



齋色園主辦可藝中學

# 文集

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# 文情並茂

## 〈美麗的大欖郊野公園〉

1B 何卓遙

一直以來，位於大欖郊野公園內的楓香林是香港最熱門的打卡地點之一，當天氣開始轉涼時，楓香樹的葉片便會呈現絢爛奪目的鮮黃、火紅、橙紅，各種顏色，但卻很少人知道大欖涌水塘的壯麗景色。位於這裡的美景使我津津樂道。

從專巴下車後，經過一段小徑，約莫半小時便會到達山徑，當我們走得筋疲力倦時，我們就會看到草木蔓生的山丘，山徑旁的寺廟，令人歎為觀止的岩石露頭和湧進集水區的溪水，畫面優美，使人倍感閒適自在。鳥兒在我們頭上慢慢飛過像是想跟我們說話般，小草小樹擺動着枝葉，向我們點頭微笑。

沿着山徑走着，慢慢地便會走到山上和泥路，行到一處小山丘會看到一座「關公廟」，然後往梯級繼續向上行，雖然已經疲憊不堪，但我咬咬牙還是堅持下去了。直到看到一個精緻的「千島湖清景台」我就知道，我離終點已經不遠了。

再往前走，我們已經到達了山頂，山頂的風時不時拍打着我的臉，我還感受到風的呼喚呢！小草的青草味，芳香四溢，吸引着我們的嗅覺。看到遊人也不禁指手畫腳，讚歎大自然的鬼斧神工，紛紛在此景點拍照，把美景通通帶回家，記錄此景點的特色！從山頂俯瞰下去整個大欖涌水塘的景色飽覽着香港獨有的景色，我真自豪。

紅紅的日落西山，我們沿着剛才上山的路線下山，才發現夕陽陪着我們慢慢下山，還聽到沙沙的風聲，這一天的美景，令我大開眼界，目不暇給，下次有機會真想帶着你們一起看看！



## 〈美麗的梅窩〉

1B 李嘉琪

在香港，我去過許多的地方，但是我感到最美麗的是梅窩。那美麗的海岸線和景色，令我久久不能忘懷……

走進島上，一眼就看到不計其數的單車，而且每處都有單車徑，看來當地居民都喜歡用單車代步。步入文武廟，四周飄散着歷史悠久的氣息，雖然面積很小，但規模算完整，背後還有多棵淺綠色的樹，十分美麗。

沿着小徑走，這條小徑蜿蜒，草木茂密，能感覺到涼爽的風，走起來很舒服。踏入銀礦洞，嫩綠的枝葉便映入眼簾。一條條枝葉向下垂，周圍的石頭凹凸不平，這真是一個美麗的打卡景點。

走了約莫五分鐘，便到了銀礦灣瀑布。我抬頭一望，天啊！怎麼會有如此夢幻的美景啊。瀑布傾瀉下來，像萬縷輕柔的銀紗，撞擊在大石上，濺起萬顆透明的珍珠。陽光照在瀑布和樹木上，它們便變得閃閃發光，鳥兒在樹枝上說花香鳥語，好像在告訴我大自然的景象。此情此景，遊人們看得目不轉睛，還有遊人紛紛拍照，記錄這似夢境般的美景。

最後一站是銀礦灣泳灘，這裡十分寧靜，在這裡享受悠閒的時光最適合不過了！現在已經是黃昏時段，有一些人在看日落，有一些人在和朋友聊天，有一些人聚集在一起燒烤。因為比較晚，人流少了很多，但場面仍然很溫馨。夕陽紅了臉，慢慢躲回家，我也是時候結束旅程了。

天快黑了，我沿着小徑走下去，再次回到碼頭，準備離開。這是我看過最美的景色，令我不能忘懷，這個美景會一直存在我的相冊中、腦海中、心中。



## 〈樓下有情〉

1C 冼昭昭

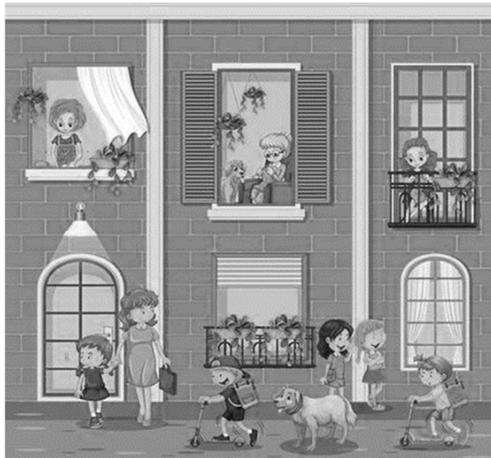
在這個人人都繁忙的時代，每天都有無數的人匆匆走過，彼此往往都是一個短暫的相遇，很少有真正的交流和情感。但在小小的屋苑裏充滿着濃濃的人情味，仍然能夠感受到一絲絲的情和一絲絲的溫暖。

樓下的公園雖然沒有甚麼人，但在這裏讓我想起了我和外公來這裏玩的回憶，外公坐在長椅上和鄰居伯伯和婆婆一起討論家中瑣事，而我就和哥哥姐姐們一起玩耍。或許這只是一件微不足道的小事，但每一件微不足道的往事才令我回味那種兒時的快樂回憶。

祖父說當時發生了一件十分重大的事：一次，所有成人都要離港數天，但又不能留下我這個小孩子在家，於是一位熱心的鄰居阿姨幫忙照顧我，他們才如釋重負，事態緊急，鄰居真的幫了我們很多，他們守望相助，讓我的家人放下心頭大石，鄰居阿姨不求回報：「一件小事吧！大家互助就是了。」這件事讓人心頭一暖。

印象最深刻的是小學，當時有一位患有阿爾茲海默氏症的爺爺不見了，他的家人十分着急，問了很多跟他有聊天的鄰居有沒有見過這位老爺爺，大家都為這戶人家憂心忡忡，一起幫忙找，要上班或上課的，就在路上注意……不出半天，找到了這位老爺爺了。我們歡喜若狂：「找到了！平安了！太好了！」

樓下有情，人與人的相遇是一種緣份，鄰舍間那份真摯的感情，讓生活變得更美好、更有意義。



## 〈那些獨處的時光〉

1C 忻梓晋

我斟了一壺茶，打開那塵封已久的窗戶，然後獨自一個默默坐在窗前，看着街上行人忙忙碌碌的景象。來來往往的人營營役役，有人為生活而全力辛勞奮鬥着，亦有家長正在為兒女的成長擔憂、牽掛着，從他們當中不難看出——大家都在不同的階段為不同的事而操勞着。

獨處的時光，我望着窗外若有所思，並問自己：「到底十年後或二十年後，我會在甚麼工作職位？過着甚麼的人生？」我成為了一個自己夢想中的人，還只是千千萬萬人海中的一個小角色呢？

獨處的時光，我注視窗外樹葉隨風飄散，感慨又是一個季節的更替，感慨樹葉一生短暫、平平淡淡，但同時我又想起了樹葉一生也很有作為，幫助轉化二氧化碳並製造氧氣。

樹葉的一生可算是碌碌無為但又為人類貢獻甚大，不禁令我想起生活的意義或目的是否一定要大富大貴，成為一個著名的人物呢？街上的行人很不起眼，他們並不是一個對世界貢獻甚大的人，但是他們總會成為任何一個人的英雄或偶像，路上的家長可以是小朋友的英雄，負責清潔大廈的清潔工人可以是整座大廈所有居民感謝的「大人物」，世上任何一個職業都是撐起這個社會的一分子，他們都彷彿是世界的一個小齒輪，即是渺小卻誰也不可以缺少。

我擁有過很多夢想，小時候曾經希望成為著名、對世界貢獻極大的太空人，但經過歲月的變遷後，又會明白這個夢想對我遙不可及，自己只是一個平凡人，獨處的時光，仔細思考，其實當一個默默為世界服務的平凡人沒有甚麼不好，生活的意義或目的也許從來沒有一個確切的答案，無論世上任何一片樹葉或街上任何一個行人。

那些獨處的時光真好！



## 〈父母的花樣年華〉

2C 李靜涵

蝴蝶從眼前墜落，撲扇着翅膀，想要從新翱翔在天空，突然面前沉重的門吱呀的打開了，一股清香滲雜著檀木香撲面而來，定睛一看是剛剛想要飛起的蝴蝶，它飛在我前面好像要引領我去到何處，我在後面跟着，不知這隻蝴蝶有甚麼魔力般，讓我一直跟在它的身後，不停歇。當我停下來時，美麗的蝴蝶小姐便會圍繞着我，在我身前轉圈，好像十分焦急般，想要帶我去到那個未知之地。這是一個倘大的書房，裡面不止有書本，還有照片和日記，而日記也是特殊的存在，這裡不止有我們的，也有他人的。我心裡想着：真想看一看父母從前的日記，看看他們的花樣年華啊！在我轉眼的一瞬間，那隻蝴蝶不見了，我沿着香氣尋找，終於在一排高大的書架前看到了它，它是那麼小的一隻，它看到我後便飛上了書架，在一本本書前尋找着甚麼，突然一本書「咚」的一聲掉在了地上，翻開了第一頁。我走過去撿起，一陣白光掠過照在了我的臉上，我空洞的站在那裡，仿佛靈魂也不在。

白光從我臉上退去，我發現我長高了許多，不再是小孩身軀，已是成年人的體型。我四周到處看着，我想抓住一個路人問問我現在身處何處，但是我的手臂從路人的身體中穿過。我在走廊中穿梭着奔跑着，我的目光被兩人吸引着，時間靜止了，看到兩人擦肩而過，時間恢復，看着那兩張熟悉且陌生的臉，兩個人好像互相有心靈感應般回頭，兩人對視，彷彿有不明線體引領二人的相互靠近，不知不覺已經到了跟前，兩人相互交換了聯繫方式，轉身離開，而女子在男子看不到的地方偷偷紅了臉頰，男子則在女子看不到的地方暗暗紅了耳朵，好像冥冥之中，兩人的關係默默的改變了。我激動的看着這一切，好像冥冥之中也註定改變了我和他們的關係，好像變得更加親切了。

又一束白光閃過，我來到桃花樹下，而面前兩人一個在單車上，一個站在路邊，男子臉上掛着燦爛和明媚的笑，兩人說說笑笑，男子折下了一朵桃花，掛在女子的髮間，而桃花上的紅也轉移到了女子的臉頰，二人相視而笑，低頭不語，我不知為何感到焦急，生怕他們不歡而散。忽然男子抬起了頭，笑着對女子說：「要不上我的車我帶你轉轉吧！」男子明亮的笑顏像一束光照在了女子的臉上，女子害羞的點點頭上了車，而女子的那句告白，也被咽下，兩人相視，騎車而去，我焦急的轉圈，他們為何不說完再走啊！我心裡想着。

「咚」思想回歸，環顧四周又回到書架前，可是眼前的蝴蝶早已不見，取而代之的是一個老者，老者敲了敲門讓我離開，我的目光轉回了書上，翻到正面封面正是日記，原來我剛剛看的是書上的一切，我輕輕的放回書架，轉身走了出去。

父母的年華也是父母的青春，在父母看不到的地方，我成為了他們青春的一個過客，成為父母青春的觀眾之一，而他們的喜怒哀樂也會牽連着我，這個感覺是特殊的。

## 〈他真讓我感動〉

3B 李曉彤

在人生的長河中，我們會遇到形形色色的人，其中有些人會給我們留下深刻的印象，有些人讓我們心生敬意，而有些人則讓我們深深感動。今天，我想講述的是一位讓我深深感動的人——李先生。

湖南的冬天總會下大雪，而那年的雪更大得讓人看不清眼前的路，大雪紛飛，整座城市都被厚厚的白雪覆蓋。道路被堵塞，人們出行困難，就在鄰居都一籌莫展之時，是李先生挺身而出，一人帶着志願工將擾人的積雪從主要道路上掃開。

那天，我剛好經過看到李先生與志願工們冒着嚴寒，揮舞着鐵鍬，雙手被凍得通紅，臉上沾滿了並不可口的冰淇淋，他們卻沒有一絲怨言，有的只是默默奉獻的專注認真。

我被這一幕深深打動，心中湧起一股暖流。在這個寒冷的冬天，李先生和志願工們是一團團燃燒的火焰，給人們帶來溫暖和希望。

李先生平凡又耀眼，平凡的是他那並無特點的外表，一身厚大衣將他的身影包裹得嚴嚴實實，只要走進人群就會瞬間消失。耀眼的是他發自內心的善良與熱心，他永遠默默付出不留名字，他從不收禮卻已收獲了整個小區中的人的讚賞。

是李先生這樣一個我連名字都不知道的人讓我明白了甚麼是真正的奉獻和愛心，他讓我看見了人性的光輝。他就像一盞明燈，照亮了我們前進的道路，也溫暖了我們的心靈。



## 〈父母的花樣年華〉

3C 鄧頌馨

人生中最綻放光彩的年段往往飛逝就成過去，一去不返，父母曾經也是容光煥發一段時間，難道他們的憔悴是經年月摧毀的嗎？

陽光普照的一日，父母帶着我一起去深圳遊玩，耳邊有着高速行駛的呼聲，一下子將我的耳膜完全覆蓋，阻隔了收音機的聲音進出，望向窗外突然想起一張照片，不經意想起父母曾和我說過的一段美好回憶。那是充滿着愛的回憶，令人感到有些開心，有些不可思議，有些奇妙的感覺，我聽完後感嘆時間真的可以摧毀人的花樣年華。

照片分別映着爸爸媽媽一起站在深圳海岸城的一處，爸爸頭髮形似飛機衝上雲煙一樣微蹺，穿着咖啡色格子上衣，眉濃眼細，卻又無彰顯着年少輕狂，意氣風發的氣質，而媽媽半長短的髮型，身穿深藍色外套，眉目清秀，亭亭玉立，給人炯炯有神之姿。可惜年月的摧毀令父母變了樣子，他們黑白髮交叉無不透露出的疲倦，面有皺紋，副帶憔悴的臉色，在剛看到這張照片就像看見母貓受驚吃了牠的孩子一樣不可思議，想不到父母有如沐春風的精神樣子。

照片上的父母在還未生我之前，曾一起在深圳走走看看，爸爸像個導遊般帶着媽媽四處走停講解，暢談甚歡，不但遊山玩水，還開車「遊車河」，在一眾車水馬龍的車道上奔馳，穿梭城市的每一個角落，令人不猶感到溫馨。這是父母所表達的最清純無瑕的愛，平凡又「神聖」，這是無污染的純潔之愛，就像天使手拿聖水倒入的不是水池裏而是凡塵世間，所有人都一同被滂沱大雨所淋濕，被腐蝕的地板說：「不要再下了！不要再下了！再下就同藥物一樣有副作用了！」

過多的愛也會被時間摧毀，熱火中的心臟也會被過多的雨水所滅熄，大雨過後是平靜的心，熄了的心再度重燃是件難事，只有導火線才能重燃熊熊大火。可是在我出生以後，父母的花樣年華都在照顧我的時間中慢慢磨滅，曾經父母也是精神飽滿，生氣勃勃的樣子，但現在只剩下蒼老的身段和年月累積的疲勞。父母將半生犧牲掉將溫暖給予我，令我茫然不得，父母的花樣年華是意想不到的多姿多彩，以青春為始，以年邁為結，不難想到時空穿梭的鑽研，研發此機可能是想回到從前最美好的花樣年華，永恆的停留在那一時刻，難道這願望是異想天開的嗎？

突然間眼前被一猛烈的太陽照射到眼皮，才迷糊醒過，耳旁的阻隔消失殆盡了，沉醉於父母的花樣年華的回憶，憶起也覺似親臨實境在現場觀看一樣，不經想到皇帝得長生不老藥是為銀錢、地位和權利的永恆掌管，而平民百姓得長生不老藥是為永恆存於美好的花樣年華中，但父母放棄青春會後悔嗎？我想可能亦是如此的抉擇豐富了不一樣的花樣年華。

## 〈樓下有情〉

### 3C 鄭瓊艷

我有一個鄰居，他是我見過最樂於助人的人，可能他不擅言語，但他的行為深深地打動了我，我決定以他為我的模仿對象，少說多做。

鄰居叔叔高高瘦瘦，看起來常年吃不飽飯，穿的衣衫也常年是那件藍到像天空的短袖，黑到像夜晚的短褲，還有那對破破爛爛的拖鞋。印象最深刻的絕對是那小朋友看到都會瑟瑟發抖，臉上像掛着刀一樣的眼睛，殺氣十足，令人難以靠近。

我住在楊小坑地下，每日不需上下樓梯，出門便可以聞到一陣陣清新的花香，呼吸新鮮空氣，聆聽鳥兒的「嘰嘰喳喳」。每當這時，我的鄰居會從旁邊的小巷走出來吸煙，看着他的行為，他的姿態，他的眼神，我不自覺想要逃離，我皺了皺眉，暗罵道「真掃興！」即回了家房，拉開那沉重的深綠鐵門閘，關上那輕飄飄掉漆的白木門。心中無奈極了，一日好心情都被打亂了。我不明白媽媽為何與他有交際。

原來，在我不知不覺的日子裏，鄰居叔叔幫了我家很多忙，大大小小，大到幫忙抓我家花盆旁邊的長蛇，小到幫媽媽澆花，這是我不知的。原來他並不是外表那麼「恐怖」、不近人情，他是一個「好」人。

記得有一次因鐵閘太重推不動，鄰居叔叔拿了一種油淋在底下，立刻順滑很多，我非常感謝他說：「謝謝你！」他不知如何回應，神色慌張，看起來未被人感謝過，頓時他的眼神溫柔許多。自此之後，見到他我常常打招呼，但他也總是點點頭就離開做自己事情，我深知他的性子，也自己走了。

我常常在想他需不需要這樣惜字如金啊？但原來他還有這一面……有個小朋友，六七歲左右，在旁邊房子大門一邊用力「嘖嘖嘖」拍打大門，一邊大哭着說：「爸爸媽媽快開門啦，我很害怕啊！」鄰居叔叔提着幾袋菜在回家路上聽到呼喊聲，便立刻變身火箭飛奔回去安慰小朋友，問他家人電話，並借手機給他打電話，那是我聽過他說話最多的一次。這天我對他完全改變觀念，驚訝於他的舉動，慨歎竟然只有他一人出手相助，難道只有他一人聽到嗎？只是大家不願出手相助罷了。

雖然鄰居叔叔外表冷漠，但他的心卻是熾熱的。我很感激他令我反思自己的以貌取人，我要學習他的做善事不求回報，助人為本，往後的日子，我對他越發欣賞……他常常令我想起老師教的「勿以善小而不為，勿以惡小而為之」因為鄰居叔叔，我開始向身邊人學習，學習如何做人。



## 〈遊香港中文大學〉

4C 吳佳凌

我帶着一個期盼，走進了夢想中的學府——香港中文大學。

我坐上旅遊巴，在霧靄流動的車窗中從容地看到四條粗壯的中流砥柱守護着這一座藏在雲霧中的桃源。這裡地靈人傑，一種說不出的激情油然而生。

頌着歌、懷着情，我來到了清新幽靜的百萬大道。潺潺的流水聲率先進入我的耳畔。隨後，一股涼風輕撫着我，吹散了記憶中所有的事，吹散了都市中所有的喧囂。小鳥也為百萬大道譜寫了悅耳的韻曲。我坐着，觸摸那印着回紋的石磚，蜿蜒曲折的花紋，我放任它肆意與我纏綿。

流雲伴着藍天來到天人合一亭子。我被眼前那沒有邊界的水與天所震撼。雲霞挾着美景飄向遠方，天空廣闊無垠。眾山磅礴、壯麗，是大自然雄偉的一面；泉流涓涓、清澈，是大自然嬌柔的一面。突然，萬丈金光透過雲霞，照進山壑，「日照金山出」的圖畫湧入了我的眼簾、我的腦海。這一刻，我終於與日照金山對望，跨越山海去追尋那一束耀光，而這一刻，我似乎體會了范仲淹的心情，理解他所說的「登斯樓也，則有心曠神怡，寵辱皆忘」……心豁然了，釋懷了，何等的自由不羈。漸漸，天被夕陽染成黃紅色。眼前的山從原先的翠綠點上一點紅，逐漸變得暗下來了。暗綠、墨綠上帶着一點金黃……它以穩固與沉實，向我展示出一個壯麗的自然畫卷。巍峨的群山，在日照中傲然挺立，是一位莊嚴而威武的守護者。



那光最終將我帶來了胡忠圖書館。這裡的學生氣宇軒昂，他們也成為我旅途中一道亮麗的风景。畢業生身穿袍子，手捧花，在快門按下的那刻，這些畢業生的大學生活永久地停留在這永恆又美麗的一刻。將來的我，是否能和他們一樣，主張自己的人生？我不由得知。我索性在圖書館前的草地上躺下，任由斜陽照射着我，悠閒溫暖之感令人舒暢。躺在青草地，我望見無盡的山巒以及遼闊的碧海。仰視天際，無聲無息地上演千萬色彩極致的升騰和變幻，我驚訝大自然之美，這色彩斑斕的雲彩在我的心頭盪漾。

美好的事物隨秋葉在風飄揚，我願在這可愛的初秋中細賞中大，靜靜享受這最美時光。

## 〈來一場文學散步——中上環〉

### 5A 朱詠姿

近來中環商業區寫字樓早已供不應求，但就在這商業區中，有一個地方充滿着特色舊區，可是特色帶一點新時代才有的事物。

我沿着路徑，走在地上那些很新淨的地磚來到了「文武廟」。當我走進來時，第一時間就聞到了香烟味，抬起頭看，有像燈籠的燈一排一排地排着，看起來很舊了，上面不但有灰塵還有蜘蛛網，但沒有阻止人們喜歡來這裏。再走進去，發現了一大個櫃放着一個一個小櫃，問了才知道價值一千元一個，可以保佑學業有成的，但是在這個廟中應該是為人們帶來幸福、平安，為甚麼人們卻要用金錢買來希望呢？我並不理解，並帶着這份疑惑走到下一個景點。

走下樓梯，看到了很多舊事物的一街道。「嚟囉街」一眼就可以看到很多紅色，紅色是中國人最喜愛的顏色。走近看，原來是十二生肖的吊飾，據說這些十二生肖吊飾可以在這一年保平安呢！不但如此，還有藍色的筷子、舊唱片、李小龍的舊雜誌、舊玩具、銅錢等，這些在平時，完全不可能會看到的東西。當我向前走，還想看到更加多的舊時代的物品時，我聞到了咖啡香，抬起頭，看到了一道玻璃外牆，通過玻璃可以看到人們在坐着喝咖啡並拿着手提電腦，這一瞬間，令我感到回到了現實，因為剛才這麼有特色的事物早已令我沉醉在舊時代。向左看，看到了一面牆，充滿着特色塗鴉，並有不同風格的藝術創作。

向上走了上去，回到了大街，有一家龜苓膏店，店中充滿了綠色和白色做主風格，看着有香港早期的特色，買了一杯竹蔗水，甜甜的，很好喝，當我還在沉醉在這杯竹蔗水中，再抬頭，看到不同的高樓，我好像迷失了，在這個據有着舊時代特色的地方，充滿着新的高樓大廈、地上的地磚，我看到的是更加像一個商業的地方，每當我們想找回從前的回憶，以後就只可以在手機尋找了，直到人們忘記這些事物，那就沒有我們自己的特色了。

最後，中上環，這個充滿着歷史的地方，看起來，好像也快商業化了，不同的高樓、商店、咖啡店。新的時代正在快速地吞噬我們的特色文化。我們一定要保留我們的歷史，令人了解更多我們的文化，而不是商業化。



## 〈來一場文學散步——中上環〉

5A 馮紫穎

呼——呼——在這個寒冷天氣下，我坐上了學校的旅遊巴士前往中上環，並給我來一場我的中上環文學散步。

下車後，我的第一站是摩囉街。一走進去我便感受到八十至九十年代的氣味圍繞着我，原來是一些古色古香小店鋪內的貨物。我看見有買色彩鮮艷的玉，土黃色的銅錢和典雅的藍白色陶瓷碗等，都鋪滿了古代的味道。如今的人都已經偏向購買包裝精美且具有卡通感的貨品。很少的人家裏還存着這些古老的物品，而是將這些古老過時的物品替換了具有時尚和先進的物品。而我再走進街道入面，突然古老的音樂拉着我走進一間復古的小店鋪。在密密麻麻的雜貨裏看到李小龍的舊雜誌，經典的圓形黑膠唱片，懷舊竹蜻蜓玩具。這些貨品都充滿八十至九十年代的古韻氣味。不過還有誰會在回憶這些童年的物品？現代的社會節奏較快，人們會因繁忙而忽略了回憶自己的童年，從而漸漸失去以往童年的回憶和懷舊事物。

第二站公利真料竹蔗水。在充滿甜香氣味的卑利街上有一間賣竹蔗水、龜苓膏和其他涼茶的店鋪。由右至左的紅色龜苓膏招牌，黃棕色的復古階磚，民國時期的橄欖綠木門。從這些裝飾上可看得出這裏很有古韻的風味。不過現代的裝飾都較偏向潮流的風格，例如：日本風、韓國風等這些潮流的現代風。遠看像間高級華麗的商店，在現代很少再有古風這個風格，令我感受到時代的威脅。在這間店內，我品嚐了鮮甜的竹蔗水和清淡的竹蔗膏。不單單只是品嚐它的味道，還品嚐了香港傳統的風味和感受當地的美味的健康飲品。可惜的是現今你經過涼茶店，還會點一杯涼茶來喝嗎？當然碳酸飲品和咖啡很深受現代人喜歡，不過你就會錯過了香港傳統的美味，也許也沒有人喜愛去喝涼茶了，時代的變化過程很快，轉眼間一些傳統流行的事物，如今已經落下榜了。

第三站石板街，充滿許多人流和歷史的街道上有好多不同具有自己特色的古老小店鋪。有賣五顏六色的布和鞋、充滿藝術感的圖畫等。從貨品望向牆壁有許多充滿香港藝術感的塗鴉，而這些破舊的小店充滿老香港風味。這些舊的雜貨物你還會在商場內看到嗎？沒有。這些物品早已漸漸遠離我們，商店看見的大多數是這些舊物品的升級版本，例如：包裝高級的名牌波鞋。不但只是風格變了，物品也隨着時代也變了，感覺像在夏天換上冬天的衣服，在冬天時就不會穿夏天衣服，從而夏天的衣服會消失在冬天裏。邊走我邊望，垂下頭，看到與眾不同的地板。發現地板凹凸不平，還有點難行。不過就因這地板帶出了歷史的悠久，真的是個古蹟的地方。此外，在這香港很少再有這種充滿歷史悠久的地板，大多也是高級啞光的地板，也許這也是一種潮流吧！現代的潮流已經超越了古代的古色古香的文化，從而歷史也會慢慢化淡。

時代的變化會令人害怕，擔心。不單止是物品、貨物、而歷史、傳統文化亦都漸漸化淡。如果不再好好保留，真的有可能會被忘記，身為一個本地的香港人，一定要去這些歷史悠久，古色古香的地方，了解我們古代的歷史。從而不害怕時代的變化，使這些傳統文化、歷史能發揚光大！



# 回憶點滴

## 〈一場誤會〉

1A 姜麗雅

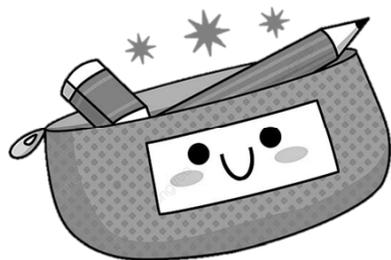
人生會有高低起伏，因為一場誤會讓我們關係更進一步了。

在小學時期一個下午，我和小美因為一個筆袋發生衝突，結果拉近我們的關係！「叮叮叮叮……」鐘聲響起第五節課結束了，迎來了小息。我低下頭尋找新筆袋，卻驚奇發現我的新筆袋竟然不見了！我到處尋找，發現同桌小美也有一個一模一樣的筆袋！我十分生氣，指着小美就責罵她：「我拿你當好朋友，你卻偷我筆袋？豈有此理！」說着，心情一下從焦急變成憤怒如火山噴發。我雙手插腰，高高在上，雙眼緊盯着小美手中的筆袋，彷彿要把她手中的筆袋看穿。我伸手從她手上奪回筆袋。我看着小美支支吾吾，似乎想說什麼，我不給予機會，說再也不理你了！我們絕交吧！接著我扭頭就走了。

小息結束後是中文科，我拿出筆袋卻發現裏面全部不是我的文具。我驚慌查看書包、櫃子，卻在櫃子角落裏頭找出另一個一模一樣的筆袋！我頓時心情如被雷劈中！無比苦惱，這可怎麼辦？我錯怪了小美！我看着小美她悶悶不樂，決定下一節小息和她道歉！

好不容易等到小息來了，我立刻走上前拉着即將離開的小美和她解釋一切。小美說：「我想和你解釋，你卻不分青紅皂白地指罵我！」「我……我不是故意的！當時你離我最近而且我們筆袋一模一樣我才會誤會你偷我筆袋。對不起！下次我不會這麼衝動了，請你原諒我吧，好嗎？」我十分慚愧道。小美搖頭嘆息道：「好吧，這次原諒你了，不能再有下次了！我的筆袋和你一模一樣，是為了跟你用姐妹款的！」原來如此！我和小美相視微微一笑。

就這樣在一個下午，我們終於和好如初！還比以前更加親近了呢！



## 〈一場誤會〉

1A 張栩菲

炎熱的午後，窗外傳來陣陣鳥叫，塵封的日記本被打開，回憶的篇章在眼前浮現……

那是一個來自五年前的故事，二年級的我在那一天背着書包來到教室，教室裏並不悶熱，但坐在座位上的小女孩心卻撲通撲通的激烈的跳動著，僅僅是因為一個印上了迪士尼公主的平平無奇、甚至有點土的鉛筆筆蓋，可那時的我並不那麼認為，這一個小小的筆蓋讓我備受同學的羨慕，好像真的成為了萬人追捧的尊貴公主。

日記跳轉到下課時分，穿著校服的我臉上洋溢着蜜糖般的笑容，與身旁的同學詩雅聊天。這時老師把我叫去整理功課了，誰知在回來時桌上的筆蓋不翼而飛，而朋友詩雅正坐在座位上端詳著甚麼。當時的我只覺得滿腔怒火，一下子紅了眼，咚咚的跑過去把詩雅從座位上扯了起來，大聲的質問她：「你為甚麼要拿我的筆蓋？」被大力扯起的詩雅本就一肚子氣了，聽我這麼一說，她一下子就火了，直接吼到：「我沒有，你冤枉人！」「可只有你來過我的座位！」爭吵一觸即發，尖酸刻薄的話語像針一樣刺進彼此的心裏，直至其他同學把兩人拉開，這一場戰爭才終於告一段落。

往後的幾天，我也意識到不應該說那些話，但爭吵已經讓兩人的關係降至冰點，這一層透明的屏障隔著，讓誰也拉不下臉去向對方道歉。

事情的轉機出現在吵架後的第五天，據日記所寫，我那天是當值的值日生要打掃教室。這本沒什麼，但隨著掃把在地上一下又一下的舞動著，我竟在後排的書架下掃出了我的筆蓋！我大腦有一瞬間的宕機，我撿起筆蓋，心裏浮起了愧疚和酸澀，這更堅定了我去道歉的念頭。

翻開下一頁的日記，兒時的我寫這一篇的時候，心情明顯好了許多。日記裏寫到：在一個明朗的上午，我扭扭捏捏的找到了詩雅，猶豫了一下我開口說道：「對不起，我不應該錯怪你，筆蓋是自己滾到書架底下的，我不該和你吵架，還說了那麼多不好的話，你可以原諒我嗎？你真的是一個很好的朋友。」一口氣說完這些話，心臟又撲通撲通的跳動起來，我低著頭不敢看面前的女孩，這時一隻手拍了拍我的肩，「哎呀，沒事了，事情都過去了，我也有做的得不對的事，嗯，我們還是好朋友。」兩個女孩抱在一起，一股股暖流從心底泛起。

合上泛黃的本子，思緒從遠方被拉回，心裏久久回味著這段感人的友誼，鳥叫聲又透過玻璃窗外傳來……

## 〈一場輸了的比賽〉

2A 鍾凱彤

今天學校舉行籃球比賽——初一兩個班的比賽。說是比賽，無非就是讓同學們在繁忙的學習時段得以放鬆，休息一下。但同學們卻對這場比賽的輸贏看得很重要，或是為了證明自己，又或是因為集體榮譽感。就這樣，籃球比賽在同學們的歡呼聲中舉行了。



第一場比賽是我們班與三班的比賽，以八男兩女的形式比賽。比賽開始，上場的隊員一個個生龍活虎行動敏捷，很快進入狀態，開局連進了好幾個球，氣勢大好；而另一隊伍似乎有點慢熱，一開始並沒有很好的表現，從進攻到守球都顯得沒有節奏。但從第一個半場結束，第二個半場開始時，我們班的缺點就暴露出來了。在另一個隊伍突破我們班的防守線進了第一個球時，我們的隊伍忽然變成了一盤散沙，瞬間就亂了節奏。但大家都坐以待斃，不去做補救的工作，眼睜睜看着籃球進入框中。而對方也展示了實力，找回了應有的節奏。後半場的主力隊員雖然有在賣力的補救，但是無法力挽狂瀾，我們隊伍依舊輸了這場比賽。

回到教室，大家的氣氛都不太好，觀賽者有些抱怨之聲，嫌某個隊員哪裡哪裡做得不好等等，也有同學之間的互相詆毀。我身為觀賽者之一，也對這個比賽結果感到很意外，原本認為我們的隊伍定能奪冠。但同時我也知道，參賽的隊員也不甘心就此輸了比賽，他們也已盡了自己最大的努力。

其實在我們人生途中，總會有許多意想不到的挫折，但關鍵是我們對於挫折的態度，如果我們只因一次失敗而止步不前，那我們定不能成功。所以我們要汲取這次教訓，負重前行。

籃球比賽輸了不是問題，但如果只局限於比賽的輸贏，不去思考背後的問題，那才是件大事。我們面對勝利時，不要驕傲；面對挫折時，不要氣餒，透過比賽累積經驗漸漸成長，最終必能修成正果。



## 〈一場輸了的比賽〉

2C 陳偉鴻

如果生活中沒有喜樂與哀怨交加，則會寡淡無味、平平淡淡。就因如此，才要在努力的過程中品味挫折後的感悟和成功後的喜悅，為生活增添一味「調味劑」，但「成功」往往是在「挫折」且吸取了教訓並糾正自身不足之處後才收穫的。

思緒回憶到內地上學的七年級時舉辦的「拔河比賽」，校中同級班級就有十二個，榮譽卻只有一個。稀罕的體育課，教的也不再只限制於中考的考試項目，只有「拔河」，從前那個被佔課欲言卻止的體育老師竟「硬氣」了起來，倒反天罡，強佔教書育人的其他課，美言道「為了榮譽」。就這樣，我們一週內四天有了「拔河」課。要說這四天內，同學們的狀態，得用「唉聲怨氣」來形容了，但即便如此，還是服從指示。

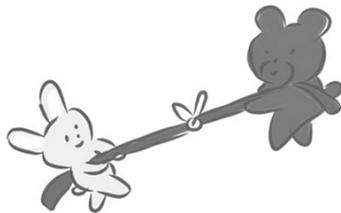
四天的訓練成果在初賽及準決賽得到了體現，披荊斬棘，一路順利，我們都沉浸在獲勝的喜悅當中，心中必贏的決心和信心被無限放大，似乎手中被粗麻繩磨破的傷口，一下子被治癒了。

最後的決賽，也是「榮譽」落幕的決賽。雙方卯足了勁，手臂的青筋清晰可見，豆大的汗水一顆又一顆落了下來，臉上憋紅了，手中的麻繩卻像是長了腿似的，調皮的竄來竄去，來來回回兩三次。但上天似乎在眷顧他們，努力的成果在紅繩溜往他們時成為白費功夫。一個領獎台的側位和一個銀獎牌，終結了我們對此的期望，但遺憾卻湧上了每個人的心頭間。

返回班房，此時此刻的班房充滿了隔壁以「榮譽」落幕的那個班的喜悅聲，他們歡天喜地，好不痛快。當老師關上門窗，屏蔽了外聲後，班裡只聽得到鐘上的指針微微響動的聲音。老師看出了同學們的心情，於是跑過去扯一扯一個又一個臉蛋，欲要拉出一個笑容。

寂靜無聲的班裡，出現了老師的安慰聲——「一次挫折定奪不了甚麼，唯有繼續向陽而生，在挫折中汲取經驗，在失敗中成長，在下一次的比賽中脫穎而出，才不枉費此次的努力」。

要為生活增添調味劑，但調味劑有時卻帶有遺憾，但正因為有遺憾，所以人生才足夠精彩；因為經歷了挫折且吸取了教訓並糾正自身不足之處，才会有後來的成功，更稱得上「錦上添花」。



## 〈特別的一天〉

### 3A 石湫棕

每個人都會有十分特別的一天，而在某一天中，當我沉迷於手機時，無意中打開了相簿。從舊手機上看到舊照片，其中一張是我第二次去海洋公園時拍攝的，真的讓我十分懷念，並讓我想起這十分特別的一天。

為甚麼我去了第二次海洋公園呢？媽媽的朋友買了很多張價值不菲的入場券，所以媽媽帶了我、弟弟和婆婆一起去海洋公園遊玩。當時我真的期待，因為上一次我獲得了一個可愛的貓仔公仔作為紀念品，不知道這次會得到甚麼呢？

到了海洋公園後，我們按照媽媽事先計劃好的路線圖遊玩。首先，我們去動物園參觀了各種不同種類的動物，像是猴子和五花八門的植物，真的讓我大開眼界。然後，我們在餐廳旁邊享用了美食，飽餐一頓後，我們前往了遊樂場，裡面有各種小遊戲，像是投石機遊戲，還有大型的機動遊戲，例如過山車。我們一起玩了最受歡迎的過山車，讓我緊張得心都飛起來。

最後，我們到達了行程的最後一站水族館。欄杆上寫着不同魚的特徵和能力，有些喜歡吃微生物，有些喜歡吃海藻，這些不同種類的魚令我覺得非常新奇，因為可以認識到這麼多不同的魚種。最後，我們一家人都依依不捨地離開了。

總括而言，我們不應該浪費時間，也要珍惜一切事物。我非常感謝媽媽給我這麼一個十分特別的一天，我期待着能再次來到海洋公園遊玩。



## 〈記一次遲到的經過和感受〉

4B 余曉慧

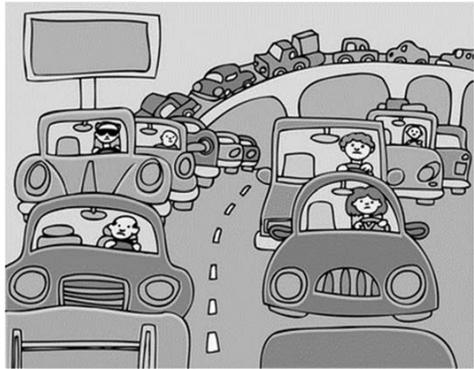
學期尾了，看到成績表上的遲到數字寫着「一」，我的腦海裏浮起了上次遲到的原因。那次的遲到讓我記憶猶新，也造成了極其惡劣的影響，子曰：「過而不改，是謂過矣。」我也從那天發誓再也不會遲到了，狠下決心做好自己。

記得那一天，我因為鬧鐘沒有響，導致我一覺睡到早上七點才起床。起來時可謂是迷迷糊糊的。走出客廳時，媽媽看着我呆在那裏，不知道發生甚麼事的樣子，控制不住的說我像拖沓的蝸牛。

由於上學要經過屯門公路，而屯門公路也是著名的塞車勝地，當我到了屯門公路上，果然不負眾望，我的車被滯留在原地，開始慢慢的前進。那感覺就像你坐在烏龜的身上，親自感受烏龜的速度，如此親臨其境中。我也無計可施，只能心中默默的禱告：「快點開通！快點開通！」心裡充滿了忐忑不安。

也許是上天可憐我，車終於通了，我焦急地看了眼時間，時間才是八時十五分，那一刻我的心也放下來了，內心抑壓不住的歡喜若狂，這時我也從忐忑不安變得更有信心，畢竟我心裏想着還有兩個站我就可以下車了，再跑回學校就不會遲到了。

可就當我放下心來時，命運又給了我重重一擊，路是開通了，但車流仍很慢。我也瞬間絕望，心想命運的不公：為甚麼上天要這樣不公平？遲到的事令我緊張得手心冒汗，因為這是我第一次遲到，我開始想好理由和老師解釋，在心裏不斷的綵排與老師解釋的畫面，那一刻我內心就期望老師不會罰得太嚴重，可以多給我一次機會，或者希望不要打電話給家長……想到這就忍不住起雞皮疙瘩。



果不其然，我最後還是遲到了。不過老師表示同情，總算可以給我一次機會，我也僥倖逃過嚴重的處分。

通過這次的遲到，我明白了提早出門和不要拖拖拉拉的重要性，要避免遇到大擠塞，從而不會遲到。畢竟遲到可能會失去別人對自己的誠信。這次遲到也是一個污點，當然做錯事情就要懂得改正，我也有認真去改正自己。

## 〈記一次遲到的經過和感受〉

4B 梁汶希

兒子放學時叫我簽手冊，我發現兒子在學校遲到比老師記過。這件事令我想起我在中學那次遲到的經歷，亦令我被爸爸媽媽重重責罵。

在某年的最後上學天，我的鬧鐘竟然失效了，我一起床時，時間已是七時零六分了，這是我中三生涯中最後的一天，我竟然遲到了，令我心裏感到不甘。

之後，我迅速跳下床，用五分鐘完成梳洗，連早餐都來不及吃，只好隨手拿起一片麵包就趕忙地穿上校服，拿起用了三年的書包，飛奔出門。但可惜的是我家和學校的距離一共有三十公里以上，無論如何我都無法在短時間內抵達。我跑去車站時，路人的眼神就像看到瘋子一樣。我在回校的路上一直咒罵自己的粗心大意，怎可以沒有定期檢查鬧鐘，如果我有做到這一點，我或許就不會遲到了。

一個半小時的車程終於完結，我急匆匆地走進教室，但我那是感到無比的緊張和恐懼，因為所有人都把目光放到我身上，老師的表情令我感到不安和恐懼，我不敢直視任何人。老師其後把我批評了一番，並告誡我不能再犯。儘管我遲到了，但我沒有放棄最後一天的課堂，我漸漸地專注課堂，彌補我遲到而沒聽到的內容，也是一種賠罪的心理。

在這一次遲到的經驗，令我明白了要更加珍惜時間，不要因為一時的疏忽而錯過重要的事情，並指導我在未來上學要更加謹慎，不要因粗心大意成為我的人生障礙。古語有云：「有則改之，無則加勉」，如有錯失便立即改正，如果沒有，就要提醒自己不要再犯錯。



## 〈重遊舊地所見有感〉

5B 葉敏怡

你曾有住過唐樓的經歷嗎？自從太婆在我小時候過身後，我再沒有回過那屹立於旺角這個圍繞着色彩霓虹燈，滿懷童真的唐樓小單位聚聚了。

祖母是她的寶貝女兒，離開殯儀館後，她環抱着我大哭大喊，掙扎的樣子令我變得更成熟，只能像馴獸師一樣安撫她的小情緒，如今，她卻重新振作，帶着我和爺爺回到這個「舊地」，衛生署將做翻新工程，打造「小租客」繼承的童年小天地。

「旺角還是旺角。」我鬆了口氣。鎮定的我看見還沒被政府革新的旺角卻很感觸，除了一些小舖頭被疫情困獸鬥一番後被別的接了手，大部份也沒有太大的改變。

我的小舊居是位於唐樓的第八層。上樓的途中，必定會經過那在一樓的大金門。這個金門後是一個早晚顛倒的酒吧。令我回想起了小時候小手拖着大手的我，看着裏面有紅油黑的燈光，心裏湧現了一種不知從何來的不安全感，使我更用力壓住了祖母的手。但當我向上望，祖母卻是一臉仁慈地跟我說了句：「不用怕，有我在。」這句雖然簡單，但很溫暖。

我上到了這只有一盞燈的照射的糖色鐵門後，不斷喘氣。不敢想像小時回家的辛苦。拉開鐵門後，我急不及待把鑰匙插進洞口，想要把這已鋪滿塵埃的禮物箱打開，激活我那白茫茫一片的小腦海。

木門打開了。在廚房內反射出來唯一的光，使能夠清晰地看見空氣裏飄浮着一絲絲的塵粒飛過。屋內亦只剩下一台從未更換過的「大嚙衰」——那是一台黑白電視機。它外型大又厚，但經常接收不到訊號，讓我經常鬧脾氣，所以太婆和祖母就幫她取名為「大嚙衰」。而這個小沙發是我的倖存之地，當我一站在沙發上，地面便會漸漸湧現熔岩，造就我天馬行空的創作小作品。再走两步，就走到了屋內唯一的主人房，裏面的雙層床生鏽得見啡不見白，猶如古董般有歷史又有價值。我不禁想起了我那瘋狂的做事風格是從那時開始的。小時不懂事，玩樂時曾試過模仿猴子倒掛於梯間。最後把太婆激得怒火中燒，她又擔心又氣憤的大喊：「跌死你啊！」她那緊張的神情，狠狠地停留在我心中。我又不禁笑了笑，開始又掛念她對我的慈愛和呵護。

可是誰又想過，現在的我要親手把自己的「童年舊地」讓出，並親手把它毀滅。我看着那一個又一個的小傢俱搬出，由充滿回憶、童年快樂、希望、被愛、呵護，給予我成長的地方變得只剩下冷清、鋪滿灰塵的房間角落和掉了一半的牆壁。心裏也只剩下了空虛與寂寞之感，當中卻又喜又悲、百感交雜。一來慶幸新租客找到好地方安居。但一來，我卻正視着自己的「地頭」被自己親手拆掉。心情像坐過山車，大喜卻又大悲。但我必須離開了。

我一路搬，一路走，一直走到樓下，走到車站。看着那酒吧，那公園，那一切兒時回憶，一步一步帶着頹然的樣子離開。腦海的思緒更沉默了下來，只幻想着如果可以，希望能像以前一樣被愛護和呵護。

如果可以，我願意坐時光機回到過去，再來一次這樣的旅程。

## 〈自此以後，我終於解開了心結〉

5C 曾令澤

我向天空租下黃昏，直到夜幕降臨，又嘗試在夕陽下垂釣，去拉起我這一蹶不振的生活。只可惜翻雲覆雨，事事難料。如這心結般，愈解愈緊。

我的開關是日出日落，日落日出是我的開關。我嚮往光明，但我不是太陽；我享受靜夜，但我不是月亮。每天的生活千篇一律，枯燥無味。人生好似望眼欲穿，微風掠過，在我這心結上掀起了一絲漣漪。

奶奶一如既往地織衣，我嘆着氣走出了家，一抹彎月高高掛起，可惜我不是月亮，不能將不滿掛在天上，樹上最後幾片楓葉落下，我看見風了。

一般的成績，普通的生活，平庸的自己。世界的舞台若大，卻沒有一盞屬於我的聚光燈。愈思愈傷，恰在此時，天公不作美，滴答滴答地落下了小雨，如嘲弄，如鞭斥，衝破了我最後一道防線。

我拖着濕漉漉的身體走回家中，即使如剔透白冰堅硬的內心此刻也融化殆盡了，化成了無助的淚水，滲着這冰冷的雨水順腮邊而流。奶奶見狀，着急慌忙地放下手中正在織的衣，輕輕地問：「奶奶煮碗麵給你吃好嗎？要不先把衣服換了吧？」縱使心中有所不順，我也不想讓奶奶擔心，還是聽話去更衣了。

身子暖和了些許，心情也平復了一些。我問奶奶，她這日復一日的工作不無聊嗎？如此樸素的生活怎麼忍受？她微微一笑地說：「當然不了，如果我是一隻飛鳥，我不會去羨慕游魚的大海蔚藍，因為我知道，天空需要我的點綴；如果我是一株小草，我不會去羨慕大樹的挺拔偉岸，因為我知道，大地需要我的滋養；如果我是一叢細流，我不會去羨慕大海的闊大深沉，因為我知道，幽谷需要我的歡騰。或許我們每日過得普通，但絕不平凡。」一瞬間，所有煩惱都跌宕進這熱乎的麵裏，隨着騰起的蒸汽煙消雲散，世間如此多人各司其職，各得其所，他們都有着一抹平凡的亮色愜意地向世界暈開，讓這世界又充滿了色彩。

奶奶撐着傘帶我出門散心，雨水落下，傘成了倒立在天空的船，我們則是在天空遊蕩，我問奶奶為何每天堅持織衣，重複同樣的動作呢？她馬上回道：「才不一樣呢，一天袖口，一天領，一天紅色一天藍，如生活一般，若享受其中，並樂亦其中，你便可以樂此不疲。」一場大雨將天與地就此交替，抬頭萬里無雲，足下星河生輝，我的心結，終於解開了。

我終沒有變成日月，我還是繁星，但我依舊摧殘奪目，天地之大，無美不有，即使偶爾烏雲遮蔽，即使前途坎坷不平，即使事事難料，只要享受其中，便可以擁有自己的藍天！自此以後，我終於解開了心結。

## 〈重遊舊地所見有感〉

### 6B 張映桐

「還記得當年所居住的村屋嗎？」媽媽突然提及這件事。這屋村令我記憶猶新，充滿着我童年的味道、回憶及成長。當天媽媽跟我提及此事後我突然十分懷念它，所以我當機立斷，自行回到童年的回憶地。

小時候，在屋村長大的我經常到屋村雜貨店購買零食，童年的巧克力牛奶冰淇淋，懷舊的糖蔥餅，以及舊時的麥芽糖夾餅。雖然小時候的零用錢只有幾塊錢，不過我也可以購買不同的零食。雜貨店麻雀雖小，但五臟俱全。但是以前幾塊錢就買到的東西現今卻要花比以前多一半的金錢，甚至是三倍的金錢才可購買到。或許是傳統手藝都快消失了吧？有些東西現在都找不到了，我最深刻的回憶就是我在屋村的雜貨店購買了一支巧克力牛奶味冰淇淋，剛剛走出雜貨店門口，我就跌倒了。

腳受傷了，冰淇淋也掉了。我嚎啕大哭，雜貨店的老闆娘拿出紙巾以及消毒藥水幫我清潔傷口。在簡單消毒後，老闆娘拿出了一支冰淇淋，「請你吃，別哭了。」這句說話到現在我也記憶猶新，老闆娘的溫柔和她心痛的眼神。

從前的我不明解，這是甚麼回事，但當我再次回到這間雜貨店的門前，我終於知道這就是人情味。因為通貨膨脹以及老顧客都從這條屋村搬走了，雜貨店亦不及現今的便利店方便，不論走到哪裏總會有一間在我們左右，雜貨店在不久之前就消失了。

當我在屋村附近的便利店購買了一支冰淇淋，坐在我小時候經常看到的公園裏，看見一群小朋友，他們在嘻嘻哈哈地一起玩，勾起了我童心未泯的心靈。小時候，我也跟他們一樣。放學到公園玩耍，每次都是到天黑才回家，從前的捉迷藏，在現今的小朋友眼中，只是一些體力活。他們一直在嘻嘻哈哈，其實只是電子科技的先進罷了。我覺得時代的變遷，令人找不回從前的快樂。

我觀察一段時間後，我才發現到這裡有滑梯、鞦韆以及搖搖板，但他們都被電子遊戲取代了。被閒置的鞦韆，看起來很孤獨，我走到它的面前，開始跟它互動，跟它詳談兒時的回憶。

不知過了多久，天色漸暗，我坐在鞦韆上，看到快下班的太陽伯伯，太陽伯伯依舊是一成不變，亦沒有離開過我們。

重遊屋村，我發現以前的味道、風氣以及店舖都改變了。時間改變了許多東西，時代變遷的事實無人能扭轉，糖蔥餅和麥芽糖夾餅，現在也存在着，只是味道改變了。我們依舊存在着，只是逝去的時間、人物以及回憶不再回來，但我們過着比以前更好的生活。我不想因時間流逝，覆蓋了我們的童年回憶。可惜，我們都無能為力了。

# 言之有物

## 〈數學說〉

2A 陳君正

為甚麼現在每個學生都應該學數學？在中世紀，數學只是一個人們小眾的興趣、愛好，但隨着物理，例如牛頓力學的崛起，它們都需要大量的數學運算，這也導致數學在那時立刻「火」了起來，如今越來越多新事物、概念都可以用數學來描述，這團「火」也理所當然地燒到現在。

在古希臘，很早就有關於數學的研究成果，例如畢氏定理、歐式幾何等，都是那時人們智慧的結晶。到了現代，牛頓和數學家萊布尼茲分別發明了關於微積分的相關概念和符號，雖然在剛發表時人們都嚴厲質疑它的合理性，例如無窮小是否為零，但好在後來的多位數學家給出了它的嚴格數學定義，才消除了人們的質疑聲。儘管在誰發明微積分的問題上牛頓和萊布尼茲到死都還在爭論着，但不可否認的是，他們都為人類做出了卓越的貢獻，微積分的出現更是解決現實問題的「大殺器」。

回到開頭的問題，為甚麼現在每個學生甚至是每個人都應學數學？哪怕只有一點？我曾聽一些人說：「現在連做牙醫都要數學好了」。無論是在工程、資訊科技，還是電腦領域，有很多時候都需要用到數學了：工程的一個電路裏各組件的電流、電壓關係；資訊科技裏的人工智能音頻處理或在編程時靈活的數學庫運用。只能說數學的應用範圍太廣了，也有人說：「人類文明根本就是建立在數學之上的吧」。這不無道理，也是為甚麼現在每間學校每天都有數學課的原因。

數學從古至今便一直不斷發展，且與科學有豐富的「相互作用」，在歷史上有許多的發現，並且直至今日都還在不斷發現中。



## 〈垃圾說〉

### 2B 源麗茵

「你真是個垃圾！」，你認為垃圾是甚麼？是被人類丟棄的垃圾，又或是在垃圾桶的垃圾，還是你覺得沒有作用的物品就是垃圾，垃圾的定義是甚麼？

其實垃圾的種類多不勝數，目前分為兩大類，可回收垃圾和不可回收垃圾，例如可回收垃圾是可分解的物質，有：紙張，而可以循環再造的有：鋁、金屬、玻璃等等；不可回收垃圾，有：塑膠，因為這物質在地球上分解需要幾千年的時間，而且人類在現今科技無法再造或利用，再者，這種物質回收費用高昂，所以我們就稱它為不可再生垃圾。

可回收的紙張、玻璃，我們都可循環再造，成為再生紙，玻璃磚。這些垃圾都有作用呢。

例如甘蔗，大家榨完汁都會把渣滓扔掉，因為我們榨完汁之後就沒有用，所以大家都會當作垃圾扔掉。但最近政府實行「走塑」取代用的紙餐盒，就是用無用的甘蔗渣製成；有些事物只是用在錯的地方，達到所謂的用處之後，便會丟棄成垃圾；就像平民被資本家當作奴隸一樣，被壓榨、利用、成為廉價勞動力。但當他們無法工作，就會被辭退，一樣成資本家眼中的垃圾。



紙因為可降解回收，所以成為大家的環保之選，例如有紙餐盒、紙吸管等。而塑膠因為無法短期被地球降解，回收成本高昂，人們就會為了環保，不使用塑膠用具。殘障的人對比起正常人，他所需要培養的時間、心力還要得多，所以大家都把他們當成垃圾對待，而正常人的頭腦當然是靈活，所以，他們就是可用之才，值得被培育、重視……

垃圾？也許只是不能滿足你眼中的需求，就變成垃圾，但不能是你用錯了地方，說不定，他的一技之長被磨滅、慢慢隱去，被同化成流水線的產物。垃圾不是廢物。不要用肯定的眼光質疑、小看別人。正如垃圾是人所創造的，垃圾也是人類給予定義，垃圾為甚麼是垃圾，但連人們都被稱為垃圾，那就沒有意義，只是用錯地方懷才不遇，其實物皆有其用。

## 〈耳朵說〉

### 2B 鍾浚勻

耳朵是人們必須要擁有的物品，因為你如果沒有了耳朵又怎樣去聆聽這個美好的世界的聲音呢？雖然有些人天生耳朵聽不了東西，需要輔作工具來聽這個世界的聲音。但總之耳朵是十分重要的。

首先，有了耳朵就可以聽到音樂，和人類溝通，令這個世界沒有那麼的沉重。聽不到人說話是一件非常難受的事，耳朵不僅僅是我們的聽覺器官，它們也是我們與世界溝通和理解的關鍵。

其次，耳朵也是我們學習和交流的工具。藉着聆聽他人的話語和聲音，我們能夠接收到他們的信息和意圖。我們可以通過聽取老師的講解來學習新知識，聽取朋友的故事來瞭解他們的生活，聆聽家人的建議來指導我們的行動。耳朵的存在使我們能夠更好地與他人溝通，進而建立更深層的關係。

除了在人際交往中的重要性外，耳朵還在我們的安全和警戒方面發揮了重要作用。它們能夠幫助我們聽到環境中的聲音，包括：警報聲，汽車聲，喇叭聲和其他危險信號。透過聆聽這些聲音，我們能夠及時意識到潛在的危機並採取適當的行動來保護自己和他人的安全。

然而，儘管耳朵在我們的生活中扮演着如此重要的角色，我們有時候可能會忽視對它們的保護和護理。長時間暴露在高音量的音樂或噪環境中可能導致聽力損害，而不注意清潔耳朵可能導致耳垢積聚的問題，因此我們應該時刻留意耳朵的健康。

最後，耳朵在我們的生活中扮演着至關重要的角色。它們讓我們能夠聆聽美妙的聲音，學習和交流，並保護我們的安全。我們應該珍惜和關注我們的耳朵，並確認它們保持健康和正常的功能。有很多人說自己活得不幸福，但我覺得我擁有健康的身體，健康的耳朵已經十分幸福呢！



## 〈指南針〉

3A 王心燁

我人生的指南針是最親近的家人，他們無時無刻地為我尋找方向。沒有他們，我只是一個迷失方向的人。家人是我最重要的指南針，我要珍惜與他們相處的時光。

為甚麼說家人是我的指南針？因為他們會確定我的位置並幫我找到前進的方向。就像我讀中三時，面臨選課的壓力如山，我感到焦慮了一段時間。媽媽看下去後來關心問候我，我告訴了她我的困惑。媽媽安撫我說：「你要考慮自己的興趣，也要考慮自己的能力，還要考慮未來想做甚麼，三思而後行。」聽了媽媽的話，我終於想通了，並選好了自己的科目。我非常感謝媽媽的關心和指導。

在我考公開試的那一年，我又擔心、又焦慮、又迷惘，感到未來一片空白。我告訴媽媽，我不想讀書了。媽媽又告訴我：「人生的道路是你自己選擇的，讀書是最輕鬆的出路，三思而後行。」這次媽媽的語氣很嚴肅，我深知其嚴重性。經過深思熟慮後，媽媽陪我找到了補習社，她鼓勵我後，我感到幸福地走了進去。後來，我全靠媽媽的指導而成功升學，我十分感恩。

畢業後，有很多工作給我選擇，而我又陷入了選擇困難症。了解我的媽媽再一次對我說：「三思而後行。」媽媽與我詳細討論了各種工作選擇。那一刻，我下定決心要賺很多錢回報她。多年後，我成功創業，與媽媽一起過上了富裕的生活。這些年來，我一直倚賴着家人作為我的指南針，他們陪我走過每個階段。

媽媽是我最珍貴的指南針，她幫助我確定自己的位置並助我前進。將來我一定要繼續好好感謝媽媽，因為沒有她的指導，我可能不會取得成功。

## 〈禮物〉

3B 黎湘怡

禮物的意思是指餽贈的東西，簡單來說就是別人送給你的東西，那禮物的意義又是甚麼？一定是物質上的物品？對於禮物，我有段重要的回憶，雖然是年幼時發生的事，但我對這念念不忘。

這天，我在收拾充滿雜物的房間，我打開了抽屜，裡面雜亂無章。我一把東西拿了出來，拿起了一張發黃的紙條，紙上的字有點掉色，隱隱約約看見那裡寫着一句名言：「我們必須接受失望，因為它是有限的。」這是我小學老師送給我的禮物。

在放完暑假之後，我便升上了小三，而開學不久便有一個測驗。我的成績向來不錯，常常得到老師的稱讚。或許是放完假太過放縱，致使上課內容聽不太入耳，雖然測驗前一個月想補救之前錯過的內容，但是成績一出來，我僅僅拿了及格的成績，這令我大受打擊。雖然老師說我擅长的部分拿到了高分，但我還是消沉了一段時間。那時候我每天都無精打采像一個只有軀殼沒有靈魂的人。老師似乎發覺到了，那時候剛好聊到我的生日，老師便把我叫到了辦公室，並送了我一份生日禮物，她給了我一顆糖。我吃着糖果聽他說着，他只跟我說了兩句話，第一句便是那一句來自馬丁路德的名言：「我們必須接受失望，因為它是有限的，但千萬不能失去希望，因為它是無窮的。」之後老師臉帶微笑地跟我說了一句：「生日快樂。」便離開了。這對我來說是一份特別的禮物，比起昂貴的禮物，這對我來說更深刻，我把這句話寫在了紙條，深思這句話。

雖然對這次測驗成績令人失望，但我知道了自己是有能力去學到更多，只要更努力，希望絕對是無窮的，我沉思了一晚，這讓我的生活和成績發生了變化。

禮物的意義便是向受禮者傳遞信息，情感，意願的一種載體。這是一份特別的禮物，老師想傳遞給我的信息和想鼓勵我的情感，我好好地接收到了。



## 〈上鎖的抽屜〉

4A 黃曉鈞

在姨婆離世的悲傷陰霾尚未消散之時，我默默地協助家人整理她的遺物時，偶然間發現了一個上鎖的抽屜。那個抽屜如同一個被時間遺忘的秘密，散發着神秘的氣息。它靜靜地立在那，好奇心的驅使下，我輕手輕腳地擺弄着鎖頭，彷彿它是一個沉睡的精靈，需要我用溫柔的觸摸來喚醒。當抽屜緩緩開啟時，一股陳舊的氣息如同一股洪流，洶湧而至，將我淹沒。

姨婆是一個脾氣古怪的老太太，她的臉上總是掛着讓人難以觸摸的表情，時而冷漠，時而嚴厲。她的眼神中透着一種獨特的精明，彷彿能洞悉一切。我一直都與姨婆不太親近，因為姨婆嚴厲的表情令我總是懼怕她，甚至總是覺得姨婆不太喜歡我。一直到打開這個上鎖的抽屜，我才知道對姨婆的誤解有多深。

抽屜裏面裝滿了姨婆對我們真摯的愛——首先映入眼簾的是那些泛黃的照片。它們靜靜地躺在那裏，似乎在默默講述她的美好瞬間，還有那些姨婆手寫的信件，字裏行間流露出對我們的關愛和祝願。這裏的每一件物品，都訴說着那些溫馨的畫面，而姨婆在照片上的字跡，更是她對我們成長的關注與祝福；我送給她的每一份手工禮物，那些粗糙而充滿愛意的作品，在她眼中如珍寶一般。我看到了用彩紙摺疊的小船，那是在幼兒園時送給她的禮物，還有那串我用珠子串成的項鍊，雖然不夠精緻，但姨婆卻一直佩戴在身邊。我仔細翻閱着每一件物品，彷彿這樣就可以更了解姨婆。在抽屜的深處，我們發現了一本姨婆的日記。它宛如一扇通往她內心世界的窗戶，當我輕輕翻開時，歲月的塵埃在陽光下飛舞，彷彿在向我展示着姨婆內心的秘密花園。她的日記中記錄了我們的成長點滴，寫下了對我們的期望和祝福。她默默地守護着我們，用她的愛為我們撐起一大片溫暖的天空。這個上鎖的抽屜成為了我與姨婆之間的情感紐帶，這些遺物不僅僅是物質的存在，更是姨婆精神的延續。它們讓我明白，愛是可以超越時間和空間的。

突然想起有一次，我在學校遭遇了挫折而心情低落。姨婆沒有過多的詢問，只是神情嚴肅地拍了拍我的肩膀，給我做了一碗我最愛吃的麵條。那碗麵條的溫暖，至今仍留在我的心中。現在想來，姨婆並不是脾氣古怪，只是不善於表達自己。她的愛是如此細膩而深沉，用自己的方式默默地守護着我們。她的愛是無私的，她不求回報，只希望我們能夠幸福快樂。她的離開讓我們感到無比的悲傷，但她留下的這個上鎖的抽屜，讓我們感受到她的存在和溫暖。每一件物品都是她對我們愛的見證，讓我們在思念她時有了寄託。

姨婆的離去讓我深刻體會到生命的脆弱和短暫，我們無法預知明天會怎樣，所以我們應該更加珍惜每一刻與親人相處的時光，把握每一個與他們交流的機會，用心去理解他們的愛和關懷。讓我們以姨婆為榜樣，在有限的時光裏，與家人創造更多美好的回憶，讓家庭成為我們最溫暖的港灣，讓親情在歲月的流轉中愈發深厚。

## 〈上鎖的抽屜〉

5B 馮真晞

「噠噠」四周都夾雜着雜聲和搬運聲，我看着空蕩蕩的房間竟感到了一些不知所措，此時我轉向門外，透過敞開的大門看見老父親與搬運司機有說有笑，是的，我要搬家了，離開這個我生活了十九年的地方。

我走出房間摸索，細細回味着在這生活的痕跡，可惜家具早已清空，些少失落的我抬頭就對上了父母的房間，我從沒有進過去，想着便輕手輕腳打開了房門發出「吱呀」一聲，窗外的風輕輕吹來，順着陽光的折射我便一眼看到了被數多灰塵包圍着的木櫃子，這十分眼熟，我走上前，卻拉不開抽屜，許多瑣事此時就像大海一般向我湧來。

從我記事起，家裡便有個一直上鎖的抽屜，小時我總吵着父親嚷着他用鎖匙打開來滿足我的好奇心，直到我看見裡面只是藏着一些父親不走針的老懷錶和分叉的鋼筆，而不是玩具、零食的我自討沒趣，扮作若無其事跑開的我心想不會再來多看這破抽屜。

後來我升上中學，家裏的開支便大了，本已忙碌不堪的我注意到父親比我還要繁忙，在太陽還未升起的昏暗天空，父親就比我先出了門，在我學習了一天深夜回到家後，父親卻還沒回家，我這才醒覺已經很久沒有見到父親了。後來看見父親快速打開抽屜便出了門，看着他一閃而過的身影，我不禁疑惑，重新對抽屜起了好奇，不過很快便打消了念頭。

直到我尋找東西時不小心拉開了父親的抽屜，才驚覺抽屜不知從甚麼時候開始不再上鎖，裏面的日記本成了父親給別人幹活的記賬本，老懷錶和鋼筆也不再有了蹤影了，那時我百感交集說不出話來，看到父親不再握鋼筆的手全是繭，我哽咽了。父親也曾是懷揣夢想的少年，我覺得沉悶無聊的抽屜卻是父親的夢想和歲月，鎖匙只是一把殺豬刀也可以說是生活。

這一刻我忍不住眼淚了，我不屑的抽屜卻成就着我一路走到現在，曾經承載着夢想的抽屜如今也只是承載住我的夢想，只不過努力的那個人是父親，才明白為何當初父親要為抽屜上鎖了，有了我，父親的夢想才變了秘密，他用鎖匙鎖上不讓他人知道他的年少輕狂，男人雖是一世孩童心，但他早已知道自己是一位父親。

夢想這麼虛無的字眼，父親覺得這個機會會更適合我，於是幫助我達成夢想的抽屜便不再是秘密，更不需要藏着掖着，鎖匙從此失去了用途。我想我的淚水不單止是為父親對我的付出，更是我對這抽屜的忽視與冷漠，「碰」一聲房間門被推開，我看見是父親，鼻子一下就酸了，但我強忍着的模樣似乎沒有破綻，我上前抱着父親，父親也只是笑笑輕拍我的背，多虧了父親與抽屜，我達成了夢想，更令我可以越走越遠。

如今看到抽屜再次上鎖，我便對父親安心了許多。

## 〈上鎖的抽屜〉

5C 湯迪生

夜深人靜時，月光透過窗簾的縫隙撒在了婆婆的房間內。佈滿斑駁的木門，向人訴說着那久遠的過往，空無一物的木板床也告示着，主人早已不在，房間僅有的除了那無主的木板床就只有一個老舊的床頭櫃罷了。窗外明月璀璨，我卻背對着明月，坐在一旁，看着那老舊床頭櫃上一個上了鎖的抽屜，披上了月霜，漸漸醉了神……

還記得那時候尚是三四歲的年紀，從小以來我便有一個專屬的「髮型師」為我修理頭髮，那人便是我那已過世的婆婆。那日正風和日麗，那束刺眼的陽光穿過泛黃的玻璃窗戶，透過鏡子映射進了正坐在鏡子前一動不動的我，而這束的陽光讓我不禁扭動了一下頭，來躲避那刺眼的光芒。「別動！一陣子就好了。」老人的聲音溫柔又平和，如那春日裏的一束暖陽帶給人寧靜與安慰，讓年幼的我頓時安靜了下來，而那刺目的光芒也被老人用身軀默默地擋了下來。也許就是這些小卻大的瞬間，讓老人小小的身軀，就此在我的心裏留下了大大的身影，使我無法忘懷。就是一刻鐘的功夫，讓本來一個小刺蝟，變成了表面圓又潤的小丸子。只見老人攝取一撮頭髮，消過毒放進了一個密封袋裏，在上面寫上了「五周歲」的字樣。「婆婆，婆婆，為甚麼要把我的頭髮放進袋子裏呢？」我跟在老人的屁股後面對她問道。老人不急不忙地慢步走進了房間，拿起了鑰匙，打開了床頭櫃上上鎖的抽屜，拉開抽屜，拿起幾袋同樣寫着相似字樣裝着些許頭髮的密封袋，溫柔地對着我說：「婆婆我啊，年紀大了，記不住事，平時就喜歡看着過往的老舊物發呆，我怕如果不留些東西留念，那從前的過往會一一忘懷，所以能留些東西來回憶總是沒錯的。對了，來年你要上小學的時候，也該留下一個。」邊說着邊將那幾袋盛着回憶的袋子小心翼翼地鎖進抽屜裏。那時窗外的陽光透着窗簾的縫隙打在了婆婆的臉龐，她那嘴角淺淺的微笑如陽光般璀璨，深深地印在了我的腦海中……

收起手中長滿鏽斑的鑰匙，望着抽屜裏的完好無損的幾袋密封袋，我擦拭掉眼角的晶瑩，把目光從袋子上掃開，望去抽屜裏其他的老物件。銀製的小首飾，表面刺繡了幾朵花的老錢包，裏面有着幾張舊紙幣和幾張老菲林相片，婆婆愛念舊，將老舊物收藏起來，空閒時拿起來回想一下過往。我的目光隨着思想的漂浮，也慢慢失去了焦點，而這時躺在一本老相冊旁的一個小球，吸引住我的目光，把我拉進回憶的漩渦裏。還記得那小時，屯門公園還沒有改建成如今諸多遊樂設施的遊樂場，我卻能以一球一老一小玩得不亦樂乎，在那充滿回憶的圓形操場上，即便老人行動不便，不能陪我到處跑到處跳，但還是好似不懂得疲憊一樣，追着小球把臺階的空隙當成龍門踢來踢去，從白天到黃昏，好不快活，只不過上了小學以後便鮮少去那個操場上去玩了，也許能讓年幼的我盡興的不是那顆圓滾滾的小球，而是我那年邁的婆婆的陪伴，才使得那童年變得有趣起來。

我翻看着小球旁的相冊，那泛黃的相冊裏承載的有着過去無數的回憶與故事，有那陽光下理髮的過去，也有那有關於小球的故事等等，也存在於此。我一頁頁的翻着如同發現古時留存的寶藏一般，輕輕撫摸着裏面留下的舊相片，就這麼慢慢的回味的，好似回到那時一般。月光照映下，一縷微風吹拂過我的臉龐，撫摸着我的髮尾。那一瞬，我仿佛再次感受到來自婆婆的溫柔，卻又在一瞬間烟消雲散。這上鎖的抽屜，並非只是保管着裏面的老舊物，而是替其主人收藏着寶貴的回憶，而不被時間長河的冲刷，染上了鏽斑，長起了斑駁……

我想您了婆婆。



## 〈上鎖的抽屜〉

6C 楊思琪

大約我五、六歲時，父母來到香港專心照顧襁褓之中的妹妹，我得以在剛記事時、最有利好奇心的年紀搬回祖籍所在地，與奶奶爺爺同住。大抵從那時起，心裏便埋下對那上鎖的抽屜悠遠的、漫漫的依戀與幻想。

模糊記憶中的奶奶，尚是年輕姨姨的模樣，髮絲尾部整齊切落，偶有幾根銀絲在短髮中冒出，象徵養大五個兒子與孫輩們的辛勞；農村婦女都有的粗糙，遍布她全身，不光是耕地做飯的繭，還是奮力生活下的生命力與沙石泥土、饑荒洪水混合成的厚重；她的臉瘦削，即管熬過了過去的苦日子，卻依舊愛節儉，紅票子毛票子鋪開，塞進紅包，存到銀行裏，兒孫們要她花也是白費心神。我還小，不懂甚麼蘊藏的道理，只知隔三，五天，奶奶就會抱着我打開一個獨屬她的小抽屜。沒有甚麼古色古香的木製化妝桌，只是一個現代工藝品衣櫥裏極小的格子。現在想來，我認為那連抽屜都算不上甚麼，但在幼兒眼裏，那是琳琅滿目的藏寶地。

「囡囡，來吃糖……」不知是搬離了鄉村茅草屋，到了城鎮，還是奶奶的性格如此，她不似我回村探親時那些潑辣的大娘，倒有着溫柔。只是她仍未改變骨子裏對孫子的寵溺，那段與她同住的日子，彷彿是我人生中最甜蜜的歲月。

抽屜裏有個小糖盒，我記不起金屬方形罐上刻着甚麼字，只依稀透過記憶的紗網看見五彩斑斕的糖紙。父母從香港帶來的瑞士糖，過年留下的糖冬瓜，親戚走街串巷捎來的元寶巧克力……奶奶把糖與蜜珍藏在抽屜，哺予我是頭上的甜味，只笑着由心拿取一絲溢出的甜意。

後來妹妹稍大些，我先後在廣東、深圳和香港住過。思鄉泛濫的情緒未嘗困擾過我，只是偶爾見到亮麗的糖紙，會想起八小時車程的那邊，奶奶是否還保留鮮艷甜蜜的抽屜。

爺爺的身體在車前徹底與靈魂分離了，不吭的凌晨，化作夜晚的明星。我沒法在學期中段回鄉，只得在夜深人靜時分，遙想月光下被同一片天空籠罩的奶奶，能否藉抽屜裡的甜意舒緩悲傷？

我在一年後終於得到了答案，只是有時現實要疼痛於夢境與幻想許多。奶奶烏黑的髮變得更長了，只是銀白如霜雪覆蓋了勃勃生機的綠茵；瘦小的她更顯佝僂，清澈目光如今不顯，只看見耷拉的眼皮與底下混濁的眼；她仍展示久未見我的驚喜，嘴上仍是親近的「囡囡」，只是事隔多年抽屜的滑道略有生澀，鎖眼帶有鏽跡斑斑、籠上灰敗霧色的悲情感。我悄悄去看那個抽屜，卻發現它緊閉謝客——牢牢的鎖上了。

後來我與奶奶相處了幾天，但話題卻非從前她叮囑我好好學習，常回家探望，卻是轉向她的悲痛、怨怒與不安全感。仍舊是她說，我聽的場景，我卻不習慣於聽見從柔和的她嘴中，冒出負面悲悽的字眼。記憶中五彩繽紛的糖色，彷彿隨着對話與時鐘的滴答聲一點點褪去，揭開內裏蒼白灰暗的底色。難過的愁緒如苦味的花，綻放在奶奶的抽屜與心房，更緩緩將枝條伸向我，讓我心中的抽屜亦無法敞開。

那時我仍未懂奶奶相處半世同行者離去的悲傷，多麼的有分量，只在河畔石橋上散步時眺望遠方，心中想如何助她脫離悲情。我嫌擁抱安慰太輕微，嫌帶她出門散心不合實際，嫌錢財外物過於庸俗……思考不知多久，我在賣糖果的商舖前停下腳步。

那是將出發的早上，奶奶特意從居住的二伯家，搭公車上來與我們別離。她拉我進曾住的房間，打開零錢袋，抽出一把小鑰匙，再開了我曾朝思暮想的，那上鎖的抽屜。

比以前更乾燥皺縮的雙手拉開嘎吱作響的抽屜，一個大兩巴掌有餘的盒子被取出來，蓋子發出叭嗒脆響，連同心底七彩的回憶揭開。我的寶藏兜兜轉轉，從童年穿過時光居住的抽屜，回到我的手上。驚喜與微笑交織，我趕忙拿出背包裏藏着的鐵盒，解釋回憶與舉措的串連，感受失而復得的微妙感。此刻，有形無形的抽屜都盛開。

離別總會來臨，人生的抽屜開了又鎖，但人也擁有獨屬自己的鑰匙，在歲月長河裏找到那些甜意，以甜蜜沖刷緊鎖的鏽跡。

我坐在回港的列車上，小心翼翼地取出，甜滋滋的，不知海的那邊奶奶有否品嚐我的回禮，只覺得，這是獨屬我倆的解鎖秘器。



# 浮想聯翩

## 〈新的體會〉

4A 楊紫永

幾天後我將要面對一道難關，想不到今天得到鼓勵，使我對即將來臨的難關有新的體會。

今早走到街上，風吹得特別凌厲，我那緊張的心情逐漸加重，我繼續走到街道上，風啪啪聲的打到我臉上，就像在給予我一種無形的壓力，使我更坐立不安。因為幾天後，便是舞蹈比賽的正日了。我到現時為止仍對自己沒信心，擔心自己會辜負導師的期望，因此感到非常焦慮，想放棄的念頭多次湧在眼前，很想去逃避，不想面對是次賽事。

由於我一直被焦慮的情緒環繞着，導致我的狀態很差，整天的茶飯不思，心不在焉被導師看出來了。她上前給予我慰問，我很驚訝她不是過來責備我不調整好狀態。她輕輕坐在我身旁，輕聲細語問我到底怎麼了。被抑壓數天的我受到這樣的虛寒問暖就終於再忍不住了，一邊哭着一邊解釋。「我從來也不認為你比誰差，更沒有否定你的能力。」導師用一個十分肯定的眼神看着我，我的眼淚瞬間停止了。那一刻，我彷彿在漆黑的烏雲中看到了陽光。她沒有說甚麼花言巧語，只是簡單的一句我相信，我肯定，已給了我深切的慰問，重燃起了我的意志。



我抹乾淚水，站起來，再次想到幾天後的比賽，可是這次迎接我的，不再是擔憂與害怕，而是挑戰及勇敢。我開始發憤練習，把不熟悉的地方重複練了一遍又一遍，地板上的滴滴答答的汗水聲，猛烈的陽光至漆黑的夜空，我仍沒有想過停止。因為我明白了，越是害怕就越會發生，那我倒不如相信自己，勇敢去闖吧。果然，調整心態後，我覺得不再害怕，自信也提升了，對比賽由起初的擔憂到期待。

我不斷反思自己，亦明白了遇到困難，就應迎難而上。經驗會使你進步，但逃避只會令你退步，因為只有你自己有資格去否定你自己，握下去，迎接你的將會是一片彩虹。

## 〈俯視與仰視〉

4C 鄭柱健

父親，在你的墓碑前，我總會回想起那些年與你相處的種種經歷。記得那一年我六歲，我們一路小跑，追尋蝴蝶的身影。記得那一年我九歲，你牽着我的手看晚霞滿天。記得那一年我十二歲，我們躺在麥田，仰視星空。這些美好回憶，魂牽夢繞的促使着我回到了鄉間，回到了這片你撫養我長大的地方。我期望，期望再次仰視星空，因為你說過你會變成星星，俯視着我。

再次踏上這片故土，一切似乎仍舊未變，遠山的輪廓一層疊着一層綿延不斷，大片金黃的麥田在風中飄蕩，一條條黃土路，延長交叉，形成這片鄉間獨特的地貌，空氣中飄着的黃土氣息與童年並無二樣，就連嘰嘰喳喳的麻雀叫聲，也如記憶中的那般，同樣令人心生厭煩。此時此刻，我站在路口中間，不知去處。但不出片刻，好心的導遊出現了，那是一隻蝴蝶，它撲哧着翅膀，似乎在朝我招手，要引領我去到甚麼地方，看到這隻蝴蝶的一瞬間，我愣住了，它翩翩起舞揮動着翅膀與記憶中那道身影重疊，一切像是回到了十年前的夏天，我和父親第一次見到了這道翩然的身影。我抬起頭仰視着父親，父親低下頭俯視着我，我倆相視一笑，心領神會，一同沿着這條黃土路，朝蝴蝶追趕過去。這一年我六歲，我仰視父親，發現他笑着的臉上多了幾條皺紋。

記憶再次模糊，只剩蝴蝶翩翩的身影浮現在我的眼前，我如同十年前一般，沿着這條黃土路朝它追趕過去，不知跑了多久，蝴蝶停了下來，停在了一棵高大槐樹的樹梢上。正當我想仔細瞧瞧它的模樣時，秋天的風來了，吹走了蝴蝶，吹落了枯葉，頃刻間，我腳邊已鋪上了一層枯枝敗葉，風吹過也像是他的低語，悄然的讓我回想起了，七年前的夏天，父親牽着我的手，坐在這棵槐樹下，靠着樹幹，看日落時分的晚霞，燒紅天邊的雲，看天空染上一層薄薄的緋紅。這一年我九歲，我仰視着父親，在我眼中，父親和晚霞一樣高大，只是在晚霞的襯托下，父親兩鬢的白髮顯得尤為刺眼。

回過神來時，夜色悄無聲息染黑了天空，我已不知不覺中走到了一片麥田裡，我隱隱有預感，這便是四年前，父親和我共同躺下來看星空的那片麥田。夜晚，像一片湖畔悄悄的孵化出靜謐，我躺在寬廣的麥田中央，享受晚風輕拂臉頰，和夜晚來之不易的寧靜。宇宙帶上了他的面紗，上面鑲嵌着亮晶晶的寶石，或者說這叫星星。此時此刻，我仿佛回到了四年前，與父親一同仰視星空的夜晚，我躺在父親身邊，童真的問他，星星是甚麼？父親沉默了，又像是在思考着甚麼，片刻後，他回答我，星星是死去親人的眼睛，他會俯視着你，為你走夜路的時候點一盞燈，這一年我十二歲，我仰視着父親，不明白父親說這話蘊含着甚麼意思，我只知道這一年，父親的咳嗽越來越嚴重了。

四年後，父親死於肺癌，在他的葬禮上，我哀嚎哭喊，聲聲不絕，直到天色漸晚，賓客逐漸散去，一切才靜了下來，我又一次和父親獨處，這次我站在他的墓碑前，第一次真正意義上的俯視父親，墓碑的照片中，父親年輕且意氣風發，他笑得是如此燦爛。一切是那麼的靜，猶如星空下的夜晚，我再一次回想起，他那天說的話，星星是死去親人的眼睛，於是我抬起頭仰視星空，父親你現在是否也在俯視我呢？這一年我十六歲，父親從我的生命中離去，但他永遠都在，他會變成星星俯視我，我永遠不會害怕黑夜，因為只要我仰視星空，父親便會為我點燈，照亮我前方的路。



## 〈隱藏〉

### 6A 周嘉濠

隱藏是日常生活中經常出現的行為。無論是甚麼樣的人，都會有隱藏自己的需求和行為的時候，有時候這是為了保護自己，有時候則是為了達到某種目的。

首先，人們常常會隱藏自己的真實情感，在人際關係中尤其常見。我們常常會隱藏自己的憤怒或不滿，以避免引起不必要的爭吵或衝突。他們可能會假裝沉默或掩飾自己的情感，表現出一副平靜的樣子。這樣做可以避免引起爭吵，或者是為了保護自己的形象。然而，長期以來，這種隱藏可能導致內心壓力和不滿情緒的積累，最終可能會爆發出來，對個人和人際關係造成更大的傷害。因此，適時地表達自己的情感是重要的，可以找朋友聊天、玩樂等方式來舒緩壓力，讓自己放鬆。

此外，人們還會隱藏自己的弱點和缺點。這是一種自我保護的機制，以避免他人對自己的評價和批評。人們常常掩飾自己的不擅長或不足，以展現自己的優點和強項。這種隱藏可能是為了保護自尊心，或者是由於社會對完美形象的追求。然而，這樣的隱藏往往帶來壓力和不真實感，使人們無法展現最真實的自己。

隱藏還可以是一種策略，以達到某種目的。在生活和工作中，人們可能會隱藏自己的真實意圖和計畫，以維護自身利益或實現目標。這種隱藏可能出於競爭的需要，或者是為了保護自己的利益。然而，這種隱藏往往是不道德的，可能對他人產生負面影響，並破壞信任關係。

活出真實的自己比隱藏自己更難，但所獲得的回報也會比隱藏自己更多。因為最後留在身邊的人必定是對我們最真誠的人。

總之，隱藏是人類行為中常見的一部分。它可以是為了保護自己、維護關係或實現目標。然而，長期以來，隱藏可能對個人的身心健康和人際關係造成負面影響。因此，我們應該努力展現真實的自己，做真正的自己，同時也要尊重他人的隱私和自由。這樣我們才能建立真正的信任和連接，並展現更加健康和和諧的社會關係。



## 〈隱藏〉

### 6A 葉珮瑩

「隱藏」是人類情感世界中常見的現象，有很多時候人們都需要隱藏自己，不論是秘密、情緒和想法。人們通常隱藏自己的背後都有幾種原因，而我……是害怕別人的目光。

曾經我是一個從不隱藏自己想法和情感的人，有甚麼都直言不諱，也常常主動開導別人，但漸漸地我發現壓力一天比一天大，因為我的性格，令所有人都會依賴我。不想令人擔心的我，開始不在意地把自己隱藏起來，慢慢我不像從前，變得文靜，也不把情感流露出來，我活成了自己不喜歡的樣子，壓力也只有增無減。每天承受的壓力來源是因為朋友的疏離，令我由無話不說變到沉默寡言，我發現隱藏自己換來的不是解脫，而是孤獨和無力感，比從前壓力也更大。我想找回自己，不想再將自己隱藏起來，這只會令我更加焦慮，我決定重新回到以前的樣子，做回真正的自己。



有時候，我們選擇隱藏自己的情感是因為害怕被傷害。在曾經的某個瞬間，我們或許曾經敞開心扉，毫無保留地展示自己的真實情感，但卻被他人所傷害，不論是言語或是人身攻擊，所以很多人學會把情感隱藏起來，並把自己的內心深處也封閉起來，不再輕易能坦露給別人。但其實我們選擇隱藏自己的想法是因為害怕被誤解，我們生活在一個多元化的社會中，每個人都有不同的觀點和價值觀，當我們大方表達自己的想法時，往往會遭遇到異樣的眼光和批評。為了避免這種尷尬和不適，我們會選擇把自己的思緒深埋在心底。

然而，當我們選擇隱藏情感、想法和秘密時，我們也許忽略了一些重要的事情。我們忘記了情感的力量，忘記了分享的美好，我們敞開心扉，勇敢面對自己內心的聲音時，才能真正與他人建立深厚的友誼。雖然隱藏自己的情感是一種保護自己的方式，但也是自我限制，當我們不敢展示真實的自己時，我們也會失去被他人理解和接納的機會，只有當我們勇敢表達內心想法時才能找到真正的自己。

所以，我們應該敞開心扉，勇敢地表達自己的情感、想法和秘密，做真正的自己才能找到真正的幸福和滿足，不再隱藏而是用它來連接彼此。

## 〈隱藏〉

### 6B 歐陽翹暉

每個人都會隱藏，不論是藏入心底的秘密、青澀青春的情感、天馬行空的想法，大家都化作「專家」，專門隱藏自己不想被他人發現的事。

在青春的校園生活裏，經常出現的劇情，兩人明明互相暗戀着對方，卻互相把情感隱藏起來。最終畢業了，本應一起的兩人，卻錯過了對方。一個人心裏藏着秘密，一直想要說出來，但最終沒有說出來，把秘密送進棺木裏，永世也沒有人知道秘密的真相。團隊中有一個人，想法奇特創新，在工作上有很好的想法，但一直沒有提出來，最終工作完成了，卻沒有想要的結果。這些只是冰山一角的事例，隱藏分布在全球的每一角落。

因為隱藏，我得了嚴重的抑鬱症。在我中三的時候，我努力勤奮拼了老命去讀書，卻忽略了自己的情感，還天真的裝作沒事，把一切的情感、想法和秘密都隱藏在心裏最深入的地方。明明知道自己不開心，卻說：「我很好，沒事。」向我的朋友、家人和老師隱藏一切，其實我每天難以入睡，更減少食慾。後來我才驟覺，是自己的隱藏，導致自己落得如此下場。

當我看醫生時，他的話語令我恍然大悟，他說：「每個人都隱藏自己的秘密、想法和情感，那語言就變得沒有用了！也許會有些東西想要隱藏，但也要把它說出來，否則長期屈在心中，便形成病了！」。我才明白，不是所有的事都是要隱藏，真正就是隱藏把一切的心事變成「惡魔」，攻擊我的內心，釀成抑鬱的大病。我恨死隱藏，恨死這樣的自己。

可是，我細心一想，難道我要把所有東西也曝光嗎？也不是，那該怎麼辦？怎樣才像正常人一樣，可以隱藏想隱藏的事而不會有心病呢？我為此而沉思，究竟隱藏有甚麼好？我想起每個成功人士也有一個特點，就是有一段時間都沉穩着，隱藏着自己。例如是蘋果公司的喬布斯，在大學退學後，便隱藏自己在家裏車庫中默默耕耘，最終發明更多方便世界大眾的科技，成為手機「教父」。動畫大師宮崎駿為大家帶出不少高質素而富教育意義的經典動畫電影，他曾說退休後要隱藏自己，數年後又帶出新的作品。我才發現他們這些成功人士也離不開隱藏。

他們總是隱藏自己，在自己隱藏的時間裏慢慢逆襲，最終取得成功。在黑暗的時光裏逆溯，閃耀自我。那麼現在看來，隱藏有是否真的那麼可怕呢？

距離抑鬱症確診時，已有兩年之距。現在我不再害怕隱藏。其實人生的漫長路上，總有黑暗與光明的時候，一時的隱藏，把自己隱藏着保護自己，就像動物的本能反應，我們也自然會有隱藏自己的時候，需知道如果沒有黑暗，星星如何閃耀呢？所以隱藏也是保護自己的方法之一，一時隱藏令自己變好，因此不要再懼怕隱藏，共勉之。

## 〈夢想的呼喚〉

6C 肖嘉怡

夢想的呼喚，呼喚着每一個勇敢、且堅定的人。

青綠的禾苗，金黃的穗浪，晶瑩的白米中浮現的是袁隆平爺爺的畢生使命與夢想。袁隆平爺爺在經歷許多人飽受饑餓之苦，甚至喪生於饑餓的悲劇後，決心從事雜交水稻研究工作。他秉持不辭辛苦，堅持不懈的精神，日復一日去實驗觀察水稻的生長及統計產量。終於，他取得突破性的成就，令水稻的產量劇增，也讓更多吃不飽飯的老百姓享用了「佳餚」。對於袁隆平爺爺，我由衷敬佩。他能聽到夢想的呼喚，不再讓人民受饑困之苦，保證國家「不被一粒糧食絆倒」成為他矢志不渝的人生任務。我想，他依然做到了「先天下之憂而憂，後天下之樂而樂」，當之無愧的國民楷模。

窮且益堅，不墮青雲之志。越是困難的處境，越不能忘卻心中的夢想與志向。在社會中有那麼一群人，他們被稱為「逆行英雄」。逆行英雄其實指的是消防員。正正是因為他們在生和義中選擇了義，逆行於火海，只為拯救更多生命。但你有沒有想過他們並非天生英雄？只是選擇了勇敢？遼寧大連的消防員在撲滅火災後，天氣較冷，他們連筷子都拿不穩的情形令我很深的感觸。在那一刻，我才意識到他們不過是平凡的人，做了不平凡的選擇！選擇成為逆行英雄，勢必將遇到困難險阻，肩負諸多信任與使命。但天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚。很慶幸，在那麼艱辛下，仍有那麼多消防員矢志不移地逆行於火海中。只因夢想的呼喚，責任的驅使。

謙謙君子，似玉儒雅似乎是大家對他的第一印象。他還精通八國語言，風度翩翩而不卑不亢。他就是我國赫赫有名的外交官——汪文斌。面對克拉夫特等美國政客蓄意挑事的言論，汪文斌駁斥道：「不要拿無理當真理，把謊言當武器」，並奉勸他們「早日迷途知返，做好自己應該做的事情」。滄海橫流，方顯英雄本色。作為一名外交官，他為國家發聲，誓死捍衛國家的權益與尊嚴。他們無刀無刃，卻在國際中吶喊，為人民的利益保駕護航。該堅持的立場寸步不退，該守護的山河寸步不讓。汪文斌將畢生所學展現在國際外交平台上，並將自己的愛國精神體現得淋漓盡致。我們分明聽到夢想的呼喚，始終沉穩，溫柔卻堅定地守護自己的底線，守護國家和人民不容侵犯的權益，為現實奉獻國家的夢想而奮鬥！「為中華之崛起而努力」，倘若你也能聽到和汪文斌一樣的梦想呼喚，那就不要再蹉跎歲月，應把握當下發憤圖強，將來成為國家繁榮富強貢獻出自己的一分子！

科學研究，社會貢獻，為國奉獻，每個人的夢想都不盡相同。只希望大家在聆聽到夢想的呼喚時，擁有披荊斬棘的勇氣，堅毅填海的毅力，至此不忘的決心。有一份熱，發一份光，期待大家都能回應夢想的呼喚，邁向璀璨的未來！

# 作家風采

## 〈永不熄滅的永恆之星〉

4B 梁銘軒

風寒震震的早上，我在家中的沙發靜靜地坐着，屋裏的風扇嗚嗚地吹着，廚房傳來濃烈的飯香味。當時，爸爸在書櫃裏拿了一顆星星給我。這顆星星無色無味，甚至看不見。但爸爸說：「這顆星星永遠都在心中和記憶之中，只要看着書櫃內的《人間佛教》這本書，這顆星星就會自然發光發亮，還會永恆地活着。」

我即管翻開它，看過究竟。

打開這本書的一刻，有一道強光從書中發放出來，如車頭燈一樣，刺痛我的眼睛。我立刻閉眼，感覺有一道強風從背面吹我進入書內。當時十分害怕，我繼續閉着眼向前走，感受到軟綿綿的青草與腳底的接觸，有一種青草地香的味道走進我的鼻腔裏，就似玫瑰一樣。我睜開眼睛，看見自己身處一個熟悉的環境，原來自己坐着一棵「菩提樹」樹下，再看一看，原來是台灣佛光山！

佛光山的景色美麗如畫，菩提路上兩邊宏偉的菩提樹，如人般堅毅和正直。整個佛光山都包圍着各種花香的氣味，先有菊花，再有陣陣的桂花香湧進鼻子，百花綻放。不少訪客都光臨佛光山紀念他——他是誰？這顆星星是誰？這個星星究竟是誰？

原來就是星雲大師！

腦海裏，慢慢浮現年幼時我與大師的姻緣。那時候，我跟着父母在道場參加法會，遙遠看見輪椅從大門慢慢進入佛堂，輪椅上坐着一位身穿棕色長袍、手持一串佛珠的和尚，他帶着甜蜜的笑容面向大眾，手不停揮動，就如明星到場一樣，大眾都笑容滿滿。大師開示時，都是滿口笑容和歡喜。父親微笑地問我：「你知道這位是誰？」我說：「不知道。」我也和大眾一樣全神貫注看着他，聽着他開示，一語一語，耳朵感覺清靜，心裏也很舒服，我的內心慢慢被溶化，他的開示滲入我內心，仔細地把污泥撥開，掘出一個潔淨無瑕的美麗的心。這是我第一次見大師的慈容。

他曾經經歷過戰火，因緣之下於南京出家，並艱難地開創佛光山，樹立「以文化弘揚佛法，以教育培養人才，以慈善福利社會，以共修淨化人心」之宗旨，致力推動「人間佛教」和「三好」的重要性，並且興辦學校啟發後學、宏揚佛法。

我平生只去過一次佛光山，那次經歷令我畢生難忘。記得上到山那天，天色已晚，有名法師領我到「三好樓」掛單留宿。翌日，早上八時起床，耳朵聽到清脆的鳥兒聲。打開窗簾有數隻燕子一起共舞。再看，有很多旅遊車到訪，大批義工在「頭山門」聚集。我立刻梳洗，走到大堂詢問法師，他說今天是「大師圓寂荼毘大典暨讚頌典禮」。當日有一萬名信眾及社會各界人士從世界各地前來懷緬星雲大師。終於明白為何是「永不熄滅」，即使大師離開大眾，但對社會貢獻和「人間佛教」的書籍都會留在人間。

當時我沉默了，內心的五味雜陳，就如心中有一顆檸檬慢慢滴着，有一些酸味和苦味開始湧出來，眼眶的水珠開始慢慢浮現。

要去「藍毗尼園」，就得經過「不二門」，踏過長長的階級，到達「靈山勝景」。四周有過百尊的羅漢，有幾棵菩提樹。看着輕輕的風接觸到樹葉和它互動，壯觀的樹葉落下，如四月的櫻花花落一般！令我聯想到「緣起緣滅」的道理。經過一段又一段斜路，終於到了「藍毗尼園」。這裏有美麗的花園，蝴蝶和蜻蜓，在花叢玩耍。聽着鳥兒、風和人行的腳步聲，我以平靜心情等待開始典禮。前方有一部大屏幕，直播「雲居樓」裏坐著大師的「荼毘塔」，並有表彰和弔唁，當時我有點緊張。

從畫面所見世界各地的道場都紀念大師，各地的新聞、大學等都關注此事。儀式開始，主持心保和尚開示，並開始念讚頌法會。之後，數位法師先把大師法體真身引領到雲車上，而大師的法體真身坐在涅槃塔裏。塔為白色，如雲水香的形狀。

接着，大師最後一次巡山，大批信眾們一起莊嚴地列隊同行，像大群螞蟻似的覆蓋整個菩提路。有信眾唸着「阿彌陀佛」，有的信眾夾道跪接和禮拜。因信眾人數眾多，我只好留在「藍毗尼園」，看到大眾對大師的情懷是永恆的，雖然觸不到，但感受到的。

巡山後，要送大師離開，大家從後跟隨着大師的「蹤影」，左右兩旁的菩提樹路上，好像為大師的離開，感到難過傷感，樹葉紛紛散在大師的隨行隊伍上，菩提葉子就像一片一片心形，亦代表大師的慈悲一片一片為大家祝福，看到這種景況有一種淒涼及依依不捨。大眾一起唸着佛號，從「藍毗尼園」向下走，離開佛光山。我看見這個壯觀的景象，真是終身難忘啊！我們每一步唸一句佛號，直至送到佛光山「頭山門」，我便回去「三好樓」看直播。當告別的時候，心中真的很難受。人必會有離開的時候，我唱着佛光山惜別歌，運用手機看典禮全程直播，當時大師已經送到去「佛陀紀念館」。

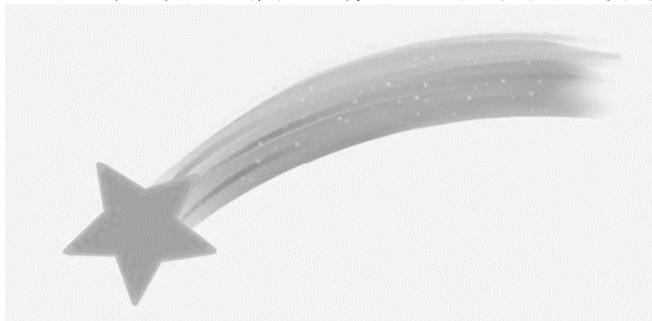
中午時分，「荼毘」到台南白河大仙寺。眾人引領大師法體走到接館處，再進入火化場進行「荼毘儀式」。有諸位法師和大眾唱惜別歌恭送，我在屏幕前感動流淚。調整心情後，在附近的滴水坊吃午飯。一邊吃，心裏一邊痛，眼淚的水珠不停地流出來，面前的食物都已經變成水泉了。

飯後，到了大雄寶殿禮佛。殿內供奉「三寶佛」，左方為阿彌陀佛，中間為釋迦牟尼佛，右方為消災延壽藥師佛。每尊約有三四層樓高，大殿四周供奉有一萬四千八百尊釋迦牟尼佛聖像，相當宏偉。我們再經過成佛大道，到佛光山的第一座殿堂——「大悲殿」，殿內前有尊供奉手持淨瓶的白衣觀音，四周圍繞一萬尊觀音聖像，猶如菩薩到了人間說法，身處慈悲法海之中。心唸着觀音菩薩聖號，耳朵可聽見四周回音，就如菩薩向我說法，擁有慈悲的法音。大師曾經說：「佛光山建為一個理想的佛教世界，就刻意仿四方極樂世界來建設，讓一般人走進佛光山，都不只看到建築的莊嚴，也走進了清靜的佛教世界。」

到了晚上，要吃「過堂藥石」——佛教晚上用餐，位置於「雲居樓」，這裏是佛光山最高的地方，抬頭會看見上空的星雲，尤其是在「五觀堂」。這裏可容納三、四千人過堂——用餐，這地方經專人精心設計，當中沒有一根柱子，場面非常莊嚴。當眾法師帶領唸《回向偈》時，耳朵聽着那極莊嚴和神聖的音頻，我的心已壓抑不住情緒，不知不覺眼淚像泉水般湧出來。在場大眾都有共同感受，亦看着窗外天空上的星雲，更感受到大師與我們同在。

藥石過後，到「回頭是岸」等待大眾排班，迎接大師舍利回來本山萬壽園。儀式由數位法師指導，大眾跟隨着法師的指引向前。有的懷着緊張的心情，有的激動，有的在哭泣。我當時慢慢把心情平靜下來，閉目跟着法師唸佛號，聽到風聲共同迎接大師回山。由佛陀紀念館到本山，信眾們在興田路兩旁各排成一字，僧信恭候綿延一公里。主持與長老們在路上和奉安車隊緩緩地行走，法師接引大師舍利，四眾弟子夾道跪接，我禮拜時心中有一種慈悲和祥和的感覺。儀式中，我感受到大師對於佛教的無盡熱情和無私奉獻，並體會到佛教對於內心帶來平靜和淨化。當時我沒有四顧張望，只專注望着大師的照片，聽着大眾齊聲唸佛號的聲音。接着，慢慢走出園外，以平靜的心返回「三好樓」。

在這次經歷中，我深深感受到大師的貢獻，最終，我也找到心中的平靜，勇於向前行。大師被稱為「永不熄滅的永恆之星」，因為這顆「星」離開我們，但他的教化永不熄滅，也會在大眾的心中不停閃亮着。這顆永不熄滅的永恆之星也改變了無數人——包括我。我也合上書本，以勇敢、正氣、平靜的心走未來的路。



## 〈回憶〉

### 4C 梁穎桐

春天的微風輕輕喚醒了初探出頭來的小綠芽，同時把石沉大海的回憶喚醒。夾在書中不顯眼的相片，也被春日的暖陽照得閃閃生輝。相片上燦爛的笑容擁抱着溫柔的人，回憶如潮水般湧現……

「叮噹，叮噹……今天是中六級同學最後一天的上課日，歡迎同學在課間休息時間與充滿你們美好青春痕跡的校園、教導你們多年的老師，以及陪伴成長，共同進退的同學合照，珍惜今天的時光。」我最後一次以學生的身份踏進這片生氣盎然的土地。下次歸來變成校友。

走進課室後，猶如初次見面的時候，因剛剛入學並沒有了解對方，大家像一個個石像，端正地坐在位置上。但現在大家面上多了一絲不捨，大家不約而同地安靜坐在教室內，靜得只剩下呼吸聲和時鐘跳動的聲音。這時，在我身後的同學——家寶，他向來活潑開朗，多大的困難也困不住他，他一聲大叫：「大家好，又是美好的一天！」打破了這片靜寂的土地。大家回過神來，看着他。他興奮地說道：「最後一天的中學生生涯，不應熱鬧一些嗎？怎麼都死氣沉沉？」他成功帶動了氣氛，燃起了大家內心的熱情。剛剛各位同學定必在想：「以後我們該如何？」但現在都拋諸腦後了。家寶不愧是「氣氛王」。

到了上課時間，班主任都帶着他們的「珍藏」，播放着大家從小幼苗的天真無邪，到現在青春活力的成長片段。大家歡笑着，大吵大鬧，整個樓層都充滿熱鬧的氣氛。今天是唯一，也是最後一天老師陪伴着我們瘋癲的日子。我想整個中學生涯最有生氣的上課時間必定是今天。有的同學正在拍攝短片記錄美好的時刻。有的在調戲老師們，老師們也當然樂意奉陪。我正在與每位同學合照，在他們的記憶留下足跡。老師、同學歡聲笑語，載歌載舞。這一刻的美景，定必刻在各位中學同學的腦海。

之後，藉住小息時間，我們身穿畢業服，頭戴「四方帽」，到操場拍畢業照。「三、二、一！」倒數後同學同時向上天拋起他們的理想，劃破天際。剛好中午的陽光格外刺眼，也把懷着一身夢想的人兒照得比星星耀眼。我站在陽光下感受着歡欣的青春氣息。同學們奔跑着，擁抱校園的美好。這種感覺與別不同，熱鬧同時多了依依不捨，只怕以後難以再相聚於此，只好珍惜這時歡鬧的時間，重新感受陪伴六年的人和事。這種滿足感難以形容，但無比快樂和享受。

最後一節課的鐘聲響起，我們以往都隨便、不在意地向老師道謝。但這次不同，是最後一次，也是真正的說再見，再見中學生的身份、再見同甘共苦的學習夥伴、再見悉心教導的老師。我們都齊聲說了聲謝謝。淚水在眼眶轉動，就是不讓它下來，因為不想打破這熱鬧的氣氛，強忍淚水。各自拉着心愛的老師到校園四處拍照留念。以相片記錄這永不消失的青春。相片更能藏着思念及回憶，校園充斥「咔嚓」的聲音，正在把回憶納入其中，享受獨有的歡樂。

「叮噠，各位中六同學，六年中學生涯在歡樂熱鬧的校園氛圍下即將結束，踏出校門後便是人生新階段。祝你們前程似錦，一帆風順。」廣播結束後，我的中學青春也就此告一段落。言語也不能表達我不捨的感情，只好擁抱即將再見的青春，與它道別，以及收拾好裝備，伴隨熱鬧的氣氛，懷着理想，朝着夢想的方向前行。正如老師所說：「有志者事竟成。」有理想的孩子，上天不會虧待你的。就讓我們勇敢前行吧！

回憶到此為止，臉上的笑容被花朵盛開更為美麗，我也再次擁抱我專屬的回憶。



## 〈醃麵：味蕾的盛宴，家鄉的情懷〉

### 4C 鍾坤豪

我的家鄉是一個較為落後的城市，她的名字叫做梅州，這座城市是客家人的聚居地，擁有深厚的文化底蘊，在梅州通常流傳着這樣一句話：醃麵之神會保佑每一個在外拼搏的孩子。在我的家鄉有這樣一種美食深受當地人喜愛，那就是醃麵。對我來說醃麵不僅是一道美味的佳餚，更是我心中與家鄉聯繫的一條紐帶。

小時候在鄉下，爸爸經常親自下廚，為幼小的我做熱氣騰騰的醃麵，那時的我認為醃麵是這個世界上最好吃的東西。到後來慢慢長大，爸爸開始教我做最正宗的醃麵。因為爸爸教導我說：「一個人，無論是否大富大貴，但一定要做到不能忘本，這也是爸爸要教你做醃麵的原因，希望你可以在學習製作醃麵的過程中能領悟到這句話的意思。」

爸爸告訴我：「咱們家鄉的醃麵選用的是我們當地優質的麵條，經過手工製作的為最好。麵條細而有彈性，入口爽滑，等到鍋內的水燒開，便將麵條緩慢的放入鍋中，煮兩分三十秒，這個時候的麵條最為爽口，口感最好！下一步便是調料了，在調料方面我們的醃麵通常搭配獨家的蒜蓉、豬油、蔥花、醬油以及魚露，可以調出一種獨特的香味。這一切都準備就緒後就將煮好的麵條倒在調料裡，再充分攪拌，就搞定了。」

看到爸爸華麗而不失優雅的動作，我大為驚嘆，原來看似簡單的醃麵，製作過程居然也如此複雜，一碗醃麵加上一碗最簡單的肉丸湯，就是我心中的家鄉。我拿起筷子，夾起了麵條放進了嘴裡，剛入口似乎沒甚特別的地方，但當我嚼了一下，爽口的麵條和可口的調料碰撞在一起，那奇妙的味道瞬間散發在味蕾上，讓我欲罷不能，再喝一口肉丸湯，鮮甜的湯與先前麵條的鮮鹹形成了對比，但每一口都讓我陶醉其中，彷彿帶我回到了兒時那美好的時光當中，讓我流連忘返。

每次品嚐醃麵，都像是一場味蕾的盛宴，那種獨特的味道和對我本人特殊的意義，讓我無法忘懷。在我心中它早已不僅僅是一種食物，更是一種情感的紐帶，將我與家鄉緊緊相連。

總的來說，我覺得醃麵是一道具有濃郁客家特色的美食，其中的味道以及對每一個梅州人的意義，讓人們對這個不起眼的小城市充滿了敬意，無論是本地人還是遊客，都能從這道美食中領略到梅州的魅力，這也許就是我的爸爸要將製作醃麵的方法傳給我的真正意義吧，讓更多人通過美食與梅州建立起一座橋樑，能讓更多人了解我的家鄉，熱愛我的家鄉，便是作為一個梅州人需要做的吧。

一碗麵，一碗湯，是梅州人的日常，也是我心中家鄉永遠的象徵，無論未來走到何處，我都會懷念那碗熱氣騰騰的醃麵，那份濃郁的鄉情。這碗麵不僅能夠讓我肚子不再感到饑餓，更能夠在我遇到困難時，給予我心靈的慰藉，這就是我家鄉的美食，讓人無論在何處，都能感受到那份特殊的家鄉之情。

## 〈聲音〉

4C 高采欣

這個世界上有許許多多的聲音，像是「滴答滴答」的雨聲；「叮咚叮咚」的風鈴聲；「霹靂啪啦」的爆竹聲。聲音是最熱烈的，也最直接地表達這最真摯的情感。它能讓人感動，儘管有聲無聲，而更多的是扣人心弦。

對我來說，最特別的聲音是那輕輕的腳步聲。

在中考的前一個月，拼拼湊湊了一年的壓力在那最後一個月又如洪水般爆發了。那段時間我對學習是厭惡的，做題時也總是很難讓自己的心平靜下來，這些或許就是老師口中所謂的「浮躁」吧。當它與我的「壞脾氣」一同出現時，注定不平凡。

終於，在一個平凡的日子……

那天母親不知為何一直不讓我安寧，隔一會兒叫我去喝點水，一會兒又讓我吃水果。好不容易才想起來的解題思路就這麼一遍遍被打斷了，我無法忍受這一次又一次的打擾，打開房門大喊：「別老是叫我了！讓我做作業不行嗎！」我突如其來的喝斥，讓原本吵鬧的家安靜了下來。之後的一段時間，母親果然沒有打擾我，耳邊清靜了許多。可是不知怎麼的，我的心裡卻並不好受。

吃飯時，我們相視無言。我匆匆扒拉了幾口飯就回房間了，隱約聽見了母親的一聲嘆息。

埋頭的時間總是過得很快。我做完卷子，放下筆，揉揉酸脹的手臂。看了一眼窗外，已經夜深了，天空早已是如墨一般濃稠的漆黑。萬籟俱寂，只有天上的星星不服輸的眨着眼睛。我關掉台燈，躺在床上卻久久難以入眠。過了一會我聽見門被推開，伴隨着一陣輕輕的腳步聲。身畔的歌聲被按了暫停，我又聽見書桌傳來了響聲，我緩緩睜開眼睛，藉着月光，我看着母親背影為我整理書桌，她慢慢走來我的床邊替我把被子重新蓋好。我聽到她嗔怪了一句「又不好好蓋被子，書桌又忘記收拾一下。」然後她走出房間，還是帶着輕輕的腳步聲。

眼睛中淚珠不受控制地打轉，枕頭早已被打濕。我知道母親會為我蓋被子，但是我卻不知她的動作是那麼輕柔利落，輕的像無聲的細雨，從來只是潤物，卻總是無聲漸隱。

次日清晨醒來，我重新調整好我的心情，沒有如往常一樣，擺着臉不講話，沒有匆匆結束離開，這次我慢慢享受着和母親一起吃飯的時間。晚上，在晚飯時間後，我抱着母親有些突然地對她說：「媽咪對不起！」哭聲中我感受到母親溫柔地拍着我的背，那段時間所有的「壞脾氣」都被母親悄悄的拍走了。

之後的時間裡，我和母親一直這樣擁抱着，那一絲溫存很暖很暖……

過了很之後，我發現我生活的每一寸，都不缺這些輕柔的聲音。出門時，母親貼心把鞋架上的小皮鞋放在地上說着：「要遲到了，快穿鞋出門。」回家之後，母親又說給我洗了水果讓我快些吃；夜晚當我窩在書桌前冥思苦想題目時，有個聲音會說：「想不出來就先休息一下喝杯水吧。」……這些時光總是塗抹上餘暉般金黃的邊框，是在日復一日的生活中，不斷上映的有聲電影。

母親她何嘗不是一個很平凡的人呢？因為有了我這樣的麻煩小孩才變得那麼偉大。儘管周圍的聲音有很多，儘管記憶的列車從不停留，但我知道，無論何時，無論何地，在我沒有勇氣面對難題時，我會想起那輕輕的腳步聲，總會讓我感到有面對一切困難的勇氣。

願我的往後，總有如此溫暖和善的大愛之聲伴隨。

愛你，媽咪！



### **A Picture Story – A fun hiking day**

Last weekend, I went hiking in Mui Wo with some of my friends. It was a sunny day, and we decided to go there to celebrate my friend's birthday. We met at the ferry pier at 1 p.m. and arrived in Mui Wo at 2 p.m., then went to Pui O Country Park, which had beautiful birds and trees.

The hike took us three hours, and we felt quite tired by the end. Once we had finished the hike, we walked along the beach and collected some beautiful and colourful seashells. We then changed into our swimming costumes and went for a swim in the sea. After that, we played a game of volleyball together, which was great fun.

Finally, we took a shower, changed into clean clothes and caught the bus back home. We slept on the bus on the way back, as we were all quite exhausted from our day of activities. Overall, it was a really enjoyable trip, and I would be happy to go on a similar adventure in the future.

**Ho Man Hei (1C)**

## **An email to a primary school teacher**

Dear Miss Wong,

I hope this letter finds you well. I am writing to share with you some details about my new school, Ho Ngai College (Sponsored by Sik Sik Yuen), which is located in Tuen Mun.

The school has a variety of facilities. On the ground floor, there is a tuck shop where I sometimes purchase snacks. On the first floor, there is a computer room where I go to complete my homework, as well as the school library, where I can read and borrow books.

My favourite subject is Music. I enjoy listening to a range of music genres, including J-pop and K-pop.

In addition to the academic curriculum, the school also offers a selection of clubs and after-school activities. I have joined the visual art club, where I can pursue my interest in drawing, and the marching band, which I find quite fascinating. The marching band has practice sessions every Friday after school.

Please let me know if you have any other questions. I look forward to hearing from you.

Best regards,  
James

**Nwokenta Zhao Zhao Favour (1C)**

## School life in Hong Kong

Good morning, everyone. I am Chris Wong, and I am 12 years old. Today, I will tell you about my new school, Ho Ngai College (Sponsored by Sik Sik Yuen), which is located in Yau Oi Estate, Tuen Mun.

As I stand in front of the library, I can see many large bookshelves at the back and a colourful sofa near the windows. I often read books with my classmates, and we sometimes join in fun activities, such as solving riddles and storytelling.

Now, let's move to the school hall, which is on the second floor. Here, we can see some badminton nets and a performance stage at the back. This is a lively place where I often go with my classmates to play badminton.

Finally, let's take a look at E24, which is also on the second floor. This is a classroom where there is a teacher's desk and many students' desks at the back. If I do not hand in my homework on time, I will be placed in E24 to complete the work. This is a place for students to work hard.

Overall, my new school, has a well-equipped library, a spacious school hall, and a dedicated classroom for students to focus on their studies. I am excited to be a part of this vibrant learning environment.

Thank you for watching.

I hope you like this video. See you!

**Tsang Hoi Ki, Issac (1C)**

## **All about myself**

Hello everyone. My name is Haylee and I am 12 years old. I am a student in class 1A at Ho Ngai College (Sponsored by Sik Sik Yuen). I would like to introduce myself and provide a personal description.

Let me tell you about my appearance. I am quite short and have medium-length hair, small eyes, and pale skin. I am rather quiet, especially when I am focused on my English homework.

My family is the thing I treasure most. I have a twin sister. Some people say we look identical, but to me, we don't. She wears glasses and has bigger eyes than I do, and she is also stronger than me. My sister plays the drums, while I play the electric guitar.

As for my personality, I am introverted. This is because I do not initiate conversations and I do not enjoy going out with my grandparents or other relatives. I rarely chat with them as I find it difficult to speak Chinese, as I often stutter.

I am really enjoying my new secondary school life. Some teachers and older students recognise me because my elder sister has told her friends about my twin and me. I have also made some new friends, and I think they are very nice. I often play badminton with one of my friends, who is energetic and outgoing.

**Yip Tsz Wing (1A)**

## **Easter Holiday**

Easter is a special holiday that brings happiness and new beginnings. It is typically celebrated on the first Sunday after the full moon that occurs on or just after the spring equinox, which in 2024 will be on 31st March.

During this time of year, we often see an abundance of chocolate Easter eggs and other seasonal confections filling the shelves of shops. A beloved tradition is the Easter egg hunt, where children search for hidden eggs, which they may then decorate themselves.

Celebrations at Easter commonly involve gathering with family and friends. In addition to the egg hunt, people frequently exchange gifts of chocolates and other treats. These festive activities contribute to the joy and energy of the Easter season.

Beyond the Easter eggs and sweets, the holiday also features delicious pastries, such as the classic rabbit-shaped variety. The combination of these beloved foods and the togetherness of loved ones make Easter a truly delightful and meaningful celebration.

I hope that everyone has the opportunity to enjoy the happiness and new beginnings that Easter brings. Happy Easter!

**Jiang Lai Nga (1A)**

## Advice column

Dear Lonely Pine,

I was sorry to hear about the difficulties you have been facing with loneliness. Many teenagers struggle with this issue, but there are ways to cope. I hope the following suggestions will be helpful.

Firstly, I would encourage you to make exercise a regular part of your routine. This can not only improve your physical health, but also boost your mood and energy levels. Consider joining a sports team or club, as this will give you the opportunity to meet new people who share your interests.

Secondly, I would recommend getting involved in extracurricular activities, either at school or in your local community. Joining a club or taking part in a hobby can help you connect with others who have similar passions. This can be a great way to build new friendships.

Additionally, it may be worth speaking to your parents about how you are feeling. They may be able to offer support or suggest ways to help you feel less isolated. Remember, it's important to be patient and persistent when trying to make new friends. It can take time, but don't give up.

If you find yourself feeling lonely on the weekends, try listening to music or watching a film that you enjoy. This can be a good way to lift your mood and provide a sense of comfort.

I hope these suggestions are helpful. Please don't hesitate to reach out if you need any further advice. I believe you will make new friends soon.

Yours sincerely,

Amy

The editor for the school newspaper

**Liu Xiao Han (1A)**

## **My birthday**

It was my birthday last week, and I had a wonderful day celebrating with my family and friends. Let me share what I did on my special day.

In the morning, I woke up to find many birthday cards from my loved ones. Over a hearty breakfast, I felt truly grateful for their thoughtfulness. For lunch, we went to my favourite sushi restaurant and indulged in a variety of delectable rolls. Afterwards, my parents and I headed to the ice rink, where I had my first skating experience. Though I fell a few times, it was great fun and a memorable activity.

Later, we went shopping, and I was delighted to receive a football and a basketball from my parents – two of my favourite sports. As the evening drew in, we returned home to a darkened house. However, the moment I switched on the lights, I was greeted by a surprise party organised by my friends. I was overwhelmed with joy and almost shed tears of happiness.

I feel so fortunate to have such a wonderful support system of family and friends. My birthday was truly a day to remember, filled with love, laughter and cherished moments. I am grateful for the blessings in my life.

**Wong Ka Yee (1B)**

## **My Best Friend**

I feel extremely fortunate to have a best friend who shares similar interests and hobbies as me at school. It can be challenging to find people with comparable likes and hobbies in real life, even more so than online.

That best friend of mine is Yoyo Fung. She is the same age as me, 12 years old. I talk to her frequently, whether at school or online.

From what I know, Yoyo is an introverted person, but becomes more outgoing when with friends. She can also be quite humorous at times. I always enjoy a good laugh when I'm around her. I also consider her to be an excellent listener, as she always patiently listens to what I have to say.

Yoyo wears glasses and has straight, shoulder-length dark hair.

She, like me, enjoys anime. We sometimes watch anime together. She particularly likes the characters with pink hair. She has also been a fan of Pokémon since she was young, telling me that she has played almost all the Pokémon games I'm familiar with, such as Pokémon Scarlet and Arceus. I never expected her to be so passionate about Pokémon, but she clearly is! I think it's wonderful that she has been a devoted Pokémon fan for so many years. True love, it would seem.

Overall, I believe Yoyo is an interesting individual and a wonderful friend. I sincerely hope that I can maintain our friendship even after we graduate.

**Ye Zixi Wendy (1B)**

## Speech on a Visit to Tsim Sha Tsui

Good morning. We are from 1B. My name is Jeanie, and this is Kelly and Kaylee. We would like to share with you our experience during our visit to Tsim Sha Tsui last month.

After arriving in Tsim Sha Tsui, we had the opportunity to interview some tourists. At first, we felt a little nervous, but the tourists were very pleasant and friendly. They were eager to answer our questions and tell us about their time in Hong Kong. It was an amazing experience for us to interact with them and participate in some fun activities together.

During our interviews, we first met a girl from Canada named Sim. She told us that her favourite spot in Hong Kong is the Avenue of Stars and her favourite food is noodles. She also mentioned that the people in Hong Kong are very kind and welcoming.

Next, we met Jack from Germany, who expressed his love for Hong Kong. His favourite place is Mongkok, and he particularly enjoys eating sweet and sour pork when he's here. Jack believes that Hong Kong is an incredible destination for tourists to explore and discover new things.

After the interviews, we went to the Avenue of Stars. There, we saw the special plaques displaying the handprints of famous celebrities, including Andy Lau and Jacky Chan. Taking photos at this iconic location was an exciting and memorable part of our trip.

We left Tsim Sha Tsui around 3.00 p.m., having thoroughly enjoyed our time there. Let's look at the group photos we took to capture our wonderful adventure.

Thank you for listening to our presentation.

### Wong Ka Yee (1B), Yip Tsz Ying (1B) & Yung Sin Yee (1B)



## Trip to Beijing!

From: [chriswong@gmail.com](mailto:chriswong@gmail.com)  
To: [davidchan@gmail.com](mailto:davidchan@gmail.com)  
Subject: Trip to Beijing!

Dear David,

I hope this letter finds you well. I'm thrilled to let you know that we are leaving for Beijing next week! I can hardly contain my excitement. There are so many wonderful attractions to see, and I'd like to share my itinerary with you.

Our flight departs at 8.45 a.m. on Friday, 18th November, and we will return at 4.45 p.m. on Sunday, 20th November. We'll be staying at the Citic Hotel Airport, which is known to be a great choice for families.

On our first day in Beijing, we'll be visiting the iconic Great Wall of China, where we'll have the opportunity to do some hiking. For lunch, we plan to try local delicacies such as hot pot, skewers, and dim sum. After that, we'll head to the Forbidden City, where we'll admire the beautiful architecture and take in the stunning views.

The following day, we'll embark on a guided tour of Wangfujing Street. This bustling shopping district is home to a wide range of shops and boutiques, offering an excellent opportunity to purchase souvenirs and Chinese arts and crafts. It's a vast area, and we'll likely spend the entire day exploring its many offerings.

On our final day, we'll visit Tiananmen Square, where we'll witness the flag raising ceremony, see the Monument to the People's Heroes, and visit the Chairman Mao Memorial Hall. If you're interested in doing some shopping, Wangfujing Street is an excellent place to find clothes, jewellery, and a variety of handicrafts.

I'm truly excited about this trip, and I can't wait to experience the rich culture and history of Beijing. I'm sure it will be an unforgettable adventure.

Regards,  
Chris Wong

**Chan Pui Yau (2A)**

## **The Worst Day Ever at School**

Last Friday was definitely the worst school day I have ever experienced. Let me tell you about it.

On that morning, I woke up at 8.30 a.m., which was later than usual. Before leaving for school, I realised that I had left my homework on my desk. As a result, I received a detention.

During recess, I had a dispute with my classmate, Oscar. He had been calling me names and upsetting my mental wellbeing, which led to an altercation between us. Subsequently, the teacher contacted my parents.

To make matters worse, I then discovered that I had lost my wallet. Inside the wallet, I had a \$1,000 note, my student ID, Oyster card and my UK driving licence, all of which had disappeared. I had originally planned to use the money to buy a new game for a friend.

After a day filled with such misfortune, I felt utterly miserable and hope that I will have better luck next time.

**Tai Wang Hin Jaakko (2A)**

## **A letter to a mall manager**

Dear Manager,

I am writing to provide suggestions to improve your shopping mall, so that it can attract more customers and increase your profits.

I have conducted a survey comparing the types of shops, services and facilities available at your mall and V City. My findings indicate that V City has a greater variety of shops and facilities compared to your mall. For instance, V City has more restaurants and a wider range of shops than your mall. Additionally, V City offers more cafes.

In terms of services, V City also surpasses your mall, as it provides a staffed information desk to assist customers.

Furthermore, V City offers various customer-oriented facilities, such as free Wi-Fi, mobile phone charging stations and free parking. I would recommend that you consider implementing similar facilities in your shopping mall, as well as establishing a customer service centre.

I hope that by addressing these areas, you can enhance the overall shopping experience for your customers and, in turn, increase footfall and revenue at your mall.

I look forward to seeing the improvements you make.

Regards,  
Chris Wong

**Kam Chun Yat (2B)**

## **Health and Fitness**

Good morning, everyone. I am Chris Wong, the chairperson of the fitness club. Today, I would like to discuss ways to improve students' health and fitness.

I have noticed that many of our schoolmates are unhealthy due to their dietary and lifestyle choices. They often consume large quantities of junk food, such as fried chicken, hamburgers, pizza, sugary snacks, and soft drinks. Additionally, they tend to be sedentary, spending excessive time playing computer games, using social media, or watching television.

As a result of these habits, students are not getting enough sleep, leading to weight gain and increased susceptibility to illness. This is a concerning trend that needs to be addressed.

I would like to suggest some practical steps we can take to improve our health and fitness. Firstly, we should engage in regular physical exercise, aiming for at least 30 minutes per day. This not only helps to prevent weight gain but also provides numerous other health benefits, such as reduced risk of high blood pressure, diabetes, and depression, as well as improved mental well-being.

Secondly, we should adopt a healthier diet. This includes reducing our intake of junk food and increasing our consumption of nutrient-rich, whole foods. It is also important to ensure that we stay hydrated by drinking at least 8 cups of water per day.

By making these changes to our lifestyle, we can take steps towards achieving the healthy, fit bodies we desire. It is a simple fact that regular exercise and a balanced diet can have a significant positive impact on our overall well-being.

I encourage everyone here today to start implementing these changes from today onwards. Let us work together to create a healthier, more vibrant school community.

Thank you for your attention.

**Rumaisa Ali (2B)**

## Wildlife

Do you know that some of our actions are threatening endangered animals? It is crucial to protect wildlife, so I want to share some ideas on how to do that.

In asia, there are several critically endangered animals. Let me discuss why these animals are facing the risk of extinction. The first animal is the Chinese pangolin, which is endangered due to poaching. The second animal is the Finless porpoise, which is endangered because of pollution in the oceans. We must act to save them.

Donating money to charities is a great way to contribute. For instance, we can donate to the World Wide Fund for Nature (WWF) and the Ocean Wildlife Limited Hong Kong (OWLHK). We can also purchase merchandise and donate money to WWF's fundraising initiatives. If you do not have the time to volunteer to protect the wild animals, you can donate money to charities and let them help you contribute to wildlife conservation. This is an easy way for busy people to make a difference.

Next, we should take actions to protect the environment. If we do not, the environment will be polluted, and the wild animals will lose their habitats. We can advocate for the creation of laws to stop poaching and prevent the dumping of rubbish into the oceans. We can also volunteer at charities. It is crucial for us to safeguard the animals' natural habitats.

Furthermore, we should refrain from purchasing wildlife products which are made from wild animals, and the production process is often cruel. We should not buy wildlife products such as fur and ivory. It is unethical for us to use wildlife for making these products.

We must protect wildlife. I hope everyone can take actions to safeguard the beautiful wild animals.

**Chan Tsz Long (2C)**

### **Best friend's problem**

Dear Daisy

Thank you for sharing your problems with me. I understand that you are feeling very upset at the moment, but I have some advice for you.

With regard to your lack of study space, I think you can go to the library to finish your homework. There is plenty of space there for you to work. It must be a great place for you. Alternatively, you could try finishing your homework at school, which would give you more time to enjoy your favourite activities at home. You could also have a conversation with your brother, and he may be willing to share his study space with you.

There are also ways you could improve your financial situation. For instance, I think you could help with some housework and ask your parents to give you a monetary reward. Additionally, you could join activities that are free of charge instead of costly ones, and develop the habit of saving money. If you do that, you will have sufficient funds for what you need.

Now, let me address your family problems. First, you should find some time to chat and open up with each other. Next, you can try to organise some family events. Finally, you can have a conversation with your parents using a smartphone. Remember, your parents love you very much, and you should be considerate towards them.

I hope this advice will be useful for you. If you need further help, please let me know.

Best wishes

**Yu Haocheng (2C)**

## **Beach Clean-up Day**

Last Thursday, the school's charity club organised a beach clean-up day at Gold Coast Beach. The purpose of the event was to help keep the beach clean and to raise money for a charity called Food Angel.

On that day, all Year 9 students, totalling around 100 people, participated in the event. We travelled to the beach by school bus. When we arrived, I saw cigarette butts, a beautiful ocean, sand, plastic bottles, plastic cups and many people. Miss Law provided us with a pair of cotton gloves, a large rubbish bag and a stainless steel food clip to collect the litter. We collected items such as cigarette butts, plastic bottles and used tissues. The event lasted for one and a half hours. It was a truly incredible and meaningful experience. Over 9 bags of rubbish were collected. From the event, I learned the importance of keeping the environment clean and that everyone has a responsibility to clean beaches and make them accessible for public use. In fact, over \$500 was raised and donated to Food Angel.

I am so pleased that I participated in this event. It was a great experience, and I would love to join the beach clean-up day again in the future. I hope everyone will get involved in other voluntary work.

**Shah Sahira (3A)**

## Application letter – Video Game Tester

18<sup>th</sup> December, 2023

Patrick To  
Peak Level Games  
Unit 5  
32 Pacific Road  
Kowloon

Dear Mr. To,

### Application for the position of Video Game Tester

I am writing to apply for the position of Video Game Tester, as I advertised on Hong Kong Online on 15th December 2023.

One of the key requirements for the role is attention to detail which makes me very suitable as I am a careful and meticulous person, able to focus on small but important elements. As the chairperson of my school's student union, I have also organised numerous school events and activities, which has given me valuable experience in planning and paying close attention to details.

Furthermore, as a member of my school's basketball team, I understand the importance of teamwork and cooperation. I also enjoy working collaboratively with others to achieve common goals.

In addition, I have excellent communication skills and regularly give presentations in front of my schoolmates and teachers, which has helped me develop the ability to express myself clearly and confidently.

I would be delighted to discuss my qualifications further in an interview at a time that is convenient for you. Thank you for considering my application, and I look forward to hearing from you soon.

Yours sincerely,  
Chris Wong

**Shah Sahira (3A)**

### **Which annual performance do you prefer?**

The drama club wanted to find out schoolmates' favourite types of school performance. Therefore, a survey was conducted among 56 students to determine their preferred types of performance at school.

The survey revealed that the majority of respondents prefer watching fashion shows and drama performances. 25 percent of the respondents favour watching concerts, while 10.7 percent like seeing dancing performances. While only 36 percent of the respondents enjoy watching acrobatics.

Some students explained that fashion shows allow them to see the latest trends and they love beautiful clothes and watching the catwalk. Additionally, they find drama performances relaxing.

Most students expressed a preference for seeing performances during the post-exam period, as they believe this would help them to relieve stress and relax after the exams. Regarding the venue, nearly all of the students prefer the school hall, as it is large enough to accommodate more audience members, offering a wider range of performance options and more seating for students.

In conclusion, the survey results indicate that most students prefer fashion shows and drama performances, and they would like to see these during the post-exam period in the school hall. The survey also suggests that participants should receive rewards.

**Mohammad Marwah Bibi (3B)**

## Country Park Clean-Up Day

Dear Principal,

### Proposal for Country Park Clean-up Day

I am writing to propose that the school's charity club organise a clean-up day at Tai Lam Country Park. This event would serve to raise public awareness of environmental protection, which is an excellent charitable cause.

We suggest holding the event from 2.30 p.m. to 4.30 p.m. on 24th October, 2023. This timing would allow the park to be cleaned up, and also enable students to learn more about the natural environment.

The clean-up day would involve all Form Three students, who would be divided into five groups. We plan to make this a competitive event, which we believe will encourage students to participate enthusiastically and engage in environmental protection.

We are confident that this event will help more students understand the importance of protecting our Earth and its natural resources.

I look forward to your response.

Yours sincerely,

Chris Wong

**Liang Tsz Wa (3B)**

## Application letter – Weekend Barista

21<sup>st</sup> December, 2023

Furry Café  
New Territories

Dear Madam,

### Application for the position of Weekend Barista

I am writing to apply for the position of weekend barista, as advertised in the Careers Week board display on 21 May 2024.

As a Form Three student at Tuen Mun College, I believe I possess the necessary skills and qualities to excel in this role. Since one of the key requirements is to be independent, this position suits me well as I enjoy working alone and am able to complete tasks independently. My parents both work, so it is often just my dog and me at home. I have become adept at managing my own time, finishing my homework, and even cooking for myself without assistance.

Additionally, I have demonstrated responsibility in my role as a peer mentor in my school's detention room. Every day, I stay behind to help the Form One students complete their homework, ensuring they finish their tasks before leaving. This experience has equipped me with the ability to work diligently and hold myself accountable.

Furthermore, I am confident that I would be an excellent fit for the position due to my experience making different types of coffees for my family members. If given the opportunity to work as a barista, I would relish the chance to spend time with the cafe's furry customers.

I would be more than happy to discuss my qualifications further during an interview at your convenience. Thank you for your consideration, and I look forward to hearing from you.

Yours sincerely,  
Chris Wong

**Chui Ka Yan (3C)**

## **Smartphones will make our lives better**

It is increasingly common to see everyone, including young children, using a smartphone. From my perspective, smartphones have the potential to enhance our lives in various ways.

Firstly, smartphones offer a wide range of functions that can simplify our daily tasks. For instance, we can easily access digital dictionaries while doing homework, without the need to flick through physical pages. Furthermore, we can quickly obtain news updates using mobile news applications such as *Sing Tao Daily* and *Oriental Daily News*. These convenient features can significantly improve our productivity and efficiency.

Secondly, smartphones enable us to maintain strong connections with others, regardless of geographical distance. Even if we are in different locations, we can communicate instantly using applications like WhatsApp, allowing us to engage in text-based chats or video calls. This capability can help us stay closely connected with friends, family and colleagues, even when physically apart.

Finally, smartphones can play a crucial role in emergency situations. Indeed, many devices offer specific features for emergency assistance, such as the ability to quickly contact the police or ambulance services. Additionally, GPS technology can aid in the rescue of individuals in distress, such as hikers or tourists in remote areas. Moreover, these safety-enhancing functions can provide great reassurance and potentially save lives.

In conclusion, smartphones offer a range of benefits that can enhance our daily lives. From improving productivity and enabling convenient communication to promoting personal safety, these devices have the potential to make our lives more efficient, connected and secure.

**Chui Ka Yan (3C)**

## A film review

Rating: ★★★★★

Suitable for: all ages

Reviewed by: Chris Wong

Onward 2020

Onward (2020) is a fantasy animation film directed by Dan Scanlon. The producers of the film are Disney and Pixar, and the main characters, Ian and Barley, are voiced by Tom Holland and Chris Pratt respectively.

The story follows two elf brothers, Ian and Barley, with Ian being the shy one and Barley the brave and confident older sibling. Their father passed away long ago, but one day, Barley discovers a spell that could bring their father back for 24 hours. However, the spell does not go as planned, and the brothers embark on an adventure to fully resurrect their father, who is missing his upper body.

While the film's emotional moments may feel predictable and unoriginal at times, it is nonetheless a quality Pixar production with great storytelling, voice acting, and stunning animation. The siblings' interactions are realistic, comedic, and wholesome, and witnessing Ian's transformation from a shy individual to a brave hero is a rewarding experience. The return of magic also adds an engaging layer to the family-oriented narrative.

Ultimately, Onward is a film that will appeal to fans of Pixar's animations and those who appreciate sibling relationships. However, viewers seeking a deeply emotional story may find the film lacking in that regard. Nevertheless, it is a solid family-friendly adventure that animation and family story enthusiasts are likely to enjoy.

**Tong Kin Ho (3C)**

## **A Snowy Day in the City of Love**

Posted by Chris Wong, on 14th May

My family and I recently visited the world's renowned fashion capital, Paris. We explored the city during the chilly, snowy days of winter. Let me share the highlights of our first day there.

In the morning, we ventured to the magnificent Louvre Museum. The palace's collection of cultural relics and ancient artefacts was truly boundless, and each piece was captivating. We laid eyes upon the three cherished treasures of the Louvre: the Venus de Milo, the Mona Lisa, and the Winged Victory of Samothrace. I studied them intently, eager to learn about the cultures they represented.

Before we knew it, midday had arrived, and it was time to depart. As we stepped out of the museum, we were greeted by a snow-covered scene. It resembled a snowy mountain, and I could scarcely believe my eyes. The museum itself appeared like a grand palace, creating a truly picturesque view. In the distance, we could see a tower situated at the heart of Paris, a symbol of romance. I eagerly anticipated visiting it.

We made our way towards the Eiffel Tower and took the elevator to the top to savour the spectacular panorama of Paris. The scene was truly enchanting and left a lasting impression on my mind. Looking down from the tower, the pedestrians appeared as tiny as ants, bustling on the streets below. I thoroughly revelled in the breathtaking sight from the top of this iconic landmark.

Tomorrow, we plan to explore the serene and peaceful banks of the Seine River, immersing ourselves in the authentic Parisian atmosphere. I will share all about our adventures in my blog next week!

**Leung Wing Tung (4C)**

## The Unprecedented UK Experience

Posted by Jessica, on Monday, 16 August

Last Monday, my friends and I embarked on a summer vacation to London. I was surprised to discover that the city is divided into both classic and modern areas. Let me share our experiences from our first day here.

In the morning, we visited two of London's iconic landmarks - London Bridge and Big Ben. London Bridge is an impressive arched structure that spans the River Thames, connecting two separate landmasses. The bridge's unique ambience is accentuated when it is bustling with traffic. Situated adjacent to the bridge, Big Ben is the largest clock in the United Kingdom. Constructed in 1859, it has become one of the world's largest and most accurate four-faced clocks. As we were capturing photographs of these buildings, I was struck by the magnificent London Eye, one of the city's renowned attractions. Regrettably, we were unable to ride it, as it was undergoing maintenance - what a disappointment!

In the afternoon, we indulged in a leisurely afternoon tea at a dessert shop along the River Thames. We sampled the quintessential British black tea and cake. While the tea was a unique and worthwhile experience, with its distinctive brewing method and flavour, I found the cake to be overly sweet for my liking. Following our tea, we embarked on a serene boat trip, which allowed us to escape the hustle and bustle of the city.

In the evening, we attended a performance at the London Theatre. I was completely captivated by the production! The plot was full of twists and turns, providing a thrilling experience.

Overall, it was an enriching day, as I had the opportunity to try numerous new activities. I had planned to visit Oxford University, but unfortunately, it was too late after the theatre performance. I will be sure to write about that visit in my next blog.

**Wu Jia Ling (4C)**

## Letter of advice

Dear Chris,

Thank you for your letter. I am sorry to hear that you are having problems with your friend. I hope that I can provide some helpful advice.

You asked me whether I think taking selfies is a bad idea. I do not believe that selfies are inherently problematic. In fact, I think they can be a fun way to capture memories and share experiences with friends and family. However, I understand your concern that your friend may be becoming addicted to taking selfies. In this case, I would suggest that you express your concerns to your friend, as an excessive preoccupation with taking selfies could potentially have negative effects on their mental health.

You also asked what you should do about your friend's habit of posting every picture you take together. I would suggest that you have an open and honest conversation with them about this. Explain that you sometimes feel uncomfortable with the level of sharing, and that you would appreciate it if they were more selective about which photos they post. You could also encourage your friend to focus on enjoying the moment, rather than constantly documenting it.

I hope this advice is helpful. Please let me know if you have any other questions.

Best wishes,  
Pat

**Chow Hoi Lam (4B)**

## **One sided argumentative essay**

Nowadays, it is common for people to participate in sports, which involve physical activities such as running and team sports. However, there is a growing interest in virtual sports, which are played on computers or game consoles. Both types of sports have their respective strengths and weaknesses. But, in my opinion, physical sports are superior to virtual sports.

Firstly, physical sports involve exertion, which promotes fitness, strength and overall health. Indeed, according to research findings, such sports require physical activity that leads to improved cardiovascular health, muscle development, and weight management. Furthermore, regular participation in physical sports can help reduce the risk of obesity, diabetes and other health conditions.

Secondly, sports provide opportunities for social interaction and teamwork. For instance, research has shown that playing physical sports allows individuals to interact with teammates, opponents, coaches and spectators, and this social aspect can foster a sense of camaraderie and teamwork, which are essential for personal development and well-being.

Lastly, sports can have positive effects on mental well-being. For example, research indicates that engaging in physical sports can reduce stress, anxiety and depression by releasing endorphins and promoting a sense of accomplishment. This emotional and psychological benefit is an important factor in maintaining a healthy lifestyle.

In conclusion, in terms of physical activity and health benefits, social interaction and teamwork, as well as emotional and psychological benefits, physical sports are superior to virtual sports. Therefore, I believe that physical sports should be encouraged and promoted as a means of improving overall well-being and quality of life.

**Lam Mau Kam (4B)**

## Cheung Chau

Good morning, everyone. My name is Kasey, and I am here to give a speech about a day trip to Cheung Chau.

Cheung Chau is an island located 10 kilometres southwest of Hong Kong Island. It covers an area of just 2.4 square kilometres, but is a popular destination for both locals and foreign tourists, with its charming array of small shops and markets selling a variety of handcrafts and local specialties. Visitors can also purchase souvenirs such as dragon boat crafts, silk products, and more.

Let me tell you about two of the island's famous tourist attractions. The first is the North View Pavilion, which offers a stunning view of the sun as it sets over Lantau Island. After a short three-minute climb up the stairs, you can reach North Kok Tsui, a picturesque spot for taking photographs.

The second attraction is the pavilion that is home to more than ten cherry blossom trees. These are mountain cherry trees, which bloom in early spring, typically in March, making them a delight for visitors to behold.

During your visit, you can also explore the Cheung Chau Theatre, which was built in 1971. In the 1970s, it exclusively screened black and white silent films, before upgrading its offerings in 1997. Many tourists who come to Cheung Chau make a point of visiting the theatre to learn about its historical significance.

In addition to its scenic vistas, Cheung Chau is also renowned for its delectable local delicacies. One such speciality is the Blue Birds sweet oysters. Another is the oyster minced meat porridge, a dish made with fresh oysters, minced meat, and spring onions, resulting in a rich and flavourful broth.

Reaching Cheung Chau is a straightforward affair, as you can easily take a ferry there. In conclusion, Cheung Chau is a vibrant and captivating island, and I encourage you all to visit and experience its unique charms for yourselves.

**Chan Ka In (4A)**

## A letter to the principal

2<sup>nd</sup> November, 2023

Dear Mr. Cheung,

### Proposal for a study trip for Form Four pupils

I am writing to propose a study trip to Cheung Chau Island for our Form Four pupils. Going on this educational excursion will be highly beneficial, as it will allow pupils to explore the island and develop their communication skills through interviews with foreign visitors. The tour would also provide pupils with an opportunity to learn in a fun and authentic manner.

Firstly, we plan to take all Form Four students to Cheung Chau Island. We hope the study trip can take place on Wednesday, 8th November, from 8.25 a.m. to 4.00 p.m., and suggest that our group travel by coach to Central and then take the ferry to Cheung Chau Island. Pupils would be required to wear their school PE uniform. The estimated cost per student would be around \$20.

Once at the island, pupils would first take a sampan to the Cheung Po Tsai Cave, where they could take photographs. They could then explore various tourist attractions on the island. Finally, pupils would be required to interview at least two foreign visitors.

After the trip, pupils would be asked to complete a reflection, provide a photo description, and prepare a group presentation. The best group would be given the opportunity to present their work during the school's morning assembly in December.

I hope you will approve this study trip. Please let me know if you need any further details in support of the proposal.

Yours sincerely,  
Jason Leung  
Class Captain

**Leung Chun Hei (4A)**

## Sydney Tour

We recently had a trip to Sydney. During the trip, we visited many of the city's famous tourist attractions, such as the Sydney Harbour Bridge, The Rocks Markets and the iconic Sydney Opera House. This provided us with an opportunity to explore the rich history and vibrant culture of Australia.

On the last day, we organised a comprehensive tour of Sydney. In the morning, we visited the Sydney Opera House, where we saw a number of captivating art exhibitions. The displays were truly spectacular and highly creative. Afterwards, we headed to Chinatown, where we were greeted by a wealth of beautiful traditional Chinese decorations. We strolled along Dixon Street for a while, soaking up the lively atmosphere, before attending a delightful concert. The melodious singing was a real pleasure to listen to, creating a perfect moment.

Chinatown offered an abundance of Asian restaurants for us to choose from. I opted for some delicious Korean fried chicken, which had a flavoursome sauce and a wonderfully crispy texture. However, the meal was somewhat pricey.

The following morning, we visited the iconic Sydney Harbour Bridge. I even had the chance to climb to the top of the bridge, which was an amazing experience. At first, I felt apprehensive due to the sheer height, but once I reached the summit, I was rewarded with breathtaking panoramic views. I made sure to capture this memorable moment with plenty of photographs.

After this, we went to Manly Wharf, where we indulged in a seafood dinner. I thoroughly enjoyed the fresh and flavoursome salmon and lobster. We then relaxed and enjoyed the sunset - a truly tranquil and unforgettable experience.

Overall, the trip was fantastic, as it allowed me to try many new and exciting activities. We created numerous cherished memories and gained valuable insights into the cultural heritage of Australia. In the future, I hope to revisit Sydney and explore even more of its famous attractions.

**Yeung Tsz Wing Purple (4A)**

## **Music Review**

I would like to introduce a song I have recently listened to, entitled "Shining Star". This meaningful song is performed by the artist Kenny Qiu. The song is about encouraging oneself, telling the listener not to give up on themselves easily, even if others do.

The lyrics convey a variety of positive messages. For instance, the song encourages the listener to simply be themselves wherever they are, and to affirm their self-worth in the mirror, even when others do not. The underlying message is that one can be whoever one wishes to be, regardless of others' opinions.

The overall musical arrangement of the song is very well-crafted, with a light and comfortable feel. The rhythm is quite engaging, and the singer's voice is unique and beautiful. The performance also features some light dance steps, which add to the song's appeal.

What particularly attracted me to this song, apart from the music itself, is my admiration for the singer. The artist uses very accessible vocal techniques, which I find impressive. Additionally, the lyrics are highly inspirational, urging the listener to be true to themselves and not to worry about others' perceptions.

I have listened to this song repeatedly, and the encouraging lyrics have resonated with me, motivating me to embrace my authentic self. Overall, "Shining Star" is a wonderful piece of music that uplifts the listener and promotes self-acceptance.

**Wong Hiu Kwan (4A)**

## A Letter to the Editor

Dear Editor,

I am writing in response to the article written by Peter Chan in the *South China Morning Post* dated 13th May, on the topic of whether or not to allow mobile phones in schools. I agree with the ideas presented in the article, as mobile phones can distract teenagers from learning.

Firstly, allowing students to carry mobile phones to school may result in distractions during class. Students may spend time using their phones to play games, access social media, or send and receive messages, which will prevent them from focusing on the learning content. This could adversely affect their learning efficiency.

Secondly, carrying mobile phones to school may enable cheating. Phones can become a tool for students to look up answers, send messages, or take photos during tests or exams. This undermines the fairness and accuracy of assessments.

Finally, allowing students to bring mobile phones to school may increase the risk to their safety. Schools may be concerned that students using phones could be distracted and vulnerable to potential dangers in or around the school premises. Banning mobile phones ensures students remain more attentive and better able to handle potentially hazardous situations.

Overall, I agree with bans on students carrying mobile phones, as these devices can easily lead to addiction and negatively impact academic performance. Therefore, I support schools banning students from bringing phones to school, as it helps to safeguard their physical and mental well-being, and promotes their healthy development.

Yours faithfully,  
Chris Wong

**Zhang Danny (4A)**

## **A presentation script**

Good morning everyone. I've recently watched a film called Coach Carter. It is a sports drama film made in the USA and directed by Thomas Carter. Released in 2005, the film has a runtime of 136 minutes.

The film is about a school basketball team called the Oilers. The boys in the team are talented but rebellious. Their new coach, Ken Carter, is a very daring and inspiring person. The film is based on the true story of Coach Ken Carter, who owns a sports store in Richmond, USA and becomes the basketball coach of the Oilers at Richmond High, as he was a successful basketball player there in his youth.

The boys in the team need to sign a contract, promising to keep up with their classes. The team wins a number of matches. However, the boys skip classes and fail their subjects, so Coach Carter locks the gym and bans them from playing. After much argument and challenges from the parents and townspeople, the team eventually passes their examinations, with six of them going on to college.

Among the characters, I like Cruz the most. He is initially portrayed as a troubled and rebellious student from a neighbourhood plagued by crime and violence, which has influenced his behaviour. After his cousin's death, he experiences a significant turning point, becoming more focused and determined, channelling his grief into basketball. This highlights themes of personal growth and the power of mentorship.

My favourite part of the film is the lockout scene, as it creates a significant conflict within the story. Coach Carter's decision to lock out the gym due to their poor academic performance and lack of commitment to their responsibilities creates dramatic tension, setting up a clash between the coach's principles and the players' desire to continue playing. This prompts important discussions about the challenges faced by underprivileged students and the need for support to help them succeed.

Overall, the film delivers strong and positive messages about the value of education, discipline, teamwork and personal growth. It emphasises the importance of setting goals, taking responsibility for one's actions and working together as a team. These messages can inspire students to embrace these values and apply them to their own lives, promoting empathy and understanding, and showcasing the qualities and values that can lead to personal and academic success. I would highly recommend this inspiring film to our schoolmates.

**Mohammad Mereen (5A)**

## **E-waste pollution and plastic pollution**

Good morning, everyone. Are you aware of the staggering amounts of e-waste and plastic we discard each year? The figures are truly shocking. Allow me to introduce the issues of e-waste pollution and plastic pollution.

Did you know that we generate around 40 million tonnes of e-waste globally every year? So, what exactly is e-waste? It refers to discarded electronic devices such as mobile phones, computers and televisions. These items contain toxic substances like mercury, lead and various other materials. When not disposed of properly, these toxins can seep into the air, soil and water, leading to environmental damage and harm to human and animal health. E-waste pollution can result in air pollution, soil pollution and even water pollution, potentially contaminating our food and water supplies and causing us to fall ill.

How can we prevent this? Although nearly 100% of e-waste can be recycled, only 12.5% actually is. To avoid contributing to this problem, we can donate our broken or outdated devices to those in need, or send them to manufacturing companies for proper recycling. We can also raise awareness by incorporating lessons on e-waste management into our school curriculum.

Now, let's turn our attention to the issue of plastic pollution. What is it, exactly? Plastic pollution refers to the accumulation of plastic objects and particles, such as plastic bottles, bags and microbeads, in the Earth's environment, which adversely affects wildlife and human health. Who is responsible for this? We are. Our excessive and unnecessary use of plastic, from grocery bags to water bottles and straws, has led to this growing crisis.

The problem starts with us. Microplastics from our plastic waste are finding their way into the fish we eat and the water we drink, putting our own lives at risk. Meanwhile, countless animals are dying due to the plastic they mistake for food, such as sea turtles consuming plastic bags and straws.

To reduce plastic pollution, we must take action. Recycle plastic products more diligently and never litter them in public places like beaches and gardens. Consider sending friends homemade toys instead of plastic ones, and pack snacks in reusable containers or cloth sacks.

In conclusion, e-waste pollution and plastic pollution have become serious environmental problems, and we must start taking steps to address them before they worsen further. Thank you.

**Yip Tsz Yau (5A)**

## People are leaving the office very late

Dear Mr Chan,

I am writing to bring to your attention an issue I have observed recently regarding the working hours of our staff. I have noticed that many employees are leaving the office very late, with some staying as late as 11.00 p.m. to complete tasks such as marking and lesson planning.

Whilst I appreciate the dedication and hard work of our colleagues, I am concerned about the potential negative consequences of such long working hours. Firstly, prolonged periods of sitting can increase the risk of chronic health problems, such as heart disease and diabetes, which could have a detrimental effect on our staff's physical well-being. Secondly, if employees become ill due to overwork, it may lead to increased sick leave, affecting their productivity and the efficient delivery of their duties, such as teaching and marking.

Furthermore, the excessive use of electricity required to power the office during these late hours will undoubtedly increase our centre's expenditure, which is an important consideration.

To address this issue, I would like to suggest a few potential solutions. One option would be to implement a limit on the length of working hours, for instance, setting a maximum of 9 hours per day. This would help to ensure that our staff have sufficient time to rest and spend time with their families, which could improve their physical and mental health.

Alternatively, you could consider introducing a home office policy, whereby employees are able to complete tasks such as marking and lesson preparation at home, while still being required to conduct lessons at the centre. This could help to reduce the number of hours spent in the office.

I hope that you will consider these suggestions. I would be happy to discuss this matter further if you have any questions or concerns.

Thank you for your time.

Yours sincerely,  
Chris

**Foo Chun Hung (5B)**

## **Lovely Robotic Turtle**

Are you considering keeping a pet, but don't want the mess or daily care? The Vinci robotic turtle may be the right choice for you. A robot turtle, of course, can be used for fun and to keep you company, much like a traditional pet.

The Vinci is a robotic turtle with a large, green body, a short tail and black eyes. Both its hands and legs are short, which gives it a cute and useful appearance. People are drawn to the Vinci because it can protect and care for you. This robotic turtle will follow you when you are outside and can even call the police if you are in danger. Unlike real pets, the Vinci can set an alarm clock for you and play music as well.

The Vinci's versatility and reasonable price point make it an appealing option, particularly for busy city dwellers who wish to have a pet without the associated responsibilities. As it does not need to eat or excrete, the Vinci can act as a 'housewife' and perform household tasks, as well as put on acrobatic displays.

At just \$299, the Vinci represents excellent value. If you purchase one before next month, you can enjoy a 60% discount. You can find the Vinci at your local Saydan's ABC shop.

**Yip Man Yi (5B)**

## Summer job traps

Good morning, everyone. Today I am here to share with you some common summer job traps and how we can avoid them.

As many of you will be looking for summer jobs during the holiday, it is important to be aware of potential pitfalls. Sadly, some students have been cheated in the past, so we need to be vigilant.

One of the common summer job traps is unreasonable penalties. This means that employees may not receive the full agreed salary due to minor mistakes at work. For example, a bonus for good attendance could be deducted if they are late. According to a survey by the Hong Kong Federation of Youth Groups, around 30% of respondents had experiences of salary deductions ranging from \$50 to \$250 for being late. As a result, some young people earn less than the promised amount, leading to a loss of trust in their employers and dissatisfaction with the job.

Another common trap is delayed salary payment. Some employers do not pay their staff for more than a week, and in some serious cases, for over a month. Indeed, a survey by the Student Union at the University of Hong Kong found that 30% of respondents were paid late by at least a week. This can cause significant financial difficulties, as young people struggle to afford essential daily expenses such as lunch, transport, books and stationery.

To avoid these traps, it is advisable for young people to consult their family members, such as parents and siblings, as well as school staff like teachers and social workers who can provide valuable information and guidance on how to steer clear of job-related pitfalls.

Additionally, it is crucial for young people to research a company thoroughly before applying or accepting a job. This can involve checking online discussion forums for reviews and asking around to see if anyone has worked there before.

I hope these suggestions will help you find meaningful summer employment without falling victim to common job traps. Thank you for your attention.

**Yip Man Yi (5B)**

## My Beijing Trip

During the summer holiday, I travelled to Beijing with my relatives. On the first day, we visited the National Tsinghua University, which is widely regarded as the most prestigious and renowned university in China. As I stepped onto the campus, I felt as if I had entered a dreamlike world. I was deeply captivated by the serene environment and the fresh, natural air that permeated the university grounds.

The following morning, we ventured to the Great Wall, a magnificent structure built to defend the northern frontier of the Chinese empire from foreign invasions. Climbing the Great Wall, however, proved to be a challenging endeavour that required significant time and effort. Nevertheless, the breathtaking views and the sheer scale of this architectural marvel more than compensated for the physical exertion.

On the final day of our trip, we explored the Forbidden City, a place I had long been curious about ever since watching numerous historical costume dramas in my youth. As I wandered through the awe-inspiring palace complexes, I was struck by the sheer magnificence of the architectural design. Indeed, I thoroughly enjoyed the experience and even purchased a variety of souvenirs to share with my friends.

Overall, our Beijing journey allowed us to visit numerous renowned landmarks, each offering a unique and enriching experience. I sincerely hope to have the opportunity to return to this captivating city in the future.

**Cheng Tsz Ho (5C)**



## My Taiwan Trip

In this summer holiday, I had the opportunity to visit the Chinese Province of Taiwan, which left me with unforgettable memories. Now I would like to share my trip with you, in the hope that it may provide you with some ideas if you are planning to visit this province.

On the first day of my trip, I checked into my hotel, which was beautifully decorated, yet reasonably priced. The most important factor, however, was the hotel's convenient location near Ximending. Ximending was my favourite place in Taipei, as it offered a wide variety of shopping opportunities, from ACG figures and comics to souvenirs. Moreover, there were many delicious local snacks available, such as braised pork on rice, scallion pancakes, oyster omelettes, and egg crepes. Indeed, I thoroughly enjoyed my lunch in Ximending.

The following day, I went to Shifen to release flying lanterns. Unfortunately, during the experience, one of my lanterns inadvertently fell into someone else's property, which could have been potentially dangerous. Fortunately, no harm was done.

Overall, it was a thoroughly enjoyable trip, and I hope you too can experience the wonder of Taiwan. Farewell!

**Wong Chun Hin (5C)**



## Fighting Gaming Addiction

In recent years, the problem of gaming addiction has been on the rise among teenagers. Many young people have become so engrossed in video games that they struggle to control their behaviour and maintain a healthy lifestyle. This article will explore the case of a friend who battled gaming addiction and provide strategies to overcome this issue.

My friend Pete was a model student in secondary school. However, when he received a smartphone during the summer holidays before starting Form Three, his life took an unexpected turn. He immediately became hooked on video games, spending up to 10 hours a day playing them. His academic performance plummeted as he failed to complete homework and would often go to bed very late, waking up with no energy. The situation escalated to the point where he would shout at his mother whenever she told him to stop playing, leading to a breakdown in their relationship.

Recognising the severity of the problem, Pete's parents sent him to a boot camp to help him quit gaming. During his time there, he was prohibited from accessing the internet and instead participated in sports and therapy sessions to help him regain control of his life. After around three months, Pete was able to return to school and start afresh, grateful for the opportunity to overcome his gaming addiction.

Drawing from Pete's experience, there are several strategies that can be employed to combat gaming addiction. Firstly, it is crucial to set a strict time limit for gaming, using a timer to ensure adherence. Once the allocated time is up, the individual should engage in a productive activity, such as studying or exercise, to maintain a healthy balance. Secondly, installing applications that limit internet access can be an effective way to curb excessive gaming. These apps can be programmed to shut off the internet once the daily limit is reached, preventing further indulgence.

Another approach is to physically remove oneself from the gaming environment. If the urge to play becomes overwhelming, the individual should force themselves to leave the house and go for a walk in a park or other outdoor space. This can help them to re-engage with the real world and reflect on their life goals and priorities. Finally, having a supportive friend who can encourage participation in alternative activities, such as sports or study sessions, can be invaluable in overcoming gaming addiction.

In conclusion, the consequences of gaming addiction can be severe, and it is essential to address this issue proactively. By employing the strategies outlined above and maintaining a positive mindset, teenagers can find a healthy balance between gaming and other aspects of their lives. While gaming is an important part of modern youth culture, it must be approached with moderation and self-discipline to ensure a fulfilling and well-rounded lifestyle.

**Man Ka Him (5C)**

## School fair

Good morning, everyone. It is my pleasure to introduce the annual school fair to you. The fair will be held from 12.00 p.m. to 4.00 p.m. on 29th of May.

There are a variety of activities and stalls for you to enjoy at the fair. Firstly, there will be several food stalls offering local Hong Kong delicacies such as *siu mai*, curry fish balls, egg tarts and popcorn. Additionally, there will be a range of games and crafts for you to participate in, including making accessories like bracelets and necklaces, balloon shooting, and creating bookmarks.

Furthermore, the fair will feature a showcase of student performances. You can look forward to watching dance, juggling, solo singing, choir, and instrumental performances. Moreover, the art students will be displaying their drawings and other artworks.

In addition to these activities, there will be an alumni football match. If you would like to join, please send an email to [chriswong@hkbs.edu.hk](mailto:chriswong@hkbs.edu.hk) and you will be sent details.

We are also in need of volunteers to help with the football match and running the food stalls. If you are interested in volunteering, please send an email to [chriswong@hkbs.edu.hk](mailto:chriswong@hkbs.edu.hk) including the position you would like to take on and your personal information.

Tickets for the fair are priced at \$10 each and can be purchased from the school office.

We look forward to your participation in the annual school fair. Please feel free to invite your friends and family to join us from 12.00 p.m. to 4.00 p.m. on 29th of May. Thank you for your attention.

**Ho Tak Yee (6A)**

## **Pop-up Store**

Dear Sir/Madam,

Our company, Planet Smart, was founded in 2005 with a view to protecting the environment and reducing carbon footprints, in order to create a better future for the Earth. Our mission is to promote the use of eco-friendly products and encourage a more sustainable lifestyle, without compromising on quality or convenience.

One of our most popular products is our eco-friendly bamboo toothbrush. This innovative product is not only gentle on teeth and gums, but it is also biodegradable, making it an excellent alternative to traditional plastic toothbrushes that harm the environment. Our customers have been very enthusiastic about the durability and effectiveness of this product, and we are proud to have made a positive impact on their daily routines and the environment.

To attract new customers and showcase the breadth of our eco-friendly product offerings, we plan to host an exciting in-store event that promotes sustainability and inspires a more conscious lifestyle. This event will feature educational workshops, interactive product demonstrations, and special promotions to engage and inspire visitors to embrace a more sustainable lifestyle and make a positive impact on the environment.

Thank you for your consideration. I am excited about the opportunity to represent Planet Smart and promote a more sustainable future.

Yours faithfully,  
Chris Wong

**Leung Wai Kin (6A)**

## A restaurant review

I strongly recommend "Dim Sum One", located in Tuen Mun. I will introduce "Dim Sum One" from four perspectives: the dining environment, service, food and pricing.

The dining environment at "Dim Sum One" is truly grand. The hall features a gold colour scheme and a panda with bamboo theme, which I believe children will love. The restaurant not only has an impressive hall and an interesting theme, but also maintains a clean and tidy floor, with no visible litter. It looks like the embodiment of a dream restaurant, and one that families and children should definitely visit.

"Dim Sum One" also provides excellent service, with friendly and kind staff. Upon my arrival, the staff greeted me with a pleasant and positive tone, enquiring about my needs. As I was the first customer, they recommended their best dishes and *dim sum* selections. I believe the service here is of a very high standard, with the staff being attentive and caring towards customers. There are even special events for birthday customers, where the staff will sing a birthday song, further demonstrating their kindness and commitment to great customer service.

The most important aspect, of course, is the food. As a Chinese *dim sum* restaurant, "Dim Sum One" offers a wide variety of delicious dishes, such as *siu mai* and beef balls. These *dim sum* items are extremely flavourful, with the beef balls being particularly juicy and fresh, enticing one to keep eating. Additionally, the food is served piping hot, indicating its freshness.

Finally, the pricing at "Dim Sum One" is quite reasonable. Despite the high-quality food and excellent service, the overall cost is quite reasonable. I highly recommend this restaurant for its outstanding dining experience.

**Au Yeung Kiu Fai (6B)**

### **A yearbook entry**

As a current student in Form Six at Kowloon Secondary School, I have always enjoyed studying the English subject the most. Firstly, this is due to the exceptional teacher who has been instructing me in English. She is extremely caring, agreeable and honest in her approach. In contrast, the other teachers in Form Six have often given up on us, believing that we are not working hard enough or focusing sufficiently during lessons. However, my English teacher has consistently treated us like her own children.

Secondly, my fondness for the English subject has been a lifelong passion. From the very start of my schooling, I have always excelled in English, consistently achieving top marks in the subject. This strong performance continued into secondary school, further fuelling my interest and enthusiasm. In fact, by Form Six, I was ranked first in my class for English. I take great pride in my abilities in this area and am always eager to assist my classmates, deriving genuine happiness from helping them improve their English skills.

The aspect I will miss most about my time in Form Six is the incredible camaraderie and support of my classmates. They have been wonderfully caring and helpful throughout my time here. Whenever I have felt down, they have gone out of their way to cheer me up and make me laugh with their playful antics. I was particularly touched when, on my birthday in Form Five, my classmates surprised me with a cake and thoughtful gifts – a gesture I had not anticipated. Moreover, despite my weaker Chinese language abilities, my classmates have encouraged me to never give up, patiently teaching me new words and phrases that I had not encountered before. I feel truly fortunate to have been part of such an amazing class.

In conclusion, my experience in Form Six has been defined by the exceptional English teaching I have received, my own lifelong passion for the subject, and the unwavering support and friendship of my classmates. These elements have combined to make my time at Kowloon Secondary School truly memorable.

**Khan Muskaan (6B)**

## Friend

Dear Nick,

How are you holding up, my friend? I understand you are feeling a bit downcast at the moment, but could you please hear out this former drama club member?

I empathise with you, as I know it is disappointing not to have secured the lead role you have always wanted, and instead being cast in a supporting role. However, while lead characters are the heart of a production, supporting characters are the lifeblood. Without the supporting cast, the show would be hollow and devoid of vitality.

To illustrate the point, picture a lead character embarking on an adventure – they will inevitably need to interact with others, and this is where the supporting cast comes into their own. The limelight may not be primarily focused on you, but without the supporting players, the limelight would be dimmer than the sands of the Sahara. I can assure you that in all the productions I have been involved in, I have always deeply appreciated the supporting cast who elevate the show by prompting the protagonist to make choices and ponder decisions that leave a lasting impression on the audience.

In short, you are a star in your own right; without you, the production would simply not be as good. Supporting characters breathe life into a one-dimensional show, transforming it into a vibrant, three-dimensional experience.

Another concern I wish to address is your interactions with your peers on a daily basis. I hope you enjoy working with your team, as cohesive collaboration is essential for a successful production. However, if this is not the case, my advice would be to maintain mutual respect for the roles assigned to each individual. Even if your hopes have been dashed this time, there will be future opportunities. Cultivating a friendly, amiable atmosphere with both your on-stage and backstage colleagues can greatly enhance the efficiency of your work and encourage mutual support. I am sure Andrew was selected for sound reasons, and all you need to focus on is giving your very best. I have been in your shoes, facing rejection for lead roles on numerous occasions in school productions and external competitions.

Securing a lead role in a drama is no easy feat; it is a journey fraught with trials and tribulations. However, I firmly believe that through unwavering hard work and determination, you will ultimately claim that coveted leading position. Every member of the team, whether backstage staff, prop designers, actors or actresses, plays a vital role, just as the cogs of a machine require each component to function seamlessly.

Furthermore, your worth is not defined by the size of your role. Your family, friends, teachers, and peers care about you, regardless of whether you are the lead or a supporting character. So, I urge you to approach your lines with diligence, deliver them with confidence and flair, and make the most of your appearances on stage. Who knows, your performance may even surpass that of the lead actor and leave a lasting impression on the audience.

I hope this pep talk has lifted your spirits in some way. If you still feel apprehensive about attending rehearsals or remain disgruntled, you know where to find me.

Stay strong and keep your chin up.

Yours sincerely,  
Chris

**Lam Chun Yu (6C)**

## The Merits of Pursuing a University Degree

In recent years, the decision to attend university has become a source of much debate in society. While some argue that the costs associated with higher education make it an unwise choice, I firmly believe that pursuing a university degree is a worthwhile endeavour.

Firstly, a university education can significantly enhance one's employment prospects. Indeed, universities often provide students with access to internships, where they can develop crucial skills such as communication and problem-solving. These practical skills can give graduates a distinct advantage in the job market. Moreover, many employers require specific qualifications, making a university degree a necessary prerequisite for certain high-paying roles. Additionally, the prestige of a university can carry substantial weight, as companies may view graduates from renowned institutions as more capable.

Furthermore, the university experience offers students a wealth of vibrant and diverse opportunities beyond the academic realm. By interacting with individuals from various cultural backgrounds, students can broaden their perspectives and gain a deeper understanding of the world around them. Universities also typically provide a wide range of extracurricular activities, catering to the diverse interests and needs of the student body. This environment allows for personal growth and independence, as students learn to manage their time and explore avenues of self-discovery.

In addition to the social and personal benefits, a university education can also significantly expand one's knowledge and understanding. Through the exploration of subjects beyond one's primary field of study, students can deepen their intellectual curiosity and enhance their overall knowledge base. Moreover, the chance to attend lectures and seminars led by renowned experts and scholars can expose students to cutting-edge research and emerging trends in various disciplines, broadening their horizons.

Finally, university programmes often offer opportunities for study abroad, internships, and exchange programmes. These experiences can be invaluable, as they allow students to develop cross-cultural communication skills and forge meaningful relationships with individuals from different backgrounds.

In conclusion, the evidence clearly demonstrates that pursuing a university degree is a worthwhile investment. From enhancing employment prospects and fostering personal growth to expanding knowledge and offering international experiences, the benefits of a university education are manifold. Therefore, it is evident that entering university can lead to a more fulfilling and prosperous life.

**Xiao Jiayi (6C)**

## Chinese New Year Fun Fair

Good morning, everyone. It is my honour to stand here and make an announcement about our annual Chinese New Year Fun Fair.

The event aims to promote Chinese culture through several fascinating performances and wonderful activities, which I am going to introduce below.

Firstly, we have superb exhibitions and performances. At the event, arts and crafts made by traditional Chinese artisans will be on display. For example, plaster figurines that are typically used as decorations for the Spring Festival, also known as Chinese New Year. Paper-cutting art, fancy red packets, and traditional festival attire will also be showcased. Participants can experience the aura of different ethnic minorities' spring festival celebrations by enjoying the Chinese traditional clothing display. Please also do not forget the energetic lion dance and martial arts performances! The beauty and happiness of our traditions will absolutely bless you with good fortune for the coming year.

Furthermore, the games and activities are also beckoning you to join! These include cutting red paper by yourself, matching the right names to Chinese foods, and singing songs celebrating the New Year. And do not miss out on the lucky draw! You can draw gifts from the secret boxes, with the biggest prize being a big red packet toy that represents good luck for the whole year! After the activities, you can gain a ticket for our food stall, where you can sample a variety of delectable Chinese delicacies, such as dumplings, rice cakes, and special sweets.

To hold such an attractive event, we need all your help! The organising department now needs volunteers to assist with the decoration and purchasing work. Please join us to make this fair even more amazing! You can contact me at [chriswang@cycedu.hk](mailto:chriswang@cycedu.hk) to register or ask any questions.

Our annual Chinese New Year Fair will be held from 9.00 a.m. to 12.00 p.m. on 6th February 2024. The ticket costs \$20 per person. We welcome all past and present students, teachers, friends and families to participate! It is time to know more about our culture and have fun this year. Thank you.

**Yeung Sze Ki (6C)**

## Culinary Surprise

As a dedicated foodie who travels the world in search of mouthwatering cuisine, I eagerly anticipated the opportunity to dine at this highly acclaimed restaurant. After spending an hour there for lunch, I now have a flood of comments on the so-called feast served by Dim Sum One.

The advertisement clearly stated that Dim Sum One would offer customers scrumptious, traditional Chinese *dim sum*. Regrettably, what I encountered was a variety of unconventionally disastrous dishes. Does the restaurant owner truly believe that someone would enjoy chocolate dumplings, honey *siu mai*, or cola-infused fried chicken tofu in an establishment that markets itself as a "Chinese Dim Sum" venue? The utterly ridiculous food at Dim Sum One has completely ruined my day and my desire to sample their cuisine. They must understand that the key to delicious food lies not in the safe combination of elements, but in the focus on taste and cultural authenticity. Without the spirit of creating truly exceptional dishes, Dim Sum One can never be the premier destination for authentic *dim sum*.

I must admit that the dining environment at Dim Sum One is indeed of a high calibre. The highlight of this restaurant, in my opinion, will not be the *dim sum* itself, but rather the elegant decor, polite and professional service, and serene ambiance. If you are someone who does not place a high emphasis on food quality and price, Dim Sum One might be a suitable choice for you to enjoy the excellent service and tranquil atmosphere.

In conclusion, I cannot provide a positive review for Dim Sum One, as their food was utterly disappointing. I also do not believe their high prices are justified by the unworthy "cuisine" they serve. Perhaps, the only customers willing to visit are those who wish to play a food-related prank on their friends or those willing to pay a hefty fee for the library-like quiet environment. Regrettably, I cannot recommend this restaurant to you.

**Yeung Sze Ki (6C)**

## **Hong Kong Adventure Farm**

Welcome to Hong Kong Adventure Farm. We hope you will have an extraordinary experience on our farm. There are a total of four stations on our farm, including the Waterfall Station, Lakeside Station, Main Station, and Farmers' Market Station. Each of the stations has its own unique characteristics. Our farm also has some animals, such as deer, horses, and donkeys. Please be friendly to them, and we hope you can embark on an amazing adventure of discovery at the farm.

There are three main things to do and see on our farm. Some people may think that our farm has too few activities. However, our farm has a wealth of adventurous events. According to the statistics from each station, there is a "trilogy" of must-do and must-see activities. First and foremost, you cannot miss the Waterfall Station. Here, you can admire the stunning waterfall. You can hike to our mountain and take pictures with the waterfall as a backdrop. Some reviews have even described the waterfall as a pilgrimage for photography enthusiasts. You can also enjoy the tranquility of nature.

Additionally, we have a canoeing activity next to the Lakeside Station. This is the second most popular attraction, as the majority of visitors have not had the chance to try canoeing before and are eager to experience it. We provide all the necessary safety equipment and have a coach to teach you, ensuring your safety. During the canoeing, you can appreciate the serene scenery of the lake.

Furthermore, the last thing we recommend you to do is interact with the animals. Once you arrive at the Farmers' Market Station, you can not only see our fenced-in animals, but you can also ask our staff for some animal food to feed them. Do not worry, they are all friendly. This interactive experience with the animals is the most popular attraction on the farm. We hope you can have a lot of fun with it.

In conclusion, the aforementioned "trilogy" is what we highly recommend for you to do and see. However, we still have other events waiting for you to experience. For more information, please refer to our brochure. We hope you can enjoy your time and come back to our adventure farm again in the future.

**Ho Ngai Lung Steven (6C)**

## Disposable items

The existence of disposable items such as plastic utensils, containers, Styrofoam containers, and paper bags has been both a blessing and a curse. While these items have been convenient for many businesses and customers, they have also posed a significant challenge for landfills, the environment, and environmental groups. At the heart of this issue are fast food outlets, which are the primary purveyors of such disposable items. This essay will examine whether fast food outlets should be banned from providing customers with disposable items or whether they should be allowed to continue this practice.

On the one hand, banning fast food outlets from distributing disposable items would be highly beneficial for the environment. Reducing the production of these items would significantly decrease pollution in the air, the sea, and our surroundings. Landfills and incinerators would no longer be overburdened with disposable items that can take hundreds or even thousands of years to decompose, freeing up much-needed space and alleviating the need to burn excess waste, which often releases toxic fumes that harm plants, humans, and animals, thereby threatening the delicate balance of the ecosystem. Moreover, without the constant threat of plastic bags, Styrofoam containers, and other disposable items, marine creatures would be able to thrive without the risk of suffocation or the ingestion of microplastics, which can choke fish and kill plankton – an indispensable part of the marine food chain.

Furthermore, the reduction of disposable items could also protect human health by reducing the risk of chemical poisoning. Many disposable containers and utensils, particularly those made of plastic or Styrofoam, can leach toxic chemicals when exposed to high heat, potentially contaminating the food they contain. Additionally, the sharp ends of plastic utensils can break off and pose a choking hazard, especially for children. By banning the use of such items, the government could earn the trust and support of environmental groups and the general public, who would likely view this as a significant step in protecting the environment.

However, the cons of banning disposable items from fast food outlets should not be overlooked. Disposable items have long been a convenient solution for both customers and businesses, as they eliminate the need to carry reusable containers and utensils. The removal of these items could prove to be a major inconvenience for consumers, who would have to adapt to carrying their own reusable alternatives. Furthermore, the transition away from disposable items would likely be financially burdensome for fast food companies, which would need to invest in more expensive, environmentally-friendly alternatives, such as metal utensils and reusable bags. This could lead to increased costs for consumers and potentially even a reduction in take-out services, as the added expense may not be profitable for businesses.

Additionally, the ban on disposable items could have a significant impact on the recycling industry. Moreover, without the influx of recyclable plastics, papers, and other disposable materials, many recycling plants may struggle to remain financially viable, potentially leading to plant closures and job losses.

In conclusion, the debate over the use of disposable items in fast food outlets is a complex one, with valid arguments on both sides. While banning these items would undoubtedly have a positive impact on the environment, protecting human health, and garnering support from environmental groups, the potential drawbacks, such as consumer inconvenience, financial burdens for businesses, and the impact on the recycling industry, must also be carefully considered. Ultimately, any decision to ban disposable items in fast food outlets should be approached with a nuanced and balanced approach, weighing the potential benefits against the possible negative consequences.

**Lam Chun Yu (6C)**

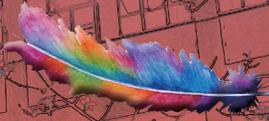


Ho Ngai College (Sponsored by Sik Sik Yuen)



*English  
Compositions*

2023-2024



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