



嗇色園主辦可道中學

HO DAO COLLEGE (SPONSORED BY SIK SIK YVEN)



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廿五周年校慶 揚帆集

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揚帆集



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我上學的第一天

2014-2015 1A 黃雅雯

上學的第一天早上，我興奮地從床上醒來，然後快速的換上新的校服，還有新皮鞋，接著把學習用品收拾進書包裹，然後就開心的出門了。

我搭上了往學校的輕鐵，從大棠路到洪水橋，路上的風景像電影裏的畫面一樣從窗口閃過，一去不復返。

下了輕鐵，我整理了一下已經摺皺了的裙角。因為開學的第一天，要保持整潔的形象，給老師和同學們留下好的印象。

站在班級門口時，自信忽然消失了，變得好緊張，萬一沒有人肯理我怎麼辦？萬一大家都討厭我怎麼辦？就在這時，有個像天使般的聲音說：「過來吧！你過來吧！不要害怕。」

聲音柔柔的，輕輕的，像羽毛般拂去了我心裏的不安。我走了過去，那個天使般的女孩愜意的笑了，隨即牽起我的手，溫柔的說：「你叫什麼名字？」還是那般溫柔的聲音，使人無法拒絕。

「黃雅雯。」我盡量讓自己的聲音溫柔點，不要嚇走天使。

「雅雯嗎？這真是個好名字。」天使溫柔的笑著。

後來我才知道，那個女孩是竄班玩的，並不是我同班的同學。

但是本班的同學也很好呢，都是很團結和友善的。我們都沒有互相嘲笑，因為班規寫明了要團結，我們都做得到。

在嚴謹而愉快的氛圍下，上學的第一天便過去了。

重遊母校有感

2014-2015 1C 何詩嫻

轉眼間已經畢業了九個月，但我對我的母校依然記憶猶新。

我的母校是寶覺分校，建於洪水橋丹桂村的內部。在一次機緣巧合之下，我有幸可重遊培育了我六年的母校……

甫踏進校門，一座米白與紅色混合的古老城堡映入眼簾。突然間，一個個昔日童年時影像傳進腦海：歡笑聲、孩童奔跑的聲音、鳥兒的叫聲……

不經不覺，這座古老的城堡已為我遮風擋雨了六年，它就像我的母親、我的雨傘、我的城牆——它一直寬宏大量地保護我，包容我。

前行再上樓梯，便是圖書館了，那是我小學生涯中最常逗留的地方，我敢說，被形容為「書蟲」的我，已經把館裏的藏書全部仔細地讀了一遍或以上了。生活上無論大事小事，我也會跟圖書館裏的管理員傾訴，我們的關係可密切了。

於城堡的前方，種著一棵茉莉樹，從前我愛和伙伴們在茉莉樹下乘涼，談天說地，欣賞着牠的自然美，欣賞着牠撲鼻而來的花香，欣賞着牠的葉子隨風搖曳的舞姿……

如今我重遊母校，感覺與讀書時一樣。可是，離去，卻讓我難受，對於這個培育我如此多年和充滿回憶的地方，我又如何可以放下呢？我知道，我永遠不會忘記這充滿靈氣的城堡。

玉手鐲

2011-2012 1C 鄧俊朗

大家都說玉是有靈性的，我想也是了。左手手腕上的玉手鐲自是我的通靈之物。雖不算成色上乘，但也是玉色圓潤，翠綠通透。最重要的是，它可是爺爺留給我的寶物！但讓我痛心的是，玉鐲上有一道明顯的刮花痕跡，就像爺爺過世一樣，成為不可磨滅的遺憾。每每觸碰到這道痕跡，我就會想起爺爺生前的一幕幕……

爺爺從小就帶我在村子裡四處走，每次都來到家後面的那座山看日落。「爺爺！你看這日落像不像一隻蛋黃？」每次我都會這樣問，但每次爺爺都不厭其煩地回答我：「像！像！小寶貝說像甚麼！就一定像甚麼！」臉上露出比太陽更燦爛的笑容。然後，他溫暖而粗糙的大手總會輕輕撫摸我的臉。這時，我就會從爺爺手腕上取下這件玉暖溫存的寶物——玉手鐲。迎著夕陽的餘暉照了又照，金燦燦的光芒射入翠綠的手鐲中，似乎將我的快樂放大了幾十倍！玉是觸熱升溫之物，爺爺的體溫尚未消去，就在我的把玩下愈加溫暖。日落後，再將它戴回爺爺的手腕上，我的快樂就會一直延續下去。

「來！來！來！爺爺送給你！」他總是那麼疼我，常常送些稀奇古怪的東西給我。那時，我就會緊緊地抱著爺爺，開心地大叫：「爺爺，你的玩具像聖誕老人一樣多！不，比聖誕老人還要多，更加多！」後來，爺爺見我總是把玩那個玉鐲子，好幾次都想送給我，但我卻找各種理由推辭，因為我清楚地知道，玉鐲和爺爺是一體的！萬一被我弄壞了，那就是天大的災難啦！

後來，我隨父親工作而搬到市區，無法時時見到爺爺，但我堅持每個星期都回到村子探望爺爺。爺爺臉上的皺紋越來越多，身體越來越差，最後只能住進醫院。在他苦力支撐的整整一年中，那只玉手鐲靜靜地躺在醫院的枕頭下，玉色漸沉，冰涼刺骨，令我不敢觸摸。二月的一天，爺爺用盡全身氣力將鐲子從枕頭下拿出，還未遞到我的手上，鐲子就「哐當」一聲跌落在地上——爺爺過世了。眼淚從我眼眶噴湧而出，滴落在地上的玉鐲上，潤濕了跌下時刮花的痕跡，鐲子也跟著哭了起來……

自爺爺去世的那天起，我就一直帶著這個玉鐲子，一刻也不願取下。恍然間，總覺得只要玉是暖的，爺爺會在身邊。每當失落之時，看著它，爺爺的關切就會環繞在耳邊……

夕陽的餘暉依然照進村子裡，但身邊卻沒有了爺爺廣闊的胸膛，沒有了爺爺的千叮萬囑和爽朗笑聲。通靈的玉呀！我明白人死不能復生，但，請你！請你保佑天堂的爺爺一切安好！請你將我對爺爺無盡的思念告訴他！

我的一位同學

2014-2015 1D 何佩芝

我的一位同學，她的個子有點矮，看著還挺胖，她束起馬尾，一手抓起，那頭髮真大把。她有粗粗的眉毛，但顏色不深，她就是我們班的英文科長——鍾焯琳。

還記得那一次，我一大早便出門上學去了。剛進教室放下書包，她就衝過來說：「功課。」我只能說：「等一下，可以嗎？」每一位同學進來，她劈頭第一句話就是「功課」，可看得出她真負責任。

她是個熱心助人的人。還記得有一次，在籃球場上有一個突如其來的籃球向我衝來，打中了我的腦袋，痛得我半死。幸好她在我旁邊，扶了我上課室，要是別人，看我這樣，還不是在一旁大聲笑小聲講，她不愧是我的好朋友。

她這個人非常幽默，一小息就會說笑話。但當她安靜下來的時候，別人多問她幾句，她就會把口頭禪拿出來：「你好煩啊！」。每次說起笑話來，她就無法自拔。不過說真的，她笑起來很可愛。

她這個人很爽快，成績特別好，但她從來不驕傲。還記得第一次見到她，與她還未好朋友時，那是在輕鐵上，嬌小的她被淹沒在人群中。那時候，我只知道她和我同班同學，我穿過人群找到了她，就這樣和她交了朋友。可以說，她是我上中學後交的第一個朋友，那時我已經知道她是一個值得交往的好人。

建立友誼是很困難的，但摧毀友誼就非常容易，我一定要好好珍惜這段友誼，讓時間把友誼加固，願我倆友誼永固。

我所認識的她

2014-2015 1D 湯曉翹

她，是多麼的偉大，她有一把漂亮的啡金色頭髮、有個高高的鼻子、有一對小小的眼睛，而且個子矮矮的，照顧我多年。她就是我所認識的媽媽。

有一次，是星期六的時候，剛好我和媽媽也不用上學和上班，所以我們到附近的池塘邊去釣魚、在草地上野餐。到了目的地，我們放下手上的行裝，然後拿起釣魚杆去釣魚。我非常興奮，忍不住在池塘邊跑來跑去，即使媽媽提醒我要小心，我也聽而不聞。然而，不幸的事情始終都發生了，我被地上的石子絆倒，結果掉進水塘去。我不停地掙扎，一邊大叫「救命」，媽媽立即奮不顧身地跳下水救我，幸好池塘的水不太深，我得救了。

在這件事件中反映了媽媽是多麼勇敢、有責任心和愛我。假如不是她，我一定沒命了！

還有一次，我在星期三的時候發燒了，但是那天媽媽要上班，但她卻為了照顧我，向公司請假。那天，媽媽不但準備了白粥給我，還一直陪伴在我左右，帶我去看醫生，定時餵我吃藥。媽媽知道我怕吃苦藥，於是專程給我買糖果。那天，我真的很感動。

那次事件中，我清楚明白到，媽媽不但很重視我，更不介意花光她自己的時間照顧我，證明她真的很關心我。

經過這兩次事件，我更珍惜我媽媽，她真的很偉大，她現在對我這麼好，我將來一定會報答她的！

委屈

2014-2015 2A 劉曉欣

流淚，人們都說是脆弱無能的表現，沒有錯，但又有誰注意到，脆弱無能之淚的背後，是滿懷委屈與傷心呢！

委屈為何意？對我而言，就是受到不應受的指責。每每我遇到了委屈，那一滴淚就滴進了原本靜謐美好的湖泊裏，一圈又一圈的泛起那陣陣漣漪。我想，有很多人在父母身上受過委屈，而在他們當中所受的委屈應該比他人更痛，因為那是最親近的人。你以為他們非常了解你，他們卻誤會了你，冤枉了你，想必這樣的誤解更令人心寒。

我常常記得小時候，家裏任何東西不見了，不用追問，罪魁禍首總是我。母親總是時常帶著濃濃的火藥味，向我大興問罪之師。即使我否認了，她也不相信。每每我說不過她，我只好以摔鬥方式來發泄，或在房間內歇斯底里地對她吼叫。我渴望堅強，卻又那麼容易受到傷害。再平靜的水面也難免經歷風的撫動，也許我心靈的敏感就是這樣，我會因被冤枉而委屈到心顫，委屈到眼淚都止不住往下流。

但母親事後總會向我道歉，雨過天晴後，那瞬間的清透使我心情愉悅。金無足赤，人無完人，誰沒有試過因一時粗心而錯怪他人呢？與其耿耿於懷，鬱鬱寡歡，倒不如坦坦蕩蕩。有些委屈，受過了，想通了，也就釋然了。

受到了委屈，現在的我還像以前那樣哭泣，因為流淚是發泄自己的情緒。委屈是淚的寄託，而淚只能訴說委屈。

勤勞的螞蟻

2014-2015 2C 林芷琦

螞蟻並不討人喜歡，除了因為牠會偷走我們的食物，還因為牠們會咬人，更因為牠們會連群結隊地出動，到處肆虐。

但當我們換一換角度去看待這種小動物，就會發現，其實，螞蟻也有值得我們人類學習的地方。

不知道有沒有人經歷過，小時候看見螞蟻，我們不會把牠捏死，而是在牠行走的方向前面把路塞住，讓牠不能前進。但我們會發現，牠不會停下腳步，而是急急忙忙地走到另一方向，永不停止。有時看見牠會因迷路而剩下自己，但牠亦不會因此而停下腳步，反之會勇敢地向前方未知的道路前進。當沒有去路時，牠亦不會氣餒，而是尋找其他出路，怪忙碌的。

另一方面，在街上看見有昆蟲的屍體，大多數旁邊會有一大群螞蟻，牠們都向同一個目標進發，齊心合力地把屍體帶回家做食物。牠們沒有一個放棄或偷懶的念頭，每一隻小螞蟻都用盡自己的力量，不遺餘力盡自己的本份，希望付出自己的綿薄之力去為大伙服務，做任何事都會全力以赴。

而人類呢，無論是小朋友或成年人，人人都有想逃避的時候，就如做分組專題報告，每個人都想不勞而獲，想不做事卻得到高分；又如在考試、測驗及默書，很多學生都想把時間放到玩耍上，不想溫習，但又渴望得到高分，這些例子充分體現了人類的懶惰及喜歡逃避的心態。

除此之外，人類只有三分鐘熱度，虎頭蛇尾，很多事件都是開始時言之鑿鑿，但之後很快便失去幹勁。就如工作的表現，現今的年輕人打工不到一個月，稍有不合意的又換另一份工，輕易的換了又換，難以安定下來。

看看螞蟻們的堅毅不屈，看看螞蟻們的勇敢，看看螞蟻們的團結，又看看人類的敷衍塞責，看看人類的不求上進，看看人類的三分鐘熱度——人類認為自己是高等生物，可以隨心所欲，想做什麼便做什麼，憑藉着所謂的高等智慧，享用着別人努力爭取得來的成果。我們早已忘記堅持，努力是甚麼，總嘲笑螞蟻不自量力，想抬起比牠們大的食物，但我卻認為我們應該尊重螞蟻，也許在我們嘲笑牠們不自量力的同時，螞蟻們也在嘲笑我們的自以為是。牠們用堅持及團結來證明，牠們這所謂沒有思想，所謂的低等生物，懂得的東西比我們這群高等生物還要多，還要透徹。

螞蟻讓我明白努力及堅持是成功的鑰匙。畢竟「有志者事竟成」，所謂「立志在堅不在銳，成功在久不在速」，更重要的是「鍥而捨之，朽木不折；鍥而不捨，金石可鏤」，更讓我明白不畏懼困難與挑戰，古語有云：「天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身，行拂亂其所為，所以動心忍性，增益其所不能」。所以勤勞的螞蟻值得我們學習呢！

新詩創作

2014-2015 2D 吳詠怡

《天淨沙·考試》

中文英文數學，中史地理科學，電腦體育音樂。

科科都識，一定有好成績。

《四塊玉·暑假》

暑假長，功課多。時日長長慢慢做。

去年往事回憶過，有歡喜的，有悲傷的，真懷念。

散文創作——淡淡的花香

2014-2015 2D 曾芷晴

走過鄉間小路，你是否也能嗅到路邊的野菊花散發的清香？毛毛細雨後的春天，是否同樣夾著重生的味道？捧起一本書，輕輕的嗅一下，是否似撲鼻而來的梅花香，那樣的堅強與不屈？

漫步在鄉間的小路上，路邊的野花就這樣毫無徵兆的映入眼簾，分佈領路的排放，顯然就能感受到牠們不受人的關注，相反牠們被人類忽視了存在。然而，牠們卻沒有放棄讓自己繼續盛開，在這沒有人觀賞的鄉間。因為牠們堅信自己不會像生活在溫室裏的花朵那樣受人們關注，但自己也能活得出色，展現屬於自己的光輝神采。

接受雨的洗禮不是比憂愁面對更加絢麗嗎？

雨，朦朧的下着，拍打在人的臉頰，癢癢的感覺，漫步在鄉間小路，是否也別有一番風味呢？在這片將要迎來春天的大地上，大自然與我共同吸收滋養生命的寶物——雨，腳旁的小草勇敢的露出自己的身子，野菊花姐妹們也在雨天下飛舞，可謂是具生機活力，充滿花香的世界。

梅花在這時，可以說是正值最絢爛之時，忍受著寒冷，在漫漫大雪中佇立而戰。遠處望去，是一抹紅，正當人們好奇牠是何方神聖之時，撲鼻而來的芳香，已暴露了它的行蹤，牠不與其他花兒爭妍鬥麗，想必是牠認為：「只要一直堅持，堅強的保留自己傲骨的氣息，就不畏前方的艱難。」

連花兒也有自己的堅持與追求，那麼自己呢？為何卻不能有這種堅持？世界上有多少人，不惜犧牲自己的利益只為成全自己；又有的人，雖然知道自己的能力有限，但卻會竭盡所能，奉獻自己的一切。這，難道不是一種崇高的行為嗎？哪怕不曾成功，但卻散發著屬於他們努力過的高尚情操。

社會上的人，在自己的崗位上，是否盡職盡責、堅持、不畏困難，是否有後悔兒時不夠努力，老大徒傷悲的感受呢？

現在的我們，正是需要花般的香氣——努力、堅持、不畏困難，積極面對人生的阻礙，你會發現這個世界有成千上萬的淡淡的花香待你去細味、品嚐。

一件輕易做到的事

2014-2015 2D 黃君霖

一轉眼，我就從一個不懂事的小孩子變成一位優秀的中學生了。打開我的成長檔案，裏面的事仿如天上的繁星一樣多，又亮又閃，好似在訴說我成長中的點點滴滴。然而，有一顆星雖然不怎麼樣亮，但也足以讓我想起這件事，心中便一陣慚愧，也很感激這件事給我帶來了深刻的反思。

那是一個夏日炎炎的午後，蟬正在樹上不停地叫，似乎在與太陽公公「抗議」。我似乎也受了這天氣的影響，心情變得暴躁起來，見到什麼都不舒服，好不容易才補完課的我走在路上，看見有一家小店新開張，就趕緊跑了進去，看看有什麼好東西。

一進小店，迎面吹來了涼風混雜了串燒的香味馬上就鑽進了我的鼻子，我忍不住嘴饞，飛快地來到串燒架前，一口氣買了二十串，滿心歡喜地邊吃邊走出店鋪。「嗯！好吃，真好吃，下次可以帶老爸老媽來吃！」說完，我手中吃完的一根串燒竹籤便被我一揮手丟在地上。很快，我便吃完了美味的串燒了，剛才吃完的串燒竹籤全被我扔在地上。

可是當我正準備拍拍屁股離開時，我突然看見一位身穿義工衣服的老奶奶正彎著身子吃力地撿起我剛扔在路上的串燒竹籤，汗水一滴一滴地滴在地上，背上、臉上全都被汗水浸濕了。不知怎麼回事，我的心好像打翻了五味瓶一般，很不是滋味。

我連忙跑到老奶奶身邊，把她扶起來，紅著臉對老奶奶道歉：「奶奶，對不起，這些垃圾是我丟在地上的，讓我撿起來。」老奶奶望著我和藹地說：「知錯能改便是好孩子了！」說罷，便和我一起撿起我之前扔的串燒竹籤。雖然那天撿垃圾很辛苦，但我依然很輕鬆，心中彷彿放下了一塊大石頭。

雖然這件事過去了很久，但它卻時常在我腦海中徘徊，教我慚愧，催我自省，讓我永遠刻骨銘心。每當我想把垃圾扔在地上時，我心裏就會說：「把垃圾扔進垃圾桶是一件輕易做到的事。」

一 幀照片的喜與悲

2013-2014 4D 馮慧琳

「因為這場內戰，大量無辜市民家園被毀，流離失所。有父母抱被瓦礫壓死的兒子在痛哭著，孩子不斷在問他的父母到哪裡去了……」看著這篇新聞報導，我想起那年的事，隨即從抽屜中拿起一張舊照片，看見照片中孩子天真無邪的笑容，我回到了五年前的那裡。

五年前，我被父母安排跟著一個義工組織，到一個剛結束內戰的國家當義工。到達當地時，我十分驚訝，那裡一片蕭條，房屋倒塌，寸草不生，是一個廢墟。雜物佈滿在地上，我們根本看不出哪裡是路。在當地人的帶領下，我們幾經辛苦才到達庇護中心。那裡擠滿了災民，髒兮兮的臉上沒有一絲笑容，掛著的只有傷悲和哀痛。那時，遠處傳來與環境格格不入的聲音，那是小孩子的歡笑聲，他們自顧自的玩耍。雖然他們無家可歸，有的更是父母雙亡，但他們彷彿忘記了傷痛，向著美好的明天進發。天使般的笑聲，為大家治癒和撫平哀傷。我幫忙派發物資，同時為當地市民做一些簡單的治療。礙於當地物資有限，工作的過程十分艱辛，大家都身心俱疲。但我們的付出，能夠令災民重拾笑容，我們付出的一切，都算不上什麼。我們還和孩子們一起玩樂，一起歡笑，頓時令死寂的地區變得熱鬧起來。

那次探訪戰地國家令我畢生難忘，也是喜悲交集的一趟旅程。喜的是能夠盡一己之綿力，讓當地的人重拾笑容，帶領他們忘記悲慘的戰爭，重新振作。悲的是他們仍不能擺脫戰火連天的厄運，每天活在死亡的恐懼之下。渺小如我，愛莫能助。身在福中不知福，明明我身處在一個沒有戰爭，毫無災難的地方中，卻不懂知足，時常抱怨零用錢不夠、功課太多，常為著無關痛癢的小事糾結。相反，身在戰地的小孩們，雖然生活環境惡劣，衣衫襤褸，但照片中的他們掛著的笑容比我們任何一個都真摯。他們樂觀的面對一切困苦，享受活著的每一天，珍惜與家人、朋友相聚的每刻，這實在令我自慚形穢。握著照片，我趕緊拭乾眼淚，把照片放回抽屜中，把祝福送給遠方的他們，把他們教會我的，永遠藏在心中。

燈

2014-2015 3C 賴雯嘉

說起燈，有的人喜歡彩燈，有的人喜歡走馬燈，還有的喜歡燈籠。燈，有很多種，紅綠燈，車燈，節能小電燈，燈泡，睡眠燈……而我卻對路燈情有獨鍾。

夜晚，當你漫步在繁華的街道時，你是否看見有千萬盞路燈在默默地散發著光芒，指示著車輛行駛，當你看見這一幕時，你可知道這路燈背後的故事或者苦惱？艱辛呢？

對的，它在無私的奉獻，它默默地，照亮了漆黑的夜空，照亮了大地，使人們能欣賞這美麗的夜景，使車輛安全行駛，正是如此，路燈為人們所做的事真不少啊！可是，我們是怎樣愛護它呢？在燈杆上黏貼廣告紙，在燈杆上作畫，使其留下了一道道的刮痕……如今的路燈已經面目全非！人們是否應當反思一下，高速公路、市公路、重要路段的燈需要愛護，而鄉村小路，村屋的路燈就不值得被愛呢？

我讚美路燈，它默默無聞，不求讚美。路燈不像走馬燈、彩燈、霓虹燈那樣，拼命地向人們展示著它們的美。讓人們讚賞它，欣賞它。而是為了給人們照亮前方，給予光明，他們其實也不喜歡這個充滿灰塵、廢氣的「城市」生活，為了什麼？為了人們！他們竟不惜一切代價啊！

路燈，又讓我想起了老師，老師就像路燈引導我們走向光明，走向閃耀的未來！人們在燈杆上的塗鴉破壞，就像是不守紀律的學生，與老師爭執的學生，不聽教導的學生。而老師沒有放棄我們，仍然持之以恆的，苦口婆心的去教育我們，培育我們成為更出色的人，有所作為的人。

天還未亮，路燈還在發亮。

起點

2014-2015 3D 莫仲庭

世界上，人們都在不同的起跑道上開跑，但有的人則在起點時便跌倒，有的就能立刻站起來，有的在起點就受傷了，但也堅持走下去，帶着傷，無論別人怎樣看他們，他們也不在乎，雖然他們一出生就可能傷殘或智力上有問題，但是他們一樣爬起來追上其他人。他們需要很大的勇氣去面對這樣的起點和比別人較窄的跑道。

實不相瞞，在我小時候，爸爸教會了我很多東西。他教我很多難以明白的學問和理論，他教我倫理學和人格心理學。小學時他教我，我只能記著他教的，但從來都不明白。直至我開始長大，再回憶他所教的，我才開始明白，爸爸教我理論是不想我長大後，被別人定義的德性和自己的慾望影響，用自己定義的道德去面對社會。他教我人格心理，令我能更看透現在我身邊的同學，分別他們的好與壞，教我帶眼識人，我都是一直以傻呆的說話和性格去面對同學和其他人。這樣別人才會更突出他自己的思想，這樣我才能更深入別人的思想和動作。

爸爸不想我和壞人做朋友，避免我學壞。他在我小學二年級時就開始教我，人的性格和思想不是天生，是後天的。在我小學六年級時，他知道我的成績不好，也不夠其他人聰明，他也知道我從來不努力讀書，他跟我說：「即使一個人多聰明，智慧多高，也只是在思考上比我們強或快，但是人不是只有一個，有成億上萬，學習比我們強，但不懂別人的想法和性格，在事業和人生上只會錯過很多機會，你不聰明，但你可以更深入了解別人，分辨他們對你好還是壞，和他們一起，你可能學到更多，反而一個人想的可能會超越那些自作聰明，自大狂傲的人，這就是你與其他人的分別了。」

我現在明白了。能力可以用努力改變，不論起點是怎樣，人生是可以透過汗水和付出去改變的。爸爸跟我說過：「有一天你遇到一個比你真正聰明，又懂人格的人，可能你做事都會落後於他，但你要記著：『反其道而思之』。」說真的，我到現在都不明白這句是甚麼意思，他也沒有跟我解釋過。我估計，爸爸希望我不要被社會上的人和事壓着自己的能力，懂得以別的角度來思考，才是真正最突出的人，在跑道上跑得最快的人。起點在哪裡，又有什麼重要呢？

我最尊敬的人

2014-2015 3E 朱月僮

現在我已是中三學生了，由小學到中學不同的班主任，陪伴了我渡過了童年，將從前無知稚氣的我，教導成知禮守規的我。我對教師的尊敬，的確無法只用文字來表達。我尊敬的教師，亦多如繁星。但我最尊敬的教師，就莫過於她了。她就是我小四的班主任——蕭老師。

在我小學四年級時，新來了一名教師。她戴着細框的眼鏡，梳起一頭烏黑的盤髮，樣子十分嚴厲。那時候幾乎所有同學都不希望她作自己班的課任老師。豈料，她竟然成為了我的班主任。「我叫蕭淑芬，是你們的中文老師，你們就叫我蕭老師。」一場開場白過後，就是一連串災難。

每次上中文作文的時候，蕭老師總是將一大堆例文發給我們，整課一本正經的在巡視我們作文的進度。當時我的作文能力可說是差透了，整課一小時完全想不出任何點子，所以我總是被她叫去留堂，剛好她又是我的班主任，所以永遠也逃不過放學留堂的厄運。

某天放學，我被蕭老師抓住了。我納悶，那天我明明沒有欠她作文的，為何她又要我留下呢？她向我遞了一封信，我頓時震驚起來，那是……那是我寫給筆友的信！

在這件事發生的前一個月，蕭老師又要我放學留堂作完文才走，卻不和我講解該怎麼作。那時候我覺得她一定是認為我作文差，所以根本看不起我，才不教我！我心感不忿，所以我決心要提升自己的作文水平。

我回到家，上網調查提升作文水平的網頁，終於被我找到一個有趣的方法，就是交筆友。

蕭老師拿着那封信跟我說了一句話：「這是你的嗎？」我似乎知道了自己的筆友是誰了。

蕭老師對我微笑，她從衣袋拿出了一張紙，然後交給我。信中寫着：「你和『筆友』表達了你對我的不滿，但偏偏巧合的，『筆友』卻是我。我欣賞妳，對自己的要求，老師沒有罵你，不是因為我放棄了你，是我想你能夠用自己的方法使自己進步。或許從信中我看見你對我的教導方式不滿，可是老師選給你們的例文，是從數以百計的文章中選出來的，我想好的例文能讓你們從中吸收更多的寫作技巧，老師放學罰你留堂，因為要開會而沒給你講解題目，真的對不起！加油！月僮！」

我看完回信，眼淚在眼眶中滾動着。我一直以為蕭老師不關心我，看不起我，原來我全部都錯了，我誤會了她，蕭老師百忙之中還把我留下，選取好的文章給我，我卻錯怪了她。我真的無資格去批評任何人。

蕭老師雖然陪伴了我只有短短的一年，但這件事我卻永遠也忘不了。

蕭老師表面並無說出自己是多麼關心同學，但背後她對學生的重視和關心，可能只有我才知道。這正正是我尊敬她的原因。

我最尊敬的人

2014-2015 3E 鄭成

一個無聊的下午，我獨自一人躺在床上，呆呆的對著那天花板望得出神。忽然，一陣微風吹了進來，翻動了我放在書桌上的日記，發出惱人的聲響。我皺了皺眉從床上翻了下來，嘴中碎唸道：「真是清風不識字，何必亂翻書！」我走過去蓋上日記，發現地上有張微微發黃的照片，那是我和我六年級班主任的合照。

「叮鈴……鈴……」上課鈴響了，這是我六年級的第一堂課，教室內的同學們都如熱鍋上的螞蟻，因為將要迎來一個新的班主任。過了一小會，一位身高六尺，滿臉鬍渣的威猛大漢走了進來，頓時全部同學都倒吸了口冷氣，硬生生的被這剽悍的造型嚇了一跳。然而他後面的舉動，更是讓我肅然起敬。他向我們深深的鞠一躬說道：「對不起，我遲到了。」這樣一幕在我的腦海中是想都不敢想的，我和同學都怔住了。「還希望若我以後再遲到，歡迎大家批評。」他又補了一句。這位大漢就是我的新班主任——張老師。

我看著那張照片，心想：「那天以後，你又何嘗給過我們批評你的機會呢？」我望向窗外，看到那火熱的太陽。

那是一個悶熱的夏天，我躺在學校宿舍的床上，眼睛直勾勾的盯著門口，生怕張老師進來。因為我和一個同學打架，而且聽說他去告狀了。果然，他真是來了。原本，我以為班主任會二話不說，就是給我來頓臭罵，可並非我所想，只見張老師走到我床邊坐了下來，對我說：「聽到隔壁老師在罵人嗎？我告訴你，其實我最討厭了，太傷人自尊了。就像我在這打你一頓，罵你一頓太傷和氣和你的自尊了，你不會好受。然而，你在欺負別人的時候，別人會是什麼感受呢？好好想想吧！」說完就走了。

又是一陣微風吹了進來，將我從回憶中拉出。張老師，我們的班主任，他是守時的，是有耐心的，是親切的，是溫柔的，是值得尊敬的。然而這一切的一切，都隱藏在你剽悍身影的背後，讓人難以忘懷。我坐了下來，打開日記，在目錄上寫下了「我最尊敬的人——張軍(六年級班主任)」。

零食

2014-2015 3E 詹文茵

零食常給人感覺是不健康的食物，例如：巧克力、糖果、薯片等。不知道你對零食的看法和感受是怎樣呢？

我認為零食不是小孩子的專利，不同年齡層的人都有權去感受零食的滋味。而零食又和人生路上嚐到的味道相同，大概分為四種：甜、酸、苦、辣。

甜的味道，多為糖果類，無論大人或小孩子，只要吃到糖果，自然地會流出甜絲絲的笑容，這不僅是因為糖果的味道，而且人們都會有一種幸福的感覺。而當我吃到糖果，也禁不住想起童年時的美好回憶，我會因為外公悉心照顧我，陪伴我而笑，我會因為姐姐哥哥沒有嫌棄我笨而笑……或者我憑自己的堅持能一天之內走過十八公里而笑，這一切都是我對「甜」的感受。

酸的味道，多為涼果檸檬類，人們吃到酸的涼果總會露出一副趣怪的樣子，讓人覺得很酸很酸……但不知你們有沒有發現酸味過以後，會有一絲甜味跑出來呢？其實，在人生當中嚐到「酸」的時候有很多，就像努力溫習了也未能取得好成績時候，我們不應這麼快下定論，因為這是「酸」的開始。只要我們下定決心，堅持下來，慢慢等待酸味的消失，這時候你就會發現那要時間生長出來的甜芽，這是我對「酸」的感受。

苦的味道更特別，常常聽小孩子們說：「苦的巧克力怎麼會好吃呢？」我想大概小孩子還不懂的吧，但我認為大人和老人家們一定能感受當中的滋味呢！人生路上不會一直平平淡淡，總有點崎嶇和有許多挑戰等待著我們，但我相信有許多不同閱歷的大人們都會跟年青人說：「只要你撐過，就看到彩虹了。」這跟我們吃巧克力一樣，只要我們吃過了前面的苦味，你過一會兒定能吃到巧克力的另一種味道，那是什麼？待你長大便會明白了，這是我對「苦」的感受。

辣的味道呢？在零食當中很少有糖果是辣的，而我依稀記得薑糖是我唯一嚐過的辣糖。薑的味道毫無疑問地令人感到有些辣，但又要嘗過「辣」味的人，你會特別珍惜「辣」後的溫暖，這是我對「辣」的感受。

零食常給人感覺是不健康的食物，但不知你們嚐過了當中的「甜、酸、苦、辣」了嗎？又發現得到，其實無論我們做什麼事，只要堅持下去，我們不會永遠只嚐一種味道，在完成挑戰後我們仍然能嚐得「甜」的滋味。

偶遇

2014-2015 3E 趙鈺滢

「滴答，滴答」鬧鐘發出的聲音充斥着宿舍，同學們在熟睡中，不約而同地發出均勻的呼吸聲。夜闌人靜，只有我一人躺在床上輾轉反側，無法入眠，今天注定是一個不眠夜。

我走下床，想到外面走廊散散心。夜空是黑沉沉的，沉得令人透不過氣來，找不到一絲星光。陣陣冷風吹過，樹影婆娑，乍看宛如數隻怪物張開爪子迎面撲來，我不由得打了個冷顫，隨即想立刻回宿舍。可就在這一刻我發現走廊盡頭儲物房在透着微光，我在想，都這麼晚了還有人沒睡？我好奇地走過去，打開門，迎接我的是一束強光，刺眼得使人睜不開眼睛，我頭暈眼花，昏了過去……

當我醒來時，發現自己躺在一間陌生的房間，十九世紀歐式建築設計，卻十分簡陋。這時一個身穿着樸素衣裳的外國女人走過詢問我的情況，我定了定神，用英文問了她我身在何處。原來這裡是十九世紀的波蘭，她說她的名字是居里夫人……不是吧？我居然遇上了我最崇拜的名人一居里夫人！話說我在上星期讀到了一本書《居里夫人自傳》，居里夫人的性格、精神、無不令我敬佩，也正因此我已將居里夫人當成了自己的偶像。

來到居里夫人的實驗室，簡陋的房子，搖曳的木板，彷彿隨時都會倒塌，地面上堆積着煤礦，黑得發亮。殘舊的桌椅，簡直無法成樣，在如此惡劣的環境下工作，但居里夫人卻沒有半句怨言，專心致志的工作。她告訴我，她已做了上百次實驗，但她依然繼續埋頭苦幹，沒有放棄，堅持不懈去提取鐳這種元素。我敬佩她，因為她對研究的堅持，使如今世界受惠，她為科學界作出了偉大的貢獻。同時，我不禁感到慚愧，自己雖生活在一個圓滿美好家庭，生活條件比居里夫人優越多了，可我做事總是半途而廢，未能好好堅持，只會埋怨自己的人生很失敗。

我與居里夫人一起聊了很久，也明白了很多道理。聊得累了，我躺在床上睡覺。晨光柔柔的輕撫我的臉，我才發現自己又睡在宿舍床上！原來，那是一場夢？我卻發現自己手上正握著居里夫人留給我的一塊手帕……

談勤奮

2014-2015 4C 沈靜

勤奮，自古以來都作為成功的要求之一。縱觀古今，勤奮的人皆能有大作為，成為眾人所羨慕的例子。

懸樑刺股，想必很多人都聽過這個成語。傳言漢朝孫敬好學勤奮，為防止自己睡著，將繩分別綁在自己的頭髮和屋頂的橫木上，只要一打瞌睡，便會被繩子扯痛自己；而戰國蘇秦家境貧困，為仕途而挑燈夜讀，每當想睡時，使用錐刺自己的大腿，保持清醒。古人背井離鄉，只為有朝一日可以衣錦還鄉，故此隻身在外也保持勤奮的心，苦心學習。

當然，現今身邊也不乏這樣的人。在校時，身邊總有每天都在嘻笑玩樂，卻可以輕鬆得高分的人，但卻不知他們在背後默默的努力。每晚挑燈直至半夜，只為弄懂一道未聽明白的題目。每天在紙上寫寫停停可能在背那剛認識的單詞。詢問週末在家都做什麼，可能會得沒做什麼的回答，但事實果真如此嗎？她們可能在家做一套又一套的練習題，背一遍又一遍的單詞。她們不說出口，只是因為知道沒有人會在乎努力的過程，人們只會在乎結果，然而傻乎乎的你相信她們的話，卻得到不同的結果。

然而，勤奮也不只是口頭上說說。勤奮要的是有一種堅毅的心。身邊不乏三分鐘熱度的人，對自己定下的目標不到一星期便放棄，到最後不了了之。而勤奮是一個漫長的過程，不是最後的結果，所以勤奮的同時，更需要有堅毅的心。

在學習上，若你比別人早預習第三天將要學的課文，那麼上課時，你便會比別人早理解老師的提問；若在工作上，你把偷懶的時間用於完成未來幾天的工作，你得到的不僅是更多的機會。「昨天說明天」這句話的完整意思是：「昨天的你說這些事明天再做。」我們以不同的藉口推託各種事情，以致我們總比別人慢一步，我們不能比別人更棒，只因別人比我們更為勤奮，在更佳的時候完成應完成的事情。

「莫等閑，白了少年頭，空悲切！」「少壯不努力，老大徒傷悲。」這勸告的詩句在生活中耳熟能詳，但我們又有何作為去改變呢？稍微勤奮一點，別讓以後的我們後悔。

我們應積極，把勤奮當作生活中的必需品，把最好的自己時刻呈現在別人眼前。

童年記趣

2014-2015 4D 何首毅

每當我感到身心疲倦的時候，便會走到陽台，觀望眼前的風景，以紓緩壓力。這天，我如同往常一樣，走到陽台去休息，說時遲那時快，天空中竟烏雲密集，一股強勁的風正吹向我，原來是颱風來襲了，我望着樓下那條波濤洶湧的河，不禁想起了兒時的往事，大概這就是所謂無意識的作祟吧。

依稀記得那是我第一次玩捉迷藏的趣事。那天，小明突然說要玩一個遊戲，我一聽「遊戲」二字，便爽快的答應了，同時也叫我叫多些人來一起玩，越多人就越好玩。我心想：小明到底在策劃什麼呢？

下午兩點，我帶了幾個好朋友來到了約定的地點，恰巧小明也到了。小明看人齊了，便告訴我們：「今天要玩的遊戲叫『捉迷藏』，選定一個人做『警察』，其餘的人做『逃犯』，『警察』要在規定時間內，捉到所有『逃犯』，現在我們來猜拳，輸的人做『警察』。」我一聽，不愧為小明，想的遊戲都那麼有趣。

猜拳猜完了，我本想做「警察」，但卻成了「逃犯」，心想：唉！無法伸張我的正義了，竟淪為「逃犯」！這時，「逃犯」已開始四處分散走去，因為「警察」已經在數秒了。我才意識到要逃跑，便向四周望去，尋找藏匿點。可是這麼空曠的草地，哪有藏身之處啊！我靈機一動，發現了草地的一邊有一條河，我藏到河裡去不就行了嗎？心想我真的是太機智了，雖不能做一個正義的「警察」卻也能做一個足智多謀的「逃犯」，心中暗喜。我二話不說便跳進了河裡。

過了大概五分鐘，我意識到水流漸漸加快，便想上岸，但卻踏錯腳，滑了一下手，結果我被沖出到河的中央，同時天也下起雨了，我心裡想：這下出事了，一時貪玩，竟弄得如此下場。我還以為這次死定了，結果卻有一支長棍伸向了我，原來是小明他們發現了我，我很感動，想不到他們會救我，我立刻抓住長棍，慢慢游向岸，終於得救了。

爬上岸後，我嘆了一口氣，從地獄檢回了一條命，連忙道謝，小明卻不在意，只說：「下雨了，回家吧。不要讓家人擔心了。」

雖然，現在我已移居香港，離開了家鄉，但在家鄉的往事，依然歷歷在目。近年重返家鄉，發現原本的草地，已變成高樓大廈，那條河已變成了「臭河」，堆滿了垃圾，即使再一次玩一樣的遊戲，也玩不出當年的樂趣和驚奇了。家鄉的美，雖已消逝，但那裡的回憶是永遠不會消逝。

眼前的景色就如當年一樣，彷彿把我帶到那時的河中，正在抓着長棍，爬去岸邊，小明正努力和朋友拉着棍子，正大喊道：「一、二、一、二、抓緊了別放手。」是的，我從來沒有放開。

記一次患病的經過及感受

2011-2012 4D 柳道榮

「榮，快點起來！榮，放學啦！你還要睡到什麼時候呀？」隨著同學的催促聲，我漸漸的睜開眼睛，我揉了揉眼睛，才記起剛才老師講課講到一半，我因為太累睡著了連老師多次提醒，我也沒法清醒過來。

我離開學校回家去。我感到頭愈來愈痛；明明是酷熱的夏天，但卻覺得身體冰冷。才剛剛從學校走出幾步，便覺得雙腳被綁上了重重的石頭似的，舉步為艱。我慢慢地從跨步變成拖步，開始意識到自己可能是發燒了，為了快點回家休息，我勉強加快腳步走，但似乎都是徒勞的——身體總是不聽話的慢移著。平日五六分鐘的路程，今天不管我怎麼加快腳步，家卻是愈離愈遠，路程愈走愈長。

好不容易到了家門口，頭已發燙很久了，身體從內到外充斥著一陣熱脹。矛盾的是，手腳不斷在哆嗦——周圍冷得令我手腳哆嗦。媽媽不在家，應該是上街去了。我頓時感到很失望。本以為回到家中就可得到媽媽無微不至的照顧，如今唯有靠自己了。可惜，我已累得倒在沙發上，連煮個麵都沒有力氣了。當我再次睜開眼睛時，我發覺自己已在床上，朦朧間，只見媽媽在床邊照顧我，用冷毛巾敷在我的額頭上，朦朧間，我又昏睡過去了……

第二天，媽媽沒有叫我起床上學，我依然在房間裡睡著。當我醒來時，我感到身上已沒有發熱的感覺，頭也不怎麼痛，手腳亦好像已解除了重壓著我的石頭。起床打開窗簾，輕風吹拂著雙頰，喚醒了我的精神，我感到很舒服。這一覺，是我人生中睡得最安穩的一次。

想起朦朧中看到的媽媽，不禁心存感激。也許媽媽認為這是她的本份，無須子女任何的回報。但我不認為是這樣，我唯一可以做的，就是好好學習，分擔一下媽媽的憂慮，日後給她最好的生活。

一張撕碎的成績單

2014-2015 4D 林知樂

「鈴鈴！鈴鈴！」在一間充滿臭氣，混亂的房間中，突如其來地發出陣陣的響聲，在房間的某個角落發出「沙沙」的聲音，在充滿枕頭，雜物的底下有一絲的蠕動，房間依然是吵鬧不停。突然，一個神秘的身影從門後衝出，然後發出恐怖的咆哮：「起床！」

我從混亂的床窩裏探出頭來，慢慢地爬出來，我懶洋洋地擦擦眼睛，心裏充滿着焦慮及緊張，更不希望今天到來的現實——家長日，這意味着老師向家長投訴我的惡行，更重要的是派發成績表，想到這裏我已經不敢再想下去了，身體不由自主地返回床上逃離這個冷酷的世界。但是經過父母一番的「金石良言」，我只好無奈地跟隨他們回到學校，接受一切的來臨。

由我進入校門到現在與老師見面都是一切正常十分順利，但是危機出現的一剎那果然是沒有先兆，一旦發生便一發不可收拾。媽媽禮貌地從老師手中接過成績表後，原來小天使的笑容馬上變得木無表情，我低下頭來，已經沒有拿起成績表的勇氣，更不能想像我的成績如何，只能從母親的表情估算出自己的成績。

但是我看見的只是由木無表情的模樣變成憤怒，仿如快將爆發的火山似的，在爆發過後是一片一望無際，永無止境的傷心。我只有後悔，後悔當初只是顧着玩樂，完全沒有用心向學。

在回家的路上，父母沒和我談過半句話，這使我的內心增加了一層無形的壓力及內疚。

踏入家門的第一步，「啪！」，我戴着眼鏡掉到地上，而我臉上殘留着一刺一刺的痛楚，我愣着看着地板，過了幾秒才回過神來，把頭慢慢地轉向母親，只看見她滿面都是一顆又一顆的熱淚。然後把成績表擲到我身上便跑進房間，父親依舊到花園裏健身，客廳裏只餘下我一人，我憤怒得把成績表撕碎，散落在地上。

最終我還是沒有看到成績表，因為我已經知道答案，無論如何，這也是一張撕碎的成績單，只有努力才能補償過去，成就將來。汲取過去的經驗，學以致用，我相信以後將會收到理想的成績表。

記一次被人作弄的經過及感受

2013-2014 4D 范澤美

從前我從未被人作弄過，但經常看見有人被作弄，有時我會參與其中，一起和朋友們作弄別人，這樣令我覺得很有趣。但那一天，我竟然成為被作弄的對象，自此，我有很大的改變。

「老師來了！」某同學大聲地通風報信。課室由「街市」變成「圖書館」。所有同學都迅速地回到自己的座位，我也不例外。「哎呀！」我慘叫一聲。後面的同學不知何時把我的椅子移開了，害得我一坐下後便跌個四腳朝天。四周傳來同學的嘲笑聲。那刻，我的臉蛋在發燙，除了屁股的痛楚外，我感到無比的丟臉，令我無地自容。我惱羞成怒，轉身橫眉怒目地責問捉弄我的那個同學：「小夏！你為什麼要拿走我的椅子？很好玩嗎？」她還在嘻皮笑臉的說：「跟你玩玩而已，不要太認真啦！」旁邊的同學也加上嘴：「是啊是啊！」這時老師到課室了，老師吆喝我在大呼小叫，我還未來得及解釋，便被老師趕出課室了。心裡覺得無比委屈，鼻子酸溜溜的。

小息的時候，我仍為著被好友作弄耿耿於懷。那時，小夏從我身後跳了出來，拍了拍我，並搭著我的肩膀跟我說抱歉。我想，既然她都道歉了，就算了吧，原來的滿腔怒火就這樣被她一句說話撲熄了。心情剛平伏下來，卻被四周奇異的目光和笑容打亂了。一個低年級的男生走過來說：「你是超級大笨蛋，也不用向全世界宣佈吧！哇哈哈！」我的腦袋停頓了三秒，下意識伸手摸一摸自己的後背，抓到了一張紙，解開了我的疑惑。我想起剛才小夏曾拍打我的肩膀，一口氣衝往洗手間，只為避開其他人的目光。上課鐘聲響起，我如常的走到課室。我沒有和小夏說過半句話了，我決定要和小夏絕交。

以前的我從不知道被人作弄的感受，只知道作弄人是如何的快慰。那一次，我終於知道了被人作弄的不是味兒了。我明白到，作弄人只是將自己的快樂建築在別人的痛苦之上，是一件很幼稚、很自私的事。自此，我發誓不會再作弄別人了。

記一次難忘的約會

2013-2014 4E 陳辛夷

我把剛買回來的芝士蛋糕放在桌上，由盒子中拿出一件芝士蛋糕。想起來，過了那麼多年我還是愛吃芝士蛋糕。小時候，媽媽總是帶我四處逛街，而我總是撒嬌要去旺角買芝士蛋糕。一口一口地吃著，甜絲絲的，那時候總感到很滿足。

漸漸地長大，上學功課等等都令我變忙了，不像小時候有許多空閒的時間，而且我也變得懶得逛街了，總感覺逛街很累，有時間還不如多玩一會電腦吧！本來我們經常都會去與親人聚會。小時候我也喜歡的，但漸漸地他們不是叫我努力讀書，就是說我胖了，我也變得討厭聚會了。感覺我在改變，人們在改變，世界在改變，我和媽媽變得疏離了。

那一次，我和媽媽去旺角買東西，便結伴而行，我心想：這算是約會嗎？哈哈！旺角人山人海，一個個人浪過來，我們差點就給人群沖散，媽媽牽著我的手，我由旁邊的玻璃看著我媽媽的身影，我有多久沒有牽著媽媽的手逛街呢？被溫暖的不只是我的手掌，更是我的心。

媽媽和我開始聊起來，聊到我以前的醜事，也談及媽媽的糗事。一路上我們有說有笑的，很快便買完要買的東西。打算回家的時候，我們又經過了這家蛋糕店。這裡變了很多，裝修新穎了，桌子椅子全都換新了，唯一不變的只有店鋪的名字，不然，真的以為是別家店。多年後重來，我們回到昔日的座位吃著蛋糕，我對她撒著嬌，一切回到當時的感覺。蛋糕還是以前的味道，甜絲絲的，我和媽媽你一口我一口地吃著。

自此之後，我和媽媽又重拾以前的親密關係，不，是比以前更好，全靠這次約會。

世界在變，人們在改變，我也在改變，唯一不變的是她——我的媽媽。

「媽！出來吃芝士蛋糕了！」

我的好鄰居

2012-2013 5C 柳道熹

在我還住鄉下時，幾乎每家每戶都有可能聽到他的聲音，哪家辦喜事，他就一定到場祝賀；哪家辦白事，他也一定到場拜祭。左鄰右里從沒人說過他好管閒事，反而對他恭敬有加，他就是我的好鄰居盛叔。

在我眼中，他是一個有人情味的人，一有什麼好處，總會和我們分享，「遠親不如近鄰」這句話在他身上表現得淋漓盡致。盛叔是一位司機，在我讀小學時，由於順路，在我放學時，他總載我安全回家。

記得有一次冬天，我睡到正甜時，忽然間被媽媽叫醒，只見媽媽一面焦急的面孔，慌張說道：「快起來幫忙，你弟弟發燒，我們得快点送他去醫院！」我二話不說，奔到弟弟床邊，只見他面紅耳赤，冷得直發抖。我馬上扶起弟弟，發現他的身體十分燙熱。只見媽媽背起弟弟，我也馬上跑到街外攔車，但那時已是三更半夜，街上漆黑一遍，媽媽背著弟弟出來了，打算徒步跑去醫院。忽然遠處傳來一束車燈。車子駛近，司機剛好就是鄰居盛叔，但車前已亮起「暫停服務」的燈牌，我們知道這時候是盛叔要交車的時間，我們也不好意思上車，但盛叔似乎看出了我們的難處，開了車門說：「快上車，去哪？我載你們去！」聽了這話，媽媽鑽進了車，說道：「醫院！醫院！」，我也擠進了車裡。

到了醫院，醫生幫弟弟量了體溫，發現他竟發燒到了40度，必須住院留醫。這時，我們才發現剛才在慌忙之下，媽媽竟然忘了帶錢，如果現在才趕回去拿，定會延誤治療！正當我們不知所措時，盛叔拿出了一筆錢說：「這是今天本來要上繳的車租，我給你們先墊着。」媽媽激動的接過錢，連忙道謝後把錢給了醫院，弟弟才能及時住院進行降溫。

幾天後，我們得知盛叔因為那天沒有準時上繳車租，毀了合同，不僅賠了錢，連工作也掉了。我和媽媽登門道歉，但盛叔不以為然：「沒事，工作沒了可以再找，再說這行容易找差事。鄰居之間，應該的。」

我一直慶幸有盛叔這樣的鄰居，如果那天沒有他，我們就要跑去醫院，可能弟弟就病壞了，我一直很感謝上天的眷顧，給了我一個好鄰居。

小霸王

2012-2013 5C 柳道勳

小高，我心目中認為很蠻不講理和霸道的一位同學，從開學到現在，我從沒見過他哪一天上課腰板是直的。原因在於他上課不是睡覺，就是躲在桌下玩手機，這些還算是「安寧」的時候了，要是哪天不幸地既失眠又遇上手機沒電的話，那麼受害的，不是任課老師，就是我這可憐的同學。

和小高一起坐已經有一個月零十一天了，他和我說的話，不外乎這兩句：「老師來了叫我」和「作業借我抄」。而後面那一句的眼神往往帶有另外一種意思——「你有種就試試不借」……如果你認為他僅僅只令我和任課老師頭疼的話，那麼就錯了，他的破壞範圍廣至全班，無論男女，無一倖免。因此，班上很多人，包括我，私底下都叫他「小霸王」。而我最討厭的是他在球場上的霸道。別人蓋他的帽，他認為是犯規；他對別人的犯規，就是蓋帽。當然，如果其他人排斥他不和他打，那麼那場球基本上是不用打的了。因為他只要在籃板下一站，別人基本無法搶到籃板，要是球落去他手上，你可以當那球不再屬於你的了。而礙於他那秋後算賬的風格，大家都敢怒不敢言。

有天周六放學，我和班上幾個要好的同學相約一起上網吧，正當熱鬧哄哄地走出校門時，小高從後面跟上來問我：「豆粉，這麼多人高高興興去哪呢？」此話一出，我們都面露難色，因為我們知道，無論我們去哪，小高都跟定我們的了。我們猶疑了一下，想到欺騙小高等同於和自己過不去，只好如實回答。果然，小高一聽便說要跟來了，無奈之下，我們只好讓他加入，到了網吧，我們都在一個小廳裡坐下，嗶哩吧啦地敲打著鍵盤玩起遊戲。頓時，笑嗚聲，打鬧聲不絕於耳，每一個人都沒有被小高加入的不滿壞了興致。突然，火警聲大響，我們這才嗅到蔓延在空氣中的焦味，此時，網吧裡的人像熱窩上的螞蟻，東逃西竄，情況混亂之極。我一時摸不著頭腦，只好跟著大隊走，學生都走散了。我不由得焦急起來。混亂中，突然有人拉著我的手往後拽，原來是小高。來不及反應，小高便對著我說：「跟著我走，後面有一條後樓梯，其他人都在那，我們從那逃出去！」說完，便半扯半拽著我手往後面走去。

幾經波折，我們都逃出去外面，我頓時鬆了一口氣，手臂被小高拉紅了一大片，陣陣燙疼傳來。我往上望去，只見濃煙衝天，警報大響……這時，有人驚喊「楷還在上面！我們少了一人！」小高一聽，迅速點了人數。二話不說，轉身奔回樓梯道。當時有兩個人拉住他，但都被他甩開……望著小高的背影，我心中都湧起焦急和不安。同時又覺得小高的背影變大了。此時，火警車已經趕到，樓層的窗口隱隱約約能見到火光。我們幾人等待著小高的出現，隨著時間一分一秒地逝去，我們愈發焦急及不安，始終沒有等到任何回應。

「小高！小高！」我們焦急地喊著。

終於，在陰暗的樓梯口，一個人影拉著另外一個人影，衝破濃煙，仆倒在我們面前，我們如釋重負地衝了上去。因為，衝出來的兩人正是我們期盼已久的小高和楷……

從那天起，不只是我，其他人都對小高放下了一向的成見。尤其是楷，連作業都替小高寫了，或許這件事也對小高造成一定的影響，小高反倒不樂意楷替他寫作業，而小高也常常把這事掛在嘴邊到處「炫耀」，但我們心甘情願做他故事中的配角。因為，故事中的主角在最危急的時刻，不顧身世，一個都沒把我們落下。

敬師日與我

2013-2014 5C 朱駿傑

每年九月十日都是法定的「敬師日」，以弘揚師道。敬師日的目的是讓同學在這一天反省，及向老師表達心意。但我個人認為敬師日沒有必要存在。

敬師日是讓學生向老師表達心意的節日，我認為老師是須要受到尊敬的。原因很簡單，老師每天用心教導學生，不辭勞苦為學生講解課本、批改功課、認真反思其上課模式，為的不就是學生自己的利益嗎？老師教得好或劣，影響的其實只是學生的前途，而非老師自身。那老師為何要盡心盡力教導學生呢？這是因為關乎學生的前程，老師希望學生在未來生活得安好罷了，並沒有要求回報之意。

老師可敬的原因除了平日盡心盡力的言教外，令人佩服就是時刻展現的身教。老師經常很晚才離開學校，沒有老師會在學校響起放學鐘聲時便逕自離開，這是身教的表現；老師絕不違反任何規則，包括校規和法例，例如老師絕不會不依燈號橫過馬路，或衣著標奇立異，這亦是身教的表現。身為老師必須以身作則，作為模範予學生學習，避免學生作出一些不良的行為。身教是一個高尚的教學，故此，我們必須向老師表示尊敬，以報答盡責的老師。

既然敬師日的目的是該讓學生自我反思，從而向老師表達心意，以報答老師的辛勞，莫非學生自我反思及報答老師只能在敬師日進行？那豈不是全年只有一天是尊敬老師，而其他日子可以漠視老師的高尚行為？

非也，我認為敬師應每天進行，老師每天勤勞地教育我們，以身教及言教影響我們，希望我們成才。

我認為向老師表達心意可以透過有形及無形的行為兩方面。

有形可透過成績優良、寫心意卡或跟老師吃一頓午餐也可以。老師最希望我們成績有良好的改善，為我們自己的前途鋪路；若然寫心意卡則可以向老師表達自己的心意，讓老師清楚我們自己的心意，加深了解。

無形則可以令自己做好自己，品格優良。老師不單希望我們成績優異，而且品格更要優良，有好德行才是最重要，因為社會上品格優良才會受人尊重，這也是老師最希望見到的。

我認為敬師日並不需要刻意存在，原因是敬師是學生必須做的，沒有必要為此立下節日，正如沒有一天是功課或溫習日一樣，所以敬師日並沒有存在價值。

山中住了一羣猴子，老一輩的猴子說，相傳河的對岸有瘴氣，一過河便會死掉，所以牠們世代都不敢過河。有一天，一隻小猴在樹上遠眺，看見河的對岸有很多果樹，想過河覓食，馬上被眾猴阻止。小猴說：「你們誰都沒有去過，怎知道對岸有瘴氣呢？我看見樹上有松鼠跳來跳去，證明根本沒有瘴氣。」說罷，便到對岸覓食。果然，瘴氣的傳說是假的，眾猴望着小猴，不禁佩服牠的勇氣。

試就這個故事的啟發，以「勇氣」為題，寫作一篇文章。

2014-2015 5D 李燦珉

小猴跳過了對岸才發現傳說是假的，這時牠看見樹上松鼠跳來跳去萌生的智慧，也是牠那莫大的勇氣，才把流傳已久的傳說打破。常人說流言力量恐怖，但由此我們可見得勇氣的力量更為強大。

現今的文明、科技、歷史……哪一樣不是由勇氣萌生，再一一萌芽，成長，才成就了今天的社會？我們能成功飛越天空，靠的是兩兄弟不怕生死的勇氣，我們能生活的如此安穩，靠的是先人血肉戰場，冷眼面對刀彈穿過的勇氣。

生活處處是勇氣，它的萌發可以是普通的，可以是驚人的，也可以是感人的……勇氣的例子實在太多，常聽的也不想再放上桌面議論，多麼使人生厭。那我們不妨看看身邊的例子，日常的、感人的、古今的。

相信大家對西紅柿一定有所認識，也就是常話裏的「番茄」。以往番茄未傳入東方，也未在西方流行前，它被冠以「狼茄」的稱號，人們深信它有毒，吃了會死，故此狼茄一直未被人們所重視。可就在一天，一個失落的畫家為生計一直忙於尋靈感而發現了狼茄。在作畫完後，深受狼茄的外貌所吸引，他說「如此美貌之果，卻落得毒果之名，但以此美貌，恐嚐一口也此生足矣」一口過後，清甜洋溢在他口間，苦澀、毒性全無。自此人們才發現了西紅柿這一大營養美食。雖只是生活中的平凡蔬果，但它的流行也正是靠這畫家不怕生死的一試，讓我們在生活上的品味中，尋得了多一項選擇。事小也是大，誰能說西紅柿不是讓人果腹，品味的一大功臣？牠創造了人類新的美食史。

勇氣的價值當不止美食這麼簡單，勇氣創造一個民族，這話一點也不過分。

中國這個國家，這個民族，是一個由「勇氣」而築成的一方大國。在這以前，這片土地遭受的，是日本的壓榨，是八國列強圍城的一片蒼茫之地。又是什麼令她冠上當今的光輝？是我們先人的「勇氣」，以稀少得可憐的食糧和彈藥，造就了「小米加步槍」、「以一抗十」的淚人歷史，正是先人以身為國的

那份勇氣和情意，多少的槍口、劍嘴的無情殺害，也抵不住國人一馬當先的勇氣。可能國人對如今的安逸習以為常，人們早已忘記這份是本土的、先人的勇氣，才讓我們得以享受今天的幸福。

往事如煙，大伙對這先人之情已淡泊。今時今日所發生的，你又會被多少事所觸動？

黃之鋒，香港人耳熟能詳的年輕人，新一代民主的鬥爭者。人們常說他傻得可憐，是個生事的人，不做好學生本分，只管走上街道，帶領民眾示威。是的，連我也覺得他傻得可憐，一個不到二十的黃毛小子，竟跑出大街，公然向一大國政府對立。你有什麼資本？想向世界出發，卻一一被拒，送返香港。就連外國政府也不願得罪的大國政府，你又有多少能耐去作對抗？但我在他的行動中，看到兩個字——「勇氣」！他冒著的是被人秋後算賬的危險，甘願被人弄得不得安寧……論勇氣，他與當時為黑人民主抗爭的聖雄甘地，不相伯仲。他們的區別，只不過在於一個是黑皮膚，一個是黃皮膚。

他們一切的勇氣都為人類的前途和社會的文明奠定了基石，讓傳說、夢想都成為了現實。人們心中那不可磨滅的勇氣真令人敬佩！有朝一天，我也想成為那小猴子，越過那不可能的對岸，為人、為己做出些事。

那麼，你呢？

相處

2014-2015 5D 高夢佳

這是一個浮躁的時代，這是一個複雜的時代，我們貌合神離，我們心懷鬼胎。人們怒目相對的時間，遠遠超過了握手言和的時間。我們總是「嚴以待人，寬以待己」，看不見自己的缺點與不足，使得人與人的相處越發糟糕。

每一次考完試後，總會聽到有人說：「我這次又考砸了，都怪老師教得不好，還有同學整天約我出去玩，弄得我沒有時間溫書！」這樣的情況層出不窮。但事實上，我們自己沒有想過，並不是老師教得不好，而是我們自己根本沒有留心聽書；也並不能怪同學老是約我們出去玩，只是自己抵制不住誘惑罷了。考試考得差，主要原因就是在於自己，一味怪罪別人，只會令你與老師、同學的相處越來越糟糕，關係越來越差。

在家裡，也時有這樣的情況發生。處於叛逆期的我們，總認為父母嘮叨，他們多說一兩句，我們就不耐煩；他們說話稍微大聲一點，我們就認為他們是在責罵我們。更有甚者，不僅不聽父母的話，更加與他們爭吵，故意反其道而行之。我們總會認為，自己做的事有自己的想法和道理，父母根本不會理解，他們責罵我就一定是他們的錯，錯並不在於自己。可我們又有沒有想過，很多時候都是我們做錯事，並拒絕父母的忠告，單方面認為他們「老古板」，將他們的關心拒於千里之外，反而反過來怪父母太嚴苛，不關心我們。如果我們只一味忽略父母的關心，放大他們的缺點，而以自我為中心，我們與父母的相處也只會越來越糟糕。

宏觀地看整個社會，又何嘗不是這樣呢？早陣子屯門、元朗掀起「反水貨客示威遊行」，我見到很多香港人走上街頭參加遊行，但有部分港人言辭過激，不斷衝擊警方，更有甚者動手打人，內容不當的言論、標語等更是不勝枚舉。縱然水貨客影響香港交通、經濟，縱然港人有諸多不滿，亦可以通過和平手段解決，如向政府有關部門投訴等，並沒有必要訴諸暴力，這樣反而更加破壞了交通、經濟，也影響了香港的國際形象。最重要的，是破壞了香港人與內地人的關係，使得中港矛盾加深。社會是一個群體，社會分裂，人與人之間的相處便會矛盾重重。

遇事多停下來想一想，找一找自己身上的不足，少責怪別人，多反省自己，嚴以律己，寬以待人，那麼，人與人的相處就和諧一點，容易一點。

我看荷馬史詩有關薛西弗斯的故事

2014-2015 5E 蔡獅展

「無論面對何種艱辛的時刻，都應該以樂觀的態度去對待每一件事。」荷馬史詩有一則關於薛西弗斯被眾神懲罰的故事，以此告知讀者這樣的一個道理。

文中提到薛西弗斯以前後截然不同的態度面對眾神對他的懲罰。當抱著悲觀的態度時，身上所背負的一整個大石頭的重量「嘭」的一下砸在心上，身心都受一樣的沉重的壓力，雙重打擊下，所要付出的努力就越大，在途中必定會越來越艱苦，是真正的地獄！可當他抱著樂觀的態度時，情況就截然不同了，—「呬」砸在心上大石猛然破裂，雖說身上的沉重依舊，但所負擔的壓力明顯比身心都受壓要好。

當一個人樂觀時會不知不覺得到一股力量，這股力量也是減輕了身上所承受的壓力，這便是動力！當一個人對某件事開始熱誠起來，自然而然會產生一股動力，認為完成這件事是件很有趣的事，便想去認真完成，這便是動力！

試問當今有多少人抱著悲觀的態度因而產生了悲觀？當持著悲觀的態度，無形中必定會產生壓力。就學習來說，很多學生因為持悲觀的態度認為學習是件很痛苦的事，不是作業多，就是父母在學習上的嘮叨，最後壓力不斷在心中產生，加上實際投放的大量努力和汗水直接令不堅定的他們崩潰，以致令他們走上絕路。這種後果可以忽視嗎？

現今在工作上其實也含有這兩種態度的利弊。以樂觀的態度面對工作，熱誠、快樂由內心發出，在眼中所做的工作更輕鬆更簡易，甚至也能更專注地工作。相反，以悲觀的態度面對工作，精神都萎縮起來，又何能以認真的態度，以最快的速度完成工作呢？又何能令自己的事業更景氣呢？為了生活，工作一定要當是件開心，且需熱誠的事情。

貝多芬是家喻戶曉的人物，大家是否知道他是以失聰的殘疾人士身份走到著名音樂家這一步呢？我堅信貝多芬絕對是帶著樂觀的態度作曲的。大家都知道，一個優美的樂曲能顯示作曲家的心理，但他的每首樂曲都並沒有充斥著他對失聰的不滿。對一個音樂家來說，五官和手腳都無比重要，失聰本身就意味著很難再做一個優秀的音樂家，但他對音樂的執著，對夢想的追求令他從低落的心情恢復成積極，持著樂觀態度和對夢想的追求令他成為一個世界知名音樂家！

霍金是現時一位很著名的科學家。他是一位殘疾人士，自然行動不便，實驗也不能一一完成。一般的殘疾人應該是對自己不抱太大希望，抱著悲觀的態度，普普通通地過一生罷了。但霍金並不是如此覺得，他有他的夢想，他認為普通人能做到的，他一定也能做到。「天生我才必有用」樂觀積極令他不斷靠近終點，造就了如今聞名於世界的他！

對！那是動力的力量！那更是一個保持樂觀態度而換來的成果！

荷馬史詩有這樣的一則故事，它告訴了我們無論面對何種困境，都應該保持一顆樂觀的心。

我眼中的唐老師

2011-12 6D 陳芷盈

唐老師是我的中文科老師和班主任。平日他就像一位慈祥的父親，照顧著我們這班頑猴。除了課堂上授教的知識外，唐老師也喜愛分享小故事教我們道理，令我們受益匪淺。

何以我會如此敬愛唐老師？這便需由中三那時說起。我在班中是被公認中文成績差的一個。成績不好，並且在課堂上作出胡鬧、搗亂、睡覺等行為。唐老師那時剛任教我班的中文。他看見我這個情況，沒有像訓導老師那樣叱責我之餘，還常常在課後留我在校，免費當起我的補習老師。誰料，我不領情，不屑地對唐老師說：「你大可只採用精英教育，何必理我們這些已被放棄的學生呢？」唐老師並沒有叫我走，反而語重深長地對我說：「知道誰是萬世師表孔子嗎？允行，他門生三千，桃李滿門，但他的學生並非每個也是精英，他只是執著於『有教無類』這四個字。而我現在只是仿效一個古代聖賢，有何過錯？而至於你，我明白你的心情，認為天資不好，後天的努力也是枉然。但是中國偉大詩人李白，小時候也是頑皮至極，荒廢讀書。有一天他看見一名老婆婆在把鐵杵磨成繡花針，他頓時明白，只要有恆心，鐵杵亦能有天磨成繡花針。於是他努力讀書，成為了大詩人。允行，你明白嗎？你只是不為，並非不能。」與唐老師談話後，我開始發奮讀書，結果我的測驗成績一次比一次好。成績固然重要，但我在唐老師的話中讀懂的道理才是影響我一生。

記得有一次，我和兩個同學在自修室中溫習完功課。當時已是夜晚，我轉入小路，準備回家。突然見一個熟悉的身影在幫一名老奶奶收拾那些被拋棄的紙皮箱。我旁邊的一心驚訝地喊道：「唐老師！你怎麼在這裡啊？還撿那些東西，你被學校解僱了？」唐老師聽罷，不禁笑了出來。隨後，唐老師說：「剛才我看這位老奶奶一個人很辛苦地推這些紙皮箱，所以幫助她。」一心接著問：「可是，很髒啊！」唐老師回應：「在古老的中國社會裡，孔子已經主張君主要『仁政』，而社會的人都應備有『仁心』，即社會上下的人全都懂關愛別人，無分彼此，社會才會和諧安定啊！要是我們每個人都只著重自己的利益，冷漠無情地活在這世界上，那麼日前轟動全國的『小悅悅事件』不是會越來越多嗎？」我們若有所思地點點頭。唐老師說罷，便繼續幫助老奶奶。

我從唐老師身上得到了很多，明白學習歷史及中國語文不只要懂寫文字，更是要把箇中的道理理解，再實現出來。中國文化博大精深，沉迷於名利金錢中的都市人難以明白及實行。可我遇見了唐老師，他實行了他的仁心，對社會上其他人及對學生們的仁心；亦看到了他不問回報的付出，有教無類的教學精神。他實行了古代聖賢的可取之處，在他的身上，我體會到了中國文化可貴的一面。

在唐老師身上，我更瞭解了無論日後成就有多高，身家有多豐厚，也別忘了幫助有需要的人，別只沉醉於金錢名利的世界裡，被那些庸俗的金錢洗刷掉你身上的仁心。唐老師是我學習的榜樣。他永遠是我最敬愛的老師。

「孩子不是等待被填滿的瓶子，而是盼望化作燃燒的火焰。」
試就個人對這句話的體會，以「成長」為題，寫作一篇文章。

2012-13 6E 劉尔婷

那一天，我回家時已經很晚了，爸爸媽媽顯然是在那兒等了我很久。而我，甚麼都沒有解釋，示威似的重重地「砰」一聲關上房門。電視裡依然播放著新聞，爸媽卻不動聲色，彷彿在向我展示他們容忍的限度……進房後，淚水如同洪水般嘶哩嘩啦地湧出來，我全身無力地倒在床上失聲痛哭。也許是對父母，或是對自己的愧疚感。「為甚麼？我那曾經的夢想呢？我的鬥志呢？我那曾經一發不可收拾的自信呢？」我簡直歇斯底里地發瘋了，亦忘記那個「自我」……哭到累了無力了，我無意地看到了房間內那張只畫了一半的漫畫，一個失色神態的少女站在那遠離人潮的街旁，呆呆望著那幾個還沒畫完的微微勾勒的路口……此時，我愈發痛哭，彈跳起來，一股氣地將畫箱裡面的畫具全倒下來，霹靂叭啦地，它們亂七八糟地躺在地上。我用十足的勇氣把那一枝枝我一直無比珍視的畫筆折斷，我淚流滿面，心裡是那麼不捨……但我知道，我必須這麼無情！

四、五天過去了，我沒跟父母說過一句話。也許，我應該反省自己的叛逆，有甚麼不快應該跟父母用溝通解決，但他們的堅持一早已與我的信念背道而馳了。他們只知道，「女兒，你要堅持下去，這一條路，是父母幫你精心設計的，準不錯的，你就努力地走吧。」然而他們卻不知道，他們給予的愛太沉重了，我難以喘氣。我愛畫畫，但只愛畫他們認為難登大雅之堂的漫畫，而不是他們指定的油畫。這些日子，我簡直不想回家，怕見到他們那希望勸服我的眼神，我知道我需要靜一靜，單獨讓這個十八歲的我面對自己的心靈。我親自毀了畫具，不是因為恨，而是出乎愛！這一刻，我只想為向父母的束縛說不，放飛自己心中囚禁的夢想。我不想再做一個被填滿的瓶子。

從小到大，我似乎就只是那個會說「好」的乖乖女。對於父母無微不至的照顧和疼愛，最好的方法，彷彿就是順從他們灌輸要有努力向上的目標，因此當其他小朋友都在玩時，周末的我就要背古詩、練彈琴、跳芭蕾舞……直到上了中學的一天，被老師發現我在課堂上畫漫畫後，才發現我原來擁有一雙會畫畫的手，但媽媽說：「難道用一張漫畫來讓大學取錄你嗎？還是畫油畫吧！」我屈服了，可是日子一天一天過去，我發現我畫的油畫一天比一天失神，越來越沒勁兒，那鬥志還沒發芽，已經萎縮了……我已經苦苦地堅持了三年！

這一次的爆發是正值成長的我所需要的！我要肯定自我，而不是別人的牽線木偶，即使那牽線是用愛心做成的。我就是我！我的青春需要我來點燃它，用那僅有的微熱溫暖自己的心靈，更照亮自己腳下的路。爸爸媽媽，請原諒我的「叛逆」，但我真的不想成為那個被你們用營養品填滿的瓶子，真的不想滿了以後便失去意義，沉入大海，失去自我。原諒我，我只盼望化作燃燒的火焰，給自己的生命帶來無限的激情。

談父子牽驢故事的寓意

2014-2015 6E 邱鈺澤

「從前有對父子，他們牽著驢進城……父子二人聽後，呆坐在路上，不知該怎樣做。」奶奶在床邊捧著一本破舊的故事書給我講故事。「他們好蠢，為什麼要聽別人的話呢？」「對的，我們應該遵從自己的想法，做自己想做的事，寶貝孫兒，你長大打算幹嘛呢？」「我要走出沙漠，去沿海城市生活。」我底氣十足。帳外是漫天的風沙，黑漆漆的夜空懸著一輪皓月。

奶奶是知識分子，文革時期被迫來到了西北這荒涼的戈壁之上，習慣了這裡的生活。直到後來，她也沒有回去，別人說她傻，她只是說喜歡這裡的安靜。奶奶沒有跟別人一樣千里迢迢回去團聚，而是在這裡平靜生活、嫁人。小時候我以為是因為那裡沒有了牽掛的人，後來才懂得原來她只是覺得沒有必要人云亦云，而是跟著感覺過自己想要的生活。

奶奶告訴我想要去大城市，就要很努力的讀書，我天真地點頭。從那以後，奶奶成了「魔鬼」。她開始不知道從哪裡弄來幾本書，教我識字、算數，給我講「夸父追日」、「太史公著書」的故事，告訴我要勇於追求自己的理想，忠於內心。起初我津津樂道，但後來我實在受不了，每天都要認字背字，還要寫五十字的日記。那時，我五歲。

父母在我剛出生時就外出打工，於是我與奶奶相依為命。別人看她那麼嚴厲對待孫子，總是勸她別太過份，甚至表示懷疑，但她總是一意孤行，不在乎別人的看法。現在想來，成人是否總是要如此殘忍，頂著平靜的臉龐忍受來自四面八方尖銳的角和鋒利的劍。但奶奶沒有停下，仍舊一臉嚴肅督促我看書寫字，甚至連字體漂亮與否，她都錙銖必較。現在我才懂得，她並不是不愛我，是為了滿足我的願望而要求我，才用自己的方式教育我，不在乎他人的看法。

後來，我長大了。我對奶奶「意氣風發」地說出「我要去城市了」幾個字，清晰響亮。她沒有露出難色，也沒有笑容。只是沉默地幫我整理衣服。凹凸不平的鏡面裏，我看到她溝壑分明的臉，我發現在時光悄無聲息流走的時候，她的頭髮無數次地長了又短之後，終於斑白。我突然不敢動，怕眼裏漾出悲傷。

當卡車在遼闊無垠的大馬路上行駛時，鄰居的司機大叔不滿地說：「你奶奶把你養那麼大，你怎麼忍心……」一字一句刺進我胸腔，胸腔連著肺葉、心

室和心房，連呼吸都覺得痛。我心軟地回頭看了看奶奶：「要不，我不去了。」奶奶突然就笑了：「我可是還記得你的理想，你可是答應過我不管別人，只忠於自己，不斷前進的。你說你不會像牽著驢的父子一樣任人擺佈，你要做一個像但丁一樣走自己路的人的，我這個老不死的都記得，孫兒，你忘了嗎？」聽到「老不死的」四個字，我連忙轉過頭，抬頭看著窗外漫天黃沙，小心翼翼地不讓眼淚決堤。

在終點下車之後，我走在前面，奶奶跟在後面，突然我想緩解氣氛地說「我會回來看你的」，回頭的一瞬間，世界都靜止了。奶奶站在分不清天與地的中間，夕陽在她的身後落下，紅了的雙眼格外刺眼，一滴淚敲進黃土，滲入大地。她帶著幾乎是嘶叫的聲音說：「以後的路要自己走，不要在乎別人的眼光與看法，忠於自己，你做事，我放心。」在漫天一粒粒沙子的撞擊聲裏，在白楊搖擺的樹葉聲中，在千萬種分清或不清的聲響裏，奶奶的話一字字清晰地撲向我的耳朵，然後繞過白楊，升至天際，消失在白雲的身後。我點了點頭，轉身一句不說地走了，我害怕一說話，就讓奶奶看到我被淚水浸濕得一塌糊塗的臉。

後來，我後悔自己沒有轉身給她一個擁抱，一個最後的擁抱。在她的葬禮上，我堅持海葬，不顧他人的反對，我想奶奶一定會支持我的，因為那是她的心願，她不會鸚鵡學舌人云亦云，只要她想，從來不在乎別人怎麼看，只忠於自己的內心。

從那以後，我一直奔波城市的各角落裏，雖然霓虹燈美麗，但我卻丟掉了剛踏進這座城市的滿腔豪情。漸漸的，我在這石頭森林之中，蠅營狗苟。奶奶的話似乎已經恍如隔世之語，連回想起來都是怎麼散也散不去的霧。

直到有一天夜幕降臨，我提著公文包走過一家童裝店。一個小女孩問奶奶：「奶奶這件衣服好看嗎？」奶奶笑著說：「孫女喜歡的，誰敢說不好看？」我突然覺得這位奶奶的臉曾經也出現在我的記憶深處，在褪去的啞光色的時光裏，有一位老人給我講「父子牽驢進城」的故事，她告訴我人生需要靠自己的決定去經營，無論別人的看法如何，跟從自己的內心——這是她傾盡半生所教會我的事。

夜空裏的月亮一臉的陰晴圓缺，卻不懂人世的孤寂。

有朋自遠方來

2014-2015 6E 陳琳婷

我一直都保持微笑，望着好友們的背影漸漸消失在車站中，心裏不禁有一種莫名的傷感。我努力不讓眼淚流出來。當我目送着最後一位朋友上車，才真正意識到他們真的要與我分別了，只盼望這次的分別是暫時性的。

至今我的腦海裏依舊浮現着那一天的相聚，是如此的真實，多麼的親切。

一個星期前，他們來電說要前來探望我，這消息讓我樂透半天，整個星期都在忙着準備迎接這一天的到來。我常常情不自禁地把這事告訴我的親人和同學，他們也會替我高興。

離相約的日子不遠了，天氣卻變得反覆無常，我也開始坐立不安了，只求那天晴空萬里。畢竟三年沒見老朋友，心情難免有些着急。於是我便開始在窗前掛上晴天娃娃，祈求那天有好天氣。

終於到了相約的日子，我前一晚興奮得無法入睡，心緒早就飄到他們那兒了。

我一早便起床，然後在車站上找了一個最顯眼的位置等待着，不知他們能否認得我的模樣？這疑惑，在我們見到面後便徹底解除了。

他們不負我所望，準時到達，只是當天矮小瘦弱的身軀長高了不少，而我卻一點兒也沒長高。想當年我比他們高大，還常常沾沾自喜，總是嘲笑他們。但現在已今非昔比了，我倒要抬高頭才能與他們交談。

「你矮了！」其中一位朋友一開口就是這句話，其他人則在附和。當時我真的感到無地自容，早知當初不嘲笑他們就好了。

我們一見面並不是禮貌的問候，而是一路打打鬧鬧地你推我撞。在摩肩接踵的大街上，倒是打擾了不少行人。雖然「抱歉」二字不知道說了多少遍，但我們也難掩興奮的心情，就這樣一路走到附近一家茶館聊天去了。

聊了好一會兒才得知，大家都過得不錯，聽了他們這麼說，我的心就安了下來。當然他們知道我也過得挺好的時候，也十分放心，只是他們開口總是說

從來沒為我擔心過。這種口不對心的話語，聽起來總是特別窩心。想到這裏，我的心便不由得泛起陣陣暖意。

不知不覺間，我們已經聊了幾個小時，茶都喝光了，也不太不好意思一直佔着茶座，於是便一行人步出了茶館。出到門外，天空一片湛藍，看來是我掛上的晴天娃娃起了作用。

我應他們的要求，帶他們走了不少地方，腿都痠了，但每當我看見他們的笑容，所有疲倦也一掃而空。

「我就知道你腿短，還是帶我們回去休息吧！」雖然語氣帶有諷刺成份，但我聽得出他們是在關心我，我也不再計較這麼多了，就勉為其難帶他們回去參觀我的寒舍吧！

我們五人在外吃過晚飯後就動身了，因為剛巧父母外出公幹，我們聊得快樂不知時日過，到了凌晨五點多，我們才瞇上眼睛打會兒盹。或許有朋友在，我很快就入睡了，夢到了我們下一次的相聚……

今天我們要離別了，我堅持要陪他們到車站。這次逗留在車站，我們並沒有說太多話，只怕眼淚流了，停不下來。

我與他們擁抱，揮手道別，他們一個一個的背着我，幾次的回頭，盡在不言中。我一直笑着，目送他們步入車廂。望着漸遠的車廂，我的眼眶濕了，但願快樂的時光可以凝住。

每當想起那次的聚會，無數珍貴的回憶便像湧泉般，灌滿我整個腦袋。這時候，電話響起來了，是他們打來的。我沉思道：「有朋自遠方來，不亦樂乎？」

人間有情

2014-2015 6E 鄭智祥

二零零八年五月，那時的我還是一個小學生。當我還沉浸在美好的校園生活和父母的貼心呵護中，一場災難降臨人間……

五月十二日，四川省汶川市發生了八點九級大地震。這次突如其來的災難震驚全國。電視上輪番播放的一幕幕畫面令人不時發抖，受災地區瞬間被夷為平地，生命變得脆弱不堪。

即使當年的我還是不知天高地厚的「小屁孩」，也被眼前的景象給震住了。接下來的幾天，新聞的焦點都聚集在地震上，因此也讓我們更了解災後救援的情況。

救援人員來自五湖四海，有從全國各地調遣過來的解放軍，醫療人員，也有自發性前往災區的藝人、市民大眾，甚至還有千里迢迢趕來的外國救援隊。看到他們不顧一切，全力救援的精神，讓我們感受到一縷縷暖流。

讓我印象最深刻的報導是這樣的。

解放軍救援人員在一處已倒塌的建築物碎石堆中尋找生還者。他們一邊搬開碎塊，一邊用手中的生命探測儀來探測是否有生命跡象。結果，士兵們只發現了一具女屍。當士兵們紛紛歎息，正要離開時，一個士兵好像覺察到了些什麼。他回到碎石堆中，撥開了女屍周圍的石塊，然後抬走女屍。原來女屍下方有一個孩子，而且還有呼吸！士兵們紛紛把孩子救了出來。被救出的孩子還有意識！當士兵把孩子抱起來時，孩子向碎石堆喊了一聲「爸爸！」士兵們大驚，難道還有人被埋？又跑回去搜索。不出所料，還有一個人被埋了。哎，只可惜……

原來，在最下面的男人是孩子的父親，而那個婦女是孩子的母親。父親在最下面拱著背，讓母親站在上面。母親則抱著孩子……

當時參與救援的士兵流淚了，我，也流淚了。我相信，只要看到這則報導的人都會流下眼淚。比這突如其來的災難更震撼人心的，是父母對孩子偉大的愛。

來自世界各地的物質源源不絕地運到災區，籌集到的愛心捐款也越來越多，救援工作依然馬不停蹄地進行著。

災難無情，人間有情。一方有難，八方支援。全國人民能在第一時間盡自己的一分力，捐款、捐物，甚至親力親為；世界各地的人民不分國界，見義勇為；還有在災難中勇於犧牲的老師、市民、父母和不分晝夜在前線救援的解放軍們。我為這份情義感到驕傲！

閱讀報告一等一個人咖啡

2014-2015 5E 俞高林

內容：

小說主人公李思螢因上小學時上課小便失禁而被人恥笑而自卑。在她上了高三後，在等一個人咖啡店打工，開始了自己追求愛情和友情的道路。

書評：

人生真是充滿着不可思議和曲折的。原來真正對自己好的人是多年前保護過自己的。聽自己傾訴對另一個愛慕的人。

李思螢真的是一個令許多人都羨慕的女孩（至少我是這麼認為的）。即使多年前阿拓對她的保護只是出於一種純粹的正義感。但在數年後卻在自己也喜歡李思螢的同時，聽她不斷地傾訴對另一個男孩的愛戀，鼓勵她勇敢追求那個男生。並且時時帶她去看不同「江湖浪人」的搞怪表演，只為了讓她快樂、開心。試問，這樣細膩的一份感情有哪個女孩不向往？有哪個女孩不羨慕？有哪個女孩不渴望？只為那最為單純、最為珍貴的「願你幸福」，再遲鈍的心也會為之動容。

可是，在這個時候，阿拓竟要遠行去非洲，而且沒有和李思螢告別就悄悄地離開了。那時，我真的很緊張，害怕他們就此錯過了彼此，還認不清到底誰才應該是自己苦苦等待的那個人。幸好，李思螢後來終於知道自己小學時的糗事不再被人恥笑的原因，是因為阿拓幫她狠狠地教訓了那個散播者，她哭了，哭得很傷心。而她和阿拓才有了一條綿延到天際的愛情之路。

不得不說，作者用十分簡潔的語言去描繪了一場曲折的愛情故事，簡練卻不簡單地向讀者細緻地描繪出一幅幅動人的場景。同時亦喚醒了我對愛的新的認識——愛，默默守護着也會幸福，也會苦盡甘來。

「等一個人咖啡店」是牽引他們愛情的紅線，若沒有這家咖啡店，恐怕也不會有日後幸福的日子。

而我閱讀這本書最大的感悟莫過於：有時你苦苦暗戀的人未必會是你的良人；而陪伴在你身邊的，逗你開心的，許久不曾離開的那個人，別等到事過境遷的才發現原來他（她）才是自己要等的人。真正愛你的，不一定是最早住進你心裡的那個人，而一定會是一直陪伴着你，看到你幸福他會衷心祝福的人。

當然，這些都是小說裡美好的想像，現實中也許你終其一生也不知道那個兒時幫助過你的人是誰；也不一定看得清真正要等待的是誰或真正愛你的是誰。我們不能把人生的賭注押在愛情上，畢竟精彩的人生還有親情，友情等來充實這短暫的一生。愛情不是唯一，也沒有贏家輸者，所有的一切要自己勇敢去追求。而在這匆匆的青蔥時光裡，放手去做自己想做的事，去追尋自己曾丟棄的東西，何嘗不是對愛的另一種詮釋呢！

閱讀報告一 傲慢與偏見

2014-2015 5E 冼海欣

內容：

《傲慢與偏見》是一部愛情小說，更是一部世態小說。作者生動地描述十八世紀末到十九世紀初處於保守和閉塞狀態之下的英國鄉鎮生活和人情世態，反映出當時社會上愛情、金錢、地位的重要性。

書評：

《傲慢與偏見》這本書主要是通過班內特一家幾個女兒的愛情描寫，反映了幾種不同的愛情觀念。在愛情中，究竟是應該把美貌、金錢、地位還是愛情本身放在第一位呢？作者並沒有直接地闡述自己的觀點，而是通過人物的感情去敘述，讓讀者自己去琢磨、體會。

這本書的創作時間已經離我們很久，但是人物的性格特點卻像一面鏡子一樣，寫實地反映各個時代，各個社會。當愛情終於戰勝傲慢和偏見的那一刻，令人感動，但人物之間的悲歡離合中透露出來的人性，卻更能引人深思。文中的班內特太太是一個毫無禮節與美德可言的人，她根本不重視對女兒的教育，只希望她們能攀附權貴，從而達到自己的目的。達西先生雖然是一個富有的人，但是他卻用傲慢與偏見的態度看待別人，毋庸置疑，他並沒有得到預期中的結果。他重新審視自己和改善自己，最終則抱得美人歸。而全文最值得我學習的，我認為是伊麗莎白，她十分自信。當她發現達西的傲慢行為時，即使知道達西是一個年薪上萬英鎊、地位甚高的少爺，她也絕不因此而強迫自己去巴結他。之後知道自己對達西有所誤會，就承認自己的錯誤，也不委曲求全。我認為這是難能可貴的。也正由於這種優良的品質，才能使我們在面對其他問題時有獨立的主見。

讀完這本書，我明白，我們無論在追求什麼，都一定要堅定自己的信念，不要因為金錢、名利或其他原因而草率決定，也不要被這些因素而蒙蔽。

The food paradise - Hong Kong!

2014-2015 1D Wong Cho Kwan

In Hong Kong, there are many kinds of food. It attracts visitors from all over the world to come to Hong Kong. Why are the visitors attracted to eat Hong Kong snacks? Why do people call Hong Kong a food paradise?

First, we are going to talk about dim sum. Where can we find dim sum? In restaurants, there are many kinds of dim sum, for example, steamed beef balls, turnip cakes or shrimp dumplings etc. Although all food is very yummy, I like turnip cakes the best. It's because we eat turnip cakes during Chinese New Year. It is a very special and meaningful food.

Then, we are going to talk about local snacks. Many people like them but if you eat too much of them it will be unhealthy for us. If you want to eat delicious snacks, you can eat curry fish balls, stinky tofu or wife cakes because they are very yummy. I like curry fish balls because I like spicy food and the snack is cheap so we can afford it. You can buy it in our school tuck shop.

After that, we will talk about desserts. Desserts are usually eaten after we finished our lunch. It is sweet so it is suitable for children because children like sweet food. Desserts are tasty but eating too much of them makes you fat so we should eat less. Also, my favourite dessert is cheese cake because I usually eat cheese cakes during tea time and I feel relaxed.

Finally, I know why Hong Kong is known as a gourmet paradise. I like Hong Kong food very much. I hope people from other countries can taste Hong Kong snacks. I will recommend them to my friends in other countries because they taste great.

A bicycle accident

2013-2014 3E Wong Wai Tai

In last summer holiday, I had a nightmare. I went cycling with my friend in Tai Po. I was very excited. When we arrived at Tai Po, we rented bicycles at a bicycle shop. The rental charge was so expensive. It took us a long time to travel from Tai Po to Shatin. It was 18.5 km apart! However, it was an enjoyable and comfortable trip. So I kept riding and riding. Many people were walking along the cycling track.

When I tried hard to avoid hitting people and animals, I broke my leg accidentally! But, Sadly, none of the passers-by stopped to help me! I was so disappointed about the indifference of Hong Kong people!

Just when I started to feel helpless, fortunately, one of them helped me to call the police. It was a child. I am surprised that a child was even more warm-hearted than an adult! I know that many people were busy. How cruel they were to leave me lying there, and pretend not seeing me injured? When I was a kid, I helped many people. Do people understand the importance of showing care to others?

They make me angry. I really don't want to see how indifferent Hong Kongers are!

My interesting ways to learn English

2013-2014 3E Chan Yu Chu

Learning English is very important because it is an international language. Our parents always hope we can be good at English to make ourselves impressive and have much confidence in interacting with foreigners. They always compel us to study English hard and sign up for many cram schools to improve our English. However, many of us consider it is boring and troublesome. What's more, it wastes us so much time, the time we can play with friends is reduced. As a result, we hate English and don't want to be a good friend with English.

I love English but I always have to go to cram school with obvious reluctance. I like studying English at home. I can sleep on the floor, listen to English broadcast and eat my favourite snacks. I can stay in balcony, reading English loud to the blue sky that it always replies me kindly with a little soft wind. I can hide in my wardrobe, speaking English with my beautiful clothes and always imagine they are dynamic. I can jot down everything in my notebook when I am not sleepy in my bed.

My mum always thinks I am crazy but she never impedes and bothers me doing some stupid things like these. Eventually, she has given up asking me to go to cram school and agreed to allocate more spare time to me, so I have enough time to do something I like. Gradually, my English becomes better and better.

We have so many interesting ways to improve English like reading more newspaper and speaking more English with other people. Remember learning English is difficult, but you can find some interesting ways to improve English. Hope you would think my suggestions useful.

A two-day Macau Tour

2013-2014 3A Lee Ka Wai

Last week, I went on a trip to Macau with my family. We stayed there for two days, we had a wonderful time there.

On the first day, we went to the Museum of Macau. While we were there, we could see many statues, many historical and cultural things about Macau. We also visited A-Ma Cultural Village. We witnessed the wonderful tall statue of A-Ma. And, of course, we saw so many other interesting things there. I felt appreciated as I can learn more about the history and culture of Macau.

On the second day, we went shopping. We bought so many souvenirs in different stores, like Choi Heong Yuen, Koi Kee etc. We shopped much Macanese famous food there, e.g. peanut sweets, pork chop buns, egg tarts. And we also bought some handbags in a famous brand shop. We also went to Hac Sa Beach. We were swimming, taking many photos and playing with the black sand there. I felt excited because I could experience a very special beach.

I loved the food in Macau! We had some almond cookies, Portuguese egg tarts and chicken stew. My favourite of all was Portuguese chicken stew because it tasted good. During the trip, we also visited the Ruins of St Paul's and went bungee jumping. It was nice to experience them in Macau.

It was a fun trip. I think this trip left an impression in my mind. It was the most wonderful trip I ever had!

What happened when overseas students visited our school this year!

2013-2014 3E Chow Pui Kwan

When overseas students visited our school this year, our students welcomed them at the airport. They were very nice. When we were about to leave the airport, some students had to run for the bus since most students were already in the bus. I thought that they should be more aware about punctuality.

I remembered that something else happened when they were swimming at the beach. There was a shark. It was extremely dangerous and students were so scared that they shouted at it. Although it was dangerous, they thought it was very exciting.

Later on, they went on a trip. They travelled to the Peak by bus. The overseas students were surprised that the view of Hong Kong was so spectacular. After that, they liked dim sum, our lunch, very much. It is a specialty of Hong Kong. They ate lots of dim sum in the Chinese restaurant!

I can't forget the day that they visited our school. They also had a lesson with us. It was so funny. They wanted to learn more Chinese.

Finally, they left to go back to their own country, our students said goodbye to them unwillingly. I hope they will visit us again. This trip was excellent and our students can benefit a lot from communicating with them in English.

A two-day local tour in Hong Kong

2013-2014 3E Chung Yuen Wai

Last weekend, I joined a two-day local tour in Hong Kong with my family. It was so exciting! Let me tell you all the things about the trip now.

On the first day, we travelled to Lantau Island and took a ride on Ngong Ping 360. It was very interesting when we were in the cable car! Then, we went to Tai O to buy some salty fish. I thought the smell of salty fish was terrible but my mother said that she wanted to eat. So, I bought salty fish with my mother unhappily.

Next, we went to the Avenue of Stars, which is located in Tsim Sha Tsui. I saw a lot of people who came from America, Japan and Korea. I also took some photos with the statues in the Avenue of Stars. I thought the statues were very realistic.

On the second day, we went to Mai Po Wetland to watch the precious birds. There were lots of birds with different kinds and colours. I thought the birds were very beautiful.

Of course, we didn't miss Ocean Park, one of the most famous theme parks in the world. We saw a lot of fish, sharks and jellyfish. We also saw the pandas there, they were very cute!

On the second day, we enjoyed a wonderful night view at the Peak. The view was so stunning that I have never seen, so I took a photo there.

Lastly, we saw the laser show in Victoria Harbour. It was very beautiful. I think the trip was interesting and exciting. I cannot wait to join another local tour in Hong Kong next time!

A band show

2014-2015 6D Kwok Ho Leung

Last week's performance at Uploud Festival was a blast! We, the Metrosexual Nigerians, had a sold out performance at Victoria Park! That is sure to help out with the funding of the band since Nancy is always nagging us about making some money for the band.

The venue was more than anything we could help for a concert in the open air, the sound of the lead and rhythm guitars rattling, young boys and girls screaming..... It did feel like making quite a lot of noise for our debut performance, but it's just right up my alley. I was so thrilled to clear my throat in front of nine thousand audience.

To kick start the show, I warmed my lungs up with our staple song "Oh, really? Why?". It really heated up the crowd. They did not stop jumping and screaming. They marched at our every beat, every change in pace and tempo. Dick, our lead guitarist, had a major performance and left our fans with their mouths agape. We wrapped up the show after three more songs.

And for Loudspeaker Sam, I, surely spared no expense and went all out on my screaming and singing. For our bass guitarist, Atheist Danny, he had a solid performance that everyone could be happy with. As for the drummer? Forget him, he's so lame. Who cares if you can whack two sticks on a drum set?

We really should have rented some Marshall amplifiers rather than settling for some copycat brands though, I couldn't stand the feedback noise. It really ruined my mood. Also, I just felt like I had advanced octave. Maybe I will hit the notes next time and not fail like I did then.

Anyway, this was a great performance and I'm glad that the drummer didn't mess up! Look forward to hearing from us in the future!

Janet's Self-Introduction

2014-2015 1D Chan Man Hei

My name is Janet. I am 12 years old. I live in Yuen Long. I have a mother, a father and an elder brother. My eyes and nose are big and I have long black straight hair. I usually put my hair in a ponytail.

My hobby is drawing. I like drawing because it makes me happy. I draw at home every day. I practise drawing because I would like to take part in competitions with my mum. I usually draw flowers. I love dogs very much. I have a dog. Her name is Mimi. She usually plays with me and my family. She is very cute and she has a lot of energy. She always runs in the house.

I love eating sweets very much. I know eating too much sweet food is not good because it is not healthy for me.

I love cooking because cooking makes me happy. When my family says my food is yummy, I feel very proud of myself. I love cooking noodles, making jelly and chocolate. I always share my cooked food with my family and friends. They love it very much!

Help Save the Earth

2014-2015 2C Chin Ho Yin

Hong Kong's environmental problems have become more and more serious. I would like to give my opinions on how people in Hong Kong can change their habits to save the environment.

First, Hong Kong people have got a bad habit. They like using disposable items like aluminium cans, glass bottles, plastic bottles, plastic bags and polystyrene lunch boxes. I think this is very bad. So, I suggest Hong Kong people can reduce waste. We can bring our own lunch boxes and use our own chopsticks and spoons. It can help reduce the use of disposable items.

Second, Hong Kong people waste too much electricity and water. For example, they usually forget to turn off the lights when they go out of the room. Some people even do not turn off the tap when they brush their teeth. I think this is not a good habit. We should turn off all the electrical items when they are not in use. Saving water is also very important, so we should try to use less water.

Third, Hong Kong people throw away a lot of rubbish. The rubbish will go to the landfills. Hong Kong's landfills are almost full. When the landfills have no room, it is very dangerous. So I suggest we should practice the 3R to deal with the rubbish. We should recycle plastic bottles, glass bottles and batteries. When we go shopping, think carefully what we really need. This can help us reduce waste. Before we throw things away, think about how we can reuse them. We can always reuse paper, bags, old clothes, etc.

Finally, I think Hong Kong government should promote the practice of the 3R: recycle, reduce and reuse. With the effort of the government and Hong Kong people, we can live in a nice and comfortable environment.

Teenage fashion trends in Hong Kong

2014-2015 2C Sin Shing Hang

Teenagers in Hong Kong are interested in fashion because they think it is fun and interesting. The designs are usually innovative and special. Jeans are popular and cool. Skirts are beautiful and lovely. Trainers are trendy and stylish.

There are several big fashion trends in Hong Kong at the moment. Jeans remains as one of the most popular clothes. A lot of people buy and wear jeans because jeans companies hire pop stars in advertisements. Jeans are popular because they are durable and cool. But it is too hot to wear jeans in summer.

Trainers are one of the most popular shoes. A lot of sports-loving people buy and wear trainers. Trainers seems a part of our everyday life. Some people like doing exercise in the morning because more and more people take health problems seriously. So trainers are popular in both summer and winter.

Skirts are also one of the most popular clothes. A lot of girls buy and wear skirts because all girls want to look beautiful. Moreover, they think wearing skirts is elegant and gentle. Apart from that, they wear skirts when they attend big events. Skirts are suitable for big events like Christmas parties and birthday parties. Skirts will continue to be popular among girls.

In conclusion, young people like catching up with the fashion trend. So, most kinds of clothes or shoes that they wear are popular.

The amazing magic show

2013-2014 3E Yu Chun Ho

What show could be that mysterious? That was the amazing magic show.

Last week, I went to see an amazing magic show with my family in Yuen Long Theatre. We went there by Light Rail. The show started at 1 o'clock in the afternoon. Each ticket cost 150 dollars. The performer was a famous magician from Hong Kong - Andy Lau.

When we got in the hall, there was darkness around and full of mysterious atmosphere. When the show started, Andy Lau appeared in the smoke and greeted the audience. He took out a stick and turned it into a coin. I was surprised that the stick could turn into the size of a coin. One of the tricks I liked most was when Andy Lau told his helper to stay in a box, and he cut the box into very small pieces. However, no blood could be found there! Then, he covered the pieces with a cloth. Suddenly, his helper stood up with the cloth that he was covered with. I was shocked about that trick, just like bringing back someone's life from death.

I highly recommend this show because this magic show is amazing and mysterious. It is definitely a good show that you can't miss!

All vegetarian menu at school for us, pros or cons?

2013-2014 6E Lee Sze Ting

Schools provide us with lots of different food in the lunch menu. There is something you may like, and something you may dislike. Schools are hoping to give us a wonderful and unforgettable school life. Someone suggests schools should have all vegetarian menus as it will bring us advantages.

Having vegetarian menus at school, we can take care of the vegetarians: provide them with the chance to choose from their favorite menus. Since there aren't many vegetarians in Hong Kong, restaurants and schools seldom provide vegetarian menus for them. They have real difficulties getting a decent meal - especially at schools, where everything seems to have meat in it. Teenagers are growing up. They need more energy. We should take care of schoolmates who are vegetarians.

Also, it's healthier for students and kinder to animals since eating more vegetables is beneficial to our health. It's better for the environment as well. It would occupy less farmland, so fewer natural habitats would be damaged. Fewer farmed animals would also mean the emission of greenhouse gasses like carbon dioxide would be decreased.

However, it will be unfair for most of the students who aren't vegetarian. If schools provide all vegetarian menu, it will damage the freedom of choices. It can't give us a balanced eating habit at school. Therefore, changing to an all vegetarian menu is not a wise act. Both of advantages and disadvantages are affecting our schoolmates' rights and benefits.

The Call of the Wild

2013-2014 2E Chow Wing Tung

Dear Father and Mother,

I hope you are in good health. I have moved to Northland. The weather is cold and it is always snowing up here. You would be glad to know that I have a new dog called Buck to keep me company. He is from Southland.

It is by quite an accident that I found Buck last winter. He was hurt and limping. So I took him in and nursed him until he got better. Not long after his treatment, he became strong and healthy. He is very handsome and has a nice furry coat. He regards me as his new master. He has also become friends with Skeet and Nig, my other dogs. They like chasing each other around the garden.

I am very fond of Buck. He is very loyal and brave. Let me tell you what he did. Few days ago, Hans, Pete and I decided to row down the river. I climbed into the boat first. Hans and Pete were still on the river bank holding the boat with the rope. The currents were very strong that day. Suddenly, the boat over turned and I fell into the river. At that moment, Buck jumped in the water and swam to save me. I held onto his tail as we tried to swim back to the river bank. The strong currents were making it difficult to stay above water. For a while we disappeared under the water. Fortunately, we both survived the accident. Sadly, Buck got three broken bones. I am nursing him again but I am grateful to have such a loyal friend.

Love,

John

Book: The Call of the Wild
Author: Jack London
Publisher: Black Cat Publishing
Level 4

Davy Crockett

2013-2014 2E Fung King Lung Wilson

Book: Davy Crockett

Author: Gina D.B.Clemen

Publisher: Black Cat Publishing

Level 1



Former Congressman David Crockett was killed in the fort of Alamo in a battle with the Mexican army on the morning of March 6. He was 49.

David Crockett, Jim Bowie, Colonel Travis and a few men were the last survivors defending the fort of Alamo on the fateful day. This deadly war of independence of Texas against the Mexican General Santa Anna and his army has been raging since February 24, 1835.

David Crockett was born on August 17, 1786 in Tennessee, Greenville. He was the fifth of the nine children, as such almost never had any formal education. He joined the second mission of Tennessee mounted volunteer in 1813. However, he only served 90 days with the mission. During his service he took part in the war against the Creek Indians and became famous for his larger-than-life exploits.

Crockett began his political career in his hometown in East Tennessee after retirement. At first, he worked at the city Hall when he was elected to the State legislature. Local corruption was eliminated during his tenure.

In 1825, he was elected to represent Tennessee in the U.S. House of Representatives and thus entered the United States Congress. He strongly opposed the policies of President Andrew Jackson. They had a difference of opinion and argued against a bill aimed at impeaching the President and later squabbled on a bill aimed at expelling the Indians. President Jackson was unsympathetic towards the Indians and strongly pushed for the bill to pass. But David Crockett had experienced the Indian war and wished to live peacefully with the Indians. The new bills were supported by most of the white settlers. This caused Crockett to lose his house seat in 1831 elections. He recaptured the house seat in 1833.

In the year 1834, Davy published a book of his memoirs. He spent an inordinate amount of time in compiling the book; as a result, he lost the elections once again. After the debacle, he decided to go to Texas to support and participate in the Texas Revolution against the Mexican dictator General Santa Anna.

In 1836, Davy Crockett and 65 other people joined the independent government of Texas. Crockett led a team of 12 people and went to San Antonio Alamo to reinforce the defenders. The attack on Alamo complex started on 23 February. Davy Crockett was responsible for the defense of the front of the Church fence. The 250 odd defenders stood very little chance against the strong Mexican army of 1300 soldiers. Survivors who witnessed the fierce Battle of Alamo tell tales of David Crockett's heroism and courage as he fought with only his bowie knife.

"Always be sure you're right then go ahead" was the motto Davy Crockett lived by. This cardinal rule has become well known to the Texans. Unfortunately, we can never hear this again from the mouth of our hero Davy Crockett.

Gulliver's Travel

2013-2014 2E Jim Man Yan

Lemuel Gulliver:

Gulliver is the protagonist of the story. He is intelligent, adventurous and courageous. He is shipwrecked and captured. He is attacked by giant rats in land of the Giants. He travels through different lands. But he doesn't lose hope and stands firm in the face of his problems.

The Emperor of Lilliput:

He is one of the mean characters in the story. After reading about how Gulliver is treated in Lilliput, I think the Emperor is an egocentric person. Although Gulliver is Emperor's friend, the emperor refuses to grant him his freedom. He would not stand by his friend because he is afraid Gulliver would undermine his authority in Lilliput.

Connections I made...

I am quite unlike Gulliver because he is so brave. He can face and solve problems even in strange places like Lilliput and Brobdingnag. But when I get into trouble, I just find my family or friends for help.

If I were the Emperor of Lilliput, I would grant Gulliver his freedom sooner. I would pay him my best regards as he not only helped me win the War of Eggs but he was also a good friend.

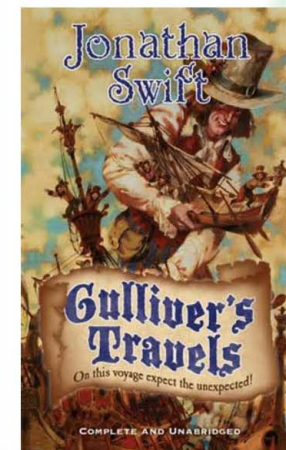
If I can learn from a character in this story, I would learn to be kind-hearted, gentle and caring like farmer's wife. She is so affectionate to everyone she meets.

Farmer's Wife:

When Gulliver reaches the shores of Brobdingnag, the land of the giants, he is taken in by a kind farmer and his wife. The wife takes care that Gulliver is not hurt by her giant children or pets. Once Gulliver is attacked by two giant rats. He succeeds in killing one of the rat and the other runs away. The wife is very happy to know that he is not harmed.

Five things I like about this book:

1. It is exciting to read about the adventures in this book.
2. I like this book because the story keeps the reader interested till the end.
3. This book is good fit with my reading level. I think everybody can read it.
4. I could learn new vocabulary and correct my grammar after reading this book.
5. I like the story because it's so inspiring.



Book: Gulliver's Travels

Author: Jonathan Swift

Publisher: Black Cat Publishing

LEVEL4

Summary

This is a story about a young man named Lemuel Gulliver. Gulliver's ship is lost at sea right at the beginning of the story. He finds himself shipwrecked at the mercy of turbulent seas. He swims for hours to save himself and arrives at an island. This unique island is called Lilliput. Weary after an arduous swim, he is shocked to find himself taken as a prisoner by the tiny inhabitants of the island, when he wakes up! And so his adventures begin on this island. He courageously helps the people of Lilliput to win the War of Eggs against another kingdom of Blefuscu. One evening, a deadly fire erupts in Lilliput. People try to extinguish the flames with buckets of water but in vain. Gulliver urinates over the palace to stop it burning to ashes even though urinating on the palace grounds was a crime punished by death. He is worried about it but soon he finds his fate reversed from a prisoner to that of Emperor's buddy. The Emperor orders the court to pardon him for his crimes as he had solved a serious problem in Lilliput.

After that, Gulliver's travels take him to another place called Brobdingnag. This kingdom is ruled by Giants. He meets a farmer and his kind family who take him up as their own. He becomes famous in this land of giants too, as people are amazed to see his tiny size and musical talents. With help of the farmer he becomes a performer to help him make some extra money. Together they perform for the Queen. The Queen loves it so much that wants them to stay with her.

In the end, Gulliver doesn't take her up on her offer but travels yet again to another island called Laputa. The people here are skillful at music and mathematics. Since, nobody's interested in knowing about Gulliver, he wants to leave this place and longs to go back home to England.

Suicide Bombers

2013-2014 6E Lee Nga Sze

Introduction

The non-fiction book I have read is titled Suicide Bombers. It was written by Robert Greenberger in 2007. The total number of pages is 64. I found it quite difficult to finish the book.

Summary

The book is about an overview of suicide attacks, covering those in twentieth century, the recent dramatic increase in its use by Islamic extremists, and the techniques used by terrorist organizations to recruit and train suicide bombers.

Facts in the text

There are two important facts I want to share.

First, since 2003 suicide bombings in Iraq have killed thousands of people, mostly Iraqi civilians, and are considered to constitute a new phenomenon in the history of warfare.

Second, suicide bombings in Israel are always concurrent, such as in 2009. A suicide bomber blew himself up on a bus packed with ultra-orthodox Jews killing at least 18 people, including at least five children, and wounding about 100 in one of the deadliest bombings in the past three years of fighting.

Opinions in the text

First, suicide bombings are the leading cause of death from terrorism in Israel. Counterterror tactics, such as the targeted killings or preemptive arrests of terror leaders or suspects, are meant to prevent such attacks.

Second, as a function of prevention tactics over time, governments should estimate the number of families which suffer a lot from the warfare since members from those families are more willing to become a suicide bomber to take revenge.

My comments

What I want to say about the issue is suicide bombing. It is very common in other countries. Governments must do more to protect local people. When I read this book, I experience a deep feeling of sorrow because many people are innocent. I hope 'suicide bombing' will not occur anymore.

I think this book is educational so I would recommend it to my friends.

Suggestions on three activities for a school trip to Australia

2014-2015 3A Briones Ely Rose Ching

Dear Miss Yau,

Last Friday, you asked me to choose three activities for the class to have a trip to Australia. In fact, I would like to learn more about nature and animals. Students can benefit from all sorts of activities especially meeting famous Australian animals e.g. kangaroos, koalas.

Well, the first activity will be meeting famous Australian animals because they are very unique and they can't be found in Hong Kong, like ostriches. You can only see them in Australia. Through this activity students can learn to protect the endangered species and even appreciate the beauty of the nature. It is quite a special experience in Australia because it's difficult to have a place with real nature in Hong Kong.

The second activity will be learning English. English is always important. However, it is also a very difficult task to achieve. Students can learn conversational and daily English while staying in Australia as Australia gives a chance for students to learn English in an authentic environment.

The third activity will be climbing the bridge. In Hong Kong, there are bridges, but you can't go up there. In Australia you can relax yourself by enjoying the fabulous view and even going sky diving. It is rare to do something like this in Hong Kong. If you are afraid of sky diving, you can enjoy wonderful views and admire great architecture instead.

I think the most important thing is to learn English in Australia. Practising English in an authentic environment is the main reason for us to choose to visit Australia. When you can speak English fluently, you can go wherever you like.

Best wishes,

Jackie

An email to Uncle

2014-2015 4C Cho Kit Chung

Dear uncle,

How are you? I'm doing very well in Hong Kong. I'm happy to hear that you are visiting Hong Kong. I know you want to visit some famous places in Hong Kong. I will give you some good suggestions.

As you are visiting Hong Kong for 3 days, I have prepared an interesting itinerary for you and your family. Here are the details.

On the first day, you and your family can go to the Peak to watch the beautiful view of Hong Kong. You can appreciate the spectacular landscape of Hong Kong.

Then, you can also go to have some wonderful dim sum in Maxim's Chinese restaurant. You can also try the fried rice there. It tastes delicious.

On the second day, you and your family can go to Ocean Park to watch dolphins and pandas. There are many exciting rides in Ocean Park for you and the children to play. It is one of the best theme parks in the world. After going to Ocean Park, I suggest you have seafood dinner in Jumbo floating restaurant in Aberdeen. The Jumbo floating restaurant is famous for its tasty seafood. Everybody said the floating restaurant has great views too.

On the third day, you can go to Lantau Peak and enjoy the sunset. You will be able to watch the view from the top of the mountain. Hong Kong is famous for its beautiful view. This is how it's named the Pearl of East Asia.

Finally, this comes to an end of your family trip in Hong Kong. I guess you will need to buy souvenirs. You can go to Temple Street in Yau Ma Tei for this.

Please give my love to Aunty and Tommy. I often think about you all. I can't wait to see you in Hong Kong.

Love,

Chris

Letter to the Editor

2014-2015 4D Pang Siu Chung

27th May 2015

Dear Editor,

Re: Closing a park near my house in Yuen Long

I am Chris Wong. I am writing this letter to let you know about the problem of closing a park to build a shopping center. I strongly disagree the government's proposal about closing the park and replacing the park with a shopping center.

The government proposed to have a shopping mall near my house in Yuen Long. I think the government has got a poor plan. The people who live in Yuen Long use the park a lot. There are many dog owners who walk their dogs in the park every day. There are also many old people who do Tai Chi there. Moreover, there are children who love to play football there.

The proposed project of the government will take place in Yuen Long. I oppose to the government's plan not only because of the above reasons, but also there are too many new shopping malls in Yuen Long. In my opinion, the removal of the park affects the people who live in Yuen Long.

My reasons for objection are as follows: Firstly, air and noise pollution will get more serious in Yuen Long because of more people and cars. Also, children will have no parks and playgrounds to play. What's more is that the removal of the park also affects the living environment of the neighbourhood area.

Lastly, more people and cars coming into the Yuen Long area also means a crowded place for everybody to live in. People in Yuen Long do not need too many new shopping malls as most families who live here are mostly aboriginals or new immigrants from mainland China. The families are big and public spaces, like public parks and playground will be much more useful for big families as such.

In conclusion, I think the government should leave the public park for residents to lead a healthy life.

Yours faithfully,
Chris Wong

Letter of Complaint

2014-2015 4D Wong Yat Long

Dear Sir,

Re: International cuisine buffet dinner

I am writing to complain about an unhappy experience at the international cuisine buffet dinner I had at your hotel.

My complaints about the buffet dinner are the following:

First, the tables were dirty and messy. The dishes were disgusting and there were food waste on the floor. The hotel did not have any servers to clean up the mess and no waiters were there to set up the tables for new customers. I felt the buffet dinner of your hotel was not professional enough. I was very unhappy when I saw this mess in a 5-star hotel restaurant.

Secondly, the food was also a problem. The seafood, especially the crab and fish which were served have gone stale and bad. If the customers eat poisoned seafood, they will get sick. Also, I believe that the hotel did not follow any food safety rules when handling seafood.

Finally, the waiters had bad attitude and they were not cheerful and friendly when they served us. They were not helpful when I complained about the problems of the food. I really had a bad experience having buffet in your hotel.

In conclusion, my dinner buffet at your hotel was an unhappy experience and I felt disappointed. I will not consider coming to your hotel for another time.

If you do not take actions to solve the problems, I will report the case to the Food and Environmental Hygiene Department.

Yours Faithfully,
Chris Wong

The school of the future

2014-2015 4D Kelvin Sin

Dear Pat,

I read an article from today's newspaper. Did you read it too? The title is 'The school of the future.'

I think I would like to be a student of the school of the future. There are many reasons why I support to be a student of the school of the future. First, students can bring their computers to schools. They don't need to bring heavy textbooks to schools anymore. This is more convenient for the students not only because they do not have to carry heavy school bags to school every day but also they do not need to buy new textbooks in every new school year.

Also, students prefer to be taught by computers in the future. If computers teach instead of teachers, there will be no class work or activities for students. Students can enjoy a new learning mode. It will be interesting for some self-motivated students. What's even better is that students can enjoy doing their homework online. This can be an enjoyable learning experience for the students.

If I were a student of the future, I would love this kind of learning. It is a new learning experience for us. We will enjoy learning much more and learning becomes more meaningful to us as it aligns with the technology. We can learn in an easy way!

These are the reasons why I wish to be a student of the school of the future.

Love,

Chris

My sister's performance was great!

2014-2015 5D Chan Hiu Tung

Dear Grandfather,

How are you? Is everything fine in Canada? I hope you can enjoy the performance of my little sister, but sadly you don't have time to come back to Hong Kong.

My little sister Krystal is 7 years old now, time is running so fast that it looks like she was born yesterday. I remember that you and grandma always looked after her. It made me so jealous, haha! We all miss you and grandma. When will you two come back to Hong Kong? I'm excited to see you again!

Let's talk about the show. The show was held by the school and it was for the celebration of the establishment of Krystal's school for 20 years. Krystal and her classmates performed a show about a criminal group fighting against the superman. Krystal acted as one member of the criminal group. Even she has a cute face, her acting is not bad. I think her acting is much better than some actresses, haha! They performed with costumes and they had made some pictures which were for the backdrop of the show. I think their job was amazing and the whole family had a great time.

The show had another attraction. They invited the famous singer Eason Chan to perform, which made us so surprised and excited! He performed three songs, and all of the audience followed the lyrics to sing with him. He is Krystal's favourite singer, so Krystal was so happy to see her idol. I think she was insane that night. I've never seen my sister being excited like that. I saw the other side of Krystal. It has shocked me a lot.

The show was amazing, but you didn't have any time to come back to watch this, what a pity! I hope that you can join us next time and I am looking forward to meeting you two. Krystal says she wants to meet you as well! So please come back as soon as possible, I know you also want to meet all of us!

It's time to say goodbye. I hope we can meet soon. We are waiting for you too!

Yours,

Chris

Smoking should be banned

2014-2015 5D Ko Mung Kai

Dear editor,

I'm writing to tell you that I'm strongly against smoking. Recently, my uncle died of lung cancer. He is a heavy smoker, smoking 20 times a day or even more. It is obvious that he is died of smoking a lot. So, as you can see, smoking is a bad habit that can be doing damage to our health.

Firstly, smoking can cause a lot of diseases. Taking my uncle as an example, he died at the age of 50 because of lung cancer. Besides, smoking a lot can also increase the risk of heart disease and other diseases. According to a survey done by Professor Leung in Oxford University, 5 million of heart attackers died a year as a result of smoking a lot. So I think smoking is doing damage to our health.

Secondly, smoking is harmful to teenagers. Teenagers always want to try something new or something they think is cool. As a result, they will try to smoke. A news report on TV recently interviewed 100 high school teenagers shows more 20% of high school students have been smoking for more than 2 years, and 89% of teenagers said that they want to try it. Teenagers are too young to control themselves, and smoking tend to do more damage to their body than adults. According to a survey from a public hospital, the number of teenagers that suffer from bad diseases because of smoking has increased from 3,000 in 2013 to 5,000 in 2014 in Hong Kong.

Since smoking is harmful to our life, I strongly suggest that smoking should be banned, both in public places and at home.

In public places, it's impolite to smoke and it will be harmful for those who don't smoke. Non smokers have no reason to become victims of second-hand smoke and it's not fair for them to be affected by the harmful effects.

At home, smoking will do harm to both the smoker and their family members, especially when there is a pregnant wife or a baby at home. The second-hand smoke will be so harmful for them that they may suffer from bad diseases. Also, a medical report revealed that smoking can make you age quickly.

As you can see, smoking can be bad for both the smokers and the non-smokers. Since smoking is such a harmful act, I strongly suggest that smoking should be banned. People shouldn't smoke anymore. If everyone contributes a little, our society will eventually become a better place to live in.

Yours faithfully,

Chris Wong

Disapproval of the cancellation of team sports

2013-2014 6D Ng Wai Man

Dear Sports Director,

Recently, our school's sports department wants to cut the team sports in order to save money. As the leader of the volleyball team, I was shocked after knowing the news, the sports department has also decided to cut the volleyball team. It is absolutely a bad idea. Thus, I am writing to express my thorough disapproval to cut the team sports. I would like to show you some achievements we have made and some suggestions to save and raise money without cutting team sports.

To commence with, team sports can bring numerous and countless advantages to students. It is definitely not worthwhile to cut the team sports.

Indeed, sports can offer psychological support to students. As we know, Hong Kong is a city of hustle and bustle, not only do the adults work 24 hours a day 7 days a week, but students also have to exhaust every alternative to gain an academic success. Under this circumstance, students are always under a great pressure and they have no ways to unwind these pressures. Yet, sport can help to relax their minds effectively. A myriad of experts proved that exercising can readily eliminate their stress as well as to help them to retain their health balance.

Moreover, physical health can also be established by doing exercise. We all know that studying is stressful. In fact, it can also make students sick in fact. If they do not have a strong body, they easily get distracted and less motivated. It is extremely harmful to their study efficiency. Hence, they should exercise regularly for the sake of building up a strong body.

To a large extent, doing exercise can help students to learn some useful skills and build up a positive value. Team sports such as volleyball, football and basketball are not individual activities, these kinds of sports require teammates to cooperate well. Therefore, they must do the team practices and learn to get along with other

teammates. It can help them to cultivate their leadership, teamwork spirit and communication skills. It also enlarges their social circles as they meet different kinds of people. Their horizons can be widened through these activities.

Team sports are absolutely treasurable and precious, why should we give up this brilliant fortune? More importantly, team sports are also a good way to save and raise money actually.

Notwithstanding, the school has to pay a little bit money to support the team sports. However, we can in fact save the money by seeking for some sponsorship. Nowadays, there are a wide range of companies and enterprises which are willing to support school's sports teams financially in order to gain popularity. For example, Vita granted \$10000 for supporting our volleyball team in previous years. Hence, team sports can actually save money.

In addition, our school is always invited by some charity organizations to raise money for our school or people in need. Last year, the Community Chest had invited our volleyball team to hold a charity volleyball match with other schools. Over \$50000 was donated and our school gained \$5000 indeed. It proved that the team sports would not waste money and it is not reasonable to cut the school team sports.

To sum up, we hope that our team sports can be retained in the future.

Yours faithfully,

Chris Wong

Writing an email to a friend offering advice for job interview

2013-2014 6E Chiu Chun Fung Tony

Dear Chris,

How are you? I know you'll be going to a job interview for the position of "part-time promoter" for a mobile phone company. It will be a group interview. I'm so happy. I'll help you, so don't be afraid!

Firstly, you should research some information about the company. It is a mobile phone company, right? Trust me, to know more about the company will be useful for the group interview. For example, who is the CEO? What kind of company is it? You should find some good things about this company and remember it! Maybe it's useful. By the way, if you can find some events that are related to the company's recent change, it would be perfect!

Secondly, I suggest you jotting down the reasons why you chose this job. You should think about what kinds of skills you have. For example, you can speak more than two languages or you know the mobile phone's market very well. You can always tell the information, colours or functions of cell phones, etc. To show your skills, let him know you are suitable for the position or about your skills, you are second to none. In my opinion, you should think more about the cell phone. I mean, you should think about some stories about your mobile phone. From the story you present some messages. For example, your cell phone was broken, it is not bright enough in the display or it can't be powered off, perhaps the display always remains dim. I think you should show your expertise in the industry. It is very important. The officer would think your experience is a perfect match!

You may mention once you went to the repair service. The technician could not solve the problem and the representative was arrogant. You were very unhappy. That's what you think about the cell phone's service. So, you are determined to suggest ways to improve the service. That's why you want to get this job.

I have one thing to tell you that the officer has no idea who you are. Don't be shy. Don't be nervous. Do your best in the interview to show you are an independent, energetic and reliable person. Believe me, you can handle it. Good luck!

Best wishes,

Peter



Writing a letter to express views on the proposal of schools removing PE lessons from curriculum

2013-2014 6E Lai Man Yee

Dear Sir/Madam,

In recent days, there is talk of certain schools removing PE lessons from the curriculum so students can concentrate more on academic subjects. I am writing to express my disagreement to this issue.

Apparently, it allows students to be more concentrated on their studies. If schools remove PE lessons from the curriculum, students may have more time on academic subjects. In fact, students find it difficult to concentrate on one thing for a long time. So, it is not beneficial to study of high quality. Most schools schedule 7 to 8 lessons one day, PE lessons seem like a break for students. It can enhance their attention on other subjects.

Besides, there are several advantages of keeping PE lessons in the curriculum. First of all, it provides opportunities for students to work and communicate with others. In normal lesson, students work on their own. There are few chances to work with classmates. In PE lessons, they have many chances to exercise with others, such as playing football and basketball. It can boost their team spirit and communication skills.

Moreover, PE lessons help students to release their stress. In Hong Kong, students always have too much homework and tests. They feel stressful. PE lessons give them time to exercise. It allows them to get a break from study and enjoy exercising with classmates. It helps reduce stress effectively.

Furthermore, PE lessons help students to exercise regularly. In daily life, students have no chance to be in touch with sports because their parents are only concerned about their academic results. At school, students must attend PE lessons every week. They then develop the habit to exercise regularly. It is beneficial for their health.

In short, there is no advantage of removing PE lessons from the curriculum. Please consider this proposal seriously.

Yours faithfully,

Chris Wong

A school profile - Ho Dao College

2014-2015 1D Cheung Wing Yu

An educational School in Hung Shui Kiu

Our facilities

There are twenty-seven classrooms. We have a Visual Arts room, a music room, a library, a counseling room a medical room, etc, Each classroom has got a computer and a set of audio-visual equipment and central broadcasting system.

Club

On the first floor, there is Music Club. We can play the piano, sing songs and listen to the music. We have a lot of fun. On the seventh floor, we've got a dancing club. We can dance and do exercise. If you come, you can expect a euphoric experience.

School activities

On sports days, we can relax and make our bodies healthy. At the sport centre, schoolmates can join in events. It is a tense and exciting time. It is always an interesting and relaxing day. We have a school picnic day too. We can taste the fresh air. We can take photos and share food with friends. We have group games, we need to complete some tasks. The fastest groups win the game. So, the school picnic is wonderful.

Come and visit our school! Call 2479 9885 to learn more about our school. You are always welcome!

A Profile of Miss Lam

2014-2015 1D Lee Wai Lok

Miss Lam is my favourite teacher. She is about thirty to forty years old.

She has a slim build and she is tall. She has long hair with a fringe. Also, she always ties it in a ponytail. She has big eyes and a big mouth, but the only one thing which is small is her nose. She always wears about two to four hairclips on her hair.

She is a helpful person. She always helps me when I have problems that I can't solve by myself. She teaches me a lot of vocabulary.

She is a serious person but she is humourous too. She doesn't let us talk during the lesson. Although she is very serious, sometimes she tells jokes to us.

Her interest is reading English books. She might get interested in any English books or films. Her habit is reading English news every morning. I think that is why her English is very good. I will learn from her.

She likes listening to English songs, especially Taylor Swift's songs, same as I do! She dislikes bad students, for example, annoying students. She will punish them.

Her dream is to travel to America because she wants to enrich her English Language. It is the best place to learn all kinds of knowledge.

Drug test in Schools

2014-2015 3C Kong Sze Ki

School drug tests should be made compulsory. A compulsory drug test would benefit schools in different ways, for example, this can prevent the spread of drug use among secondary students. It will also provide a supportive environment for students who might be abusing drugs and need help to overcome their addiction.

Some students may argue against the use of drug tests in schools because they feel they should not be required to take this test as they are not drug addicts. In such a situation, I think the schools can ask students to freely participate in the program. Such voluntary practice will protect students' privacy too.

The planning process is important for a school drug test. If the teachers or counsellors found students who test positive for drugs, the students should not be charged or expelled from the school. In fact, this program can be an excellent opportunity for rehabilitation of students who may be taking drugs.

Another benefit is that it can raise students' awareness about the social, health, mental and physical issues related to drugs. For example, this way teachers can spread a positive message and let students learn positive values in life.

Besides, teaching students how to keep away from the drugs can prevent students from giving into curiosity about them. It can help students get back on track.

Thus, drug tests not only help find drug abuse problems among teenagers, it also helps to take immediate action if any situation arises. I strongly believe school drug tests is an effective method to stop drug abuse among students.



Drug test in Schools

2014-2015 3C Chan Hei

Compulsory drug tests would be a large invasion of an individual's privacy. I strongly oppose school drug tests should be made compulsory.

Research around the world has shown compulsory drug testing at any level negatively affects productivity. For example, random workplace drug testing fosters resentment among employees who feel this practice violates their right to privacy. Students may also feel the same way if compulsory drug testing is done in schools. This may increase a sense of dislike among students towards school.

Moreover, these tests may not prove to be any more effective than a random drug test because they both test a person's current cognition state. These cognitive impairment tests measure brain functions at the time of testing. I think it may not be easy to find students who are taking drugs because students usually take drugs after school. So, their teachers and parents don't know about it.

Many parents may not agree to have their son or daughter tested at school. As a result, it would be hard to implement the program.

As I said before, drug testing in schools should not be enforced. Like in business world, the high cost of drug tests drains business money through lost revenues. Similarly, schools may also lose money if compulsory drug testing is done.



The joy of learning English

2013-2014 5C Ho Ka Chun

Good morning Principal, teachers and schoolmates. I am KC Ho from 5C. Today, I want to share with you the joy of learning English.

We know that many students are afraid of speaking English. But if you can find good ways to learn the language, I'm sure you will have fun during the process.

I think many of us like reading stories. There are many English story books available in our school library. They are not only interesting, but also help us improve our English. If you can read regularly, I'm convinced that you can learn a lot from the books.

Another way to learn better English is to learn with your friends. Form a study group with your good friends and discuss your homework together. It is much better than studying alone because you can learn from others.

One of the benefits of learning good English is that you can communicate with people from different countries. People can't live without friends. If you can make friends from around the world, you will be a much happier person.

Now that we have a good learning environment in our school, we should make good use of all the chances to learn English. Join the English activities at school. I'm sure you will have lots of fun. Remember, it's never too old to learn. Thank you!

The commercialization of Valentine's Day

2013-2014 5C Ku Wai To

Valentine's Day is a popular festival in Hong Kong. I would like to share with you my views on Valentine's Day. Valentine's Day is a festival in which you may do something for your lover. It's a romantic day.

But I think Valentine's Day has been commercialized by businessmen. What they want is to earn your money. So, they will beautify the festival and make you buy their goods. It is just a money-spending day.

Most companies promote their products by telling people that they must buy or do something to please their girlfriends on Valentine's Day. At the same time, most girls are so foolish that they will compare the bunch of flowers they get with their friends. They believe that the more expensive flowers they get, the more their boyfriends love them. In my opinion, love should not be determined by money.

For girls, if your boyfriend cannot afford to buy expensive presents for you on Valentine's Day, it never means that he doesn't love you.

For boys, don't fall into the trap of business people. If the girl loves you only because you are rich, she will finally leave you when you go bankrupt some day.

In short, I think the love based on materialism cannot last for a lifetime. If you really love each other, every day is Valentine's Day.

What is a CHOICE?

2014-2015 5E Yu Sung Lam

What is a choice? If you look up in a dictionary, its meaning is expressed in terms of influence. A power to choose between two or more possibilities. The opportunity to make a decision. But how many of us really understand the gravity of this power? I became aware of the word 'choice' when I was still a toddler. My mother used to say, "Just choose what you like" and without realizing the importance of freedom to choose, I chose my favorite cartoons, toys and beautiful dresses.

Now, these choices became diverse during my primary schooling years. My mother gave me the freedom to voice my opinions. Of course, the hidden element of limitations attached to choices came first. "Which book do you like? Choose from the genres I have picked and I will pay for it." So, I chose fairy tales, story books and painting books. However, when I turned 13 suddenly the power of choice seemed to have been snatched away. My mother never asked for my decisions any more. It felt like my compliance was mandatory when she would say, "Come and get your books. Here are Chinese, English and Mathematics and History books. You have to attend the extra classes after school too for these subjects". Like a typical teenager, my only resort of showing my defiance against this inequality of power was to take to my room and slam the door.

You see my rights on choosing things have been on a decline. It seems to me that although the choices are given wholeheartedly by parents and teachers when you are young, these are severely restricted as you grow older. Age just becomes a spectre rather than a proof of being a responsible teenager. As we age, the expectations to comply are laid heavy by parents, teachers and our society. I am sure when you were young, you have had to listen to instructions like "You have grown up now, you shouldn't behave as a little kid." Or "Stop watching TV. Go back to your room and study," and you were expected to follow them.

Expectations like these can be limiting. For these limitations can turn into a fear of making decisions in life because you don't follow the social norms. Contrary to these societal norms, psychologists' world over agree that teenagers who are active decision makers in their daily lives become independent in their thought as they transit to adulthood. The society then in turn benefits from communities built on thinkers, communicators and risk-takers who demonstrate rationale thought when making choices.

Peter F. Drucker, the American educator and author always maintained, "Start with what is right rather than what is acceptable" when considering one's choices. I believe it simply implies that in rationalizing your decisions according to circumstances, you will be presented with right choices. Thus, considering the impact of making a choice, I fathom it is exercising one's own right and one shouldn't take it lightly by following others'. After all your choice is a right to think, a right to communicate and a right to be an individual who stands out in the crowd to show "you have a voice".

Nuclear power is the best source of energy for the future

2013-2014 6D Yeung Chun Ho

Good morning ladies and gentlemen,

Every breath of yours in this room is actually associated with the future of our generation. Look around and see how air-conditioners fill this hall with coldness - they are electrically supplied by energy generated from fossil fuels. In the advent of global energy crisis, our world is battling against time to determine the optimal source of energy. To help the world make its decision, our team today speaks for the motion - 'Nuclear power is the best source of energy for the future'.

The first and most important factor is that nuclear power doesn't contribute to carbon emissions. It means no CO₂ is given out. It therefore does not cause global warming or any other kinds of air pollution. But fossil fuels give off carbon dioxide when burning thereby causing a greenhouse effect. This is also the main contributory factor to the global warming on the earth. So, I think nuclear power is less polluted than burning fossil fuels. We support nuclear power is the best source of energy for the future.

The second reason is that nuclear energy is a cheaper kind of electricity. Some energy professors claim that the cost of uranium which is used as a fuel in generating electricity is quite low. Also, setting up cost of nuclear power plants is relatively high while running cost is low. The average life of nuclear reactor ranges from 4 to 60 years depending upon its usage. These factors tell the cost of producing electricity is very low. Even if the cost of uranium rises, the increase in the cost of electricity will be much lower.

The third reason is that nuclear power is reliable. Nuclear power unlike traditional sources of energy like wind and solar power which require sun or wind to produce electricity, nuclear energy can be produced from nuclear power plants even in case of rough weather conditions. It is why we support nuclear power is the best source of energy for the future.

Though nuclear energy has got radioactive waste, the waste produced needs to be disposed of at a safe place. They are extremely hazardous and can leak radiations if not stored properly. I want to ask, 'Can we control it?' My point is - it is not difficult to control if the government can lead and support companies to keep it safe, such as providing a place and funding. If handling radioactive waste is done properly, nuclear power is the best source of energy for the future.

In conclusion, nuclear power doesn't contribute to carbon emissions. It is the cheapest electricity and is reliable. So, we support 'Nuclear power is the best source of energy for the future.'

Thank you!

How to study efficiently?

2013-2014 6E Wong Chi Hang

The exams are coming. Many schoolmates would like to know how to study and how to improve their academic results. I would like to take this opportunity to share my study experiences.

First of all, you should pay attention to teachers in the lesson. If you pay attention in the lesson, you will be able to do your homework. You will remember all the main points easily. If you sleep in the class, you will miss a lot of knowledge. So paying attention is very important.

Secondly, you should ask questions when you don't understand. When you ask questions, your teacher will explain to you in details. Sometimes when there is a problem, you cannot only ask your teachers, but also discuss with your classmates. After the discussion, everything will become clear. You and your classmates can improve together. I'm sure you will get great results.

Thirdly, you should do your homework seriously. Although we have a lot of homework, we shouldn't ignore it. Doing homework can help you revise the knowledge you have learnt in the lesson. When you don't know how to do your homework, it means there is something you don't understand. Then, you must ask your teacher or discuss with your friends. So if you do your homework seriously, it won't be difficult for you to get good marks.

Moreover, starting from today, you should set a timetable for doing assignments and revision. If you want to remind yourself to work hard, you can stick your test results by your bedside.

To be honest, everyone has different study methods. But you should find a way which is suitable for yourself. Remember to remind yourself not to disappoint your parents and your teachers and that many people are supporting you. I hope you can get good results in the examination.

Fairy Tales Crossover

2014-2015 2C Lam San Lap

Once upon a time, there was a princess called Princess Coco. She lived happily with the Seven Dwarves. She took care of them very well.

However, they were very poor. One day, Princess Coco found that the seven dwarves had eaten all the food.

Princess Coco said, "Hey, Seven Dwarves, we don't have any food left and we have no money to buy food. What should we do?"

Then, Princess Coco had an idea. She went to the Three Little Pigs' home with the Seven Dwarves.

"Are we going to borrow food or money from the Three Little Pigs?" said a dwarf.

"No, we are going to rob them," said Princess Coco.

"What if they don't have any money?" asked another dwarf.

Princess Coco thought for a while. "Do you like roast pigs?"

"Yes, we would like to eat roast pigs. They must be delicious."

When they got to the Three Little Pigs' house, they couldn't find any money or food. So they did what they had planned and it was to kill the Three Little Pigs as the Seven Dwarves were very hungry.

The Three Little Pigs were very afraid. They started to run out of the house. When they opened the door, a Prince was standing outside.

"My little pigs, don't be afraid. I come here to save you."

When Princess Coco saw the Prince, she thought to herself, "Wow, what a handsome man!!"

The Prince fought with Princess Coco. Princess Coco and the Seven Dwarves did not have enough energy as they had not eaten for a long time. Princess Coco fell on the floor and cried, "I don't really want to kill the pigs. I just want to save my Seven Dwarves. They haven't eaten anything for days."

"What a nice and kind-hearted lady!" the Prince thought. The Prince really wanted to help them.

"Let me help you. You can come to my castle and live with me."

"How about us?" said the Seven Dwarves.

The Prince replied, "Of course, all of you can come. My castle is very big."

The Three Little Pigs also wanted to live in the castle. "Can pigs live there?"

"You're all welcome!" said the Prince.

So, the Prince, Princess Coco, the Seven Dwarves and the Three Little Pigs lived happily together ever after.

A Mysterious Theft

2014-2015 3D Chan Wing Yee

"Detective we need your help," cried Mrs. Wong into the phone.

Mrs. Wong is the housekeeper at Mr. Grimm's house. Mr. Grimm was found dead at half-past seven last night in his mansion. Despite early call in the morning, I quickly got ready to leave.



"Detective Winnie will help solve the murder mystery," she explained to Mr. Grimm's Wife when I arrived at the mansion.

His wife, Mrs. Grimm informed me that she came back home at half past eight. She explained that when she went to his study room, she saw Mr. Grimm's body lying on the floor. Mrs. Wong was the only one at home at that time.

I started to investigate the case. As I looked in Mr. Grimm's study room, I saw some medicines in the room. "Was Mr. Grimm sick?" I thought. Mrs. Grimm said that Mr. Grimm had a family doctor and if Mr. Grimm was sick, he would see Dr. Watkins.



So, I went to talk to Dr. Watkins to know more about Mr. Grimm's health. But, Dr. Watkins told me Mr. Grimm was healthy. "He hasn't been unwell or had any medical conditions lately," he said. I thought to myself, "Why did Mr. Grimm have so many medicines in his study room? Did he kill himself?"



I went to look for clues in his room again. Searching his room, I found a CCTV camera there! I checked the CCTV footage to find out what happened on the night of the murder.

The footage showed how the murder had unfolded. I saw a man in Mr. Grimm's room. He had climbed in through the study room's window while Mr. Grimm was in the room. Soon, he started to fight with Mr. Grimm. He took out a knife and forced Mr. Grimm to eat some medicines. At the same time, Mrs. Grimm came back home. The killer quickly climbed out of the window and closed it before leaving.

Mrs. Grimm confirmed that the man just looked like their neighbor, Mr. Wong. We called the police and went to Mr. Wong's home. Mr. Wong knew his crime had been uncovered. He was remorseful. He confessed he had killed Mr. Grimm because he was a bad neighbor and always caused trouble for him.



Mrs. Grimm thanked me for solving the murder mystery in a single day! Case closed.

If you have any problem, come and meet me. I am 'Detective Winnie'!

A Mysterious Theft

2014-2015 3E Cheng Shing

What happened? Where is the money? John asked loudly and shockingly. I don't know William answered and walked out of the convenience store in hurry. "Detective, I am sorry to annoy you on this Sunday morning. But I need you to come to my convenience store, money is missing" John said. David (the detective) told John that he would come .

David came to the convenience store and started to study the crime scene .He thought that the theft was so mysterious that he could not find any evidence from the crime scene and the closed-circuit television. And he felt like he was being watched. He tried to find the witness of this crime. "Do you know anything about this crime?" David asked a man who was holding an ice-cream cone. "Yes, when I was eating ice-cream cone, I saw that man run out of the convenience store with a lot of money!" he said and pointed at William. David ran in front of William and asked him. "Did you steal the money ?" " No!" William answered nervously. But David observed and found that he was scared and sweating. When he was thinking about this problem, William ran away quickly . David knew that William was the theft of this crime .

David caught William and put him onto the floor. "Why did you run away?" David asked, but William did not answer him. David reached into William's trouser pocket and found \$5000 in his trouser pocket. "Why did you steal the money?" David asked. "Because my mother is ill, but I don't have enough money to take her to see a doctor ,so...so...but I don't want to do it too" William answered and cried. David was moved by William's story, so David said "I can help you, but you still have to be arrested, sorry! "

Broken legs and sincere Friendship

2013-2014 4D Cheung Yuen Kiu

Ben and Johnny are good friends. They always get together and study together. They are also good at running and promised to join in the races on school sports day. But something happened before the school sports day.

It was our School Sports Day from 4th to 5th January. Ben and Johnny had promised to win a gold medal and exchange it with each other. They were very confident that they could be the champions of the running races. Something had happened before they started the races on Sports Day. On that day, Johnny arrived at the stadium early. He went to the toilet. The toilet was slippery, but Johnny was not aware of it. Then, Johnny slipped over and got injured and had a broken leg. Unfortunately, Johnny lost the chance to win the race.

Ben went to hospital with Johnny on that day. Suddenly, Johnny cried and felt upset. When Ben saw Johnny's face, he felt so worried too. So, Ben told himself that he needed to get the medal of the running race and give it to Johnny. Finally, Ben won the Champion. Johnny was proud of Ben. Johnny felt so happy too. Also, Ben gave the medal to Johnny and said, "This is the best memory of our friendship. I hope you can keep it!"

But in the last few hours, Johnny received a call. 'Hi! Are you a good friend of Ben Lee? He had a car accident and has already been sent to a hospital!' Johnny felt shocked. He immediately went to see Ben in the same hospital. Johnny and Ben got injured at the same time. Was that an accident or a disaster? Nobody knows.