它的美景一般，令人回味無窮。



## 足跡

4C 陳怡廷

沁人心脾的早上，我跟隨著大隊來到了中文大學。那麼朦朧，那麼晴朗，那麼難以忘懷的一天，是否還留下了我的足跡呢？

微風輕吹，早上居高臨下的中文大學是如此的冷峻，周圍沒有一絲雜響，只帶給了我一股透心的寒氣。腳步深重，漸漸靠近了中文大學聞名的「天人合一亭」。初次見面給了我一股高冷的氣息，周圍霧氣籠罩，眼前的水池和遠眺的吐露港，在朦朧的氛圍中彷彿合二為一。我看得入神，微風輕吹平靜的水面，在我四周蕩起了漣漪，輕觸我的肌膚，冰冰涼涼的讓我回醒。周圍攏聚的同學紛紛開始了拍照模式，噁噁喳喳卻毫不改變高冷的形象。直至我們準備離開時，周圍的霧氣仍不願散去，仍保持著朦朧氛圍，那麼神秘。這在我的心中蕩起了漣漪，我努力克制自己的想法，我知道自己與它的距離有多遠，我的足跡是轉瞬即逝的。

陽光明媚的中午時分，我們來到了廣闊的百萬大道。陽光照耀下的百萬大道顯得格外的閃閃發光。我坐在百萬大道旁的木椅上，靜靜地觀察來來往往的大學生，他們並肩而行，嬉笑打鬧，自由自在地享受著大學的生活。表情是如此的雲淡風輕，如此的活得自在。這一刻，我心中的漣漪越來越大了，恨不得此刻猛烈的陽光能夠烙下我的足跡，還記得我曾來過，打斷漣漪的擴散。

下午時分，陽光逐漸變得柔和，我們來到了最後的景點未圓湖。一天的觀賞活動爬山涉水，同學們都感到非常疲倦，而最後的景點未圓湖正是療癒系的存在。未圓湖的景色猶如在沙漠中的清泉，瞬間舒緩不適。眼前綠油油的大樹，波光粼粼的湖水，水中嬉戲的鯉魚，嬌嫩欲滴的初開荷花和綠海一點紅的亭子，猶如詩境一般呈現在眼前。柔和的陽光照射下，顯得格外吸引，格外溫柔。未圓湖的景色猶如一個溫婉的姑娘，盡顯她的細膩與溫柔。微風吹來清新的青草味，眼前看見舒適、典雅的美景，心中萌生了那個種子。疲倦也難以戰勝心中的喜愛，我不知疲倦地欣賞未圓湖的美景，希望在每一個角落都留下我的足跡。

這一天是那麼朦朧，那麼晴朗，那麼難以忘懷，我的足跡印記在中大的景色裡，中大的景色烙印在我的心裡。



## 足跡

4C 劉秋樺

在一片翠綠中，我和中大初次邂逅，鬱鬱葱葱的樹木在風中舒展着腰肢，陽光刺眼，卻抵擋不住那抹綠色映入我的眼簾。微風拂面，陽光和煦，耳邊是風吹過樹林沙沙的聲音，一切都這麼美好，讓人醉倒於綠影中。

信步走來，仍舊是滿眼的青翠。不知不覺已走到天人合一亭，那位曾經在王良和文章中出現的古典而文靜的少女，似乎變得鬱鬱寡歡和無奈。我想一定是因為她心愛的長裙被無情撕毀了，大概如王良和所說，她茫然穿上淺藍的迷你裙子，正望著我苦笑呢。我靜靜佇立，看著眼前那位少女，想像著她穿上長裙的樣子。那模樣，美麗動人，卻漸漸失了一份靈氣，漸漸失了一抹笑容，漸漸失了一股活力。一如眼前的少女被淹在高樓後，無奈的苦笑。唯有無盡的惋惜，卻也無可奈何，世間多少憾事，豈有件件都能圓滿之理？

從天人合一亭下來，繼續悠然的沿途欣賞風景。片刻便到了聯合草地，坐在柔軟的草地上，聽著老師給我們講解文章。藍天白雲下是圍坐的學生跟老師，氣氛融洽，是輕鬆，是愜意，是滿足。這大概是小思老師喜愛這片草地的原因，於一片自然綠意中與學生談文說藝，伴隨的是鳥語花香，藍天白雲，綠意盎然，豈不妙哉？學生和老師其樂融融的在草地上交談構成了風景，正如小思老師所說：「你在看風景，也構成了風景。」這讓我想起卞之琳在《斷章》中如是說：「你站在橋上看風景，看風景的人在樓上看你。」在這浮躁的世界，有一片自然綠意供你休憩，何嘗不是不可多得的？只是人們擁有的太多，反而容易失去更多東西罷了。

繼草地閒聊之後，我們的足跡踏上了未圓湖邊。坐在樹蔭下，看湖面波光粼粼，樹的倒影在湖面上掀起漣漪。一亭一湖相得益彰，似是詩人聚首吟詩作對的地方。這湖，名叫未圓湖，這亭，我不知曉它的名字，所以姑且叫它未名亭吧。未圓，世間未有圓滿之事，想來也是，人無完人，又豈會有圓滿之事。這也告訴我們不要刻意追求完美，人是不會有圓滿之時的，所謂月有陰晴圓缺，人有悲歡離合，不慨也是同一個意思，此事古難忘，今亦如此。而未名，是我的突發其想，茫茫人海中，又有幾個舉世聞名？終其一生，也只是一個默默無聞的人。可我沒覺得這樣不好，棲在安靜的一角，以自己認為快樂的方式過一生，即使尚不為人所知，自己卻仍舊怡然自得。

與中大告別仍舊是在一片翠綠中，卻比來時更綠了。像是帶走了甚麼，又像是甚麼也沒帶走，大概中大的美景只有去到才能沉醉其中，身臨其境才會感受到那抹綠意所帶來的沁人心脾。



# 進步源泉

## 讚美令人進步

2B 吳淑慧

是呀！每個人都渴望得到別人的認可和肯定，都期待別人的讚美。讚美是一種良藥，在日常生活中，我們一定要善於發現身邊朋友的閃光點，給予讚揚，這是送給別人最好的禮物，同樣還能使自己進步，給自己帶來快樂！

讚美能使人進步。例如：我小的時候很少跟爸爸溝通交流，也很少接觸，對爸爸也是非一般的陌生。但在一次炎熱的夏天，媽媽在廚房做飯，我看著媽媽額頭滿是大大的汗珠，汗流浹背的辛苦樣，我心中覺得難受。當我讚揚媽媽燒的菜好吃時，媽媽會很開心，而且很樂意地給我們做飯，我和爸爸都覺得媽媽做的飯菜越來越美味可口了呢！爸爸見我稱讚媽媽，他為了和我拉近距離，也開始跟著媽媽學做飯了！所以讚美不單止提升自己，也使身邊的人進步。果然，讚美會令人開心自滿，從而變得更努力一點。

讚美讓人充滿快樂。學校裏，得到老師和同學的讚美，會讓我感到無比的幸福和快樂，也讓我更加熱愛學習。老師讚揚我的成績有所進步，我的臉上從心裏冒出幸福的笑容，因為老師的讚揚代表我有努力，老師的讚揚令我成績提升。一開始我跳舞很沒有自信，怕人們會取笑我，導致自己越來越敏感，但有同學讚揚我跳得很不錯，我非常地開心，慢慢地慢慢地，我開放了自己去擁抱舞蹈，我戰勝了自己，我克服了自己，讚美使我成功，使我進步。

請讚美你身邊的每一個人。不管他們是好是壞，是貧是富，都要去發現他們的優點，讚美讓我們充滿自信，也給我們帶來驚喜，這樣才會使自己取得更大的進步。



## 嚴厲與獎勵

4A 李子森

對於下一代，最重要的莫過於教育，而要教育好孩子，最首要的是教育的方法。不同的人對於教育，都有著不同的看法。中國人覺得教育應以「嚴」字為主，認為「棒下出孝子，嚴師出高徒」；西方人則認為教育需多讚賞，少批評，他們覺得「獎賞是教育的恩物」。而我則認為兩種方法均有可取之處，但要因應孩子的情況，因材施教。

這個世界上有很多頂尖的運動員，他們能得到現在的成就，全賴平日的嚴加練習。這些運動員的目的可不是「儘量做好」，而是「必須第一」，教練不會對他們心軟，每日不斷的魔鬼式訓練從不停歇。對於他們來說，稱讚與獎賞是多餘的，就算做得再好，教練也不會去誇獎他們，因為那只會讓他們驕傲，使他們鬆懈，平時有一點成績便稱讚，那麼世界第一如何能得到呢？

世界級的鋼琴演奏家郎朗，也是一個經典的例子。小時候的郎朗，早在九歲便已經聞名於人們耳中，但他的父親卻從未因此而感到滿足，即便那時郎朗的琴技已能與演奏級鋼琴師媲美，可他的父親仍馬不停蹄地要求郎朗練習。每天的鋼琴時間都會佔上整整六個小時，有時郎朗只是偷懶十幾分鐘，他父親便會打他、罵他。雖然聽上去很嚴厲、很殘忍，但正是這般的嚴厲，造就了現在的郎朗。

看到現今很多名人都因嚴格而成功，但獎勵式教育同樣也有其好處。對於孩子們來說，最吸引的事情無非便是父母的獎勵，如果能把孩子的這種慾望心利用好，獎賞能成為孩子努力或認真學習的推動力。孩子因誘惑而開始接觸知識時，會自動對其開始有了了解，甚至能夠藉此培養起他們的興趣，慢慢地不再需要誘惑他們，孩子也會自主地去學習、去探究，因為這已經成為他們的興趣。

德國科學家奧比·海因里希，同時也是諾貝爾得獎者，便是一個活生生的例子。奧比小時候無心向學，終日只顧玩耍，怎麼勸他也不聽，他的父親便開始用一種獎賞的方法去吸引他學習，果真，奧比在科學上的興趣開始愈加濃厚，畢業之後，更開始自己的科學探究之路，最後榮得諾貝爾科學及醫學獎。可見，獎賞式教育會為你帶來意想不到的結果，並非是在浪費自己的金錢。

雖然嚴厲式教育與獎勵式教育是截然不同的方法，但若兩者均用於教育孩子，便定能發揮各自的優勝之處。不同性格的孩子需要不同的教育方法，故此父母需因材施教，獎罰有度。兩種教育各有利弊，只有兩者同用，雙管齊下，有功便賞，有過便罰，才能讓孩子茁壯成長。



## 論讚賞

4B 薛卓穎

人與人不同，每個人追求的成功道路也有所不同，有人認為讚賞是成功的最大推動力，但我不這麼認為。因為讚賞既是良藥，也是毒藥，而不絕對是推動力。有人認為有讚賞才有動力去做事，但也有人認為讚賞使人自大，所以讚賞既能給人加油，也會使人掉入谷府。

從愛因斯坦的一句名言來講：「天才的成功是由百分之一的靈感加百分之九十九的努力」。從古至今，從中到外，許多傑出的名人的成功並不是讚賞的功勞。例如：曹操的霸業是他傑出的政治手腕而來；梵高的成功是他過人的繪畫技術而來；馬雲的財富是他勇於創業投資而來。每個成功的人背後都存在著艱辛，相比起讚賞短暫的推動力，不懈的勤奮不是有更多的可能去幫助人成功嗎？正所謂率真的批評才能認清自己，踏入成功的大門，成就未來。

「水能載舟，亦能覆舟」這一句是出自唐太宗貞觀年間的座右銘。過多的讚賞使人驕傲，正所謂驕兵必敗，讚賞需要適可而止。三國時期，馬謖因為有一點小聰明，在一次戰場上利用一點小技巧，贏得勝利，回國後被人讚賞而驕傲起來，在街事一戰中，既不聽從軍令，又肆意妄為，結果大敗。可見，過多的讚賞不能令人成功，所以，我認為人生在順境中得到適當的讚賞，能助你展翅高飛，在逆境中則會如一輛跑車重新注入燃油，能繼續在馬路上飛馳。因此讚賞需因人而異，過多的讚賞使人從高山跌入谷底，無法自拔。

從國外一位廣為人知的牛頓先生的成功例子來講。當時，在封建的英國，中小學生會歧視成績不好的學生。有次課間遊戲，一位好學生踢足球踢到牛頓，並罵他是一個笨蛋，心靈受創的他向老師投訴，但他並未收到安慰，卻得來老師的辱罵。他心想：「兩個都是老師的學生，為何偏袒做錯事的學生？」這件事促使他努力學習，提高成績，超越那位同學，至此，他成績名列前茅，證明老師的過錯。所以「有志者，事竟成」，後來他成為流芳百世的物理學家、科學家，他的萬有引力更是造福全世界，幫助後人探索宇宙的奧妙。

總而言之，讚賞是良藥也是毒藥，然而對無用之人只是以毒攻毒，使人更加傲慢，增加失敗率；對有用之人，則是一種推動力，成為他們成功的道路上的一盞明燈，助他們離成功更進一步。所以無論有用無用之人，讚賞都應適可而止，因人而異，否則適得其反。



## 失敗是我進步的動力

6C 雷君傑

「失敗是成功之母」這一句話人人皆知，可是卻有多少人清楚知道它的含意呢？我是指，當人們失敗時，真的可以拋棄感性重新理解這句傳遍大街小巷的話語嗎？答案因人而異，而我，敢給予肯定答覆。是的，沒錯，失敗是我進步的動力，是我進步的源泉。

世界上多少科學家的成功是踩在失敗的肩膀上，愛迪生、達文西、愛因斯坦……遠遠不止這些。他們經歷千萬挫折，無數障礙，才可取得如今留名後世，造福人類的成就，是我，是一般人難以達到的。於我，雖不望有一天能留名後世，卻有一顆想經歷磨難、挫折的心，與那些偉大的科學家一般一次又一次地克服。在我學習鋼琴的年齡時，我的手指遠不足以應付考級樂曲，一次又一次反覆失敗，令我發現，這其中有不同的奧妙，實際上我的左手可以補進右手所不能及的空缺，最後我順利達到一個新的藝術境界。你說，如果不是那些失敗，我又如何找到其中的技巧並獲得成功呢？也許失敗對於我的吸引力在於可以利用經驗吧？或許這是它為我提供能量的原因吧？

世界著名演說家力克，天生便無四肢，給他的人生帶來了無數困難。小時被人欺負，大時被人歧視，經歷如此災難的力克在許多方面都失敗，但他卻從中找到了成功的方法，利用自身經歷鼓勵他人，成為了著名演說家。力克克服了人生中很多困難，這是我們常人所不能體會的。失敗是人生必經之路，不離不棄，在影子中給我快馬加鞭，我又如何能奔跑地不快？在跆拳道學習之中，天生的不足常常令我淪為手下敗將，一次次傷痛幾欲令我投降，可我始終沒有。那些疼痛隨著時間會消失，新烙印的失敗也不再那麼容易察覺，反反覆覆被擊倒，卻從未被擊倒，我在失敗中成長了，因為失敗，我變得更堅韌不拔，才能最後勝出，才能在長達幾年的時間裡從失敗者變形成勝利者。也許是失敗的多了，路才變得更好走吧？或許這是它給予我陽光的原因吧？

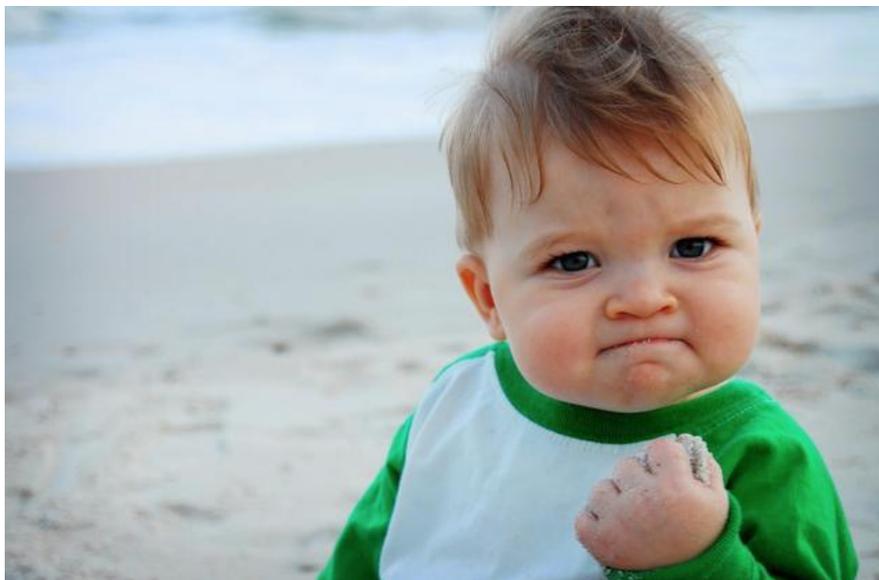
《哈利·波特》作者羅琳又何嘗未經歷過失敗？羅琳的作品一開始是不被認可的，甚至沒有一間出版社願意買單，有人更惡言相對，令羅琳吃盡了苦頭，可正是因為這些挫折，羅琳下定決心寫最好的小說讓他們大開眼界，我們知道，她做到了。羅琳投稿了不下千次，最後才獲得成功。有時人生就是這樣，人們不斷否定自己，但能否衝出一條路，還要看自己有沒有決心，當然，失敗的越多，我們更容易下更大的決心，因為失敗在逼我們進步。對此，我深有體會，小學時期，我的成績便遠不如他人，每次的成績都會被老師、同學、家人否定，同學的言語最為激烈，令我深刻銘記著，心想有朝一日會超越他們。隨著挫折不斷，打擊不斷，我日益向上爬，最後在畢業考試令他們啞口無言。我進步了，

成功了。也許是失敗在告訴我所處的情況吧？或許這是它拉著我向上的原因吧？

《本草綱目》作者李時珍的挫折可謂無人能及，甚至有幾次差點以生命作為代價。李時珍嘗遍有醫學價值的植物，當中一些含有劇毒，李時珍卻都嘗過，若不是及時被發現，恐怕未能嘗遍百草。如今家家戶戶都知道他，他為中醫做出了極大貢獻，拯救了無數生命。你說，我的挫折與失敗又算甚麼？在李時珍的經歷下，根本不值一提。因此，我從未認為失敗是令人沮喪的，而是能令我進步的。

自古以來，人們經歷太多失敗，牛頓說過他是站在巨人的肩膀上，我看未必，他是站在失敗的肩膀上。是失敗令我們有所成就，令我們成功，令我們在山頂、在雲端。也許是失敗在告訴我們，不要放棄，不要懼怕，或許是因為它會令我吸取經驗，或許是它令路更好走了，或許是它會告訴我所處的情形吧？因為這一切，失敗成為我進步的動力。

於是，我理解到失敗，是成功之母，更是進步之源。



## 老師是我進步的動力

6C 黃洛嘉

「你是我教過最優秀的學生！」

我總是期盼著，有一天你會這樣微笑著對我說。為此我一直不斷進步，而你就是我的動力！是我奮勇向上的推動器！

許多人說你是冬日裡的燭光，無私燃燒自己，給予我們溫暖。也有人說你是花園裡的園丁，辛勞地照料我們這些含苞待放的花蕾。而我卻覺得你是午夜路邊發亮的街燈，默默無聞地指引我在黑暗中前行。

年少輕狂的我，總把你苦口婆心的話語當作耳邊風。我以為自己是多麼了不起，不需要你的提點我也能昂首挺胸走下去。事實證明，我是錯的……

那年，我因為家裡的原因，時常曠課，我想逃避，抑或是放縱自己，自暴自棄，同學們的關心我充耳不聞，你的責備我視而不見。

「你真的讓我很失望！」你說。

話畢。嘴上滿是不在乎的我，臉上卻淌著幾顆晶瑩剔透的淚珠，那是我第一次在你面前哭，我讓你失望了啊！在我心目中，你一直是最尊敬的老師，而我卻讓你失望了，這並非我想要的。你安排社工於我輔導，當我得知學校要記我大過而你卻費盡心力將其調至小過，為的只是不想日後，我背著不好的名聲。那一刻，我告訴自己，不能讓你失望了！

也許就是在這一刻，你成為了我日後進步的動力。我想做的更好，不讓你失望。

準備高中那年，班上來了許多新同學，那時，你在全班面前說了一句：「在我的眼中只有第一名。」很可惜，那年我是第二名。但這句話卻一直銘記於我心中，我不斷勉勵自己向上，而你的話也一直推動著我進步。

到了現在這一刻，或許我從來沒有考過第一，但你卻是我在學習路上最大的動力，督促著我要進步。

因為你，我從膽小怕事，到可以站上講台向著全校人早講亦不膽怯。因為你，我的普通話可以有平台一展所長，使我兩文三語能更上層樓。因為你，我才有

勇氣參選學生會，盡展自己的才能。我以為我不可以，但從入學的第一天你便告訴我：「不用怕，你可以的！」

在主科上，你給予我的幫助也是不少的。別人常說的死亡之卷，人人為之恐懼，而我卻一點也不害怕，因為我對自己有信心。你總能發現我的強弱處並加以提點，使我能有更佳的分數。正是因為在這一科，我能發覺樂趣所在，也奠定了我日後的目標。

對於我來說，是不是第一已經不再重要，我將你給予我進步的動力用於我未來的事業上。我想繼續進步，我想日後亦能像你那樣教導莘莘學子，並成為他們進步的動力。

不同人有不同尋求改進的動力。我想，能讓我一直不斷改進的動力便是你了！我想成為更好的人，我想變成你最驕傲的學生。為了這個目標，我一直在不斷的進步。

雖然，有時你我不苟言笑，甚至亦沒有太多的交集，但你對我的恩情永存於我心中。感謝你六年來的陪伴，感激你能給予我進步的動力。「一日為師，終生為父」，你的確如母親一般照料著我們，我想難得可尋到這般良師益友，難得可尋到這持之以恆的動力。

我即將踏出校園，但你的話我再也不會當成是耳邊風，我知這般循循善誘，可遇不可求實屬難得。在我人生一片漆黑之時，你默默佇立一旁，用發光發亮的身軀指領我走向正確的康莊大道，我必定銘記於心。

你是我前行的動力！你是我向上的動力！你是我進步的動力！

總有天你會對我說：「你是我教過最優秀的學生！」而這番話是誰對我說？我的老師。



1A (4) Chow Yuk Wai, Gerry

An enjoyable Christmas Day

Sunday, 25<sup>th</sup> December, 2016

Weather: Sunny

Today, I spent the day with my family. We were very happy at Christmas.

In the morning, we went shopping and bought some gifts. After that, I played badminton with my parents. It was funny, but I was very tired. And then we had a bath and decorated our house, so it looked tidy and comfortable. Sometimes, we argued with each other as we had different views.

We went to a Japanese restaurant for lunch. We had sushi, ramen, barley tea, cold dishes and sashimi. All ingredients were fresh. Also, we had wasabi. It was spicy and irritative. Some people may cry out after eating sushi with wasabi. However, I'm OK for it. Do you like to eat sushi with wasabi and soy sauce?

After lunch, we went to a cinema to watch a movie. It lasted for about 144 minutes. The movie was about Aliens' war. The name of the movie was "Rogue One: A Star Wars Story." It was cool, right? And this was 3D movie. Anything in it made me feel very true, it was just like the people were standing in front of me, it was very realistic.

In the evening, we went to the "Sea World". There were many restaurants, and there was a performance at 6:00p.m, it was great! There were people singing and playing saxophone, guitar and piano. This was an amazing feast! And I ate fish, shrimps, preserved eggs and vermicelli. The food there was delicious!

I really enjoyed this Christmas.

Time to stop!

1A (19) Chan Xiao Jun, Daisy

A postcard to my friend

Hi, Terry,

How are you? We're having a good time here in Osaka. There's so much to see and do. It's such wonderful place.

Right now, we're watching cherry blossoms in the park. The flowers are pink, they're very beautiful. We're having picnic under the trees, we bring some sushi, crispy tempura and sashimi for lunch.

Yesterday, we went shopping in a shopping mall. There are lots of stores. Mum bought many things, for example, handbags, hats, and a pair of running shoes. She was excited and said, "This is an exciting place she couldn't miss."

Tomorrow, we'll visit the popular theme park, the Universal studio in Osaka. It will be sunny. I hope I can go on rides and my dad wants to buy souvenirs there.

Anyway see you soon. Miss you!

Take care,  
Christy

1B (12) Mohammad Nasreen

My life at secondary school

Good morning, everybody. I'm going to talk about my life at secondary school.

First, let me tell you something about me. I am 14 years old. I have straight hair and I look beautiful. I like running and playing badminton. I am a helpful person. I am in class 1B. I like pink colour.

Second, I would like to talk about my new friend. My new friend is Sofia. She is 16 years old. She is beautiful and has short hair. She likes playing computer games and running. She is a clever person. She likes pink and purple. She is in class 4B.

Finally, let me talk about my new school. My new school is located in Tuen Mun. There are many facilities, for example, computer room, gym, library, art room, lecture theatre and MMLC. I usually go to the MMLC to meet Mr. Murray for speech festival practice after lunch.

There are many extra-curricular activities such as basketball team, English club and badminton Club. My favorite subject is English because I love reading English books.

That's all I want to say. Thank you!

1B (20) Cheung Wah Yat

### Cycling with my friend

Last week my friend Ben and I went cycling in Tai Po Park. The weather was nice and sunny. It was fun when we went cycling.

After a while, we felt thirsty and tired so we wanted to take rest. Luckily, we saw a store which was not far away from us, therefore, we put the bikes next to the store and bought some water and some food to eat. While we were resting, we saw a dog sleeping outside the store. "What a lovely dog", Ben said. He then, he touched the dog and played with it. Suddenly, the dog woke up and bit Ben's finger. He cried and the dog ran away already. Ben's finger was still bleeding.

A few minutes later, the owner of the store took a first aid box to help Ben. When Ben's finger stopped bleeding, we took him to the hospital for a thorough check up.

Ben felt better now and he swore not to touch the dogs anymore!

1C(9) Ng Cheak Yin

### School Open Day

Friday, 25<sup>th</sup> November, 2016

Cloudy

Today was our School Open Day, we were very excited. We had to go school at 9:00a.m..

In the morning, I had breakfast at home. I ate some eggs and sausages. I went to school at 9:00a.m. Then, we waited for our class teachers to give us tickets. When we collected 20 stamps, we would have a big prize. At 10:00am, we went to the playground. My favorite game was the giant slide because it was interesting and exciting. I like playing slide when I was a small child.

In the afternoon, I had lunch at 12:40pm. My classmates and I went to a restaurant. The food was delicious.

At 2 o'clock, I went back to school. I made a few cups of milk chocolate and coffee. Also, I decorated small cakes and cartoon character pancakes. They looked nice!

I enjoyed so much on School Open Day!

1C (10) Siu Pak Yiu, Yuki

### A visit to Disneyland

Yesterday, it was a sunny day. I went to Disneyland for a class picnic. I went with my friendly 1C classmates and class teachers, Mr. Siu and Miss Siu.

In the morning, we first had a lesson in the theme park. I learned a lot about languages and culture of different countries. Then, we rode on Big Grizzly Mountain Runaway Mine Cars. After that, we watched a Disneyland Railroad film.

At lunchtime, I said 'Good bye' to my class teachers. I went on ride at Space Mountain with May. My favorites game is Big Grizzly Mountain Runaway Mine Cars because it was so exciting. I also took lots of photos with May. I tried delicious Japanese food for lunch. I bought a toy Stitch for my brother.

It was 6:00pm when I got home. I enjoyed the picnic. It was because "Big Grizzly Mountain Runaway Mine Cars" was funny. Next year, I would like to go to Ocean Park with my best friends.

2A

### School Rules

1. You should go to school on time because you can be ready for class.
2. You must finish the homework by yourself because it's your duty.
3. You mustn't sleep in the class because you can't listen to your teacher carefully.
4. You shouldn't interrupt your teacher because it's not respectful for your teacher.
5. You can't use the mobile phone until you get the teacher's permission.
6. You shouldn't draw on the table because it is belonged to the school.
7. You mustn't run in the classroom because it can be dangerous.
8. You shouldn't eat or drink in the classroom because it'll make classroom dirty.
9. You can't bring food in the classroom because we are not allowed to eat food in the classroom.
10. You shouldn't shout in the campus because it is too loud and noisy.

School Open Day

Today was our School Open Day, we had to go school to celebrate the 25<sup>th</sup> anniversary.

In the morning, I went to school early. I waited for more than one hour before we entered the hall. We had a ceremony in the hall. We listened to the guest's speaking and students. After the ceremony, we went to our stalls, my duty was to give gifts to the students who played a lot of games.

In the afternoon, I ate lunch with my friend in the covered playground. Then we went to the D & T room. I saw a 3D stereo image. It was really entertaining and amazing. Next, we made a pancake in the HE Room. The pattern was beautiful and lovely. After that, I went back to the prize stall, many people came and redeemed gifts, so we were very busy.

The wind blew coldly all the day. In the evening, I tidied up the stall and the gifts. I ate much popcorn so that I had a sore throat. The busy day was over.

I really enjoyed our school open day especially the 3D stereo image, it was impressive. Although I was tired, busy and bored, I think this activity was memorable and great fun. I hope it will be better next year.

2A (16) Du Zhiyan, Cynthia

Letter of Complaint

From: Cynthiato @gmail.com

To: happyrestaurant@yahoo.com.hk

Date: 27<sup>th</sup> March, 2017

Subject: A complaint about the restaurant

Dear Manager,

I am writing to complain about your restaurant. Last Sunday I had a meal in the Happy Restaurant with my husband and we had lots of experiences.

Firstly, we saw many tables in the restaurant. There was no space to walk. It was very crowded. Next, when we asked the waiter to take an order, the waiter shouted at us and he was not friendly. Moreover, the waiter smoked behind the door. Then, we waited for 30-minutes for the food. The soup was very salty that we had to drink more water. The chicken was overcooked that was unpalatable. And the rice was too cold to eat.

Lastly, we spent fifty dollars for this meal. It was so expensive and bad. It is not reasonable. I want to have a refund and I have some suggestions to the restaurant. For example, the waiter should not smoke in the restaurant. You should reduce some tables so that there can be more space. I hope that your restaurant will take my complaint seriously and make improvements. Thanks.

Yours faithfully  
Cynthia To

2B (07) Lai Wendi, William

### A Slimming Story

Kitty Chan is a famous model. She is slim, beautiful and confident. Many boys want to date her. No one believes that she was a fat girl of 160 pounds five years ago.

Kitty was very fat at school because she loved eating. She could eat two hamburgers, three fried chickens with a bottle of cola for lunch. She did not do any exercise and slept after lunch. She loved eating chocolate and potato chips after school, she loved eating chicken and drinking cola for her dinner.

Kitty didn't mind being so fat until one day her clothes was broken when she was at school. Everyone teased her and said some rude words to her. She felt embarrassed and angry. So she cried in the toilet after school. Finally, she wanted to lose weight from 160 pounds to 80 pounds. She wanted to let all her classmates not laugh with her weight. To lose weight, Kitty did many things. She did some exercise at school, and do a lot of sports during weekends. She joined a yoga class to lose weight. She took the slimming medicine to help her lose weight. She did exercise every day, she never eat chocolates or sugary food anymore. Finally, she succeeded.

She was a fat girl of 160 pounds five years ago. Now, she was a slim girl, a pretty and confident model, many boys want to date her.

2B (10) Denish Pun

### My role models

I'd like to tell you about two role models I admire most. My first role model is my grandfather, He used to be a soldier in Nepal. He is ambitious and motivated. I admire him because my brother told me his brave stories. He was one of the bravest soldiers in Nepal. He fought for his country to protect the citizens. Some other countries even hired higher him to join their soldiers. As he was very brave.

My second role model is Steve Job. He was the founder of Apple Inc. in the United States. Steve Job was ambitious and smart. I admire him because he made a lot of new digital gadgets at that time and he was very serious on his work. I also remember that Apple Inc. was going to stop running their business but because of Steve Job, Apple Inc. was still running. He worked very hard and he made a lot of new changes to our digital world. Therefore, my grand-father and Steve Job are my two models I admire most.

2C(6) Ng Kai Yin

### My Birthday

This morning, I went to ABC cinema. I watched 'The Robot War'. It was an animation. The film was two hours long. Dad and mom watched the film with me. I felt excited.

After we watched the film, I held a birthday party at home at 3 o'clock. My classmates came to celebrate my birthday. We ate some pizzas, chicken wings, sausages and a birthday cake at the party. We also played card games, took selfies and chatted. My classmates and I felt relaxed.

After the party, my classmates gave me a lot of presents. I had a music box, a new dress, a story book, a photo frame....

My dad gave me a mobile phone which surprised me much! I SUPER liked this present!

Finally, my classmates went home and I started doing my homework. I went to sleep at 11:00 p.m.. Today was a great day. I thanked my classmates for coming to my birthday party and the presents!

2C(8) Ng Tze Yau, Yonus

### Comparison of Three Shopping Centres in the New Territories

There are lots of shopping centres in the New Territories. This report is a comparison of three shopping centres in the New Territories. Two are in Tuen Mun and one is in Yuen Long.

The two shopping centres in Tuen Mun are V City and Tuen Mun Town Plaza. Yoho Mall is in Yuen Long. V City and Yoho Mall has fewer floors than Tuen Mun Town Plaza. There are 5 floors in Tuen Mun Town Plaza. It has the most floors. Tuen Mun Town Plaza is bigger than V City. Yoho Mall is the biggest shopping centre. It has 1,100,000 square feet. Tuen Mun Town Plaza has the most shops. V City has the fewest shops. These three shopping centres are particularly suitable for someone who are interested in buying luxury brands. V City has the fewest sports shops. There are 13 sports shops in Tuen Mun Town Plaza. It has the most sports shops. If you would like to buy something for playing sports, I suggest you go to Tuen Mun Town Plaza.

The opening hours of Tuen Mun Town Plaza is the longest. It opens from 10:00am to 11:00pm. V City and Yoho Mall are the same. They open from 10:00am to 10:00pm. The parking fee at Tuen Mun Town Plaza and Yoho Mall is the cheapest. It costs \$12 per hour. And V City is the most expensive. V City is the newest shopping centre. It opened in 2013. Tuen Mun Town Plaza is the oldest shopping centre. It opened for 28 years. Yoho Mall has the shortest distance to MTR station. It is just 0.7km. Tuen Mun Town Plaza is the furthest to MTR station.

In a nutshell, I suggest you go shopping in Tuen Mun Town Plaza. There are about 400 shops. Its opening time is the longest and the parking fee is the cheapest too. Although Tuen Mun Town Plaza is the furthest to MTR station, I think it's the best shopping centre among those three shopping centre.

3A(8) Lam Kai Ho

### Ways to Stay Healthy

Good morning, everybody. I'm going to talk about ways to stay healthy. First of all, I'd like to talk about rest and exercise. Doing exercise can help us to lost weight, be happy, lower the risk of disease and make friends. We need to sleep at least 8 hours each day because our body needs to take a rest, so we could work easier.

Next, let me tell you about what we should eat and what we shouldn't eat. We should eat more vegetables and fruit because they are good for our digestion. We also need to eat whole grain food as they can produce energy to us. We need to eat meat too since they can produce protein to repair our body. However, we shouldn't eat snacks or junk food like potato chip and sweets because it causes obesity, heart disease and high blood pressure.

Finally, I want to talk about keeping clean. We must wash hands when we get dirty. We should brush our teeth at least twice a day too, as it could lower the risk of getting ill. I hope you could know more about how to stay strong, and start to have a healthy life and be a healthy person.

That's all for my presentation, thank you!

3A(19) Siu Wing Shan

### Advice to Santa Claus

Dear Santa Claus,

After reading your blog, I am worried about you. Let me tell you how to stay healthy and the importance of doing exercise.

First, if I were you, I would pay attention to what I ate. You should eat more vegetables and fruits. Five servings a day is important. You should not eat snacks or junk food, such as potato chips and sweets. Oranges and grapes also are good choice. You may also eat a suitable amount of meat and dairy products. They have lots of proteins which could facilitate soft tissues as they can consume your body fat. And then, drink eight glasses of water a day is good for staying healthy. I believe you can do it. Secondly, if I were you, I would try to do some exercise. It's because you will be surprised with the benefits of doing exercise. It is good for your body. Doing exercise will let you stay strong, it can prevent your bones from becoming weak. Also, it can lower the risk of disease! And it is good for your mind! You said that you felt unhappy. Doing exercise produces endorphin in your brain which could make you feel happy! Of course, it does an important job of weight control!

Then let me tell you some types of exercise you can do. Firstly, Aerobic exercise, such as ice-skating, jogging and cycling, anaerobic exercise, such as weight lifting, push-ups and strength training, weight bearing exercise, farmer's walk and HIT. Aerobic exercise and anaerobic exercise are both good for your body. You can do exercise with your friends! They will support you.

Yours faithfully,

Lorraine

3B (15) Poon Wai Sum

### Let's Wild Together

A new theme park just opened in Hong Kong. Our class was lucky enough to visit the park before the grand opening. Last Friday, I visited there with my classmates and Ms. Kan.

There were so many exciting activities, for example, some cartoon characters and animals characters were dancing in a parade. We took photos with the cartoon characters. There were also some rides such as cable car, train and roller coaster. The train was very exciting and the cable car ride was interesting, I could see some spectacular view from the cable car. We had a lot of fun.

There were also some wild animals like lions, pandas and tigers. Lions and tigers were cross. Pandas were very cute. I like them. Moreover, we could see an animal show. Dolphins did lots of tricks which were very exciting. We felt excited and amazed.

However, we need to remember some rules. We should not feed the animals, step on the grass or pick the flowers. We should put the rubbish in the rubbish bins and keep the park clean. Be respectful to everyone in the park.

I strongly recommend you to go the newest park "Wild 'n' more Theme Park". It opens from 9:00a.m. to 8:30p.m. If you want some more information, you can visit the website [www.wildnmorethemepark.com](http://www.wildnmorethemepark.com).

3B (20) Lin JiaYin, Jenny

Reply to Chris's email –Job & Personality

To: chris@gmail.hk  
Subject: Job & Personality

Dear Chris,

Thanks for your sharing on personality and jobs in your last email! I've also learnt something similar in our English lessons recently.

In my English lesson, my English teacher also introduced some unusual jobs to me. I think Chocolate taster is the best job in the world! It is because it works in food science or product development and can either be entry-level employees earning or senior executives with six – figure salaries. I'd definitely apply for it if I've the chance and I think I can do the job well.

I've also done a personality test in our English lessons. After the lessons, I understood myself better. I'd describe myself as a "Persuaders". It's because I'm persuasive. I'm good at persuading others. I won't give up easily when I fail. Besides, I enjoy reading business magazine or article. From the personality test, I also discovered that jobs such as lawyers, managers, insurance agents as well as salesperson may be suitable for me.

At this moment, I'll consider becoming a manager in future. I think it may suit me. To be a manager, it's important to be patient because their works are difficult and they have many works every day. Also I am good at continuing doing something and trying to do something in a determined way. So, I think being a manager could be a possible choice for me. To prepare myself for the job, I'll start reading business magazines or articles at school next school year and trying to make decisions. I may take management and business at the City University of Hong Kong after F.6 too.

I hope all is well with you. I miss you much and I think we will meet up in the future. Write back soon.

Love,  
Jenny

3C (17) Yeung Tsz Ki

Letter to Santa Claus

Dear Santa Claus,

After reading your blog, I am worried about you. Let me tell you how to stay healthy and the importance of doing exercise.

First, if I were you, I would pay attention to what I ate. You should eat more vegetables such as cauliflowers and celery. There are a lot of vitamins in vegetables which are healthy for us. Also, vegetables can help us lose weight, so you should eat more vegetables to become healthier. Second, you should eat less red meat. Red meat is fat. If you eat red meat, the fat will store in your body. It is unhealthy.

Moreover, we need to do more exercise, exercise can help keep you strong and healthy. You don't have to exercise hours by hours, just need 20 to 30 minutes a day to do this job. If you feel depressed, you definitely do some exercise. When you exercise, your body produces endorphins. It can help you feel relaxed and happy.

With best wishes,  
Emily

3C (16) Wong Kin Wui

Letter of Advice – Teen Problems

Dear Connie,

Thank you for your letter. I'm very sorry to hear about your problems.

In your letter, you said that you are a little overweight because you eat a lot of junk food. To solve this problem, I think you should eat fruit as a snack. I think eating fruit instead of chocolate and chips is a good way to lose weight. Furthermore, it is suggested that you must exercise regularly. Regular exercise is an effective way that you can control your weight.

You also told me that you are not good at team sports. In my opinion, it is necessary for you to go to a training course to practise your favorite team sport like basketball. And you should join a basketball club. It can help new comers to train their team sports techniques.

I hope my advice can help. Please write to me again if you need more assistance.

With best wishes  
Mrs. Lam

4A (3) Cheuk Ho Ying, Eunice

“Should we keep wild animals as pets?”

In recent years, people in different countries started to keep wild animals as pets such as monkey, turtle and bear. This has the concern of vets and animals lovers. They bought the wild animals in Facebook. In my opinion, I strongly disagree keeping wild animals as pets.

The first reason why I believe this is that wild animals need a larger bigger area. They live in a large area in the wild. However, if they stay in human’s home, they do not have enough space to live. As a result, they will be depressed. Moreover, wild animals live in social groups. If we keep wild animals as pets, they will be separated with their family. They will feel so lonely.

My second argument is that wild animals are not free. They lose freedom because human keep them in the cage at their home. They cannot move, stand up or even turn around in cages. Originally, wild animals belong to the wildlife. However, human deprives them of a normal wildlife.

Finally, wild animals are gentle and cute when they are young. But when they become mature, they might attack people. It is so dangerous. Wild animals have natural behaviors that may bite and scratch people. They are hard to be tamed.

To summarize, I strongly disagree keeping wild animals as pets. It will hurt the animals and the owners themselves.

4A (12) Li Tsz Sum, Sam

Local attractions in Hong Kong

Dear Tim,

How are you? By knowing that you will come to Hong Kong, I will now suggest two local attractions for your trip in Hong Kong.

The first one is Ocean Park. It is one of the most popular theme parks in Hong Kong. There are two parts in it. One is Ocean World, another one is The Summit. There is an education center and a canteen. You can take a rest there. And there are many rides in The Summit. That is really exciting. There are two roller coasters and many water rides. And you can watch dolphins and penguins inside too. There are even pandas. I believe you will be really rejoiced there.

Another place I suggest is The Peak. It was in Central. You could take the Peak Tram to get on The Peak. The cost of it is really cheap. When you get to the Peak, you will find how beautiful the Hong Kong views are. You can see the whole part of Kowloon. There are restaurants on The Peak. You can also have a nice meal while enjoying the spectacular scenery. Don’t you want to try that?

These are the two places that I think you should visit. If you have any problems, just write to me. Hope you have a nice trip in Hong Kong!

Best regards,

Sam

The family member I love most

In my family, I love my father most because he is a funny person. He likes telling jokes, he is not like other fathers who are very strict and serious. We are like friends indeed. If I'm upset, I'll talk to him. Let me tell you a secret. When he is sleeping, he snores loudly. He has a fat body with a pair of black glasses, and likes wearing a shirt with jeans. He is a hero, he always helps me solve the problems. I love him very much.

Every weekend, we have a family day. Sometimes, we will have a barbeque or go on a picnic, we spend a beautiful afternoon together, we bring some hand-made sandwiches for our meal. We lay on the lawn and chat about our past memory, it is amusing.

I think the way to build up good relationship with our family is to communicate with the family members. In addition, we can hang out with them after dinner, so that we can chat while we walk. We can also watch TV after dinner to improve our relationship. Don't just stay in your bedroom to play computer games, give more time to your family, a whole family needs you to join in.

4C (3) Fong Wing Shan

A Day with my best friend

Dear Amy,

How are you? Yesterday I spent all the day with my best friend Pat together. It was a nice day, although the weather was not very good that morning.

We first went to the Golden Bauhinia Square to see the flag raising. At 9:00am, the soldiers raised the flag seriously. We both felt proud of that. The tourists were taking photos at that time. Suddenly the weather became bad and it started to rain. But the soldiers were still raising the flag. We were surprised of that, and felt more proud than before.

At 11:00am, we went to the studio to practise the song for a competition. We wanted to get a good result so we practised more than the others did. Although it made us a little tired, we would try our best to do this.

When we finished the practice, it was already 3:00pm. We went to the Elements to have a rest. Pat wanted to go ice-skating, but I wanted to go to the music shop to buy some CDS that can help improve my singing technique. Finally, we sorted out that we first went to the music shop and then went ice-skating. It was a good way to deal with the problem, wasn't it?

In the evening, we went to dai pai dong for dinner. During the dinner, Pat saw his friends, so we had a dinner together. Pat's friends were funny too! We talked about anything that we liked to do. It was the happiest time on that day!

I really want to introduce my new friends to you. I think you will like to play with them like me! I heard that you were on a trip to Australia. I really want to know some more about your trip! Write back soon.

Best Wishes,  
Sandy

My favorite social networking platform

There are many networking platform on the internet and different countries use different types of networking platform. Take for examples, in Hong Kong most of people use Whatsapp, in America people usually use Facebook and Instagram, in Korea many of people would like to use Kakaotalk and in Japan people use an app called Line. For me, my favorite social networking platform is Wechat.

I think Wechat is very convenient. I can send a message with people and share my experience or my feelings at the first time. I can also send some interesting pictures or check the others' pictures to know about their life. In addition, I can share some information with my friends like music videos or movie clips. What's more, if my friends and I both have WIFI, we can have a call and don't worry about the money. It is just free for us to use! How convenient to use this app!

What is your favorite networking platform? I'm sure that your favorite networking platform is good to be used too.

### Robot pet dog

This clever and cute robot pet dog has come forth from our hands! It is the craftwork by me and my friend, Peter. This robot pet dog has been invented recently.

As I had mentioned, it is a pet dog, so it works look like a dog. As 'best friends of humans' this dog's appearance can be changed by your devise, your choice of colour or size, it can be changed just before you buy it.

The appearance of this dog is not important, it is imperative to see how this dog's function can do in daily usage. As the title 'best friends of humans' said, it can help students with home-work, or you can make it do some house work. When you are bored, it can turn into a gaming console, to play games with you, too! With the magnificent AI system, it is mostly capable doing anything which original dogs cannot.

As the successful invention of the dog, people should buy it because it is on discount sales! Furthermore, it can start a new trend with mechanical robotics, as it has various functions. So, become its new friend, buy the latest robot dog.

As the dog's appearance can be changed just before buy it, it is suitable for all kinds of people. As a toy of babies or children, or as a home stay helper to teenagers or adults. It is useful to all kinds of people.

People can buy it via the toy shop, such as Toy 'R'us. If you want to have a direct check of this dog, you can order via the webpage, it can be shipped through to your place directly. The most safer place to buy is the electronic shop, as they will give a warrant period if your dog is 'suffering' from some robotic problems. Including this there are three ways to get the dog.

When you buy this dog from the webpage, we will additionally give you an extra pack of batteries, while the dog may not 'exhausted', the controller will. However, this beneficial discount will be 'first come first serve', so, buy yours today!

Stay tuned to our webpage! As we are producing the next animal besides the dog, in order to continue our new trend.

5A (20) Sin Kam Chun, John

**The best teacher I've ever had**

Dear Ronnie,

How are you? I have been very happy in school this year because my form teacher is the best teacher I have ever had.

First, let me tell you who this teacher is. The teacher is called Mr. Wong and he teaches Math. He is tall, he has short hair just like us, and he is a bit thin. He is thoughtful and kind, so when he teaches us, he uses different ways to take care of us. He doesn't get angry even when we are naughty.

Do you know why I like Mr. Wong so much? It is because he is such a great teacher. First, he is generous. He always donates money to the charities like Oxfam, SPCA and Community Chest. Also he buys us a lot of food and gifts when we behave well in the class or get high marks in tests or exams. Next, he is thoughtful and kind, we always make troubles, but he doesn't get angry.

I have to stop here as I still have a lot of home work to do. I wish Mr. Wong can be my form teacher in the coming year and I look forward to seeing you in the summer holiday in Hong Kong.

Regards  
Chris

### The First Date

Amy and David studied in the same school. They were in the same class from Form 1 to Form 5. David was a famous boy in school because he was handsome and played basketball so well. Many girls adored to him. However, there was a girl in David's heart already. She was a pure girl. She had long, straight and black hair. All people thought she was a gentle girl. And that girl was Amy.

One day, David got brave enough and asked Amy 'Would you like to go to the cinema with me on Saturday?' Amy felt surprised and she replied, 'I'd love to.' David felt thrilled too. On Saturday morning, Amy got up early. She went to Lee's Hair Salon to cut and perm her hair. She wanted to look charming on the first date with David.

That evening, Amy put on the new clothes she bought. She wore a low cut T-shirt and short pants. Her mum also felt shocked and said 'Have a nice time, Amy. Don't be late home!' Amy said 'OK, bye mum!' And left home.

She arrived at Parls Gemma at 6 o'clock. David was waiting for her outside the cinema. 'Hi David.' Amy said, 'Who are you?' David asked. 'I am Amy!' said Amy. 'Oh my God! Why were you being that?' David felt shocked and asked. David couldn't recognize her because she was completely different from that in the usual school days. She looked so sexy and wild!

At last, David couldn't accept Amy's new look and ran away. Amy regretted and she never forgot this day.

I become Eason Chan!

Yesterday was my birthday and I got a magic coat. I put it on and I became Eason Chan. 'Oh! I become Eason Chan', I was a famous singer in Hong Kong. It was very exciting.

In the morning, I went to a restaurant for breakfast with my family. When I was enjoying the dim sum, some reporters found me and took photos of me. It was very disturbing! I just finished my breakfast immediately and went away.

In the afternoon, I went to the studio to record my new album. I knew Eason's album was not selling, so I tried my best to sing every song as well as I could.

In the evening, I knew I had a concert at the Hong Kong Coliseum. I was very excited and nervous. It was the first time I sang in front of so many people. During the concert, my fans were very interesting and lovely. I sang every popular song of Eason Chan. We played to the greatest delight.

It was a wonderful day! After this day, I felt the life of a singer was very busy. Also, it was very tiring. Singers did not have free time with family, I preferred to be a normal person. As experienced a life of a celebrity, I learned that it is priceless to stay with family!

Trendy Pet, 'Smith'

It is a robot pet called 'Smith' invented by Chris Wong and Wai Yee in 2017. It's Hong Kong's first robot pet invented by local student.

First, our inspiration came from a pet that almost everyone loves. It looks like a dog. And the colour of it is mainly black and white. The colour of its eyes is blue, and the size of it is small like a puppy, which is easy to carry.

There are a great variety of works it can do such as doing housework like swiping the window, swiping windows are dangerous for human to do. So the robot pet 'Smith' could help you with it. Besides it can help children with homework, like translating English into Chinese, solving mathematics problems. The robot can even teach you vocabulary. Also, the robot pet could talk, it makes jokes which bring joy to everyone, it could also give responses to what you say!

There are many different selling points which attracts customers to buy. First, it's cheap, you only have to pay \$599, and you can enjoy its various functions. Second, it brings you fun. It's also a trend nowadays!

The robot is suitable for everyone. First, for babies, the robot could teach them vocabulary, the babies will find it fun. Second, for children, the robot could help them with homework, which is very useful. Third, for teenagers, they usually face many problems, like having poor relationship with family, they can talk to the robot pet, it could give teenagers different advice and suggestions, and it'll be a good listener. Fourth, for adults, they're always tired after a day of work, the robot can help with housework, which is really helpful. Finally, for elderly, they might get bored at home. The robot pet could bring them joy. Also, the elderly could try using high-technology product which could follow the trend.

The robot pet 'Smith' is now available in major electrical shops and toy shops. Besides, people can also buy it in the '2017 Hong Kong Science Fair' which will be held on 1<sup>st</sup> February to 4<sup>th</sup> February in Hong Kong Science Centre. The inventors of this robot pet, Chris Wong and Wai Yee will also be there to demonstrate how to use it.

On the 15<sup>th</sup> January, the robot pet will also be released in Singapore, the USA and Australia, customers from overseas could also enjoy the fun of having a robot pet!

The robot pet 'Smith' is now having an early bird discount, if you order it on or before 28<sup>th</sup> January, through the website 'www. Smith the robot pet.com', you'll get a 20% off discount. And the first 20 customers buying this robot pet in any electrical or toy shops can also get a 15% off discount too! Go and get one as soon as possible!

## Report on Mobile Phone Addiction in Ho Ngai College

### **Introduction**

Nowadays, more and more people have addicted to mobile phones. Mobile phones have become part of most people's lives. This is a very serious issue, especially for young people like students. Although mobile phones are convenient, it also brings students a great amount of bad effects. In order to avoid letting the bad effects hurt or affect students, something has to be done to stop this issue.

A survey on Mobile Phone Addiction in Ho Ngai was carried out in March 2017. The aim of the survey is to find out how common is Mobile Phone Addiction in Ho Ngai and to understand the attitude of Ho Ngai students toward Mobile Phone Addiction.

In March, a survey questionnaire was distributed to students in Ho Ngai. A total of 173 questionnaires were sent out. During the two week survey period, all questionnaires were collected from respondents aged from 12 to 19, including 101 boys (58.4%) and 72 girls (41.6 %).

### **Survey Results**

#### *How common mobile phone addiction is at school?*

Survey results showed that mobile phone addiction is very common at school. The majority of the respondents (66%) said that they spent 4 hours or more on using mobile phones. However, only 9.8% of the respondents said that they spent less than one hour on using mobile phones.

#### *Attitudes to mobile phone addiction*

54% of the respondents agreed that they are the one who spent most time using phones in family. When asked about their attitudes or feeling of uneasy if they forget to bring the mobile phones with them and often sleep late because of using mobile phones. However, only 38% of the respondents agreed that mobile phone is their most important friend.

### **Analysis**

#### *Is mobile phone addiction a serious problem in Ho Ngai?*

Based on the data collected from the survey, it was found that mobile phone addiction is a very serious problem in Ho Ngai. The reason why students are addicted to mobile phones is that mobile phone can function as a personal entertainment centre and a one-stop station for social networking. They mainly play games and send messages instead of study with their mobile phones.

## **Recommendations**

To solve the problem, students should limit their time on using mobile phones. We should bear in mind that a mobile phone is just a useful tool for communication and study. However, the misuse of mobile phones will cause a lot of side effects on students like harming the eyes, affecting study and wasting time. Therefore, we should control it, use it properly instead of letting it control our lives and corroding our values.

Another thing students can do to combat the temptation of mobile phone addiction is to fill students' lives with healthy interesting and meaningful activities. Students can do sports, read book and go hiking. Meanwhile, the school may educate the students how to use their mobile phones properly by inviting some social workers to give talks to students on how to use their mobile phone to study instead of playing games. In addition, parents can also limit their children's time using mobile phones.

## **Conclusion**

Mobile phone addiction is a serious problem at our school. To stop this issue, the school should do more to remind students the bad effects of using mobile phones. Together with education and caution, this will certainly help to reduce mobile phone addiction at our school.

6A (1) Chau Wai Yuen, Russell

### My Sweet Memories

#### Primary School life – Treasure

In my childhood, I always imagined how great and colourful of my future. The girl in the photo is me when studying in Primary One. At that moment, I was asked to write my wishes and achievements on the blackboard. The memories of my primary school life were meaningful to me because it had less anxiety and dishonest. I could learn things easily and make friends without schema. The photo is meaningful to me because it recorded my purity and wonderful experiences in my primary school life.

#### Team spirit – Sports

This photo was taken in Secondary School, I was a member of the basketball team. I learned to be hard-working in the training and be patient to all teammates. Every time we were having a match, we would put hands together and shout out our school's name loudly. It tied our friendships and boosted team spirit, also reminded us to pay more attention in the matches. It's memorable and special in my life!

6B (3) Chan Kiu, Amy

Dear Editor,

Recently, an article in Young Post has brought out a discussion on whether starting school at 8 am is too early for students. I am writing to express why students feel tired and whether or not a 9am start will solve the problem.

First, there are several reasons why students feel tired. Nowadays, students often have a heavy workload at school so it will make them feel stressed and they can't sleep well. Also, some students study late at night, they want to get higher marks in their examinations. Moreover, students join too much school's extra – curricular activities such as drama club, singing club and cooking club. As a consequence, students can't have enough time to rest so they will feel exhausted.

Next, I would like to talk about whether or not a 9:00am start will solve the problem. In my opinion, if students start the school at 9:00am, it can make sure that they can have enough sleep, so it can help students pay attention during lessons and learn better.

All in all, a 9:00am start can solve the problem of students feeling tired and sleepy.

6C(9) David Hau

#### Teen problem : eating disorder

Dear Sir/Madam,

I am writing to give responses to the reading to the problem about eating disorder among teenage girls. I suppose that it is one of the popular social issues worldwide. There is no doubt that it can cause a serious health problem for several reasons. We must take action in respect before it gets worse.

First of all, eating disorders include anorexia nervosa and bulimia nervosa which are psychological disorders that involve extreme disturbances in eating behavior. A teen with anorexia nervosa refuses to stay lower than a normal body weight. Someone with bulimia has repeated episodes of binge eating followed by compulsive behaviors such as vomiting or the use of laxatives remove the food. As we can see, eating is disorder is not good for our health.

In my recent research, it is said that there is no specific cause of eating disorders. However, experts connect eating disorders to a combination of factors, such as bad family relationship, psychological disorders and genetic problems.

Firstly, family relations can be a factor of eating disorders for numerous reasons. For instance, a bad family relation sometimes can cause the teenage girls to lose their appetite of eating the food made by her parents. What is more is that some parents would even go extreme as giving corporal punishment such as not giving them food for lunch or dinner or sometimes both. That may cause a serious problem. In conclusion, family relations can be one of the reasons of teenage girl having eating disorders.

Secondly, psychological disorder of that person is one of the causes of having eating disorders for some reasons. For example eating disorders are psychological disorders themselves. Besides some teenage girls who have eating disorders also have psychological problems of over fear of being obese, so they prefer not eating the daily food needed which causes eating disorders. It's a symptom problem. So psychological problems are also the causes of eating disorders.

At last, surprisingly genes can also be one of the factors of causing eating disorders. In my studies related to this matter say that scientists believe that when the genes are mutated in our body they can block a person's ability to derive to eat. That is one of the reasons. Also, if one of the parents is having anorexia nervosa, it is found that their children could also be affected without knowing. So, unfortunately, genetic problems can also be one of the factors causing eating disorders.

The problem with eating disorders is that if the teenage keep having eating disorder, it can cause them to be weak at all time and not having enough nutrition for their daily life. The most important is that it can shorter their lives. Their beauty can be easily gone in a wink of eyes. I heard that because of lacks of nutrition especially calcium, it might cause pain to bones and joints.

The achieved solutions of having eating disorders can be through educations, consulting a doctor or talking to a social worker. Enough education can prevent students to be convinced by leading adverts of aesthetic which is one of the main reasons of over fear of being obese and anorexia nervosa. Furthermore is that the teenage girls should consult a doctor as fast as possible when they have that problem because the doctor can lead them out of this bad situation. A social worker can give consolation to the teenage girls having this problem. On the other hand would also like to raise the awareness of this issue to the public so that they can understand how serious this problem is.

In conclusion, we cannot let this kind of situation get worse. There is no doubt that this is not good to our health. The authority should take actions immediately to prevent it. I insist to tell everyone about this worldwide issue that is happening. It can happen to our loved ones like our

next generations or our family members. I hope that we can have a bright future without this issue.

David Hau, Hong Kong

6C(18) Waseela Lok

Allow students to use mobile phones in class

Dear Editor,

I have recently read your article in which you discussed whether students should be allowed to use their mobile phones in class. In my opinion, I would advise students to use their mobile phones in class because it can help them with their studies.

First of all, letting students use their mobile phone helps save their time. Most of the time, students struggle with not understanding English words or Chinese words, so with use of a mobile phone students can use their dictionary anytime they want, it can both save the time for the student to ask the teacher it also encourages students to self-learn. With the advanced technology, students can simply download an app and use the online dictionary at anytime, for example they can use dictionary.com to for free online dictionary service. As you could see having a mobile phone can help a lot of students' studies.

Second, I would like to talk about how it can help students work together. Online there are a lot of websites which allows teachers and students chat freely, with this it can help the teachers to teach and remind their students what to study, it is also a gate way. For student to interact with one another, therefore students can ask teachers anything they are struggling with in class. As you could see allowing students to use their mobile phone can help students in the studies.

Also, letting students use their mobile phone in class can help save trees. Teachers can simply send their notes into an online server for students to download on to their mobile phone, so the teacher won't have to print a lot of papers for class. All their notes are only one click away, the can use Dropbox as a tool, along with many other online websites.

Finally and most importantly, I would like to talk about how to avoid students miss using their mobile phones in class. I would suggest the school open a monitoring website, so that they can ensure students aren't playing on their cellphones, so every time when they use their phones, the students have to log into the website and can only use all the material provided on the website.

Thank you for reading my letter, I honestly think it would be a great idea to allow students to use their phones in class, for it helps with studies.

Yours faithfully,

Chris Wong