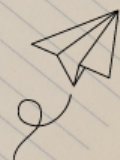


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YLPSS'S

GOOD
ENGLISH
WRITINGS
2022-23



Name: Ho Yuk Yin

Class: 1A (6) (2022-2023)

Writing 2—My Favourite Classmate

My favourite classmate is Kodesh. She is 12 years old. She is a girl. She lives with her mother and father. She is talkative and shy, but a bit careless.

She has long hair and wears glasses. She is short. She has skin disease. Her hobby is singing, so her dream job is to be a singer. She is a choir member. She sometimes goes for singing practice in the choir.

I like her because she always talks to me. She always tells me many new things. And she is so funny that she always makes me laugh.

We sometimes do homework together. When I have problems with homework, she will come and help me.

We are best friends. She is always my best classmate.

Name: Wong Sin Ying, Angie

Class: 1A (27) (2022-2023)

28th November, 2022

A Vlog Transcript

Hi guys!! I'm Angie. I'm studying at Yuen Long Public Secondary School. Let's go inside!

As you can see, most students wear our school uniforms. Girls wear blue dresses and boys wear white shirt and trousers. My class is in room 101, on the 1/F and near the school hall. Wait! I need to go to the locker to get some books. Ok! Now we are going to have morning assembly.

Here's my favourite place—tuck shop!! Why is it my favourite place? It is because here I can buy yummy food with my friends, but the food is just a bit expensive. Ha! Ha! Now we are walking to the library. There are many good books.

Also our school has more than ten clubs. I have joined three clubs! I'm so busy!! What's more, we have four houses, Yuen House, Long House, Middle House and School House. I'm a member of the Yuen House.

Thank you for watching! I hope you like this video. See you next time.

Name: Elizabeth Kan

Class: 1B (17) (2022-2023)

My School Life in Hong Kong—Vlog Transcript

Yo! What's up everyone. I'm Elizabeth. I'm 12. I'm studying at Yuen Long Public Secondary School. Today I'm going to introduce my school. My school is next to a big park and it is in this modern building. Follow me.

According to the school rules, all of the students have to wear uniform to school. Let me take out my temperature and rapid antigen test record sheet for the teachers to check and sanitize my hands to get in. Now, I'm walking upstairs to my classroom to hand in my homework and take out some books that we need for today's class from my locker. After that, usually except Wednesday, we always need to read books before class and on Wednesdays, we usually need to go to the hall for morning assembly, but sometimes we will stay in our classroom and join the Zoom for morning assemblies.

'Ding dong! Ding dong!' Now is our recess. Each of our recesses lasts for fifteen minutes. We can have our break. In the recess, I sometimes like to go to the tuck shop to eat my breakfast, but most of the time I like to go to the third floor to chat with the 'PC'.

After recess, it's my favourite class—Geography lesson. I really enjoy having Geography lesson because I can learn about the Earth and the ways how we can look at the map. But although I like Geography so much I still haven't joined the Geography Club. Instead of joining Geography Club, I've joined the Dance Club because my hobby is dancing and I want to make friends with people who have the same interest as me.

So this is today, thank you for watching the video. If you want to know more about me and my school, make sure you check my videos every week. Goodbye.

My School Life in Hong Kong

Hi guys! This is Venus here! I'm going to talk about my school—Yuen Long Public Secondary School! My school has a long history. It is well-designed. The walls are white and orange. Well—let's go inside!

Now, we're in the classroom. My classroom has 39 lockers and a big noticeboard. You can see some plants near the windows. My school has a library on 3/F. there are many different types of books and computers in the library. Shall I show you my favourite place in the school? Here we are in the social worker room. My school has two social worker rooms on 4/F and 5/F! You can play in there and chat with the social workers. Now I'm walking to the tuck shop and the canteen. They are on the ground floor. Many schoolmates like to buy food and eat there at recess time.

Let me show you my daily schedule! We have two recesses before lunch. After lunch, we have a long time to rest and play. Finally, we leave school after three lessons in the afternoon.

How many clubs are there in my school? My school has a lot of clubs; you can join whatever club you want. I join the VA Club because I am interested in art and other members in the Club are friendly. Students in school are polite and caring! They often answer questions and the teachers tell jokes to us. The lessons are always interactive and interesting!

That's all, thanks for watching my video! See you next time!

Name: Wong Lok Man, Jack

Class: 1B (29) (2022-2023)

My School Life in Hong Kong

Hey everyone! My name is Jack and welcome to my vlog! In this vlog, the topic is my school life in Hong Kong. My school is called Yuen Long Public Secondary School, or YLPSS for short. It is located near Yuen Long Park and it takes a few minutes from here to Shui Pin Wai Light Rail Station. Anyways, would you like a tour of the school?

I'm now in the Language Room on the first floor, or second floor if you're from the US. Here, students come to practice speaking languages, primarily Chinese and English. There are a lot of desks as there will be a lot of seniors attending classes. If you look at the left from the door, you will see a table and two couches where students can practice and improve speaking fluent English, and when you look at the right, you will see a cabinet full of board games that you can play during your lunch break every day.

Here, we're on the ground floor, where my favourite place is located. What's my favourite place on the school ground? It's the tuck shop, obviously! It's in front of the canteen, so all you need to do is wait in line, and buy some snacks. There is a variety of delicious snacks you can purchase, from deep-fried chicken, to cup noodles, and bacon-wrapped sausages to a burger. Students often come here in recess to eat, relax and chat. They are very friendly and helpful. You could make lots of friends.

Last but not least, we're now in the Home Economics Room, or the HE Room for short. It might look bland but you could learn lots of new things here, like stitching fabric into beautiful crafts, or cook simple but mouth-watering dishes from the East or West. You can join the HE Club if you want to learn more.

Now this is the end of the tour, and my vlog. Check out my other vlogs and thank you for watching. Stay safe and I hope to see you all soon.

Name: Yip Ching Yau Class: 2B (36) (2022-2023)

7th October, 2022 (Friday)

A Film Review

Have you ever heard of the 'Festival Day of the Dead' in Mexico? It is an event to remember people who already passed away, I wasn't familiar about this even either. However, after watching the film 'Coco' by Disney Pixar, I discovered how heart-warming, touching and depressing either this movie or festival are.

The story is set in a family which banned anything related to music entirely. However, there was a child called Miguel, who is addicted and obsessed with music. He is secretly a fan of the local singers. He is intelligent, so he can hide his music collections very well away from his family. Unfortunately, the upcoming festival which celebrates a famous singer spilled out the truth behind Miguel's obsession to his family. He finally express his love for music, but his family think he is exaggerating and talking nonsense. After that, he left his family because he is triggered by his family's false statement about his interests and started off an unexpected and inspiring journey by touching his favourite local singer's music instrument. After his journey, will his family accept his obsession with music? Will he be more mature after this journey?

This film is absolutely cutting ten times more onions than other touching movies. Especially the main theme of this film always makes me burst into tears everytime when I'm listening to it. I can't deny Anthony Gonzales, the voice actor of Miguel has a heart-warming voice. The three-dimensional animation is so realistic. I want to thank the director of this film, Lee Unkrich for making this heart-warming film. They taught me how important every living creatures are in this world. This film told me that every moment of my life will turn into a

nostalgic memory eventually. It's better to seize the moment we're having now and treat others better, so we won't regret it when someone passed away.

Overall, this movie became the 'influencer' of my life when there are negative thoughts in my mind and or when I am about to give up. I highly recommend it to people who think their life is suffocating or depressing. It will make you realize that there are always 'lights' in the dark to guide you when you feel like you're a fish out of the bowl in complicated situation. (381 words)

Name: Yip Ching Yau Class: 2B (36) (2022-2023)

9th December, 2022

Letter of Advice

Dear Alvin,

Hello, I hope you are doing well recently. Many thanks for your last letter, I am sorry to hear about your problem after moving to the US. Here are some advice and solutions I can give you.

Firstly, you have mentioned that you have difficulties when making friends. If I am in this situation, I would try to join more extra-curricular-activities to get to know more schoolmates beside the ones in your class. On the other hand, you should step out from your comfort zone, try to talk to someone who have the same interests as yours, but don't stay quiet and wait for people to talk to you.

Secondly, you have mentioned that there are classmates who give you nicknames. I think you shouldn't respond to them since they might be seeking attention by doing provocative things. They might lose interests in annoying you if you stop responding. Moreover, if this situation gets worse, do not feel embarrassed or hesitate about seeking help from school counsellor or teachers, they will definitely be willing to help you.

Your last problem is classmates taking your stationery without permission. In my opinion, you should put your stationery in your schoolbag, drawer or locker before leaving although it may be annoying to put them in and out, it is better to keep an eye on your personal belongings and protect them. On the other hand, you should confront them by telling them how you feel, they might think it is not a problem while playing around. Also, they need to understand that it is impolite to take your things without permission.

I hope these advice can help you out, I am looking forward to hear from you soon.

Best wishes,

Gordon

(289 words)

Name: Ip Ching Class: 2D (12) (2022-2023)

A letter of advice

Dear Alvin,

Many thanks for your letter. It was nice to hear from you again. After hearing your problems, I felt bad for you. Maybe I can give you some suggestions and things might get better soon.

Your first problem is you are very busy and have no free time. I think you should make your own timetable so that you can plan what you are going to do. It is a better way to organize things you have to do. cancel unimportant meetings or activity. Choose something you are really interested to do.

Your next problem is you have no friends at school. Have you tried joining some afterschool activities or clubs to meet people that have the same interests with you? Find a local group where people with interests like your meet regularly. Try a book club, music group or a sports group. Sign up for an afterschool activity. When the topic interests you, you're likely to find people who share your passion. You can also make friends in your local city. You may be surprised by how many events are happening right in your community. Look in your local newspaper or community bulletin book boards. Go online for neighborhood listings. Search the name of your city plus the words 'social network' or 'meetups'. Volunteering is also a good way to make friends. People who work together often form strong connections. Meet people by volunteering with a community center, charitable group, hospital, museum, or place of worship.

Your last problem is you are bullied by a few boys in your class. If I were you, I would tell a trusted adult, like your parent or a teacher, but if you don't feel able to do that alone, tell another friend what's happening or maybe you can tell me. Together you can report the bullying and by doing this, you are placing the situation in the hands of responsible adults who will listen to your concerns and respond in a positive and proactive way.

That's all of my advice for your problems. Hope it helps you out. I'm looking forward to hearing from you soon.

Best Wishes,

Gordon

Name: Wong Kwun Ho

Class: 2R(A) (26) (2022-2023)

7th March, 2023

Writing 6—A Mysterious Story

Today is 6th June, 2000. I was resting in the countryside. I saw a beam of light shining on the mountain. I was very curious about what it was, so I drove up.

In the mountain, I saw an unidentified flying object, which stopped suddenly in the middle of its flight. And then two three-eyed aliens came down from the unidentified flying object. I was cold and tired. They took out tools to repair the unidentified flying object, and then it was able to move again. I called the police, 'I see aliens in Jojo's Mountain. I need help!' The policeman said, 'Stay calm, we will go to Jojo's Mountain to help you.' At the same time, one alien touched my shoulder and said, 'Hi, Dio, we are looking for you!' Why did the alien know my name? I suddenly remembered my lost memory. I was also an alien! I came to the Earth as a human to experience human life, but an accident caused me to lose my memory! My friends alien Ben and alien Billy came to search for me. Because of my curiosity, we could meet each other again.

Later, I boarded the spaceship and went back to my planet. When the police arrived, there was no one on the mountain.

Name: Chan Ho Wang Class: 3A (1) (2022-2023)

A Letter of Advice

Dear Sam,

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

First, you mentioned that you have many quizzes or tests. You can't have a little time to relax. You have been feeling stressed out. If I were you, I would feel so tired too. Here are some suggestions for you. You should find teachers to talk about your problems and feeling, see what can be done, such as giving you less homework. In addition, you ought to make yourself a time-table. A good time-table is important because it can help you manage your time well. Don't push yourself too hard. Find some time to relax.

The second problem is you are sleeping badly recently and you always wake up at night. You get insomnia! Remember don't give yourself a lot of stress. I suggest that you may drink some warm milk before going to bed. You mustn't study one hour before going to bed to let your brain relax for a while. I think you will feel better! You asked me if you should take sleeping pill. I want to tell you that you mustn't take it. You will get addicted and it's bad for your health.

I hope my suggestions can help you. There must be light at the end of the tunnel. If you need more help, you can write me again. I will try my best to help you.

Regards,

Anthony

Name: Yip Sze Wing Class: 3A (24) (2022-2023)

A Letter of Advice

Dear Sam,

Thank you for your letter. I'm sorry to hear about your problems. I hope I can give you some advice that will help you.

First, you mentioned that you have been feeling stressed out. I think you can talk to the teachers and ask if they can give you less homework. And you can also stay relaxed and get some rest. Maybe you can go hiking, listen to pop music or go out to see a film with your friends at the weekends.

In your letter, you also mentioned that you are sleeping badly in the past weeks. I suggest that you can drink a glass of hot milk before going to bed. You can't play games or video games before you sleep. It will bring you insomnia because your brain becomes too active. You can take some deep breath before going to bed, but I think it may not be very useful for everyone.

Although you can't fall asleep easily, don't take sleeping pills because you may get addicted to it.

Every cloud has a silver lining, you'll get over your problems sooner or later. Be happy and do look at the bright side. I hope this advice helps, support you always! Please write to me again if you need any more help.

Best wishes,

Wing

Name: Yuen Pak Hei Class: 3E (23) (2022-2023)

A Letter of Proposal

30th November, 2022

Dear Sir / Madam,

I am writing to propose my design for the Hong Kong School of Advertising Design Contest. Please see attached a copy of my design.

The product is a fountain pen, XT. It is a pen which is a mix of a fountain pen and a ball pen. We all know, when a ball pen falls on the ground, it will leak ink and it is hard to write. However, a fountain pen would not leak ink when it falls on the ground, but it is too expensive. That makes lots of people stuck in choosing a pen. So this pen includes the benefits of these two pens to solve this problem as its purpose is to make writing more comfortable.

I have designed the headline 'Write with the best pen' because I think most people want to write with the best pen and it can absorb the reader to read it. Then, we move on to the image of the fountain pen XT, which won the most popular pen competition and the people like it more than other pens. It shows this product is liked by the users and they are happy to use it. Under the image, we could see the differences of fountain pen XT and the other pens. Then the slogan 'Write with it' means if you want to write more comfortably, why don't you use this pen? Finally, the logo is next to the headline.

I hope my explanation of the advertisement design is clear. If you have any queries, please call me on 8613 9762. I look forward to your favourable response.

Yours faithfully

Isaac

Isaac Yuen

Secondary 3 student, Yuen Long Public Secondary School

Name: Benson

Class: 4B (15) (2022-2023)

Letter of Advice

Hi Winnie,

I know you have been having difficulties recently with dropping out of school to pursue a career as a pop singer. As your caring friend, I'd like to give you some advice.

Firstly, due to your parents not letting you to be a pop singer by dropping out of school, you should think about another way. Maybe you could tell your parents that you are going to drop out of school after this term. Perhaps they would let you do that.

If that doesn't work, then you need to finish your studies. If I were you, I would talk to my parents, and let them know how much I want to be a pop singer. You may sit down and have a calm and sensible talk with them. Although it is not easy to change somebody's mind, you should try harder to change your parents' minds.

And lastly, if the problem doesn't go away, why not do both at the same time. Despite the fact that it is difficult for students to balance their time, you should try hard in your studies first. After you think you can perfectly handle your work, you could be a pop singer. However, this method for you may be very exhausting. Make sure you have thought twice before using this method.

I'm really sorry to hear you have these problems, and I hope they can be resolved soon.

Best wishes,

Benson

Name: Chen Yi Ting, Angel Class: 4B (4) (2022-2023)

Letter of Advice (2)

Hi Winnie,

I know that you're upset that you want to drop out of school to pursue a career as a pop singer, but your parents are not letting you. I have some suggestions for you.

Perhaps you should consider your academic performance before you make the decision of becoming a pop singer. As I know, your academic performance has been very good all along, even got a scholarship from the school. There is a great risk to give up your studies. Instead, you can get a diploma from the university. In the future, employment will be easier and you can earn a relatively stable income. To be frank, the income of a pop singer will be much higher than that of ordinary people, but once you have any negative reports or news about you, your popularity will decline. It may even lead to the interruption of your singing career. In other words, being a pop-singer has great risks.

What's more, you need to consider carefully how much you like singing. Do you really like singing that much that you would give up your studies for it? Or is it simply an interest to kill time? Truth to tell, the road to becoming a singer may not be as easy as you think. The effort behind fame is tremendous. As this moment, do you think you can afford it?

Last but not least, perhaps you should try to calm down and communicate with your parents. We all know that our parents' experience is more than ours. I think if your parents disagree with you to become a pop singer, there must be some reasons. You should think from their perspectives. Nevertheless, I recommend you try to talk with your parents and ask why they don't agree with it.

So, please look before you leap and have a long consideration whether it is worthy for you to become a pop singer. After consideration, if you decide to become a pop singer, I hope you can treat it wholeheartedly instead of making an impulsive decision. Wish my suggestions can help you!

Regards,

Angel

Letter of Advice

Hello Winnie,

I knew that you have some problems from the conversation we recently had. You wanted to drop out of school to pursue a career as a pop singer. However, your parents wouldn't let you, so you are very upset. I totally feel you. I want to give some suggestions to help you. I understand that this is a difficult problem for you.

While pursuing a career as a pop singer might be your dream, it could be very risky since it is difficult to find mainstream success. You have to be talented and lucky. Also, the music industry might not be as bright as you thought. Many young people who have a dream of becoming a pop star fail. I suggest you think it through. Do you really want to be a pop singer? If you really do want to become a singer, I still recommend you to finish school first because it is definitely not too late to pursue a singing career after finishing school. In fact, record labels also suggest young people to finish school first. Finishing school grants you more opportunities. Even if you couldn't find any success as a singer, you could still do something else for a living. Moreover, you do so well in school. It would be a pity if you drop out of school now.

Another advice I want to give you is that you could sit down and have a serious talk with your parents. Tell them the reasons why you want to be a singer. Try to make them understand you. Maybe you could tell them you want to be a singer after finishing school. They might support you. It might be not acceptable for them that you drop out of school to pursue a career as a pop singer now. You can your parents could meet halfway. I am sure that your parents just want you to be happy and I think they are just worried that you would regret pursuing a career as a singer. They just want the best for you.

Lastly, I hope the suggestions are helpful. You really need to think it through and talk to your parents, but no matter what choice you make, I'm going to support you regardless. I hope you feel rejoiced now.

Best wishes,

Chris

Letter of Advice

Hi Andy,

I know you have been having myriad difficulties recently with stress from your exams and your coach, Mr. Yang. He not only kept putting pressure on you to keep up with all of the training and matches, but also said that if you missed another game, he would drop you from the team. As your caring friend, I'd like to suggest to you some advice to alleviate your problems.

For one of your problems about stress from your exams, how about planning your study time and making a timetable for revision? You can exactly know how much work you need to do every day. Also, making a timetable can help you divide your time for exam and playing volleyball, so that you can do both things in busy times. Moreover, making a timetable can allow you time for rest and relaxation that can help you study more effectively and not get too worried about the exam.

For the second problem about your coach, Mr. Yang, he kept putting pressure on you because of his misunderstanding. If I were you, I would tell him the reason why you have been missing some of your training and matches. That is the most effective way to mitigate the misunderstanding. After all, maybe you should apologize to your coach for your absence and promise that you will not do it again after the exam.

I'm really sorry to hear you have had these problems, and I really hope these advices can help you to alleviate the problems.

Best wishes,

Jenny

Name: To Chi Wah Oscar Class: 4B (22) (2022-2023)

A life without the Internet and mobile phone

Have you ever thought of what your life would be like without the Internet and mobile phone? Well I had tried it on myself for two weeks during the holiday, and let me tell you how many things had changed during those two weeks.

First, I woke up by an actual alarm clock instead of my phone's alarm clock. Then, I continued the usual morning routine. When I had started to eat, I had to turn on the TV to check out the news instead of using my phone. After that, I started to do my homework, and if I didn't know how to spell some words, I had to ask someone, or if I didn't know the meaning of some words, I had to use a good old dictionary. It was easy to use, but it was heavy and I took a lot of time searching for one single word. After doing my homework it was usually my time to do whatever I wanted. Trying to find ways to keep myself entertained, I started reading the newspaper and playing chess with myself. I was so bored that I had to study to give myself something to do. At night, I didn't know what to do, so I went to sleep early. Then the next day I woke up with more energy.

As the days went by, I have found more activities to entertain myself, like going for a jog in the park, going to the library to borrow some books for me to read at home and more. On the last day of the experiment, while I was doing my morning routine, suddenly I received a phone call from my friend, asking me to have lunch with them and I had accepted them. You thought I was talking about my mobile phone, didn't you? No, they called my home phone that was installed in my room.

When we were having lunch, I noticed that they were all using mobile phones. I was quite jealous of them at that time. I was the first to finish, because I didn't bring anything to entertain myself with, so I have simply looked at the things around me.

When they had finally done eating, they were still on their phones, and I have noticed that they all had sat poorly. I realized that my neck was straight, so was my spine. One of them said that his eyes hurt. I was pretty sure that it was because of the phone that his eyes had glued to. And one of them asked me how to spell a word, and I quickly spelt it out for her. She was surprised how I knew that difficult word. After that we split up and went home.

While I was on my way home, I thought back what had happened in the restaurant. I realized that I was improving myself while doing the experiment.

After the experiment, I got my mobile phone back. Even though I didn't use it as much as I used to, I still kept it by my side just in case. When I went back to school, I told all of my friends about this experiment, and they were all surprised at how I went through all that. Most of them are reading this article right now. For the people who are wondering why I didn't call my friends using my home phone to entertain myself, it's because I didn't know their numbers. I have only marked their numbers on my mobile phone.

In conclusion, I think this is an interesting experiment. I would say it was a fun one. At first it was very difficult, but I have somehow managed it throughout the whole experiment. I have improved myself, so I wouldn't regret doing this whole thing. What would you do if you were in my shoes?

By Oscar To

Name: Cheung Chun Ling, Janet

Class: 5D (6) (2022-2023)

14th December, 2022

Writing 3(A): Email to Express Gratitude

Dear Ms. Chan,

The 4 weeks I spent working in your veterinary centre passed quickly. The experience that I acquired during the period was invaluable. The support I received from you was precious. Without your support, I could hardly have carried out my job duties successfully. Therefore, I am writing to express my sincere gratitude to you for having taught me so much.

The most crucial thing I have learnt was to maintain my composure at work. I can still vividly remember how frustrated I was on the first day of work. Before I joined this job shadowing programme, I thought working in a veterinary centre was just merely helping to care for sick and injured animals. However, I was totally at a loss when it came to dealing with customers' complaints; I was reprimanded by a customer for being slow. Fortunately, you told me to calm down and ease his mind by letting his pet use our services. With your help and encouragement, I was able to settle the situation.

Besides, by watching you, I came to understand that perseverance, persistence and passion are the key at work. By participating in this programme, I found that it was not sufficient to just have some rudimentary knowledge. The development of medicine is ever-changing. As a result, I read up on further research during those 4 weeks. I endeavoured to memorize some jargon. It is true that everyone lives and learns. We will find ourselves constantly improving if we throw ourselves into our jobs.

We always say that school is the epitome of society. However, after this working experience, I found that there is a dichotomy between what I have learnt from school and the practice in your clinic. You impressed upon me that people, especially those working in tertiary industries, cannot slacken off for a minute. You rightly said that it was important to adopt the right attitude at work. We always have to improve ourselves so that we will not be edged out.

I would like to express once again my heartfelt thanks for your mentorship. I believe that I am now more confident in myself and my ability to overcome difficulties in the future. I hope that I can have the opportunity to work for you in the near future.

Yours sincerely,

Chris Wong

Name: Lee Wai Hin

Class: 5D (21) (2022-2023)

19th December, 2022

Writing 4 (Part B): Report

End-of-year Report on ‘Games for All’

1. Introduction

‘Games for All’ is an inter-school programme that organizes games and activities to encourage the physical and mental development of students. This report reviews the games and activities held in the event, and evaluates the goals achieved by it.

2. Games and Activities Organized

2.1 Monopoly

Monopoly was a multi-player economics-themed board game that players needed to roll two dice to move around the game board, buying and trading properties, and developing them with houses and hotels. Players collected rent from their opponents, and the win condition was to drive all of the opponents into bankruptcy.

2.2 Aeroplane Chess

Aeroplane chess was a two-to-four-player board game that each player tried to get all their own plane pieces from their hangars into the base of their own colour by rolling a dice. There could be stacking own pieces, attacking other pieces, colour boosts, and even shortcuts that might help players to win the game. The first player to get all four of their planes to the corresponding base won, while the last one lost.

2.3 Football

Football was a team sport that involved kicking a ball to the goal of the opposing team. Teammates needed to work together to attack or defense, and the team who scored more goals won.

3. Goals Achieved

The event was successfully organized and it has achieved various goals. By surveying participants, it was found that, almost all (97%) of them who played the board games reflected that not only could they have a relaxing time, but they also gained social connections with other students involved, making them reduce their loneliness. Most (73%) of them who played football felt less depressed and had an interest to establish a regular exercise routine.

4. Conclusion

‘Games for All’ has obtained a significant success on encouraging students’ physical and mental development. And 89% of students had positive comments and mentioned that they would like to participate in the event again.

5. Recommendations

More than half (53%) of the students reflected that the duration of the event was a bit short, while 47% of them reported that there were few activities and games. Therefore, the next ‘Games for All’ event should have a longer duration and more games and activities.

21st November, 2022

Title: Problems of using social media and feeling stressed out

Is social media controlling your life?

Problem Nowadays, many teens are being controlled by social media, just like the photo above. Teens tend to make connection and communicate with others on social media even they are sitting at the same table. In this case, interactions among people become fewer and fewer. As you want to check the new information on social media as fast as possible, you check your phone frequently even when there is no notification. You may focus too much on your phone and become disconnected with our surroundings and people around you. Besides, you may lose track of time easily and it may affect your attention.

What to do I understand that it is difficult for you to get rid of using social media if you already have this habit. However, there are many ways for you to deal with the problem if you want to. To tackle this issue, you could set a time limit on your phone to restrict the time you spend on social media. Apart from this, you can keep your phone away from you when you are doing revision or homework as you have time to think whether you really need to check your phone. Besides, I suggest you remove notifications and only keep the ones that are really necessary. These suggestions may help you avoid overusing social media.

Feeling stressed out about living up to adults' expectations?

Problem Your parents and your teachers may expect you to be a perfect kid who can get excellent achievement in both academic and extracurricular aspects. Also, they may compare you with other kids as well. I understand that this exerts a great deal of pressure on you. Under this circumstance, you tend to be more inferior and you do not believe you are good enough. But the fact is that if people do something with no confidence, it is hard to succeed. In secondary school, it is supposed that there are large quantities of

information to learn and memorize, and upcoming examinations to prepare for to get good grades. This chronic stress can lead to a variety of physical and mental issues.

What to do It is obviously not good for you to be stressed out for a long period of time. To relieve your pressure, you can carry out some relief strategies. For example, when you feel you are stressed, you can take a deep breath immediately. This will make you feel better. If you want to solve this problem from the root, you should be aware of your organization and time management. If you find you are always on a rush before deadlines, it means you may need to adjust your timetable. Besides, regular exercise and social support with friends and families are important as well. Hope the advice is helpful for you.

Name: Mandy Chui Class: 6D (8) (2022-2023)

Dear Editor

As a regular reader of your columns, I would like to shine some light on e-learning. In recent years, our government has made every endeavour to promote e-learning. For instance, popularizing STEM education, subsidizing grass-root students to buy iPads, and cultivating familiarity of teachers in using e-teaching platforms. This practice, however, has lately become a subject of contention in our society. While some are of the opinion that it elevates the quality of education, some believe that the digital devices may be a distraction in lessons. To me, schools should go completely digital as its benefits outweigh its drawbacks.

Fundamental to my stance are several arguments. Topping the list of the benefits of having e-learning in schools is that students' interest in learning can be raised. Nowadays, it is well acknowledged that students are drained because of countless paper works. They have to deal with the black and white every day no matter whether they are reading textbooks, doing quizzes or finishing homework. Needless to say, it is highly repetitive and tedious for a kid and has dampened our kids' enthusiasm for learning lamentably. In this respect, e-learning would serve as a powerful antidote. With e-learning, there are moving and colorful images expressing the examples in the e-books; 'umptz-umptz' background music playing and real time score ranking in the 'quizlet' app; information researching and having powerpoint presentations instead of long-winded essay writing. According to a recent survey conducted by The University of Manchester, e-learning can satisfy both visual, auditory, read-write and kinaesthetic learners' learning methods. E-learning indeed helps cater for diverse learning needs so the lesson won't be as dull as ditch-water to them. In other words, e-learning can effectively enhance all students' learning in spite of their unique needs. In consideration of this, it is self-evident that schools should go completely paperless.

In addition to boosting students' learning interest, being completely digital in school would help enhance teaching. It is quite a phenomenon that teachers will only know students can't absorb any knowledge in the lesson when students are bursting at the teacher desk to ask for re-explanation. Or even worse, when teachers

finished marking students' tests and found out most of them failed in the topic which was finished a few days ago. This is where e-learning comes into play. Most online learning platforms provide advanced data analysis systems to show students' progress and performance. Teachers can have an online quiz after teaching a new small chapter. A learning curve can be shown to the teacher that some students' are steeper and some students' are more gentle. Teachers can grasp students' learning progress with only a glance on the data. Contributing to that, teachers can understand students' needs, allocate appropriate resources and adjust teaching progress immediately in the lesson. E-learning, with no doubt, can effectively ameliorate the teaching quality. Therefore, I am inclined to the view that schools should go completely digital.

Opponents may counter my stance, claiming that e-learning leads to low concentration of students in the lesson. Having e-learning means students will have to use an iPad or laptop in the class. Needless to say, social media and online games which can be downloaded on digital devices are extraordinarily attractive to the young. Facing such distraction, they will lose self-discipline, not following teachers' regulations and keep browsing the web page. Thus, they will be so behind academically. Nevertheless, thanks to advanced technology, teachers can monitor students' internet access. For instance, school Wi-Fi can restrict students' access to Instagram, Facebook or TikTok. Moreover, schools can cooperate with Apple, to have Apple School Manager. With this programme, teachers can directly control students' iPads. Teachers can open apps and links for students to guide them in the lesson. Furthermore, teachers can send documents to all students and view their screens to monitor their progress. Using digital devices in class won't distract students from lessons but help them to be more focused in lessons. With this in mind, we can simply dismiss the claim that schools should not undergo e-learning.

Taking all aspects into consideration, we can clearly see that schools should go completely digital. Not only can it enhance student's interest in learning but also the teaching quality. Given these benefits, I do hope that schools will give e-learning a go!

Yours faithfully

Chris Wong

Supermarket or wet market?

Nowadays, more and more people prefer to shop for fresh food at supermarkets than at wet markets. What are attracting people to supermarkets and why some people still prefer wet markets over supermarkets? Let's find out the answer by reading the following.

To begin with, let's talk about the attractions of supermarkets. Supermarkets are large self-service grocery stores offering not just a variety of foods but also household supplies. Supermarkets are enclosed markets with centralized heating and cooling which allows customers to leisurely shop inside even in hot summer or on freezing winter days. And most of the supermarkets are open 24 hours a day, 7 days per week, customers can get groceries any time they want. It is worth mentioning that other than foods, they also sell household cleaning supplies, baby goods, pet needs, medicine, etc., so it is convenient for urgent needs. "One night, we found out we ran out of baby diapers, so we went down the road to get some in the supermarkets," according to one shopper.

Secondly, supermarkets are clean and merchandises are well organized, with similar goods placed together. It is more hygienic as fresh foods, poultry usually being slaughtered in a clean and neat working place. Compared with wet markets, wet markets are not just a "shop" but a gather with vegetable sellers, seafood sellers, etc., so food won't be classified according to food types. And sellers constantly use water to wash down foods and floors to keep them clean and humid to look attractive and fresh. "I usually wear slippers to wet markets because the floor is too slippery, but if I am going to a supermarket, I can go in any time I want."

Thirdly, supermarkets offer many different discounts and big sales, so customers can buy at an affordable price with goods from all around the world. And supermarkets are convenient for payment as they usually accept a variety of e-payment which is rarely found in wet markets. "I can make payment by credit cards, octopus card and sometimes a membership card can give discounts."

On the other hand, wet markets are more "approachable", sellers usually are talkative because they need to attract people to buy their goods by shouting out their affordable prices, advertising their fresh,

delicious ingredients like seafood, meat and vegetables. This makes sellers and customers get along well and ensure that customers will come back next time. Also, this culture allows shoppers to bargain with shop owners.

Next, wet markets sell fresh ingredients and slaughter chicken after your order, while supermarkets usually sell frozen and prepackaged food. Wet markets provide swimming fishes for you to choose and gut in front of you to ensure the freshness of meat. They even do living chicken too.

To summarise, there are pros and cons between supermarkets and wet markets, and they actually fit our different needs, like if you want fresh ingredients for tonight's dinner, shop at wet markets for the latest, fresh products. But if you are just buying for the next few days, frozen prepackaged food is easy for storage and have a longer shelf life. It is just how you choose it.

(Q.5) Extravagant products—is it worth it?

Ladies and gentlemen, Good morning! Today's motion is that higher prices mean better quality. Some advocates may believe that a higher price tag implies a higher cost at production, due to the use of rarer materials and better craftsmanship, thus, naturally, leading to a better quality of products while others might think that high-priced products are nothing but a way for businessmen to earn an unjustified huge profit. Divergent as it is, it is my firm conviction that higher prices aren't equal to better quality and today's motion must not stand.

There is no shortage of reasons for my stance but the primary one is that a product is highly priced as a result of the fame of the brand name but not its quality. I am sure most of you, if not all, have been bombarded by a host of advertisements convincing you to buy these brand-name products, which usually come with a catchy slogan, like 'just do it' or 'red bull gives you a pair of wings.' Economically speaking, these multi-national companies strategically put astronomical amount of money to boost their publicity and create an illusion at how unique their products are, as a result of which we are inculcated the notion that it is absolutely normal for them to price their products out of the market for they are just so much better, more sophisticated and special than the others by nature. However, as a matter of fact, the fact tells the opposite. Take Nike as an example, surprisingly, their cost only occupies 5% of their profit and their spending on publicity is 10 times more than on their investment on the innovation of new products. So, do higher prices mean a better quality? We believe that the answer is too obvious.

Another rationale behind my stance is that, due to rapid globalization, merchandising and ever-increasingly advanced technologies, a lowly-priced product can just be as good as a highly-priced one! It is beyond dispute that with trading between countries becoming more prevalent, some raw materials we used to consider as high-classed have become more and more down-to-earth and inexpensive. Accompanied with the state-of-the-art production method, it is not pie in the sky that some well-made products can be made at lower cost, hence sold at a lower price. I am trying to justify that they are better than high-priced products and it is admittedly true that, in general, they are made with relatively high-end materials. What I am trying to stress

is that their differences are negligible and the extra price charged that comes with a slightly better quality is unproportional.

What is also worthy of our attention is that, psychologically speaking, we have a preposterous way of using the price as an indicator of quality and the higher the price, the greater the products. Food is a case in point. If the price of the food is too low, more often than not, we would doubt the safety of it and are prone not to buy it for the sake of our health. Knowing our mindset, some businessmen would deliberately set a higher price for their products even they might be sloppy or impractical.

A product is expensive because it is good or a product is good because it is expensive. Many people believe the latter which gives rise to lot of unreasonably high price products. Judging from the above ample and comprehensive arguments, it is beyond doubt that higher prices don't mean necessarily a better quality. Living in a consumption-led society, we need to stay alert and in order not to let those unscrupulous businessmen plunder money from our pockets. Today's motion must not stand! Thank you!