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# QESOSA TONG KWOK WAH SECONDARY SCHOOL



73

SERIAL NO. 00000406

MAZE



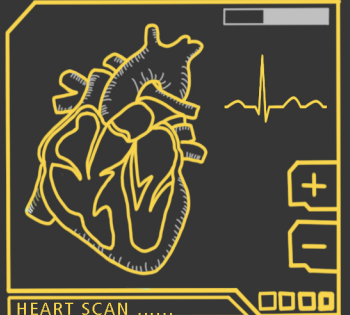
MUSE

★ MOJO

CHARACTER...

LOADING...

• RESTORE FACTORY SETTINGS



HEART SCAN ..... 0000

## PRESS CLUB

## 2022-2023

ENCRYPT DATA

DECRYPT DATA



Get ready to be wowed by the 2022–2023  
Newsletter brought by  
The English Press Club!

Our students at QESOSA Tong Kwok Wah  
Secondary School have outdone themselves  
again, producing some of the most  
captivating written pieces you've ever read.

The impressive body of work on display this  
year showcases the students' ability to  
express their thoughts with clarity.

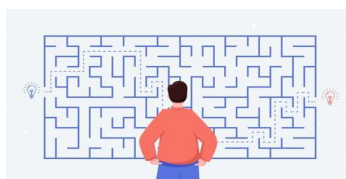
And that's not all – we're also thrilled to  
celebrate the exceptional students who have  
gone above and beyond, earning numerous  
prizes and accolades in various writing  
competitions. Please join us as we revel in  
the triumphs of our students and appreciate  
their admirable effort and success in English.

Enjoy the read!



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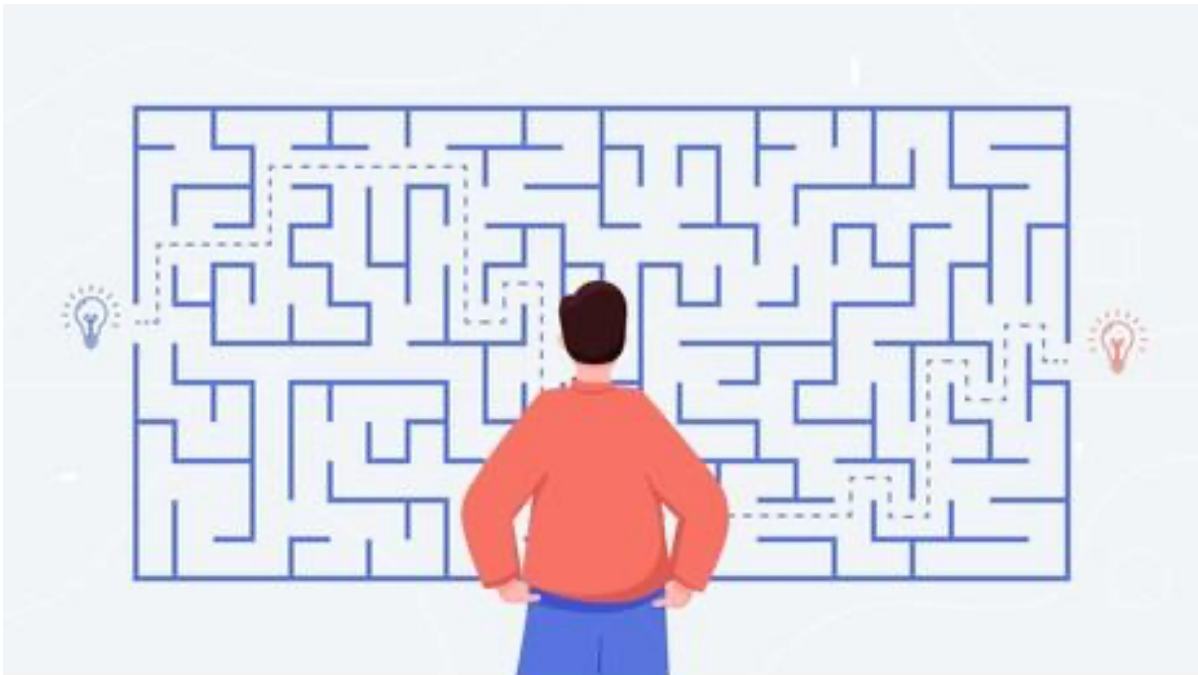
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# Section 1: Maze

## Our World in the Future

1B Tsang Tsz Yau

What do you think about our life in the future? What will happen 100 years later? I think that 100 years later there will be many changes because technology will be much more advanced. If technology advances, schools will be unnecessary. Everyone will use computer chips to put all the knowledge we need to know directly into our brains! It would be so much faster to learn this way and students could have more time on innovation and develop their favourite hobbies. Children could also spend more time with their family with this extra free time available to them.

Travelling will be different 100 years later. We may use flying cars to get around, which would be so cool! Also, travelling could become even faster as we might have teleport machines in our homes. You will text the name of the place you want to go to on your teleport machine and then you will be off!

I also think entertainment will change 100 years later as technology gains more grounds. Perhaps people won't need to use a TV to watch a movie anymore because they will use special contact lenses to watch movies anytime, anywhere.

But with all this advanced technology which will make our lives more efficient and more convenient, we might become very lazy. Also, this new technology will probably be very expensive to buy so it might only be available to the rich. Even though there might be some problems, I think that life 100 years later will be really great!



## My New School Life

1B Li Liu Fang

Let me introduce my new secondary school to you. It is Queen Elizabeth Old Students' Association Tong Kwok Wah Secondary School. I am in class 1B. The sight of the school was very different from what I had imagined; On the first day I arrived, it left me with a good impression as the campus is big and beautiful. I found that the teachers are very gentle towards us and care a lot about their students. The students here are also easy to get along with. They are always eager to help others.

There are many school facilities such as the staff room, laboratory, playground and library. My favourite part of the school is the playground. It's opposite the school office on the ground floor. I like to go there with my friends after class to play basketball. Sometimes, I go to the library with my classmates to read books. I like the school library because there are a lot of books there that can enhance my reading skills. I also like to borrow some books that are helpful and can improve my learning ability. The library is great as it's a quiet place to study and allows me to study at ease.

I have met a lot of people at my new secondary school. One of them is Wu Xin Yi. She is very beautiful, good at dancing and great at maths. But more importantly, she is very kind to me and a good friend that I have made at this secondary school.

I still remember my first day of secondary school as I had an unforgettable experience during my PE class. The most important part of that class was the long jump and everyone found it very difficult to jump to the end of the line. I failed on my first attempt at jumping but my second attempt surprised me. I jumped 200cm! The whole class was shocked and I hadn't expected to jump that far! This experience was really unforgettable for me and hence a great start to my new secondary school.





## Some Great Food

1D Huang Hiu Wing

Dear Miss Chao,

How are you? Last weekend, I ate lots of amazing food. First, in the morning, I ate fried noodles, a pineapple bun and some strawberry cakes. I drank orange juice and lemon tea. My favorite was the pineapple bun and strawberry cakes. I ate with my cousins and grandparents. I had my breakfast at a tea restaurant. I felt warm and happy, because I think it's great to eat with relatives I haven't seen for a long time.

At lunch, I ate some super delicious dishes, for example, spaghetti with pork chop and a pizza. I drank pearl milk tea. My favorite was the pizza because it was crispy and aromatic, and it was topped with a lot of ingredients. I ate with my friend.

All in all, I had a great time last week. I will also take you with me to eat a lot of food next time. When will you come over?

Best wishes,

Wing



## My Perfect Taro Bubble Tea

1D Wong Nok Yi



I have tried one of the most beautiful and delicious bubble teas recently. It is called Taro Bubble Tea. It is wonderful and sweet.

There are layers of colours including purple, pink, grey, black and white. There is milk and taro inside. Milk is rich in calcium, as well as high-quality protein, sugar, vitamin A, vitamin B2 and other nutrients. There is also taro inside. Taro is also highly nutritional. For example, it is rich in protein, calcium, iron, potassium, magnesium, carotene, niacin, vitamins B and C, and other nutrients. Among the minerals contained, the content of fluorine is relatively high, which has the effect of cleaning teeth. The rich nutritional value can enhance the immune function of the human body because it can be used as a staple food for the prevention and treatment of cancer. You can see some pretty taro pearls and sago pearls at the bottom. At the top sits delicately the taro cream cheese, diced taro and candies. The milk is both sugary and salty, the taro pearls and sago pearls are chewy and the taro is simply soft, waxy and savoury.

All in all, taro makes the tea divine. I love Taro Bubble Tea very much!

## My New School Life

1D Cao Ho Wai

Let me introduce my secondary school. It is chill.

Joining a secondary school is heart-warming. Some subjects are different from primary school. For example, History and Geography, which I did not study before. I get to play different sports. Playing rugby is totally new to me. I am also thrilled to go to Universal Studios with my class and teachers for our school trip. I like to play with pets at school. It is so memorable. That's why this is my dream school.

My favourite part of the school is the canteen. It is on the ground floor. Sometimes, I go there after school with my best friend. I like the canteen because I can eat fish balls and drink cola there.

Last week, in PSHE lessons, I forgot to do my homework. Our teacher said, 'You should stay after school to finish the homework.' I felt scared. However, my classmates taught me how to do the homework and I said 'Thank you!'

All in all, I am enjoying my new school life.

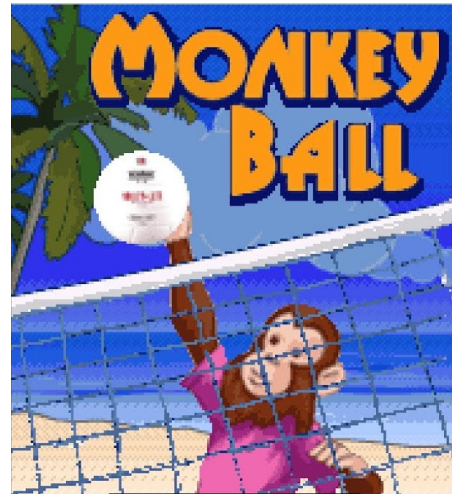


## Monkeyball Is Fun

1D Chan Ho Wang

Have you ever tried monkeyball? Now, it is becoming more and more popular.

You can do it in a team. Monkeyball is played in different countries such as USA and Canada. Monkeyball originated in China. This interesting sport was invented by my teacher, Mr Chan. He created a new way of playing volleyball. When playing, players cannot stand up. They move around the court like monkeys.



To play it, you simply need a ball. Some people play it barefoot.

To play monkeyball, you need to run fast while keeping your body low. The players must not eat too much before the game. You can play with your friends because this is a team game.

There are different competitions that players can join. For example, the Hong Kong Monkeyball Finals and the Asia Monkeyball Competition.

People love the game for many reasons. First, people enjoy monkeyball because this game is challenging. You need to move fast and keep the ball in hand. Plus, it is free. You don't need any money to play it. There are other advantages. For example, you can make new friends. More than that, you can also keep fit.

People feel excited when they play monkeyball. The game is new and fun to play.

If you like exciting games, then I highly recommend monkeyball! So, let's try it and have fun!

## One Million Dreams

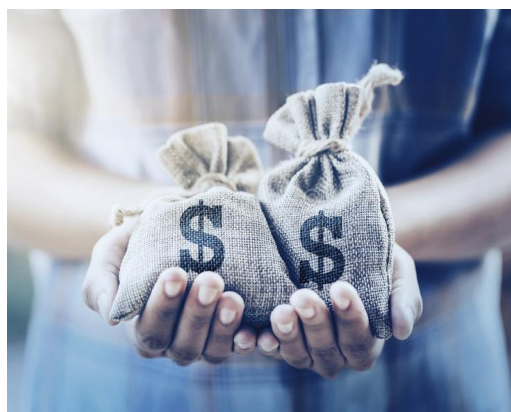
3A Cheng Ka Wai

Nowadays, living in a modern society like Hong Kong is all about money. Meals, transportation, entertainment... everything costs. Money is a topic that everyone is familiar with and can be discussed without limitation. As a student, I do not have a lot of money. I always have to turn to my parents when I need something. Therefore, I often daydream about how I would spend money if I were a millionaire.

When I was younger, I would definitely spend all my money on food, clothes or toys and my wish list would be pages long. All I would think of was about 'my needs', which were actually 'my wants'. I never realized that the money I spend on a single Barbie Doll would be more than enough for the a month's lunch boxes of a girl in the rural area in China. However, my views changed after reading more, seeing more and experiencing more.

Many things have changed these years. Who would have ever thought that we would all need to wear masks to prevent getting COVID when we step out of our house? Who would have ever thought that there would be a war between Russia and Ukraine? Who would have ever thought that extreme weather would really affect us?

Now, if I had a million dollars in my bank account, I would definitely not spend it solely on things of my own interest. It is because I know I am blessed to be able to grow up in Hong Kong, a prosperous and safe city. I would like to share my blessings with more people. One million dollars 'seems' to be a lot of money. However, there are a lot more people who need our help and a million dollars would not be enough.



As a proverb says, 'Knowledge alters our fates'. I believe only 'we' can help 'ourselves'. As a result, if I really had a million dollars, I would use most of the money to further my studies and broaden my horizons. I wish to use the money to equip myself better for the DSE, so that I can study at a good university to meet more people. With the money, I can help start a fund

to encourage more people to help each other and I can even visit people in need to help them with my knowledge and experience.

That's how I would spend my money if I were granted a million dollars and that's how a million dollars can ignite millions more to help.



## If I Became a Millionaire

3A Lai Hau Ling

If I became a millionaire, how would I use the money for my future? I believe we all want to be a millionaire because we can buy whatever we want with the money. However, if we don't spend wisely, we will still be bankrupt in the future. Now, let me tell you how I would turn my 'million dollars' into something worthwhile.

First and foremost, I would like to pay off my brother's college debt and take my family on a long trip. My brother loves me a lot and finishing college is his greatest dream. He is now working two part-time jobs to pay for his college fees. I really want to ease his burden. Also, I am very grateful that my parents sacrifice so much to give us a cozy family. It has been a while since our last overseas trip. Hence, I would like to offer them an opportunity to relax and make use of this trip to foster the relationship among my family members.



Also, I would like to spend the money on my favourite activity - dancing. I could pay for the expensive tuition fees. I would like to visit different countries so I can learn about their dances. My plan is to watch in person the promising soloists such as Emilie Gerrity, Isabella LaFreniere, Roman Mejia, and Mira Nadon in their New York Ballet School. I want to become a professional dancer and my dream is to open a dancing school. With the money, I could really put my dream into practice.

Last but not least, I would spend the money on helping others. I would donate some money to organizations that help the homeless. These people are abandoned because of many different reasons. However, no matter what they did before, no one should die of hunger. In my opinion, everyone makes mistakes. It is true that offenders deserve punishments, but they do deserve a chance to turn over a new leaf. Besides, some homeless people may have never done anything wrong and are just simply unfortunate. If they can get help, they may lead a very different life.



With my 'one million dollars', I can treat my family to something nice, achieve my dream and help others. Wouldn't my life be perfect this way?

## My Financial Plan

3A Szeto Hei Suet

If I became a millionaire, how would I spend wisely for my financial future? I have thought about this question a thousand times. If I were a millionaire, I would definitely do the following things.

Firstly, I would invest money to make a social impact. If I had a lot of money, I would devote my money to building facilities for the disadvantaged. For instance, it could be challenging for most of the disabled to travel around the city. However, if more barrier-free facilities are constructed in the city, it could make a difference. Similarly, I would help the disadvantaged by donating money to set up more special educational needs schools, where those in need could be offered various resources so as to meet their educational needs, thereby bringing them a fruitful learning experience. If the aforementioned actions are taken, a better and harmonious community will be created.



Secondly, if I were a millionaire, I would invest in my education in order to improve my academic results. In fact, doing academically well is important to me, but the tuition fee is very expensive. So, if I had more money, I would use it to pay

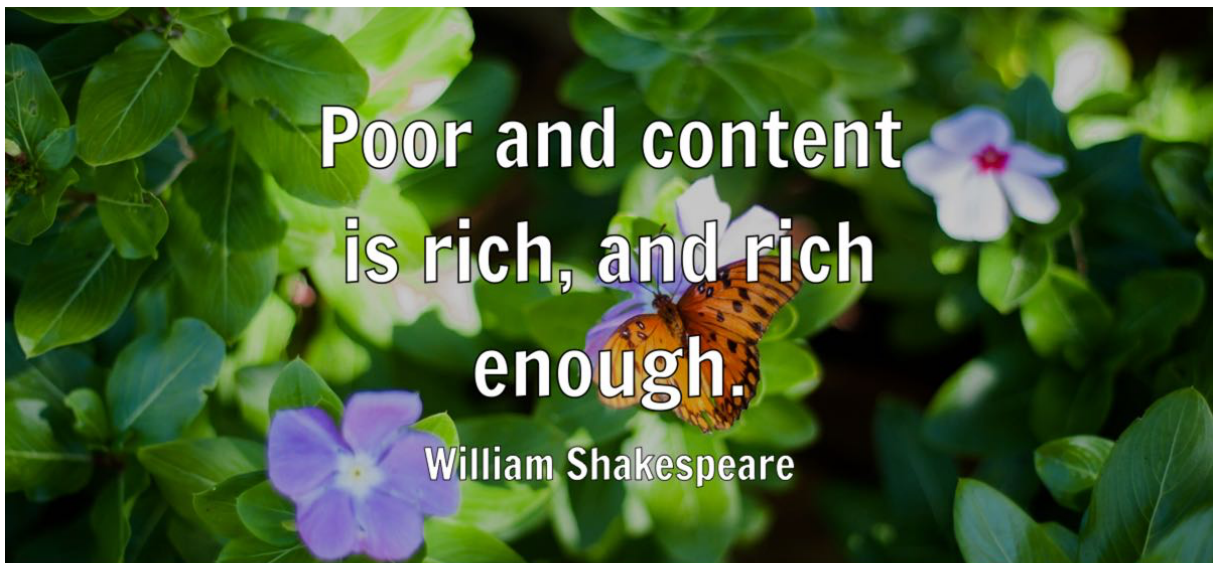
my tuition fee so that I could excel in my exams worry-free. Besides this, if I were wealthy, I would donate money to renovate and build extra facilities of my alma mater which could provide more educational resources to students and this could benefit their personal growth. Therefore, making a donation would be my other endeavor if I were a millionaire.

Last but not least, I would hire a financial advisor to help manage my bank account. If I were a millionaire, I would have countless funds so I would manage my wealth carefully and avoid spending money like 'pouring water down the drain'. One of the easiest ways to save money



is to open a bank account and put all the money into this saving account. Having a financial advisor to help with my saving account could always remind me to spend money wisely and carefully. What's more, I would plan and record my daily expenses so that I would always remember not to spend money on unnecessary things.

In conclusion, if I were a millionaire, I would spend my money on meaningful things, for example, donating money to the disadvantaged and setting up more schools. Also, I would spend money on improving my academic results and my savings. However, if I were not a millionaire, I would still lend others a helping hand every day. To be specific, I would still do the aforementioned actions with my sincere heart and follow the motto written by William Shakespeare, 'poor and content, is rich and rich enough.'



## Helping the Needy

3A Hung Ling Nam

If I were a millionaire, I would have so much money. I would like to spend that money to do something meaningful and make the most of it.

If I were a millionaire, I would like to help child refugees. Children in deprived areas cannot go to school because of earthquakes, wars, or other reasons and this will affect their personal growth and future development. As the saying goes, "A strong youth will make the country strong." Therefore, I would donate money and necessities to make their lives and paths easier and better. If they have enough for living expenses, they will recover from the disasters they have faced and restructure their lives more easily. I feel pity for those children so I would help them. For example, I would buy air conditioners, refrigerators, beds, food and drinks for them. Most importantly, I would provide them with shelters to live in.

If I were a millionaire, I would always make a donation to charity, especially to those who are disaster victims. I would ask the general public to help as well. The simplest way of spreading the message would be through the employment of an advertisement agency so that people could grasp the impact of a donation. If everyone donates, the victims will have a lot of money. I believe that those emergency areas would soon recover and even become wealthy places.

If I were a millionaire, I would open a restaurant in the area of devastation. I would lower the price of food so that the needy could have some delicious dishes at an affordable price. I would also initiate free-meal programs to support the poor and the disadvantaged so that they would not have to starve to death. I would call on the kind-hearted to open a food bank so that the hopeless would have a place to turn to.

If I were a millionaire, I would start a school in the crisis areas where school fees are waived and where basic education is guaranteed. Those children could grow up, study and play happily. Hopefully, they would learn to live a meaningful life and reach out to help more people. Admittedly, more schools of this kind would be needed in different parts of the world so I would have a busy life being a facilitator.

All in all, in order to help those people in need, I will study hard and become a millionaire.

## A Big Trick

3A Lee Ling Fung

Dear Nick,

How are you? Yesterday, Mina and I were very excited. We played a big trick on our parents! It was very funny!

First, Mina and I bought a lot of newspapers and balloons in the morning. We wanted to play a trick on Dad! We were very excited yet nervous. Next, Mina and I filled Dad's car with balloons. We were tight on time so we put them in quickly. Soon, the car was filled with balloons and we were so satisfied!



Then, we used glue to stick the newspapers on the car, we got even more excited. After that, we went back home to ask my mum and dad to go out for breakfast. As they saw our trick, my dad was surprised and then we were all laughing at the car filled with balloons and wrapped in newspapers. We thought my dad would have been angry, so Mina and I did not understand why my parents were laughing.

Still laughing, my dad said that the car was not good-looking and mum was overwhelmed.

Suddenly, a man was running towards us! At that moment, Mina and I realized that we had played a trick on the wrong car – the car we put balloons in was not Dad's. Mina and I were so scared.

However, the man who owned the car was Dad's friend. Dad knew Mina and I wanted to trick him so he had prepared to play a trick to us in advance. We were truly bewildered and surprised.

Do you have anything funny that you can share with me? Please write back soon.

Love,

Chris

## Giving Back

3A Leung Wen Zhe

Nowadays, many people want to be rich but they only think about how to spend for their happiness. They don't think about how to spend wisely and meaningfully. Therefore, I keep thinking of how to spend wisely when I become rich. Hence, I am telling you my thoughts on how I would spend money wisely and meaningfully for my future when I became a millionaire.

First of all, I would donate some of my money to charity. I need to point out that I will donate to charity even if I am not a millionaire. Some people may think, 'Why should we donate money to charity as we get nothing for ourselves and we lose our money too?'. To be specific, our money is earned in society and we won't earn much money if the majority of the population is poor. For example, it is hard to have a big profit if I open a shop among poor neighbours. Therefore, giving back to society is an act of empowering the population so that together, we synergize and enable the growth of our wealth. There are so many famous celebrities who are frequently involved in charitable activities which are more than giving money. Some build schools, hand out scholarships and some have become mentors to coach in internship programs. In other words, to give is to not only nourish the market, where our business could prosper, it is also empowering the human race.

My next plan is to repay my parents. Likewise, I will try my best to take care of my parents even if I am not a millionaire. I will give them comfort and peace to enjoy their retirement. I will do this because I believe that, as the old saying goes 'Of all virtues, filial piety comes first'. Our parents have devoted the golden years of their life taking care of me. Therefore, I think it is only fair I repay love with love. Ensuring their financial security is a must and is inadequate in itself. To repay love, I would spend time with them, listen to them and make them happy. As a millionaire, I would see to it that I would allocate time for my loved ones even if it means a compromise on earnings.

The third plan is to spend approximately one-quarter of my money to invest in some promising companies. I would spend approximately one-quarter of my money but not more because if I invest in a good company, I can get more money. But if I invest in a bad company, I won't be poor as all my eggs are not in one basket. Spreading risks over multiple assets has been proven as an effective tactic to manage risks. For example, as a student, if you have some difficult questions and you don't know how to do them, you can do two questions in two ways. If you are wrong, only one question is probably wrong. Spreading risks is the principle I abide by even if I am not yet a millionaire so as to reduce losses and maximize profits.

All in all, becoming a millionaire would enable me to make a bigger impact. What is important is that I will make an impact even if I am not yet rich.

## A Proposal about Advertising a Drink

3A Ng Wing Hong

Dear Sir/Madam,

I am writing to present my design proposal for the HKAC Advertising Competition. Please see attached a copy of my design.

The product in the proposed advertisement is called 'Dairy Dairy Taste'. This is a drink which contains 0% fat. As we all know, obesity is a growing problem, and many beverages contain a lot of fat. Drinking them may easily lead to obesity so it is unhealthy for many people. Dairy Dairy Taste skimmed milk solves that problem perfectly. Drinking milk can also help one grow taller.



Ad headlines can be used to convey a message that drinking Dairy Dairy Taste skimmed milk can make dreams come true since my image design contains a tall person holding our product, wearing a basketball jersey and holding a basketball. He does not look fat, which clearly highlights the focus of our product – 0% fat free milk. And there is a very cute cow next to this basketball player. It looks like the milk is fresh. Having the title of 'make your dreams come true' is to make you feel like drinking a glass of Dairy Dairy Taste skimmed milk will make your dreams come true.

The target audience of this ad is, of course, growing children. Many growing children desperately want to grow taller. When they see this 0% fat free milk that helps them grown taller, they will be tempted to buy it.

I hope my explanation regarding the advertisement design is clear. Should you have any queries, do call me at 98761234. I look forward to your favorable response.

Yours faithfully,

Sam Ng

QESOSA Tong Kwok Wah Secondary School



## A Proposal about Advertising an Ice-cream

3B Ye Rouying

Dear Sir/Madam,

I am writing to present my design proposal for the HKAC Advertising Competition. Please see attached a copy of my design.

The product in the proposed advertisement is called Kowloon Dairy ice cream. As we all know, ice cream is a kind of food that can make people fat easily, but this product does not cause this problem. After continuous research, we have successfully developed a product with very little sugar yet has very little difference from ordinary ice cream. It tastes like chocolate, so its taste isn't bland.

The target audience of this advertisement is mostly young people, so elements that are in line with their preferences have been added to the design. For example, we invited the most popular stars to act as spokespeople and added animation characters that can interact with the ice cream, this will better attract customers to buy.

To grab the attention of the public, we use relatively exaggerated means to present the product such as ice-cream rain and thousands of people going to grab an ice cream. Of course, the advertisement needs to be placed on the right platforms such as YouTube since many young people use it. Advertising in shopping malls where people come and go is also a good choice. The slogan may be expressed in rhyme or homophony, highlighting the fact that eating this ice cream will not make you fat.

I hope my explanation regarding the advertisement design is clear. Should you have any queries, do call me at 12345678. I look forward to your favorable response.

Yours faithfully,

Anna Ye

QESOSA Tong Kwok Wah Secondary School



## If I Became a Millionaire

3B Li Pak Hei

I think being a millionaire is the dream of everyone. Money can solve most of the problems around us. I want to help people and do some good things to make everyone happy. Here are my ideas of what I would do when I became a millionaire.

First of all, I would spend the money to buy an apartment for my parents. This apartment should come with beautiful scenery nearby, a place where they can view Victoria Harbour. Also, the mansion should be well-equipped, for example, there would be a swimming pool, a sports field for different sports and easy access to transportation. My parents would not need to work hard every day and would have a good place to live. They would not need to live in a crowded environment anymore. If they are happy, I will feel the same too!

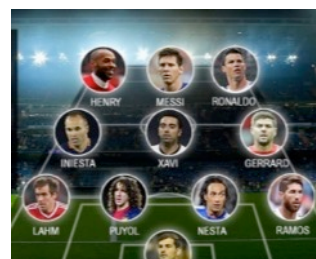
The second way is to spend the money to support my parents to travel around the world. They



have never traveled by plane before because the plane tickets are very expensive. My parents' wish is to travel to Africa and visit the Egyptian pyramids. I am sure that I can help them to make their dream come true and they will be very surprised about it.

Another way I would spend my money is that I would use it to help the poor or those who are affected by natural disasters. For example, it is so dry and hot in Africa that people do not have sufficient food and drinks all the time. I can charter an aeroplane to transport the supplies there. Also, I would construct and install some useful facilities like air conditioners for them and fund their electricity bills. In doing so, African people will not suffer from heat stroke and can have a better living environment. In fact, I hope my actions can encourage other people to raise their concern for Africa and donate money to them for long-term support.

At last, I would sponsor a football team. As a millionaire, I can pay the world-famous football players and reward the champions in different competitions. I would also set up an organization to help children and youngsters who have a football dream to achieve their goals. I could provide the chance of training to them and support potential players to join my team. At the same time, I would promote football to people of different age groups around the world and let more people know the fun of football. When all of this comes true, I would still like to live a simple life I am having now.



## How Would You Spend Wisely for Your Financial Future?

3B Tsang Yik Hei

Most people think that spending money will make them happy, but I think using money to help other people brings more happiness. Therefore, I plan to use money to help the needy if I become a millionaire.

In my life, many people are kind to me, so the most important thing is to give back when they need me. My financial plan is to spend money to help my parents because they look after me every day. A famous actor once said, 'Be conscious of kindness and acknowledge a duty to repay it.' Since my family always takes care of me, I must repay them. First, I would pay for them to travel to Australia so that they can relax for a while. Australia is a beautiful country and there are a lot of attractive views which can cheer my parents up. For example, the beautiful blue sea and waves. I am sure they will have a good time if they travel there.

I would follow the idea that 'money makes money'. First, I would invest in the development of electronic products. For example, I would like to invent a robot or something technological. It can help me earn more money. Research shows that more people use technological products than before. I will sponsor a work team to help me invent a robot that will walk automatically. I want to create AI software to help the robot walk and do household chores. It has been my dream since I was young.



I want to help those in need so I will help them by funding a charity activity. Figures show that Hong Kong has 1.63 million people who are poor, that is 1 out of 4.5 people. The situation is common and serious throughout the world. I want to make people's lives easier. I will raise money, launch a few charity activities and get everyone to help out.



Finally, I would spend money to promote environmental protection because I think nature is important to the world. A nature protection advert will be produced by me. I will use experts and celebrities in my advert and make it attractive. After the design is done, I would pay the advertising fees so people around the world would be reminded of the importance of environmental protection.

If I became a millionaire, I would do everything I have just mentioned. I hope it is something I can achieve.



## How to Make Our Work Environment More Environmentally Friendly

5C Hung Chun Ming

The pandemic has finally come to an end. In these three years, a lot of disposal items were used to fight against the virus. It is time for us to do something to make up for the environmental cost caused by the pandemic.

It is common sense that we all turn off the lights if there is no one in a room. However, lights in many offices, especially in the Central district, are never turned off, even when no one is working in that office. It is a big waste of energy. Policies should be set by companies that lights should be turned off when no one is using a room. To ensure energy is properly used, traditional lighting systems should be replaced with an LED lighting system. It is because studies have shown that LEDs use up to 90% less energy and last up to 25 times longer than traditional incandescent bulbs. Therefore, the more companies use LEDs, the less energy is wasted.

One effective way to reduce the amount of paper used at work is to alter the settings of printers. We can set a printer to print on both sides by default. Also, employers should consider switching their companies to paper-free companies. Announcements and updates will be sent to employees every day via the Intranet. Receipts and warranties will be sent to customers via email. This way, less paper will be used and more trees can be saved from not having to buy paper.

In order to be more environmentally friendly, we should try to use less air conditioning or at least keep the room temperature at 25.5°C. However, it is understandable that it will still be too hot for an office worker who is working in a full suit at 25.5°C. Therefore, if employers allow their employees to wear casual clothing to work when they do not need to meet their clients, a 25.5°C office would be a pleasant place to work in.

In conclusion, if we want to make our work environment more environmentally friendly, we all need to play a part. When we all make some changes, even if the changes are small, we can make a big difference.



## A Special Day with My Idol

5C Wong Lok Yiu

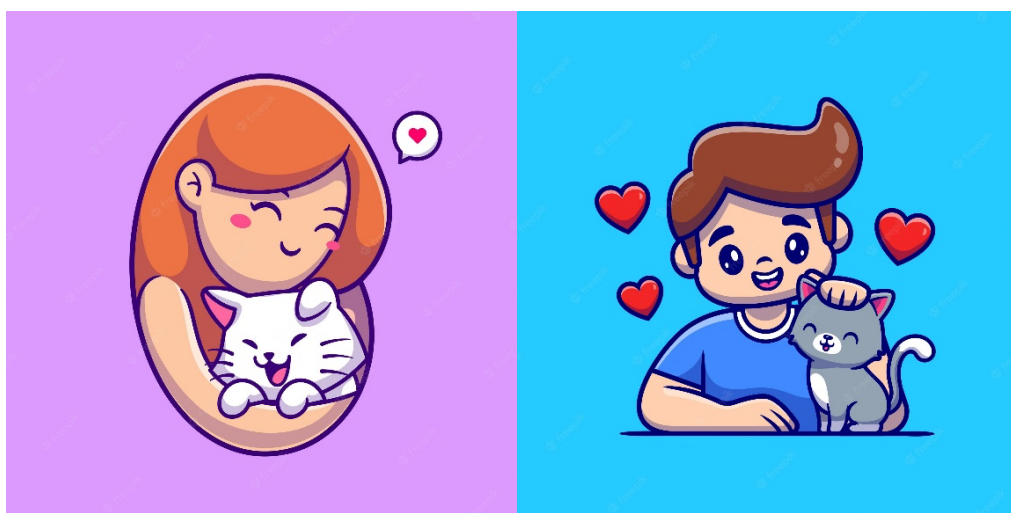
One day, I met my idol, Eddie Crane, while running downstairs from my home. I have been very fond of him since I was a child. I walked behind him, listening to his songs with one headphone in my ear, and listening to him humming his own songs with my other ear.

I felt that I wouldn't be able to follow him for long, so I ran after him for a while and took a recording of him on my mobile phone. It turned out that I had followed him for two kilometers!

Suddenly, I heard him sigh. Without thinking, I asked him what was wrong but didn't expect a reply. I couldn't have imagined that he would answer me. He said that he was very upset about his cat. From social media, you can see that he loves cats very much, but unfortunately, his black cat is no longer in this world. I too am a cat owner and I understood what he was feeling was very painful. We ended up talking about a lot of things such as our cats and our favourite music.

I saw a convenience store in front of me, so I ran in and bought two bottles of water, one for myself and one for him so that I could comfort him while drinking water. I couldn't have ever imagined that one day I would be comforting my idol.

Since this day, I often meet up and run in the park with my idol which is amazing. I hope my idol and I can be friends forever!





## **Section 2: Muse**

## Friends' Advice

1D Cheung Hei Yu

Tom was a boy who had 1-meter-long black hair. He told me that his hair was once 1.5 meter long. He always liked keeping his hair long.

Tom's hair always touched the floor. His long hair always touched his friends as well. One day, May asked Tom to cut his hair short. Tom ignored May so May had no choice but to report Tom to the principal.

The principal said at a parent meeting that Tom had to cut his hair short or else he had to leave our school.



Tom didn't want to cut his hair short but he did not want to leave his friends either. So, Tom asked his friend, 'Should I cut my hair short?' All Tom's friends asked Tom to cut his hair short because none of them wanted to see him leave.

Tom finally had his hair cut short and he looked even more charming with his new look. He was so glad that he had taken his friends' advice.

## A Film Review: Frozen

2B Ng Mei Ying

Let me share my thought on the film 'Frozen'. I think the animation is carefully done. What I like most about the film must be its songs. They are catchy and the lyrics are meaningful.

However, it is not a perfect film and it has some problems too. One problem is that the ending is quite predictable so it cannot surprise me. Also, I have been thinking how come Hans can pull out a weapon out of nowhere to try to kill Elsa? The plot should be written more carefully.

All in all, I highly recommend this film to others. It teaches us that it is alright to be different and we should accept who we are.



## Should Students Wear School Uniform in School?

2B Poon Chi Hin

Nowadays, school uniform is thought to be one of the most memorable items in our school life. However, there has been a heated discussion on whether students should wear school uniform in school recently. From my point of view, students should wear school uniform.

Firstly, wearing school uniform can save students a lot of time from thinking about what to wear every morning. If students do not have uniform to wear to school, they will struggle about how to do the mix and match of their outfits every morning. For girls, they may even need an extra 30 minutes to wear make-up before stepping out of their room. Therefore, if school uniform is the only thing to wear, students can save all the hustle and bustle.

Another reason in favour of my argument is that the price of school uniform is reasonable. Parents will not be overcharged since the price of the school uniform is monitored by the school. However, if students are allowed to wear their own clothes to school, they may spend a lot of money to follow the latest fashion and buy different designer products to go with their outfits. Some students may even skip lunch so as to save money to buy clothes for school. As a result, wearing the same school uniform can avoid students comparing with each other.

Last but not least, wearing school uniform can boost the sense of belonging and school spirit among students. Students who wear the same uniform are seen as a part of the big family. Although students come from different backgrounds with many differences, they will feel more included and more comfortable among their peers when they wear the same uniform.

In conclusion, students should wear school uniform in school because it brings many advantages. It is hoped that schools will keep the good practice about making students wear school uniform to school.



## Ad Review: a Massage Chair

3A Szeto Hei Suet

The advert is for promoting a massage chair. I like this ad because the advert is really eye-catching and memorable. The target audience of this ad is people who pay attention to wellness and the fans of Andy Lau.

In the advert, there is an image of Andy Lau sitting on the massage chair. I think this image is so effective because the advert uses Andy Lau's influence so his fans will definitely be attracted. Seeing Andy Lau sitting on the massage chair relaxing, Andy Lau's fans will surely want to buy a massage chair at home to 'be like' Andy Lau. Also, the advert uses a play on words. The massage chair is named 'King Chair' and Andy Lau is one of the 'four kings' in Cantopop history. So, the advert implies that when one buys the 'King Chair' massage chair, he or she will be entitled a 'King'.

The slogan of the advert is 'massage fit for a king'. The main message of the advert reinforces that owning the massage chair can lead you to the enjoyment of living like a king. The advert is effective as it includes an

influential pop star Andy Lau and it uses many memorable skills such as a slogan, appealing image and word play.



To improve the advert, I suggest using some facts and figures to make it even more persuasive. It can make more people believe the massage chair is the best of the kind.

## Advice about Metaverse

3B Chau Lok Yee

Dear Judy,

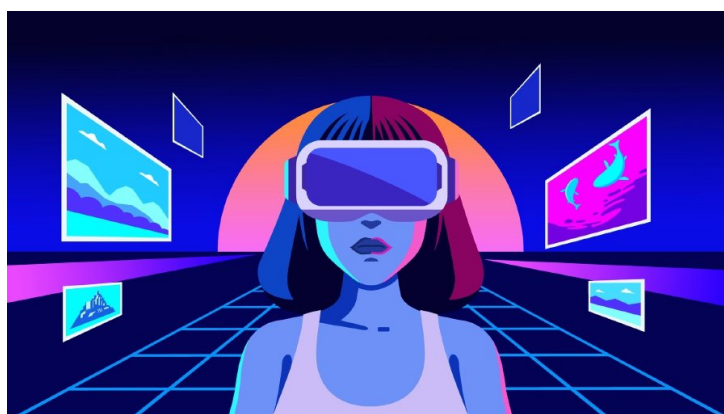
Thank you for your letter. I am so glad that you are interested in metaverse. In this letter, let me tell you more about it.

The world of metaverse gives us the joy of learning and understanding things in the 3D world of imagination. It enables students to interact with their peers in a more effective way.

Also, metaverse can increase data capture on learning performance. Using the metaverse to create immersive learning experiences allows organizations to collect untapped data to gain insights into learner behavior to track progress, identify gaps, and continuously improve the learning experience. Useful data on learner actions include usage performance, attention and engagement sentiment, and predictive analysis will be collected. Teachers can also play a more active role in collecting data and analyzing lessons on the effectiveness of teaching and learning. The above is sophisticated and demanding but metaverse can do it with ease. In conclusion, metaverse brings many advantages.

When there are advantages, of course, there are disadvantages. Metaverse may bring some privacy issues. We have already had privacy concerns when we browse the Internet. The technology is already tracking our behavior online, which will also happen in the metaverse, and the tracking is likely to become even more invasive and intense. So, you need to be cautious while using the metaverse.

You are very welcome to write to me again for further questions.



Yours,

Leer



## PE Lessons in Hong Kong Can't Be Ignored!

4A Kwok Man Kei

Nowadays, all schools are required to have PE lessons for students. Some people think that PE lessons should be cancelled while some think that PE lessons should be reserved and strengthened. From my point of view, PE lessons have an important value. It even has a great impact on the development of Hong Kong students. I do not think PE lessons shall be cancelled. The following is my opinion and explanations.

First of all, Hong Kong students are highly stressed. Different subject teachers have given students different tasks and this stress has even gradually devoured the mental health of our students, making the mental health of our students gradually unstable. According to the 2022 academic stress report of all Hong Kong students, it is said that 40% of Hong Kong students are gradually prone to depression in the face of academics, irritability, stress and other negative emotions. Because of the worsening mental health of students, I think PE lessons should be reserved. Some studies have pointed out that after doing exercise, our bodies can release happy substances and our negative emotions can be stabilized and controlled. Therefore, students attending PE lessons can relieve their academic pressure.

Another argument is that Hong Kong students do not have enough time for exercise. Most Hong Kong students simply don't have time to do sports after school or on holiday as they need to attend a lot of tutorial classes in their free time. In the 2021 Hong Kong students' physical examination report, it is reported that 30% of the students have poor resistance. Lacking of a strong and powerful body leads to frequent illness. Therefore, Hong Kong schools should not only retain PE lessons, but also spare more time for students to work out. More diversified activities for students should be developed so that local students can take on more tasks in different aspects but not being spoon-fed passively.

Most importantly, Hong Kong students are not physically healthy. Under the oppression of Hong Kong's education system, students work round the clock to complete the learning tasks and review. According to the statistics, 20% of the candidates taking the HKDSE are absent from the exam due to physical reasons. HKDSE is one of the most important public examinations in their life, students do not skip the examination easily unless they are very sick. Therefore, isn't it time for us to think of ways to help our students to be stronger?

In conclusion, I firmly believe that PE lessons must have important values for Hong Kong students. It is hoped that schools can keep PE lessons and even reform it so as to train our students to become healthier.



## **Mobile Games Are Addictive but There Are Ways out**

4A Au Miu Yu

Digital technologies have been developed more quickly than any innovations in our history. Countless mobile games come to the market. Many games on mobile phones are so popular that attract many adult and teenage players. It is obvious that mobile games are addictive and many people are addicted to them.

Many people are addicted to famous mobile games such as Apex, PubG and Arena of Valoris. As people are over-stressed at school or work, they choose to play video games to escape from the reality. The use of bright colours and heightened sound effects stimulate players' senses and that's why they are so addicted to the games.

The ever-increasing cases of damages to the eyesight is another evident of game addiction. Addiction to mobile games can damage your eyesight because looking at the electronic screen at all time is extremely harmful to the eyes. It is evident that many people experience blurry vision, eye strain and a sharp decline in vision because of prolonged use of mobile phones. Many children and teenagers need to wear glasses because mobile games have damaged their eyesight.

In fact, a number of other illnesses also put the blame on the addictive nature of the mobile games. For instance, more and more people have become less active as they are glued to the screen on mobile games. Prolonged sitting and their inactive life style have caused obesity, weak muscles, probability of diabetes and high blood pressure. Whereas prolonged mobile game playing has also caused a lack of rest and sleep, which could bring disastrous health hazards such as memory loss or even heart strokes.

The phenomenon of game obsession further proves that mobile games are indeed addictive. Computer games are challenging, stimulating, and entertaining. This kind of temptation is more appealing than classroom learning and school learning environment. Gradually, students have become obsessed with games. As a result, they often cannot pay attention to their teachers in class, and some students even skip school to play games, which inevitably leads to failure in the completion of learning tasks and plummeting academic performance. When that occurs, it

satisfies the criteria of the newly discovered disease called Gaming Disorder defined by World Health Organization.

To overcome, many experts advise parents to spend more time with their children. It is understood that many parents work around the clock and therefore they simply give their children a mobile phone to kill time and boredom. However, they should use a supportive and empathetic attitude to make the children feel cared for and loved. Parents should also set a good example for their children to follow and it will be much easier for children to understand the real purpose of owning a mobile phone.

Some strategies are suggested to help children overcome mobile games addiction. Parents can limit their Internet access by compromising a schedule. Parents can also organize more family activities. If children are occupied by other activities, they may not be glued to mobile phones and understand there are many more fun things in the world waiting for them to discover.

We do understand that once players are hooked, quitting is never easy and there are times they relapse. Potential quitters can try to find like-minded peers to quit together so they can support each other in their quitting journey. When they can put down their phones and open their mind and heart to see the world, they will understand that the world is much more amazing than the colourful world they see from the little black box with a tiny screen.



## Advice to My Friend

4B Chung Shuk Kei

Dear Andy,

I'm sorry to hear about your dilemma. I understand that it is very difficult to strike a balance between your schoolwork and your favourite sports. I hope my advice helps.

It seems that you are worried that you might need to repeat S4 because of your poor grades. Well... if this is your greatest concern, you need to remind yourself that catching up your grades is your first priority. What takes up most of your time? Mobile games, right? Like other teenagers, you don't realize you have been spending millions of hours on mobile games. Have you ever asked yourself that other than 'scores' and the 'weapons', what do you get from all these games?

They probably make you popular among other players, what about your peers who don't play the same game? All these, the 'scores' and the 'weapons,' immediately become 'nothing'. However, better scores can impress your friends, teachers and family. These scores may also lead you to university. As an old proverb says, 'it's never too late to pick up things where you left them.' If you do not know where you should start picking up, I would suggest hiring a private tutor to help you set off. The private tuition might cost your parents some money, but if it can help you gain the confidence back in studying, I bet your parents will be happy to help.

I understand volleyball is very important to you and therefore I will never ask you to quit. But you do need to plan ahead. You should get an organizer to record all the important events. Yes, it might sound easy, but sticking to it can be challenging. You have to mark down all your practices. You really need to learn how to say 'No' to some 'gatherings' and earn time for rest. You need to have a very strong mind to lead to success.



I hope my advice helps. If you have any questions, please feel free to write to me again. I look forward to hearing from a more confident you.

Best wishes,

Jenny

## Hong Kong Education System

4D Cheung Tsz Kin

Q1: Is Hong Kong education system examination-oriented? Why or why not?

I think that Hong Kong education system is examination-oriented. There are many reasons to support my argument.

The first reason why I think Hong Kong education system is examination-oriented is that many schools only focus on students' examination performances but ignore their mental and physical development. It is reported that many students may have good grades in many subjects but they are suffering from emotional problems. It is because schools and teachers assume that if students have good grades in learning, they tend to do well in other aspects as well. Also, when students do not have an impressive examination results, they cannot get into the school they like no matter how well they perform in the extra curriculum activities.

Q2: What are some reforms that you think should be made in Hong Kong education system? Give TWO reasons.

The first reform that needs to be made in the Hong Kong education system is that there should be more resources allocated to the development of students' communication skills. If students only have a good performance at school but don't know how to make good use of their knowledge, their life will be difficult. For example, it will be a pity for one who cannot get the job because he doesn't do well in the interview. As a result, it is necessary for the government to allocate more resources on it.

Also, I think the Education Bureau should allow schools to run with a flexible schedule. Some students have been complaining about the long school hours. Even though they go to bed very early every night, they still feel sleepy the next day. And the long school hours make them exhausted. I think that EDB should refer to the practice in other countries for shortening the school hours. As a result, students will have time to complete their assignments and take a good rest.

Considering the fact that students are under so much stress under the examination-oriented education system, it is of utmost importance to make reforms in the existing education system.



## Second-Hand Product Transactions Are Not Good Enough

5B Lau Hau Ching

There are more and more second-hand products available in the market. The greatest benefit of second-hand products is to save the buyers' money. The price of second-hand products is often much cheaper than its original price, and some are even free. Besides, second-hand product transactions encourage recycling which is good for the environment. However, many Hong Kong people do not like buying second-hand items. This article will discuss why this is the case.

Many people believe second-hand product transactions are flawed and unacceptable due to the lack of government supervision and clear rules. The flaws in the second-hand products are covered up. When consumers are cheated, they find it difficult to claim their compensation. There is also a lack of reputable second-hand shops in the market and therefore people tend to buy first-hand products in order to reduce loss and trouble. According to a recent survey of the Consumer Council, more than 10% of the respondents said that they are willing to buy second-hand products.

In fact, in countries like Japan and the United States, industry supervision of all products including those of second-hand products are standardized. It turns out that customers can buy second-hand products with confidence. Purchasing second-hand homewares and clothing is very common in America and Japan. There should be a provision of laws to govern how the second-hand products should be labelled and compensated upon failure in quality and performance in Hong Kong. Hong Kong indeed can borrow the successful lessons overseas to promote second-hand goods transactions in Hong Kong, especially when second-hand product transaction is beneficial to a sustainable way of life.



All in all, the possibility of loss and a lack of laws are likely the reasons why second-hand products are not popular in Hong Kong. Our government should take the lead to roll out measures accordingly to encourage more second-hand goods transactions in Hong Kong.

## Technology Makes People Lazy?

5C Wong Lok Hin

Nowadays, technology is everywhere. We use it to keep in touch with friends, do our homework, do our shopping or even do sports. However, there has been a lot of discussion about technology making people lazy. Is it really the case?



Technology involves a number of advantages. The greatest advantage that technology brings us is that we can save a lot of time. For example, when I need to take a bus, I can use the apps to check the arrival time of my bus. So, I can make better use of my ‘waiting time’ to do some house work before leaving home. Another advantage is that we can easily make reservations like booking a table at a fancy restaurant, a room at a 5-star hotel or a ticket at an amusement park. With the help of technology, we no longer need to line up for hours to get what we want. With the hours we have saved, we can spend them on work, study or family!

However, the disadvantages that technology brings along should not be neglected. With just several clicks, answers of all kinds are shown on the screen. Unlike the old days, students do not have to ‘think’ as answers are at fingertips. For students who are not very disciplined, they will just take advantage of the convenience brought by technology rather than spending time ‘thinking and doing’ their homework.

With the surge of online games, people are spending hours and hours on them. Not many children go to the playground to ‘move’ anymore. They think playing a basketball game can improve their hand-eye coordination as well. They also believe they can socialize with their friends like the old days. Playing basketball online can save them from sweating, getting changed etc.

In conclusion, it is true that technology can make our lives easier. However, does it encourage us to be lazy? It really depends on how we use technology. If we take advantage of technology so we can be a couch potato, it is entirely our fault but not the fault of technology.

## A News Reflection - Bruce Lee

5C Tse Wing Fung

Dear Editor,

I am writing in response to the news about Bruce Lee's image fight dated 26<sup>th</sup> August 2022 on The Standard. It is reported that Bruce Lee remains influential and I could not agree more. Therefore, I would like to discuss the various ways he has contributed to the world.

Lee has remained prominent and influential in a number of ways. First, he was an unequalled champion that had built a sturdy image among Asians. Because of his powerful image of an undefeated champion, he had also built a strong Asian image in the west and we are no longer being looked down on. As he is such a powerful Kung Fu master who could do two-finger-push-up, speed fighting, many westerners want to learn from him.

Lee was such a prominent star that he had been well-known in the movie industry worldwide. Modern martial artists like Jet Li, Jacky Chan and even director Stephen Chow have seen Lee as their muse and lifelong idol. Lee had given them endless inspirations in movies and in life.

Although Lee had gone for so many years, his influence is still everywhere. I hope that we could build on what Lee created and we all can find ways to make our lives more fulfilling.

Yours faithfully,

Chris Wong





## Should We House Families of Three People First?

5C Tsui Yiu Tung

Good afternoon, ladies and gentlemen,

Today's motion is 'The government should prioritize the building of public flats to house families of three people.' My team thinks this is unacceptable. Allow me to explain the arguments why this is the case.

First, housing has been a thorny issue not just for the families of three people, but also for almost everyone in Hong Kong. Housing prices are skyrocketing so many people could not afford a proper place to live. The supply of the public housing is seriously insufficient so many people have no choice but to live in sub-standard housing such as the subdivided flats and broken houses in the countryside. The living condition of these flats is appalling. The flats are well under 100 square feet. The beds are very likely next to the toilets. Many people need to use the shared toilets with other tenants. Some need to share a kitchen or may not have a kitchen at all. Even so, the rent of these undesirable flats is not cheap. A 100-square-foot subdivided flat may cost \$6000 every month or more. These people, both adults and children may not have a proper place to rest and study. The housing problem needs to be addressed and the government protection in this area is far from satisfaction. The government should not forget its duty to build enough housing for the citizens. The government should not first house the families of three and forget the plight of the rest.



My second argument is that if the government would like to build more public flats for a particular group of people, I would argue that the elderly would be the people we should accommodate ahead of others. There are a number of reasons for this. Housing the elderly is also a priority of many nations. As the elderly have contributed their many golden years to the community, they should be well taken care of after they retire. More than that, if the elderly is not taken care of properly, they will be sick or even die more easily and that will cause more problems to burden the government. Therefore, how could we accept the government prioritizing the building of public flats to house families of three people?

All in all, it is obvious the affordable housing is far from sufficient in Hong Kong and from the arguments above, we can conclude that the government should find all means to increase supply of affordable housing for different walks of life. Provision of public flats for families of three ahead of others might not seem fair.

## Does Technology Make Us Lazy?

5D Tsai Tsz Ching

Nowadays, there have been a lot of discussion about technology. Some people think that technology can make our lives more convenient, but some people think that technology can only make us lazy. In this essay, I will examine both sides of the arguments and try to reach a conclusion.

One of the reasons supporting the argument that technology makes people lazy is related to the Internet. A notable example is that people rely on technology to work. There are many online applications nowadays so people may choose to work from home. Working from home may make people less productive because people tend to be more 'relaxed' at home. Work which can be done within hours may have to wait for days.

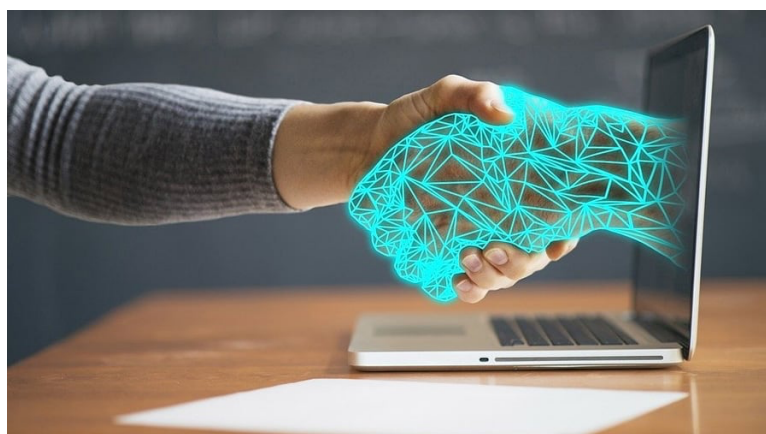
With the advanced technology, people perform different tasks using different apps. Some people spend a lot of time on these apps and they don't even realize they are addicted to it. Instead of doing what they should be doing, they just glue to the screen to enjoy their entertainment. They do not want to do anything else anymore. When they are hungry, they don't even cook for themselves but place their meal order via apps.

There is no doubt that technology changes the way we live a lot. In this busy era, we no longer go to library to gather information for our projects. We make good use of the Internet to do our research. Because of technology, we can save lots of our time from analyzing our data and preparing for our presentation. The Internet has provided a chance for us to do better.

Besides, because of the amazing technology, communication between people has become more effective. Many social media platforms like Instagram and Twitter allow us to 'communicate' with our friends on our busy days.

Also, many technological developments are related to sports, such as treadmills and sports games. The outbreak of the epidemic has kept many people indoors. Thanks to the technology, many people could still do exercise on treadmills, with their ring-fit and game consoles.

In conclusion, there are some reasons for and against the issue. My opinion is that technology can help us. I believe that the benefits brought by the technology outweigh the harms.



## **Mobile Games Are Born to Be Addictive**

5D Fung Kei Hang

Mobile games are born to be addictive as they are produced for profits. They are created for bringing players gorgeous game experience so the game publishers can make the most profits of it. Therefore, game publishers will make mobile games as addictive as possible and they will use some strategies to keep player staying on the games and spend money on them.

In order to ensure a stable income from those games, publishers maximize opportunities for player trades through fights, level promotion, purchases of weapons, resources or perks. Thus, mobile games are usually designed to be addictive. Many mobile games have beautiful art styles and rapid game rhythm. Beautiful art styles attract new players to try the game and loyal players to stay on further. Bringing new players into the game can make sure that other players will not quit playing the mobile games because of a lack of popularity. After all, in the arena of games, players bring more players and success breeds success. Besides, rapid game rhythm can distract players so they become ignorant about the time consumed in playing the mobile games. Moreover, rapid game rhythm means a smaller chance to lose patience as it makes players feel less bored or frustrated even in competitive games. Players can always start the next round of the game. And each round of a game does not consume a lot of time. In addition, most mobile games are updated every week or month with new content and reward systems. This will increase game durability or players coming back and staying on. Although bringing new content costs more resources or investment in the development, bringing new content to players can make players stick to the games all the time and more time on the games may translate into more monetary. An added bonus is players will think that those game publishers are so serious as they bring so many updates. As game publishers adopt multiple means to lengthen play time and their success as attested in various statistics means players spend longer hours than before, no wonder World Health Organization has recorded a continuing growth of game disorder incidents.

It is now quite obvious that mobile game players are falling into an intended loop if they think that these game publishers are so selfless. What's more, some games contain "lottery" systems known as gambling systems to encourage players to keep farming for "lottery tickets" to start a lucky draw in order to get new and powerful items, gears or characters. This will cause players to spend days and nights on the games in order to farm enough tickets to try their fortune. Last, some crafty game publishers might cooperate with other well-known companies and set up some time-limited events to claim the 'precious' characters and products and to this end, players will play and keep playing the games in order to get that time-limited, valuable and cool content, causing players to be addicted to these games.

Some may argue that certain mobile games are not designed to be addictive. Those pay-to-win games are definitely designed to be addictive.

Pay-to-win systems have been widely criticized because they lead to an unfair game experience in competitive games, as players who pay more money win. And most of the pay-to-win competitive games use "sunk cost effects" to avoid players quitting playing these games. It is because these pay-to-win players usually pay a lot of money on the games. They are not willing to quit the game easily because they have paid so much money on the games. Once they quit, the money they have spent will become dust or ash. Besides, these games will install pop-ups to encourage free-to-play players to pay money to get powerful items, gear or characters so that

they can defeat other free-to-play players. This is how to turn free-to play players into pay-to-win players and make those players stick or be addicted to the games.

Even though these games are specially designed to be addictive, there are some ways for us not to get addicted to the games.

The first way is very simple – quitting these mobile games. Many mobile games are just tools for earning money, but not for spreading joy or bringing awesome experiences. Therefore, we can just quit these mobile games and join PC or console communities, places where games are used for joy and bring nice experiences. Second, we should know how much time and how much money we have spent on the games. We can get such information easily by tracking the screen time and purchase records. You will be shocked by how much time and money you have spent despite your subjective wish to play fair and square. It is only then that you will do something to turn the tide. Third, we can develop interests in other things in order not to be addicted to mobile games.

To wrap up, many mobile games are intended to be addictive. We should educate the general public in order to stop people from getting addicted easily. We can also set up laws to fight against these addictive games and restrict the sales of certain mobile games to the underage. In the future, mobile games will become the mainstream platform of playing games, so we should not let the electronic games rotten and let the game publishers do whatever they want. We should act before it is too late.

## Apps to Monitor Children

6A Miao Tsz King

Dear Editor,

I am writing to express my views about some parents in Asian installing apps on their children's mobile devices so as to monitor their activities to ensure that their children are using their devices responsibly. I think monitoring has positive influences on children. In the following paragraphs, I am going to illustrate why parents should monitor their children.

Monitoring can ensure the healthy growth of their children. With the advancement in technology, children can access any kind of information on the Internet, including pornographic and violent information. However, children are not mature to decide what kind of information is suitable for them. Also, there are a lot of bad people online. These bad people would first try to gain trust from their targets and try to cheat them at later stage. Losing money would no longer be a great deal compared to a girl being raped and killed. As an old saying goes, 'One who is near vermilion gets stained red, and one who stays near ink get stained black.' Parents should pay close attention to their children. Monitoring their mobile devices is definitely a good method.

Also, almost everything can be done online nowadays and shopping can even be done by a few clicks. Therefore, to avoid children spending money unconsciously, a barrier should be set to alert them. Since children's phones are monitored, when children want to purchase anything online, they will learn to discuss with their parents or spend within their budget. With this practice, children do not need to learn their lesson hard. That's why I think monitoring children's devices is a very good practice to make hay while the sun shines.

Last but not least, monitoring children's devices allows parents to ensure the safety of their children. Somehow it is still hard to believe kidnapping still exists in this century. With the advanced technology, we can spot where the children are located as long as they have their mobile devices with them. Also, it is known that life is not as easy as before. Children nowadays are trained to be multitasking. They are actually suffering a lot more than we, adult, might understand. If parents are aware of their children's needs in time, many tragedies can be prevented.

In summary, I agree on parents monitoring their children's mobile phones because it can ensure the healthy growth of children, avoid children wasting too much money and most importantly ensure safety of children. I hope that every child can stay healthy.

Yours faithfully,  
Chris Wong



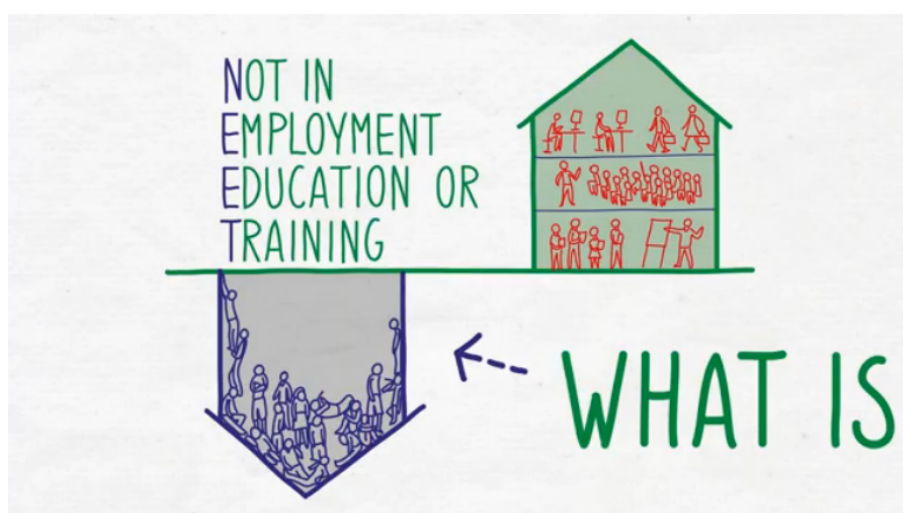
## Solutions for NEETs

6A Wong Tsz Ching

Recently, the number of NEETs in Hong Kong has been rising. You may wonder what NEETs are? NEETs are young people who are not in education, employment or training. They spend their time at home playing video games or surfing the Internet. If this situation continues to deteriorate, it will definitely affect Hong Kong's economic development. Young people are the future pillars of the society. If they do not work, the society will lack a labour force and creativity. This report will present the reasons why the number of NEETs in Hong Kong is rising and suggest what can be done to help these youths.

There are many reasons explaining why the number of NEETs in Hong Kong is rising. The first reason is that both parents and the society put a lot of stress on young people. Parents want their sons and daughters to have a bright future. They expect their children will become doctors, entrepreneurs or lawyers. They hope their children will have achieved great success in their careers and family so they always control the way their children live. It makes young people suffer from a lot of stress. Most of them do not talk back because they believe in filial piety, loyalty and obedience. As to the society, Hong Kong society advocates elitism. Therefore, young people need to work very hard to possess a wealth of knowledge and status. It is believed that if they are not elites, they will be 'eliminated' by others. Because of this, many teenagers choose to immerse themselves into the virtual worlds where they can build their own identity.

I suggest people who are suffering a lot of stress can try to receive animal therapy. They can keep pets such as dogs, cats or fish. Animals can bring joy and spiritual comfort to people. This can reduce the stress level of young people. Also, when one finds himself stressed, they can try to talk to a social worker. Yet, I think it is very important for young people to communicate with their parents. Love and care are always the solutions of any arguments.



## Constant Dripping Wears away the Stone

6A Wong Wing Nam

Dear JC,

I'm sorry to hear about your situation. I know you are very frustrated about your parents' disapproval of your dream of being a vet. I hope my advice could help you.

I think the real problem is the communication problem between you and your parents. Did you talk to your parents while they were busy? Did you listen to their explanations why they disapproved? Maybe your parents find you young and might not handle what a vet can do. They might notice that you cannot deliver what you promise sometimes. Also, being a vet is never an easy job. Vets have to work long-hour shift every day. You will need to work around the clock as you do not know when accidents happen. Maybe your parents want you to have a more comfortable job.

Communication is the key to resolve conflicts. You should first find a suitable time and place to talk to your parents. Talk to them when they have spare time. Try talk to them at home during dinner. Instead of defending yourself, you should be patient about the comments made by your parents. Open your heart and ears to understand their points of view and explain your thoughts patiently so as to convince your parents that you have grown to be more mature.

I also advise you to contemplate the appropriateness of you being a vet. You should make sure the subjects that you are studying will qualify you for the Vet course. You need to study hard for your upcoming DSE. As the proverb says, 'Constant dripping wears away the stone', you will succeed if you are determined enough.

Smile a little. Don't worry too much. I wish you a great success in your future!

Love,  
Chris



## Are Mobile Games As Addictive As Society Says?

6D Imran Yashaa

Mobile games have concurred human for nearly three decades. Mobile games use various methods to lure players. Yes, mobile games bring pleasure to people aged between 3 and 70. However, I have to admit that mobile games do more harms than goods to us.

First and foremost, a recent report stated playing mobile games for a certain period of time will cause players different levels of hallucination. When a player plays a violent video game for 20 minutes, his response centers will become more active but the frontal lobes' emotion regulation and executive control centers will become less active. There have been many cases of mobile gamers, especially young ones, who lose their mind after playing mobile games for too long.

Secondly, mobile games hypnotise people with their colours and animation. Mobile games use captivating graphics and audio to produce a classic conditioning loop that amplifies the dopamine reward push. Mobile games are designed to appeal to some of our most basic senses, just as you would notice a flood of flashing neon lights when you walk down a busy street in Wan Chai at night. Bright colours and hypnotic noises naturally draw us and make us more conscious of our surroundings, which apps developers are well aware of. It is simple to understand why consumers find it difficult to put down mobile games when you combine fast changing graphic worlds with enticing sound effects. In order to understand this, Dr. Lisa Strohman, a clinical psychologist and the creator of the Digital Citizen Academy, suggested that we "think of the red underbelly of a black widow spider." She was alluding to the idea of warning coloration in the animal kingdom. Bright colours can be harmful, yet they also satisfy the brain in some ways.

Another reason why mobile games are addictive is that mobile games increase in difficulty and offer immediate gratification. To begin with, the vast majority of mobile games are extremely simple to learn and play, and this is certainly true of all of the top gaming apps. As the player progresses through the first few levels, their dopamine system is stimulated as they are rewarded for their success, ensuring people to get a quick burst of the pleasure hormone right away. This gives the player a sense of great accomplishment, making them want to keep playing in order to feel the same way. To fuel this action, games like Candy Crush encourage players to keep playing by using words like "Amazing" and "Divine" after players successfully



complete certain tasks. The difficulty increases as players become more familiar with the game rules. The better you get at the game, the more likely you are to become addicted.

Lastly, I would like to point out that the COVID-19 pandemic has contributed a lot in mobile games addiction. People of all ages are affected by the global pandemic. It affects our school, work, and social lives. During the pandemic, people were stuck at home and they had nothing important to do but to play mobile games to kill time. As previously stated, players are addicted to the game because the mobile games provide possible obstacles for them to challenge. As a result, playing games has become a task for them during their quarantine. As time goes by, they have become addicted to playing games and get their sense of accomplishment there and now it is different to ask them not to play.

To sum up, mobile games are extremely addictive and cause more harms than goods in our life.



## Are Mobile Games Seriously Addictive?

6D Wong Yan Ting

According to a 2019 study, approximately 2.4 billion people have played mobile games around the world—that's almost one-third of the global population. Mobile games such attract many young people to play and they spend a huge amount of time playing them. Players said it was fun playing the games and they are beneficial to them. However, many educators and parents think mobile games are seriously addictive and they do more harms than goods. For me, I personally think mobile games are not actually addictive.

Many parents tend to push their children to strive for excellence. However, they do not understand that their children are under tremendous pressure. Every day, students spend hours upon hours doing homework and in order to escape from this horrible reality, they immerse themselves in a virtual world. When playing games, these children feel relaxed as they can forget all their worries. Mobile games give them excitement and a sense of achievement. In the eyes of these children, mobile games are not a deadly poison but they are medicine for their soul and mental health.

Moreover, there are actually different types of educational games available in the market. Sudoku and Block 1010 are just two very good examples. People can train their Maths skills and logic with these games. With a diverse range of learning games, children can build essential skills in Maths, reading, writing, digital literacy, and many more. There are many games in the market that are educational. With these games, children can learn in an interesting and interactive way.

Researchers suggest that mobile games can aid teenagers in developing problem-solving skills. While playing strategic games like Total War: Three Kingdoms, teenagers can learn how to solve problems and puzzles.

In the eyes of most adults, including parents and teachers, mobile games are either addictive or seriously addictive, and in no way useful. They always complain that students spend too much time on mobile games which in turn distracts them from their studies. Hearing that some students want to pursue their dream of becoming an eSports player, these counselors are furious as they think being an e-sports player is a dead-end job. But I do not agree with that because

becoming an eSports player can also develop their professional skills. There is nothing wrong if people work hard to actualize their dream and aspiration.

It is true that mobile games can be an addiction and excessive gaming can have an adverse impact on a child's health. Some people even describe the games as 'digital heroin' and claim the games are comparable to illegal drugs in terms of their influence on the brain. However, if we manage our time well, mobile games are not as bad as we think. We can all enjoy pleasure and gain benefits from mobile games.





## Section 3: Mojo

## **We Are the Light**

HKCYAA Writing Competition 2022 Gold Award

1D Wong Nok Yi

Many people say the Covid19 pandemic has made our lives miserable. However, I would like to chronicle the noble deeds that light up our lives.

First, while many African nations could not afford buying the vaccines and a number of G7 nations have turned a deaf ear to celebrities and world leaders' appeal for celebrities to donate vaccines, the British government and Chinese government generously took the lead to donate the vaccines. In fact, helping others is helping ourselves. Only when the majority of the world population is vaccinated are we universally immune against the virus and its variants. Negligence of the poor nations will eventually backfire and if the pandemic has not been overcome, the entire economic system will suffer. Therefore, it is high time we lit up the dark and overcome the pandemic together.

Many citizens have used up their savings to make ends meet and many businesses barely survive in this tough economic environment. Fortunately, there were various government-aided business subsidy packages to pay the salary of employees. Also, our government handed out \$10,000 shopping vouchers, which is truly like rain during our financial drought. During those months, we could see the long-lost queues outside the restaurants and could see more smiles. On the other hand, some countries prefer spending on military operations but not on their citizens. Some other governments are fiscally deficient to provide any support to the people. Therefore, some children die from hunger during the past three years. While we are grateful for the financial aid of our government, We should offer our sincere gratitude to the ones who not only take but also give. Let's give them a big hand.

It seems that lives have been hard during the pandemic. Despite this, we can somehow find a way out if we stand by one another. Remember that all of us are the light who can give others hope and keep others warm.

## My Financial Plan to Love and Empower

1D Chan Ki Yui

When I became a millionaire, I would be more capable to love and to empower and it is to this end that my financial plan set off:

First, as love begins at home, I would purchase a business which my father would help me pick. He did not desire to earn money. Instead, he always teaches me to do something useful and meaningful to society. My mother and sister always purchase a lot of cosmetics but I would challenge them to run health and beauty schools to enable some students who have no appetite for learning to develop their career skills from something they are interested in. My brother wants a game console. I would teach him how to make money by selling games and tools so that he could try out almost all games free of charge. My grandpa wants a life in a village and I would simply buy him a villa in a village not far from Hong Kong so I could visit more often.

Then I have plans to help other people become rich. For example, I would donate another 1 million as an education fund so that the children of my mother country could get education. There are endless stories about children abandoning education for multiple reasons. One of those is that the school is several kilometres from home and the working parents and the single parents could not afford the time to bring the children to school. I would ensure that nothing stops any children from receiving education. The provision of education would secure the financial well-being of the society in the future as a child without proper education will probably grow up dependent on the society.

On top of that, I would donate to the goal of Hong Kong being a carbon neutral territory by 2025. As electricity generation amounts to more than 65% of our carbon dioxide emission, we

are in desperate need of a clean energy protocol. Asking the public to give up on air-conditioning is not realistic. I would invest on scientists to invent an air conditioner with low power consumption or solar-powered engines. At the same time, I would donate to the government to build solar power plants so our electricity supply would be sustainable and also clean.

Last but not least, I will never forget to repay my mother school. I would install adequate solar panels to satisfy the power consumption in the school, so that the money saved from the electricity bills can create more extracurricular activities, more scholarships, and more reward programs for the students. On the other hand, I would recommend a student buddy scheme to pair the local students with the unfortunate buddies worldwide so that the spirit of brotherhood could sustain and our children can grow up with a heart rich in love and empathy towards the suffering of mankind.

All in all, money can help us open many doors and I hope my money could open the door to a mankind full of love and empathy.



## Love Will Shine on amid the Pandemic

HKCYAA Writing Competition 2022 Champion

1D Leung Ho San

The past three years of living with the pandemic is a complicated journey. In retrospect, it is always trying times like this which manifest who we are and inevitably, while we are heartbroken at times, we are also empowered by the unimaginable sacred characters.

Many people were infected with the contagious disease but mine came when my family was in hard times. My father owned a small store and yet it is more like a burden than a source of income. My father should have abandoned it long time ago so he could keep the savings for the family. In reality, he put almost all his savings into



it, paying the rent one year after another despite a negative revenue. We were not feeling as painful as my father, 'Everyone now is miserable. It's time to persist. Spring will come after a long freezing winter.' We did not complain, we did not feel the pain of a lack of money since people around us were also suffering from it. Our relatives had similar encounters. Friends of our parents had similar encounters. Even our neighbours shared similar stories. We were full of hopes that we would overcome this situation. Who knows the real trial could really hit hard.

One day, I almost fell unconscious and had a high fever. The hospital was overcrowded so that I could just stay home to take a rest. My parents never left me alone. They cooked for me and did all the chores. They went out to get the medicine in a long queue outside the hospital. When they were back, they begged me to take the pills. Yes, they begged since I



was allergic to medicine. I scolded them so as to avoid taking medicine. However, they just kept on forcing me to do it. Finally, we both cried.

One day, our hamster looked weird. Then, it was confirmed to be infected with Covid19, so we knew we had to let it go. At that moment, I understood why there is a quote, 'love is stronger than death.' I didn't mind if I would be infected with Covid19 again. I did not mind if I would die because of playing with my pet which was very sick. I hugged my hamster one last time, I told him I loved him. I told him he was a wonderful and loyal hamster. I thanked him for being my little naughty friend. Then, I took him to the vet and accompanied him and ensured that he could leave peacefully. I later asked my parents why they allowed a farewell despite the contagious situation. They said, 'We would do the same to our family.'



These mighty words of wisdom come at a price of life. We might be plain. We might be poor.



Yet, our love can be profound. Our love is what ultimately gives us peace at heart. Looking back, in our ups and downs with or without the pandemic, the love and warmth of our surroundings makes days easier. My parents help me survive the infection and the loss of my dear pet. Even my pet sacrifices itself to protect me and all the human beings. After all, love is what makes us persist, I always believe spring will come after a long long winter.

## The Silver Lining amid the Pandemic

HKCYAA Writing Competition 2022 3rd prize

1D Yu Chun Hin

Covid 19 has turned our lives upside down. The last three years has been hard. Families make do with their lives while their income shrinks. Sometimes, we tend to feel lonely when we could not hang out with friends. We were particularly helpless when someone in our families was being affected by the pandemic. Some of them were hospitalized and we could not pay a visit due to quarantine measures. Despite all these difficult moments, there are also some amazing moments worth mentioning.

Actually, the amazing things are right beside us. First, love never ceases even in the face of an unforgiving pandemic. My friends never forget my birthday and I will not forget theirs. We met up in zoom and sang the birthday song. We could not meet face to face at school. We then shared our electronic games and interesting videos via zoom. There is never a shortage of laughter.

I have also come to realize how valuable my family is to me. When cases of Covid19 mount and I start to worry what would happen if I were infected. Will my family send me away from home to the quarantine facility? The thought itself is tormenting. However, my parents reassure me that they would stay by my side if the government allows and take care of me if I am infected unfortunately. These words of acceptance and promises have melted my heart and we can know clearly what is dear to us and where the real love is in the hard times.



Another thing worth sharing is that my parents have still continued to sponsor a child through a local charity even though our household income is severe. I was curious why we did not cut such an expenditure and save up for emergency. My parents told me, ‘I am not helping them. Instead, they are helping me. They help me to convince myself life is still good.’

In other words, help people out while we can. We are the fortunate ones if we are capable of giving a hand to others. My father even came up with an idea of sponsoring more children this year as he thinks the charity may get less public donations these years due to the ailing economy. I could not agree more.

All in all, while the pandemic may appear unfeeling and merciless, love is the silver lining of the cloud. When we act out of love, we are never short of solutions and together, we will leave no one behind and finally, we will overcome.



## **Be the Light of the World**

HKCYAA Writing Competition 2022 Silver Award

3A Cheng Ka Wai

What kind of person can be called a hero? When I was young, I thought they would only be the characters appearing in Marvel's movies. The ones who fall from the sky to help the people in need and leave without telling a name, or those who suddenly appear to kick the aliens away. Now, I am older, I know heroes don't have to be able to fly or dive.

In the remote mountainous areas, where knowledge is not common, there is a group of kind-hearted teachers sacrificing their shopping time to educate students so they can obtain knowledge to change their lives.

In a serious fire, there is a group of brave firemen putting themselves in danger to save the suffocating victims. They try to save the victims' lives.

Even the epidemic is still raging now. There is still a group of benevolent medical staff taking care of the sick ones at the hospital.

Other than Iron man, Superman and Wonder Woman to be called heroes, I want to say people who treat others with kindness should be called heroes as well. It is because as long as we are able to pass the love and care to one another, we are helping to lighten someone's life. This little light may not shine brightly enough. However, if everyone is passing this little light to others. I am sure it will be shiny enough for everything.

## The Remarkable White Angels

HKCYAA Writing Competition 2022 Bronze Award

3A Leung Wen Zhe

Over two and a half years ago, a sudden epidemic took away the joy and happiness of the New Year. In the blink of an eye, people are now talking about the new transmittable disease. Even though the number of confirmed cases of COVID-19 rose drastically, this terrible virus did not frighten the ‘angels in white’. Disregarding the danger to their lives, many medical staff stepped forward to fight against the disease in the front line. Many of them have not returned home since they entered the wards.

My mother once showed me a video which was about some medical staff carrying their luggage to leave for the ‘battlefield’. I was moved when I saw the brave warriors waving goodbye to their husbands, wives, children, parents and friends. I truly felt thankful for them.

For the sake of controlling the epidemic and rescuing patients, they gave up on rest and comfort and shouldered social responsibilities to support our city and the patients. The scene when the medical staff boarded the coaches with confidence craved in my heart.

There are still many medical heroes in the front line for the fight against the virus. Doctors, nurses, professors, scientists, government officers, cleaners etc.

They represent selflessness and love. How can we support these people? We can just simply stay home and maintain good hygiene will be a great help.



## Our Guardian Angels

HKCYAA Writing Competition 2022 Bronze Award

3A Wong Cheuk Hin

"What hardships do we have, isn't the worst thing still the patients who lie on the sickbed every day?"

I quietly looked at my aunt who was sitting across from me, and I only felt that she was very different from my impression of her: bright, plump cheeks which were always healthy and rosy. There is a layer of gray and black eye circles around her eyes, like the exaggerated eye shadow of the female villain in a comedy, and her face is so thin that even the jawbone protrudes, like a shriveled mummy, but still smiling.



I frowned and looked at my aunt's exhausted expression and found that these great warriors seemed to ignore their own psychological needs when they cared for the infected patients selflessly. "Maybe I'm still not strong enough and not responsible enough." My aunt sighed, "Some colleagues are also sick, but they are all staying in the hospital, unlike me taking time off to rest."

The situation made me think. How heavy is a glass of water? The weight doesn't depend on the amount of water in the glass, but on how long you hold the glass. Of course, a few seconds is easy. Ten minutes may not be difficult. After half an hour, the arm will start to become sore. I am afraid that an hour is not something that ordinary people can hold. However, there are extraordinary warriors with courage and endurance that exist around us who continue to hold a heavy weight. The epidemic has been going on for more than two years so far. Medical nurses and front-line anti-epidemic workers have been working tirelessly to fight the virus and take care of patients. The heavy burden has been on them for a long time. On their shoulders, they never give up easily. This admirable perseverance and courage is unmatched.



I had an idea. Isn't this the trauma exposure reaction introduced in a book I recently read, "Trauma Care: When You Care for Others, Be Careful of Your Own Injuries"? Isn't my aunt just showing one of the symptoms - never feeling like she's not doing enough? My aunt is sick and has a fever. What's wrong with recuperating at home? The muscle pain and lack of energy she revealed in her speech were also symptoms of chronic fatigue.

I couldn't help but be amazed that the traumatic exposure response was not an uncommon response. It turned out that the examples in the book were just the tip of the iceberg. I was reminded that caregivers need to love themselves before loving others, and not to forget their own when caring for others.



In this difficult "epidemic situation", it is more and more common to be able to heal without self-medication, but how can a broken body and mind mend another scarred soul? Before you can heal and save others, you must maintain your own physical and mental health before reaching out to help others.

## Let Your Light Shine on Others

HKCYAA Writing Competition 2022 Bronze Award

3B Tam Man Wai

Nowadays, the COVID-19 pandemic is greatly affecting Hong Kong. Most people are seriously and negatively influenced. However, like a coin, there are two sides. I still have amazing thoughts and experiences that are worth sharing. Let me share them with you.

Have you ever had the feeling of emptiness and loneliness? If you have had these feelings, I recommend you become a volunteer and participate in volunteer services which are held by charities as it provides lots of benefits.

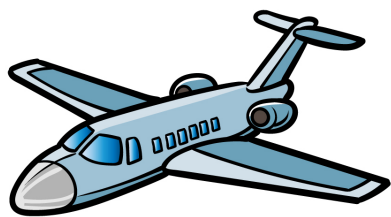


Even if the pandemic still exists, I can still meet many friends who are like-minded. I can try and learn how to care for the elderly and children, as volunteer activities usually involve visits to elderly homes and orphanages. But the most important thing is I have someone to talk to. The needy are mostly willing to listen to my daily life experience because they stay in the same place for a long time and they don't have too many chances to contact the outside world.

I have volunteered several times and I realized how happy I can be to volunteer. Since I am in middle school, I rarely sit down and share my thoughts with my classmates and friends. Since I have a lot of things to do, the usual busy life makes me feel very tired, and day-to-day life makes me have almost no hope of survival. I always feel like I'm living like a robot, doing repeated things and living a repetitive life. However, the needy and I can warm one another with spiritual support. That's why it is a really rewarding experience for me. Even though I do not get paid for volunteering in an organization, I gain invaluable learning knowledge, experience and skills.







Another experience took place while I was shopping with my parents. As we finished selecting some new clothes and were about to go to the checkout, I saw a customer drop a wallet in front of us, and we hurried to pick it up. After following him all the way down the road, we finally found him and we returned the wallet to him. He said he had his ID card and passport in his wallet. He was flying to the UK for a big business deal later, and that if he hadn't gotten his wallet back, he would be late because he wouldn't be able to get on the plane with any identification document. Indeed, my small gesture of kindness helped him a lot. As a token of gratitude, he gave me a piece of candy and hurried to the airport. When he ran away, I carefully observed the candy packaging and realized that it was a limited-edition gummy that I had always dreamed of getting but couldn't. Perhaps good deeds are to be rewarded well.

One night during the pandemic, our neighbors forgot to turn off the gas and caused a huge fire, and a fire truck was dispatched. Regardless of their own safety, the firefighters bravely rushed into the fire to rescue the babies left behind in their homes, and at that moment, they turned into light, into our heroes. Fortunately, in the end, there were no casualties and the most serious cases were only some small wounds and damaged things. Those firefighters are willing to sacrifice themselves to save the lives of citizens, they are worthy of people's praise and admiration.

Of course, I not only have the above experience, but it also left a deep impression on me. During the summer vacation in July, the epidemic improved and the number of confirmed cases had gone downward. Therefore, many entertainment facilities reopened one after one and the epidemic prevention measures have gradually eased. People's lives have gradually returned to normal too.

Due to the loosening of social distancing, I invited Amy, my best friend, to go to the carnival. We enjoyed rare time outdoors. We had a fulfilling day and took a lot of photos to capture the good memories and won many stuffed toys. I didn't dare go on the roller coaster though! We also won a lot of prizes and had a lot of fun. Nevertheless, when we finished riding the Ferris wheel and were about to leave, we saw a young girl panicking in front of the Ferris Wheel as

if she was lost, and we came up to her and asked her, 'What's wrong, are you lost?' She cried and answered, 'Yes, I can't find my family anymore.'

We were going to help her find her parents, but we didn't know where the broadcast room was. What's worse is that our phones were out of power after an entire day. Although we felt helpless and overwhelmed for a moment, we quickly adjusted. I said, 'Don't be afraid, just stay here and wait. That's the best way, and we'll stay with you until they come back.' Her worried expression disappeared after my words, she slowly leaned on my shoulder and waited patiently. Then, she fell asleep. After about an hour, her parents finally came up and they rushed over to hug her and then pulled her to express a heartfelt thanks for our care. Her mother said, 'Thank you, we probably wouldn't have found her without you.' I said 'You're welcome, but you must watch over her next time. It is dangerous for such a young child to wander outside alone for so long, and there is a chance that she will be abducted by bad guys.'

She promised that it won't happen again, also she lamented how teenagers nowadays sometimes feel more mature and stable than adults. I thought to myself that maybe our group of teenagers has experienced too many things, has tasted the sufferings of the world, and learned to be independent and take responsibility.



I always feel like it's been a roller coaster ride during the pandemic. I realize that I have gradually become sensible, from immature to mature, and some elders say that the children nowadays are more mature than those of the same age in the past, and they no longer need help. I lament that time has passed. So please cherish all the time you can spend with your family and friends. Hopefully everyone can live happily and the pandemic will disappear step by step too.

In conclusion, although this epidemic has been haunting me because of loneliness, people's passion to help others has never faded. Everyone has always shown their kindness to care and care for others. Do your best to help others within your ability. Consequently, I always believe in the saying that human nature is inherently good. Maybe you are tired of your life but don't give up, there are many people behind you who are just like you and support you. We can only come once to the world and cherish our lives!

## Let My Light Shine on Others

HKCYAA Writing Competition 2022 Silver Award

3B Chen Wang Yat

When the COVID-19 epidemic broke out in the Hong Kong Special Administrative Region some years ago, I immediately signed up to become a volunteer.



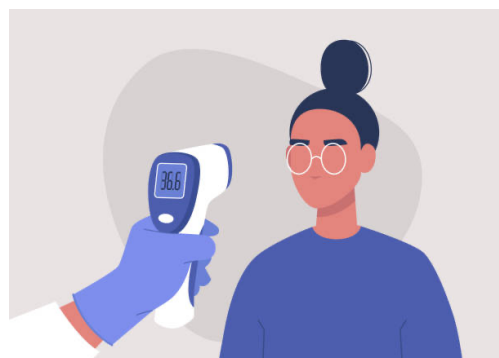
Volunteer - Under the pressure of busy work and life, we use a relaxing and creative way to perform our righteousness from a young age. By doing so, it releases positive energy. Not only do we volunteers care about people and things around us, but we also integrate the concept of giving back to society into our daily life, making it a daily habit and sharing the beauty of helping others and self-help which contributes to our happiness. I took advantage of the summer vacation to

participate in the epidemic prevention and control work in Yuen Long District.

Since I started volunteering in the anti-epidemic service in July, I have mastered the entire process quickly.

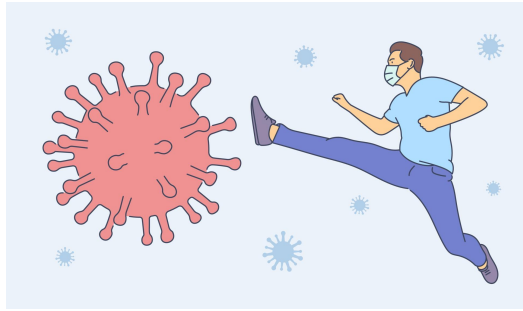
During that time, I participated in several epidemic prevention and control activities in Yuen Long District, which has provided convenience for countless citizens under the haze of the epidemic. My duties ranged from

scanning codes, measuring body temperature, maintaining order on site and answering questions to relieving emotions. As an anti-epidemic volunteer, I often have to share a lot of work. The task of entering the community testing center seems simple, but it's repeated dozens of times a day. Even hundreds of times, I couldn't even lift up my arms after work. I



spent over a month there volunteering. I also participated in epidemic prevention and control training very early in the morning every day. All the days were finished with responsible and tireless volunteering.

Covid-19 is prevalent in various places, and many parts of the country are facing the danger



of the epidemic. Those in the risky zones have shouldered the responsibilities of assisting other citizens in their hometowns, showing dedication and responsibility to the community. Although they are only a small part of the tens of millions

of people fighting the epidemic, they are also the pride of Hong Kong. They are the shining stars of the Chinese nation, who are united in their efforts to gather the mighty forces to fight in the epidemic. Like all the anti-epidemic volunteers around the world, they are all brave devotees in this challenge, and they will surely win at last.

## The Need of Positivity

4C Chan Yuen Kwan

Twenty years ago, someone wrote in an essay, 'I hope that one day in the future, people will be able to acquire knowledge at home without leaving home'. The quote has shown a very big contrast of then and now. In the past, technology was not yet developed and we had to go out a lot to deal with the matters. For example, there was no online shopping and people had to go to do their shopping. However, with technological advancement, we can manage our daily life at our fingertips.

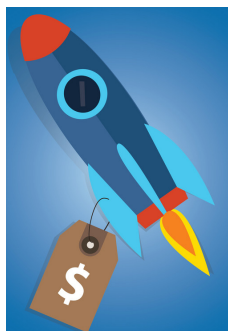
On top of the advance of technology, the aforementioned wish has come true! At the start of 2020, the COVID-19 pandemic has swept the world, leaving empty cities everywhere. And we have to stay home all the time. Some people might even have stayed at home for months without stepping out their apartments due to various reasons - lockdown, quarantine and social distancing measures...



Without the supervision of school teachers, in the era of rapid development of technology, students inevitably feel a sense of slack. They start to rely on their phones other than studying. For example, many students use their phones to play online games with their friends instead of meeting one another physically. Some may even prefer browsing their favorite sites rather than doing something educational when they have to stay at home.

Apart from that, some students are able to arrange their time on their own, which may lead to a rapid learning progress. Compared with attending lessons in schools, online courses have provided a higher degree of freedom for students. For example, learners can use Padlet to share their ideas with teachers instantly. Another glaring example would be the adoption of Zoom. Teaching and learning would not be hindered by physical constraints even if people had to keep a social distance. But at the same time, the

requirements for students' self-discipline are also higher. Some students may fall behind with their studies when they have to stay home. As a result, the students' test scores and academic performance may worsen.



Beyond that, the deepest emotion I have experienced during this disaster was panic.

This emotion has grown with the daily increase in the number of infections or deaths in the news. I was also worried if I would be infected when I heard about the rising numbers of deaths. The price of masks has skyrocketed, and people have no time to confirm whether the masks in their hands are adequate. The sky-high prices are no longer a few thin layers of fabric, but a soothing tranquilizer.

But even under the intense atmosphere, people still hold on to hope. The doctors and nurses rushed to the front line to save lives. This beautiful news has been nourishing our hearts and giving warmth to us. We should all believe that a new chapter will come eventually.

## Walk on to See the Colours of Life

HKCYAA Writing Competition 2022 Champion

5C Chau Ngai Long

In the midst of the pandemic, we were lost, wounded and disheartened. Now that the pandemic seems under control and the preventive measures start to loosen, I could serenely remember the moments of clarity I savour amid the chaos of things. This moment of clarity brought me immense joy and wisdom.

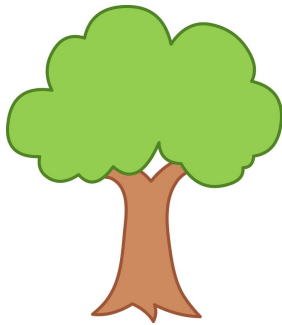
It was almost one year after the outbreak of the pandemic when there seemed no way out and life almost came to a halt. The school was closed, I needed to queue up every day to grab the groceries and friends were afraid and too scared to make any contact. My beloved sport training and competitions were suspended until who knows when.



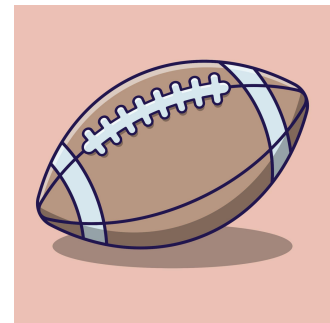
There were not many choices so I simply went out. I used to run around the neighbourhood to build leg muscles and lung capacity but because of the masks, I could not breathe while running. I was forced to only walk. For one moment, I had pity for myself and the human race. We could do nothing but walk now.

I kept walking and the many unpleasant flips passed my mind and faded. Then, my mind had only one voice, 'Is there anything I wanna do now?' The answer is crystal clear. I would like to return to the rugby court and train for international tournaments.

I was somewhere on mid-hill now and there was this piece of plateau where I could look down the road I had come from. There were so many trees around me. They were so still and so tall. I admired the height of the trees. Trees need to remain still and seem impossible to move an inch forward or upward. Yet, they grow so tall, almost touching the sky, the way they want to be, close to the sun, close to heaven.



Maybe there is a point to lay still and low. The time we lay low and still and seem like doing nothing does not stop us from growing tall and reaching our goals. Look at the trees. Who said we can do nothing to prepare for the rugby tournaments? I was simply confused by all the chores and my anger towards the disease.



Then, I kept walking for about another hour, with more and more joy and serenity inside. I started to feel very tired. I heard several hikers beside me mention some touching stories of the medical staff in Hong Kong. They carried out their duties even if the diseases could be fatal and highly contagious. They chose to stay in the dorm and did not go home so as not to spread the diseases to their families. While they act so nobly, they also act humbly and quietly, never asking for any compliments. When people do their best in their capacity, they are adding colours to the gloomy world. This is unity in silence. As long as you are not afraid of dangers and obstacles, you will succeed in the end. No matter how bumpy the road is, I can complete



the challenge. After an hour, I finally completed the whole journey and saw the beautiful

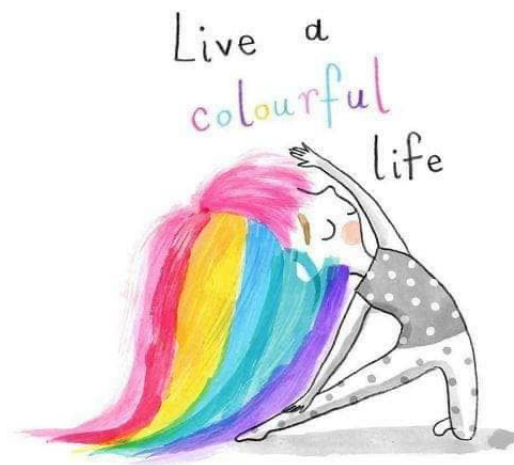


colours of the city below me. This walk is really unforgettable for me!

When there seems to be a dead end, simply do something or take a walk in nature. The trees can teach you a lot.

The hikers around you may have valuable lessons to share. There are colours in the dark. I understand that we must not shrink from difficulties, just like the medical staff who work together to fight the epidemic around the clock.

Do not be afraid of difficulties, you will only succeed if you face them bravely . Simply walk on, take one step after another. In doing so, we can walk out of the pandemic, walk out of any obstacles and see the colours of life.



## Shine on Others

HKCYAA Writing Competition 2022 Bronze Award

5C Tsui Yiu Tung

In recent years, the Covid19 epidemic has been prevalent, and we have experienced various changes. What impresses me is that there is always light in the dark.

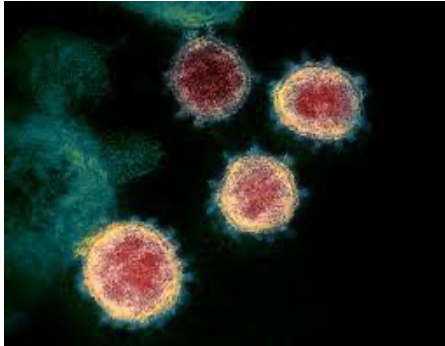
What scare you the most during the pandemic? Being infected? Being locked in quarantine? What matters to me is that I may face a cut of my pocket money, which I have anticipated because of the gloomy economy. My father now needs to take up an extra part time job apart from a full time job in order to make up for the cut in his full-time salary. Yet, the cut never comes.



Another thing that has remained unchanged in our family is that we visit our grandparents and have lunch with them as usual every Sunday. My grandparents can cook lots of delicious soup, such as lotus root soup with pork rib, fish maw soup with dried scallops, chicken feet soup with peanuts, black chicken soup with red dates and fish head soup with bean curd. If I keep visiting them, I can taste the freshness of the soup and ingredients. My grandparents then ask me if I need anything, I would usually reassure them by shaking my head. Then I regularly ask them if they have had any health problems and they will utter in a big smile, ‘no big deal’ and we just sit down and I will give them some massage. Inside home, we are blessed and we have peace. My grandparents always ask me to imitate my parents and I definitely know exactly what I should learn from them.

Do these unfortunate events make us more thankful and more grateful? I am not sure, especially when almost all of the headlines of the newspaper have been occupied by those tragedies. Parents killed their chronically ill daughter after taking care of her for years and finally broke down. A son stabbed his own father for not giving him money and set fire to their home and suicided. Russia bombed Ukraine causing civilian deaths. These incidents cause my heart to ache and make me angry. I realize I could not do much to change the world or stop the tragedies.

That's why it is all the more important that while we have the light from Neverland, we share the light and keep others warm too.



Dr. Li Wenliang was also safeguarding people when he announced the discovery of the infectious disease which looked like SARS. He asked his colleagues to put on protective gears and be safe while investigating the disease. However, his investigation was not believed by the authority. Still, he had



awakened the world to look into a contagious disease. Indeed, I was deeply moved by his selfless behavior. We should learn from him not to be afraid of condemnation and authority, but to act out of love and benefits to others. So while today we are all safe and sound, we all owe these good souls and could only pay back by following their footsteps.

All in all, while life is full of surprises and we never know what lies at our doorstep next morning, we know even in the darkest moment of the pandemic during last three years, we can safeguard our families, our people and do what is right to make the world a better place and to put a smile on our beloved ones. We can let the light shine on others.



## Colours of Life

HKCYAA Writing Competition 2022 3<sup>rd</sup> Prize

5C Wong Lok Yiu

A sudden epidemic has brought new changes to people's consumption views, social views and values. During the war against the "epidemic", many people not only highlighted the brilliance of human nature such as honesty, kindness, integrity, love, and bravery, but also had a new sublimation in handling the relationship between people. The several incidents below attest the shift of focus from power, wealth, fame to respect and reverence for life.

A new form of work is to work from home (WFH). It certainly reduces time on commute and it allows us more time to care for the household matters and our families. Conventional workplace maximizes the output of their workforce and considers any family responsibilities as a distraction. An Asian airline even goes as far as dismissing employees having babies. Tides are turned now as the enterprises see no loss in the employee output in WFH and the employees look for more work-life balance. Even Google's intention to revert to full office operation has to compromise.



A new form of entertainment is to enjoy life at home. Gone are the days we fly overseas and savour a chef-served fillet cut, gone are the days we sunbathe 300 miles away from home. If we are to enjoy life, you got to do it almost at home. Home parties, home cooking, home gym, home movies, ... suddenly, we return to our home. We have to learn to appreciate how we can do so at home because we are so used to consuming and eating out and even if we live under the same roof, we do different things separately and our conversations are mostly 'hi-and-bye' and we hardly get along much before. Home is normally like a hotel to us, a place to turn in. Unexpectedly, because of the social-distancing measures and quarantine norms, we somehow



find ways to make our home more like our home than before. Family is our company, and there is more fun going on now.

On the other end of the spectrum, this mounting quantity of home life has caused more family conflict, heightened more



limitations and worsened the living standard of many households in Hong Kong. With an average household size of less than 160 square feet per capita in public flats and about 48 square feet per capita in subdivided flats, it is inevitable home stay could hardly be comfy and pleasant. Members of the same family have nowhere to escape when someone smokes. In many cases, even to-be-divorced couples need to cling to the same flat as they have nowhere to go. As a result, Hong Kong people are likely suffering from a lot of stress. No wonder our mental health status falls below the satisfactory level according to a survey conducted by the Mental Health Month Organizing Committee and Chinese University. In John Lee's policy address, there are concrete steps to speed up the building of public flats and transitional flats. This is certainly a commendable move, doing what the society desperately needs.

A new form of relationship is to get along well with yourself. When the social distancing measures are in place, we could not throw parties like before. We could not hang out like before. With those spare time, we need to live with the reality that we ought to ask ourselves what we like doing before we fall into the realm of mobile games. Don't forget mobile games could be addictive which may bring an array of problems. The Chinese government has formulated clear regulations to restrict access of young people to mobile games and gaming time, and clear guidelines of any sort, would be better than having none at all. What is more important is that young children are introduced into the wide variety of activities and these activities are readily available as quite many of my friends are lacking ideas what they could do.



A new form of life is to live with nature. Townspeople suddenly find life in the countryside appealing as they try to avoid crowds and to do away the boredom at home. Some quoted from medical journals saying there are benefits in the negative ions and the bio-chemicals like phytoncides to reduce stress and prevent obesity. Their love of nature has conducive effects on their daily routines. They are concerned about plastic consumption and overload of our landfills. When they see a bee in the classroom now, they find ways to free it instead of killing it. More signups on the recycling programs and beach clean-up programs can be seen. The government could ride on this momentum to promote waste reduction programs and sustainable eating habits.

A new form of hero is an embodiment of capability, empathy and a deep reverence of life. The general public are touched by the comfort and wisdom from these heroes who give them peace when they are confused and panicked. Dr Chuang Shuk Kwan, Head of the Communicable Disease Branch (CDB) is one of such heroes. Her clarity of speech, calming voice and exceptional patience has taught us how to remain poised in crisis and in times of uncertainty. Let us all trust science and do the best we can and most importantly, leave the rest to God, not to ourselves, so we can sleep safe and sound at the end of the day. Only then can we live on the next day. The other hero is Professor Yuen Kwok Yung, the head of microbiology and infectious diseases at Hong Kong University. He saved us from SARS in 2003 and when he is there, we know there is a way out. This Hong Kong hero's advice is: "There is no winning formula; being hardworking, curious, caring, and kind can never go wrong." The new heroes possess true colours of life, not the kind of colours social media or the entertainment platform achieve via Photoshop. Their colours are colours of humanity, colours which will make human beings truly great.



Hopefully, these colours of life will pave a new way of living, which makes human being more family-oriented, more healthy and more environmentally friendly.

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4C Budwiset Chun Hei Michael

4D Lai Pui Yee

4D Leung Nok Hei

5B Yu Cheuk Kiu

5C Leung Wai Hei

5C Tse Wing Fung

5D Mok Ka Lok

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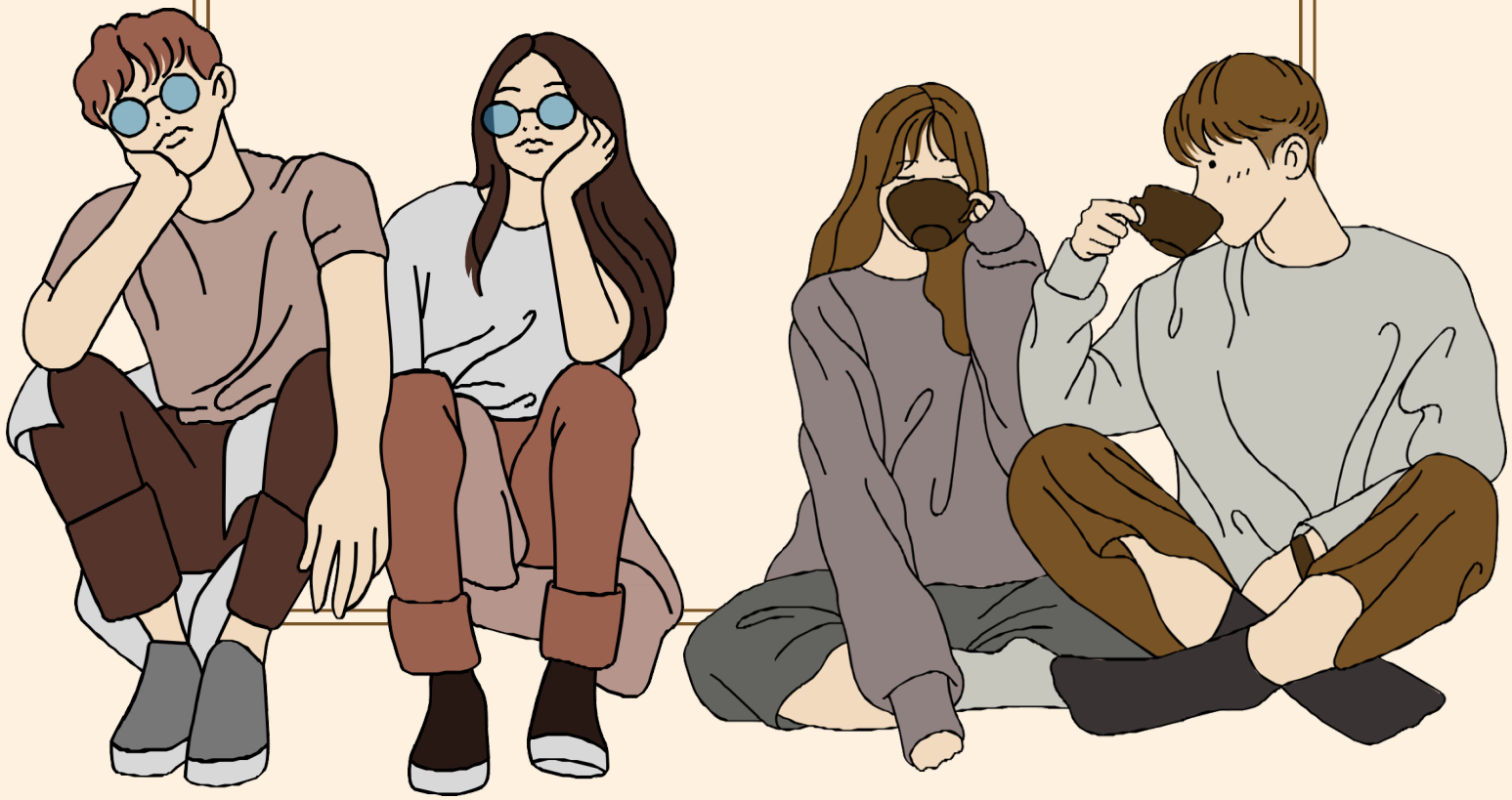
Ms Chao Yan Ki

Ms Choi Yuen Sze

Ms Lam Yuen Kay

Mr James Booth

Mr Odean Jomar Whyte



The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it .



It does not matter how slowly you go as long as you do not stop.

Whatever the mind of man can conceive and believe, it can achieve.