

*QESOSA Tong Kwok Wah Secondary School*  
*Press Club 2023-2024*



**AIM HIGH**  
**ENGLISH**  
**ANTHOLOGY**

Aim for the highest.

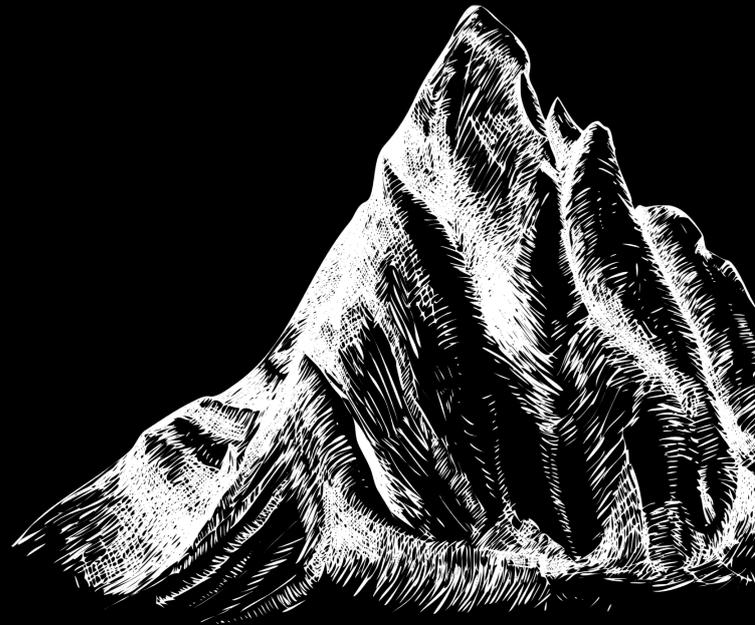
Andrew Carnegie

Reach high, for stars lie hidden in your soul.  
Dream deep, for every dream precedes the  
goal.

pamela vaull starr

*The future belongs to those who believe  
in the beauty of their dreams.*

*Eleanor Roosevelt*



*Aim at the sun, and you may not reach it;  
but your arrow will fly far higher than if  
you aimed at an object on a level with  
yourself.*

*Joel Hawes*

Reach for the stars, even if you have  
to stand on a mountain of clenched  
fists.

Quillie Bolick

***Believe you can and you're  
halfway there.***

***Theodore Roosevelt***





# WORDS FROM THE EDITORS

Welcome to the latest edition of our school's English newsletter! It is with great pleasure that we bring you a collection of creative written work from our talented students.

Over the past months, our dedicated team of teachers has been working tirelessly to foster a love for English language among our students. Through interactive writing activities, we have strived to create an environment where students can nurture their linguistic skills and express their unique voices.

In this publication, you will find a plethora of exciting articles, essays, and stories authored by our students. Their work not only demonstrates their commitment to honing their language abilities but also showcases their insightful perspectives and imaginative ideas. We encourage you to explore their written masterpieces and join us in celebrating their remarkable talent and growth.

We hope that this newsletter serves as a testament to the extraordinary journey our students have embarked upon, and inspires all members of our school community to embrace the power of language. Together, let us continue to nurture a love for English, empower our students to become effective communicators, and ignite their passion for lifelong learning.

Let's delve into the world of writing and we wish you an enjoyable read!





# Table of Contents

<b>Topic</b>	<b>Page(s)</b>
<b>Words from the Editors</b>	<b>i</b>
<b>Section 1: Awarded Writings</b>	<b>1-12</b>
<b>Section 2: Sayings of Wisdom</b>	<b>13-25</b>
<b>Section 3: A Celebration of Good Deeds</b>	<b>26-31</b>
<b>Section 4: A Call for Action</b>	<b>32-42</b>
<b>Section 5: Voices and Opinions</b>	<b>43-57</b>
<b>Section 6: Creative Essays</b>	<b>58-63</b>



# Section 1:

# Awarded Writings



## 2nd Runner up

### More Effort to Protect the Earth

2D Law Chui Ping

It seems we all have some understanding that the earth is not well and we need to do something to make it healthy again. However, according to many studies, both the global temperature and the amount of waste the world produces are on the rise. In this regard, some news reports may shed some light. While we are initiating some effort to reduce our negative impact on the Earth, we are picking up some undesirable habits which offset our force to reduce waste and mitigate the ailing situation.

It is therefore imminent we should know what we are doing right and stop the harm we impose on the environment. For example, according to the 2021 United Nations Climate Change Conference, 85% of people surveyed indicate that they have shifted their purchase behaviour towards being more sustainable in the past five years, which is more than 20% growth of awareness statistically compared to a similar survey five years ago. They shared that they now ask for less plastic shopping bags and consume less electricity in appliances such as air conditioners and turn off the appliances before sleeping. A local survey conducted by Green Queen in 2022 showed that more than 40% of Hong Kong people are shifting towards vegan, vegetarian and flexitarian dietary habits and some deliberately do so for environmental concerns. Overall, there is a commendable rise in awareness of individual commitment towards the environmental protection. However, our individual effort does not translate into the betterment of the environment.

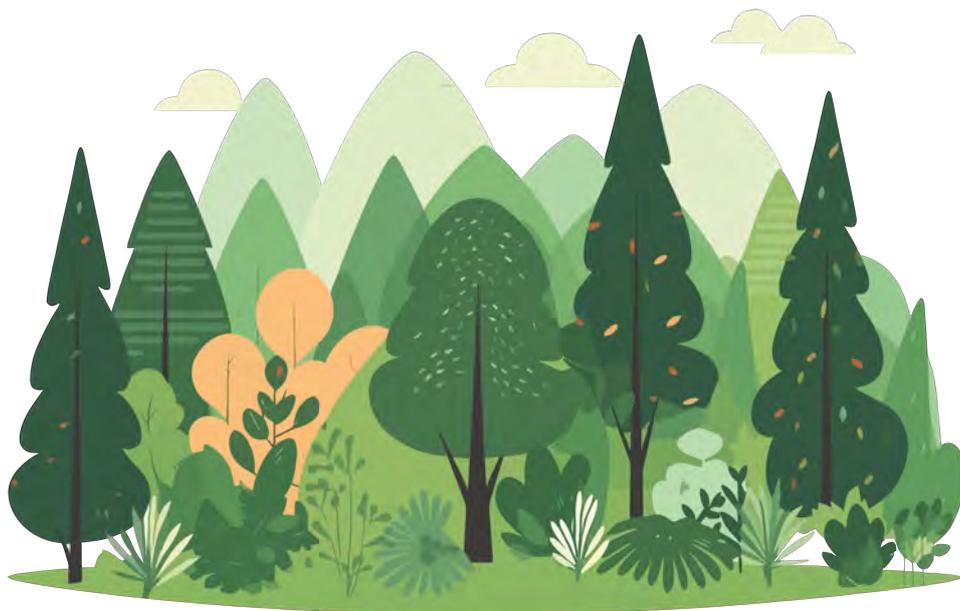
A report of the Environmental Protection Department of Hong Kong disclosed that the average daily quantity of municipal solid waste (MSW), was actually 5% more than the previous year and is rising steadily every year. As Jane Goodall, an environmental expert, pointed out, waste reduction is a reliable indicator of how we reduce our impact on the environment. We know we should use less and consume less but in fact, we still use more and consume more than before. What is going on? The report of international polling at Kantar Public issued in 2021 may shed some light. Despite our awareness of 'less is more', more than 42% of the surveyed do not plan to change their lifestyle of materialistic pleasures.



The respondents admitted that they are reluctant to shift to thrift shopping and most still consume disposable cutlery and it is not uncommon that while they buy more environmentally-friendly products, they tend to buy more than before. Most do not plan to change their lifestyle claiming that they are more committed than their government and the business enterprises in terms of environmental protection. Now that we know where the evil lies and in order to bring substantial environmental benefits, we ought to encourage the good old principles of 'reduce, reuse and recycle' and that 'less is more'.

In terms of daily practices, we should not take our own shopping bags to buy more. On the contrary, we try not to buy what is not necessary. If we really need something, we may consider second-hand goods or reuse what is available around us.

All in all, we need to admit that we are not doing enough to reduce waste and contain global warming, let alone turn it around and save the Earth. We ought to cultivate more aggressive practices if protecting the Earth is really our priority.



# 2nd Runner up

## Key Issues of Protecting the Earth

6D Lau Hung Chi

### **Introduction:**

The Earth, our home, is facing numerous environmental challenges that threaten its delicate balance. From climate change and deforestation to pollution and habitat destruction, the signs of distress are evident. It is imperative that we recognize the urgency of the situation and take collective action to protect our planet. In this article, we will explore a number of key issues regarding Earth protection and discuss some practical steps we can take to ensure a sustainable future.

### **Climate Change:**

Climate change is one of the most pressing issues facing our planet. The rise in greenhouse gas emissions caused by human activities is leading to rising global temperatures, sea-level rise, and extreme weather events. To combat climate change, we must shift to cleaner and renewable sources of energy, reduce our carbon footprint, and promote sustainable practices in industries such as transportation and agriculture. Additionally, international cooperation and agreements are crucial to address this global challenge.

### **Sources of energy:**

Lives involve consumption of energy and our current practices depend heavily on fossil fuels which is a significant source of greenhouse gases leading to global warming. We ought to stop our dependence on fossil fuels. The wealthiest nations are optimistic about a new century dominated by clean energy. The developing nations on the other hand, would require the concerted effort of humankind to shift and share the expertise and supply of clean energy. In the arena of clean energy initiatives, only a holistic perspective will ensure an overall carbon cut for the net zero target set in the Paris Agreement. No selfish play will win.



## **Biodiversity:**

The Earth's rich biodiversity is essential for the healthy functioning of ecosystems and the survival of all living organisms. However, habitat destruction, pollution, and overexploitation of resources have led to a rapid decline in biodiversity. To protect our planet, we must preserve and restore natural habitats, support conservation efforts, and promote sustainable land and ocean management practices. Creating protected areas and implementing stricter regulations against illegal wildlife trade are also vital steps in safeguarding biodiversity.

## **Consumption and waste treatment:**

Our current patterns of consumption and waste management are unsustainable. To protect the Earth, we must adopt a more sustainable approach to our daily lives. This includes reducing, reusing, and recycling materials, minimizing single-use plastic, and supporting businesses that prioritize eco-friendly practices. By making conscious choices as consumers and embracing a circular economy model, we can minimize waste and conserve resources.

## **Education and Awareness:**

Raising awareness about environmental issues is crucial for inspiring action and driving change. Education plays a crucial role in empowering individuals to make informed decisions and adopt environmentally friendly behaviors. Governments, educational institutions, and organizations should prioritize environmental education and sustainable development programs. By fostering a sense of responsibility and environmental stewardship from an early age, we can cultivate a generation committed to protecting the Earth.



## **Sustainable Urbanization:**

As the global population continues to grow, sustainable urban planning becomes imperative. Designing cities that prioritize green spaces, promote public transportation, and implement energy-efficient infrastructure can significantly reduce environmental impact. Investing in renewable energy, improving waste management systems, and creating walkable and bike-friendly communities are essential steps towards creating sustainable cities.

## **Conclusion:**

Protecting the Earth is not an individual task but a collective responsibility. By addressing climate change, conserving biodiversity, adopting sustainable practices, promoting education and awareness, and implementing sustainable urbanization, we can make a significant difference in safeguarding our planet for future generations. Let us remember that every action, no matter how small, contributes to the greater cause of protecting and preserving our Earth. Together, we can create a sustainable and thriving future.



# 1st Runner up

## A Special Christmas

2B Wong Kwok Wai

Christmas was nothing special to me.

I usually stayed at home and played games. People might enjoy an abundant dinner on Christmas day but I did not fancy any of it. It is fine if there is not any dessert or any grilled steak. That might be the reason why I could barely remember how I spent my Christmases before. They were as dull as any other days. However, I changed my view towards Christmas three years ago.

Three years ago, on Christmas Day, due to my lack of vigilance, a window in my room was not tightly closed. My dog managed to push open the window, climbed out, and got trapped between some pipes, high up on the outside of a building. Luckily, the firemen rescued it from near death, but it was seriously injured. The vet suggested euthanasia to end the pain in my dog. I objected flatly.

Then, I quarreled with my family. I took full responsibility, sold my smartphone online and borrowed money from my parents. Moreover, I needed to do all the chores at home for three years. Fortunately, my dog recovered.

Although my life was without a smartphone or any phone games, I found that life could go on.

Last Christmas, my parents returned my phone to me. It turned out that they were the buyers of my phone. No wonder my phone was sold for a good price. I was moved to tears.

Someone said Christmas is a time of hope and miracles. We can make every day a miracle. It is a miracle that my dog recovered. Christmas is also a festival of miracles to me due to the love of my parents.



# Winner

## **Empowering Hong Kong Women**

5C Butwiset Chun Hei

Gender equality has made significant strides in recent decades, yet women in Hong Kong continue to face obstacles that hinder their progress. Despite their contributions to society and the workforce, Hong Kong women grapple with various challenges that impede their full potential. This essay will explore the main obstacles faced by Hong Kong women today, namely gender-based discrimination, and propose empowering solutions to address this issue effectively.

Hong Kong women encounter gender-based discrimination in various aspects of their lives, including education, employment, and social norms. This discrimination manifests in subtle and overt ways, limiting their opportunities for growth, advancement, and equal representation.

One of the primary obstacles faced by Hong Kong women is the persistence of gender stereotypes within the education system. Traditional societal expectations often reinforce the idea that women should pursue traditionally feminine careers, leading to the underrepresentation of women in science, technology, engineering, and mathematics (STEM) fields. This gender imbalance restricts women's access to high-paying jobs and perpetuates gender inequality.

On top of the obstacles realized in the education field, women face significant challenges in the workforce despite Hong Kong's reputation as a global financial hub. Gender-based pay gaps persist, with women earning less than their male counterparts for similar work. Additionally, women often encounter limited career progression opportunities, as they face biases and stereotypes that undermine their leadership potential. Balancing work and family responsibilities can be particularly challenging for women, which further exacerbates the problems they face with their career prospects.

Worse still, societal norms and cultural expectations continue to perpetuate gender inequality in Hong Kong. Traditional gender roles dictate that women



should prioritize family and home responsibilities, which can limit their professional aspirations. The pressure to conform to these expectations often leads to a lack of representation in decision-making positions, perpetuating a cycle of gender inequality.

Addressing the obstacle of gender-based discrimination requires a multifaceted approach involving policymakers, employers, educational institutions, and society as a whole.

One of the feasible approaches is implementing comprehensive educational reforms to challenge gender stereotypes and promote inclusivity. Girls' participation in STEM subjects can be encouraged by providing mentorship programs, scholarships, and awareness campaigns. Moreover, fostering an educational environment that cultivates confidence, assertiveness, and leadership skills, enabling young girls to pursue diverse career paths is another possible measure.

In terms of workplace policies, legislation and workplace policies that promote gender equality, such as pay transparency, flexible working arrangements, and affordable childcare options can be enacted. Employers should be encouraged to adopt gender-neutral recruitment and promotion practices so as to ensure equal opportunities for women. What's more, diversity and inclusion programs that foster a supportive and inclusive work environment should be implemented.

Furthermore, launching public awareness campaigns to challenge traditional gender norms and promote gender equality can be one of the options. By engaging the media, influencers, and community leaders can drive social change and shift societal attitudes towards women's roles. Male allies should also be involved in actively supporting gender equality initiatives and challenging discriminatory behavior.

Apart from the aforementioned suggestions, support networks and mentorship can be set up specifically tailored for women. These initiatives can provide guidance, networking opportunities, and skill-building programs to help women navigate career challenges, enhance their confidence, and foster leadership abilities.



The journey towards gender equality in Hong Kong requires concerted efforts from various stakeholders. By addressing gender-based discrimination in education, employment, and societal norms, Hong Kong can empower women to overcome obstacles and reach their full potential. By implementing comprehensive reforms, fostering inclusive workplaces, challenging gender stereotypes, and promoting awareness, Hong Kong can create a more equitable society where women thrive and contribute to all aspects of life.



# Honourable Mention

## **What is the Biggest Challenge Facing Women and Girls in Hong Kong Today?**

5A Lam Chun Kit

Hong Kong is a prosperous and diverse city. However, in this modern society, women and girls face more and more challenges. Although the society has made progress and improvements in many aspects, we still need to pay attention to the problems faced by these women and girls.

Firstly, gender inequality is one of the top challenges faced by women and girls in Hong Kong. Although Hong Kong is a highly modernized region, women's status is still restricted in the workplace and political arena. Many women find themselves facing obstacles in getting jobs and salary increment. Girls continue to be looked down upon due to traditional attitudes, while men still dominate the upper echelons of government and business. This inequality has caused huge obstacles to Hong Kong women's work and self-confidence.

Secondly, gender-based violence is another serious challenge faced by women and girls. Although Hong Kong has comprehensive laws to combat gender-based violence, domestic violence and harassment incidents continue. These violent acts may also stem from men's traditional concepts, which believe that girls should be male-centered, making women become "sandbags". This idea is truly unfair. These behaviors have not only brought physical and psychological trauma to women but also caused harm to the entire society. We need to strengthen publicity and education, raise public awareness, change traditional beliefs, and provide better support and protection mechanisms to ensure that women and girls can live in a safe and respectful environment.

In addition, limited education and career options are also challenges faced by women and girls in Hong Kong. Although educational opportunities are on the rise, women's development opportunities are limited in some social areas where traditional concepts still exist. In some industries and professions, women still face sexism and bias, which results in them being discouraged from advancing in their careers. We need to promote the values of gender equality, encourage girls to pursue their dreams, and provide them with equal



education and career opportunities.

On top of the above, the balance between family and social roles for women and girls is an important challenge. In Hong Kong families, traditional gender role concepts still exist, with women often taking on more housework and caregiving responsibilities, which limits them from pursuing their careers and interests. We need to promote egalitarian family values and encourage men to take on more family responsibilities so that women and girls can balance between career and family life.

In conclusion, the challenges faced by women and girls in Hong Kong are multifaceted. Gender inequality, gender-based violence, educational and career restrictions, and imbalanced family roles are all issues that we need to work together to address. Only through collective efforts as a society can we create a more equal and inclusive environment for women and girls. At the same time, the cooperation of men is crucial for reducing unnecessary pressure on women to achieve a balance between family and social roles. In this way, we can create a fairer environment for girls and women in Hong Kong.



# Section 2:

# Sayings of Wisdom



Dear Mr. Elephant,

I hope you're doing well. I want to say sorry for destroying your habitat and making you lose your home. I feel deep regret for the harm caused to you, your family and friends.

I remember visiting a safari in Malaysia in a hot summer when I was six and filled with joy at seeing you and other animals. You got my attention as you were the smallest one in your group. There was a mark on your forehead. You were playing happily in the mud then. When I said goodbye to you, you flapped your ears.

However, when I went back last year, I was saddened to find that your home was surrounded by many tall buildings and the safari was almost empty! Why? Where are you? You and your family, along with other animals, had become endangered due to poaching or re-location. I could not stop crying and felt very angry about how selfish we humans are.

I know actions speak louder than words. Since then, I have made changes in my life to make changes. I tried not to buy any animal products and have adopted a more environmentally friendly lifestyle. I have stopped eating my favourite honey and beef. I have been trying to use fewer disposable items and use less air conditioning.

I want to assure you, Mr. Elephant, that I will protect the environment as much as I can. I will do everything I can to protect the nature as I hope to "sit in the shade on a fine day and looking upon the verdure is the most perfect refreshment" as said by Jane Austen. With no more threats, I hope both you and I can enjoy the beautiful nature.

Wish you all the best!

Love,  
Adams



Dear Mr. Einstein,

You are one of the most successful and influential scientists in history. Your theories about space, time, mass, motion, and gravitation have changed the way we understand the world. You once said, "I have no special talent. I am only passionately curious." , but I disagree. Your talent and brilliance are exceptional, and I always admire you.

You taught me that getting enough sleep is important for clear thinking. You said you slept for at least 10 hours each day. I listened to your advice and now I am more focused in school. Thank you!

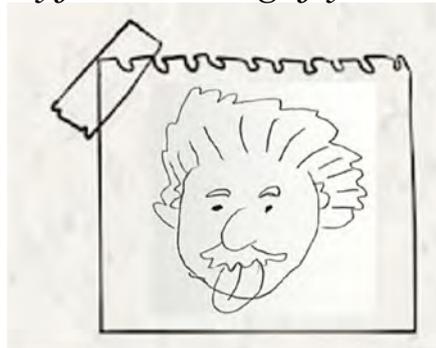
You also encouraged me to be curious about everything around me. It's not always easy, but I am trying my best. I pay attention to my surroundings, ask questions, and read more books. When I go to the park with my dad, we notice the changes in weather, plants, and animals. We try to interact with nature as much as we can. After our walks, I always continue learning by reading books or searching online. Being curious keeps me busy, but it makes my life more interesting.

I am grateful to have you as an inspiration. I have learned a lot from you. Thank you.

Love,  
Himson

P.S.: When I was ten, I was curious about where you lived, so I tried to find your address. Guess what? I found out that you had the same address as me! It made me wonder why.

*This is my first drawing of you. You look cute!*



Dear Future Self,

Stop whatever you are doing right now, my ten-year-old future self. Pause and take a moment, call your parents, go outside, and go have yourself a proper personal day. Just take some time for yourself.

Remember when you used to get tired of studying and sleep late? As a teenager, you always wonder what being an adult is like. Did I overcome my laziness? I hope I did and that I was able to go to college. Am I living happily? I hope I am so that I don't need to worry much. I hope I start to love myself more and more.



I hope you are happy, truly, genuinely happy. Happy with your life, happy with your friends, and family, and happy with yourself. Take the risks, take the opportunities. Meet new people, affect others, start a chain reaction to make a difference in the world!

You are valued. You are important. Make the choice to be happy. Don't forget, "We are not what we know but what we are willing to learn."

Yours,  
Me, Your Past Self



Dear teacher,

I am writing this letter to you because I want to say thank you to you.

When I was in Form One, you were my new class teacher and you introduced yourself in a very friendly and humorous way. One of the most memorable experiences you have given me is when you helped me with a homework assignment. Instead of simply providing the solution, you guided me through the process, patiently encouraging me to think critically and solve problems independently. This experience not only strengthened my academic skills but also fostered a deep sense of resilience and confidence. The feeling of accomplishment and growth that followed remains etched in my memory, serving as a reminder of the unwavering support and guidance you provide.

You have helped me a lot, teacher. Before meeting you, I lacked motivation and discipline in my studies. However, your guidance and support changed the way I learn. Your belief in my potential inspire me to pursue excellence and embrace the joy of acquiring knowledge. I admire your characteristics very much and have decided to become a teacher too.

I promise you, teacher, that I will study hard in the future. Thank you for your guidance and inspiration. Your impact on my life is immeasurable. I wish you continued success and happiness.

Sincerely,  
Tyson



Dear Kelly,

I would like to thank you for being my friend.

I am plain but you never look down on me. You said being kind is more important than being smart. I am thankful that a wise person like you would be my friend.

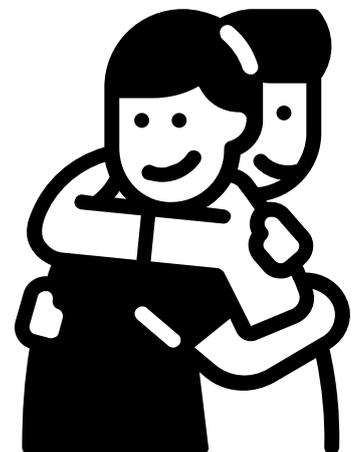
What is unbelievable is your knack for making me laugh. You are never short of funny stories. You are a magnet which draws people towards you. Even in big groups, you are capable of tending to each of us and making us feel valued.

The most unforgettable memory is when I cried over my short hair that was severed by my parents. You then cut your own hair because of this. When I asked why you did so, even though you prefer long hair, you said, 'short hair is ugly but having the same hair style as my friend is something beautiful'.

You are right. My life has been interesting and full of love with you by my side. We may be inadequate, but 'love makes us complete.'

I hope with this letter, you will understand how much I am grateful for our friendship, the greatest gift of life I have received.

Cheers and love,  
Lily





Teachers make the world  
a better place.



2B Ye Cheuk Lam

Dear Miss Chao,

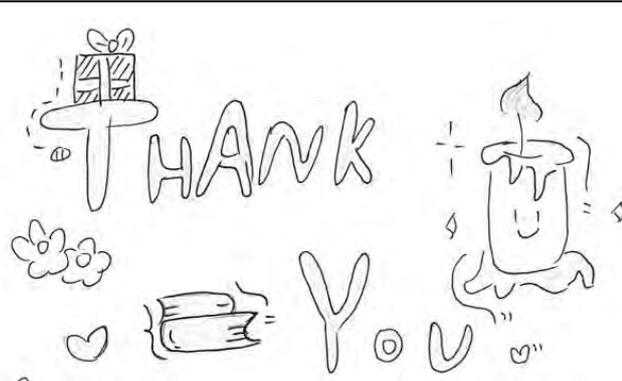
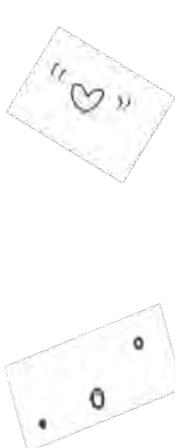
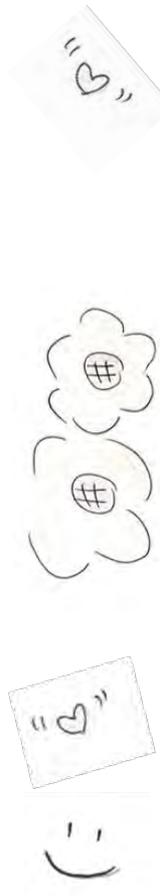
This is a big thank you to you for being my class teacher and English teacher this year.

I love learning because of you. I am new to the school but I felt at home in this school almost instantly. Why? Because of the fun and surprises awaiting me. Our class runs birthday parties and team games regularly and it is a time the whole class rejoices. We were so captivated by the stick-flying game that we kept shouting and standing up all the time to cheer on the contestants. We are never short of fun. I feel like I belong here and you are like my mom.

It was also unforgettable that you made me stay to study English after lunch despite my pass in quizzes and tests. You told me to set higher goals for myself. You remind me that we will regret if we could not have the ability to protect the one we love when the time comes. I can't agree more.

All in all, I must tell you, Miss Chao, you are an inspiration. No wonder people say, 'Teachers make the world a better place.' Merci!

Love,  
Jesley



Dear Ryujin,

I would like to thank you for being my best friend.

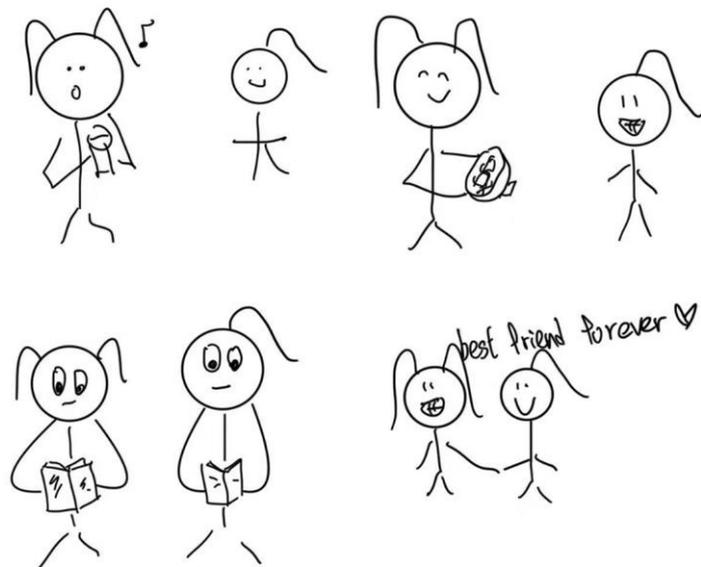
You are a great friend in a number of ways. You are always there for me. You give me food when I am hungry. You never talk much but just stay with me.

I love you for many reasons. I love your singing. I love we can sing together, which is always our panacea to kill stress. I also love your noodles. How can you cook so deliciously?

Also, thank you for making me a better person. You study with me to ensure I work hard. Your ambition to go to university also inspires me. I do not know much about university but I certainly wish to study with you, which keeps me on the books.

Someone says, 'A friend can make me smile brighter, laugh louder and live better'. You are that special friend to me. Let's be friends forever.

Lots of love,  
Venus



Dear Ocean,

Thanks for caring for all living things all the time. You are the best that I have ever seen.

I am infatuated with your beautiful appearance. I still remember the first time I saw you and the refreshing sea breeze brushed my face. I really admire that you can raise so many creatures.

I am very sorry about the awful behaviour of human at large. The way we discharge untreated sewage and worsen global warming is deplorable. As a human being, I feel very ashamed because you have been developing life in all its splendour for over three billion years. I truly understand the hurt you have suffered.

In fact, I am really angry that human beings have only just begun to realize their harm to you. However, I am glad they are beginning to remedy the current situation. We have understood that we should cherish the ocean. I believe that human will fix this situation. A famous person, Jacques Yves Cousteau, said, "The sea, the great unifier, is man's only hope."

I decided to join an activity about cleaning up the plastic in the ocean. I will let the world know how important you are. I will love you forever.

Love,  
Michelle



Dear school library,

Every time when I visit you, the books inside help me a lot. This is why I want to write a letter to express my gratitude.

When I was a secondary one student, I could not find the information I needed online for my homework. Since the school library has a lot of books with esoteric content inside, I found more information and used less time to find what I needed. After this, I knew that the school library is more helpful than something like Google in doing my homework.

The school library helps me do homework more quickly, so I have more time to play with my friends and family, and I can further develop my other interests. I admire that the school library as it is large yet quiet, and has a variety of books. As Albert Einstein said, "I have no special talent. I am only passionately curious."

I want to make this promise to the school library, "No matter how advanced technology is and how fast I can find information, I still come to the school library." I wish the school library could have even more books and continue to help us. Thank you for your continued companionship.

Love,  
Adele



Dear Darla,

You may not read this but I want to write this letter to show my gratitude to you.

Our memories together will never fade. I cherish and adore every moment we had together. I miss the way you breathed on my neck and scratched my skin with your sharp claws. I miss your face and rough shell. You were simply adorable!



The changes you brought to my life are unforgettable. You were a turtle that cheered me up whenever I felt down. I learnt to be a person that stands up for myself with your inspiration. Your inspiration made me understand loving myself and "not giving up is the key to pursuing happiness." You may be gone but I know every cloud has a silver lining.

I hope you will look out for me and visit your new siblings. The two years I spent with you have changed my life and the effect will last forever. You will always be in my heart. I will miss you forever.

Thank you for being in my life. I believe that you are in peace and looking out for me. I hope that fate will let us meet again soon.

Love,  
Hailey



My Dearest Grandma,

It has been some time since I last wrote to you. I hope this letter finds you well and in good health. Today in school, our teacher spoke to us about the importance of looking forward to the future. Her words reminded me of the wisdom and guidance you have always provided – “Replace every negative thought with a positive one.”

I fondly remember when I was in primary school and went through a difficult time. The other children would tease me for being short, and I began to withdraw into myself, being unsure of how to make friends. But you were there to comfort me during that lonely period. You reassured me that what the other kids said was not true and encouraged me to stay optimistic. Because of your love and support, I was able to overcome my sadness and open myself up to new relationships.

Thanks to your influence, I have learned to move past difficulties and focus on what lies ahead. I no longer dwell on the past but look forward to each new day and the people I will meet. Several good friends who have stood by me all these years are a testament to the lessons of positivity you instilled. I hope that I can continue making you proud by embracing life's challenges with resilience and hope, just as you taught me.

Grandma, I aspire to live as you do - facing each day with wisdom, compassion, and joy. Thank you for always being there for me with your caring words and advice. I hope I can see you again soon to express my gratitude in person. Please take care and stay well.

Your loving grandson,  
Bob



Dear Great Wall,

It's been seven years since I last saw you. That probably doesn't feel long for you as you are over two thousand years old. You're not only the largest structure in human civilization, but also the longest-lasting and largest national military defense project in the world! Thanks for resisting foreign invasion and protecting our motherland.

As I remember, you have a world-famous section called Badaling – if we can climb this part of you, we can be called “Haohan”, which means “heroes”. When I was 7 years old, I thought I was a “Haohan”, so I hurriedly dragged my parents to climb up Badaling with me. However, I understand the meaning behind it now. I now know that the people who built the Great Wall back then were the real heroes! The Great Wall is made of about 2.5 million blocks of stone. Each brick weighs about 30 kilograms, which is equivalent to one-third of my weight at that time! There were no electric machines in ancient times, so the heroes would use simple tools such as flying basket ropes to transport stones. It is true that, “Difficult circumstances serve as a textbook of life for people.” The builders overcame difficulties in many ways, and I also learned that we have to face difficulties head-on and find some solutions.

Today, you no longer need to be on guard day and night to resist foreign enemies as before. Instead, you have become a tourist attraction for people from all over the world who visit China. Although you are silent, you seem to have endless stories to tell, which fascinates me. Thank you for protecting our nation and country. I'm also a descendant of those heroes. I will study hard and contribute to the motherland. Hope to see you again!

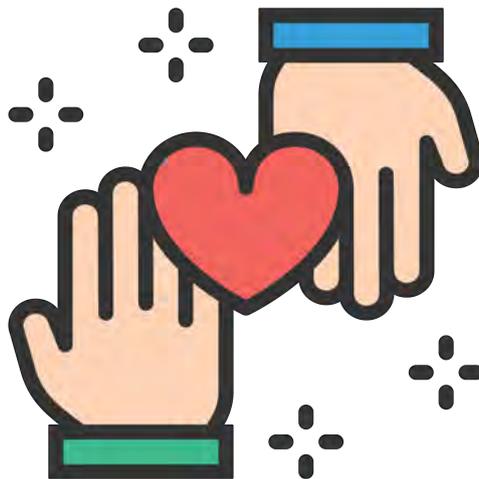
Your most loyal fan,  
Rico



# Section 3:

# A Celebration of

# Good Deeds



## **The Selfless 'Twenty'**

3B Hui Ka Ki, Jadon

There are many selfless individuals around us who are always ready to dedicate themselves to others. They are constantly present in our lives. Their selfless demeanor and smiles are their trademark, and a simple smile from them leaves a lasting and unforgettable impression.

An elderly grandmother in her eighties was walking on the road, holding the hand of her innocent and carefree granddaughter. Suddenly, the little girl let go of her grandmother's hand and ran ahead on her own. She reached the center of the road and turned around, shouting to her grandmother, "Grandma, hurry up, we're running out of time!" The grandmother anxiously responded, "My dear granddaughter, come back quickly, it's dangerous." But the little girl seemed not to understand her grandmother's words and kept beckoning to her. Suddenly, a heavily loaded truck was rushing towards the little girl. The driver was taken aback by the girl's sudden action and the car speeded forward like a wild horse. The surrounding people were shocked, helpless, and no one dared to go forward to save the girl in danger. The grandmother was frightened and fainted. My heart pounded, and I thought, "It's over, it's all over, the little girl is surely going to lose her life."

But just when it seemed too late, at that critical moment, a young man in his twenties stepped forward like an arrow. He grabbed the little girl and jumped to the side of the road. With a loud noise, the truck passed by. The young man fell to the side of the road, tightly holding the little girl in his arms. The people around instantly gathered around them. The little girl got up and cried out, "Grandma, Grandma." The young man quickly stood up and asked the little girl if she was okay. The onlookers breathed a sigh of relief at the scene. The young man brought the little girl to her grandmother, and the emotional grandmother hugged her tightly, showering her with kisses. People cast approving glances at the young man.

The young man walked away, disappearing into the bustling crowd. In that fleeting moment, I thought, "Thanks to that young man, otherwise..." Our society truly needs more of these heroic individuals.

Let us all strive to be good-hearted people who uphold such noble virtues and perform good deeds!



## **A Journey of Small Acts and Big Impact**

4A Leung Wen Zhe

As the new year approached, I did something to beautify the environment in my neighbourhood. Although it was a small act, it brought me a sense of satisfaction.

Since it was winter break and I didn't have to attend any classes, I could sleep in comfortably. I stayed in bed until 8:30 and reluctantly got up when my grandfather called me. I went through my morning routine of brushing my teeth and washing my face and had a delicious breakfast that left me feeling full. I invited my grandfather to walk downstairs, intending to enjoy the day.

When I reached the ground floor, I noticed several people wearing orange badges on their left arms. One held a trash bag, while the other grasped a long metal tong. I found it strange and wondered who they were and why they all had the same badges and equipment. Curious, I quietly approached them from behind and then realized that they were picking up the various pieces of litter on the ground to create a clean environment for the residents to celebrate the new year.

Then, I remembered a quote my teacher often mentioned: "Do not underestimate the power of small acts of kindness." This sparked a vital thought: "During the Chinese New Year, I want to contribute to the cleanliness of the neighbourhood and hope that my small efforts can make our community even better."

When I shared my idea with my grandfather, he gladly agreed and joined me, hoping that the volunteers in the community would provide me with an opportunity to learn. To my surprise, they let me join them and said, "We only have one requirement, which is not to give up halfway and come every morning!" If it can help me grow and contribute to the community, then waking up early is a small price to pay. I enthusiastically said, "Okay!" Once committed, I had to follow through.

I immediately went to the neighbourhood committee to get a trash bag and a tong and started cleaning. I followed the uncles, aunties, grandpas, and

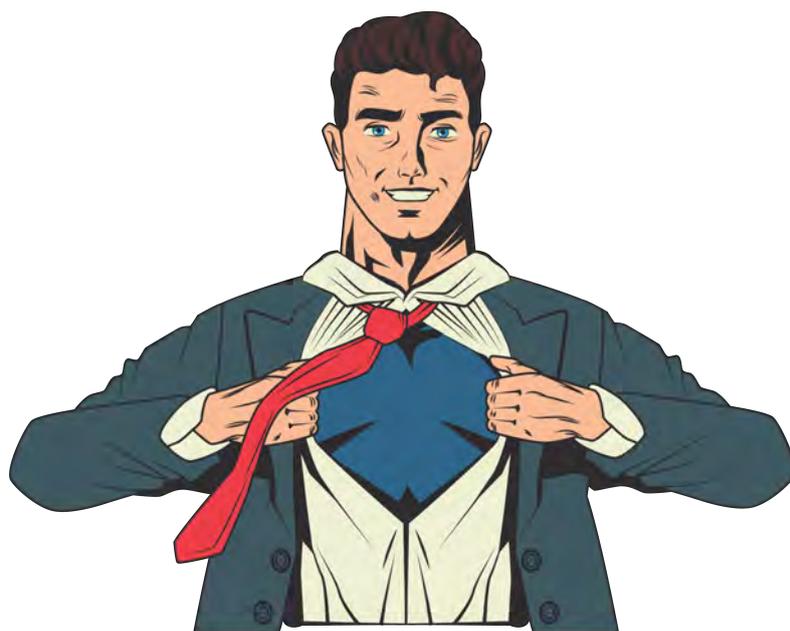


grandmas, picking up litter along the way—on the road, on the roadside, and in the grass. Even though I used to dislike getting dirty, I let go of my concerns this time. I didn't miss a single corner or detail.

After a while, the garbage bag was already half full, and I was drenched in sweat. I realized that even the most minor pieces of litter we usually overlook can cause damage to the environment and create so much trouble for volunteers. While working, I reminded myself to be careful and ensure even the tiniest trash goes into the trash bin.

After nearly two hours, we finally finished. Looking at the clean gardens and tidy paths, I felt thrilled. It was truly worth it! In the following days, even though I had to wake up early every morning, I didn't give up on this community service activity that I had come to enjoy. I persisted until the eve of Chinese New Year and gained recognition from the neighbourhood committee members. They all said I was a hardworking and good child.

This is a society filled with love. If everyone contributes a little bit of their love, it will be such a wonderful world!



## **A Mighty "Little Adult"**

4A Tam Man Wai

In today's world, heartwarming stories of individuals going above and beyond to help others have become increasingly prevalent. These acts of kindness not only have a profound impact on those in need but also bring about transformative change within societies. One such remarkable individual is Clarisse, a young student who, at the age of 14, founded the Volunteer Corps and has since made a significant difference in the lives of many. Her selfless actions serve as a testament to the power of compassion and the immense potential within each of us to be agents of positive change.

Clarisse's journey began early on, influenced by her parents' commitment to making a difference. They nurtured her desire to contribute to society by involving her in various volunteer activities from a young age. This upbringing instilled in her a deep sense of empathy and a genuine concern for the well-being of others. Motivated by these experiences, Clarisse joined forces with like-minded individuals to establish Light Their Rights HK, a voluntary organization aiming at serving the underprivileged and building a stronger community.

The impact of Clarisse's work cannot be understated. With the support of over a hundred dedicated volunteers, Light Their Rights HK has distributed essential goods and conducted visits to more than 300 homeless individuals. As their efforts expanded, they extended their services to residents in Sham Shui Po, demonstrating their unwavering commitment to helping those in need. Clarisse stands out due to her meticulous attention to detail and her ability to identify the often-overlooked needs of vulnerable groups, such as the elderly living alone.

Certainly, Clarisse's journey was not without its share of doubts and challenges. Initially, she questioned her capabilities and feared the obstacles that lay ahead. However, her determination and resilience propelled her forward. By persisting in the face of adversity, she not only succeeded in her endeavors but also became an inspiration to others. Clarisse's story reminds us that age is not a barrier to making a difference; instead, it is the kindness and consideration within our hearts that truly matter.

Aside from that, Clarisse's actions have revealed a truth often overlooked in society that children possess a remarkable capacity for service. Regardless of age, anyone can make a positive contribution to the world by embracing



empathy. Clarisse's selflessness and courage have earned her recognition, including the prestigious Outstanding Young Volunteer Award. She exemplifies how taking actions not only benefits others but also leads to personal growth and fulfillment.

Her meaningful story serves as a powerful reminder to all of us that even the smallest actions can have a profound impact. By making modest contributions to society, we can collectively create a warmer and more compassionate world. It is essential for each individual to recognize their potential to make a difference and actively work towards transforming society. When kindness is combined with action, it has the power to shape a brighter future for everyone.

To conclude, Clarisse's remarkable journey as a young volunteer demonstrates the transformative power of compassion and action. Her selflessness, dedication, and ability to identify the often-neglected needs of others have made her a true inspiration. Through her story, we are reminded that age is no barrier to making a positive impact and that each of us has the capacity to become agents of change. Let us all embrace the spirit of kindness and work together to create a more compassionate and inclusive world. Clarisse's journey is a shining example of how a young individual can make a significant impact and leave a lasting impression on the lives of others.



# Section 4:

# A Call for Action



Dear Agony Aunt,

How are you? I feel sad because of some problems. I want to ask for your help.

First, I think my English proficiency is not as good as my classmates. During English lessons, the teacher often asks me questions that I can't answer. I'm often embarrassed. It also causes me to feel hatred of English. My English grades are getting worse and worse since it's difficult for me to follow in class. I feel very worried that it'll be harder to keep up with my classmates on grades and results if I'm promoted to secondary three. I feel anxious about this every day.

In addition to this, my friendship has been greatly tested. My best friend, who I've known for many years, spoke ill of me behind my back. We're in a cold war now and it truly bothers me. I often lose my mind in class because of it. I feel irritated that she was saying bad things about me behind my back, and I'm not sure how to deal with our friendship.

I really need some help. I hope you can give me some advice. Thank you for your time to read.

Regards,  
Bella



## **Air Pollution – A Dirty Problem**

2A Wong Lok Tung

Do you know what factor most affects air quality? It is air pollution which is very common in Hong Kong. But why are air quality and air pollution so critical?

Firstly, air pollution has become so serious because people are over-reliant on motor vehicles. The increase in air pollution means that our air quality deteriorates and global warming occurs. According to research, a typical passenger vehicle emits about 4.6 metric tons of CO<sub>2</sub> per year; this is not a small amount so we should pay more attention to vehicles and air pollution!

Secondly, air pollution also comes from industrial facilities. Although Hong Kong only has a few areas of industrial activity, it has a big effect when combined with the substantial amount of polluted air that drifts down from the north and from across the seas.

Indeed, air pollution is serious problem as it makes the Earth's air quality deteriorate, creates forest fires, and also makes our body sick with diseases such as heart disease or lung cancer.

Therefore, the government should introduce more green policies such as promoting the wider use of new energy vehicles and controlling the number of cars on the roads. Local power plant emissions should also be controlled. On a personal level, we can reduce the use of cars and try to walk or cycle more.

All in all, I hope people and the government can pay more attention to air pollution as it has too many negative impacts. We must solve this problem to protect the Earth.



Good afternoon, teachers and fellow schoolmates.

Do you drink water? Of course you do! We all need it in our daily life! But where do you get your water from? From home? From convenience stores? Have you thought about the impact of plastic water bottles to the environment? In this speech, I'm going to tell you why I don't buy bottled water from stores and its impact on the environment.

For example, when I was in the convenience store yesterday, I was thirsty for water but I didn't buy the bottled water. And I actually have reasons why I didn't buy it. Water sold in plastic bottles could be found in many places, for example, convenience stores and supermarkets. But the finished bottles could be found in even more places, for instance, trash cans, streets and in the sea. The plastic bottles are bottles that are made of high or low-density plastic, like polyethylene, polypropylene, polyvinyl chloride and other plastics. But the issue is that they break down slowly in about 3000 years, and the plastic doesn't fully disappear, instead, it breaks down into tiny toxic particles. As people dispose of the bottles everywhere, the plastic will contaminate soil and waterways, and enter our food chain. On average, 1500 plastic bottles are thrown away each second every day, and that means there will be about half a trillion discarded every year. 14% of the global pollution is thus caused by these plastic beverage containers.

Another reason is that as the plastic is made from fossil fuels like oil and natural gas. In the making of the plastic, toxic emissions are released when we extract the fossil fuels from our Earth. Also emitted are vast amounts of greenhouse gases like carbon dioxide. These gases could really harm the environment since 99.82% of global land area has air pollution and the making of these bottles from factories definitely plays a role. These toxic chemicals have also been linked to the development of asthma, endocrine disruption, and even cancer.



To be more responsible shoppers, I would recommend not buying water sold in plastic bottles, but to bring our own reusable water bottles wherever we go. We could just get our water from our home or from refill stations when we're outside in a bid to avoid buying the bottled water. I hope we could all care for the environment a bit more and think carefully before we buy.

I hope you find my speech on responsible shopping worthwhile.



Dear Andy,

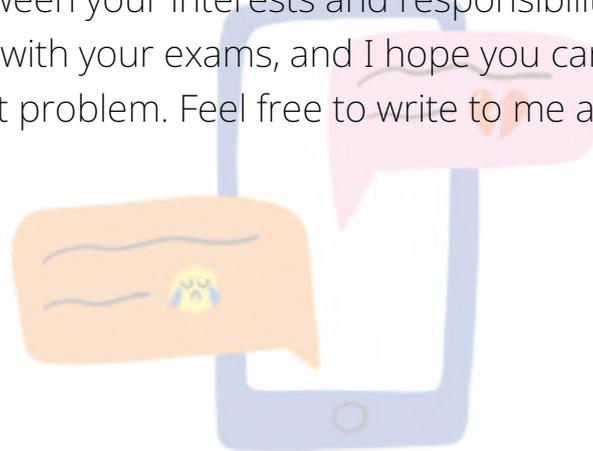
I am really sorry to hear that you are facing difficulties with your coach. I understand that volleyball holds great importance to you and that you are committed to your academics and aiming for good marks in your exams. Balancing both can be challenging, but I believe there are ways to help you navigate this situation.

First and foremost, it is crucial to have a conversation with your coach. Approach the discussion whole-heartedly and honestly by explaining your situation. Stress the importance of your exams and how they contribute to your future. Assure your coach that your commitment to the team is unwavering and that you are only temporarily stepping away to focus on your studies.

Additionally, it might be beneficial to evaluate your timetable. Identify any non-essential activities that can be reduced or eliminated, allowing you to allocate more time for studying while still leaving room for volleyball. Planning your timetable efficiently will help you organize your study time effectively, enabling you to maintain a balance between your academics and your passion for volleyball.

Remember, finding a balance between your interests and responsibilities is crucial. I wish you the best of luck with your exams, and I hope you can find a solution that resolves your current problem. Feel free to write to me about anything.

Best,  
Chris



## **The Urgent Call to Preserve the Earth's Fragile Beauty**

4B Yip Long Hei

Earth is a remarkable and awe-inspiring planet, teeming with beauty and life. It is not only our birthplace but also our home, providing us with the perfect environment to thrive. From breathtaking landscapes to diverse ecosystems, Earth has nurtured a vast array of flowers, plants, animals, and other living beings. However, despite its inherent magnificence, we humans have become agents of destruction, pushing our planet to the brink of catastrophe. Have you ever stopped to ponder the consequences of our seemingly innocent actions on Earth? It's time we reflect upon our behaviors, for even the smallest actions can have a profound impact on our planet's well-being.

Take our food habits for instance. We often indulge in excessive consumption, generating staggering amounts of food waste. Each morsel of discarded food represents not only wasted resources but also the unnecessary strain it puts on our environment. Similarly, our disregard for water conservation is alarming. Long showers and baths, mindlessly leaving taps running, and failing to address leaks all contribute to the squandering of this precious resource. Additionally, our energy consumption patterns are far from sustainable. Leaving appliances powered on, relying heavily on non-renewable energy sources, and disregarding energy-saving practices all contribute to the depletion of Earth's resources and the exacerbation of climate change.

The repercussions of our actions are far-reaching. The emission of greenhouse gases and pollutants resulting from human activities, particularly industrial and commercial endeavors, has wreaked havoc on our environment. The greenhouse effect, triggered by escalating greenhouse gas emissions, has led to global warming. According to a 2021 report, the average global temperature has risen by 1.5 degrees Celsius as a result. This increase has caused the retreat of sea ice, particularly in the Arctic, making it one of the regions most severely affected by global warming. The resulting disruption of ecosystems has had a devastating impact on species such as polar bears, whose habitat



is rapidly shrinking as glaciers melt.

Furthermore, our insatiable appetite for fossil fuels, rampant deforestation, unsustainable agricultural practices, and the relentless cycle of consuming and replacing products have dealt significant blows to our planet's ecosystem. These activities have not only contributed to escalating temperatures but have also led to the melting of glaciers, rising sea levels, land subsidence, and widespread pollution from harmful chemicals. The consequences of our actions are visible in the depletion of the ozone layer, the degradation of air and water quality, and the disruption of seasonal climates worldwide. The Earth, our home, is under siege, and urgent action is needed to mitigate the damage.

Remember, every small action counts, and collective efforts can make a significant impact on preserving our planet for future generations. By adopting sustainable practices and advocating for change, we can create a more environmentally conscious and resilient world.



## **Celebrity Worshipping: The Dangers of Excessive Idolization**

5B Wong Ching Long

What catches our attention these days is not the unaffordable housing in Hong Kong or the pandemic, but the growing phenomenon of teenagers admiring pop idols. While it is natural for young people to have role models, excessive idolization can harm individuals and society.

One of the problems associated with excessive idolization is the cultivation of unrealistic expectations. When young people idolize pop stars, they often fixate on the glamorous lifestyles of the pop stars portrayed by social media. They are also obsessed with physical beauty of idols who are expected to embody the ideals and beauty standards set forth by the industry. To look more attractive, some girls may wear make-up or keep fit. Some may even go to extremes to try crash diets or undergo cosmetic surgery. They may develop an unrealistic perception of what beauty, success and happiness truly entail. Many survey results indicate that individuals with higher levels of celebrity worship had poorer general well-being and lower levels of self-esteem. Excessive idolization can create a sense of dissatisfaction with their own lives as they always compare themselves to the seemingly perfect lives of their idols.

Another issue stemming from excessive devotion to pop idols is the potential loss of focus on studies and personal development. The time and energy invested in idolization can detract from the personal development of a young person, such as academic performance and personal interests. Instead of spending time studying, they may spend hours reading news about their idols, attending concerts or participating in fan activities. Obviously, this will hinder their academic performance. Young people will also become short-sighted because idolization takes priority over personal interests, values and passions. If all your time is occupied with chasing idols, you'll never truly expand your horizons.



Moreover, some fans may appear completely irrational. Often, we come across people who rely heavily on their idols, even when those idols are involved in criminal activities. Some even engage in online battles to defend their idols as the absolute best, and they don't want anyone to criticize them. There are also cases where fans undergo plastic surgery to look exactly like their idols, but unfortunately, they end up with a distorted and ugly face.

Problems do exist but they are in no way insurmountable. To address the issue, it is crucial to promote a balanced perspective on idolizing celebrities. Parents should encourage young people to appreciate the talents and achievements of pop stars without losing sight of their own aspirations and uniqueness. It is important to let young people know that setting realistic goals can help them understand that success is not entirely defined by fame or celebrity status. Schools can organize workshops and discussions aimed at teaching students how to critically think and analyze the dangers of excessive idolization. By fostering deeper understanding of idol worship and its influence, young people can develop a more rational attitude towards idolization.

Most importantly, it is essential to provide alternative role models and promote diverse forms of talents and achievements. Schools and media can highlight the accomplishments of individuals in different fields such as science, sports, arts and technology. Schools can also invite successful individuals from different professions to share their experiences and insights which can definitely inspire young people to explore their own passions and talents. If young learners look up to a variety of role models, they can broaden their horizons and have a fresh perspective on idolization. They can also realize that success can be achieved through various paths.

In conclusion, while it is natural for young people to idolize pop stars or celebrities, excessive idolization can lead to unrealistic expectations and hinder personal growth. By promoting a balanced perspective on idolization



and providing diverse role models, I am sure that we can help young people develop healthier admiration for their idols. Let us encourage them to embrace their own talents and aspirations, pursuing a brighter and fulfilling future.



# Section 5: Voices and Opinions



## My Favourite App

1A Fong Chun Foon

Good morning everyone,

Today I'd like to present one of my favourite apps. It is called Roblox. It has been a top gaming app for more than 5 years.

Let me start by giving you some information about this wonderful app. Roblox is a gaming app. It is wildly popular among young people, especially primary and junior secondary school students. It's available to be downloaded from the App store, Google Play and Chrome. What's great about this app is that this app is completely free to use!

How does the app work? With this app, you can find thousands of games like Blade Ball, Scuba Diving and so on. You can choose any one that you like and play it. Another important feature is you can try to create your games. Don't worry! Some templates can help you make your own very unique game. It's cool, isn't it?

What I like about Roblox is it has games with different types available for different players. Many of my classmates are also fans of Roblox. Another reason is that the pictures in the games are very realistic and colourful. There are animations too.

I think that this app will remain popular because all users can choose their favourite games to play. Although I think this app is great, it could be improved by adding some free props for players. Overall, Roblox is my favourite app because it provides me with a lot of fun so that I can relax after doing homework.

Thank you for listening.



## **My Recent Favourite: Harry Potter**

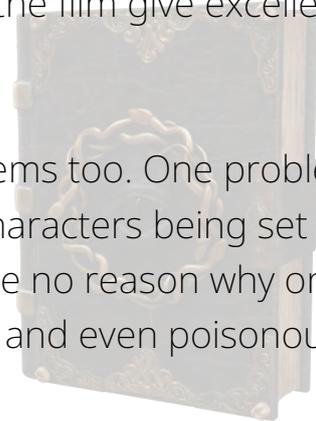
2D Wu Ada

Do you like adventure films? If you do, I have one to recommend to you. It's called Harry Potter. The film is directed by Chris Columbus, David Yates and others. The main characters of the film are Harry James Potter, Ron Weasley, and Hermione Jane Granger.

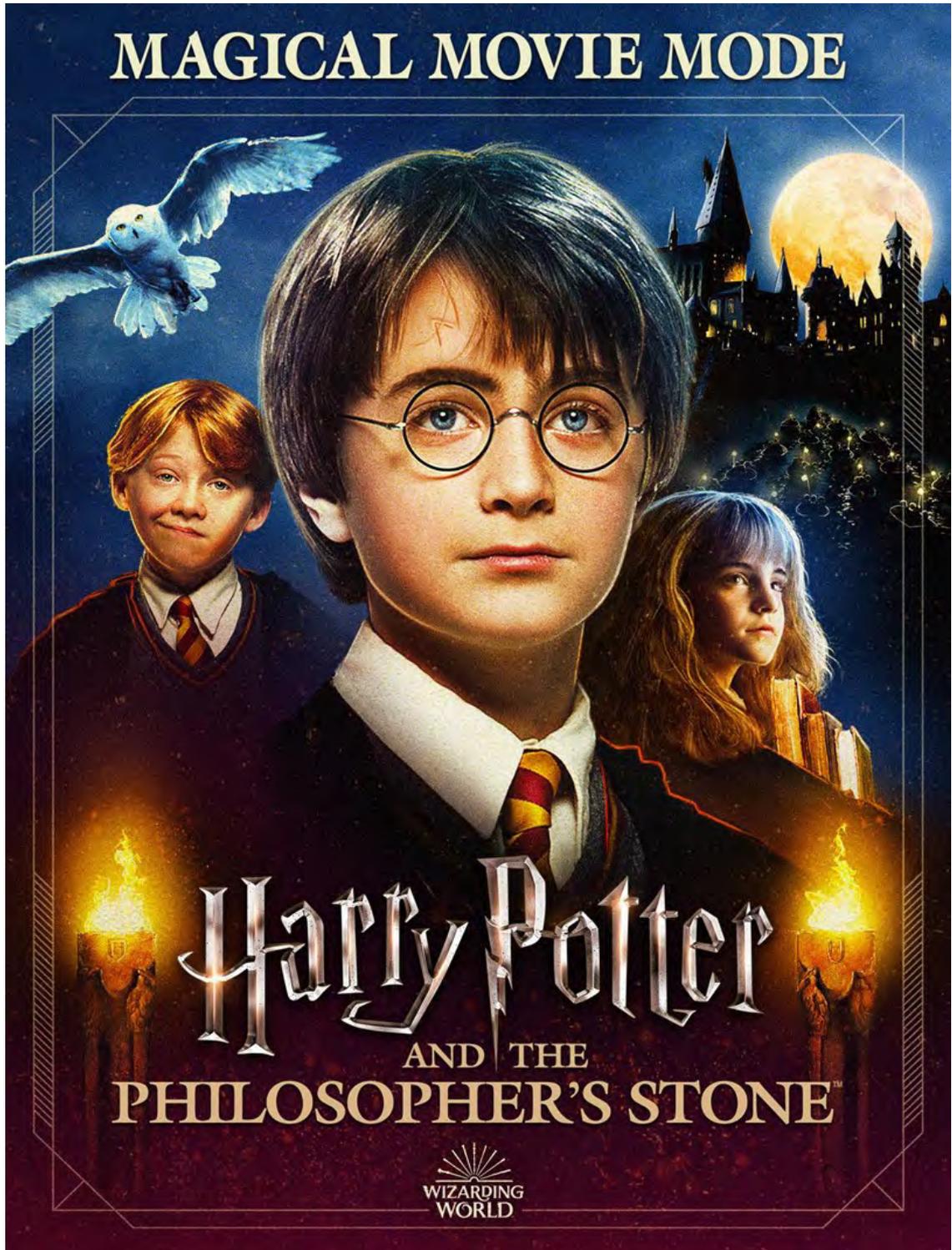
The story begins when the protagonist who has been fostered in his uncle's home since childhood, suffers from discrimination and is bullied by his uncle's family. In the beginning, the protagonist discovers that he is originally a wizard and has been admitted to a magical school. The most exciting scene is where the villain is completely resurrected from the dead and the protagonist brings the message back, but the minister firmly denies it. There is a twist in the story when the protagonist defeats the villain. In the end, the villain is dead and everyone lives happily ever after.

My favorite character in the film is Severus Snape, who is the youngest principal ever, with a straight and dark mark on his left arm, cold eyes, and unfathomable expression. He is sullen, mean, and unfathomable because he is Voldemort's spy at Hogwarts, at a fairly young age. Throughout the film, Severus Snape appointed the headmaster of Hogwarts, tries to protect the students from Death Eaters. I like this character the most because he always makes the right choice at the critical moment, objectively saving many people's lives. What I like most about the movie is the special effects in the film as they are really powerful and impress me a lot. Also, the characters in the film give excellent performances.

However, it is not a perfect movie and has some problems too. One problem is the choice of setting and casting, such as one of the characters being set up as a hero, but he acts more like a villain. What's more, I see no reason why one of the characters has a shop filled with black magic items and even poisonous goods, but it's legal.



All in all, I highly recommend this film to others. It is because it stimulates the reader's interest to imagine and explore the unknown endlessly. What is your favorite movie? Can you share it with me?



## **Embracing Our Nature**

3D Chinsom Pui Sze

Nature is a beautiful and marvelous aspect of our world. It is everything from oceans to the towering mountains, forests and delicate flowers. Interestingly, our mother nature offers us many benefits for our physical health, and of course, our mental well-being.

Spending time in nature allows me to disconnect from the fast-paced world, and find a safe space in the quality of nature. Whether it's going on a hike, sitting by a lake or simply enjoying a picnic at the park, it offers me a chance to relax. Being in nature can help me reduce stress, anxiety and improve my overall mood, no matter if I'm having a good day or a bad day.

Nature also provides us with opportunities for adventure in exploration from wildlife to rock climbing, camping and kayaking. There are endless activities that allow us to connect with the beautiful natural environment and to challenge ourselves.

Furthermore, nature teaches us the important lesson about balancing our lives. Sometimes we just need to chill out within our busy lives. Improving our mental health with the harmony of nature can inspire us to live more strongly and appreciate the amazing world around us. It's essential for us to protect and preserve nature for the future by being meaningful in our actions to nature, like fixing our carbon footprint and supporting charities to protect nature.

What's more, embracing sustainable living practices, such as reducing waste, conserving energy, and supporting eco-friendly initiatives, allows us to align our actions with our innate connection to the planet. By embracing our nature, we can contribute to a healthier and more sustainable future for ourselves and future generations.



To summarize, embracing ourselves in nature can provide a good balance on our well-being and of course the outlook on life. By reconnecting with our inner essence, immersing ourselves in nature, nurturing mind, body, and spirit, honoring the rhythms of life, and embracing sustainable living, we can cultivate a deeper sense of purpose, fulfillment, and connection. As we embark on this journey of self-discovery, let us remember that embracing our nature is not a destination but an ongoing process that requires intention, self-compassion, and a commitment to living authentically.



## **The Effect of The Return of Hong Kong Sevens**

4C Leung Hoi Yan

It is believed that the return of Hong Kong Sevens will bring good sales. Because it can attract a large number of international visitors, including rugby fans and teams from around the world. This influx of tourists leads to increased spending on accommodation, dining, transportation and shopping, thereby boosting the local economy. For example, hotels, restaurants and retail businesses experience higher demand during the tournament, resulting in increased revenue and job opportunities. It is very surprising to see that.

The other striking point is branding and exposure. Hosting a prestigious international sporting event like the Hong Kong Sevens enhances the city's global reputation and promotes it as a vibrant destination for sports and tourism. The event receives extensive media coverage, showcasing Hong Kong's infrastructure, hospitality and cultural offerings. This exposure can attract future investments, business opportunities and tourism beyond the tournament period.

Notwithstanding the pandemic that makes many people lose their jobs, if Hong Kong holds more big events, it can create more jobs. These events require a significant workforce to manage various aspects including event organization, security, hospitality and logistics. This results in job creation across different sectors, offering job opportunities to local people and contributing to reduced unemployment rates.

Overall, the return of Hong Kong Sevens has the potential to stimulate economic growth, create job opportunities and enhance the city's global image.



## **How Can Smart Farming Bring Social Good?**

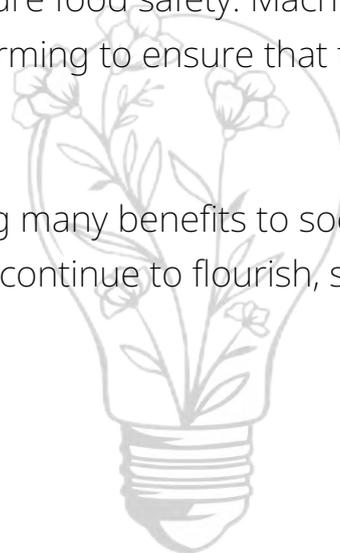
5B Yu Wing Yi

In recent years, science and technology have gradually progressed and can be applied to different fields. Even agriculture can involve science and technology, which has gradually brought many benefits.

First of all, agriculture was originally labour-intensive, which needed more and more manpower to cultivate crops. Man-made farming reduced efficiency and the production of crops was slow. When there was a shortage of manpower, it would become more serious. But now, there are machines to control everything. They have functions for fertilizing and irrigation. Also, irrigation is divided into different types, such as drip irrigation, spray irrigation and gravity. Farmers can choose based on different situations. It can help with efficiency. The yield of crops will also increase.

Then, smart farming not only can help increase crop yields, but also prevent losses and reduce errors. When farmers forget to spray fertilizers or irrigate crops, machines can complete these tasks in time to reduce mistakes and losses. They can provide the society with more choices of different food sources, produce more crops for citizens to eat, and develop local agriculture to increase food sources. In addition, smart farming can also ensure food safety. Machines can find the suitable soil for planting the seeds in crop farming to ensure that they grow with sufficient water and nutrients.

In conclusion, the use of smart farming can bring many benefits to society, citizens and farmers. As science and technology continue to flourish, society will also become more prosperous.



## **Admiring Pop Stars**

5B Yau Mei Yu

What catches our attention these days is not the unaffordable housing in Hong Kong or the pandemic, but the growing phenomenon of teenagers admiring pop idols. Not only young people, even people of other age groups are admiring pop idols. What are the reasons why teenagers are overly obsessed with celebrities? Let us take a look at the issue together.

Admiring pop stars too much is certainly unfavourable. In recent years, young people have been admiring some Korean idol groups, such as BTS, EXO or SEVENTEEN. Many young people are admiring Mirror. Because of the effect that idols are invited to be the spokespersons in different stores, fans blindly buy the products. In addition, idols will release albums, and management companies will take note of this effect and add small card versions of the albums to attract many fans. There is also a very serious problem that students may use various reasons to ask for leaves from school to welcome their favourite idols coming to their city to have a concert. They may spend a lot of money on buying some peripheral products of their idols.

Problems do exist but they are in no way insurmountable. The cause of admiring pop idols is excessive media reports containing inconsistent pictures and texts. The solution is that the government can legislate to regulate the content of media reports so that they must have a higher degree of certainties. Secondly, some young people admiring pop idols are the students who lack self-confidence and suffer from campus bullying. They want to find a place where they can indulge themselves. Idols are charming in appearance and popular with the public. The solution is to let these students participate in more kinds of activities, for example, playing games or reading a book together.

Most importantly, students should not trust media reports because the content is sometimes exaggerated and untrue. They should think critically and distinguish whether the reports are true or false. Young people are easily influenced by their peers. For example, if there are friends and classmates who are admiring pop idols, please don't follow them blindly. Don't blindly worship idols. Students must love themselves first before loving their idols.

All in all, excessive worship of pop idols is a wrong thing. Teenagers should admire pop idols appropriately and focus on their studies.



## **Are Books Still Necessities?**

5B Lam Ho Hin

In the age of technological advancement, the use of smartphones, social media and AI has become ubiquitous in our life. Due to the prevalence of electronic devices and e-platforms, the value of books is being questioned by many. Many people think reading books is considered "old-fashioned" and time-consuming, especially when compared with surfing online platforms such as YouTube, TikTok and Instagram. However, in my opinion, books still play an important role in the modern world.

First of all, the quality and reliability of information in books is often better than those online content even if online platforms like YouTube and TikTok offer a large amount of content. The reason for this is that reading books requires readers to go through different processes of fact-checking and editing, unlike social media, where anyone can post content without fact-checking. Authors of books usually have extensive knowledge and experience in their respective fields, which can ensure the accuracy of information stated in books. In contrast, social media creators may lack knowledge and experience that is necessary to provide reliable information because the main goal of social media creators is to attract audience by posting different kinds of content even if they don't fully understand it.

Moreover, reading a book can promote active thinking. When reading a book, people need to analyze the information from the book, forming their own thoughts and opinions. Active thinking is essential for intellectual growth and personal development. In contrast, relying on AI book summaries doesn't require people to engage in the book content. In this case, readers lose their opportunity to resonate with the feelings expressed in the text. Given the fact that there is no way for readers to echo the writers' feelings, reading summaries of a book becomes meaningless. It is absolutely destructive to the value of books, and it makes them less creative because everyone is reading the same summaries instead of the actual books.



In conclusion, while technology has undoubtedly changed the way we access knowledge, books still retain their value. My answer to the question is - I believe books are far from becoming “the dinosaurs of the new age”, they continue to serve as an invaluable source of knowledge and history for all of us instead.



## **Why Books Remain Essential in The Digital Age?**

5D Cheung Tsz Kin

In an era dominated by technology, the question arises: are books becoming the dinosaurs of the new age? With the proliferation of virtual media, audiobooks, and online articles, the traditional act of reading a physical book might also appear old, time-consuming, and inefficient. However, regardless of the allure of instant gratification and the ease of digital systems, books remain a vital cornerstone of human information and know-how.

Firstly, books offer a depth of engagement and attention that is unrivaled by digital distractions. In a world bombarded with notifications and fleeting content, the act of sitting down with a book fosters uninterrupted consciousness and deep thinking. Reading calls for active participation, stimulating the brain and improving cognitive abilities such as critical thinking, evaluation, and empathy. Unlike the passive consumption of digital media, which often ends in fragmented interest spans, books inspire sustained engagement and profound knowledge gain.

Moreover, books provide a tangible connection to our cultural and historical past and collective knowledge. From historic texts to contemporary literature, books serve as repositories of human understanding, keeping ideas, tales, and views across generations. They offer a window into one of a kind cultures, historic periods, and philosophical traditions, enriching our expertise of the sector and ourselves. By reading books, we have interaction in a talk with the beyond and make a contribution to a shared intellectual legacy that transcends time and space.

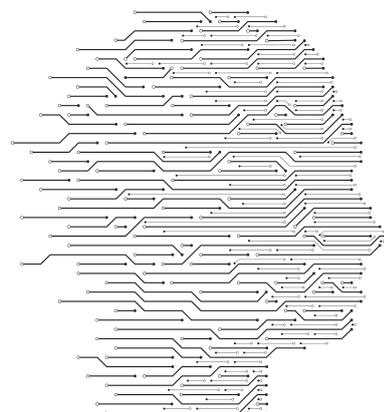
Furthermore, the manner of studying books fosters introspection, imagination, and creativity. Unlike the passive consumption of multimedia content material, which regularly spoon-feeds records to the target market, books invite readers to visualize and interpret the textual content of their personal minds. This act of co-creation sparks the imagination, allowing readers to inhabit exclusive worlds, empathize with diverse characters, and discover complicated



thoughts. By immersing ourselves inside the world of books, we increase our horizons, cultivate empathy, and expand a deeper expertise of the human experience.

Additionally, books provide a refuge from the relentless pace of present-day lifestyles and the superficiality of digital culture. In a society captivated with on-the-spot gratification and floor-stage interactions, the act of analyzing presents a sanctuary for contemplation, introspection, and personal boom. Books inspire us to slow down, disconnect from technology, and reconnect with ourselves and the arena around us. They provide solace in times of uncertainty, suggestions in instances of adversity, and companionship in times of solitude.

In conclusion, whilst the virtual age has converted the manner we get admission to data and devour media, books stay fundamental to the human reveling in. Far from becoming dinosaurs, they hold to serve as pillars of expertise, understanding, and creativity. In an era marked by means of regular trade and uncertainty, the long-lasting cost of books lies in their capability to nourish the thoughts, elevate the soul, and enrich our lives in methods that digital resources alone cannot replicate. Thus, books will remain vital in the virtual age.



## **Social Media: Is It a Rational Platform to Communicate?**

6C Tsui Yiu Tung

There is a lot of discussion about social media. In today's digital era, social media platforms such as Facebook and Twitter have become ubiquitous tools for communication and have transformed the way we engage in public discourses. The question of whether these platforms encourage or stifle public debate has been a subject of intense debate. While some argue that social media platforms hinder rational discussion, I believe that they play a role in encouraging public debate and fostering the exchange of diverse ideas.

One of the key advantages of social media platforms is their ability to amplify the voices of individuals who may have been marginalized or underrepresented in traditional media outlets. For example, Facebook and Instagram provide a democratic space where people from all walks of lives can express their opinions freely and have their voices heard. Social media acts as a levelling ground allowing individuals to participate in public debates without the need for institutional gatekeepers. As a result, grassroots movements such as Blacklives Matter and MeToo gained significant traction and sparked important conversations on social media, shedding light on systemic issues and fostering a broader understanding of social injustices.

More than that, social media platforms transcend geographical boundaries. Connecting people from different parts of the world and fostering global conversations, these platforms enable individuals to engage with diverse perspectives and cultures, leading to a more inclusive and comprehensive understanding of various issues.

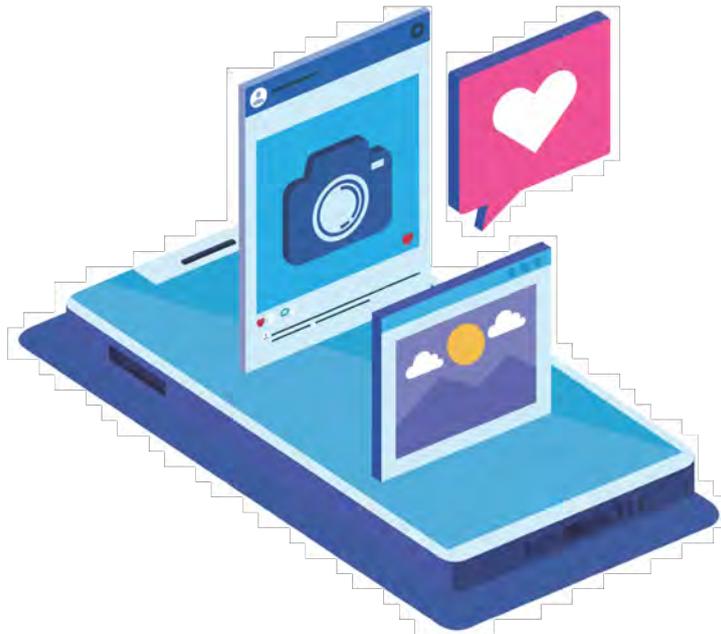
Besides, by breaking down traditional barriers, social media allows for the exchange of ideas on a global scale, facilitating vibrant and dynamic public debates. For instance, during major events like elections or political crises, social media serves as a virtual town square where individuals can share their thoughts, engage in constructive discussions and influence public opinion.

Critics argue that social media platforms have become breeding grounds for misinformation and echo chambers, hindering rational discourse. While it is true that misinformation and the rapid spread of rumour are challenges associated with social media, it is important to recognize that these platforms are not solely responsible for the dissemination of false information.



Misinformation has existed long before the advent of social media. Platforms like Facebook and Twitter have taken significant steps to combat the spread of misinformation by implementing fact-checking mechanisms and partnering with independent organizations. The responsibility to verify and critically analyse information lies with the users themselves.

All in all, social media platforms like Facebook and Twitter have a transformative impact on public debate by amplifying access to information. While challenges such as the spread of misinformation persist, they should not overshadow the immense potential that social media holds in fostering inclusive and informed public debates. It is important for users to engage responsibly, critically evaluate information and actively seek diverse perspectives. With continued efforts to address these challenges, social media platforms can further evolve as powerful tools that encourage rational debate and contribute to a more informed and engaged citizenry.



# Section 6:

# Creative Essays



Dear Sir/ Madam,

I am writing to propose my design for the 4th HKAC Annual Advertisement Design Contest. Please find attached a copy of my design.

The product featured in the proposed advertisement is called "Japan Life Coke," a drink made of carbonic acid, sugar, and caffeine. As we all know, Coke is one of the most popular beverages. However, regular consumption and improper disposal of metal cans can harm the environment and lead to significant losses. Our product aims to address this issue by utilizing packaging made from recyclable and environmentally friendly materials.

The advertisement's slogan, "You Gotta Get This," grabs the attention of the target audience and generates a desire for customers to purchase with its limited flavors. The word "Life" is also written on the bottles, symbolizing the Japanese lifestyle and the shared experience of appreciating the beauty of life and finding moments of tranquility. Additionally, the product is imported from China and priced at \$6 to attract more customers.

Next to the product image, we have included the distinct phrase "environmentally friendly" to highlight that this cola is made with recyclable materials, reducing environmental damage caused by metal packaging and raising awareness about the environmental impact of discarded aluminum cans. Finally, we have added a QR code and link to facilitate easy access and inquiries.

I hope my explanation regarding the advertisement design is clear. Should you have any queries, please feel free to call me at 9876 5432. I look forward to your favorable response.

Yours faithfully,  
Chris Wong



## **A Special Space Experience**

3A Wai Yi Chun

There was an event called "Space Exploring Permanent". This event had only ten places available and a guy called Karson had luckily joined this event.

"Nice! I finally got a chance to explore space! Or else I would have to wait for another 6 years," said Karson.

On the day of his ride on the spaceship, Karson said goodbye to his family before going since it would take at least 4 years to come back. Then he flew to the USA where the space agency was located. After arriving there, Karson strided with baggage holding to the meeting point.

After some introductions said by the guide, the 10 participants including Karson were preparing to board. During the time Karson could hardly control his thrilling mood that he almost yelled. Later on, all of the passengers had sat on their seats. The announcer started to speak, "10,9,8,7,6,5,4,3,2,1,0." As it said zero, the rocket started boosting up. Karson was feeling extremely excited. During the flight to the mothership, Karson was fascinated by the view from the window. "No way, this is space? It is so pretty!" exclaimed Karson. While an older guy next to him was annoyed.

After another long while, the rocket had arrived at the destination before connecting to the mothership. Karson rushed out with an uncontrollable excited mood. Surprised by the interior of the ship, he could not believe what was in front of his eyes. The guide called him back or else he would walk away. The guide introduced the canteen with hundreds of restaurants, a gym bigger than the biggest one on Earth, a huge astronomy research agency and countless other things.

When the escape pod was introduced by the guide, Karson spotted a strange levitating object outside the ship, "Excuse me, what is that round thing outside?" questioned Karson. After he questioned, the guide looked at the direction Karson was pointing at. As soon as the guide saw it, the object started attacking the ship. Everyone was shocked. The guide commanded all crew mates to sprint to the escape pod room. Karson followed the crowd to the pod



room. Despite that the situation at the scene was chaotic, Karson found an empty pod. However, he did not know how to launch it. He rushed out in panic and tried to call for help. The ship started to break down and Karson knew that nobody was going to help him so he ran back to the pod. Luckily, he found instructions of how to use the pod and launched it. As he looked back, the whole mothership had exploded and the shockwave caused by the explosion shocked Karson's pod. The shockwave was so powerful that he immediately got knocked down unconscious.

"Wake up! Wake up!" said a robot. Karson woke up, wondering what was going on. "You are finally awake!" the robot said again. "Uh wait, what is this robot?" asked Karson. "Let me introduce myself, my name is Noby. The robot equipped in this escape pod," answered the robot. "So you are a floating ball?" questioned Karson again. "I am not a ball, I am a robot!" yelled Noby. "Oh wait, what is our location?" asked Karson. "According to my calculations, we are beyond the solar system," answered Noby. "Beyond what?" shouted Karson. He tried to take control of the pod but he realized it was impossible. Karson fell to pieces, banging on the window and eventually calming down. "Do not worry, we will find the silver lining!" comforted Noby. Relieving Karson, the robot joined the human in figuring out the right way to escape.

First, they tried using the buttons on the control console, but none of them worked. Then they removed the cover of the console and tried to fix it. At that moment, Noby realized the special buttons on the left. Noby released many robotics tentacles and connected to it. After a while, the console was somehow fixed. "Nice job Noby!" cheered Karson. He started following the instructions while Noby was assisting.

They started controlling the pod for donkey's years. Thanks to the supplies on the pod, they kept Karson alive.

"Karson wake up!" yelled Noby. Karson woke up from his sleep and looked outside the window suddenly.

It was the rescue spaceship dispatched from Earth. "It is the NASA spaceship, they found us," exclaimed Noby. "Thank you for fixing the console and sending the signal!" said Karson. Not long after, they were finally rescued. Karson looked out the window once more, what he was staring at was not space but the object which had attacked Karson before.



## Grandma's 75th Birthday

4D Pang Kwan Long

Ever since we were young, my grandma Mary has always been the most beloved person in our family. She is a kind and strong old woman who supports everyone in the family. This year, when she celebrated her 75<sup>th</sup> birthday, our family decided to prepare a special surprise for her.

There were ups and downs. First, we would like to find a Michelin five-star restaurant. However, it was fully booked. Also, we sent out invitations to all our relatives and friends to the party. Unluckily, some of them were not able to join because of COVID. Luckily, we finally found a big ballroom in Tsim Sha Shui. To our surprise, we could enjoy the beautiful night view of the Victoria Harbour. Our cousin Jimmy tried to ask some relatives and friends overseas to say their wishes to grandma.

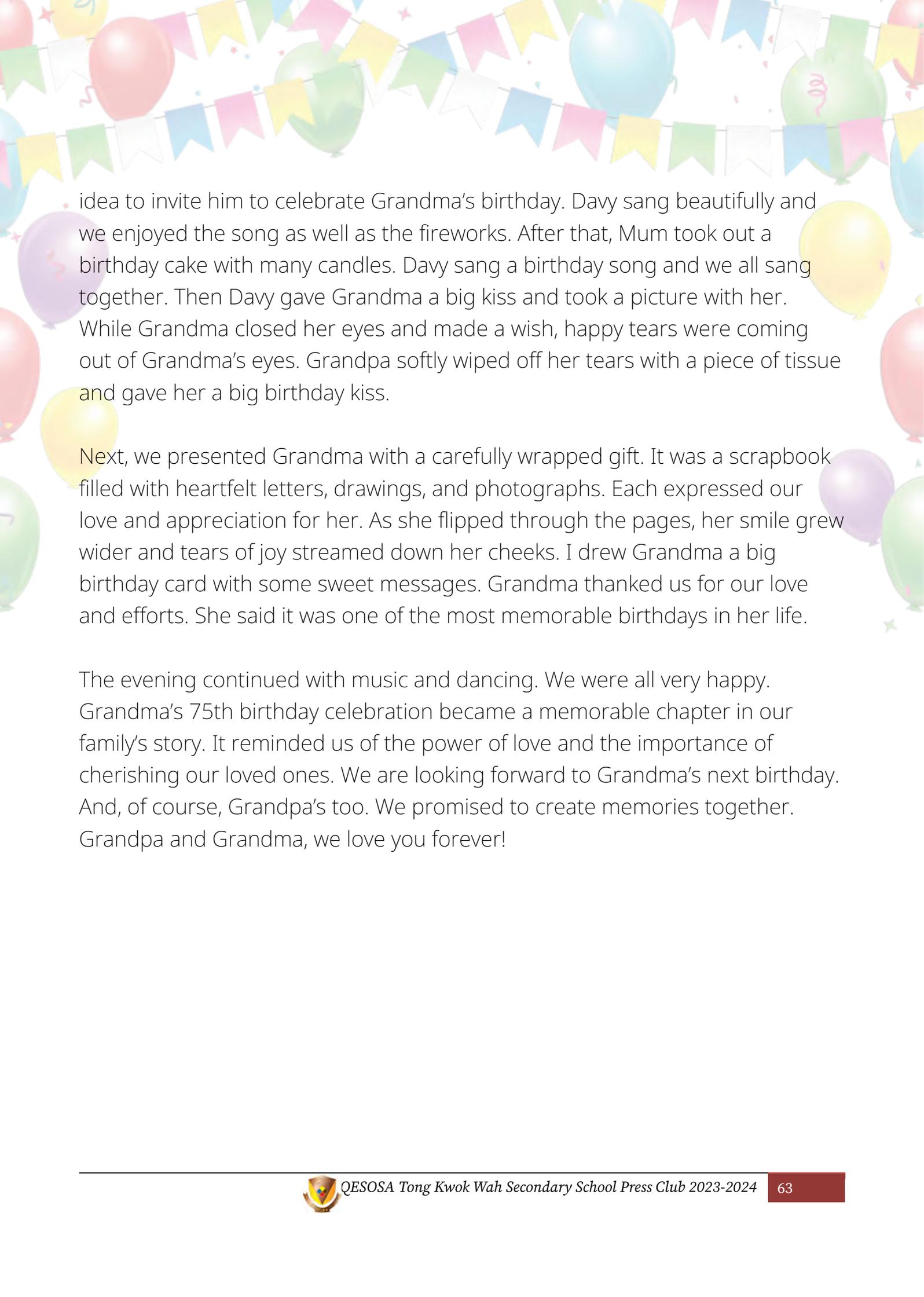
As the time approached, things started to get a bit messy. Mum was busy with the food. There were homemade treats, savory snacks, and a variety of dishes. Dad was dealing with the flowers and balloons. We tried to get the photo wall and banner done. Finally, we finished the work. We successfully created a warm and happy atmosphere to make our grandma feel special and loved.

Very soon, relatives and friends came and we became more excited. We sat together, chatted, and got to know one another. Everyone enjoyed the drinks and snacks. We were all very nervous and looked at the door all the time.

At around 8 o'clock, while Grandma and Grandpa were walking towards the room, we all kept silent. Once they opened the door, we shouted, 'Happy birthday!' Grandma's face lit up with a mix of surprise and delight. Tears welled up in her eyes as she appreciated the effort we had put into making her special day memorable.

While we were enjoying the fireworks in Victoria Harbour, Grandma's favourite singer Davy appeared. Davy is a top singer in Hong Kong. It was our Dad's





idea to invite him to celebrate Grandma's birthday. Davy sang beautifully and we enjoyed the song as well as the fireworks. After that, Mum took out a birthday cake with many candles. Davy sang a birthday song and we all sang together. Then Davy gave Grandma a big kiss and took a picture with her. While Grandma closed her eyes and made a wish, happy tears were coming out of Grandma's eyes. Grandpa softly wiped off her tears with a piece of tissue and gave her a big birthday kiss.

Next, we presented Grandma with a carefully wrapped gift. It was a scrapbook filled with heartfelt letters, drawings, and photographs. Each expressed our love and appreciation for her. As she flipped through the pages, her smile grew wider and tears of joy streamed down her cheeks. I drew Grandma a big birthday card with some sweet messages. Grandma thanked us for our love and efforts. She said it was one of the most memorable birthdays in her life.

The evening continued with music and dancing. We were all very happy. Grandma's 75th birthday celebration became a memorable chapter in our family's story. It reminded us of the power of love and the importance of cherishing our loved ones. We are looking forward to Grandma's next birthday. And, of course, Grandpa's too. We promised to create memories together. Grandpa and Grandma, we love you forever!



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**PRESS CLUB**

*Shoot for the moon. Even if you miss,  
you'll land among the stars.*

Norman Vincent Peale

*Desire is the key to motivation, but it's determination  
and commitment to an unrelenting pursuit of your  
goal - a commitment to excellence - that will enable  
you to attain the success you seek.*

Mario Andretti



*A man's reach should exceed his grasp,  
or what's a heaven for?*

Robert Browning

*Shoot for the moon. Place your target  
not on what is attainable, but on the  
best that is unattainable.*

Norman Vincent Peale