

嗇色園主辦可藝中學



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文情並茂

〈嚤囉街〉

1A 郭冬龍

我站在時光的交界處

心情堆積了好幾層

一道驕陽突現

帶我回到從前

我望見一副墨鏡

從那渾濁的雙眸中

我遇見了他的從前

我不禁回頭

面具用他那不善言辭的口

為我訴說著故事

一枚懷錶落了下來

似乎想表達著什麼

嗯?甚麼.....

我看街道旁的老樹下

幾隻烏鴉

喊到嗓音沙啞

卻再沒人回答

鳴鐘聲聲的響這——

就回來吧,別走了

這時間不聽話

可最後,他還是長大了



〈石板街〉

1B 劉嘉蓮

站在石板街最高處 望下去 似君臨天下,俯視一切 一邊是代表過去 修鞋鋪,小地攤 古色古香,風韻猶存 一邊是代表現在 個性化的店鋪 像是在向世界展示 繽紛的顏色,耀眼奪目



石板街中間的扶手 令這兩個時光分開 兩個時代相隔雖遠,但 和諧,又各有各的風味 一眼就看到過去和現在 像集中營,時光的濃縮 一眼望不到盡頭的石板街 就像它們的未來 源遠流長



〈嚤囉街〉

1C 羅彩

正午太陽照著 熙熙攘攘的人群 劃開寧靜的嚤囉街的帷幕 古色古香的街道 順著人群尋找歷史的足跡 各式各樣的請於 栩栩如生雕像悄悄私語著 一本悠久的雜誌 懷念時間的懷錶 難道不是在告訴我嚤囉街的特色?

陡峭的路,我們不停的走著 這堵歷史悠久的高牆 是多少人的靈魂枷鎖 鎖住了多少人的自由 罪惡的靈魂拘禁在此 空蕩的身軀嚮往著自由

為華夏三千年歡呼 這悠久的歷史 永不磨滅!





〈有你,真的很幸福〉

1A 周科成

飄逸的夢中,總有你優雅和諧的身影出現;美好的生活中,總能聽見你的迷蟲們在高談 闊論;美妙的寫作中,總是你讓我文思如泉。

是你給我插上想像的翅膀,讓我遨遊在童話王國之中。當睡美人獲得新生時,我感覺黎明的曙光也為之降臨;當孫悟空打敗妖精時,我感到燦爛的流星也為之喝彩;當福爾摩斯巧妙地化解了一個個疑案時,我感到艷麗的花朵也為之綻放笑容。有你真的很幸福!

是你把我帶入名著的世界,讓我身臨其境與之探索。當我來到了柳繁華茂的大觀園,望 着那哭啼的林黛玉,我明白了賈府的封建與腐敗;當我來到熱鬧的美國街頭,再看看學校的 循環制度,看着那個機智的湯姆,我知道了主流學校的枯燥。有你真的很幸福!

是你把我帶入遙遠的古代,讓我暢遊在各大地之中。當我來到兵荒馬亂的秦朝,我感到項羽自刎時的無奈;當我來到波濤洶湧的汨羅江時,我感受到屈原投江時的酸楚;當我來到春秋末年,我感受到百家爭鳴時,各家之間的獨特思想;當我來到國泰民安的唐朝,我感受到貞觀之治下的飄逸夢中,總有優雅和諧的身影出現;美好的生活中,總能聽見你的迷蟲們在高談闊論。有你真的很幸福!

是你,帶給了我無盡的想像;是你,給予了我歷史的博大精深;是你,奉獻了自己全部的內涵,使我受益匪淺。

書,有你真的很幸福!諧和溫馨,有你真好!



〈有你,真的很幸福〉

2A 周鈺煒

從小到大,一直陪伴着我,形影不離的,是我的母親;一直擋在我前面,幫我遮風擋雨 的,是她;一直在我最悲傷、最無助的時候,最恰當、最巧合地出現,安慰我的,是她。她 就好似一座燈塔,照亮我迷惘的前路;照亮我心中的黑暗,解開了心魔。她就是一把大傘, 包圍着我,為我遮風擋雨。有她令我感到無所不有,令我感到幸福不已。

為甚麼她好似燈塔?因為她會照亮我黑漆漆的前路。

有一次,我遇到了一個人生中最大的障礙。當時父母在吵架,而我一個人孤苦無依,不知所措時,腦中浮現出了一些疑問:他們為甚麼要吵架?是因為我嗎?如果我不存於世,他們還會不會吵架?跟着這個思路,我慢慢地走進廚房,而父母也停止爭吵,望向我這個方向,疑問道:「煒煒,你要幹甚麼?」而我被心中的迷霧迷了心智:「我在想,如果我不存在,你們是不是就不會吵架了?」而我拿着把水果刀,刀尖閃爍着光芒,好似一顆星星,指着我的脆弱心臟,我完全聽不到父母苦口婆心的勸告,雙眼充滿迷惘,直到母親快速跑來奪過我的刀,然後打了我一巴掌,這一掌打醒了我,令我清晰的認清了我在做甚麼。而母親接下來的話更是在我心中烙下深刻的印子。

母親望進我眼中,一字一句嚴肅而心疼地講:「煒煒,你是我和你爸的心肝,我們不容許他人傷害你,也不希望你傷害自己,身體髮膚受之父母,你是我身體的一塊肉,你痛我也會痛。所以,為了媽媽,你一定不可以傷害自己,也不能讓他人傷害你!」這幾句話從此就印在我心底,時刻記住,不忘初心。

而母親也似一把大傘,替我遮風擋雨。

在小學一年級,我被一個女同學誣陷我打她,我無辜地向老師解釋,但老師眼中充滿了不相信,口上也像是諄諄善誘着我叫我不要傷心,但卻講:「如果是你做的,就好好地承認錯誤,和人家道個歉,沒甚麼所謂的。」我感到委屈與不解,為甚麼明明不是我,但是要去道歉?我回到家中把事情和媽媽一一道來,媽媽聽到後憤怒不已,眉頭緊皺,語氣平靜,面容肅靜地講:「你先去洗澡睡覺,這件事我會處理的。」媽媽講完後,又語重心長地悉心叮囑道:「如果她又來找你麻煩,你就走開,不要理會。」「好!」我細心聆聽後認真回答。

第二天的我裝作沒事發生的去到學校裏,但是在一節課下課時……「喂!你!」一個比我大很多的大姐姐指着我,要我出去。我雖然心中疑惑,但面上不顯,鎮定地走了出去,「幹嘛?」我雖然語氣平靜,但字裏行間不小心透露了我的害怕和疑惑不解。「你,是不是就是那個欺負我妹的同學?」語氣中盡是不耐煩。「一定是一個大小姐!嬌生慣養!跟那女的一樣,令人不舒服。」我心想。看了看後面的一群人,咦?我歪了歪頭,他們是誰?只見他們排成一排,橫擋住了我的視線,他們後面是我的同學,一個個都抱着看戲的態度,沒有一個想着去跟老師報告。令我的心涼了半截,「人間有真情」嗎?我嘲諷着笑了笑,被她姐看到更加囂張的質問,而我也開始不耐煩,借着要上第二課時的鐘聲,大聲說:「說夠沒?問夠沒?我說沒有就是沒有,你再怎麼說我都不會承認的!」說完我就推開一群人走回教室。

下午回家時更是被她奶奶擋路,硬說我打了她孫女,要我道歉。經過一件件事,我通過一個個的質問,在媽媽暗地中不知道做了甚麼的情況下,結束了。媽媽只是很神秘地說:「我只不過說清楚事情而已。」從那以後就沒人會突然誣衊我,令我很奇怪,但同時從心底佩服母親。

她,令我不懼困難,勇往直前,堅持不懈;她,令我識清人心,繞過彎路,直達人生目標;她,令我感到自信,堅信一直有人支持我;她,令我化險為夷,經過這件事,我與那個女同學成了至交,知己,正是所謂的不打不相識。

我一定要跟我全能的母親說一句話。

「有你,我真的非常幸福!」



〈有你,真的很幸福〉

2C 吳綽賢

有你,真的很幸福!在你們生命中有沒有出現一個很重要的人,他讓你充滿了幸福的感 覺呢?

在我的生命中出現了一個人,她給了我的生命,而且更在自己的身體上留下了痕跡。然而,她雖然每天都在嘮叨,但是她在我出事的時候,都會幫助我,使我衝出難關,成功地解決每一個難關,更使我成長。

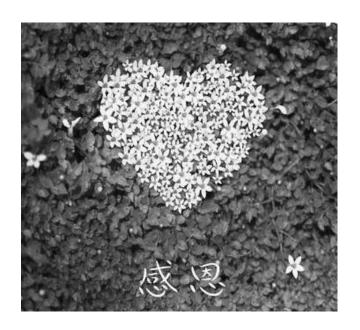
雖然你總是在罵我,但是當我病倒在床上時,你總會無微不至地照顧我,甚至願意浪費自己休息的時間,都要照顧着我,提醒我要按時吃藥。感謝你利用自己休息的時間來盡心盡力地照顧我。

有你,好辛苦。總會努力地做你心目中的自己,努力地溫書,努力地考好成績使你能滿意,但是這樣真的很辛苦,因為你的要求總會在我達到你的要求時再高,使我不斷跟上你的要求,但是這樣做真的好辛苦。不過,如果沒有你,我就不會進步,不會有現在的自己,所以感謝你的高要求,才演變成現在的我。

有你,真的很幸福。因為你雖然表面上總是嘮叨我,罵我及對我要求高,但是我知道這 些都是為我好,感激你。

然而,在我生命中最重要的人就是我媽媽,感激你把我生下來,如果沒有你就沒有現在的我。而且我感激你在我生命中出現,並且當你老去的時候,輪到我去照顧你,孝順你,讓你變成所有老人家當中被人羨慕的老人家,因為有我甚麼一個乖女兒來孝順你,更不會讓你後悔把我生下來。

最後,有你,真的很幸福。



感恩——生命。的確人的漫長人生,有很多值得感恩的事,而我覺得最需要感恩的是生命,我覺得人的一生中,會有很多面對生死的時刻,有迎接嬰兒出生的時候,有面對親人離世的時候,所以感恩自己還擁有生命是必須的。感恩我覺得是表現知足的其中一個方法。讓生命變得不一樣。

感恩生命——知足,例如:不會祈求自己能夠擁有更多的,例如:現在的工作已經足夠令自己有安穩的生活,不會為了想擁有更多更快樂的物質生活,而放棄現在的安穩工作。同樣,對於生命都要感恩、知足。人總是希望自己的生命能夠長一些,這也是人之常情的,但也不會斷然捨棄自己的生命。另外,生命是父母給予的,沒有父母,就沒有今天的自己,所以應感謝父母一直以來的陪伴,讓自己的生命變得與眾不同,更有意義。知足也是表現感恩的方法。

感恩生命——成長。長大意味着自己還擁有生命,還有機會看見父母、老師、朋友…… 為自己的青春留下一些刻骨銘心的回憶。可能是父母、家長、朋友見證自己畢業。為自己的 青春歲月留下美好回憶。成長讓自己的生命帶來一些色彩。更值得感恩的是生命中成長的事 當中,有人陪伴自己是很有意思的,因為別人並不是必須要陪伴自己的,所以感恩生命—— 成長,是有需要的。令生命賦於色彩,有價值,成為不一樣的人。

感恩生命——溫暖。溫暖可能是人與人之間,別人給予的。人的一生當中,一定會有人的,不論是父母、老師、朋友,所以生命當中有溫暖的事,是需要感恩的,因為人與人相處,不一定別人會對你好的,可能是別人會對你不好的,可能會說一些涼薄的話,令到你不好受。但人與人之間,生命當中也會有溫暖的事,可能是別人會說一些鼓勵的說話,讓自己的人生當中有溫暖的事。這些也要感恩的,因為人與人之間相處,發生的事實在會有很多有意思的事。所以感恩生命有溫暖是有價值的。

最後,人的一生,擁有生命是一件很不錯,有意義的事來的,因為人擁有生命能夠做不 同有意義的事,可能是義工、陪伴家人等,所以生命是要感恩的。

〈讓咸恩成為一種習慣〉

6B 黃藹雯

感恩不是每個人能做到,有人可能認為父母給我們是必然,甚至有些人連甚麼是感恩也 一頭霧水......

在我眼前所擁有的是一個溫暖的家,擁有很多物質,擁有很多喜歡的東西,就一句是想 擁有甚麼都能得到的女孩,但我所擁有的東西都源於我的爸媽,是他們給我的,我懂得感恩。

現在的我還是一個高中學生,還沒有足夠的感恩父母。感恩對於我來說是孝順的一個動作,長大後才能有足夠的能力和技能工作養活父母。很多人都認為給「家用」零用錢父母就是一個感恩的心,可是這就是大錯特錯,父母需要的不只是金錢,而是子女的照顧愛護陪伴,我雖然沒有能力給他們金錢,因為我還在學習中,但我上學都不會依賴父母給我零用錢,可笑?很多人聽過後都不相信,苦笑就算了,而我的零用錢來源是我每年新年假期的紅包利是,每年暑假的最低工資餐飲工作和我平常生活中節省的零用錢留下來的,我家是一個能給我我想擁有的物質和金錢,可是我不能要,因為憑着那一顆感恩的心。

也差不多十八歲了,開始懂事的我每星期日都會與爸媽一起到外公外婆家吃飯,重要的是陪伴。外公的腳不好,身體狀況也很差,不能多走動,每星期我也會買他最愛的「印尼椰汁糕」給他,他沒有能力走到街上買。到家了,我都會打掃、掃地、洗碗、煮飯甚麼都會,打掃完了都聽他說以前的日子,陳年舊事甚麼都說一番,笑着笑着一天很快就過了,每次我看到相架上照片裏的我,就看到外公外婆年輕時照顧我的一點一滴。時間過得很快,當我生出一頭烏黑的濃密長頭髮,他們卻變成了一絲絲像粉絲的白頭髮,長大後,他們也老了,可能我不能在金錢上給他們回報,不能帶他們吃好的,沒有甚麼能送給他們,但我願用我有空的時間去陪伴他們,為外公外婆打理所有家的工作。

由小到大,我從來都不會向他們提取金錢,在這個時候都要孝順他們,不要依賴父母, 靠着自己過着平穩生活,也能供養父母,才是真正的本事。

說到這裏,還有人信我是這樣的女孩子嗎?我相信有,這些都看得出來,對着父母的態度、言行舉止也要尊重才能對他們感恩。

人們都開始習慣對家人的感恩嗎?感恩也需要培養,也需要慢慢的啟發醒覺自己,要是別人提着要對父母感恩倒不算吧! 感恩是出自衷心。這個社會的人都認為被父母好好地照顧是應該的,被父母寵着是對的,因為是他們的責任,那個想法就錯了。我有深刻印象,記得是內地的一則新聞,內容是一個兒子不滿母親不買他一部「蘋果 7」的電話,然而竟在大街上大喝大罵,還給母親一巴掌,這算是甚麼感恩?看到後被人拍到放在網上公審,這個年青人很錯,動手打自己的母親,可這個結果都不是母親過分的寵壞了兒子吧!

不對父母感恩的人很多,但連對父母的尊重也沒有真的很沒用。懂得對家人感恩是一件應該的事,讓它成為習慣,對父母以後也沒遺憾,很多人當失去了才懂得珍惜,畢竟父母撫養了我們這麼多年,感恩他們是他們值得擁有,我很記得一句話,不要當失去才懂得珍惜,眼前所擁有的都不是必然,我們要懂得感恩父母給予我的生命和撫養我。「沒有天哪有地,沒有地哪有家,沒有家哪有你,沒有你哪有我」這句話是真的很深的感動,我常常自問假如你不曾養活我,陪我溫暖的生活,假如你不曾保護我,我的命運將會是甚麼?這是一首歌,我聽過一次就很深刻,永遠都記着,還憑着我一顆感恩的心。我希望每個人都懷着感恩的心,習慣對父母感恩,變成一種習慣。



〈咸恩身旁人〉

6C 劉曉慧

漫漫長路綿延至盡頭,流逝的歲月在指針上轉動。我們在前進的路上邁入青春的範圍, 開始走得跌跌撞撞,走得坎坷嚴峻,走得迷茫無助。然而身邊總有形形色色的人扶持摔倒的 自己,推動自己前進,邁過困難,

我們和童年區別在那裏?在於我們現在懂得更多,學得更深,認識的人更多,要處理的麻煩事更是一籮筐的擺在眼前。我們會感到手足无措,會一時間陷入愁眉不展的狀態。但有一種身旁人,即使地陷天塌,他們都會和你分擔,幫你解決麻煩事。那便是家人。當我有交際困難,當我有傷心難過,我的父親和妹妹永遠在我身邊,耐心而堅定地為我醫治各種疑難雜症,家人愛着我們,我們能回報除了愛,還有甚麼呢?那便是感恩,那是一種說不出的感情。

青春的路上我們除了家人,還多了一種不可缺少的身旁人——朋友。也許朋友不像家人, 能幫我們的有限,但是他們會傾盡自己的能力幫助我們。家人在遠方,又或是有些事不能說 給家人聽。朋友就是我們的依靠,我們的傾聽者。用他們的能力解決我們的煩惱。儘管我們 有時候很麻煩,但他們也願意伸出帶着溫暖的手,在苦海之中拉你一把。我只能心存那份感 動和恩情,繼續與友同行。

或許有時候家人和朋友幫助你,是因為情意在。但有一種特殊的身旁人,和你不相識,也無情意,恰巧真的只是身旁路過的陌生人。但這無礙自己去感激這種「陌生人」。常常會見到有人在路邊不舒服或受傷,路過的人會立馬慰問和提供幫助。而我便遇到過這樣的身旁人,他們不求你甚麼,出於善意幫助無助自己。他們不留名,只留一個幫助人的身影。也許不再相遇,也許有緣再見,但是誰又知道呢?青春的我們,已經開始會遇到這些形形色色的「身旁人」,我們無以回報別人的幫助。只能以感恩之心,行感恩之事,將收到的善意給予下一位有需要的人。

世間不存在理所當然,但卻存有愛,有義,有善。當身旁人將存有的東西施於自己身上時,我們能回報的只有感恩。我感恩家人的陪伴和支持,感恩朋友的幫助和傾聽,感恩路過身旁的陌生人的安慰和支援。感恩是一件溫暖的事情,是青春道路上的陽光,是生活中的打氣筒。我在青春的道路,心懷感恩,和身旁人一起同行。

世人往往會因為誤會或者衝動等等而誤解別人,不明白他人的苦心。而我正正是誤解別人的例子,這一件事情還差一點讓我失去了一個知心好友。

從小到大,我和一心都是好朋友,會互相傾談心事,我們差不多已經是沒有秘密了。有一次,我不小心打破媽媽寶貴的花瓶,我十分失措。我立刻連同花瓶的碎片帶到一心的家, 希望尋找解決方法。結果,想了一整天也想不出辦法。

回家後,我靈機一觸。想起平日花瓶都放在木櫃裏,因為今天我清洗木櫃裏的東西,把 花瓶拿出來就弄成這樣了!加上平日也不會經常拿出來。雖然媽媽非常喜愛這個花瓶,但是 價值不菲的關係都只在新年的時候拿出來的,只會間中清潔一兩次。剛好,剛過了新年,因 此我打算向媽媽說謊,希望可以瞞天過海,不用被毒罵。

接著媽媽回來後,我告訴她:「我已經清洗好花瓶並放進木櫃裏。」媽媽毫不懷疑,我心想這次一定成功吧!第二天早上,我去了一心家裏溫習,並跟她說我騙了家人的事。

回家後,媽媽坐在大廳,問我為甚麼要說謊。原來一心在我離開時打電話跟媽媽,說出了真相。當時我既生氣又害怕,一來十分生氣為甚麼一心要出賣我,二來我非常怕被媽媽責罵。結果,媽媽在我新年的利是錢扣除二千元及要我在家思過一個月。我非常生氣,我認為是一心出賣了我才會落到這下場。因此,我在上學時跟她說:「絕交吧!想不到你會出賣我。」從此以後,我和一心再沒說過話了。

日子一天一天過去,兩個月後我突然在信箱裏收到一封信。原來是一心寄來的,起初打 算把它掉棄,不過好奇心驅使我打開信件。內容如是:「我當天把你說謊的事情說出來,並不 是想你被罰被罵,而是我希望你會面對自己所犯下的錯,再次改過自新,不要逃避。希望你會諒解。」看完後,我跟媽媽商討了一會兒,其實一心也是別有苦心,因此.....

因此,第二天我回校向她道歉並做回朋友。回想當時,自己十分不成熟。不成熟像小朋友一樣,作為一位思想成熟的中學生,應該有獨立的思考,不能被一時意氣衝昏頭腦的。

此外,我覺得自己十分小氣,面對多年的知心好友,我竟然在沒互相瞭解的情況下,就 向一心提出絕交。整件事情顯得我十分衝動及幼稚。幸好,最後也可以和一心再次成為朋友, 沒有因為一些小小的誤會而失去了這一個知心好友。

這次後,我做事都會三思而行,不會衝動做出決定,應該做每個決定前想想是否瞭解事情的因由。這次的教訓我會銘記於心。

最後,我十分慶幸可以再與一心成為好朋友。自此之後,我終於明白她的苦心。

回憶點滴

〈爺爺的背影〉

1B 高志鴻

假如你問我,有甚麼是令你最後悔的?我會斬釘截鐵地告訴你:就是沒有在有限的時間 內感恩爺爺。

我自小在鄉下長大,因為父母要工作,所以是爺爺奶奶照顧我。奶奶近年身體不好,所以爺爺要照顧我們真的好辛苦。那一年的冬天,我前一晚告訴爺爺明天早餐要吃粽子。次日,我起床走出門口就看到爺爺。他扶着摩托車,準備去買粽子。那天很冷,而且賣粽子的地方又遠。然而當時的我並沒有任何感覺。也許你會覺得我冷血,我也這樣覺得。現在回想起來那個坐在摩托車的背影,真的很後悔。為甚麼不做點甚麼,哪怕……哪怕幫爺爺多穿一件衣服也行啊!唉……

還有一次,我發燒了。家裏又沒有退燒片,爺爺急得像熱鍋上的螞蟻,把家裏翻遍了只 為退燒片。尋找無果後,爺爺很果斷地走出了門口去了。我並不知道爺爺去那裡,但我卻清 清楚楚地看見了那個倉促的背影。過了許久才發現,爺爺是去醫療站找醫生來了。經過醫生 幫我打點滴,體溫才漸漸降了下來。直到現在我才有一點點感悟到爺爺對我無微不至的關愛。

真真正正令我覺得後悔的時間是幾個月前離開爺爺來香港。那天爺爺早早準備好了早餐。吃完早餐,爺爺送到我門口,我叫爺爺不用送了。我看到爺爺的眼睛有點紅,然後轉身回家去了。那個背影令我至今記憶猶新,也許……也許一輩子都忘不了吧!

現在的我,每當想起那個背影,爺爺對我的好和照顧的畫面就——浮現出來。我很感恩 有這樣的一個好爺爺,同時又很後悔沒有在我在爺爺身邊時,反過來照顧爺爺,替爺爺減輕 負擔,感謝爺爺對我的照顧。



〈永寧古城〉

2A 李芷彤

還記得第一次去永寧古城的時候,是一個草長鶯飛的三月。記憶似有些朦朧,卻依舊望 不了那天樸舊的氣息。

那天學校舉辦了活動,三三兩兩地抱成團,帶上中文老師,就來到了在我們家鄉較是出名的永寧古域 - 一座仕落於福建泉州的古蹟。

站在足有我三四個人那麼高的城門口,我竟有些胆怯,不知是城門兩旁威伍的獅子;還 是門上經歷風霜的斑駁嚇住了我,我走路連大氣都不敢出。我猶豫再三,還是隨眾人走進去。

而當我跨進門檻,眼前的景象卻又不一般起來。迎春花開得正艷麗,清風拂面,四周皆 是青磚綠瓦的矮房,兒童嬉戲的聲音不絕於耳,就蔚藍的天空中,都飄著五顏六色的紙鳶,

「賣糖人、賣糖人咯!」

叫賣的老伯伯推著沉重的車,用熟練的手法在上畫出一隻隻糖人,有調皮耍人的猴兒, 有姿態萬千的龍,也有溫柔可愛的兔子,不一會兒,那裏便排起了長龍隊。

這兒給我的感覺如同世外桃源,沒有人來人往的嘈雜,沒有車水馬龍的噪音,只剩清風拂面皂楊柳醉心,一派春景。朋友拉著我的手進了觀音廟,再定神,我已走進了青銅門,浸染在一片檀香中。

雕花的窗戶吹進些涼意,正坐於我面前的觀音似笑非笑,往來的人都自覺禁聲。這兒很大,卻似有人常常清掃,連地上的石磚,也不見一絲灰塵,讓我的意識又清明起來,來這兒祭拜的不似外頭般匆忙,怹們每一個動作都帶著心誠,連帶著我也消去心裏的急躁。

「這兒已經有百年的歷史了。」老師為我們講解道,現在的人過於浮躁,逐功追利,人 心不古,而這兒正恰恰體現了古時的撲素,我希望你們能夠平靜地面對這個世界,保持一顆 初心。

夕陽落下,這一次的旅行也隨之謝幕,可它卻帶給了我不一樣的感覺與情懷,令我對古城依依不舍,愿世上的人都可以放下心中的燥意,平不心去思考自己的初心。



〈最深刻的參觀活動〉

2A 陳晓菲

我去過很多參觀的活動,但我印象最深的只有那次,那次不僅僅是參觀,也讓我們了解了關於歷史的事情。

學校有次舉辦活動,是去一個博物館參觀一些有年份的瓷器、銅錢等等,地點我忘記, 了太久遠的事情,我記的不是很清楚。

我們三個班級去到那裏無心觀看,在那裏大聲喧嘩,並沒有專心去了解,我也一樣,只到看見一個老人家說的一些話,才讓我開始去欣賞,那個老人說了一段說:內容是這樣:「」你們也是來觀賞嗎?我看現在的年輕人「真正」來觀賞的人不多了,到了他們那一代,可能沒有人在來參觀這種歷史文化了,歷史將會沉沒等等。聽到老人的話,使我深有感悟,想想也是,我們現在沉迷於網絡,就說「現在」,我們嬉皮笑臉的樣子,一看便知,我們不是來觀看;參觀,而是來玩鬧的。

我想了一會,便真的認真去看那些瓷器了看了很多有年代的東西,聽老師和那裏的介紹 人講了許多東西,比如:這些東西是哪個朝代的,這些東西是產自哪裏,還有這些東西是哪 些人物的東西,都有介紹給我們聽。

那裏還有些關於什麼朝代,什麼東西的問題。老實說,我并沒有去玩那些遊戲,因為我也只是剛剛才認真聽起,所以我并不想故事聽一半沒聽另一半,這會使我十分煩惱。

看過許許多多的東西,聽過許許多多的故事,參觀了這麼多的東西。回想起老人家的話, 我也會擔心這麼有趣的歷史將會被人忘記。即使有人參觀,也只是因為好奇,拍照那樣來參 觀,就像北京故宮那樣。

想想也罷,就像怕樂和千里馬一般,真正了解你懂你的人會知道的,歷史也那樣,有興趣趣真正喜歡歷史的人總是會來參觀,觀看的,有句名言:「是金子總會發光」便是如此。

每件事,每個人,每段經歷同,總有一天人們喜歡了解歷史,總會有人們喜歡的東西去了解,去探新,去發現。

興趣每個人都有,只有你是否認真的去培養你自己的興趣,不要一時興起,要的是長久 的喜好。

通過那次的活動,讓我有了很多的感悟,就是「了解」這兩個字,了解至關重要,令我 了解了許多人事物。

那次活動真是令我印象深刻呢!

〈我在比賽中落敗,卻感到滿足〉

4C 吳可欣

我在比賽中落敗,卻感到滿足,因為我從中獲得了同學對我的稱讚,老師對我的刮目相看,不單單如此,我還得到了自己對自己的肯定。

在之前的學校的一次運動會,我們班因人數不夠多,所以必須全部人都要報名,當時我們班長將我報了 1500 米長跑,我起初認為長跑可以鍛煉體力,於是也沒有拒絕。但是後來聽說其他班報名 1500 米的全是平日裏體育考試的前幾名,我頓時就慌了,很後悔答應了參加 1500 米長跑,可是報名表已經上交了。

於是,這塊硬骨頭只好我自己啃下來了。每天放學和週末我都會去操場跑圈,雖然知道自己一定會輸的了,但是那時的我心裏卻又有種隱藏的不服輸,它驅使著我每天堅持長跑。 從最初的6分半鐘快7分鐘,到快比賽前的幾天的5分50幾秒。效果還是有的,但跟那些一個個腿長個高的對手相比,簡直相差太遠嗎,就像大家跟螞蟻一起作比較一般,毫無懸念。

剛剛開始鍛煉時,同學們大多數都跟我講說:「別太認真了,就是去充個人數而已,輸慘了也無所謂了。」話雖如此,但依舊要盡力而為,這是運動的精神。

比賽那天,八個班別也就有八個同學一起長跑,本就身高比例嚴重不符的我,在此刻顯得更加渺小,在其他班的歡呼聲中,更加凸顯我內心的急躁,我恨不得將這場比賽快進,直接到達最終的結尾,始終,我還是要面對。槍聲一響起那瞬間,我和其他比賽的同學一樣飛奔而去,緊緊跟在她們的後面,半圈、一圈我已經被超了300米了,可每當我想起自己練習了那麼久,不能對不起自己,於是我加快了腳步,堅持下去。

一圈、兩圈、三圈,我似乎已經累了,其他班的選手大部分只剩下最後一圈半了,而我卻還有兩圈加一個彎道。如果我此時放棄,就不會那麼累了,反正都最後,何必這麼辛苦自己呢?就當我準備停下腳步時,看到自己班同學略帶失望的表情和老師那種仿佛已經預料到結果的神態,我立刻加速,目標只有一個:不想當墊底。我拼命地跑,在快到終點時超過我前面的四班同學,以11秒之差,使我們班長跑不再擁有「萬年墊底」之稱。

第七名,也就是倒數第二,還是徹徹底底地落敗,不過當我到達終點時,卻看到了同學們個個欣喜若狂的樣子,原本以為我會放棄,但卻沒想到我可以堅持下去。在同學與老師的簇擁下,我回到班級。同學們說從不曾想過你能超過四班的那個人,老師對我的恆心而感到刮目相看。

這場比賽很明顯就輸了,可在我們班中似乎是贏了。因為我們輸了比賽,但贏得了對自己的肯定,對此我感到很滿足。

比賽的輸贏不重要,重要的是在比賽過程中所收穫到了甚麼,是同學的讚揚還是老師的 鼓勵?這些往往比比賽結果還要重要。

〈我在比賽中落敗,卻感到滿足〉

4C 潘偉森

我在比賽中落敗,卻感到滿足。落敗通常都會感到傷心失落,但為甚麼我會感到滿足?因為那次比賽不但滿足了我的心願,還令我獲益良多。

曾經,我在家附近的同輩中跑起步來無人可敵,有許多慕名而來的小伙伴挑戰我,毫無意外全都敗給了我。於是他們給我起了個外號「草上飛」,形容我跑起來像飛一樣快,我自己也很自豪。為了維持我不敗的戰績,我每天都會練習跑步,雖說我並不認為有人能打敗我。

直到有一天,家附近搬來了一戶新人家。起初我並不為意,無意中我聽到大人們談論新人家的小孩。「聽說他曾經是學校長跑隊的,跑步特別厲害,還為學校拿了不少獎!」這一下子勾起了我的興趣,心想:「不知道他和我比誰比較厲害。」而我也從大人們口中得知他的名字叫作向華。當天我就前去向華家,向他發起挑戰。「向華,可敢與我比賽跑步?」向華明顯愣了一下,隨後他二話不說就活動了下筋骨,接著在我面前跑了一圈。看完之後我明顯愣了一下,向華真的比我厲害太多了!「好,我回去訓練,以後一定打敗你!」

我回去後努力開始訓練,一圈一圈地繞著廣場跑。一個月後,我對向華發起挑戰,他說:「你還得再練練。」兩個月後,向華依然拒絕了我。而我想與其比賽的願望,在一圈又一圈的跑步中愈發熾熱!

終於,向華終於在第三個月後答應了和我比賽!那一刻我歡呼雀躍!因為心中的願望終 於滿足了!我終於能和他比賽了!

比賽當天,陽光剛剛好,微風輕拂也甚是宜人,在這麼好的天氣下比賽是最好不過了。 我和向華都是直接的人,話不說就開始比賽。一開始我以爆發式的速度,像箭一樣飛射而出, 瞬間便與向華拉開了距離,「看來我應該能贏!」但當我氣力開始衰減時,向華竟漸漸追了上來,我心急如焚,剛恢復氣力便猛地前沖,可情況仍沒有任何改善。

毫無意外,我被追上了。但向華似乎刻意控制速度,始終維持著與我不近不遠的距離。 聰明的我想了一會便明白,向華這是在教我跑步技巧啊!我仔細觀察向華的每一個動作,恨 不得把自己變成攝像機來拍攝下向華的動作。向華的手總是保持特定幅度的擺動,後背挺直 雙腳大步地邁動,從不像我一樣突然間加速,他似乎由始至終保持著相同的速率,雖然看著 不快,但卻勝在穩定。

我立刻現學現用,模仿向華的動作。我就驚訝地發現,我的速度變快了!原來跑步中的小細節竟能提升我的跑步速度。雖說我偷學到了技巧,但我這剛入門的「小學徒」怎麼比得過向華這位「老師傅」呢?比賽我毫無疑問是輸了的。「向華,謝謝你!」向華聽完後,笑了笑沒有說話,我這位號稱從無敗績的「草上飛」終於輸了一次,按理來說我應該感到難過,然而我非但沒有一絲一毫難過,甚至感到十分滿足!

我在比賽中落敗,但卻滿足了想與向華比賽的心願,甚至還從中獲益良多,因此我可謂是十分滿足。這樣的失敗,我倒不介意多來一點。如果社會上多一些這樣的「落敗」,那社會將進步得更快,如此一來,「落敗」似乎並不是甚麼壞事呢。



〈在醫院探望親友時的所見所聞〉

5C 容穎希

「未知生,焉知死。」世間萬物應需歷經生死,這是定律無法改變。

小學五年級的夏天,久違的一次回鄉。在車上,母親沒有和我說過一句話,默默看向窗外,她儘量不讓我看到她那被淚水日夜洗禮而紅腫的雙眼,以及佈滿血絲的眼。路途經過那一排排開花的杏樹,花朵為五個瓣,粉紅色的小花密密麻麻地掛滿樹枝,微風一吹,便會聞到一陣陣淡花香。小時候,每當暑假來臨,家鄉後花園開花的杏樹,在風起時,一名健壯而臉帶慈祥的老人,總會手拿口風琴,在樹上飄下的杏花雨中等待我回來。

下了車後,車水馬龍,水洩不通。我們在人群中穿插,千辛萬苦才走到了醫院大門。未踏進門,已能聞到陣陣刺鼻的消毒水味,仿佛當你踏進去時,便會被這種氣味侵蝕。母親拿出口罩叫我帶上。在診症大堂,數以十計的病人在等待診症,人聲鼎沸,吵雜不安。緊跟着母親的腳步,我來到了目的地,住院區。跟着一群探訪的親友,我們逼進了電梯,閃爍的電梯照明燈,死寂的氣氛,那一刻世界仿佛停止,從心底不禁湧出一股莫名的不安,從電梯樓層的一樓到五樓,那股不安漸漸轉變成倉皇不定。

走出電梯,眼前更是一片混亂,走廊滿是一排排臨時病床,醫生和護士忙得不可開交。眼見一些病病殃殃的病人痛苦地躺在病床上也得不到護士的協助,讓人感到無比心痛。走進走廊盡頭的那間病房,吵雜聲變小。我們在一個床位前停下了腳步,母親輕輕拉開白色的床簾,一位骨瘦如柴,臉色枯萎如同一張乾癟的黃菜葉,兩眼無力地閉着,呼吸十分微弱。母親走向他耳邊輕輕地說:「爸,您孫女來探望你啦!」這刻我才在驚訝中醒來,外公用盡全身的力氣勉強地睜開雙眼,張開蒼白的嘴唇,用微薄的聲量呻吟着,臉上還頑強地露出那慈祥的笑容。母親忍住淚水走出了病房痛哭。我不斷反問自己這是我認識那個身體壯實的外公?用顫抖無力的聲線回道:「我回來了,外公!」那刻我怕在他面前哭出來,便扭曲臉孔強忍淚水。在無意中聽到醫生與母親對話,說已經命不久矣,雖然只是幾個字,但卻是字字如刀,深深地插入心。我不想讓外公聽到便努力找話題,外公說:「我知自己已經沒幾天了,人需經歷生死,世間萬物,原都是匆促短暫……」說完便安詳地閉上了雙眼,再也沒有醒來。



醫院旁的杏樹已高過院牆,密密麻麻,一片緊挨着一片, 不留一點空隙,在風吹下,依舊落下了花瓣,卻差了一個手拿 口琴笑容慈祥的老人。

〈與久別多年的舊同學相聚〉

5C 李錦基

光陰似箭,日月如梭,回憶起初中時的美好回憶就好像昨天才與他們分開。曾經的我們各自懷着自己的夢想,朝着目標不斷前進,時隔多年,他們又有甚麼變化呢?真是讓人期待 與害怕。

站在充滿人群的地鐵上,人山人海將我擠到車門,儘管如此我仍感受不到他們所帶來的 擁擠和嘈雜的聲音,望着飛速閃過的樹木,心中閃過無數的片段。想必能與自己的死黨見面 怎麼都是一件興奮和激動的事情吧?而恰恰卻有一個人無論如何我都不想再面對她一次。

「喂,你週末有空嗎?」如同一只老虎盯着食物一般,我心中不禁一寒,她是我的同桌,一位大大咧咧的女孩子,在我看來她與男孩子沒甚麼區別,不過該收斂的時候還是要收斂的。 我很隨意的答應她週末去玩,可那天誰也沒想到我們之間的友情就如玻璃般破碎。

天空在我不經意間變得灰濛濛了起來,一副將要下雨的樣子。我摘下耳機,整理了下自己的儀容,懷着忐忑不安的心推開了聚會的門。

要如何形容眼前的這番景象呢?就像是幾名小學生卻穿著正裝打著領帶坐在一起討論一樣,實在不敢相信他們只是身體上出現了改變,臉卻絲毫沒有變化,我愣在了原地,沒過兩秒鐘立馬就左青龍右白虎將我手鎖住。果然,還是我的死黨能一下子認出我來,不知不覺那份不安就慢慢的隱藏了起來。

直到她出現的那刻,心像是線拉扯一般讓人難受。原來那一天我爽約了,那時下着大雨 我原以為她會自己回去,沒想到為了一直等我,淋了雨,發了燒,還請了好幾天假。之後我 一直沒敢直視她,她也不再主動和我聯絡。就這麼僵持了幾天,班主任離奇地要大換位,理 所當然的將我跟她分開了,一直在尋找機會道歉的我,好像被她刻意迴避,她也一直與其他 女生們相隨前行,我也逐漸想要放棄,就這樣結束了我們的友情。

眼前的這位少女無疑就是她了,由長髮剪成了短髮,從來不帶眼鏡的她也帶上了一副黑色大框眼鏡,只穿長褲的她也穿上了一件精緻的棕色長裙,當初的母老虎形象已經不復存在,現在的她宛如一位文靜少女。我望着入神,她也好像發現了我,朝着我慢慢地走過來,一時不知所措的我本能地向後退卻碰到了牆。原以為她要大罵我一頓時,她竟然大力的推了我的肩膀,「嘿!變壯了啊。」那熟悉的感覺再次出現,她就像一切都沒有發生過一樣對着我,當我再次詢問那時的事時,原來她那時只是想玩玩而已,沒想到又換了位,就一直沒把真相說出來。我才發現是我單方面產生了誤會,心中的心結終被解開,看着各位聚在一堂,這幅溫馨的畫面,讓我回憶起曾經美好的回憶。

回憶總是美好的,快樂總是短暫的。如今分道揚鑣的他們又會再甚麼時候再次相遇呢?願我們之間的感情能長存。

浮想聯翩

〈寫給時光的感謝信〉

3C 林曼婷

時光先生:

時光,我知道您是忙碌的,永遠都不肯停下您那匆忙的腳步。所以,我選擇和您一起奔 跑。寫下這一封信,感謝您在這些時光裏給我留下的美好。

在孩子天真的笑臉上,我看到了您;在中年人眉宇間的成熟中,我看到了您;在老人步履蹒跚的背影中,我看到了您。您在逐漸變老的容顏上,留下了滄桑的劃痕,您帶走了年輕的生機和活力,留出了年輕的敏銳目光與張揚的個性。從每個人出生到死亡,您都陪在身邊,像是一位無私的母親,又像一把無情的刀。

當世界不知不覺的變了,有時候,我懷念以前的我。不可否認,您給我帶來最美好的時光是小學的時光。因為,小學真的擁有太多開心的回憶了,那時候的我們沒有做不完的工作紙和背不完的文言文。留下的只有和同學們嬉戲時的笑聲。但我明白,人不能活在過去,再美好的東西也會被您所帶走,我能做到的只有把握現在,珍惜現在。

您讓我懂得了很多事情,懂得了真正的友情,那真正的友誼是需要被您所考驗的;懂得了珍惜,世事無常,珍惜當下,一切都是最好的;懂得了淡定,面對煩惱,流言蜚語時,第一時間不是逃避它,而是應該勇敢挑戰它,戰勝它。

時光過得太快,讓人不知所措,只好望着以前覺得完美的發呆,發奮回憶着以前的日子, 但記憶的容量是有限制的,再怎樣回憶,也想不起一絲痕跡。在這個時候,您又悄然離去, 讓我感到茫然,怎樣才能把你留住?

因此,我寫下這一封時光感謝信,感謝那一去不復返的童年時光。感謝您讓我愛上我身邊每一個對我好的人。因為有了您,人才會感受到生活的意義,懂得人要積極進取而不是消極頹廢。

祝 永恆不息

> 感謝您的人 林曼婷 二零一七年十月十七日

美景如畫

〈田田〉

5A 郭豪賢

日出是我們必須經歷的東西,因為它,黑暗的大地才被照射出來,將所有東西都充滿溫暖起來。日出代表新一天的回來,所有東西都有重新開始的機會。如果沒有了日出的出現會怎樣呢?我就認為會很大件事,動物和植物會生存在一個黑暗的環境,恐懼和害怕跟著你走,而且最重要的是永遠再看不到熟悉的面孔。雖然日出是平常事物,但沒有它,你就開始煩惱了,日出是我們生活的一部分,它不容易被你看見,但它默默幫助你完成事情。

首先,「日出」就像燃燒的一團火,無時無刻去推動你,為你打氣。因為人不會像機械人這樣去做事,大家都擁有一個理想,為自己的夢想出發,而我是一個只會享受而不會做事的人。記得有一個朋友叫向華,他就說:「不如我們去看日出」,我就說:「沒有問題」,然後過了幾天,我就忘了此事。突然,有一晚上,電話響個不停,令人煩躁,我心想是甚麼事情找我這麼急,我一接電話,他就說:「起床,去行山看日出啦!」我說:「不行,我要睡覺」,然後他就用一句話逼我去:「不去,沒有朋友做。」我立刻七手八腳地換衣服,令到房子非常混亂,像跑車一樣奔跑到他樓下,我跟他說:「我準備好了」,一開始,我認為日出都只不過是普通的事情,應該不用我一大早起床去看,不如我在電腦面前看是最好不過,所以我就帶著敷衍的心情去行山。我一直在怪責自己,為何自己輕易去答應別人的事,我只能希望這段時間快點結束。

然後,我們就在凌晨的時間去看日出,我們坐巴士到這座山的山腳,看到這麼高,而且 又要和時間去比賽,一定痛苦過學校裏的功課和測驗。不過答應了人,就要做有承擔和責任 感的人。在行走的期間,我看見無數的花花草草,就好似走進了一個大森林裏。雖然漆黑的 環境裏非常之恐怖,我們靠著一枝小小的電燈繼續向前行,然後,我們停了一會兒,去作為 我們的休息時間。坐在石梯級上,我發覺這裏非常之寧靜,讓人有一個地方去思考自己的過 錯,因為不像城市裏樣樣東西都講求速度,根本就沒有時間去關心身邊的事物,過了數十分 鐘,我們繼續開始行走,我們就快到山頂,天色也漸漸亮了起來,我聽到鳥兒的聲音,大家 應該都起床了,雖然日出還未出來,但我們會仍然等待,因為我們的汗水不會白流。

再者,過了二十分鐘,當我們想放棄的時候,突然,有一個很大很美麗的日出,我就說:「長這麼大,也沒有看過如此美麗畫面,看電影也沒有這種真實感。」這時我心想:「每一件事情都要付出努力和汗水才會成功,所以原來世界是這麼美,人是不應該鎖自己在一個盒子裏,人是屬於大自然,人是應該好好欣賞這個世界。」另外,我也要努力做人,除了享受生活,也要做一些對自己有好處的事,為自己的人生添加一些的色彩,不能白白地浪費才能。到了現在,我仍然忘不了看日出的景象,真讓人念念不舍。

最後,日出是我們生活必須出現,它令我感到溫暖,它照亮了我的人生,讓我有一個方向感,我們表面不需要的,實際上我們一直依靠著它,日出給我們勇氣去嘗試每一件事。

日出對普通人雖是平常事物,甚至可能是毫不起眼的事物,但對本人來說卻令我念念不 忘......

我是生活在單親家庭長大,媽媽在我小時候已離開我與爸爸。爸爸身兼母職地照顧我, 但爸爸總是不愛說一些肉麻的說話來哄我。但小時候他看到我不開心的時候,在家裏默不作 聲地做功課或看書的時候,他輕輕的把自己暖暖的手握緊我冰冷的手,告訴我:「我們出外走 走好嗎?」我們一邊走到沙灘上,一邊手上拎著爸爸買給我的巧克力味甜筒,我一直拖著爸 爸的手,從爸爸背後看他,爸爸真的很高大,和爸爸在一起我有很大的安全感。

於是我們到了沙灘上的一排椅子,靜靜的坐下,我看著天空上紫黃色的天空,在旁邊看到紅紅的太陽正在升起,聽到了海浪拍打的聲音,還有小鳥的聲音,這一刻仿佛像交響樂的演出,這一幕永遠存入在我腦海裏。這是我最喜歡與爸爸所做的親子活動——日出。

長大後,我發現自己脾氣沒有小時候那般溫和,很容易就向身邊的人、朋友、親人,以 及自己的伴侶發生衝突。但明明是很小的事情却令到雙方也傷心。在我的工作裏,我每天所 承受的壓力實在太多,很多的煩惱,人事的問題,與伴侶的衝突,上司的壓力,太多太多的 苦惱,我也沒有一一向爸爸傾訴。因為我已有了丈夫,子女,要過我自己的人生,已經沒有 很多的時間去探望曾經父兼母職的爸爸了......

某天爸爸可能是想起了我,打電話給我,「女兒回家住幾天好嗎?爸爸想你了。」我在電話中聽到爸爸的聲音下沉了很多,我才發現我已經很久沒有關心過爸爸了。天才亮,我就到達了爸爸的家門口,我內心很愧疚。爸爸開門了,看到他的樣子蒼老了很多,白髮也多了不少,我忍著眼淚地說:「爸爸,你還是這麼年輕,依舊沒有改變。」但爸爸沒有回應,依舊拉著我的手,走到我們小時候的雜貨店,買巧克力味的甜筒給我吃。我們漫步走在沙灘上,但

爸爸不再像以前般高大了。從背後看,爸爸彎下腰慢慢地散步了。此時我發現我與爸爸錯過了很多次的「日出」,也發現到小時候的椅子也不在了。但爸爸這次坐在暖暖的沙子,靜靜地等待日出的來臨。我便坐在他的身旁。不知為甚麼,我的心很酸,發現多年來也沒有關心爸爸。我問爸爸:「你有責怪我嗎?」他雖說沒有,但我仍感覺到他多年來的寂寞,是真的很孤單,因為爸爸是一個不會主動打電話給我的人。我最瞭解他。當我想到這裏,我忍不住哭泣,擁抱著爸爸說:「對不起,那麼多年也要你孤零零生活,對不起……」爸爸說:「沒關係,你永遠是我最愛的小公主,我明白你生活所遇的困苦,我也是過來人。」那刻我已經哭不出聲來。他還說:「你看,日出多美,我們快點看」。

我一邊握著爸爸的手,一邊挨著他的身邊看日出。我看著紫黃色的天空和紅紅的太陽正在上升。想起了兒時快樂的我們,發現工作,物質的生活佔據了我們很多的時間,時間不會等人。我和爸爸已經錯過了不少的時間,失去了多次的「日出」,我已經後悔莫及了。

我知道爸爸最希望我在他身邊陪伴他看日出,因為從小爸爸最愛就是這活動了......我也知道,時間是要自己把握的,我亦知道,我自己的人生,是包括多年來照顧我,無論遇到困難也不放棄的爸爸。

而我每次看到日出,我也只想起我最爱的爸爸,我也會好好把這些回憶放在心裏......



日出日落,是天文的倫理。說得那麼隆重,只不過是地球自轉一圈而已,太陽始終 沒有動過。不明白為甚麼那麼多人崇尚日出,對,尤其是日出,不惜花費時間及精力,摸著 黑,與危險局並局走上茫茫大山,為的是離天空近些,看日出。

要說我,說不上討厭日出,但我更喜歡日落,天慢慢褪色,黃昏染上地面上的一切人和物,也漸漸吞噬著各種各樣的影子。地下漸漸點亮盞盞路燈,替代了天上的點點星斑,人踏著回家的步伐,也異常的輕鬆,似乎每走一步就把一天下來累積的壓力脫去,卸下社會專用的面具,做回最原始的自己。

其實,每個人活得像音樂盒裏跳舞的人偶,只有別人打開盒子,我們才會隨著音樂翩翩 起舞,沒人在意我們的感受。合上盒子,我們就被困在自己的空間,寂寞地舐去傷痕。每次 我睜開眼睛,天早就亮了,陽光均勻地照耀著,平淡地告訴我又要開始一天了,

就這樣,我一如既往穿梭在日夜間,反覆著日常生活,直到有一天,我真正見識到日出,才意識到自己的想法是如此庸俗。

那天不過外婆要早晨散步,我怕她摔壞了,硬是在寒假放棄了睡覺陪她早起。早晨五點,城市沉醉在夢中,與熱鬧成反比,只有對面的紅綠燈格外地顯眼。街道很安靜,像凌晨的樣貌,我心情愉快起來,把這個秘密悄悄藏進心裏。

握著外婆的手散步,散到一個小樹林。天準備亮了,我和外婆停下腳步,在附近的小凳上休息。

就這麼意外地,我看到了日出。起先,周圍亮了起來,接著耳邊迴蕩起鳥兒清脆的歌聲, 金黃色的陽光漸漸染上了天空,像火焰一般燦爛。陰暗的樹林亮起來了,細碎的陽光隨著樹 與樹之間的縫隙射出來,像一盞盞聚光燈,照著外婆的銀髮,滿是承載著歲月痕跡的臉,以 及緊握著彼此的手。

那一瞬間,外婆仿佛就是一個耀眼的女演員,陽光不再是只會叫我起來的光線了,它柔和地照著每個角落,非常地慷慨。再看天上,一輪蛋黃似的太陽穩穩地停留在空中,它威嚴,所有生物都受它的恩賜;它又柔和,默默地喚醒著大地萬物,讓城市熱鬧起來;它還是這麼大度,不會帶著有色眼鏡去看待一些人或事,而是慈愛地擁抱每個人,分他們一點兒愛。

待我們離開小樹林,天已經完全亮了。城市醒了,周圍是匆匆忙忙的路人。我抬頭一望,太陽早已爬上上空,沒有了日出時的壯麗,只是平凡地高懸在那裏,默默無聞。

我這才覺得自己的想法是多麼的庸俗!也許,我對日出產生無感是我對這裏如機器人般的生活感到無感,我錯認為日出等於重覆日常的開始。然而我錯了,日出是新一天的開始,卻也是黑暗的結束。日出不僅僅是新的希望,更是一種新的思考和新的挑戰。每當我們感到無助時,日出給我們重啟的機會,反省過去的行為,在失敗中汲取經驗,創造屬於自己的世界,日出時燦爛的光芒照著我們,不正是暗示我們是這個世界的主人公嗎?

現在的我,不再對日出無感,而是尊敬它,不僅是天文的倫理和人類的需求,更是日出默默告誡我的人生道理。



奇情於物

〈音樂盒〉

3B 莫志杰

一個炎熱的夏天,我百般無聊中翻開了雜物箱,一個音樂盒出現在了我眼前。它佈滿了 灰塵卻遮不住精緻的外形,我打開了音樂盒,清脆聲音在靜謐的房間中響起,那位芭蕾少女 似乎等待了太久,已經開始不再旋轉,是啊!這麼多年過去了,她也很疲倦需要休息了吧, 小時候的記憶猶如衝出囚籠的「野獸」,那位無時無刻抱著音樂盒的小孩又出現在我腦海中。

還記得那一天是我的生日,外公送了個音樂盒給我,它是一個棕色木質的音樂盒,紋上了一些細緻的花邊,音樂盒的正中間有一顆璀璨的寶石,音樂盒的邊上有一個扣子,我解開了扣子打開音樂盒,一陣清脆的音樂聲響起,一位身著白色芭蕾裙的少女隨着音樂緩緩旋轉着,我很興奮的抱著音樂盒,在清脆的音樂聲中靜靜入睡。

連續幾晚我都抱着音樂盒入睡,那清脆的音樂就像林中的小精靈,陪我度過了幾個晚上。 但不知為何,從某一天起,班上流傳我喜歡音樂盒我喜歡女孩子的東西的消息。我十分生氣 和難過,將音樂盒仍進了雜物箱,從此再也沒有去碰過它......

時間如一把利刃,它把新的東西變舊,將舊的東西帶走,它是殘酷的,但又不得不珍惜它,它給我們帶來了許許多多的回憶,美好的、殘酷的、開心的、傷心的等等,這些小小的回憶組建成逐漸長大的我。新的東西雖然變舊,但卻有了更深的意義;舊的東西雖然被帶走,但卻迎來了新的,珍惜時間的每一分每一秒,珍惜所擁有的東西!

我關上了音樂盒抹走了上面的灰塵,上面的寶石已經不再璀璨,美好的東西總容易流逝, 所以才更需要我們珍惜,這個音樂盒承載着我的開心和難過,無論時間過去多久,這個小小 的音樂盒都會讓我銘記於心。



〈音樂盒〉

3B 余思琪

音樂盒分很多種類,各式各樣,令人眼花撩亂的外表,我印象最深刻的是手動音樂盒, 曾經在妹妹手裏見過。

簡簡單單的一個小木制盒子造型,沒有一絲花紋,它內在的音樂也絲毫讓人提不起有欣賞的慾望——重覆、枯燥無味,要人在一旁轉動手柄,它才肯發聲。

它是如此的平凡、不起眠,不可思議的是它竟然可以發出異常清脆的音樂聲,像是我們人類一樣,看起來渺小脆弱卻身處於食物鏈頂端,不堪一擊的身體,蘊含大智慧的頭腦,這樣的搭配算不上美好。但我們努力用優點來彌補自身缺點,正如這小小的手動音樂盒。用清脆的聲音吸引人使用它、瞭解它。

或許是我苛刻了一些,並不是它單調,而是創造者賦予它的意義就只有這一首音樂,它不斷的循環着這一首音樂,正是盡職盡責的表現吧。我們人類可以這樣嗎?日復一日年復一年的做同樣的事,這件事可大可小,毋庸置疑的是我們當然可以,只是大多數人做得毫無意義,甚至不知道自己為甚麼要做這件事。我們應該向這不起眼的手動音樂盒學習,找到自己的定位,它用平淡的樂聲來安撫大家狂躁的內心,在自己能力範圍做有意義的事,那麼學生首先要好好學習。

做好自己本分的事,不喧嘩奪寵也能稱得上是手動音樂盒的優點了,安安靜靜地呆在那裏,在你需要的時候發揮自己的作用。它全心全意地信賴着使用者,在人的手中隨着手指的撥動而回應,在孤獨的夜晚陪伴着你,聽着這聲音。使人不再害怕這漫長無趣的夜晚,安穩入眠。

開始我對音樂盒是不屑的,甚至拒絕描寫有關於它的作文,真正瞭解後,不得不嘆一聲 無知。



〈大樹與小草〉

4A 柯惠玲

生長在大樹旁的小草是幸福,像高大的身軀保護與愛護着你,大樹也受陽光的普照,大樹把吸收消化後的陽光給予小草。生命裏有大樹嗎?不止有,生命裏也不止一棵大樹。

幼兒時,媽媽像大樹哺育着小草。媽媽在深夜裏安撫你入睡,不敢入眠,擔心着你餓了要哺乳,大樹她把土裏最有營養的根部連着小草,慢慢讓你受滋養成長。這棵大樹一開始並沒有做好保護你這棵小草的準備,她是會有煩惱與擔憂,並不是媽媽都是天生的,我們要感恩媽媽不厭其煩把嫩芽小心翼翼養哺小草成長。如果沒有這棵大樹,在幼芽時就扼殺在搖籃裏。

嫩綠色的幼芽漸漸長成,遇到另一棵大樹在傳授小草怎樣成為大樹,這棵大樹培養與指導小草知識,使小草感到被滋潤着。老師這棵大樹是小草在成長中磕磕碰碰指引的一棵明亮的大樹。「滴水之恩,應當湧泉相報。」老師給予我們品德、思想、智慧,這棵大樹是成長的道路上必不可缺。

小草的嫩芽變得翠綠,受到了不同大樹的呵護與教導,小草遇到了與他共同發芽卻長成大樹的小草。小草吃驚,為甚麼他是大樹而我是小草?這棵朋友的大樹陪伴小草度過歡樂的時光,當你遇到挫折而感到抑鬱的時候,向朋友傾訴使你得疏導,有這棵大樹,可以盡情傾訴自己的憂愁和歡樂,在心頭的沉重,也會有朋友大樹的局頭而被分擔。感恩朋友是人生的知音,相互傾聽、鼓勵、安慰。

小草成了大樹,他也會變得呵護人、教導人、分擔憂愁的人。在成長的過程裏, 感恩每棵大樹,他們陪伴我們成長,使我們也成了大樹去陪伴小草。



〈雙層床〉

4C 陸凱盈

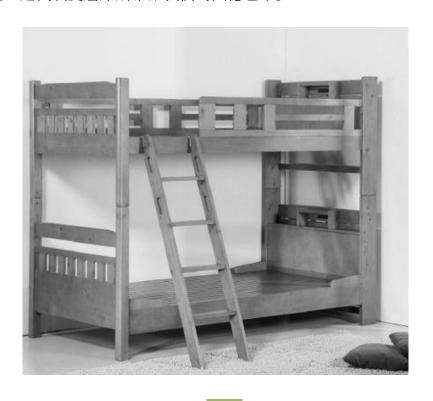
我家裏有一件古董,是一件特別無比的古董——雙層床。在我出生的時候,一家人由山景邨搬到現在的家,父親為了我們度身訂造了一張雙層床,那一張床就算找遍全香港,也找不到一張差不多模樣的。

那一張雙層床是由原木組裝而成,設計非常特別,上層床橫著放,下層豎著放,旁邊有一張大書桌。這樣令小房間多了一份擠擁和一份溫暖,在寒冬裏為我驅走北風。

在我小學的時候,我經常發燒,每一次發燒都燒足差不多一天一夜。突然姐姐說交換位 置睡覺,我由一開始的疑惑轉變成後來的驚喜以及一點點的心花怒放。原來她是因為體諒我 生病辛苦,以及去廁所和吃藥不方便,那一次是我對她印象最深刻的一次。

在中秋節的時候,小朋友們和朋友們都會去在樓下的公園,每人手拿著一個燈籠,以及一個由螢光棒所做成的球,大家都會追著它跑,非常開心。而我姐姐和我除了有這些活動之外,我們晚上回到我們的雙層床有一個特別活動。雙層床有兩三個圓圈形狀的洞,我們就把剩餘的螢光棒掛在上面,用這些螢光取代電燈的光,整夜聊著天,由螢光棒及破舊的雙層床陪伴我入睡,令人難忘。

這一張雙層床陪伴了我們十多年,小時候因我們的不懂事,把它劃成一個大花臉,長大 後就為它心疼,所以近年為它翻新,換上一件淺藍色的衣裳。由我只到床的中間轉眼變成雙 腿能夠碰到床尾,這代表雙層床所帶給我們的回憶也不少!



言之有物

〈談責任〉

5A 樊忠岳

有人說責任是包袱,有人說責任是動力,有人說每個人都要承擔各自的責任......我認為每個人都應該承擔各自的責任,因為在我們出生至今,責任都一直跟隨著我們身邊。責任不是包袱,不是一直背著它走過人生路途上,而是應該承擔責任過人生,為自己所做的事負責任。我也不認同責任是我們的動力,難道我們沒有動力(責任)就不可以做自己的事情嗎?責任不是動力亦不是任何藉口,自己所選擇的,就需要自己去負責。這個世界上是沒有人有義務去幫你卸下身上的責任,假如每個人都把自己責任推給他人,那這個人是不負責任,而且每份工作都有不同責任。

首先,在工作方面,老師有教學生的責任,消防員有為市民服務的責任,律師有為法治的責任,如果老師不肯教學生,「學生」這個責任應該交付誰呢?當老師不肯承擔這個責任,將來社會就會腐敗,由於沒有人肯承擔責任,而導致將來社會變成這種情況,也不可以怨人怨天。相反,老師肯承擔這個責任,將來社會變得和諧,令學生關心國家大事。亦例如消防員失去自己原來職責,不幫助有需要的市民,只會造成傷害,當消防員不承擔救火責任,有居民發生火災,原本都只是被火焰燒毀家具及居住環境,但消防員沒有去救火,而令開始的火種變成了最終的熊熊大火,亦造成死傷,所以這份工作也有一份責任和負擔。而律師看起來沒有甚麼責任,但他們責任應該是為這個社會推翻不恰當的案件,不過亦有一些律師是把這些沒有罪的人,把他推翻至有罪,這些是律師的責任嗎?因此,在每一份工作都是有自己應該去承擔的責任。

其次,在個人方面也應該為自己的責任有所承擔。例如:每個人都要為自己所犯下的錯去承擔,而不是把犯錯推卸給身邊的人。如果父母把自己的子女送往孤兒院,把自己的責任送往此處,以不想養育他的藉口把子女推給孤兒院,那為甚麼當初要把他生下來?那為甚麼分娩後才不想承擔子女的責任呢?若果每對父母都這樣做,這算不算是為自己的責任承擔?所以父母的責任是我們這些子女,而子女也有一些責任承擔——孝順,子女不為這個責任承擔,不如想一想誰給衣服你穿,是誰對你供書教學,他們為我們付出,我們就需要有良心地承擔孝順的責任,所以個人方面,每一個人都有自己應該去承擔的責任。

再者,在每一個國家的政府方面,都要去為自己市民帶來某些責任。例如政府需要為市民帶來公平、平等、安全三方面的責任,如果政府不為自己的市民帶來公平的責任,世界會造成混亂事件,猶如香港當年發生「佔中事件」,有某些人因為不能夠投票,「我要真普選」,而這次社會或者政府並沒有承擔起公平的責任,帶來這一次事件發生。另一個責任是平等,政府應該令社會有平等的責任,例如:美國國家沒有承擔平等的責任,因為在這個地方依然都是有歧視南亞裔人士以及黑皮膚的人,令到這些人在當地沒有受到平等的尊重,這由於是政府對社會沒有平等過,認為對這些人平等,他們就會危害我們社會,所以美國到現在都是一直沒有承擔的責任。最後,安全的責任亦是政府應該承擔的責任。因為政府沒有承擔市民安全的責任,就會令市民漸漸地死去,例如:當年日本核電廠爆炸,令日本福島這個地方出現核輻射,當中不僅是市民受到這些輻射變異,就連水裏的魚也受到輻射影響,甚至影響日本的地方聲譽,當初就是日本政府並沒有做好安全措施,沒有承擔對市民安全的責任才讓事故發生。假如核電廠代替成另一種發電,或者把核電廠更加遠離市民居住環境,就不會發生這些危險,所以政府應該為所有市民負上應有的責任。

總括而言,無論在個人、工作、政府三方面,都應該負上責任,就算這三方面以外,也 應該承擔責任。如果我們沒有承擔應該有的責任,這個世界上會如何?而我不認同有人認為 責任分配給別人,一起承擔,因為把責任分給他們承擔,他們未必能夠知道你承擔責任的原 因,也沒有責任的意思,責任是每個人都需要自己去承擔。也有好像〈論君子〉當中的責任 感方面,對己有要求,「君子求諸己,小人求諸人。」而責任是對自己應該有一些要求及負擔。



有人說責任是包袱,有人說責任是動力,有人說每個人都要承擔各自的責任。我認為能力越大承受的壓力越大,更有能力去承擔自己的責任。有些人因責任過大而選擇逃避、放棄自己。我認為責任是能令我們在逆境中成長,令自己更上一層樓。

責任是每個人都擁有的包袱,例如:學生應做好學生的本分,而上班族應勤上班為公司 爭取好成績,而老師則要教導學生做人的道理。但有人認為責任令他們感到痛苦,因而放棄 自己。因每個人能力不同,所面對的責任亦不同,能力越大責任越大。但若能做好自己的本 分或職責,可以利己利人。但事實上,不是每個人都能完成。責任是一種機會,亦是一種挫 折。因為責任是隨着個人的能力而增大,有責任代表有機會可以證明自己,在完成責任的過 程中,會出現挫折,能跨越更能令自己成長和有經驗面對種種挑戰。

我認為責任是動力。因為人總要有目標去推動自己,人沒有目標就會虛度一生。我認為目標等同於責任,有責任就等同於每個人的任務,驅使自己往成功道路方面前進。例如:老師的責任是教導學生,某些學生過於頑皮而不受教,而老師則努力令學生迷途知返,即使失敗亦不會放棄,繼續努力去完成自己責任,為此付出自己的心血去完成。有責任等於有目標,為了自己的責任付諸一切去做好。例如:自己的能力有限未能完成好自己的責任,會懂得先增值自己令自己有足夠的經驗去完成。責任作為推動力令人類去自我增值、發展社會:學生在中六要考文憑試,這是作為學生的責任,學生讀好書,努力訓練自己,目的在文憑試中考取好成績,因而責任推動學生思想全面,並令學生成長。

責任越大,壓力就越大。例如:香港特首要提出好的政策去造福市民,令市民生活質素提高。身為政府官員,要面對市民、傳媒的壓力,令到特首處於崩危狀態。假使政府官員施政差,令到市民失去對政府的信心,導致民憤怨天。所以我認為責任越大、壓力越大,因要面對不同種類的困境。我認為責任亦是一種挑戰,因對你有信心的人會給予你一些超出自己能力範圍以外的事,考驗自己或靠自己去搜索新的道路。例如:英國早期的社會想發展自己的國家,但缺乏原料、資源,於是君主便派人出外發展或探索新大陸尋找原料、資源,途中有失敗,但最終亦在非洲找到資源並發展非洲,利用非洲人們為自己國家生產,令到英國可以發展海外生產,最終英國成為第一有錢國。

責任是挑戰,探索不同新事物可以利己利人,創出新道路或尋求解決辦法,所以責任是 可以挑戰自己的能力,即使失敗亦不放棄,因失敗乃成功之母。

人一出生就擔任不同角色或不同的責任。例如:學生為讀書,父母為供養子女成才,老師指導學生人生道理。責任是不能逃避,即使受挫折而放棄自己,責任依然存在而不會消失。 責任是挑戰?包袱?動力?機會?我認為都是令人類成長,創新的不可缺少的必需品。

人明白自己的職責會用行動去實行,盡力做到最好。例如:英國國王想令居民生活質素 提升,便派人探索新大陸,尋求新資源來發展國家,完成自己應有的責任。

〈談責任〉

5C 蔡俊豪

責任,是每個人都會擁有的。每個人都要為自己所作所為負上責任,因此它並不陌生。 有人說責任是包袱,亦有人說責任是動力。這些說法並沒有錯誤,每個人都有著各自的責任, 責任是甚麼只取決於人怎樣看待它。我認為責任是甚麼並不是最重要的,最重要的是要勇於 承擔責任,因為責任是不能逃避的,過去的事情是不會返回的,責任亦是如此,所以必須為 過去的事情負上責任,逃避是不能解決事情的。

責任在日常生活中亦是十分常見的,即使是被家人叫去買菜,亦算是一份責任。責任就如一個包袱,承擔責任便要背著沉重的包袱,但這個包袱除了痛苦,還有喜悅。就以將成為父母的夫婦來說,雖然孩子出生後,父母要面對龐大的開支和壓力,還需要長時間的耐心教導孩子,但他們卻會感到開心,因為在這痛苦當中,同時亦有對孩子的愛,而且孩子在成長過程中同時會為父母帶來快樂的回憶。由此可見,責任是能夠為人帶來幸福快樂,所以我認為人人更加需要為自己和別人負責任,負責任是可以令人快樂的。

責任亦能夠為人帶來動力。正因為有了責任,人才會重視。正因為人會重視,人才能得到動力。以老師為例,相信每一位老師都有一個共同的責任——將最好的教育傳授給學生。正因為這個責任,老師才會重視學生的成績,而且更有動力去教好學生。老師每天耐心教導學生,學生放學後還繼續處理事務,甚至晚上回家仍然正在批改功課,為的是甚麼?為的是收入?我相信並不是為收入,為的是作為老師的責任。他們大可馬虎了事,上班等下班,但他們沒有這樣做,因為他們知道老師的責任,並勇於承擔這個沉重的責任,而學生的努力正是他們的動力來源。

對於有人說:「因為責任太大,壓力大而承擔不了。」我認為是錯誤的。我認為這是不負責任的想法,即使責任是多麼龐大,總會有解決和承擔的根源、我相信「世上無難事,只怕有心人」這個道理。最近有不少新聞時事都對虐兒棄兒有不少議論。我個人認為這些行為除了不道德之外,還是不負責任和逃避責任。相信不少人知道,孩子是要愛護的,而不是拿來

打或拋棄的。因此,我覺得這些父母是不負責任的,如果明知結果會是這麼可憐,為何當初還作出決定?責任無處不在,一般來說人人都應該並能夠承擔責任,我希望人們在作出決定前,想想自己有沒有承擔責任的把握,衝動只會令自己內疚和傷害到別人。

在作出決定前,你曾經考慮過要承擔的責任嗎?因為每個人都要為自己曾經做過的事負上責任。責任是甚麼並不是最重要的,最重要的是要敢於承擔自己的責任,不要去逃避它。逃避責任是一種愚蠢的行為,因為責任是無法逃避的,逃避是解決不了問題。相反, 勇於面對責任,或許你可以在當中尋找到快樂,以及得到一些動力。



My favourite tourist attractions

Good afternoon everybody. Today I would like to tell you about my favourite tourist attractions in Hong Kong.

I like visiting the Big Buddha. It is located on Lantau Island. In the morning, when I take more than 200 stairs, I can see the beautiful views and take photos. In the afternoon, I can worship god and make wishes. In the evening, I can enjoy the vegetarian food. I think the vegetarian food is healthy for us. I know the Big Buddha is the biggest bronze statue in the world.

Another place I like to visit is Ocean Park. It is located on Hong Kong Island. I can visit Panda Village, Goldfish Treasures, Gator Marsh and Sea Jelly Spectacular. I like to see pandas. If some children don't like to go there, they can have fun on the children's playground. There are some rides that suits children. Then I can also see sea animals such as sea lions, dolphins, sharks and seals. I can take photos with them. They are very cute. When I go down the mountain, I must line up for the cable car. The cable car of Ocean Park is famous all over the world. I can see the spectacular Pacific Ocean during the cable ride. It is amazing.

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

Reflection on joining the uniform group

This is my first year joining the school's St John Cadet.

In this past year, I learnt to be self-disciplined and committed and able to build mutual trust and be compatible with others through some activities such as the Footdrill Training Camp, Duty for First Aid Station in School Long Distance Run Competition and Christmas Party.

Among these activities, I like the Footdrill Training Camp most because I can learn how to march and cooperate with other teammates. We often do some sports after training, like playing badminton and volleyball. Then we'll feel relaxed.

Another activity I like is Duty for First Aid Station in School Long Distance Run Competition. Although I didn't need to help much because only a few students got hurt on that day, I still learnt to be responsible. Also, I didn't forget the first aid knowledge. Even though I was participating in the long distance run competition, I still noticed other competitors and see whether they need help. I learnt to be more responsible for through that activity.

Joining St John Cadet, I not only learnt how to help people, but also learnt about teamwork and respect others. I'm proud of being a member of St John Cadet.

Picture story - A Classroom Cleaning Day

Our Class teacher told us that today was Classroom Cleaning Day. We needed to clean our own classroom. We all felt very excited.

At first, our teachers gave us towels and water. They assigned each student a duty to clean the classroom. Amy and I started to sweep the floor and clean the windows. John and May rubbed the blackboard and wiped the desks. Lily helped change the water. We had different jobs. We were very busy.

When we all pay attention to our work, suddenly a bee flew into the classroom. It was very big. It flew here and there. We all felt very frightened. Raymond even cried and Amy dropped the broom on the floor. Most of us screamed for help loudly.

Then, our class teacher told us to calm down and open all the windows and the door. We also turned on all the fans. It was so windy in the classroom. After that, the bee flew out our classroom. We clapped our hands happily.

All in all, today we all felt tired but excited.

4

A two-day trip in Hong Kong

Lighting Stars Tour

Introduction:

A tour that will be fun for old tourist is available on Sunday 23rd June. You'll have good experience about Hong Kong.

Day One

Morning

After you arrived in Hong Kong, you will check in your hotel first. Then, the tour will begin at Hong Kong Wetland Park in Tin Shui Wai at 9:30 a.m. Here you will meet your guide, who will show you around the park. You'll look many interesting and beautiful plants and birds. Also you can admire the beautiful view and enjoy the fresh air.

<u>Lunch</u>

Lunch is going to be at Stars Tea House in Yuen Long at 12:30 p.m. You can try some local food there especially the delicious big beef balls. They are very yummy.

<u>Afternoon</u>

After lunch, you will go to Hong Kong Disneyland. Here you can take photographs with Mickey Mouse and Donald Duck. Since they are so cute, many tourists want to have a close contact with them. However, you may need to queue a long line. Also, you can play different rides that are suitable for old people. You will stay there for three hours before going to have dinner in Mickey Café.

Day Two

Morning

You will have breakfast at Sunny Café in the hotel. Then, you will visit Ocean Park at 9:30 a.m. Here you will ride the cable car to enjoy the 360-degree view which is wonderful. Also you can see different kinds of sea animal shows that are amazing. You will have a relaxing moment there.

<u>Lunch</u>

Lunch is going to be at Do Do Restaurant in Hong Kong. You must try their famous milk tea and egg tarts. They are so delicious.

<u>Afternoon</u>

After lunch you will go to Ladies Market. There are hundreds of stalls. Here you will buy some gifts for your friends and family. Also, you can eat some local food, like egg puffs and fish balls. They are so yummy that you cannot have in other places. You will stay there for three hours before going back to the hotel to check out and heading to the airport.

Closing:

This is a tour that old tourist won't be missed! Book your tickets now!

Picture story - A Classroom Cleaning Day

Our Class teacher told us that today was Classroom Cleaning Day. We needed to clean our own classroom. When we heard that we all felt very excited.

At first, our class teacher told us the cleaning time was from 10:00am to 11:00am. We could use three towels and two brooms. Our class teacher assigned each student a duty to clean the classroom.

Then, we all started our work. A girl who had long hair took a broom to sweep the floor, a girl who had short hair took the towel to rub the blackboard and I rubbed the desks. We were very happy.

Suddenly, a bee flew into the classroom, students were all very frightened and a girl started crying. Another girl dropped the broom on the floor. Everybody couldn't think of any solutions.

At that moment, our class teacher appeared and used a cup and caught the bee perfectly. Then she brought the bee and went out of the classroom. She soon set it free.

Finally, we cleaned the classroom again. That day was really funny. I will remember that day forever. We all made the classroom very tidy.

Your school is planning some **weekend activities**. You've chosen where to go and what to take with you. Write two paragraphs to help you to present.

I'm going to have a barbecue because we can have a barbecue and we can chat with our friends. If we go hiking, we can admire the scenery.

I'm going to take a bottle of water with me so that I can drink water when I feel thirsty. I'm going to take cooking utensils with me so that I can make a lot of food to eat. Also, I'm going to take a backpack with me so that I can take more things to help me.

I'm going to go to a beach because we can take photos on the beach. At night, we can lie on the beach on and gaze at the stars. In the morning, we can go sunbathing, go swimming and play beach volleyball but I should remember to take sunscreen.

I'm going to take the sunscreen with me so that I can prevent the sunburn. I'm going to take a pair of sunglasses with me so that my eyes will be protected. Also, I'm going to take some money with me so that I can buy something to drink.

An incredible person

I'd like to tell you about the person I admire most. I think Rex Tso sing-yu is a good example for me to follow. Rex Tso Sing-yu is a Hong Kong professional boxer. He is born into a family of boxers.

Rex Tso Sing-yu is a successful and ambitious person. I admire him because he won the golden belt during WBC-ABCD in 2012 and extended his winning streak to 22 fights in 2017. I especially like his power.

He has the power like a lion and the speed of light. He's diligent too. He goes on a 90 minutes run for l0 km and 4 hours workout at the gym every day.

Rex Tso Sing-yu is the legend of Hong Kong athlete. He is my role model. I hope I can be someone like him. He said, "Boxer is my job and my life." and so do I. I hope I can become the best athlete and better than him in the future.

Reflection on joining the uniform group

This is my second year joining the school's Marching band. In this past year, I learnt to be self-disciplined and committed and able to build mutual trust and be compatible with others through some activities such as musical instrument training, foot-drilling and visiting a school in Shenzhen.

Among these activities, I like Hong Kong Marching Band Contest most because the contest was held in Queen Elizabeth Stadium. It is a very big venue and there were about 15 teams in it other than us. I like the contest most because we got the champion in this contest and I felt very happy after that.

And then, I like the excursion of visiting a school in Shenzhen too. When I went to the school, I watched many beautiful and wonderful shows in there. That were amazing and I felt surprised. And this show made me think about my primary school life. The time was so great when I was young. So I like these activities most.

Teenage Stress

Good morning everybody. I'm going to talk about stress. Firstly, let me talk about the causes of stress. There are many causes of stress. School can be a cause of stress because some students think there is too much homework and it is also difficult. Friends can cause stress, too, because some students have no friends, so they feel lonely. Also society can cause stress because some people are worried about the future.

Now, I'd like to say something about the ways of coping with stress. There are different ways of coping with stress. Firstly you can do some exercise. I suggest you go running more, because it is easy to release your emotion. Secondly, talk to your parents or teachers because they can give you advice. Thirdly from my past experiences, I can tell you that having a hobby can make you feel happy.

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

Nasreen 2B 10

An Incredible people

I'd like to tell you about the person I admire most. I think Mark Zuckerberg is a good example for me to follow. He is an American businessman and a computer programmer. He is one of the world-famous business leader who is always hard-working.

Mark Zuckerberg is a generous person. I admire him because he promised to donate half of his life wealth to charity. He is creative because he created the social networking website Facebook to connect people in the university. He is also a brilliant because he designed computer games in the elementary school. In 2008, he became the world's youngest billionaire.

I hope I can be someone like him when I grow up. I want to create a social networking website like Facebook to connect people too. I also want to design some computer games for people. I'd like to do the same thing and become an important business leader like him. I dream of becoming a business leader because I like designing home online games for people. I love designing because I want to design something for people. I'm pretty good at playing basketball. Maybe I am going to design a game about basketball!

Teenage Stress

Good morning everyone! I am going to talk about the causes of stress for teenagers and ways to cope with them.

There are many causes of stress for teenagers. First, school is a common cause of stress for teenagers. For example, there are many tests and exams. Homework is the main causes of stress. School rulers are very strict too.

Friendship is another cause of stress. Friends are easy to quarrel with each other. They will become very unhappy. It will become a stress. For example, I sometime argue with my good friend, May. I was upset for many days.

Finally, family can cause stress. My parents are very strict. They like to control my free time to join many activities. For example, they help me to join the piano lessons but I don't like music at all.

So, how can we cope with stress! Exercise is one way. You could do exercise. For example, you could go swimming. After swimming you could be relaxed. Also you could talk to your parents or teachers. For example, you could tell your teacher you want hand in the homework later. Also you could ask teachers to teach how to do homework. Finally, you could use your past experiences to deal with the stress. For example, I could play computer games to release my stress. Soon I will be better.

That's the end of my presentation. Thank you.

Letter of Complaint

Dear Mr. Cheung,

I am writing to complain about having lunch at school.

Firstly, the food in the canteen is not delicious. For example, the sauce looks like a bowl of soup. The meat is tasteless. The vegetables are very hard and dry.

Secondly, the environment is not good. The tables are not enough. Eight students share in one table that is very crowded. There is no air conditioner. It is very hot. Some birds always fly everywhere. No one cleans up that you can find the tables and chairs are dirty.

Finally, the service is bad. A lady always speaks in a loud voice. Also, we need to queue a long line to take our lunch.

Therefore, I hope that we can go outside to have lunch. There are so many restaurants nearby and we have a lot of choices. We could find the food we like most easily. If it is not possible, can we have lunch in our classroom? In the classroom, there are air conditioners and fans. The classroom is comfortable and clean. Classroom is a good place for lunch!

Yours sincerely,

Cherry

My favourite festival

Dear Amy,

There are many festivals in Hong Kong like Chinese New Year, Easter, Mid-Autumn Festival, Ching Ming and Christmas. Among them, I like Chinese New Year the most. During Chinese New Year, people give each other the best wishes and greetings. I think it is meaningful.

On 15th February, we went to Yuen Long to have New Year's dinner. The whole family was very happy. At that night, we went to eat sweet soup. On 16th February, we went to Yuen Long to drink liqueur with my friend. It's free because it was my friend's birthday. On 17th February, I went to Shenzhen to play for 2 days. I felt happy. In this Chinese New Year, my parents needed to prepare lucky flowers for Chinese New Year. I decorated my house with my mother. We decorated it with red papers. Lucky money is received by children at Chinese New Year. I had a long holiday for this festival. It lasted for ten days. I felt delighted and happy because I could stay with my family and play with my friends. My relatives gave me red packets. I ate rice cakes and turnip cakes. What a wonderful day!

What will I use the lucky money for? I will donate the money or buy shoes. In the Year of Dog, I want to improve my English or Maths. Don't get always sick. I will make more money too.

I wish this year I can be happy every day and find what my dream is. Don't be always unhappy. I wish I can have a healthy body because I get sick easily.

Yours,

Macy

Movie Week

Dear Jackie,

The movie week is coming. I have chosen 3 movies to share with you, so you have more ideas to decide which films will be shown during the Movie Week.

The first film I want to share with you is the Kung Fun Panda, it is the one of the famous films in my childhood. But I haven't watched it before. I know that it is an action film and it's about a Chinese panda which is very lovely and looks so silly with his five friends to join a Walin competition to be a chivalrous man and realize their dreams. I think it is exciting so it is very worth for watching.

Besides that, Toy Story is also a Disneyland film shown for a long time ago. The main characters are Woody and Buzzy. It is an adventure film. It's about *Buzzy* and *Woody*. They want to find their master, they have to help each other hand in hand. They have to leave Andy's house because Andy is a bad guy, he always bullies his toys. It's very horrible. But the plot of this film is so interesting you can't imagine how *Buzzy* and *Woody* leave Andy's house. You may choose this film to show too.

Finally, I also think the *Advengers lufinity War* is a good film. Recently, it is a famous Science fiction. I watched it. Although the showing time is longer than 3 hours, the plot is very attractive, you would not get bored during the 3 hours. And the special effect design is very good, it may help inspire our schoolmates who are studying Design and Technology.

However, I think some films about violence or abusive languages are not suitable for the Movie Week such as *Fists And Feet, Election and Mob*. These films are not good for us and it may pose bad influence on our schoolmates.

This is my opinion about the films for Movie Week, I hope it can help you to decide which films to show during the Movie Week.

Best,

Pat

3

Letter of Advice

Dear Daisy,

Thank you for your letter. I'm very sorry to hear about your problems and hope I can help.

You said that you were too fat and liked eating a lot of junk food like chocolate and potato chips. Do you know fat is so cute? And being fat is the dream of most beauties in Tang Dynasty. Don't care about what your classmates say. The most important is inner beauty. Why not doing more exercise such as yoga or jogging? You don't have to do hours and hours – just 20 to 30 minutes a day is enough. Besides, you should drink milk instead of chocolate. Drinking a cup of milk and eating a slice of brown bread for breakfast is healthier, you will find that everything will be fine soon.

For your second problem, you said that you were too late to go to bed, I think you should set a goal, such as you should go to bed early. You ought to try and get at least eight-hours sleep, and set a timer in the computer. You'll feel much better and you'll be able to spend time more efficiently too.

For your last problem, you said that you had no friends at school. You should join some clubs at school to make some friends. You shouldn't stay at home alone. I think those member club people are friendly. You should also try to be more confident.

I hope this advice helps. Please write to me again if you need any more help. Never give up!

Love,

Pat

A funny Story

One day, Bryant and his cat Mimi were staying at home. Bryant felt bored, so he started playing football at home.

He played football from his bedroom to the kitchen, from the kitchen to the living room. Finally, he broke the vase.

Bryant was so worried. He thought about how to tell his family about the broken vase. However, ten minutes later, the doorbell was ringing.

Bryant was very afraid, but when he saw his cat, he had some ideas. He took Mimi to the table and made Mimi be the culprit.

Mama came in. When she saw the vase, she yelled. "Why the vase is broken? Bryant?" and Bryant said. "It's Mimi! He broke the vase!" "Really?" Mama asked. "Yes". Bryant relied promptly.....

Mimi thought how poor he was. Then he saw the football and knew who broke the vase. She yelled. "Meow! Meow!" Mama found the football then she knew who broke the vase.

She asked "Bryant, can you honestly tell me the truth?" Bryant nodded his head and didn't answer. Mama said "A person should be honest and hard-working. Do you know what's wrong with you?" "Yes". Bryant said.

Finally, Mama punished Bryant to do some housework like washing the dishes, sweeping the floor and cleaning the home. Bryant learned how to be honest and the value of honest.

Keeping and Caring for Pets in Hong Kong

Nowadays, keeping pets at home become more popular in Hong Kong. Have you ever kept a pet at home? Do you want to keep a pet at home? Which pet do you want to keep? I would like to share with you the most common types of pets, the advantages and disadvantages of keeping these pets and the way of keeping these pets.

First, the most popular pet that Hong Kong people keep at home is dogs. Most people said that 'Dogs are human's best friends'. My favorite type of dogs is Husky. They are cute and look a little bit stupid. Now I would like to talk about the advantages of keeping a dog at home. Dogs are cute and fun. They play with you and run with you. Also, dogs are loyal. They will not betray you. They'll follow you everywhere, protect you, but don't ask for much in return. However, a dog is not only a pet but the best friend at the same time. A research shows that dog owners feel better if they have depression, loneliness, disease, low self-esteem or stress. Wow it looks perfect! But wait for a second, there are also quite a list of disadvantages of keeping a dog at home. Time commitment! A dog is not happy if it doesn't have enough exercise That is why it isn't easy to have a dog, especially a big one in the city. Dogs need to run, enjoy their freedom, and use their noses in natural surroundings. So if you don't live close to a park, forest or other green areas, you should not consider getting a dog. Don't forget the lost of dog food, yearly check-up and the charge for a pet hotel, to go to the vet at least once a year, to provide you when you go on vacation.

Before bringing a dog into your family, it is important to know how to take care of it. You need to feed your dog with high quality dog food and carefully the food. Read label if your purchase it. Also you need to take them out for a walk every day to keep them healthy. Moreover, you need to make sure you find your pet a good and reliable veterinarian. A good way to choose a vet is to see if he or she answers your questions promptly and knowledgeably and to see how they interact with your pet.

Second, let's talk about rabbits. Rabbit is also quite popular in Hong Kong. Keeping a rabbit has many benefits. Rabbits are quiet. If you live in an apartment building or have nearby neighbors, animals sounds should be a main concern. Generally, though a rabbit makes little or even no noise. Next, rabbits bond closely with their owners. If you ask any rabbit owner who interacts regularly with his pet and he'll tell you that, just like dogs or cats, rabbits get to know their owners well. Furthermore, rabbits need less space than other pets. As long as a rabbit gets a couple of hours of exercise running around their cages or in a bunny – safe room, they may be kept in relatively small cages.

But there are also some disadvantages of keeping a rabbit, such as daily care and training. Rabbits are not easily trained. When they are kept indoor, they need to be taught to use a little box which takes time and patience. Some rabbits can learn quickly while other require weeks of training. Also, finding veterinarian care for a rabbit can be a task. Rabbits have special needs and some medicines which seem safe for other pets can be detrimental to rabbits.

Then let's talk about how to care for rabbits. You have to set up a safe indoor housing for them. There are several options to house rabbits inside, like a bunny proofed room, bunny condo or large rabbit cage. Next, rabbits need space to run around and explore. In order to create a safe space for your rabbit and to protect your belongings, you will need to thoroughly bunny proof the area. This include covering all wires with plastic sleeves or flexible tubing, or lifting them 3-4 feet out of reach of your rabbit.

Finally, before choosing a pet, a thorough research needs to be done. Consider whether you prefer getting a pet from a breeder or an animal shelter. Animal shelters are full of fur balls, looking for a loving home.

Keeping and Caring for Pets in Hong Kong

Most animals are clever and lovely. It is very popular for Hong Kong people to keep a pet at home. The most common types of pets are dogs, rabbits and tortoises. I want to share with you the good and bad points of keeping these pets and the way of keeping these pets in the article.

First, let us look at dogs. As we know that dogs are smart animals. They accompany humans and even work with people. They can work in police stations or hospitals. Moreover, they are cute and funny, such as Pyrenean Shepherd, Pug and Husky. In addition, dogs like playing with people. They can play ball games, throw bones with us. We will not feel bored with their companion. Lastly, dogs are obedient. That means dogs follow the orders given by their owners.

Nevertheless, keeping dogs have several disadvantages. First, they are noisy because they may bark loudly. They may disturb other's sleep. Second, they are quite expensive to keep. We need to buy them food, medicine and pay for a vet if they get sick.

To take care of dogs, we need to give them food and water regularly every day. Also, we should take them out for a walk every day. Lastly, we must groom their hair every day and wash them at least once a week.

Second, let us look at rabbits. Rabbits are lovely and furry. They're very quiet and do not make any noise. They always stay in a cage, eating or sleeping there. People do not need to worry if they will chew any furniture.

Nevertheless, its essential for us to know the harm of keeping rabbits. First, it's easy to produce bacteria if we forget cleaning up their droppings. Second, rabbits get sick easily and it's expensive to take them to the vet.

To take care of rabbits, we need to give them enough water and a comfortable cage. Also, we should always communicate with them so that they don't feel lonely. Moreover, we have to groom their hair every day.

Finally, let us look at tortoises. There are many advantages of having a tortoise. A tortoise eats so little that we don't have to spend a lot of money to buy food for it. Tortoises are not easy to die and can be easily raised. They can live both in water and on land.

Even so, there are many disadvantages of keeping tortoises. First, tortoises have a lot of germs. If you don't handle it carefully, you may get infected. Second, a tortoise does not control its eating. It's easy to die if you don't feed it properly.

To take care of a tortoise, first we need to change the water every day if you keep it in the water. Second, you have to clean it up every day if you keep in the water. Then, you have to clean it up every day if you keep it in a cage. Finally, you must remember not to feed it with hot food.

Animals are our best friends. We should respect them, understand and care for them. So we should think carefully about whether we should keep them, understand the pros and cons of keeping a pet and how to take care of them. It's the biggest responsibility for keeping animals.

Chloe 4A 25

Keep fit and be healthy

Nowadays, students do not have enough exercise and they like to eat some high calories food. Therefore, many students suffer from obesity. Now I'm going to explain the problem and suggest ways to solve this problem.

There are several reasons why Hong Kong students don't get enough exercise. First, they are too busy to do exercise as they spend too much time on studying. Lots of the secondary school students are busy preparing for the DSE, they want to go into the university and get a good job. Also, they need to learn other things after school or on school holidays. Their parents arrange different learning courses for them, such as piano or drama. As we can see, Hong Kong students are too busy. As a result they don't have enough time to do exercise.

Second, students are too tired to do exercise. For example, they have too much homework to do, the school assigns them lots of homework. Most of them need to do three or more pieces homework a day. Sometimes they have to do homework till midnight. In addition, many of the students like to play computer games to release their stress. They also love to play games with their friends, so they sometimes play computer games till midnight.

Third, they are not interested in doing exercise. They are lazy to do exercise. Most of them like to sleep. Besides that, lots of the students hate sweating when they do sports and they prefer to stay in an air-conditioning room, chatting with the friends on the phone, or playing online games rather than playing sports.

Here are some ways to keep fit and stay healthy. First, we can play sports. We can join the sports teams in school. For example, football team, basketball team, dance club and so on. The regular training from the school sports teams can help us to keep fit, and we can meet more friends.

Second, we should have a balanced diet. We can eat more vegetables and fruits, and eat less meats and fast food. It is important that we should consume less oil and sugar, we should nurture a healthy eating habit. Don't forget to drink more water and we should drink less soft drink, such as Cola and Sprite. Drink more water can help us discharge toxins and thus make us more healthy.

In conclusion, many students are not having enough exercise nowadays which causes childhood obesity. In fact, doing exercise is beneficial to all of us. Why are you still sitting on a couch and eating chips? Let's get moving!

Alex Lee 4A 13

Letter to a Friend

Hi Sam,

How are you? Are you busy with your school work? Last Saturday, I went out with my new classmate, Pat, for a whole day. Let me tell you the things we did and the places we visited that day.

In the morning at about 8 o'clock, we met at the Wan Chai MTR station. We dressed smartly. I wore a shirt and a tie and Pat wore a beautiful red dress. Then, we walked to the Golden Bauhinia Square and saw the flag-raising ceremony. Unluckily, when we arrived there, it started to rain heavily. A few minutes later, the flag-raising ceremony began. We were excited and impressed because it was the first time I saw the ceremony.

At 11am, we went to the recording studio to record a school radio play with my classmates. Lina and Peter, played the violin in the back ground while Mr. Chan helped us to record the play. We enjoyed the recording very much.

At 3 pm, Pat and I went to a shopping mall in Kowloon. It is big and beautiful. It has an ice-skating rink and many different kinds of shops. There is a music shop which sells CDs at a cheaper price. I really wanted to go ice-skating because it was so fun. However, Pat preferred to buy some CDs because they were on sale. Finally, we went to the CDs shop because we could enjoy the music and buy some cheap CDs.

In the evening at around 7 o'clock, we went to Central for dinner. There were many food stalls in the street. We found seats in an outdoor shop. There was a wide variety of food to choose. I ordered noodles and rice. It was tasty. Suddenly, I saw our friends CoCo and Martin. We then chatted for a while. As we were very tired, we said good bye to them and went home. I felt happy to be with my friends today.

Write soon and I really miss you.

Best regards,

Chris

Keep fit and be healthy

According to a research conducted by the University of Hong Kong's Department of Paediatrics and Adolescent Medicine, local boys do not fare well with handgrip strength of 15 year old some eight kilograms, or 27 percent, weaker than their peers in the mainland and Europe.

There are several reasons why Hong Kong students don't get enough exercise. First, they are too busy to do exercise because they have lot of homework and tests. They spend a lot of time doing homework and revision so they cannot do exercise. Another reason for not getting enough exercise is that they have after school tutorials because Form 4 to Form 6 students need to prepare for the HKDSE. Besides, some students do part time jobs after school because they want to earn get more money to buy things they like.

Then, there are other forms of entertainment for them to choose. There are many different gadgets which they can play with their friends. For example, computer or TV games as well as different board games. Such games do not make them tired, so they like to choose other forms of entertainment rather than sport.

Finally, there are too few sporting facilities in Hong Kong. Because of this, it is difficult for teenagers to book the facilities. Moreover, the fee is too expensive. For example, booking the football pitch for an hour costs \$500. The students cannot afford it.

There are several ways for us to keep fit and healthy. We can play sports. For example, running, swimming which can consume us a lot of energy. We can play sports after dinner. We need to have a balanced diet. We must eat fewer snacks and sweets because it will make us fat. We should eat less meat and more vegetables.

If you want to be a healthy person, it's time you play sports and have a balanced diet.

Keep fit and be healthy

According to the news titled 'Study: Hong Kong Students less fit' posted on 9 January 2015 in Hong Kong Standard, Hong Kong students do not get enough exercise. More than 70% students claim that they spend less than 2 hours a week on doing sports. Why don't Hong Kong students get enough exercise? There are numerous reasons contributing to this phenomenon.

First, Hong Kong students are too busy to do exercise. They have lots of homework and tests and they need to spend time on doing revision. Also, senior form students usually have after school tutorials and activities. Moreover, some students have part-time jobs after school. They have no spare time to do exercise.

Second, there are too few sporting facilities in Hong Kong. It is difficult to book the facilities, especially on weekends. Besides, people claim that gym rooms are too crowded and the fee is too expensive for some students to afford it.

Third, nowadays there are so many other forms of entertainment for students to choose. Gadgets are one of the main reasons that make students do less exercise. Many students prefer playing video game and watching TV programs online rather than doing sports. Besides using gadgets, some people choose to read books at home. They think staying indoors are comfortable because it consume less energy. Moreover, some students choose to go out with friends and go shopping.

What should they do to keep fit? There are many different ways that can help them to stay fit and healthy.

First, do more exercise. Exercise is very important for being fit and healthy. Spend at least 30 minutes a day on doing exercise, such as running or even just getting out for a walk. Moreover, students can go hiking with their family on weekend. It is an easy way to keep fit and you do not need to spend any money.

Second, eat healthily. Having a balanced diet is very important, particularly for the ones who want to keep fit. You should eat less snacks and sweets. Eat more fruits and vegetables, which contain a lot of vitamins and nutrition. Besides, you should drink at least 8 glasses of water per day in order to compensate the sweat that you lose.

Third, get enough sleep. Sleeping is very important for everyone, especially for teenagers. However, they usually stay up late. It is not good for their health and their body can't be well – functioned it they don't get enough sleep. In order to stay fit and healthy, teenagers should make sure that they have enough sleep.

All in all, students in Hong Kong not having enough exercise is due to various reasons but there are still many other ways for them to keep fit and stay healthy.

Enrich yourself in summer with meanings and joy!!

Have you planned things to do in summer holidays? Besides sleeping, studying, have you ever thought of becoming an English teacher to teach English to poor children in mountain areas in China? I would like to invite you to join this meaningful activity.

First, teaching English to poor children in China is meaningful to us. As we know, there are not enough resources in the schools in mountainous areas in China. The desks are broken and the facilities are limited. However, the students are attentive in class and they are eager to learn. This makes you want to do something good for the poor children. During the trip, we understand being lucky is not a must.

Second, teaching English to poor children gives you a chance to gain experience outside school. You can practise English when you teach them. Moreover, you will have a sense of accomplishment while teaching them. You can learn how to be a good teacher. One of the requirements is to be patient.

Finally, teaching English to poor children can develop your love and compassion for others. You will find that how lovely they are! They are so kind that you can easily make friends with them. Don't be shy, just try to communicate with them. You will be more confident to meet more new friends there.

Last but not least, teaching English to poor children in mountain areas in China has plenty of benefits to you. So, do not hesitate! Come and take part in this meaningful activity!

Great attractions in Hong Kong

By Sam Poon

Tai O

If tourists want to see a fishing village, they must go to Tai O. Tai O is on Lantau Island. There are many local fishermen. They live in wooden houses built on the water. Tourists can buy dried shrimp paste from the fishermen. It is very delicious!

Tsim Sha Tsui Waterfront

If tourists want to see the tall building, they must go to Tsim Sha Tsui Waterfront. There tourists can walk along the waterfront with their lovers. It's romantic! Tourists can see the palm prints of famous stars in Avenue of Star. It is very exciting! Victoria Harbour is opposite Tsim Sha Tsui Waterfront. Tourists can enjoy Symphony of Light which is an amazing light and sound show. They will have an unforgettable experience! But I suggest you go there in the evening. And there are some skyscrapers on both sides of Hong Kong Island and Kowloon.

Mai Po Marshes

If tourists want to see some rare birds, they must go to Mai Po Marshes. In winter, there are more than sixty thousand birds staying at Mai Po Marshes! I suggest you should bring a camera and take pictures with them. It's an incredible experience for tourists! Also, tourists can see fishing ponds. They can see some shrimps and fish in the pond because Mai Po is a wetland. They can breathe fresh air and enjoy the natural scenery!

How to overcome depression?

In Hong Kong, four in ten lower secondary students are depressed. This is no doubt an alarming result. Due to this reason, I will talk about a friend of mine, who had suffered from depression recently, how he overcame it and give some useful advice on how to help fight depression.

First, what is depression? Depression is when someone feels bad and unhappy about their life, or when there is something that made them feel bad. They may do some bad things to hurt themselves. Maybe they will try to kill themselves or take drugs because they think that will help them.

About my friend's case, he was a very good student but his family wanted him to be the best of the best, so he needed to spend all his time to study his subjects. However, no matter how hard he tried, he still could not get higher scores in his results. So, his family was not happy with it and forced him to go to extra classes. He then became tired of studying. He also turned into a very negative person and had very dark circles under his eyes.

After a while, his parents found out that my friend was suffering from depression. Then, they had a deal and let my friend to have more time on his hobbies and no more extra classes for him. The problem was finally solved. All they need was just a talk to understand each other.

To help fight depression, there are a few things you could do. First, you can go find someone to talk with so that you can release your negative feelings. You may also do exercise, for example, swimming, running and yoga, to make yourself feel better. Finally, I think the most important way to deal with depression is to solve the root of the problem and relieve stress.

In conclusion, there is no way we can fight depression alone. It is important to seek help from people you trust if you spot any of your friends with depressive symptoms.

Report on 'Cinemas in Hong Kong' survey

Introduction

A survey on 'Cinemas in Hong Kong' was conducted this week to find out why fewer people go to cinemas than before and suggest what could be done to increase the number of moviegoers. One hundred respondents were interviewed for the survey. This report will discuss the results of the survey, draw conclusions and make recommendations.

<u>Results</u>

The survey found that there are several reasons why fewer people go to cinemas than before. Around fifty percent of the respondents said that the snacks selling in the cinemas are much more expensive than those selling in supermarkets. Over twenty five percent of the respondents think it is better to buy DVDs and watch the movies many times at home. Around twenty percent of the respondents said that when they are watching movies in the cinemas, they could not talk to or discuss with their friends, and five percent said they had online streaming services like Netflix.

Conclusions

The results of the survey show that nearly half of the respondents do not prefer going to cinemas because of the price of snacks while some of them prefer buying their own DVDs or enjoy the freedom to discuss the plot of the movies with their friends and family throughout the show.

Recommendations

To improve the situation, it is recommended that cinemas should offer more discounts to customers such as birthday discount and membership scheme Therefore, they can enjoy the 'buy four get one free' promotion and save points for free gifts. It is also recommended that cinemas should do more promotions by asking customers to share the storyline and schedules of the films on their social networking sites and giving them discounts.

Ho Kwun Yin

5B 7

Chinese New Year

Dear Amy,

Thank for your letter. For Chinese New Year, I will tell you how I spent my time, how I will spend the lucky money and my planning for the Year of Dog.

First, in Chinese New Year, I took a rest for two days. Then I played computer game and did homework. On Saturday, I was ready to go to visit my grandparents for greetings. At my grandparent home, first, I said "Wish you the best health in the new year!" They gave me red packets. At night, many relatives had dinner with us, then I lived with my grandparents for one week. I left them on Wednesday. At that moment, I felt so happy because I could only see my grandparents next year.

For my lucky money, I will save some and spend some on eating my favorite food or purchasing some books, I will try to spend about 10-15 percent of my lucky money. Then I will put some in my piggy bank for later use. And I will go to Causeway Bay, to find restaurants e.g. *Bing Tai Fung, Sushi Ta-ke* or I chiran, to spend my lucky money on yummy food. I feel it worths. Also I will go to a bookstore to buy some comics and fictions. e.g. The Territics. Doom Patrol.

Lastly, for the Year of Dog, I will first have a review on last year, that was, like my experience on the most joyful thing. I think, in school, I can make more fun to talk more about fun things, and ask my classmates to help me do homework. Next I plan to save money because I sometime spend too much money to buy books or computer games, of course, I have to get rid of doing homework late at night or making my parents to worry.

For the Chinese New Year, I hope I wish you good health and luck, and wish you safe wherever you go.

Best friend

Marco Ho

Face Depression

by Chris Wong

When it comes to have depression, what worries me is one of my best friends. He is my fifth grade classmate, Tony. As we practiced football, I discovered that Tony seemed a bit unhappy. Then I asked him what happened. He told me that he was very depressed and under tremendous academic pressure. Then I suggested him to see a psychiatrist.

The psychiatrist said that Tony suffered from depression and gave him some medicines and advised him to exercise regularly, such as running. After taking the drug, Tong felt relaxed and we decided to exercise every Friday after school. Three weeks after completing the treatment, Tony resumed a normal life. He was no longer upset and stopped taking the drug. Then, Tony had a good mental health.

In order to allow students to have an ideal mental health, I provide each student with some suggestions.

First, students should be encouraged to exercise regularly. Main training physical and mental health is very important. Doing exercise especially running, it triggers the release of brain chemicals-endocannabinoids. This chemical produces a strong sense of pleasure and allows us to relax.

Finally, those dissatisfied students should talk more with trusted people, such as parents, friends, teachers and social workers. It helps prevent students from suffering from depression because it gives you the opportunity to share your unhappiness. Talking to more reliable people is also a good way to keep our mental health good.

Pan Jialing, Kelly

5C 20

School Policy

Dear editor,

I have seen an article in the Young Post which suggested that an 8:00am start to the school day makes students feel tired and sleepy. I am writing to express my views on why students feel tired and whether or not a 9:00 am start will solve the problem.

First of all, I think the heavy study workload is one of the main reasons that makes students feel tired. We all know that students in Hong Kong are supposed to learn four core subjects and one to three elective subjects in secondary school, which means that secondary students may need to deal with at least five subjects' homework, revision and quizzes. Suppose that one subject requires 45 minutes' workload, five subjects require three hours and 45 minutes, and seven subjects require more than five hours. They also need to take a shower and have dinner. As a result, they often stay up late. And if they need to arrive at school at 8:00am, they may need to get up at 7:00am. For those students who live far away from the schools, they need to get up even earlier. That makes them not have enough sleep and so they feel tired and sleepy in class.

Secondly, I do not think a 9:00am start will solve the problem. The heavy workload is the reason why students feel tired and sleepy. To postpone the school time does not help to reduce their workload. I do think to decrease students' workload, would be the best way to solve the problem. If the school can think about reducing students' workload, to let them have more sleep students can concentrate in class or get a better rest after a long school day. To postpone school time can just help for a while, but it will not be a long term policy. Therefore, I think a 9:00am start is not a viable solution.

In conclusion, I think the heavy study workload is the main reason why students feel tired and sleepy. However, I do not think a 9:00am start is a viable solution. Instead, the schools should consider reducing students' workload.

Yours faithfully,

Kelly Pan

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You're not as weak as what you think

How time flies, after about three months, we will have a wonderful summer holiday. But before that, we should have an exam to finish this term. Most of the students feel stressed especially the students from Form 5. They're not only worried about the studies in school, but also worried about the coming DSE. Many students feel depressed when preparing for their exam. However, you are not as week as what you think.

Mary, one of my friends always felt depressed because of her studies. She was not good at study though she was very hard working. However she always felt nervous during exams and that usually affected her performance. Take for examples, because she felt nervous, she got spelling mistake, blackened the answer to the wrong place or didn't have enough time to finish all the paper.

Nevertheless, she overcame her depression. She does not feel nervous during exams and she got higher marks. You may be curious about what made her become stronger. The answer is her confidence.

Your own confidence is just like a king to govern your mind. If you have enough confidence, you can calm yourself down and find the best way to solve the problems. Do not always think that you are weak when there are problems. Actually you can stand up where you fall down, just like the brightest star in the darkest sky. What's more, you should believe in yourself even everyone looks down on you.

How to be a confident people or feel less nervous during exams? Let me give you some advice. First, have a deep breath before an exam to calm yourself down. Then, try to see the views out of the window instead of looking at the desk. In addition, take a rest for your brain and stop thinking for a while. Lastly, talk with your friends. Share your stress with each other is a great idea to feel less nervous.

Finally, remember that you are strong enough. You have many strengths. Don't think that you are too weak to solve problems. No one can decide that you are a strong person or a weak one. It all decided by yourself.

The Pros and cons of teenagers playing Pokeman Go

7

Nowadays, teenagers spend more time on their mobile phones than anything else. They even can't live without their mobile phones. There are many games and apps for mobile phones, such as Pokemon Go which is a really popular smart phone game. However, it comes with both pros and cons for it's teenage players.

The advantages of teenagers playing Pokemon Go are numerous. First, teenagers who play Pokemon Go can make friends. When they playing Pokemon Go outside, they can make friends with others who are also playing Pokemon Go. Second, playing Pokemon Go can let inactive kids become more active. Furthermore, since the teenagers have to go outside to play Pokemon Go, it improves their communication skills and gets them to exercise. In short, there are benefits of teenagers playing Pokemon Go.

However there're still several disadvantages of teenagers playing Pokemon Go. Firstly, teenagers playing Pokemon Go waste lots of time, they should be spending on other things such as their study. Moreover, these teenagers spend less time to socialize with their friends or family. Last but not least, it's dangerous. These players don't pay attention to what is happening around them, if they play on busy roads. Indeed, the cons of youngsters playing Pokemon Go are quite numerous.

In brief, allowing our youth to play Pokemon Go has both benefits and drawbacks. However, parents and teachers should encourage their students to strike a balance of their time between using the mobile phone and studying

The effect of Pokomon Go

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Nowadays, we live in a fast-changing high-tech world. Many technology devices are becoming popular, as well as smartphone applications. One of the popular mobile applications is 'Pokemon Go'. People around the world are in a craze.

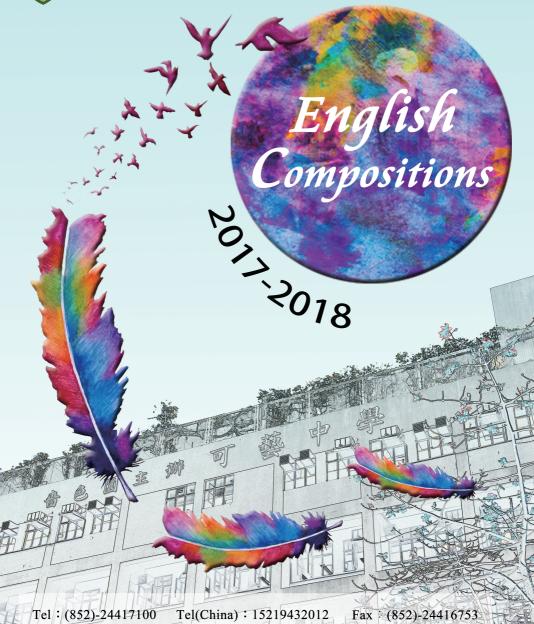
There are numerous benefits of teenagers playing Pokemon Go. Young adults can make more friends through playing the game as many people nowadays are playing this game, they can easily make friends. Besides, playing Pokemon Go can let teenagers know more about some famous attractions of the country they live, sometimes they might ignore some well-known attractions around them, but through this GPS app, they might get to know more things around them. Moreover, teenagers get more exercise through playing this app, which improves their physical health. As they walk for a long distance, it could bring more benefits to their health. In brief, playing Pokemon Go can bring some advantages for teenagers' mental and physical health, and it could broaden their horizons.

However, there are also some downside of teenagers playing Pokemon Go. The app might cause accidents when adolescents do not pay attention to what is happening around them, especially on a busy road. It can lead to a serious issue. Moreover, it may causes health problems, like harming their eyes or having a sore neck. Young adults are easily addicted to mobile games, and also sit or stand in an incorrect gesture, a long time concentrating on the monitor of their phones which is harmful for their eyes. In addition, teens might waste too much time on playing Pokemon Go and forget about their studying. The game usually requires adolescents to play outdoors, teenagers could not study outdoors, they put all their time on playing the game and it is really a waste of time. Therefore, playing Pokemon Go might be dangerous and might mess up teenagers' timetable.

All in all, playing Pokemon Go brings both advantages and disadvantages. It can be good for our health and it can also be bad. However, we should never let it control us and our daily life.



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