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銀禧文集

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文情並茂

友誼

1B 王炫瀚

當午膳鈴響，
就是午息休息時間的到來。
朋友們抱起籃球，
如箭般沖向球場。
大家歡聲笑語地打著比賽。
一邊奮力地跑，
一邊用力地傳球與投球。
在奔跑時，
總會不小心撞傷，
總會有人因傷而痛哭流涕。
總有人會因而道歉、
與安慰。
但他並沒有責怪任何人，
因為包容、
與理解。
但最重要的是——友誼的珍貴。



飯盒里的人情味

2A 蘇佩怡

其實不少人遇上特定的事物，都會不期然的聯想到某個人，而我由一盒燒臘店的飯盒就會聯想到陳灼明。

他的身材偏瘦，比一般的男人瘦，他頭髮顏色是黑的，但兩鬢卻黑裏帶白，可能是年紀老了，他的額頭有老人家的「三條橫線」，他的嘴巴顏色是淺紫色，不像普通人嘴巴的顏色，是紅色的，他經常穿著保色恤衫加長褲。

他每個星期都會準備飯盒和物資，和一群義工，一起落區，免費、無私的派飯給露宿者和長者，為什麼他會這樣做？這是因為當時洪金寶在那裡做電視節目，和他交談後，洪金寶給了他一萬元，他希望陳灼明派飯給老人、獨居長者和沒飯吃的人，於是陳灼明就用這筆錢，回饋社會。他為了派飯給有需要的人，專程上門派飯給這些人，甚至在八號風球期間，他還是不厭其煩，步履蹣跚去向露宿者派飯，我認為這不是一般人做到的事。

由於陳灼明的飯店以價廉物美見稱。深受區內基層市民歡迎，因而有「愛心飯堂」、「窮人飯堂」、「良心飯堂」等稱號。

也許，你可能覺得一飯盒平平無奇，去哪裡都能買得到，但對於一個基層家庭的市民來說，一盒飯是不容易的，但陳灼明的善心，讓基層市民感到溫暖。



陌生·情

2B 陳宇駿

一次相遇、一次美好的遇見、一次向陌生人尋求幫助的經歷，讓我收獲的不僅僅是金錢，也有感動，還有一顆樂於助人的心。

那天，一起床，後知後覺，突然想起八達通里已經負錢了，而自己又沒有零錢，我開始驚慌失措，不知如何是好。只能怪自己平常的記性太差。心像揣了一隻兔子般，七上八下。翻遍了全家，依然籌不到十一塊錢。想想，我還是去關口的兌換點換錢吧！

天公不作美，關口的兌換店並沒有開門，左胸的那顆石頭又被提起。看著偌大的關口車水馬龍，而我，獨自一人，十分無助，為了車費，不知如何是好。

後來，腦洞一開，我可以找路人換錢啊！我身上只有一百元和十元鈔票，硬著頭皮去找別人換，可是許多人都沒有零錢，我失望透了，我準備最後試一次。一對母子進入了我的視線，我走上前去詢問，他們說只有十三塊錢，我連忙點了點頭，掏出十塊錢跟他們換。他們沒要我的錢，而是對我說：「你一個學生也沒多少錢，我請你坐車吧！」我十分感動，但我依然把錢給了他們，他們也欣然接受了。那一刻，我感到了溫暖，由心底散發出來的一股暖流，滿是感動，最美的一次遇見。

那一次，也讓我受益良多，收到的不僅僅是車費，還有溫暖，還有一顆助人為樂的心。這十三塊錢就是珍貴而美麗的人間情分。



感恩

2B 陸凱盈

社會上有很多珍貴的人間情分，有時候我們沒有珍惜或擁有感恩的心，白白地錯過和浪費了。

我有一次在社交網站發現了一件好人好事，當我一看到標題的時候，手指在無意間按下去。原來是這樣的，有一間在沙田禾輦商場的麵包店已開業三十多年，麵包店在商場裏看著時代變遷，就像歷史文物一樣。我覺得在現代社會來說，其實能維持三十年不結業，能夠成為當地的老字號，又有多少人能做到？我真的很感慨現在的社會變遷速度。

他們的老闆毫不吝嗇，雖然時代過去了，物價上漲，有些老人家因此無法負擔買麵包的費用，所以他用一元價錢不定期地售賣麵包。很多人都會想問：「你這樣會把所賺到的錢，變成沒有得到任何收入？」他會這樣回答你：「錢財身外物，死後帶不走一點財富，不如現在溫暖人間的肚子，造福街坊。」我覺得他很偉大。用自己的財富去幫助百姓，社會上正因為有這些人，才變得溫暖。

我覺得麵包店主人是一個大慈善家，這樣樂善好施，為大眾服務。

人間有情我們應該好好珍惜，也應懷著一顆感恩的心，把這塊寶石傳承下去！



人間情分

2B 潘偉森

「患難見真情！」友情是能在困境中體現出來的，因為朋友就是需要互相幫助。

一天偉成起床比平時延遲了很多，他急急忙忙地拿上要交給老師的模型就出門了。偉成走在上學的路上，發現天空越來越灰暗，一聲雷鳴響起，伴隨着雷聲頓時下起了傾盆大雨。偉成往書包一摸才發現自己慌亂中忘記了帶雨傘，這場雨就像一道晴天霹靂。

偉成的模型是紙制不能沾太多水，他為了不讓模型付諸東流，於是用手護在模型的上方，向學校跑去。此刻他心急如焚！

同學明欣看見了立刻打着雨傘跑到偉成身邊說：「雨這麼大，我和你一起走吧！」他們兩個人打着同一把傘，頂著傾盆大雨走着。明欣故意把傘偏向偉成那邊，故此模型完好無損，但明欣自己卻渾身濕透她仍然對此不以為然。偉成回到學校將模型交給老師，老師看了看濕透的偉成和明欣及一把雨傘微笑著說：「這是你們在雨中互相幫助的結果，」偉成明欣相視而笑，雖然沒有說話，但這已經包含了他們之間濃厚的友情，一切盡在不言中！

友情不需刻意去表現，其實明欣將雨傘偏向偉成的這一小小舉動就足以體現他們濃厚的友情，在雨中互相幫助不就是朋友應該做的嗎？這把友情傘永藏在兩人心底！



旅行日後感

2C 楊秀文

這是一個令人難忘的旅行，傾盆大雨也沒能阻擋我們對它的喜愛。在雨中漫步，共同撐傘，為同伴們遮風擋雨從中又衍生了多少不一樣的友情呢？

這是一個令人期待的早上，我的背包裝得滿滿的，走向學校。今天的學校似乎別有一番風味，它不似平日那般莊嚴、肅靜，反而夾雜着喧鬧聲。同學們一個個神采飛揚，似乎在為即將來到的旅行而雀躍萬分，喧鬧聲中不時傳來嬉笑，令人情緒高漲。在車上，同學們或坐、或躺又或是偷偷的吃零食，是在為即將到來的過山車大戰充滿能量吧？

滿懷期待，我們的旅遊巴到達了目的地，也是旅行的終點站——海洋公園！在老師的帶領下，我們乘坐海洋列車前往山頂，這列車不像平時那樣多人，反而空曠得很，是因為今天是個陰雨天氣吧？我興奮地手舞足蹈，等待著集體解散，好飛奔去玩我最愛的機動遊戲。我感覺每一分每一秒都如此的煎熬。一聽到解散的字眼，我已像火箭一樣，跑得沒了影，跑去玩了三百六十度大擺錘，不但自轉還要周轉，轉得眼花繚亂。在速度中擁抱了不少投懷送抱的冷風，讓我直打哆嗦。雷霆節拍、極地時速、瘋狂過山車玩得不亦樂乎。不知不覺，我們組成了一個小隊跟着最愛玩的胡老師，天空中下著濛濛細雨，我們手牽着手互相取暖。

在最後，我最期待的重頭戲終於降臨，我們來到了跳樓機下，抬頭望去只覺得頂端在雲霧中繚繞，在雲層中暢遊。看到那麼高的跳樓機，我們都有些心驚肉跳，但當我們懷著緊張的心情升到頂端時，對面的大海、山脈一覽無遺，讓人神清氣爽。可這感覺並沒有持續多久，猛的下墜，整個人感覺離開了凳子，心臟感覺麻麻的，肆意的尖叫來祛除害怕。我們互相鼓勵對方，就在這速度之中凝聚了感情。

這一個旅行，讓我一嘗心願，我們仍意猶未盡，就這樣我感受到平時沒有的情感，把平日繁重的學習暫時拋開，也把自己的心情抒發出來了！令我十分舒暢！



心中的幸福

3B 張彩珊

每個人心中的幸福也是不一樣，有的人認為跟自己心愛的人在一起是幸福，有的人認為有很多好友就是幸福，有的人認為吃到美食就是幸福，我認為幸福不需要追求，因為每個人的幸福也是不一樣。

在我心中，擁有健康的身體是幸福，因為擁有健康的體魄，能夠盡情享受任何東西帶給自己的快樂，但是有些人卻不明白，生命帶來的意義，自殘身體和心靈，最後就追悔莫及了，挽回也是癡心妄想。

在我心中，擁有美滿的家庭是幸福，因為只有家庭內的成員在你失望的時候安慰你，就會重新激勵你，令你站起來，繼續向大好的方向前進。至於爸爸的訓斥、媽媽嘮叨對於自己來說，也是一種享受幸福的過程。

在我心中，擁有幾個知心的朋友是幸福。因為當你懦弱無助的時候，他們給你安慰與關懷；在你失望彷徨的時候，他們給你信心與力量；你成功歡樂的時候，他們會分享你的勝利和喜悅。

點點滴滴的小事，看起來不起眼，但細細去品味，你會感覺到其中的甜，那是幸福的甘甜，酸甜苦辣構成人生五味。一生會反復經歷若干次，回味起來，留在心中的恐怕是會有幸福的影子的。



我的快樂

3B 黃相錦

我有一個能讓我快樂的家。「我冷的時候，她為我遮風擋雨。我熱的時候，她為我開空調。」就像是天使一樣的愛護著我，那就是我的家。我在家中找到的快樂時光，讓我一生都無法忘記。

小時候，家人的溫暖總能讓我找到快樂。家裡的哥哥姐姐有好吃的、好玩的總是讓我先吃、先玩。做錯了事，總是哥哥為我擋著，那就像是一個保護光環，保護我不被別人欺壓。小時候的苦，總是家中的哥哥在受。那時的我生活得特別快樂。家人愛我時，總是抱抱我、總是摸摸我、總是親親我。

長大以後，回到家中更是讓我得到了一種快樂。這種快樂是無比的享受，就想是一隻小鳥在雲上面睡覺。可能是在外面吃的苦多，家中的苦少。爸爸總打電話向我說：「孩子，累了就回家，你媽媽想你。」我想也是，家是我的保護光環，家裡人讓我找到的快樂是一種幸福和溫暖的。

還記得那一年的秋天，我回家了。剛一進門，家中的媽媽就把我抱上了。那時我已身高八尺，媽媽還是抱上來哭了，我也沒有動，就抱着媽媽和閉上眼睛。爸爸的樣子也變了，變得老了。在那時，我感受到了不一樣的溫暖。那是一種老人家想要的溫暖。還好是閉着眼睛，不然眼淚都快要流出來了。就在那夜，全家坐在一起吃飯，在那一晚，我找到了人生之中的快樂，那是溫暖的、是幸福的、是無價的。

家裡的事物還是那麼美，父親的笑容還是那麼燦爛，母親的手藝還是多姿多彩。家人在我冷的時候為我遮風擋雨，在我熱的時候為我開空調，還有那天使般的溫暖，讓我一生都無法忘記在家時的快樂。我想家了！



心中的家

3C 吳亦旻

一天，我放學後迷迷糊糊的回到了家，我因為太過於疲勞，緩緩的躺在床上，漸漸的睡著進入夢鄉……

我放學後，興高采烈的回到了家，正當我準備打開書包做功課的時候，家門打開了，在門口傳來了一把像雪中送炭般溫暖的聲音，原來是媽媽下班了，剛剛從菜市場買完菜準備做一餐豐盛的晚餐。我非常高興，因為每天可以迎接家人回家是一份多麼美好又多麼幸福的一件事！

夜幕降臨，火燒雲也漸漸淡去，我也完成了當天的功課，我便如平日一樣去看電視，突然門鈴悅耳的聲音傳到我的耳中，我馬上跑去開門，啊！原來是爸爸回來了，他帶著大包小包的回到了家，在我看來爸爸上了一整天的班，臉上充滿疲憊，但他依然微笑着。

終於到了晚飯的時候，媽媽小心的把蠟燭點著，原來今天是爸爸媽媽的結婚紀念日，看到燭光像繁星般閃耀着的眼睛，看到了豐盛的晚餐，看到爸爸媽媽幸福的樣子，我已經感動得淚流滿面了……

一道閃電像一把武士刀一樣劃過了暗淡和雷雨交加的夜晚，隨之而來的是爆炸般的雷鳴，把我從睡夢中驚醒！原來只是一場夢，我從美好的夢境中回到了慘不忍睹的現實，爸爸和媽媽已經分開，家裡已經沒有家的味道，爸爸臉上只剩蒼老和疲憊，還有一副生病的身體，家裡不再幸福溫暖，只有灰暗的牆和安靜的房子。

當我回到了現實，我的心情是多麼的低落，我多想留在那個幻想世界，但這一切只是一場夢，只是我心中的家，而現實卻是……



有一個人，她是世界上最偉大的人；有一個人，她是世界上最謙讓的人；有一個人，她是世界上付出最多的人；有一個人，她是世界上最孝順的人。她是誰？她便是我的母親。

所有的母親都一樣，在我們還是棵小樹苗的時候，我們的母親就像園藝工人一樣，認真仔細的修剪我們，精心呵護着我們，在呵護我們的同時還兼顧着兩棵蒼老的老樹，她又要讓我們得到充足的養份成為一棵蒼天大樹，可頂天立地，還要在風雨中為我們護航，又要護着兩棵對她有養育之恩的老樹。母親所付出的汗水和體力……甚至是生命，都是我們無所能及的，她所付出的是世界上最多的。

記得有一次，媽媽的朋友在意大利帶回了一盒巧克力，那時我還小，一看到便第一時間打開來吃，但媽媽馬上阻止我，把巧克力倒在桌上細數，因為剛好要寄東西回老家，便把其中四顆巧克力一同寄出，剩下的便給爸爸兩顆，其他的都是我的，我當時看到媽媽沒有便很疑惑，就不捨的讓出一顆給媽媽，媽媽便說：「半顆就好，試試味道便可，你吃吧！你吃吧！」便把剩下的半顆交給我，當時我很高興，心想：「賺回半顆。」但是現在長大後再想想，媽媽的推卻和謙讓，讓我明白了要懂得加倍感謝媽媽，不是她不愛吃，而是總想讓我多吃點，也讓外公外婆嚐嚐，孝敬他們。雖然只是四顆小小的巧克力，但這表示了一個母親對外公外婆和我的愛。

還有一次，外公去世的消息如一道閃電般劈進了媽媽的心，媽媽聽到那消息後驚呆的臉至今仍深深的印在我的腦海裏，媽媽當天叫我和爸爸趕上最後一班車，馬不停蹄的趕回外家，媽媽當時默默地流淚，淚水不停的流下來。第二天早上，媽媽一進門便跑到外公冰冷的棺木前跪下，那一瞬間，哭聲如驚雷般爆發出來，就像向外公懺悔，無法及時見外公最後一面，沒盡孝。隨後數天，母親都會跪在外公前看着、說着小時候的那些大小事。從中讓我明白到孝是無止盡的，上天也不會給我們太多時間盡孝。

謝謝你，我的母親！是你讓我明白到孝的真諦，教會我孝順，我會好好孝順你和爸爸的。



歲月回眸

4A 劉倪楚豪

我翻閱母校的二十週年紀念特刊，見到這幀四年前跟他在小學畢業典禮後拍的合照。照片中的他稚氣未脫，眼神流露着倔強。看著我倆的笑容，當年甜蜜和苦澀的回憶都被喚醒，一一浮現腦海。

還記得、那時的我們在學校午餐時候，用筷子偷別人的菜吃，吃完后還很囂張的說：「是我們吃的，怎樣！」最後被老師罰的情景。現在回想起來自己都不禁笑了起來、那時的我們那稚氣未脫，眼神流露着倔強的樣子。時間過得真快啊！現在看著鏡子裏的自己似乎沒有了以前的那種天真笑容了。臉龐上被一條條煩來的藤蔓糾纏着。我再看著這張照片那些原本塵封已久的記憶瞬湧而起。

還記得，那時離期末還有三個星期，大家都忙著準備應考。我卻在回家路上被汽車撞傷了右腿，到了醫院打了石膏而使我行動不方便。而你卻每日放學都來陪著我，一起聊天，一起抄作業。我們有哭有笑。每當我有困難時是你陪伴着我。而你每當有困難時我都毫不猶豫地去幫你。我們就像親兄弟樣互相補足着。現在回想起你不在我身邊，我卻很想你，想着以前那種種的往事。

記得有一天下午有團巨大的烏雲遮擋了大半個天空，下起了大雨。當天，我們的班主任數學老師說來個突擊測驗，搞得全班又驚又恐，測驗就在下午大雨中課堂裏舉行。我在拼了命在趕著做完。然後將試卷整張傳給了你。旁邊有許多人在與我們眼神交流對答。但壞事依舊不能長做。終於在快結束的

時候，被班主任發現我的試卷在別人那裏對答案。最後，我周圍的一千人等都被記不及格。而身為罪魁禍首的我被老師罰打掃整個班的衛生。放學后、天依舊下著大雨，我在課室裏打掃着衛生。而身邊依然缺不了你在我身旁幫手。說實話我很感謝你，但我知道這是不用說出口的。這些原本塵封已久的甜蜜在這些回憶的帶動下，重新踴躍而起。

還記得，我與你第一次見面的情景。那時的你很俊俏，但稚氣未脫。整個人不愛說話，那時的我還以為你有自閉症呢！有一天，班上有幾個同學捉弄你，反而賴到我身上了。最後我們打了一架，被叫家長來。你在我媽面前鞠躬道歉，那時的我也是驚呆了，還好最後我們成為了知心朋友。

你真很了解我在想什麼，而我也很了解你。在拍畢業照的前天我們為了買禮物而吵架。你問我買什麼送給你當送別禮，當時的我直接以粗口送給你，搞得我們關係尷尬起來。但在畢業典禮結束之後，同學們含淚與之互相擁抱交換禮物。我送給你一盒六十多元的三國殺卡牌，你送回我也是六十多元的三國殺。雖然這是你用過得。但我卻感到很開心。現在回想起我們互換禮物的表情。我還清楚記得你稚氣的臉龐上充滿了呆滯。塵封已久的甜蜜、苦澀的回憶卻有沉靜在我的腦海裏。

啪啪，清脆的手掌聲將我驚醒，原來是媽媽叫我吃中午飯了。家裡的和諧畫面，使我對親情友情的追求，願能回到小學與他相處的時光。



一次回家途中的所見所聞

4C 劉曉慧

不耐煩的按下結束通話，這是爸爸第三次打電話問我在哪裡？什麼時候回到家？由於實在嫌他煩，所以用最慢的速度漫步回家。

週末的下午，公園總是熱鬧非凡，孩子們歡聲笑語的聲音充斥在公園的每一處角落。陽光透過樹的枝葉，在地上形成一個個光斑。「爸爸，你快點啊！」天真而快樂的聲音吸引着我望過去，可愛的小男孩活潑地一邊跑一邊回望後面他父親的身影。我想父親怎麼可能會比孩子速度慢，只是在後面默默看著。小的時候，我也常常這樣，但是每次摔倒父親總是第一個沖出來護著我，想到這些我握緊了手中的手機。

看到公園的這對父子，我有些晃忽的走到輕鐵站。還是坐車回家快，不走路了吧。我心裏也不知道為什麼改變了這個主意。

輕鐵站的人不多，我低頭玩著手機直到上車。車內有不少朝氣蓬勃的年輕人，其中有兩個女生大概和我差不多年齡，臉上非常不耐煩的掛了電話，我忽然覺得這神情可真是熟悉。掛電話的女生和友人聊天「我爸煩死了，就知道天天管著我，我那麼大一個人能有什麼事？」友人女生一臉贊同的表情，「我爸也是。」我不禁思考起來，看著窗外閃過的不同風景，我想我的爸爸也是這樣。每天放學要打電話，出門要告訴他要幹嘛？去哪裡？和誰一起出去玩等等，一系列讓自己不耐煩的問題。靜下心來想，這何嘗不是一種關心。小時候到現在，關心問候父親從來沒少過，我慶幸著爸爸從來沒有因為任何困難而放棄我，除了關心，我的生活他也照顧得很好。

我的父親已經年老，他不能像我小時候那樣在背後默默保護我，不能第一個沖出來護著我。所以只能用說話來啰嗦我，提醒我讓我能保護我自己。

下了車，我快步走回家，打開了家門。一個對於我來說已經不算高大的身影正在廚房忙碌，用心準備今晚我愛吃的菜。燈光照在他臉上，我對這個溫暖我一生的人說「爸，我回來了！」



一次散步中的所見所聞

4C 黃咏琳

人的一生奔波不止，忙了一輩子，到頭來又好像不曾得到什麼。世界上“失去”原來是很輕易的，相對來說，“得到”也是很簡單的。有人貪得無厭，也就有人懂得滿足。有追求功成名就的，也有嚮往簡樸悠閒的。

一個人待習慣了，就總會有去散散步的念頭。反正就是不樂意窩在家裡，感覺會發黴。所以趁著風和日麗的時候，是該出門曬曬太陽了。剛出了巷口，一陣驚心動魄的吆喝聲著實把我嚇了一跳，小販邊說著：“收了！收了！孩子該放學了！”邊將攤子整理完善。那時候才是午後，連傍晚都稱不上，這個攤子就為了接小孩放學不賺錢了？想像那些即使都凌晨了，還依然燈火通明的高樓大廈。這個小販還真容易知足，也許他才知道發財不易，所以不如不求富貴，只求安逸。

路上，我癡癡地想著，如今的社會發展到這種地步了，大家得到了什麼？突然，遠處飄過一陣黑煙。想必那就是工廠排出的廢氣了。我再瞧瞧近處，正是已經放了學的校園。她們個挨個地嬉鬧着，有個小弟弟門牙都崩了，也能笑得前俯後仰，沒有形象可言。我暗暗嘆了口氣，想必從前的我，也該是如此的吧。那個時候，沒有學習壓力，沒有工廠遍地，更不會有補習老師弄得跟明星選秀一樣。每天都自由自在的，多好啊！社會究竟發展到了什麼地步？社會已經發展到快要把地球給毀了的地步了。當然，我評不了對或錯，這就是宿命。但如果可以，我也想再做回個沒有太多煩惱的孩子。

不知不覺間，我已經被樹蔭籠罩住了，空氣的改變是顯而易見的。剛踏入公園，入耳的，便是各種小鳥婉轉優美的歌喉。只可惜這個悠閒的地方，甚少會有人前來探訪。不過這個公園裏，萬年不變的，就是唯一的涼亭下，總會有幾個老大爺在下棋。平常的我，都不曾想過靠近。但今天，我卻緩緩走近他們，一個觀棋的大爺問一個下棋的大爺：“你兒子這次春節，又什麼理由不回家呀？”下棋的大爺回應道：“忙啊，城市裡頭，天天都忙。還是下棋好，不指望他們回來看我了。”

聽到這，我不禁為大爺心酸了一把。在這個鳥語花香，山水清麗的公園裏，下盤圍棋，竟是大爺最後的追求。在太陽落山之際，我原路返回了。曾路過的校園安靜了，吆喝著收攤去接孩子的小販也早已歸家。

可是，其他的都還是不停運轉着，絲毫不為所動。而我，卻動搖了。被這個世界壓得透不過氣來的我，在忙中偷閒的散步中，讓我收穫到了簡單的美好。我想我應該對追求簡樸生活，能有一份執著。讓我的生命變得有意思，而不能只是有意義。



二零一六年一月二十一日 星期三 晴

外婆已經留院第三天了，我不免有些擔心她的身體，年事已高的她又怎麼受得了病魔的折磨呢？

但是，我更擔心的是媽媽的精神。自從爸爸離開了我們後，媽媽便要獨立擔起了家庭，撫養我和弟弟，照顧我們的起居飲食。平日上班早出晚歸，晚上下班回家後又要給我們做晚飯，還有要做家務，對於一個年近半百的小女人來說，這絕不輕鬆。但自從外婆三天前入院了，媽媽每天下班後，既要照顧我兄弟倆，又要到醫院探望外婆、照顧外婆，自己根本沒多少休息時間。只是短短的三天的時間，我就感覺得到，鐵人已經累垮了……

星期天的晚上，外婆、媽媽還有我和弟弟，四人在晚飯桌上這時說、那時笑，吃着媽媽的拿手小菜。突然外婆不說話了，我和弟弟還怕是不是自己說錯了什麼而激怒了外婆，那時，我們叫她，她沒有理會我們；輕輕拍她，也沒給我們反應。媽媽看情況不對勁，就趕緊送外婆到醫院去了。結果醫生說，外婆是輕度中風，情況不嚴重，但是要留院觀察數天。

但是，外婆愛吃濃味的食物，她說醫院的食物太淡了，不合她的口味。於是，媽媽便每晚下班回家後，給我們兩兄弟做飯的同時，也給外婆煲粥，然後送去醫院給外婆，自己也沒吃得飽……

看見媽媽連續三天這樣兩天奔波，既要照顧我和弟弟，又要照顧外婆，我真不忍心看著媽媽的身體和精神如此勞累，既然不知外婆還要留院多久。於是，媽媽還沒出門的時候，我提出了一個大膽的請求——在外婆還在留院期間，由我來照顧弟弟的生活。媽媽本來不答應的，但在我苦苦哀求下，最後還是允許了。

不知為何，明明照顧弟弟對我來說是一個很大的重擔，但我卻很高興媽媽答允了我的請求。

這次，我終於能擔任起哥哥的責任，照顧弟弟。但更重要的是，我能分擔媽媽的工作，減輕媽媽的擔子。

回想一下，我還真沒為媽媽做過什麼事，這次就當作我向媽媽盡孝吧！希望外婆能早日康復，媽媽也給自己多一點時間休息，別太累了！



爸，謝謝您讓我盡孝

6B 陳耀林

從前的我，是一粒細小的種子，在泥土下需要您的保護，您是一棵大樹，您用您的樹幹為我遮風擋雨；現在的我，比從前強大，雖然還未可保護您，但我會用我的樹葉作為您的養份，就像從前的您一樣，謝謝您讓我盡孝！

現在的我是您的眼睛，我會讓您看到世界的變化、色彩繽紛的景象、綠油油的植物，不管晴天陰天，我也會為您看著前路。爸，您還記得嗎？這都是我小時候，您為我做的事，您總是無言地付出，不求回報，現在您年老了，眼睛看不到了，就讓我用我的語言成為您的眼睛，陪著您一步步地向前走，就像從前的您照顧我一樣。爸，謝謝您！

現在的我也是您的手，從前的您會帶領我接觸世界，讓我感受世界萬物。您會用您有力而溫柔的手握著我纖細的小手寫字，而現在就讓我握著您的手吧！不是教您執筆，而是讓您知道「我還在」，即便您的眼睛看不到我，但我會讓您知道，我還健康地生活著，我現在不會像從前一樣損頭爛尾的回家，現在我會原好無缺地回到您身邊，會讓您感到安心，不讓您害怕、擔憂，雖然我不能帶您接觸世界，但我會成為您的手，去溫柔地撫摸我的臉、我的手，像從前當我還是小孩般的時候。

最後我亦會成為您的雙腳，基於您眼睛有些問題，行動不便，但是我會您的雙腳，令您走到世界各地，在路途上，帶您走上最舒適的路，亦像從前您教我走路，升上小學教我走人生的路，再到中學放手讓我走出自己的路一般，會成為您雙腳，與您走人生的最後一段路。感謝您讓我陪伴您走餘下的路。

社會上不孝的事太多，但我絕不容許不孝發生在您身上，我不會說您麻煩，因從前的我更麻煩，也不會送您到老人院，因從前您也不會送我到孤兒院。晴天、陰天、世間冷暖，還有人生最後的路上，我也會成為您的眼、手、腳，不求回報，只因從前的您也是這麼好，亦不求回報。

現在的我，不能為您遮風擋雨，但我會用我的樹葉滋潤您，就像從前一般。謝謝您，讓我盡孝，正如《詩經·大雅·既醉》一句「孝子不匱，永錫爾類」一樣。



閱之有感

美好要有一些缺憾來成就

書名：生命中的美好缺憾

作者：約翰·葛林

出版社：尖端出版社

5A 鍾彭美沙

美好總要有一些缺憾來成就的。

彷彿大至在身體上，小到在生活習慣上，人類是會存在缺憾。

這本書打破對癌症病人的刻板印象，當我們以為他們鬱鬱不歡，不喜出外，手無縛雞之力，殊不知，文中呈現了少年特有的活力和青春。

身患癌症的兩位青少年：海瑟與奧古斯都。在一次支持團體的聚會中相遇，兩人惺惺相惜，可卻對死亡有不同的見解。海瑟有着理性的看法，而奧古斯都希望死後，人們都會將他活在記憶。奇妙的是，想法迥然的兩人卻被對方吸引。

當我閱讀這本書時，我感受到不是濃濃的死亡氣息，而是，發現書中角色的一言一語，就像一根細木屑悄悄地刺在手中，有點兒痛，但當你拔出來，就會感到豁然。

海瑟是名矛盾的女孩，但會有很成熟的想法。她愛自己的父母，卻不想成為爸媽的負擔。每當她因病復發時，父母擔憂的眼神令海瑟痛苦，因此，她總是希望快點解脫，不只是自身，更為了身邊的人。

奧古斯都因受骨肉瘤的影響，而失去了半條腿，但仍不阻礙他的自信，他的英俊、他的幽默，他常喜歡諷刺自己來化解尷尬。但他卻害怕被人遺忘，相比海瑟，她是一分一秒也不願讓人記住。

最印象深刻的一幕：就是海瑟得知自己患上癌症，因此不喜外出，終日留在家中，無所事事。於是她的母親認定她患上了憂鬱症，但她覺得這是邁向死亡帶來的副作用。再來的，當海瑟終於願意與好友出外，令人諷刺的，好友穿着一雙高跟鞋，打扮得時尚，而她只能推着能維持自己生命的氧氣箱和戴上喉管。我相信對一名年輕少女而言，是一件沉重的打擊和悲哀。

我很喜歡奧古斯都。

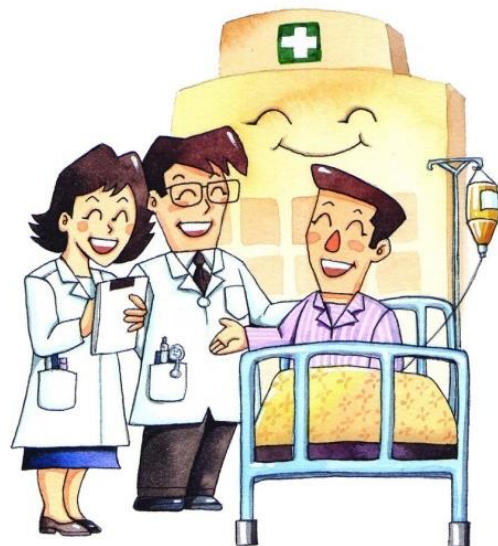
海瑟雖然想法很成熟，但她終究會感到稍微自卑，而奧古斯都彷彿是她缺失了很久的最後一塊拼圖，他會讚美海瑟像娜塔莉波曼，他會嘗試理解海瑟的想法。他們兩人的相遇就像是最錯誤的時間中卻是冥冥之中注定要相遇。

「人類的記憶往往留的是傷痕。」

在奧古斯都寫給萬豪頓的信，他說人所留下的只是更多傷痕，譬如政變形成了獨裁政權，賣場則會變成毒瘤。好比是留給別人記憶深刻的事情，往往是血淋淋的傷口。

縱然他想活在人們的記憶，但時間會沖走一切，大概在偶然會記起，卻只有數秒，沒有然後。在恍惚間，我彷彿看到那名男孩叼住一根煙，向他身邊的女孩說，我把致命的東西叼在口中，卻不給它傷害我的力量。

兩人互相微笑，就像是隨時終止的生命也不可以阻礙兩個人的美好相遇。



書名：魯賓遜漂流記 Robinson Crusoe

作者：Daniel Defoe

出版社：柏雅出版社有限公司

5A 李燦

你一定沒有想像過把你送到荒島上生活的滋味，如果真的把你送到荒島上生活，不單是沒有任何電器或電子產品甚至日常生活用品也沒有，你如何生存呢？書中的主角魯賓遜就是運用自己的求生技巧在無人荒島上生活了整整 28 年的時光。

年輕的魯賓遜克魯索出身於英國富裕的家庭，並竭望能成為一名水手，可以勇於挑戰極限和敢於嘗試冒險刺激的旅程。魯賓遜違背了家人希望他成為律師的願望並勇於追求自己的夢想，經過一次次的驚濤駭浪、歷劫歸來，卻在航海中遇到暴風雨，失去了同伴而飄到荒島上。在各種島上的挑戰及威脅下，憑著堅強的求生意志力，在荒島上孤單地生活 28 年才回到故鄉。

我最喜愛的情節部份是當魯賓遜在無人島上發現食人族後感到十分害怕和震驚，其後在島上漫步時發現地上遍佈著人體的手、頭顱以及其他人骨，這些人骨附近還有殘餘的火。此時他才知悉食人族曾在此島嶼出現，更令人噁心的是食人族竟在島開人肉大宴，這時魯賓遜最大的容忍度已達至極限。使其令人感動的是，雖然魯賓遜對食人族妄大自為的手段令人震驚及誇異，但他並沒有慌張及對此不知所措反而更鎮靜及堅決的態度消滅外來入侵無人荒島的食人族，後來並在多場戰役中將所有入侵者全數消滅，最終亦令島嶼還原成昔日的原貌。這個事跡亦為後人得到了重要的啟示。

《魯賓遜漂流記》此本書的面世的確為世人留下一個重大的警惕及啟示，因為這本書正能反映當有危機在前的情形時如何運用眼前擁有的一切來協助自己解決困難和渡過難關，正如書中的主角魯賓遜在一場海難被飄到無人荒島上生活，他運用了島上僅有的物資及食物和善用完善的求生技巧來保住性命及使生命能夠再次延續；其次，他其後亦發現有大批食人族連接入侵無人荒島上，他並沒有因此就害怕反而更保持鎮靜並待適當時機才全數消滅的奮勇行為；最後，當有一批英國船長和罪犯進入無人荒島上懇求主人解放，魯賓遜還幫他們解難並允許他們留在荒島上生活的要求。最終，他也結束在荒島上生活了 28 年的生涯並啟程回國。

總括全文而言，由此可見魯賓遜是一位聰明且機智的人，因為他當有危機在前的情形下亦能保持鎮靜而且能運用恰當的解決方案就此問題作最快捷的處理；其次他亦能在島上運用僅有的物資及食物並善用完善的求生技巧來保住性命，因此他具有卓越解難及求生的能力。最後，作者亦寄語世人在遇到任何困難及危機時要克服困難的同時，是需要嘗試尋找合適的解決方案實行，最終就能達至成功。



槐南一夢

如果

1A 彭偉生

如果天空不再湛藍，

如果海洋不再清澈，

如果大地不再生機勃勃，

這世界會是怎麼樣呢？

如果世人不再理德，

如果世人隨心所欲，

如果世人忘恩負義，

有仇必報、渾渾噩噩，

這樣，社會還會健存嗎？

難道社會不是大家的嗎？



人言可畏

1B 陳嘉和

有一天，小明從家裡去學校。在學校的途中，小明遇到了同班同學，小明在他們的面前秀出了自己家境是多麼的有錢、是多麼的有勢力。

從此之後，小明上學路上遇到同班同學，那些同學就上前讚美小明。小明之後也就習慣了被人讚美的生活，那些同學也一直找小明玩。小明覺得自己家很多錢，被人讚美是應該的。從此之後小明便目中無人，也跟着那些同學講粗言穢語，經常頂撞別人。

放學後，小明爸爸開車來學校接他。小明爸爸發現了小明的幾位同學用非常誇張的語言來讚美他，小明爸爸便前去把小明帶回家。在回家的路上，小明爸爸和小明說：「別人的過度讚美是不可以相信的，因為他們都是為了利益才一直讚美你，一直糾纏着你。我們必須知道以及時檢點自己的言行，不要別人因別人讚美你就失去了本心。須知「人言可畏」，有時候一些謠傳也會弄到滿城風雨，所以不要輕信別人的言語。」

從此，小明便領悟了「人言可畏」的道理。小明便不再享受以前被讚美的生活，做回了原本的自己，不再秀自己家族的錢財，便認認真真的上學，不再理會那些只為自己利益而不顧他人感受的人。

小明領悟了閒言閒語的可怕，也領悟到了人只為自己的利益而不顧他人的感受，不知道有些人為了利益而出賣同學、出賣朋友。小明一直檢點自己的言行、檢點自己的行為。最終他成為了青年領導、服務社會。



狼是我的最愛

1B 莫志傑

各位老師：

您好！今天要介紹我的最愛，就是狼，我在牠身上學會了團結、勇敢、執著。

狼是一種群居生活的動物，牠們很團結。每七匹狼便會是一個群體。每匹狼都會為了群體的繁衍與發展而拼搏，狼與狼之間很有默契，無論做什麼事牠們都能依靠團體的力量去完成，這一點很值得我學習。

狼是一種非常勇敢的動物。牠們不僅耐熱，還能在嚴寒中生存，千萬年來，牠們因為自身的勇氣，而從不滅絕或被人馴服。無論是荒野、山地、草原，牠們都能適應而從不畏懼，我想學習牠的勇敢。

狼是一種執著的動物。牠們會窮追不捨的捕捉獵物，對成功堅定不移的嚮往，沒有什麼可以取代牠們鏗而不舍的精神。正因為牠們的頑強才能一直和諧地生存下來，牠執著的性格值得我去學習。

我的最愛就是狼，因為牠團結、勇敢、執著，牠是我的「老師」，我的演講完畢了，謝謝！



記一次生病的經過和感受

1C 李錦基

這是一場發生在香港以來最讓人難忘的經歷。不是什麼旅遊、活動這種讓人開心的事，我想你只要仔細看這篇文章，看到我這行字就該知道是什麼了。沒錯，就是生病。回想起來，我的頭還在隱隱作痛。明明已經過了幾個星期了。大概是太過難受，讓人揮手都揮不去的記憶一直殘留在腦裏，只要不經意一想，立馬就發作了。不過，這場病真是像狂風一般突如其來，讓人措手不及，要是真問我到底幾時幾分開始生病，我想除非有儀器，人類是記不起來的，不過我還是把我的經歷寫出來。

星期五早上，與以前沒有什麼區別，像機器程序一樣做着事情。不過，我開始有些鼻涕，沒什麼在意。因為，我有鼻炎，流鼻涕已經是家常便飯了。果然，我一在有陽光的世界，我的鼻子立馬就正常了，我深深吸一口清晨的氧氣，嗯，早晨的味道真好聞。

到了學校，習慣性與老師打招呼。到了操場上，大家居然在打球，我也忍不住去參加，打着打着，突然一驚。我居然忘了自己沒吃早餐，我看只有十分鐘就集會了，我像比賽短跑一樣的速度沖向小賣部。買了雞蛋火腿三文治，三口就吃完了。我想病源應該就在這個早餐了，不過我一直到下午才感覺到一點不適。我記得好像是李老師的課，直達放學，我還是想去打球，打到天都黑了。一身汗在充滿空調的公車裏，真是讓人難受。回到深圳，等了半個小時的車，我一進去，我就想下車了，可是我不敢。車裏有那種拖把沒洗乾淨的惡臭，整個公車就只剩我一個人，我坐在車頭，我感覺我快要倒了。恨不得有超能力，瞬間移動回到家。

我幾乎是跌跌撞撞的走進宿舍，立馬脫了衣服就想洗澡。一脫衣服，突然想喝水，結果一滴水都沒有，我感覺一陣陣的乾嘔。這些症狀我都懷疑我是不是得了什麼流感了。洗澡時，邊洗邊想吐。我沉住氣，回到房裏吃了一些通用藥，躺在床上看書。我看著看著突然就鼻癢，然後手一撓，就一發不可收拾了，一直不停的打噴嚏，然後我就忍者流鼻涕睡著了。

第二天早上，果然我就起不了床了，頭痛，頭沉沉的。我吃力的打電話給老師幫我請假。於是，就叫我爸媽帶我去看病了。坐在車上，頭也是疼的，怎麼睡也睡不著。生病真的很痛苦。

我的家人也經常告誡我一些平時注意身體的小技巧，但我總是偶爾生病。我感覺我生病的次數，用我的指頭都數不完，我想沒有人會喜歡生病吧，所以我們要注重衛生，勤洗手，讓病跟我們說不要再見。畢竟，身體是革命的本錢！腦子再聰明，身體不好也沒有用，所以，大家要好好保重身體啊！



記一次生病的經過和感受

1C 曾詠華

橫行霸道的生病精靈在一個伸手不見五指的夜里，偷偷的溜進我溫暖舒適的房間，對我下了一個痛不欲生的咒語。當我醒來時，就發現我的耳朵痛痛的，好像有一千只蜜蜂正在用他們尖銳的針猛刺我的耳朵，讓我痛苦萬分……媽媽聽到我的哭聲，急忙地跑來，摸摸我的額頭，驚慌地說：“糟了！你發燒了！”於是趕緊帶我到醫院掛急診。

到了急診室，媽媽來回走着，急得像熱鍋上的螞蟻，醫生對媽媽說我得了中耳炎，而且有積水的現象，需要立刻住院治療，媽媽聽了整個人呆住了，久久不能回神。從那天起，我就一直和中耳炎這個大魔王拔河，沒有一刻可以休息。手上吊著點滴，每三天就要換一次針，所以當我看見護士時，都會害怕的想要躲起來，吃完三餐後，又要服難以下咽的藥丸，每天都在昏昏沉沉的狀態下，睡了又醒，醒了又睡。但是，令我好奇的是，每當我醒時，媽媽總是在病床前盯著我，我在想：「媽媽有沒有睡覺？」經過七天漫長的拔河比賽，耳炎大魔王終於體力不支，棄械投降，而我也健康的出院了，就在出院的那一天，我才再次看到媽媽開朗的笑容。

每當我生病時，就會想到成為一位醫生，因為可以減輕病人的痛苦；每當我生病時，就會想要發明一種神奇的藥，這樣可以減輕病人的痛苦，所以我們要經常運動，天天跑步，這樣就不會這麼容易讓病毒侵襲我們，平時注意衛生，這樣我們身體就健康了。



記一次生病的經過和感受

1C 陸詩晴

我相信，每個人，在人生的旅途上，總會有記憶深刻的事，可能並不多麼地特別，但是，卻深深烙在腦海中，

我要寫的就是我某次生病時的經歷與感受。

有人會說：「生病那麼常見，有什麼特別有什麼好寫的呢？還不是生病、感冒、發燒、喉嚨痛之類的，哪裡特別呢？」但是，就是那一次生病時的經歷與感受，讓我刻骨銘心啊！

在我的記憶裏，我小時候常常生病的，所以，很多親友都叫我藥罐子。雖然我不大喜愛這個名字。在我十一、二歲的那年吧，發生了一件大事情。前一晚我記得我吃了特別多的海鮮，因為是父親的生日，玩得很瘋，回到家裡，匆匆洗漱便睡了，令我沒有想到的事，噩夢般的星期六來了。

星期六清晨，我起床時，太陽公公早已殷勤地爬上了頭頂，原來已經是正午了。我如往常一樣，匆匆吃過了早飯，就回到房間裏看電視。才剛過了一小會，突然，我感到腸胃在翻，我捂著嘴，奔向衛生間，抓著馬桶吐起來。過了些時間，我擦了擦嘴，走出衛生間，決定休息休息。

我忍耐住肚子的疼痛，躺在床上休息，才剛閉眼，肚子的疼痛湧上心頭，我措手不及，我猛得睜開眼，用離玄之箭般的速度奔向衛生間，又嘔吐了起來，這次，我決定向母親求救。才剛打通電話，聽見母親與顧客在交談，我與母親說：“媽媽，我今早肚子很痛，都吐了兩次了。”本以為會收到關心的話語，卻收到母親一回“知道了”便收線的反

應。我開始思考，難道工作比我重要？疼痛的肚子不容我多想，我簡單收拾了一下，決定一個人去醫院，匆匆告知母親我去哪看病之後，坐往醫院的車，看醫生了。醫院的大門打開，我嗅到一股藥水味，不適的感覺更顯著了。我獨自一人完成了掛號，見醫生，取藥的程序後，便坐在大廳內吊針了。就在這時，一對母子吸引了我的注意。只見那個男孩像是發燒了，頭上貼著退熱貼，一臉疲憊。而他的母親也不閒著，一直詢問他是否口渴，還難受麼？一手握著那個男孩，一手拿著水杯。看到這一幕，我的腦子裏浮現了剛剛匆忙收線的母親，再想起過往都是有母親陪伴我，替我分擔生病時的疼痛。再看看自己一人坐在空曠的醫院大廳里，那樣孤獨，對母親的思念更深了。眼淚不自覺落下。就在我在抱怨母親不在乎我時，一個女人急切奔走的身影吸引了我的注意，仔細一看，那個人不就是我此刻思念的母親？母親也在這時發現了我，向我走來。母親雙手捧著我的臉，替我擦去眼淚，氣息還不平穩的母親喘著氣問我的情況，一剎那，我不再責怪母親，感動、驚喜相互交錯，只知眼淚未停，那瞬間，我已忘卻了母親那時沒有及時陪伴我，也忘卻了疼痛。

直至今日，那一天所經歷的事情、心情、感受，仿佛仍歷歷在目。我感受到了病痛的折磨，也感受到了母親的重要。原來自己那麼離不開母親，原來母親那麼愛我，一時的等待會讓我們猜疑自己在親人內心的地位，但是永遠別忘記，孩子永遠是母親的牽掛。我愛你，媽媽。



最成功的一次

2C 何雯綺

回想去年，有一件令我十分自豪的事情——四驅車大賽。

當時我以為我們是不可能拿到獎的。在個人競速時，我們沒人勝出，連前五名都沒份。團體賽時我們已失去了信心，幸運地我們卻進入了決賽。我們的臉像炸開了花一樣，心情從低谷飛上了藍天。最後我們更拿了第三名，這是為什麼呢？天曉得。

「有請……」，居然我在形象比賽拿獎，車身設計也拿獎，比起其他人，我覺得我的作品很一般，所以宣佈結果前，我差點離開了。

這次是我最成功的一次比賽，也令我學懂了做事要有自信、更要堅持！

2C 羅浩然

我覺得我最成功的一次就是在去年學校週年環河長跑賽中，我拿到了第四名。我感到自豪和驕傲還有些沾沾自喜，因為有很多同學不堅持跑，而我堅持了下來，雖然我也覺得很辛苦，只是拿了獎牌，但我下次一定會更努力，盡我自己的所能，爭取拿到頭三名。我知道只要我肯堅持，更努力練習，下次上台拿獎盃的一定是我呢！

2C 葉凱玲

我最成功的一次，就是聖約翰救傷隊在學校舉辦的三日兩夜生活營。我們隊在第一日需要準備晚飯，當時整隊都很混亂，還記得單是煮飯也煮了兩個小時，幸好最後也算成功地準備好了，我們煮飯、炒菜、煲湯，又足足弄了一個小時，飯煮得跟粥似的。但是能為同學準備好一頓飯，我們已覺得非常成功，下一次我們一定要作更充足的準備！

2C 黃俊傑

我最成功的一次就是我上台領獎。是全校借書記錄最多的一個獎項，我得到了金獎。那是我最開心的一次，在上課室之後，兩位老師說：「有甲同學、乙同學……黃俊傑同學……都拿了獎，而黃同學和甲同學是全校借書記錄最多的其中兩位同學，黃同學是金獎、甲同學是銀獎。大家用掌聲祝賀他們。」我們異口同聲的回答：「過獎了、過獎了。」在那之後我決定要更加努力，保持良好的借書記錄！

2C 黃曉樂

我最成功的一次是在小學的某一次默書時，第一次默書成績是拿一百分的，我十分開心。但拿一百分是要付出很大努力的，凡事都不可能不勞而獲，所以這一次拿一百分是學了很多生字，我知道要成功一定要付出的，人應該要不斷努力，不要只想著不勞而獲！難道不是嗎？

2C 譚智尹

我最成功的一次是什麼？做功課做得非常好？老師讚賞我？老師獎勵我優點？都不是，其實是打籃球投進了籃，無論在哪個位置我每次都可以投進，這時我就會覺得自己很成功。我很喜歡打籃球，而且我認為我打籃球會結交到很多朋友，並且打籃球這項運動可以強身健體，因此，打籃球的時候我會覺得我是最成功的。

2C 江俊逸

人生路很長，如果我告訴你，我從來沒有成功過，你會相信嗎？當然不可能。

我的記憶中，失敗總比成功多，其實事實不一定是這樣的。失敗過後，我們會把經歷牢記於心，而成功卻容易被我們淡忘。我在今年的學習目標不是要超越任何人，而是能超越自己，登上我遲遲沒有到達的地方，所以我要不斷努力，超越自己！

2C 蘇希兒

九月二十日，那天是本年度可藝聖約翰救傷會隊最光榮的一天。那天，我們全部隊員一大清早就回到了學校，準備參加比賽，把一早準備好的制服穿上，但發覺我們的制服還有很多問題，之後負責的老師和長官幫我們整理好服裝。到達比賽場地後，大家心情都開始認真起來，長官帶領我們精神抖擻進入會場，心情也變得緊張沉重。比賽結束後，長官說平時我們在學校已經是這樣好，只要肯認真參與，一定能成功的。這是我成功的一次活動！

2C 楊秀文

我認為我最成功的莫過於在上學期末的服裝表演，我得到了讚賞。

在平時視藝堂的努力下，我們小組終於完成了設計的時尚襯衫，就在正式表演前的一天，學校請了老師回來專門指導我們。從站姿到動作，從表情到髮型，每一個細節都認真的指導我們。比賽當天，走出台前的哪一剎那，仿佛天上散下了金光閃閃的星星，台下的觀眾給予我鼓勵的歡呼以及尖叫聲，我突破自己，擁有了自信，能聽到每一步踏出的咚咚聲，我知道我做到了，也得到了認可，讓我能更有勇氣面對下一關的挑戰，這不是一次多麼成功的經歷嗎？



指路明燈

3A 劉曉盈

每當夜幕降臨，道路兩旁的路燈便會亮起，為人們指引方向。

路燈總是筆直的站在道路兩旁，形狀各異，有的像穿著灰色盔甲的騎士，莊嚴的一字排開；有的像帶著帽子，穿著燕尾服的紳士，一動也不動的站在一旁，好像在等待着某位女士的出現；還有的像壁虎一樣，黏在牆上。但是不管它們的外貌怎麼樣，它們都盡忠職守的為人們照亮漆黑的道路。

每當我走在昏暗的燈光下時，我總會覺得格外的寧靜和溫暖。路燈不像室內的燈光一樣潔白明亮，反而它是昏暗的黃色，但卻讓人覺得溫暖，就像太陽似的，但又不如太陽那般熾熱，令人心生厭煩。

其實我們的身邊也存在這一盞我們看不到的「路燈」，那就是我們的父母。他們是騎士，守護在我們成長的道路上，他們也是紳士，總是不厭其煩的等待我們成長。他們就像路燈一樣，在漆黑的道路上，為我們指引方向，為我們照亮前面的道路，避免我們收到傷害。

每當天空泛白，道路兩旁的路燈便會熄滅，因為它知道白天不需要它們，我們也可以找到自己的方向，不會受到危險。



心中的恐懼

3B 李澤豪

人的心裏藏了一個人深層的性格特徵，這些性格是人最真實的一面。但當中有一種特徵是不能存在的——懦弱。

心中的懦弱之所以存在，是根基於人類對一種事物的恐懼。這種恐懼會令人產生不安的感覺，對該事物保持距離。對著危險的事物有着這種感覺是好的。但如果面對危機也抱着這種態度，就不是一種自我保護，而是真真正正的懦弱。

就以抗日戰爭中的南京保衛戰做例子。戰役中，日軍進攻當時國民政府的首都。國軍的一名將軍自告奮勇，帶領軍隊留下守城，但卻只守了小一段時間，國軍的士兵竟然棄械投降。有一名日本老兵回憶道，如果那時國軍士兵集體反抗，日軍一定會死傷慘重，因為國軍在人數上絕對不輸日軍。這是一個活生生的例子，他們的懦弱間接導致南京大屠殺的發生。懦弱不只會影響到自己個人，有時還會關聯到別人性命。

這些關乎到性命的例子當然有正面的。就像美國獨立戰爭中，原居民們不滿英國的統治方式，在華盛頓帶領下，勇敢的擊退了英國的軍隊，建立了自己的國家。他們不怕死亡帶來的恐懼，決心向著自己的目標前進。

恐懼並不是一切，學懂面對恐懼才不會變，成為一個懦弱的人。面對恐懼，可以令你得到意想不到的收穫，也是人生的其中一個課堂。



心中的夢想

3C 陳俊浩

夢是人的夢境，想是人的思考，加起來是一個人一生中的最終目標，而我認為夢想是隨著每個人的年紀去改變，每個人的夢想都似乎像摸到星星一樣困難。

但是無論多麼的困難，我相信每個人都會努力地追逐自己的夢想。而我在不同時期懷着不同的夢想，分別是小時候和長大後。

小時候，我們會期待得到一顆小小的糖果或一句讚賞。我也是其中之一，只要達成這小小的夢想，我相信每個人都會開開心心。但是隨著思想的成長，每個人心中都失去了這種充滿童真的夢想，也失去了當時的快樂，而達成這心中的夢想，快樂也隨之變困難了。

我初中時，我的夢想是要成為以為一位的運動家，當然，這夢想充滿了相當的難度，因為要和不同的人競爭，在這競爭中，往往充滿了失敗的挫折、成功的喜悅，這充滿競爭而又刺激緊張，讓我開始忘記當時訂立夢想的本意，而只是渴望與人競爭而已。

最後我發現：我心中的真正夢想又是什麼呢？我認為每個人要到長大後才明白，每個人到長大後，其實自己的夢想是非常簡單，只是想和家人過平凡的生活，那已經是最大的夢想了。

總括而言，夢想是人一生的目標，每個人心中的夢想都是一樣，只是想過平凡的生活。而懂得珍惜，我們也可以摸到這顆夢想的星星！



抉擇過後的自己

4A 曹心瑜

別人看我都是一個很有自信，做任何事都很穩重。但其實我曾經是一個十分自卑的人，做任何事都欠缺信心從而令到表現更差。但經過一次重大的抉擇後令我改變了許多。

那時我參加了校際音樂節，我經過了多個月的練習過程，十分的辛苦。有時更因吹奏樂器時間太長而令嘴唇流血，不然就是令至臉部肌肉酸痛。比賽日子越近，我就越緊張自己表現，緊張感慢慢的積累着，心中的火山正慢慢湧現。

在比賽前一晚，我反復思考着去或不去比賽。一方面對自己能力沒有信心。另一方面害怕會表現得很差；但同時又不想令老師及導師失望，內心十分矛盾。心裏就想有股龍捲風把一切翻亂成一團糟。覺得自己根本沒有能力、更加對自己沒有信心，認為別人一定比我更加好；心中百般交集不能冷靜。當躺在床上的那一刻，我悲不自勝，最終心中的自卑帶來的壓力爆發了。洶湧的岩漿化成了一場傾盆大雨，落在我的臉上；我實在支撐不起了，所以我找了一位我很信任的師兄去傾談。「為何要選我去比賽？我根本沒有能力」我說，但師兄卻問我「你覺得自己真的是一事無成嗎？我們是看得出你的實力才讓你去參加比賽的。」他這樣一問令我百喙莫辯。我真的有能力嗎？有，有能力嗎？或許有能力吧？想想學了樂器已經四年了，就算不相信自己，也應該相信這些年的努力吧。我相信自己的能力也有一定的水準的！為何我還要懷疑自己多年的付出、努力？和師兄傾談了一會兒之後，一切都迎刃而解。古語有雲：「守得雲開見月明」，我的內心就如下雨過後的天晴，一切都想通了，明白了。我對自己的能力有回信心，所以決定去參加比賽。

比賽當日，心情很輕鬆，因為我知道自己有一定的能力，盡力去吹奏不要令老師及導師失望，把自己這幾個月的成果加上對自己的自信心，在成績出來的那一刻，更是優秀得出乎我意料之外，我、老師、朋友及導師也很開心更為我高興。比賽的時候雖然有一點緊張，當時我的內心一點都沒有矛盾，一心只想好好去吹奏樂曲，用自己的長處去令自己成為一個特別的人。我比起其他人更表現到自信的一面，我面帶笑容向著考官，演奏的時候更吹奏得很響亮，令考官另眼相看雖然演奏中出了錯，但我對自己充滿了無比的信心。相信自己有能力，不要否定自己的一切，這個比賽，這個抉擇令我改變了許多。以前的我做任何事都欠缺信心，做事自然馬馬虎虎希望通過就算，對自己的能力一直逃避及否認；但是這次的矛盾抉擇令我變得對自己的能力有信心，不會再否認及逃避。師兄令我反思自己能力的所在，令我坦誠面對自己的能力，令我變得對自己有信心！這次的抉擇令我明白到凡事都是有可能做到，只要對自己有信心，就算要舉起一頭牛也是拿起羽毛般輕易。



世情冷暖

4B 林榮增

難道現今社會的人就是這麼膚淺，這麼自私，這麼狗眼看人低嗎？

在星期六的早上，我參加了某個機構舉辦「流浪漢的生活體驗」活動，活動限制我們身上不可以超過十元，還有不能穿自己的衣服，而是穿機構派給我們的衣服，衣服非常殘破和配合着那早已磨損到不堪的運動鞋，以及我留了兩個星期的鬍鬚，已經可以把整個人變成為一位經典的流浪者。但是，今天最主要的任務是自行解決午餐和晚餐，我是一個很容易煩惱的人，我走在街上，心裏想著：「十元別說解決兩餐，單是一餐都非常有問題！」

最後我只能去求別人能施捨一些食物給我，我經過一間露天的餐廳，看見一位男士的桌上放滿很多食物，我就慢慢地走向那一張桌子的前方，向那一位男士說：「先生，不好意思！你可以給我一些食物嗎？」當時那位先生坐在椅子上，他漸漸地把頭抬起來看著我，用着歧視的眼神看著我說：「你可以死開嗎？不要打擾我用餐！」當中也包括一些粗俗言語和攻擊性言語，在旁邊的人都用著很有歧視眼睛看我，我就像是一百年前的黑人生活悲慘地套著種族隔離和歧視的枷鎖，我把帽子帶在頭上遮著臉，馬上向着門口的方向奔跑出去，自己已經覺得在社會的陰暗角落艱難掙扎，都不可能受到放逐的人。

我懷著自卑和憂鬱的心情，步行在一條人煙稀疏的街上，還開著的店鋪寥寥無幾，天色就快要變黑，街燈漸漸發出金黃的光照耀路上，我的肚子發出「咕嚕……」的聲音，自己也不知道怎麼辦，我在煩惱的時候，經過一間商店看見店鋪門口旁邊有一位流浪者，他手拿著一盒薄餅正在吃，我很想上去跟他要食物，又怕和之前的情況一樣，我的心情非常掙扎，這時那位流浪漢走在我的前方，他並沒有問我什麼，把盒子的其中一塊薄餅給我吃，那時我已經感受到溫暖和感動，眼淚也慢慢地掉下來，他用手拍一拍我的肩膀：「不要哭！」，我和他坐在店鋪門口旁邊，我們一邊說笑一邊吃東西。

今天所發生的事情，令我體會人情冷暖。流浪者是社會中最卑微的存在，他露宿街頭靠人們的施捨度日，生活窘迫艱難。然而，糟糕的外部環境也無法改變一個善良慷慨的人，即使是流浪者也可能擁有一顆金子般美麗的心靈，去幫助有需要的人。相反，在這個社會有能力的人，往往只會顧著自己，不會理會別人的困難，此刻更令我感到他們很自私。看來，人的際遇真是各有不同，亦時好時壞啊！



世情冷暖

4B 楊穎兒

這天的天氣變幻莫測，天上的太陽一時向你展示友善的笑容，一時又突然離你而去，然後殺出一陣傾盆大雨，使人手忙腳亂更無法適從。這變化莫測的天氣就如同我日間、晚間各發生的一件事，同樣需要途人幫忙，但途人一時離我而去，一時又伸出援手，令我有着截然不同的體會。

在這天的早上我入場到樓下的麵包店買下我的早餐，然後再向附近的車站走去。正當我走去車站的途中，原本天朗氣清的天空突然變差，天上突然出現一道裂縫，一道閃光橫過，烏雲密佈，發出「轟轟」的咆哮聲，向途人下馬威。傾盆大雨令沒有帶雨傘的我不知所措，前後一個又一個的途人拿著雨傘，在我的身前身後擦過，街上只留下我一人淋著大雨，雨中漫步。全身淋到濕透的我望向人群發出求救並渴望途人伸出援手，能夠送我到車站，但我的期望卻演變落空的希望。

到最後，我只是濕淋淋的一人走到車站，冰冷的雙手拿著濕透的麵包走到垃圾桶旁邊，丟掉手中的麵包。旁邊來了一個拿著雨傘的途人，但她始終也沒有伸出援手，只是留下同情的目光。

到了晚上，我可能因為早上淋過雨的原因，所以不舒服，但這個時候學校還要補課。我迷迷糊糊的看著時鐘，滴答滴答……「放學了！喂，醒吧！」坐在我旁邊的一位朋友叫醒了我，我的意識還是不太清。之後放學後，我離開校門走到半路的時候，天又開始下雨了。就在這時候，有人拍拍我的肩膀，我望一望；原來是那位朋友。她親切的遞上她的雨傘給我，說着：「一起用吧。」我們共用一把雨傘，天上的雨越下越大，它們在我們的雨傘上嘩啦嘩啦，就像守護我們一樣的貼伏在雨傘上。後來，它們又靜悄悄離開了，她收起雨傘來，我發現她另一邊的肩膀全濕了。

這天早晚各下雨了，當我在徬徨無助的時候，不認識的途人不會願意跟你共用雨傘，而朋友作為途人卻會，他會為你默默付出。



世情冷暖

4B 林永良

今天天氣晴朗，陽光普照，是外出的好日子。在暖洋洋的氣溫裏，我懶洋洋的躺在床上，不願一動。在這時候，手機的鬧鐘響起來了，「玲、玲、玲」的響著，並記載着今天約了朋友吃飯。我趕緊起床，梳洗後換過衣服便趕緊出門。

走出門口，吸了一口新鮮空氣，然後走到車站，由於相約的地點遙遠，且是第一次去，因此對於乘車路線卻不太認識，都是依照着朋友教導的方法去乘車，經過數次轉車後，我發現自己搭錯車了，正當我想打電話給朋友時，發現自己沒帶電話。於是，我驚惶的到處問路人借電話，本以為會有好心熱借給自己，但得來的只是冷冷的面孔。問了許多的人，卻沒有一個人肯借手機給自己，甚至有人大聲叫到「走開！」在這一刻，我不禁感到心酸，並告訴自己不會再讓這麼丟臉的事發生，絕不會再向別人借電話。

最後，我用了不少的金錢去乘搭計程車去到目的地，並準時趕到吃飯地點。

我和朋友邊聊天、邊吃飯、還邊喝酒，不知不覺到了深夜，我們都各散東西，不道而別。回去時，發現身上的現金不夠乘車回到家中，因此擔心自己能否回到家中，想著身上又沒有電話，打不了電話向朋友求救，又認為肯定不會有人會借錢給自己，我不知所措的站在街頭上，正當我很彷徨無助時，竟然有位途人過來問我是否迷路了，需不需要幫忙？我就回答他現在不夠錢乘車回家，他二話不說從口袋中掏出了一張 500 元放在我手上，並說這應該夠。我趕緊致謝他的幫忙，並要取他的電話以便日後還錢，他就說不用了，能幫助到別人是自己的福氣，接著就走了。這一刻，我的心充滿了溫暖，像是被無窮的愛包圍著一樣！最後，我順利的回家了，這真是全靠有他的幫忙！

同樣是借東西，但是借電話卻沒有人肯幫忙，借錢不用還的，卻有人願意，這件事為何兩者差異甚大，人情的冷暖可大有不同，有人助人為樂為快樂之本，卻有人連小小的幫助也不願意。



堅持與放棄

5C 鄭恩泰

人生不如意事十有八九，難以完成的事少說也有一半，難道不應該堅持到底嗎？任何事應該慎始慎終，不走上違法、吸毒、放棄自我之路為慎始，堅持到底不對所遇阻礙放棄為慎終。

科技進程從未因困難而阻斷。窗邊微弱燭光的時代，愛因斯坦為了讓世界光亮些，晝夜不分拼命於尋找鎢絲之路，引起了許多科學家無情的批判：「癡人說夢」這位癡人在上萬次實驗後的成功，照亮了全世界的夜，卻因慎始慎終一念堅持到底。中國科技大王馬雲，在成立阿里巴巴公司初期，一度沒有投資公司贊助，而後更是被勸說投資的友人大罵：「癡人說夢。」但誠意動人感動了幾位朋友，便開始了貧困艱辛的創業之路，最終成就了淘寶，為世界人推出了方便的交易方式，這份無懼困難，慎始慎終的態度帶給人類數不盡的方便，不正正是我們所追求的人生意義嗎？

一生一事的態度更是讓藝術之花綻放迷人。蒙娜麗莎的一個微笑讓多少人讚為鬼斧神工？它的作者達芬奇自幼堅持於每日畫雞蛋，那份煩悶的工作使他面對自己的毅力，放棄許多玩樂，挑戰自我，不被世界多姿多彩的事物吸引，專注於畫一顆完美的雞蛋，這為他畫蒙娜麗莎的微笑打下了穩固的根底，最終以一個「微笑」打動無數後世人，這使他們追求高境界藝術。中國戲劇大師梅蘭芳生於不同的時代，同樣對困難有堅持破冰的心。工業時代，人越來越追求名利金錢之心，困難學習並難以成就的越劇被時間洪流淘汰，梅蘭芳不顧一切，希望打破這僵局，堅持不懈為越劇練習，每日循環不息，成功讓中國越劇登上世界的舞臺，讓世界看到中國國粹，吸引更多年輕人注意中國戲劇，讓部分外國人因此敬佩中國，只因他從未與困難低頭。

堅持完成困難事，平凡人的一場「英雄夢」。美國英雄電影太多，使我們以為只有沒人能成的事才能論英雄，英雄夢只不過是一場面對困難不言放棄的自我實踐罷了。我們每一位都可以成為自己人生的「英雄」。

一份每日面對瑣事的老師一職而言。困難就是因材施教，放棄了這一繁瑣並困難的事，就是放棄了一份未來。面對成千上萬習性不一的學生，要用成千上萬的方法施教，或許一節課之中就扮演周星馳與成龍，比美國夢裏那些超人，怪獸更忙。但只要你不放棄，你就對得起自己，更可以抬頭挺胸對全世界說一句：「困難事，我不放棄，但我十分快樂。」

另一份週而復始的清道夫一職。你在睡夢中，街上卻沙沙作響，那掃把一下一下輕撫着大地，撥開「母親」身上的塵埃。你說這容易完成嗎？我就要和你算算賬，晝夜顛倒的工作時間，大街上就只有呼呼吹過的寒風，手上長滿「繭子」的手，你敢堅持多久？他們就是「城市英雄！」此刻我想為他們的艱苦與努力，守時和堅持鼓鼓掌，激動的喊上句：「你們是英雄！」

我也是英雄！我是學生，我承擔的是世界上的未來，我們有許多未知等著解開，正因此，我們投入學海，迷茫卻不停的尋找著，發現著，只是為更好的明天、更好的世界。我們卻沒有明確的路，時常在夜裏嘆上一句：「路在何方？難不難？」難，真的不容易，我們要用知識改變命運，為自己負責，更要為家中父母負責，因而學而有成十分重要。卻沒路？靠一份堅持不懈，永不放棄總能肩負大任。

也許我們平凡着，卻因這份自我實踐而偉大着，困難在時間流動中一件件來，我們卻勇敢面對挑戰，相信雨後彩虹，決不放棄！

堅持才最重要



堅持與放棄

5C 梁業歧

就我而言。我個人更加傾向於無論做任何事都應堅持到底。

如何判別一個人的性格，看他如何做事就知道了。從做一件事中，我們可以看到一個人的性格是快、是慢、是謹慎，是粗心。是易放棄，還是有恒心。

我雖然不是個堅持不懈的人，可也不是一個輕言放棄的人。這可能和我的性格有關。從小開始，我雖然沉默寡言，可卻想法很多，不輕易表達出來。所以當別人家的小孩在玩的時候。我不是在寫作業就是在安靜思考。這也是為什麼我成績不差的原因。慢慢的，我習慣了坐在臺前的感覺，聞著書本印刷的味道，感受著新紙帶來絲滑般的觸感，一坐就是很久。仿佛我就是鑲在位子上，找不到一絲違和感。

漸漸地。學業上的壓力開始越來越重，這對未滿十歲的我也是如此。於是一些天生調皮搗蛋的人索性不寫作業了，因為那很浪費時間，而且是課餘玩耍的時間。後來，他們就成為了成績墊底的一群人，我則默不作聲地堅持了下來。再後來，學的東西開始深了，以前一道題要三分鐘去解答，而那時我需要十分鐘。做一份作業也要做半天，於是更多的人慢慢的不學習了，我咬咬牙，堅持了下來。到了最後，中考時期。我還記得一天要做五份卷子的瘋狂時期。天天就在做卷子、做卷子、做卷子。有些人承受不住天天做卷子的壓力，自暴自棄了，更有甚者自知能力不行，退出了中考，問我則抱著頭堅持了下來。雖然說學業之路還沒走完，可我已走了很長，可能還會更長。一路上，不少人都是見到困難便放棄，養成了習慣。便先是很小的困難，然後是大一點的，最後是大困難，都沒有去克服，放棄了。反視我們，養成了一種不到黃河心不死的習慣，便再也不懂什麼是放棄了。而有人認為應該果斷放棄難以完成的事情。在我們眼裏，事情就是用來解決的，並沒有放棄不放棄這一說。這時你可能會說：“放棄難以完成的事情，是為了用更多的時間放到別的事情上。就是說你浪費時間在一件幾乎不可能的事情上。”浪費？幾乎不可能？我不這麼覺得。做一件事情並不是只收穫了結果，而

是收穫了結果和過程。於是在一件事中我可以學習到很多東西。例如解答數學題，第一次我嘗試了，不行。那就換一個思路，第二次也不行，那就再換一個，總有一天我是可以通過自己的努力解開的。而我、在這過程中學到了很寶貴的經驗，解題思路又跨了一大步。而你們口中的幾乎不可能則是有一絲可能。是百分之一？百分之零點一？百分之零點零一？那我就做一百次、一千次、一萬次。經過千千萬萬次的努力之後我一定能完成這一件難以完成的事情，而不是放棄做別的容易的事情。

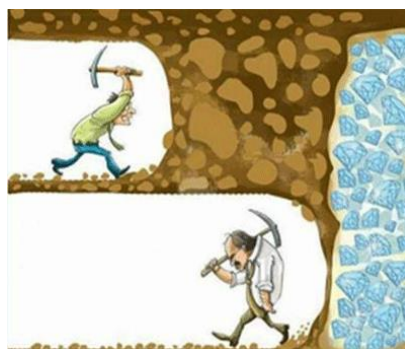
再者，科技需要這種精神。科學家，每一個都是令人仰望的存在，而你又知不知道為什麼全世界那麼多人只有這麼少科學家，而又那少諾貝爾獎得主？因為一路上放棄的人太多太多了。先不說別人，就說愛迪生吧。你看到他平生有一百多種發明，造福人類，改變了社會。可你又知不知道他光是發明電燈泡的經驗。就有千萬次的嘗試了，他在發明電燈泡時，用了上千種材料去試驗燈芯才找到最合適的鎢絲。別人對他說：“你失敗了上千次才成功的吧。”他說：“不！我找到了上千種不能作燈芯的材料。”

又比如居里夫人。當所有人都在嘲笑他們夫婦倆是不可能從一堆垃圾中提煉出放射性元素的，但他們不僅承受著外界的流言蜚語，嘲笑和詆毀。還承受著提煉帶來的勞苦。雙重壓力之下他們最終從一堆垃圾的工業廢渣中提取出了放射性元素——鐳。他們的成功不是偶然，他們的成功就是建立在一條別人看似幾乎不可能的道路上無懈的堅持之下。最終為科學帶來了無可替代的貢獻。

社會中也有不少這樣默默無聞的人。我聽說過一句話：當你知道你選的路要和整個政權、整個社會，甚至是整個國家對抗時。你還會走嗎？他們義無反顧地選擇了“是”。他們是誰？他們是默默無聞的英雄。從古至今為了人民而犧牲的人實在是太多太多了。中國古代有陳勝、吳廣、朱元璋。他們雖為一介草民，卻有萬夫莫當之勇，他們站出來對抗整個朝代，對抗整個國家。無數的歷史告訴他們，這是一條死路。是一條不可能成功的路，但他們卻笑笑說：不成功便成仁。前仆後繼的走向了這條路，近代有聞一多，李大釗等有志之士公開批判萬惡的政權。他們義無反顧地走了出來。為了人民，為了國家。他們拋腦袋、灑熱血，明知不可為而為之，難道不值得尊敬嗎？若是他們果斷放棄，那麼還會有今天的中國嗎？外國又如二月革命，當時的路易大肆斬首反抗分子，前前後後殺了一百多人，他們可曾悔過？他們可曾放棄過？沒有。所以如今西方的人享有着優越的人權。他們若泉下有知一定會倍感欣慰的。

弱勢的人都認為果斷放棄是最好的方法。那麼這個社會將會停滯不前，一步一步腐朽而亡成為墮落的深淵。

只有無論做任何事都應堅持到底。人類才会有希望，社會才會進步，因此我會堅持做難以完成的事。



晴天，本應令人感到心情愉悅，但今天我只感到煩躁和悶熱。煩躁的我只想趕緊完成手上的繁務，回家呵護被我遺忘在家的寶貝——手機。

走在喧鬧的街道上，看著人們用耳機塞住耳朵與這現實世界隔絕，用心聆聽着音樂的旋律和節奏卻不願被嘈雜的聲音打擾。生活在資訊科技的時代，仿佛低著頭，塞住耳機已經成為一道風景。

我和這道風景站在一起，那種格格不入的強烈感迫使我加快腳步趕回家。一路上，沒有手機的陪伴，我難得仰頭望著藍天，卻有點陌生感，從未發現它具有如此魅力。走著走著，我打算去士多店買瓶水喝，卻發現它不在了，士多店是我回家的必經之路，但我不知道它搬遷已久，看來低頭的生活令我對周圍的事物不再感興趣了，甚至只沉醉於自己的世界。

沿著路走回家，倒楣的我連鑰匙都落在家裡，家裡碰巧又沒人，平時我還可以站在家門口，即使隔著一扇門也可以拿著手機連接無線網絡。可是今天我與手機相隔一扇門的距離就像隔了整個世界。這時我只好去奶奶家靜候佳音，等待家人下班。

奶奶每次看到我都是滿面笑容，她今天的笑容卻讓我很深刻。可能是因為我總顧着和手機打交道，忘了奶奶如此動人的笑容。今天，奶奶見我靜靜地坐在沙發上看電視，禁不住好奇問我：「你今天怎麼沒玩手機呢？」此時，我頓然了解到以往我在奶奶心裏的印象，有些慚愧。我說：「落在家了。」氣氛變得尷尬起來...記得小時候，我和奶奶就像朋友一樣親密，可現在都變得不一樣了，究竟是為什麼呢？

我焦急地尋找打破這氣氛的辦法，心想要是現在有手機就好了，至少不會感到尷尬。可能連奶奶都覺得氣氛不對，奶奶說：「你是不是快考試了？我現在煮點好吃的給你，讓你補補身子。」說完奶奶就走進廚房了。我在沙發上坐得渾身不自在，決定再去看看奶奶的房子，在奶奶房間的床頭上，依然擺放著我的嬰兒照，此刻，我的心暖暖的。

奶奶為我準備了一頓豐盛的晚餐，今天可是我第一次與奶奶吃飯，竟然有點緊張，在餐桌上，奶奶跟我聊起童年趣事，我看著她臉上的一道道斑駁的皺紋，原來時間的流逝也帶走了奶奶的青春。試問自己還有多少時間與奶奶相處，為何我寧願把時間花在手機上也不好好珍惜跟家人在一起的時光。要不是今天沒帶手提電話，我應該沒有如此深刻的醒悟吧。

也許，手提電話為我們的生活帶來許多便利，但是適當的放下手提電話，跳出螢幕，才能親身感受到事物的變遷。慶倖今天沒有手提電話的陪伴，讓我有了一不一樣的經歷和體會。

回家的路上，我嘗試放慢腳步，深深地感受身邊的一事一物，心情豁然開朗。



人生路上，我們往往會遇上一些困難，而這時的我們就好像站在岔路口，到底應該走向「堅持」的路還是「放棄」的路呢？

擁有堅持的動力，無疑能夠令我們有機會達成目標。讀書路上，老師經常會提醒我們要堅持，因為只有知識才能改變命運。因為堅持，有些人在文憑試中取得佳績；因為堅持，有些人能夠入讀大學。

可惜，凡事皆有兩面，有人咬緊牙關堅持要把書讀好，同時也有人選擇放棄。最近，中文大學五個月內有四宗學生輕生事件，而主要原因是因為學業壓力大。選擇輕生的人，無疑是選擇了放棄學業，也一併放棄了生命；但是，我們能說放棄的人有錯嗎？不能，因為每個人承受壓力的程度不同，選擇放棄生命的大學生，我相信他們選擇一躍而下時，內心的掙扎、痛苦、是我們無法想像。所以，堅持與放棄是一種抉擇，是一種無分對與錯的抉擇。

有些孕婦，在懷孕期間得知腹中胎兒患有唐氏綜合症、天使綜合症等疾病，這時我們應該選擇堅持把孩子生下來，還是應該選擇放棄呢？又是一個很難解決的問題。堅持把孩子生下來的話，就要接受他需要別人照顧的事實，亦要想想將來自己百年歸老的話，由誰來照顧孩子呢？但同時堅持把孩子生下來給予孩子機會看看這個世界。那麼放棄孩子呢？把胎兒打掉，父母就猶如殺人兇手，孩子連一口清新空氣也沒有呼吸到就被逼跟世界說永別；但是，這可以避免孩子出生後飽受疾病折磨、可以避免孩子被受歧視、嘲笑、可以避免將來沒有人願意照顧孩子。堅持還是放棄，完全取決於我們的智慧，但無論堅持還是放棄，兩者也有得失。

說真的某些時候，我們最好選擇放棄。

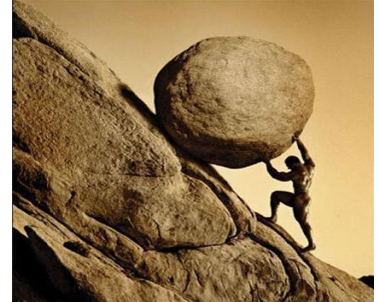
當事情發展到損害他人或自身利益時，甚至危及身體時，我們就應該放棄我們的堅持。今年在新聞報導上，時常會看見人家爭產、爭房子等新聞。身為一個壯年男子漢，有必要堅持跟年紀老邁的母親鬧上法庭，為了一所房子損害母子之情嗎？有必要這樣堅持嗎？在這個時候，是不是應該仔細思考到底堅持與年近半百的母親爭奪遲早也屬於你的房子？還是應該放棄自己的執著，與家人修補關係呢？

同樣地，某些時候我們也最好選擇堅持。

世界盃外圍賽，香港隊在面對中國隊，卡塔爾等勁敵時，就展示了香港人的「獅子山精神」，沒有放棄，最終成功平手收場。儘管香港隊明知道出線機會微，但仍然懷著驚人毅力作賽，為的是向世界證明香港運動員是有實力的。

最近的區議會選舉，不少候選人在選舉截止前數小時在街頭向選民表示選情嚴峻，希望選民投自己一票。這些選情告急的候選人其實明知道自己落敗機會很大，但仍然盡最後的力量，走上街頭盼望選民投自己一票。這，就是堅持。要是候選人選擇放棄，那豈不是向選民展示了氣餒的一面？告訴了別人是一個輕易言敗的人？

應該堅持還是放棄？這是人生一大學問，我們要學習在適當時候堅持，亦要學習在適當時候放棄。



毛蟲破繭成蝶靠得是一份堅持，但同樣的它也有放棄的東西。毛蟲想看看外面的世界就必須堅持從繭中破繭出來。但是當它成為蝴蝶翱翔在這喧鬧的世界時，它就放棄了原來靜謐的生活。

堅持與放棄就像一道選擇題擺在人們面前！你選擇了堅持一些東西，那麼你就必定會放棄一些東西。

昔日，五柳先生不為五鬥米折腰，他堅持的是一份尊嚴，他放棄的是一份生計。

昔日，韓信甘受胯下之辱。他放棄的是一份尊嚴，他堅持的是一份成功。

人有所堅持也會有所放棄，但我們堅持的，放棄的都一定是讓我們不後悔的東西。

史懷哲，他是一名音樂家，哲學家。他原本可以在德國衣食無憂的生活，但當他知道了非洲需要醫生去救助非洲居民，他義不容辭的前往非洲救助當地居民。當時很多人都勸他不要去那麼惡劣的地方救助居民，可以去其他地方救助人們。但史懷哲還是堅持要去非洲救助人們。史懷哲在非洲那幾年雖然過得清貧、辛苦，但是他很快樂，知足。他很慶倖他幫助了這麼多的非洲人民。

史懷哲所堅持的是一份助人為樂的態度，他放棄了是一種安逸的生活。但是他並沒有因此而感到失望，不快樂。他反而感到生活很充實、很開心。

南丁格爾亦是這樣的一個人。她原本可以在英國過著名媛的生活，但是她卻放棄了優等的生活，堅持自己的夢想去做護士，之後還到過前線去救活戰士們，替戰士們寫家書，深受戰士們的愛戴。

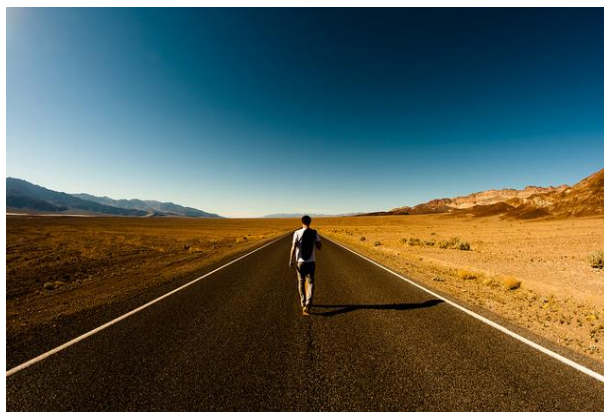
其實，在南丁格爾的那個年代，護士這個行業並不受人尊重，南丁格爾是頂著多大的輿論去堅持自己的夢想啊？

南丁格爾所堅持的是一個夢想，她放棄的是一份舒適的生活。但她並沒有因此感到沮喪，她反而為自己能夠實現夢想而開心。

我們所堅持的，我們所放棄的都是為了讓我們的生活更真實、更隨意、更遵從本心。這樣的我們才會更開心，更滿足，更像自己。

所謂「女人飲水，冷暖自知。」每一個人堅持與放棄的都不同，所收穫的亦不同。在我看來，堅持與放棄的只為了一份林語堂所說的簡潔、高雅、更為了那一份簡單的快樂。

如果是這樣，我們堅持的放棄的都會是快樂的！



陽光與陰影

6C 馮金鳳

一位哲人曾經說過：「接受陰影，才会有陽光明媚與燦爛；拒絕陰影，只會是陰天，不会有陽光。」

在草地上，一個男孩站在陽光下，他的樣子很高興，因為他選擇面對陽光，在他身上，我感到他充滿正能量；然而，同樣是草地，同樣是陽光下，同樣是那個小孩，但他顯得很低落，寧願背負陽光，望著自己影子，充滿負能量。在現實生活中，猶如有太陽的地方就有陰影，凡事皆有好壞黑白兩面，只是看人如何面對。

人生總會經歷成功與失敗，成功的人當然擺脫影子選擇面向陽光，而遇到挫敗的人，往往處於陽光與影子楚河漢界掙扎。考試失手，期望落空，痛失機會都是人生必經階段。或許你自我譴責，終日茶飯不思；又或者你放棄將來，選擇自尋短見。此刻你的影子不斷放大，你的目光只會注視那黑暗的殘影，甚感悲傷。偉大科學家愛因斯坦一生都在為人類貢獻，他發明很多東西，而且得到全人類的肯定，可又誰知道他成功背後付出了多少艱辛和努力，有時儘管在實驗中他失敗了，一千次甚至一萬次，他從來沒有想放棄過，依然持之以恆下去，最終他成功了。科學家也有挫折的時候，也會獨自面對陰影，但是他沒有把影子放大，而是在影子中尋找正在隱藏中的勇氣、自信和動力，從而更樂觀地面對挫折，接受背後燦爛陽光的照耀。

著名的音樂家貝多芬，他在人生最得意的時候耳朵卻聾了，這對於一個音樂家多麼殘酷的一件事！但他是絕不會向命運屈服。他曾經說過一句話：「我要扼住生命的咽喉，它休想使我屈服，啊！生活，它這樣美好，活它一千次！」而最後經過他不懈的努力和頑強拼搏，他譜寫出很多震撼人心的名曲，他成功了，他沒有被陰影屈服，他沒有被挫折打倒，而是在挫折中重生了。貝多芬正在接受陰影，才会有陽光明媚。然而，一些不懂珍惜生命的人，一些身體健全的人為情所困選擇自殺；遇到小小挫折，選擇自甘墮落，與世為敵。這些人拒絕了陰影，只會是陰天，不会有陽光。

雛鷹經過艱苦的鍛煉才能展翅飛翔，翱翔於藍天；小樹經歷暴風雨的洗禮才能茁壯成長，人生經過風雨後才会有彩虹，有一位哲人說過：「接受陰影，才会有陽光明媚；拒絕陰影，只會是陰天，不会有陽光！」確實，不經歷風雨怎麼能見彩虹呢？



陽光與陰影

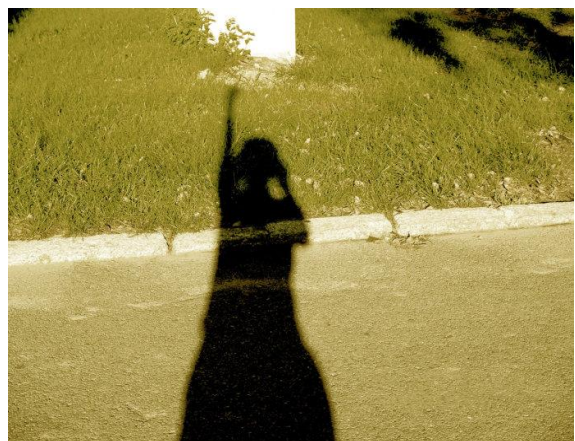
6C 何嘉偉

人生漫漫長路，經歷事情有喜有悲，有人扶搖直上，邁向象徵勝利的道路；有人荊棘滿路，障礙不斷浮現。生於前者的人固然幸運，能夠享受有如陽光滋潤大地的豐盛，但眾人站在他的面前時又能體會到其身後的陰影嗎？反之亦然，生於後者的人固然惹人憐憫，滿目蒼夷的他感受到眾人的安慰，幾乎受他們感染，假想自己也比任何人慘痛，但同樣的道理，在他自怨自艾時又有沒有想過其身后的陽光呢？

每個人的遭遇和樂事表面上大相逕庭，但其實亂中有序，最終的結果只是由自己決定。人生豈能十常八九，儘管一個人有多富有、有多知己、有多艷福，他亦經歷遺失身份證、絆倒受傷、失去親友、申請破產等，可能別人站在你的角度同情你的遭遇，但你自己有權選擇去判斷事情的好與壞，甚至將陰影代做陽光。美國殘障運動員保羅因一詞意外失去了左腿，成為終生的陰影，身邊的人都對他表示善意的關切，嘆息天妒英才，失去一位美國未來跑手。然而，他依然選擇面對陽光，加裝義肢後，仍然堅持對跑步的熱誠，感恩可以維持自己所愛，他不但在殘障運動會上大放異彩，更申請與健全運動員同場比賽，實現無障礙競賽。陰霾侵蝕人們心靈，一沉百踩，即使再多光芒亦無能為力；相反，保羅走出陰影，轉身笑迎陽光，在運動場上跑出自己開創的跑道，充滿辛勞及不屈的汗水收到耀眼光芒閃爍着。義肢的障礙化作推動力，即使外界都認為失去腿是一大陰影，但自身角度調整為機遇、挑戰，無疑地正面看透人生，努力掙扎求存。

再從學習角度來看，小測，統測、考試，大大小小形形式式在短短一個學期經歷無數次，是無可避免的。倘若不慎在某次測驗站不穩陣腳，臨時失手時，你會將錯誤無限放大，抱怨自己天資愚鈍，於是自暴自棄，話埋在陰暗裏？還是放鬆積極面對，把該次失敗放輕，從而主動糾正，從容不逼迎來下次佳績。很多時候，我們太過專注為何自己犯下錯誤，受不起一次挫敗，內心藏著陰影，令成績一落千丈。他們來瞭解站在陽光當下，身體阻擋陽光而身後，一定產生陰影，這是陽光的「副產品」，學生根本不需介懷「陰影」的出現，因為這是無可避免的，而理不理會它，最後是你的決定。

人類在現代社會必定經過出生、上學、上班、退休、死亡，儘管如入讀學校、職業、遭遇、感受不同，但他們可劃分為好與壞，正如陽光與陰影，站在兩者之間的你，可以把他們互換，或選擇從哪一角度，命運始終掌握在你手中。



故事旅館

叢林裏的黑影

3A 房穎珊

你相信世上有鬼的存在嗎？你相信在你的周圍那些無法解釋的現象是某些“東西”弄出來的嗎？接下來我要講述的是我親身經歷過的事件……

那是一個沒有月光的夜晚。厚重的烏雲霸道地擋在月亮的前面。“已經 11 點 15 分啊！”我焦急的想道，“要是不再快點回去會被罵的！”於是我再也不顧及什麼，義無反顧地沖進那條隱沒的叢林里的小道。

這條小道並沒有清理過，雜草與樹枝也遍地都是，這是一條已被人們遺忘的小道。茂密的樹林在無光的黑夜里像深淵巨口一般，我不禁有些後悔沖進來了，但後悔歸後悔，路還是要走的。

“嚓嚓…”有什麼東西滑過了叢林！我煞白了臉想道，“嚓嚓…”在視覺受限的情況下聽覺被放到了最大，我緊張地握住了手，那聲音越來越近了！“嚓嚓嚓…”心裏的恐懼無限放大，想尖叫卻又怕招來“鬼”，我害怕地往前沖，只要快點回家就沒事了！我激勵自己，我發誓我從來沒跑這麼快過。

感受着風從耳旁刮過的聲音，我卻無暇享受這難得的奔放。“嚓嚓嚓…”那聲音跟來了！我嚇得冷汗直流，只願自己的腿能爭氣跑快點。“呼…呼…”沉重的喘息不斷從我嘴裏發出，腳步也慢慢停了下來，是呀！我那麼不愛運動，體育也不合格，又豈能希望自己能跑多久呢！

“呼…呼…”眼前不斷發黑，我知道我自己堅持不了多久了。

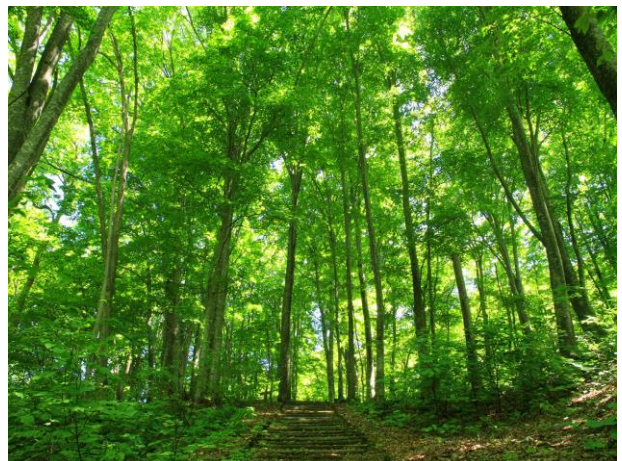
“擦啦啦…”我無力地向前倒去，臉劃過樹枝擦得生疼。我絕望地卷縮在一團，靜靜等待著“鬼”的到來。

“嚓嚓…”它來了，我能感覺到它，沃閉上眼，靜靜的等待著。

忽然，臉上濕濕的，“嗚…”它舔了我的臉，乖巧地嗚咽着。

臉上溫暖的觸感提醒着我，那是一個活生物！我驚訝的睜開了眼，發現自家的小狗大黑乖巧地蹲坐在我的面前。

我好笑地摸了摸大黑的頭，又嘲道：“大黑原來是鬼呀！”



學海無涯 上學點滴

1A 陳頌豪

其實上學有點悶，
老師說話很無聊！
到了小息似放監，
許多同學買小食，
我想快一點放學，
趕快回家玩電腦。
有人叫我驗驗腦，
看看是否腦壞了！
家人叫我做運動，
我就出去玩電動。
老師見我低分罵，
我說我不算太差。
回家就去洗洗澡，
家人比我還要躁！



學字好難

1A 彭偉業

幼兒時，認圖認字；

少年時，看圖寫字；

青年時，看書寫字；

中年時，上班寫字；

老年時，眯眼認字。

學字好難！

寫字難，學字難，

中國文字千千万，

草書行書甲骨文，

一撇一捺是個人，

一捺一撇是個人，

叫人怎麼分？



When I was.....

When I was one, I slept next to my mum.
When I was two, I climbed on the floor.
When I was three, I ate by myself.
When I was four, I rode my bike.
When I was five, I went to school.
When I was six, I watched TV every day.
When I was seven, I liked eating snacks.
When I was eight, I played games.
When I was nine, I played badminton with my friends.
When I was ten, I ran very fast.
Now I am seventeen, I live in Hong Kong.

Liang Tian (1A 7)

When I was.....

When I was one, I didn't write.
When I was two, I didn't read.
When I was three, I could run.
When I was four, I sang songs.
When I was five, I read books.
When I was six, I ate by myself.
When I was seven, I drank juice.
When I was eight, I wrote a short story.
When I was nine, I went to school.
When I was ten, I had dictations.
Now I am twelve, I learn new vocabulary.

TSENG CHUNG HANG (1A 12)

A Good Place to Visit

I would like to visit America. It is because it's my dream place. I heard from my relatives that it's a nice place to visit as they have been living there for more than ten years.

There are many things to do in America. First of all, we can visit theme parks. I will go to Disneyland. I have visited Hong Kong Disneyland for two times. And now I want to visit the one in the USA as I want to see the difference between the USA and Hong Kong Disneyland.

Moreover, I want to do lots of shopping. I want to buy presents for my family and friends in the great shopping malls. My cousin told me that the things are much more cheaper than that in Hong Kong.

I like the houses in America. They are bigger and most of them are with gardens. If I have a garden, I will plant some flowers and vegetables there.

Lastly, I wish my dream comes true, and I can fly to America once in my life.

Pun Denish (1B 10)

A Good Place to Visit

Where have you been to? China, America, England... I want to introduce a place to visit during the summer holiday for you. It is France.

France is located in Europe. It is in the north-east of the Europe. If it is the first time you visit France, I recommend that you go to the capital, Paris. It has a lot of places for sightseeing, such as Louvre Palace, Eiffel Tower and Arch of triumph. There are many famous paintings and sculptures preserved in Louvre Palace while the Eiffel Tower is one of the tallest buildings in the world. For taking good photos, don't miss the Arch of triumph.

There is a good place for shopping – Lafayette. You can buy anything here. In Paris, you can try lots of delicious food, for example, French Lamb chop, French potatoes ... You will fall in love with all these local specialities.

I suggest you should visit Paris in the holiday. Start your plan now!

Wang Xuanhan (1B 11)

Hiking

Dear Peter,

How are you? Last weekend, I went hiking with some of my friends. It was brilliant! Let me tell you how good the day was.

On that day, I got up at 7 o'clock. After breakfast, I took the MTR and met my friends at the ferry pier. We took a ferry to Mui Wo. We enjoyed the harbor view from the ferry. I took a lot of photos of the nature and beautiful scenery.

After we got off the ferry, we went hiking. The weather was sunny and with soft breeze. We saw birds singing happily on the trees. We walked for three hours to Pui O. We were tired when we arrived in Pui O.

When we finished the hiking, we had lunch at the beach. We ate pizza, spaghetti and chicken wings. We were hungry, the food was delicious. We also had funny chats on the beach. After lunch, we took a rest for an hour.

Then, we walked along the beach. We found a lot of shells on the beach. We picked up some with beautiful shapes and colours and put them into a glass bottle. After that, some of us played volleyball while the others went swimming in the clear water. I felt relaxed.

We played till 5p.m. and took a ferry back to Hong Kong. Today, we were having a great fun!

Bye for now.

Yours,
Chris

Lai Wendi (1B 7)

Shopping Habit

Good morning, everybody. Let me share with you some ideas about visiting Hong Kong.

First, let me talk about food. In Hong Kong we can eat dim sum because it is delicious. Dim sum is also good to try because it is traditional Chinese culture. Also, we can eat street food, such as fish balls and egg puffs because it reflects Hong Kong culture and many Hong Kong people like to eat.

Now, I would like to tell you what things to buy here. You can buy hand-made crafts as souvenirs for friends. You can buy it in Gold Coast, Tuen Mun. Hand-made crafts is good in Hong Kong because it is unique. Also you can buy gold because it is cheaper and real. They are guaranteed.

Next, there are many places for you to go. You can go to the Peak to enjoy the harbor view. It is beautiful. Also, you can go to the Big Buddha. The Big Buddha is a good place to go because you can eat vegetarian food there. The restaurants are in good atmosphere.

When you are in Hong Kong, you can take different kinds of transport. For something special, you can take the peak train because you can see beautiful views

Luk Hoi Ying (2B 8)

Be the Tallest Person in the World?

Good morning, everyone, I would like to talk about whether I want to be the tallest person in the world.

Honestly, I do not want to be the tallest person in the world. Being the tallest person in the world, I will be laughed by others. It is not convenient because I may hit the ceiling. Also, it is difficult to get into or get out of a car and I do not feel comfortable to sit in a car. I may be terribly unhappy. Besides, I have pants made specially so I need to spend lots of money. I always need to look down to see things, it definitely hurts my neck! The saddest, I may die young, the tallest man in history died at age 22.

However, if I were the tallest person, I can play basketball very well such as making the slam dunk easily. Also, I can take things on the high easily. I can run fast and jump very far.

All in all, I do not want to be the tallest person in the world!

Poon Wai Sum (2B 11)

Visiting Hong Kong

Good morning., everybody. Let me share with you some ideas about visiting Hong Kong.

First, let me talk about food. There are Western, Korean and Japanese style foods. My favorite food is sushi as it is very delicious. Also, I like fishballs. Fishballs are cheap and very tasty.

Now, I would like to tell you what things to buy here. You can go to Mongkok to buy clothes because you can find lots of cheap and beautiful clothes there. Moreover, you can also buy electronic products. The electronic products are in good quality, so many people like shopping in Mongkok.

Next, there are many places for you to go. You can go to the Peak. The Peak is a famous place in Hong Kong. The night view is very special. You should have a look! In here, you can see the beautiful harbor in Hong Kong. It is worth visiting.

When you are in Hong Kong, you can take different kinds of transport. You can take the bus because it is comfortable. You can listen to music or play phone games on the bus. Also, you can take the minibus. The minibus is fast and cheap.

Hope you have a nice trip in Hong Kong. That's all I want to say. Thank you.

Yang Xiuwen (2C 12)

Charity Week

Dear Peter,

How are you? I want to tell you about my recent school life.

As mid-term test is coming, many schoolmates in my school are very nervous about that. In order to let the students to be less stressful, my school had arranged a festival, Charity Week before the mid-term test.

This year, the school gave students a chance to raise money on streets. The money will be used for helping the needy. I took part in three activities and organized one of the activities for the festival. I enjoyed planning for the activity very much.

The first activity was a Flag Day on Tuesday. I could see many people around were buying flags once I was on the way to the school. I was really happy to see so many passersby buying flags.

The second activity was a talent show. It was held at Wednesday lunch time in the school hall. I was responsible for the instruments display. This show was very successful and we had the donation of a total of \$3110.

The third activity was Dress Casual Day on Thursday. We were allowed to dress casually to school. This was a very interesting experience for students. I think this could help in raising more fund.

The last activity was a charity sale. It took place at Friday lunch time in the library and was planned by me. I asked teachers, parents and schoolmates to donate some second-hand things and clothes which were no longer needed before that day. They were very supportive once they knew the purpose was to help the needy. Many of them gave me different types of second-hand things and clothes. On that day, many students came and bought the clothes and toys I sold. They came to support the activity. I raised \$795, I felt just like I had donated the same amount of money to the needy people in another way.

These activities let me know how to help other people, and also let us experience how to help others ourselves. This was very great! I hope I can organize this kind of activities again.

How's your study? I'm looking forward to hearing from you soon.

Best wishes,

Chris

Fong Wing Shan (3A 6)

My Dream Job

What will you do in the future? This is a meaningful question for many people. If you like cooking, maybe you will be a cook. If you want to fly in the sky, maybe you will choose to be a pilot. If you like helping other people, maybe you will be a volunteer. Different people may have different answers. For me, my dream job is to be a vet.

I like animals very much since my early childhood. When I saw a dog or a cat walking pass me, I would run after it. Sometimes, when I saw homeless dogs or cats, I fed them with some food being brought from my home. However, the important reason for being a vet is my memory about a little dog. I still remember that was a sunny day. When I came home, I saw a little dog sitting near the door. I walked to it, then I found its leg was hurt. I quickly took him to a pet hospital. And a few days later, the little dog became healthy and strong.

I want to be a vet in the future. I will work from 9:00am to 10:00pm. Every day, I will clean the pets' houses looking after the animals and playing with them. That will be very funny! I know it is not easy to become a vet. I have to study hard first. I need to be more careful and hard-working. So I must try my best to prepare myself ready for it now!

Fong Wing Shan (3A 6)

A special day for me – Schoolbag

I am a school bag, my owner is Jenny. She is a clever girl, but she is a bit careless, so she often loses something important, for example, her student ID card, wallet, etc. To her, I am a very useful helper because I carry all her books, homework, water bottle and so on. I am very important to her. Without me, she can't hand in her homework or bring drink water from home. Today, she left me on a bus.

This morning, she got onto the bus as usual. She found a seat and put me on the floor. Then she bumped into her good friend, Lily. 'Hello, Jenny!' said Lily. 'Hi, Lily! Long time no see!' Jenny said. They chatted for over 20 minutes until they reached the bus stop. Jenny left me on the bus, I wanted to shout loudly, 'Hey, Jenny, I'm here!', but I couldn't. I just watched her getting off the bus! I heard Lily said, 'Can you lend me a pen and a piece of paper? I'd like to write down your phone number.'

It was then when Jenny realized that she had left me on the bus. 'Oh, my school bag! Wait, wait, Driver, wait!' she screamed. However, it was too late already. The bus was far beyond her and the driver couldn't hear that, therefore, I stayed on the bus sadly!

I could imagine how Jenny was asked by her monitress to submit her homework. Jenny would be very anxious, and replied, 'Sor...ry, I can't hand in my homework today...' Her class teacher, Miss Chan must be extremely angry and would punish her.

When the bus arrived at the terminal, the driver checked the bus and found me. He took me to the Unclaimed Baggage Corner. After he had jotted down the information about me — an unclaimed found item, he left me there to wait for Jenny to come and collect me.

Later that afternoon, Jenny went to the Unclaimed Baggage Centre. She asked the staff, 'Excuse me, I lost my schoolbag this morning. It is blue with a single strap that can be worn diagonally across the body.'

The staff said politely, 'Yes, we've got a bag here which fits your description since this morning.' Then he brought out my schoolbag. 'Yes, this is my bag!' Jenny exclaimed as she saw me again.

Now, I'm back to Jenny. I can feel the warmth in her hands as she holds me tightly in her hands. I hope she would be more careful in future.

Pets in Hong Kong

In Hong Kong, people keep pets are very common. People think of keeping a pet when they feel lonely, people keep different kinds of pets in Hong Kong. Some pets are typical pets, such as hamsters, cats, dogs and goldfish. Other pets are unusual, such as lizards, snakes and spiders. But not many people like keeping unusual pets in Hong Kong. Because unusual pets are difficult to keep and some are not suitable for the living environment in Hong Kong. So, most people like to keep typical pets.

Dogs, cats and hamsters are the most common pets people like to keep in Hong Kong. People like keeping dogs as they are very loyal and friendly. Old people who live alone often feel lonely, if they keep dogs, dogs can have fun with them, so that they can feel happier with companions. Dogs also look after houses of their owners. When they see thieves, they will bark. You will know that a stranger has just gone into the house. Some dogs are guide dogs, they can help blind people to take a safe way and some dogs also serve the community. For example, police dogs can assist the police to solve cases by their sense of smell. Dogs are human's best friends.

If you are lazy, you are more suitable to rear cats. Keeping dogs requires time to walk dogs every day. Whereas cats like sleeping, they like to sleep or lay down all the days. Cats are more docile than dogs. So, I think keeping cats are easier than keeping dogs.

But why some people like to keep hamsters? Because hamsters are furry and very small, you only need to get a cage and give them some food inside, then they can take care of themselves. Usually, houses in Hong Kong are not very big. Therefore, it is more convenient to keep hamsters. Moreover, I think keeping hamsters are easier than keeping dogs and cats.

Some doctors say, ' people who have pets feel happier and can live longer. Pets are very useful to us.' Do you agree with it? Will you consider of rearing a pet from now on?

Yung Wing Hei (3A 28)

A Letter of Advice

Dear Peter,

I write this letter to tell you something happened recently. And I want to help you as you are my best friend.

Last Friday, I went shopping with Harrison, my boyfriend, after school. We went there for shopping and suddenly I saw you in a watch shop. You were looking at some expensive watches. And you told the shop assistant to get you a Casio watch. While he left the showcase and was looking around, I saw you put a watch into your bag immediately. You stole that watch!

Well, I don't know why you did this? Maybe you didn't have enough money or something else..... Anyway, you did a wrong thing. I think you should return the watch to the shopkeeper, I hope he'll forgive you. As you understand, shoplifting is not good, it will make your parents unhappy too. Imagine if you are imprisoned, then obviously they will worry about you. In addition, you must stop, not to steal again! If you need money, you may ask your parents or may get a part-time job. This can actually ease your financial difficulty.

I hope you'll listen to what I said, return the watch to the shop as soon as possible. It's your own choice of which path to walk, no matter wrong or right. I know it's hard walking on the right path sometimes, but remember that you should never give up.

I am your friend, right? I can advise you but cannot force you. If you still choose not to return the watch, then I may need to call the police. I hope you will listen to my advice.

Best Wishes,
Chris

BI SUFIA (3B 1)

A Letter of Advice

Dear Peter,

I write this letter to you because I want to help you to quit stealing. You are my good friend so I don't want you to do something wrong.

Last Friday, I went shopping with Mary after school. We saw you were in a watch shop and looking at some expensive watches. When the shop assistant was looking at somewhere else, you put one of those expensive watches into your bag and then left the shop quickly. I couldn't believe my best friend was shoplifting!

I don't want to see you keep doing something wrong. Maybe you just didn't have enough money, but stealing is illegal. Anyway, stealing is wrong! If someone calls the police, you will have to be imprisoned. Your parents will feel very disappointed if they know that. If you don't want them to be worried, you must stop stealing. What I suggest you to do now is to return that watch to the watch shop. If you need money, you can ask your parents. If they don't give you money, you can consider to find a part-time job to earn some more money.

I hope the advice can help you quit stealing.

Yours,
Chris

Lee Chak Ho (3B 16)

A Letter of Advice

Dear Connie,

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

In your letter, you said that you've gained weight more than 5kg and you're a little overweight. If you go on gaining weight with existing habits, you'll surely be overweighted and very unhappy. To cut down your weight, I suggest you to eat fruit as snacks rather than other junk food. Also, you must do more exercise regularly. Why not trying some weight-losing activities, like jogging, cycling or swimming, which are less tough?

You also mentioned about the main reason was you've been eating too much snacks, such as chocolate and chips. You are right! These junk food should not be eaten too much. If I were you, I'd do lots of exercise, such as, running, swimming. I would also stop myself from sitting and browsing the internet for a very long time. This is not easy for you unless you have a strong determination. Persistence is very important. If you try hard, you will succeed. I'm sure you'll be successful in losing weight if you start a weight-losing planning from now on. Don't give up!

I hope my advice helps. Please write to me sharing your experience again very soon. If you need any further help, tell me as well.

Best wishes,

Ms. Lam

Wong Wai Yam (3C 18)

A Journal Entry

30th August

Today I joined our farewell tour of Sydney. First up in the morning, I met Harry outside the Sydney Opera House. Then we went to have *dim sum* together in Chinatown where I ate some shrimp dumplings, roasted meat buns and *siu mai*. All the food was really scrumptious and made my mouth water! Then after lunch, I went to climb the Harbour Bridge by myself. Harry didn't join me as he had already done that before. Well, honestly, the views from the top of the bridge were truly amazing! Indeed, the climb was both exciting and challenging. Then, we got a ferry from Circular Quay across Sydney Harbour and had dinner at a seafood restaurant with really delicious food at Manly Wharf. I ate lots of the seafood such as lobsters, oysters and blue fin tuna there. Oh, and both Harry and I just loved the mussels. Finally, we enjoyed some cocktails at some bars where we could watch the sunset looking back across the harbour towards the city. I enjoyed my last day in Sydney so much! My study tour has been so unforgettable. Nevertheless, I'm really tired now! I'll write more tomorrow.

Cho Sum Yu (4A 4)

A Journal Entry

30th August

Today as planned, I climbed the Sydney Harbour Bridge. Well, I it was the most unforgettable experience! Although, I was quite nervous before the climb, once I got started I was calm and more focused on the views than the danger and dizzying heights. Indeed, it was really enjoyable and beautiful looking at the sites of Sydney such as the Opera House and the Blue Mountains in the distance from atop the bridge. Actually, I enjoyed the panorama so much that I stayed at the summit for almost an hour totally mesmerised! I'm so glad that I took lots of photos to capture my time on the bridge and will treasure these photos forever! Luckily, it was nowhere near as difficult as I had expected largely because the climb leaders were really very professional and highly skilled. Most certainly, if I have the opportunity, I will join the climb again and I would highly recommend it to others.

To Ngai Chung (4B 26)

Hong Kong Tourist Attractions

Tai O

If you want to see a traditional fishing village, you should go to Tai O on Lantau Island where many boats and stilted houses can be seen in the harbour. This village also has the most delicious fish paste on sale.

Cheung Chau

Cheung Chau is an outlying Island popular among both local and international tourists. It has many foods for sale such as big fish balls, shaved ice, and fried potato chips. They're really tasty! Some people even spend their holidays there. Indeed, it is Hong Kong's most popular outlying Island!

Mong Kok

If you want to buy cheap clothes, you must visit Mong Kok which has many bargains in its markets including fashionable T-shirts and shoes. In addition, you can find many traditional local street foods for sale here including egg puffs, siu mai, fish balls and pineapple buns.

Jumbo Restaurant

Every year, many tourists come to Hong Kong to savour its seafood. One of the most famous places for tourists to do this is the Jumbo Restaurant in Aberdeen. This restaurant is a big boat! Indeed, this is a must-see for any first time visitors to Hong Kong.

The Peak

If you would like to enjoy panoramic views of Hong Kong, Victoria Harbour and Kowloon you must visit The Peak. The most enjoyable way of getting there is taking the historic Peak Tram, although public buses and taxis are a good alternative for people who don't like long queues. Probably the most impressive time to go here is in the evening so you can enjoy the lights of Hong Kong reflected in the harbour and it is the perfect place to enjoy a memorable meal.

Ashely Chung (4C 3)

A Journal Entry

I promised Harry to join the goodbye that he planned for me. So, we met outside the Sydney Opera House, and went to Chinatown where we ate some *dim sum*, *siu mai*, chicken feet and soup dumplings. The dim sums were both delicious and cheap. Then we climbed the Harbour Bridge which was the best experience. I especially enjoyed standing right on top of the Harbour Bridge as it provided unbeatable views of the city and harbour. After that we caught a ferry to Manly wharf for dinner at a sea food restaurant with amazing views of the harbour where we ordered a lot of seafood – lobsters, oysters, mussels and salmon. Its seafood dishes were delectable and succulent. Finally, we went shopping and enjoyed a lovely cocktail. What a nice day! The tour was great fun but I'm really tired now. I'll write more tomorrow.

Gum Ping Chak (4C 4)

Lucky Monday

Last Monday, I did not need to go to school; so, I went to an café near the Gold Coast. I sat at a table near the window alone because all my friends had gone to Ocean Park. As I was enjoying my breakfast a couple came into the café and sat on the table next to mine. They ordered coffee and tea to drink. The man was about 27. He was wearing sunglasses, a black shirt and white jacket. The woman had long hair and was wearing sunglasses, a red blouse and a skirt. Then, suddenly the woman shouted. The couple were quarreling. I heard the woman asking, 'Did you have dinner with Chrissie last Saturday?' Then the man said, 'Yes, I did, but we only talked about a new film.' All of a sudden, the woman picked up her cup of coffee and threw it at the man. The man was so angry! Then when he took off his glasses I saw the man's face. To my surprise, he was Jay Chow. The woman was a Pop star too – Kun Ning. It was so unbelievable! Then I heard 'Click! Click! Snap! Snap! Cameras were flashing. Some reporters were taking photos of the couple. They immediately started smiling as if nothing had happened and as if the spilt coffee was just an amusing mishap. I guess they didn't want their argument to become a media sensation!

Erica Wong (4C 21)

What Hong Kong Can Do About Climate Change

Nowadays, the greenhouse effect is causing global climate change which is even affecting Hong Kong. So, what can Hong Kong do about climate change? Well for a start, the government should plant more trees as these will produce oxygen and help reduce carbon dioxide levels which will help reduce the greenhouse effect that leads to climate change.

There are also numerous things which Hong Kong residents can do to help mitigate climate change. For example, we can use the MTR and buses more often and private cars and taxis less often. Those of us who really need to use cars could change over to using electric vehicles. Furthermore, we should buy more energy efficient devices, and only use air conditioning when absolutely necessary and not set the temperature too low. Moreover, we should consider our carbon footprint when planning holidays, and choose trains instead of air travel whenever this is possible.

All in all, both Hongkongers and the local Hong Kong government have their part to play in reducing carbon emissions, if we are to reduce the greenhouse effect, and avoid the catastrophic climate change that it may eventually lead to.

Luk Tsz To (5A 16)

Bricks and Mortar Shops Versus Online Shopping

Is it still worth shopping in bricks and mortar shops? Nowadays, people like online shopping very much as it saves our time, is cheaper and also offers more product choices. However, no amount of clever photography and virtual reality in online shops can ever allow us to touch, feel, taste, smell, or try on products. If want to buy some clothes, we can try them on to see how well they fit when we are shopping in bricks and mortar shops. Moreover, if we are buying food we can often taste samples first. If we want to buy flowers or fruit we cannot smell them online! We can also enjoy the seasonal atmosphere of Xmas decorations and music in real shopping areas and make shopping a social activity with friends! Indeed, for students without much money window shopping is an important social event.

In short, although young people do like shopping and browsing online shopping sites, bricks and mortar shops still fulfil roles that online shops can never replace.

Cheng Cheuk Hin (5B 27)

What Hong Kong Can Do About Climate Change

We have heard so much news about climate change in our daily newspapers, but what can we do about it? Actually, there are numerous things which individuals, and governments can do to adapt to and reduce the speed of climate change

Individually, Hong Kong residents can do many things in their daily lives to deal with climate change. First of all, they can save energy by turning off lights and electronic appliances when they are not needed. For example, we should not turn on air conditioning unless the temperature is above 25 degrees Celsius. In addition, we can use public transport rather than private cars and taxis whenever this is feasible.

There are also several things that the Hong Kong government can they do to deal with climate change. For instance, the government could promote behaviours which help reduce our city's carbon footprint. This could be done in part through funding a public awareness advertising campaign pointing out both the dangers of climate change and how individuals can help mitigate these. Furthermore, environmentally friendly behaviours could be encouraged through funding school excursions to country parks, and encouraging the planting of organic gardens in school grounds.

All in all, there is much that both the local government and Hong Kong residents can do to help reduce climate change.

Hau Abreu Tak Fat (5C 7)

Bricks and Mortar Shops Versus Online Shopping

With the development of the technology nowadays, the internet has become more and more popular. And it is so easy and convenient to buy things online. But this does not mean that there is no longer any point in visiting traditional bricks and mortar shops.

There are several important social aspects of dealing with shop owners which are worth preserving. Interacting with shop keepers and staff helps us to hone our communication skills in so many ways. It is difficult to become attuned to facial expressions, body language and eye contact without such face to face interactions. In fact, Internet addicts that avoid real social interactions often develop both physical and mental health problems.

Furthermore, there are a lot of traps on the internet. We have no idea that the people will give us the right goods or not. Indeed, cheating is common online, as it is difficult to tell fake and genuine items apart. However, if you buy things at a physical shop front, you can check the quality of merchandise, and the seller knows that you can complain to the police and consumer watch dogs if they cheat you.

To conclude, it is ridiculous to say that traditional bricks and mortar shops have had their day as there are numerous reasons why people still want and need to visit physical stores. Let's use the Internet, but also keep our shopping precincts and mercantile culture alive!

Lam Chun Yat (5C 9)

Film Review

I have recently watched a movie entitled "Coach Carter" which made me realize how far education can take us in life. The story took place in an underprivileged neighbourhood school in the United States of America.

The movie is about "Coach Ken Carter" who transferred from a prestigious private school to Richmond High which was located in a ghetto. The students he coached at Richmond High didn't value education, skipped classes, didn't hand in their homework, and when they did go to class gave back chat to their teachers.

Coach Carter transformed these students by teaching them the value of education. He even had a student known as Cruz who would deal drugs at the street corner. Through some tough love and perseverance Coach Carter changed both Cruz and the whole team's way of viewing life. He showed these renegade students that they mattered and someone cared about them.

Coach Carter set high standards for his team insisting that they were students first and players second. He made them accountable by making all his players sign contracts and insisted they sit at the front of every class and achieve at least a GPA of 2.3 in their SAT.

When they all failed to meet their contract's minimum requirements he cancelled the only thing they excelled at and enjoyed at school: basketball. He did this even though he was the basketball coach. He even forfeited a game and locked the school gym until they met the academic requirements in his contract with them.

In the end, Coach Carter's team lost their basketball competition, but six of his players went on to college. This coach had changed their lives completely by giving them hope. He made his players realize that education could change their destiny.

My favourite part of the movie was seeing how the Coach Carter trained his players. This helped me realize that success only follows thorough training and preparation.

I would especially recommend this movie to any students how are interested in sport, and also PE teachers and coaches.

Lok Waseela (5C 16)

Filming Movies in the City Centre

Dear editor,

I understand some people believe that filming movies in the city centre should not be allowed. However, I beg to differ.

Indeed, there are several unique advantages to filming movies in the city centre. For one, our city centre has a vibrant atmosphere that is difficult to duplicate elsewhere. Furthermore, seeing films getting made adds spice to city workers' day. And of course, locally made movies provide employment opportunities to budding actors. There is just so much to be said in favour of making movies in our very own city centre.

In addition, permitting filming in the mercantile heart of our city has numerous economic advantages. Large numbers of fans will want to see their favourite movie stars and celebrities acting on the streets. This will among other things, ensure that food and drink vendors, cafes and restaurants have more customers. In fact, this is exactly what happens in Macau and Singapore when they film movies on their streets.

Moreover, there are immense public relations benefits to having movies filmed in Central. What better way could there be to both promote a movie among locals and promote our city abroad. The excitement of thousands of onlookers will help to build up a publicity buzz for any movie that money simply cannot buy. They will share via social media such as Facebook, scenes they see being shot on the street, and speculate among their friends about how the scene may fit into the finished movie.

So, I definitely think it is a very good idea to allow the shooting of movies in the city centre.

Yours faithfully,
Chris Wong

Cheung Wang Hing (6A 3)

Part-Time Job in Costume

Last year, I was employed as costumed character performer in one of the local theme parks for my summer job. Maybe you will be as intrigued as I was to find out exactly what this kind of job entails. I certainly was which is why I applied to do it in the first place mostly out of curiosity.

Well, there is much more to this job than you might at first imagine. Costumed character performers do not just idly walk around theme parks. For example, I played the role of a magician which required lots of preparation. In fact, I spent a whole month in training and had to carry a piece of wood around and perform magic tricks for theme park patrons.

On a typical working day, I needed to wake up at six o'clock, and arrive at the park by eight o'clock. Then I had to put on my make-up and costume before heading out around the park playing my part. It was a long working day that didn't finish until about nine o'clock each evening.

Probably, the best thing about this job was gaining confidence in interacting with strangers. Indeed, my self-confidence and communication skills have improved immeasurably through this summer work. However, this job also came with challenges. The most difficult thing was without question having to get up early every morning and commute to work.

Well that was my summer job experience, how about you? What was your summer job? If you don't have any summer job experience, you should try to find one for yourself. You will perhaps have many unforgettable experiences like me!

Maggie Leung (6A 14)

A Letter of Complaint

Dear Sir/Madam,

I am writing to express my extreme displeasure at an experience I had at an amusement park last weekend. On 3 October, I went to an amusement park with my family since it was my sister's birthday.

Well, first of all, the facilities at the park were really poor. The toilet which was situated beside the roller coaster had a bad smell and lots of wet tissue on the ground. Indeed, it looked like nobody had cleaned it for a whole year! Also, I don't understand why the dodging cars and the ghost train were closed. It meant there were far too many people waiting to ride on the roller coaster.

After we finally had our ride on the roller coaster, we went to a restaurant which was nearby which only added to our disappointment. To start with, the restaurant was *al fresco* and didn't have any breeze or fans. It was just too hot and we all sweated! And, there were not enough chairs for us all. The floor was strewn with rubbish and maybe worst of all there were cockroaches everywhere! Is it really that difficult to hire cleaners to ensure hygiene in the park?

However, the shortcomings of the park didn't end there. In addition to poor facilities and filth, the staff's service really left a lot to be desired. The first problem was finding a waiter. We asked a staff member called Amy if she could take our order, and she just replied without a smile "I don't know". Things didn't get better after we finally ordered either.

Yet, what truly amazes me most about your park is that despite all these problems it dares to charge entry fees way above its competitors!

I really think you need to urgently upgrade your facilities, hire more cleaning staff and train your staff in customer service etiquette so that they are more attentive and polite towards your park's paying patrons. Otherwise, I doubt your park will be able to continue to attract visitors. I for one, won't be returning until these issues are adequately addressed and meanwhile certainly won't be recommending your park to family and friends.

Yours faithfully,
Chris Wong

Chan On Yi (6B 4)

A Letter of Advice on Quitting Smoking

Dear Sam,

Yesterday, while I was helping to tidy up your bedroom, I couldn't help seeing a packet of cigarettes inside your bag. If this means that you are a smoker, I am really very worried for your health.

I don't know why you may have started smoking. Could it be that you have the misguided idea that it is 'cool' to smoke? Or do you wrongly believe that it can help you relax? I am disappointed if you have taken up this horrible habit just due to peer pressure. But, whatever your reasons for taking up this vice you really need to come up with an exit plan on how to quit before you become addicted and the habit irreversibly damages your health.

Smoking leaves black tar in your lungs, leads various types of cancer, and makes your fingers and teeth go an unattractive yellow hue. On top of this, smoking causes an unpleasant body odour and bad breath. And, besides all these health hazards of smoking, it wastes a substantial amount of money that you could be spending on other things. Indeed, there are so many negative effects from smoking that you should do your utmost to kick the habit as soon as possible.

Here is some advice on how you can give up this putrid habit.

Let me use the mnemonic 'START' to help you remember this quitting plan.

S: Set a quit date. Choose a date within the next two weeks, so you have enough time to prepare without losing your motivation to quit.

T: Tell your family and friends that you plan to quit smoking. Let them in on your plan to quit smoking and tell them you need their support and encouragement to stop.

A: Anticipate and plan for the challenges you will face. You can help yourself make it through by preparing ahead for common challenges, such as nicotine withdrawal and cigarette cravings.

R: Remove cigarettes and other tobacco products from your home. Throw away all of your cigarettes and clean up the place where you always smoked before.

T: Talk to your doctor about how to quit. Your doctor can prescribe medicine to help you cope with withdrawal symptoms and suggest other alternatives to you.

Try this 'START' plan to help you quit smoking.

In addition to this plan, you should play a sport to help you relax, chew gum when you feel like you want to smoke and stay away from your smoking friends. You should also ask for help from the school social worker.

Smoking has so many really negative consequences, so I strongly suggest you quit the habit as soon as you can. If you need any encouragement and support, please feel free to let me know, I will try my best to help you.

You can do it.

Regards,
Chris

Lee Wing Tung (6B 15)

A Summer as Pluto the Pup

Nowadays, many students will find a job for their summer holidays. Some just want the money while others do it to gain new experiences and to make their holidays more meaningful. Well, I am in the latter group of students. This is why I worked as a costumed character performer during the last summer vacation.

At first, I thought this job would be easy. I was wrong. There was much more to this job than meets the eye. Indeed, I don't think many people could handle this summer job as it was both physically and mentally demanding.

On a typical working day I would arrive at Disneyland by 7.00 a.m. because I had to put on make-up and get dressed into my costume before commencing my duties. This took about two hours each day! I played the part of Pluto the Pup who lives with Mickey Mouse and is Mickey Mouse's best friend. As part of my training I needed to watch cartoons featuring Pluto the Pup to learn about his actions so I could act in character convincingly for the public. This was my favourite part of this job. And I really loved seeing people's reactions to my role playing. I got great satisfaction from making so many children happy. Besides walking around the park in character role playing all the antics of Pluto the Pup, I stopped for regular photo sessions with patrons and even took part in the big Disneyland float parade.

At the end of each day, it took over an hour to remove all my make-up and get changed back into my regular clothes. This was the most exhausting part of my day, as I really just wanted to get home as quickly as possible.

Being a costumed character performer was really challenging because you need to have enough energy to play with the customers with the heavy and clumsy clothes even on hot days. However, I gained a lot from this experience. My self-confidence, public performance and communication skills all greatly improved. Indeed, if you are interested about being a costumed character performer, I suggest you try during your next vacation.

Leung Yee Man (6B 17)

Stefan

Being a freshman in a new school can be very tough, especially if you don't know anyone yet and it is a boarding school! You usually get bullied, humiliated and rejected. However, luckily, for me my roommate took good care of me, so I was spared most of this.

Let me tell you a few things about my roommate. His name is Stefan and he is from Germany. We were roommates ever since I first enrolled at this school. He was pretty skinny and short when I first met him, but he is now tall and muscular. At first appearance, he may seem irresponsible, self-centered and judgmental, but when you get to know him well, you will realize that such first impressions are quite inaccurate as actually he is respectful, caring and optimistic. He was liked by all his classmates and nobody ever bullied him or had anything but nice things to say about him. Maybe his charm or intelligence made him so popular. In contrast, I was never such a naturally sociable or popular student.

However, our roles seemed to reverse over the last few months. I started to go out more socializing and made tons of new friends. I even went to a few parties which were a real blast! Yet the more I socialized, the less he did. Eventually, he was invited to fewer parties than me. But, he never showed any signs of jealousy about this. He would just say he wasn't in the partying mood. At about the same time his academic performance dropped dramatically and he was clearly no longer so popular among classmates. Indeed, there was always gossip going around about him doing one stupid thing or other.

Then one day our time together abruptly ended and all I had to remember him by was a farewell note. "You've grown from a lonely student into a popular one. Don't forget who your real friends are. My time at our school is done. My father has been suddenly transferred back to Germany and he wants me to complete my schooling there."

How empty I felt reading his note. I had lost my best friend who helped me change from a shy boy into an outgoing teenager.

Maloto Marvin P (6B 20)

A Letter of Advice – Quit Smoking

Dear Sam,

Yesterday, I saw your school bag on the floor and when I picked it up I saw a packet of cigarettes inside.

I am so shocked and disappointed to find out that you are a smoker! It just doesn't seem like you to take up such a really filthy habit! If you think it is "cool" to smoke you are just kidding yourself. Let me assure you that none of your family think smoking is "cool". And, how can I respect you as my brother if you smoke?

Could it be that you are curious about what it is like to smoke? If this is the case, please stop now before you become addicted. There is no reason to be curious. It is clear that smoking is bad for your health, causes cancer, stains your teeth, gives you bad breath and just generally makes you smelly and unattractive. Is that what you want?

If peer pressure has pushed you into smoking, then maybe it is time for you to be a bit more particular about the company you keep. Real friends don't try to get their mates to do dangerous and destructive things.

Also, you like sports, but let me tell you, if you continue with this habit you will lose your stamina and not be able to compete in long-distance runs anymore, or maintain your pace during soccer and basketball games. I can vouch for this, because one of my friends took up smoking and this happened to him, and eventually he had to drop out of all the school's sporting teams.

If you don't know how to quit smoking maybe you should go and talk things over with the school's social worker. She may be able to suggest some special gum that will help you to overcome your nicotine addiction, and may help you avoid suffering from too many withdrawal symptoms. This gum is much cheaper than cigarettes, so don't worry about the cost.

Anyway, I am here for you if you want to talk any of this over.

I know you can quit this disgusting and harmful habit.

Regards,
Chris

Tse Chi Kong (6C 23)

Letter to the Editor

Dear Editor,

I am writing to express my agreement with a recent article that detailed how an 8.00 a.m. start to the school day makes students feel tired and sleepy. It is crystal clear that students are often exhausted and that one of the primary causes of this is the unnecessarily early start times at schools.

I am in agreement with many of the points raised in this article. For example, it is very true that claims that students should simply go to bed earlier and there would be no problem with these early start times are misleading. Firstly, students nowadays have far too much homework to simply go to bed and sleep immediately after dinner. On top of this, teenagers' bodies simply need a certain amount of sleep and forcing them to get up too early deprives them of this.

Moreover, sleep deprivation caused by the stress of frequent tests and examinations, and burning the candle at both ends – going to bed late and waking up early – is bad for both teenagers' physical and mental health.

Not only would significantly later starting times improve the wellbeing of students and their academic results, but this would help reduce traffic jams, and make students commute to and from school faster, safer and much more pleasant.

I hope schools and parents can follow the very novel but sensible suggestions made in this article to help bring our nineteenth century school timetables into the twenty-first century thereby improving both student health and learning outcomes.

Yours faithfully,
Chris Wong

Mok Cheuk Hang (6C 26)

Letter to the Editor

Dear Editor,

I am writing to explain why students feel tired and why starting schools at 9.00 a.m. will not solve the problem.

To begin with, it is students' hectic schedules not school starting times which is making students tired. Consider a typical Hong Kong student's jam-packed daily routine. After waking up, and taking a hurried breakfast most students rush to school where they usually stay except for a short lunch break until about 5.00 p.m. after which they may attend tutorial classes or other extra-curricular activities that they are forced to join by their parents such as violin or piano lessons. Indeed, many don't get home until 9.00 p.m. after which they need to do homework, revision or study after a quick meal. Tragically, students are pushed into such tight schedules by both their parents and teachers, and consequently suffer from both mental and physical exhaustion.

The key to saving teenagers from burn-out is granting students more autonomy. Parents should allow students to select extra-curricular activities which appeal to their children; and, teachers should not set homework assignments but instead make more effective use of class time. Only then will students be able to get enough sleep which is of utmost importance to adolescents. As a result, students would be in much better mental and physical health.

Yours faithfully,
Chris Wong

Ho Ka Wai (6C 27)
