



# YLPSS'S Good English Writings 2023 - 24

## A Promotional Webpage

We have many fun events coming up to celebrate different festivals this year. Are you ready to get into the spirit?

From 24th to 25th December, people are going to give gifts to their family and friends. Why do they do that? Because that day is Christmas. At Christmas, people will buy a Christmas tree, and put it in the middle of the living-room. And their houses look more festive and beautiful. On Christmas Eve, people will go to hang up their Christmas stockings and hope Father Christmas will come to put presents in them. In fact, their parents put the presents in their stockings.

The Chinese New Year is on 10th February this year. Students will play with fireworks and firecrackers. Furthermore, once children greet the elderly, the elderly will give the students lucky money in return. What's more, the first day of the New Year is the time when people visit their friends and wish each other good luck in the coming year.

Halloween is on 30th October and on that day students will go to dress up in costumes like spirits clothing, masks or disguise themselves to frighten the spirits away. 'Trick or Treat' is a modern Halloween custom where children go from house to house dressed in costumes asking for treats like candies or toys. If they don't get any treats, they might play a trick on the owners of the house.

There are so many activities available, so do come and join us now!



## Our School Sports Day

Our school hosted the 68th Sports Day of Yuen Long Public Secondary School on the 26th & 27th February 2023. It took place in Tin Shui Wai. Many Students at our school participated in individual events and inter-house or inter-class activities. There were many students who won, and everyone tried their best.

Out of all the activities, the 400 meter inter-house relay competition was the most exciting of all. The crowds and cheerleaders of each house cheered for their own team excitedly. At first, Long House started off with 93 seconds, which is quite impressive. Up next was School House and they finished with a time of 90 seconds – that's really fast! Then, Middle House ran the relay in only 88 seconds! That was amazing! Last but not least, Yuen House triumphed with a time of 87 seconds and got the trophy! They were super fast – could that be a school record? In the end, Yuen House took the win, and all of the other houses were quite disappointed in themselves.

After the match, the cheering continued for an entire hour. I appreciate everyone who tried their best in their sports activities over the 2 days. Many people won, but no one lost. See you next year's sports day!

### **Yuen Long Public Secondary School's Sports Day**

In this year, our sports day was held on 26th and 27th February at Tin Shui Wai Sports Ground. All students were allowed to participate in the events. We could choose to do 100 metres run, 400 metres run, long jump, shot putt and even the relay.

On the first day when I sat in the stand, I could feel that everyone was very excited and really enjoying the atmosphere. In fact, it was quite loud, but I didn't mind. I could see that the students who participated were having a lot of fun. Even if some people were quite competitive, everyone was a sports contestant.

At the end of the second day of the Sports Day, the principal gave a speech to the whole school. He said 'Thank you all for being good competitors. Even though some of you tried your best and you didn't get a medal, it's ok because you had a lot of fun!'

I think the most thrilling moment of the day was when the relay race started. Even though our team didn't win, it was really exciting. It made everyone cheer with excitement.

On that day, I learnt that competitions are not about winning but more about the process. So, as long as you have fun, this is already the best win out of all the trophies!

## **An Intense Football Match Between Our School and a Rival School:**

### **A Battle for Victory**

In a thrilling and highly anticipated match, our school's football team clashed with the formidable team from the visiting school in an exhilarating display of skills and strategy. The match unfolded at our school's sports arena. Enthusiastic fans cheered on both sides.

The game was evenly contested with both teams displaying exceptional talent and tactical process. The final score was a nail-biting 3-2 victory in favor of our school team.

The match was filled with numerous highlights and moments of brilliance from both sides. Our school's captain, David, displayed remarkable leadership skills, rallying his teammates and scoring a stunning long-range shot that left the crowd in awe.

The victory for our school team brought immense pride and jubilation to our school community while the rival school's team left the pitch with heads held high, knowing they had given their audience in a battle to remember.



### A Victorious day for Grace Wong

The long-awaited swimming gala 2023 took place at the Yuen Long Swimming Pool on 6th October, 2023. Everyone was so excited! I was even more shocked at how good the competitors were, but someone stood out to me and that was Grace Wong. Grace is for sure my favourite competitor without a doubt. She won two medals and...a cup! Extremely impressive right? Well, let's see how the event went.

When I got there, I immediately noticed that there were more competitors than I expected, but I saw one competitor fidgeting with their hands and that someone was Grace Wong. I could tell that she was very nervous though, and I wondered "Why is she so nervous? No way she can't be good at swimming."

The moment I entered the venue, I could see that the spectators were enthusiastic. When it was finally Grace Wong's turn to compete, I analyzed her feelings, I could tell she was still nervous yet confident. That was the moment I knew she'd win. The race where she was competing was 100 metres freestyle. The moment she started swimming, she had some sort of confidence boost and swam really fast! No one could catch her, and when I thought she was done, I saw her competing again for 200 metres backstroke, 100 metres butterfly and 100 metres breaststroke. At that point, I was stunned. How was she not tired? Now I know why some spectators were cheering her on while some of them were silent.

While she was swimming, I heard someone at the front row say "Go Grace Wong, go!" "Is she going to win?" a girl whispered. "Of course she is!", her friend replied. No wonder people had so much faith in her! She's amazing! She won by a large margin!

After the match, the spectators loudly clapped for her. Grace Wong was so happy she won, she couldn't relax! I asked her, "I realized that you were so nervous yet so confident, how come?" She proudly replied with "Even though, I knew it wasn't a 100% chance of winning, I was determined to try my best." I was so happy for her, as she finally won after all her training.

## **An Advice Column**

**Dear Lonely J,**

**Thank you for your email. I can tell that you're crying for help at this point. I admire that you asked for support, so I understand. Don't worry, your cry for help doesn't mean that you're weak, it means you're not willing to give up.**

**I see from your letter that you don't have many friends. Maybe it's because you did something that made them distance you, or maybe you're just too shy. Perhaps it's because of past trauma that you're not willing to make friends and you're scared they might leave you. I get that these problems are hard to overcome but sometimes you need to open up a bit! There will always be someone who'll accept you for who you are. I know that you envy people who have fun without you, you could ask the friends you have now to hang out with you. Yet sometimes even if you do have friends you'll still feel lonely, so don't be scared to embrace yourself!**

**My advice is to start a conversation with someone who has similar problem as you. You could comfort each other and hang out when you feel lonely! You could also ask to sit with them at school.**

**For your fitness problem, you should go to a gym. Some people escape reality by doing so, plus the people there are really friendly, so you might make some new friends too! Why don't you ask your PE teacher for some tips, they'll be more than willing to help.**



**You could also make some friends online, so you can play with them when you're bored at home! These online friendships can last a really long time because there's no "not in the same class" or "they graduated already" like at school. Yet you shouldn't rely on online friendships too much, they might ghost you without saying goodbye. Though this process might take long, the result will make you think all of this was worth it.**

**But if these problems still don't get solved, call a hotline. I know you are strong, you can do it, don't worry, express yourself. Don't give up, you can do it.**

**Regards**

**Abbie**

### Advice Column

Dear Lonely J,

Thank you for your email. I'm sorry to hear about your problems. Many teens are lonely and have difficulty fitting in, but there are different ways of handling these problems instead of just giving up.

Let's address the first problem. The reason people don't approach you might be because they think you don't want them to approach you. Try making conversations with your classmates, this can make you seem less cold and aloof to others. However, if you don't like socializing directly or feel awkward doing so, you could consider joining a club instead. You can join the club you think is interesting or want to try out, through this, you can meet people with similar interests as you. Plus, you can meet students from different classes and forms instead of just your classmates.

The second problem is a little bit more tricky. Your body isn't something you can change easily nor is it something you chose at birth. You shouldn't feel frustrated over your body because it'll change throughout your life, but there are ways to build up your strength. The first is building up your stamina. By exercising outside of school, such as jogging or cycling, you can build up your strength bit by bit. It may seem slow, but it'll be worth it. The second is playing sports outside of school, whether it's with friends or alone, you can practice playing sports like basketball or badminton to build up your stamina, like I've said in my first point. Plus, maybe you'll have fun playing these sports.

I hope these points help you with your problems, and never give up. It may seem stressful and dull right now, but it'll get better in the future.

Scarlett

### Letter to Advice Column

Dear Editor,

Thank you for reading my email. Please help me. I don't feel safe anywhere! I get bullied at school, and my family doesn't care. I feel so helpless.

Let me explain my problem...I get made fun of at school practically every day, but I didn't do anything wrong, it's just because of what I look like. And it's not any better when I'm at my house. I can't even call that place my 'home' anymore...I get verbally abused just because of my mediocre grades. I say again and again that I've already tried my best and yet my parents still tell me to 'try harder!' or 'study more!', which I can't bear any longer. I'm too burnt out...I can't even catch my breath before one of them starts yelling at me again.

I don't have friends, my family hates me, and no one cares. I feel like the whole world just shut me out. Am I useless? I don't think I can carry on much longer. I'm starting to have suicidal thoughts, please help me.

Regards,

Abbie



### Letter to Advice Column

Dear Editor,

Thank you for reading my email. I'm Scarlett and I'm reaching out to you because I've been having two problem that's been affecting both my school life and personal life.

Let me explain: I have trust issues and insecurities about my physical appearance. The reasons they are affecting my life is because with trust issues, I can't make friends or form close relationships easily. With my insecurities, I constantly worry about my appearance.

The reasons I've developed these problems in the first place is because back when I was still in primary school, I was used and betrayed by my friends which caused trust issues to develop. However, my insecurities actually came from my family. They often criticize my appearance, such as "Why are you so short?" or "Your nose is too big!" I've spoken to them about it before but they just ignore me since they think I'm joking.

Please give me some advice. My mental health is getting worse and worse and I can't deal with it anyone. I feel isolated and anxious all the time. Please help me get better.

Yours sincerely,

Scarlett

## Diary Entry

3rd June, 2024

Dear Diary,

This year, I encountered a real challenge- I fell in love with my best friend and ruined our 6 years of friendship. I don't know when and I don't know why but I fell in love with you, you who gave me joy every day, you who completed the other half of me, and its me who doesn't deserve you. Maybe that's the reason why I couldn't tell you, so I just kept acting, acting everyday just so you wouldn't notice. Of course, our friendship lasted when I acted like I didn't have feelings, but what secret is kept forever right? And the moment I told someone, rumours spread everywhere. And ultimately, it spreads to you, and our friendship fell apart.

I get it, we're young but you didn't have to leave me like that, at least...not so soon...I tried texting you, I tried to talk to you in school, nothing. I got ignored by you. The person who was once so happy to text me was just...gone. And, I finally realized you... abandoned me. Your cruelty left my heart shattered into a million pieces. We didn't even get a final goodbye. Will you come back to me again someday?

I finally understand now, they all say 'Just fake it till you make it.' I didn't understand back then, but now I do, and I will never tell another soul that I like someone. I should have listened to my mother, she told me to not fall in love until I finally understand the true meaning of love.

A 'you' who was once cheerful, is now cold.

A 'me' who was once happy, is now lost.

And an 'us' which merely never existed.

Goodbye, Diary.

### Bus 63

A week before the yearly exams, Rosie decided to stay behind at school and revise. However, time passed quicker than she expected and she had missed all of her buses. Just as she was about to take a taxi instead, bus 63 had arrived at her bus station. Seeing that the bus stops where she lived, Rosie got on without a second thought.

When she was looking for a seat, she noticed that the other passengers were very weird. One fair lady had a bird's beak, and one handsome gentleman bore fangs. Even the bus driver had fish scales all over his arms! She thought of getting off the bus, but it was already too late. The bus had started moving and the last thing she remembered was hearing a whisper before her vision faded to black.

The moment Rosie woke up, a small little fairy was sitting on her. Rosie's eyes widened in shock but she quickly shut her mouth before she could let out an ear-piercing scream. "Shhh" cooed the fairy. "Captain Dadadoo is sleeping. Don't worry, you are in a safe place." Rosie looked out the window of the bus and was surprised to see that they were above a bank of pink fluffy clouds. "Dreamville is our next destination! Tell me, little one... Where do you reside?" the fairy flew around Rosie curiously. At that moment, Rosie was helpless. She wasn't sure what to do or say anymore. "Is there a way to go back?" Rosie asked the fairy wearily. She became anxious as she saw the fairy's smile falter. "The darkness in Dreamville runs deeper than you can imagine. Leaving is easier said than done, causing trespassers never make it out alive." With that said, Rosie's arms were immediately bound by shackles.

Just what is this place? What did Rosie even get herself into? Will she make it out alive or is this all a dream?



## A Better Impression

Recently, many students are concerned how to make a good impression among their peers. Firstly, I have to say, a good impression is crucial. Why? Because people may make a judgement based on their first impressions of you. For example, if you have dandruff, you will create an impression to others that you are lazy and careless.

Body language, including facial expressions and posture can help form a good impression. Let's talk about facial expression. First, if you always smile, people will think you are optimistic, kind and friendly. But if you always look mad, people may think you were raging, unfriendly and you don't want to talk to them. Our facial expression can tell others everything! What about posture? Slouched shoulders might create an impression that you lack confidence. Therefore, stand up straight!

Moreover, appearance issues are also related. The most common problems around teenagers are spots and an oily face. It's not totally inevitable, just wash your face at least twice a day and use face cleaner. Also scrub your face while washing it. The second problem is dandruff. However, it's easy to tackle. Remember to wash your hair every day. Furthermore, if you have chapped lips, you can use lip balm.

After doing all of these, you may solve any problem and change how you look. I hope all these tips can help you to make a good impression among your peers! Thank you.

### Letter of Advice

Dear Sam,

Hello Sam, I heard your advice, you look as if you have a lot of problems, so today I will give you some advice to help you. I hope it can help.

First, you mentioned that study is extremely strict, saying that you always feel frustrated because you have a lot of homework and revision, and you work until midnight every night, not eating properly and no time for rest. I understand how frustrated you feel. If I were you, I would feel frustrated too.

Of course, I understand that you want your freedom. You asked me what you should do. If I were you, I would do exercise regularly, get some time to take a break or do something you enjoy every day and always look on the bright side. That can make you feel much better.

In your letter, you also mentioned that your sleep is bad because you always wake up at night, worrying about studies. You also have nightmares about school and feel confused about whether or not to take sleeping pills. You asked me if you should take sleeping pills to sleep. My answer is definitely no as taking drugs without doctor's advice is very dangerous. Instead, you should do something restful before going to bed. Don't study or play video games before bed and don't take sleeping pills. I'm sure if you pay more attention to your diet and are more active physically, you'll be able to control your weight.

I hope this advice helps. Please let me know how you get on.

Good luck!

Chan Shing

School Counsellor

### Letter of Advice

Dear Jennifer,

After reading your letter, it really felt close to home because I used to deal with those problems too! It hurts stepping on the scale and feeling bad about your body and it is terrible failing something you used to be amazing at. However, in life there are ups and downs. Without the downs, the ups wouldn't be as rewarding. I'd like to offer you some advice, hopefully it may help you in your situation.

You've said that you're overweight after excessively snacking. I think your excessive snacking habit is a coping method for doing things you don't like. I know you hate homework and, trust me, I hate it too. I think you should find a much healthier coping method other than snacking, for example, doing arts and crafts or listening to music. My personal way is folding paper swans and stars when I feel overworked. You can also stop buying junk food to limit your calorie intake.

I know you want to lose weight but feel hopeless because you're bad at sports but you don't need to be good to lose weight. It is about output being equal to intake. You can try doing simple exercises that do not require much skill. Take push-ups, sit-ups and jogging as an example, they're simple and requires no skill. You should also drink more water and eat more fruit and vegetables to speed up the process.



You've also mentioned that you used to be good in English but this time you failed your exam. I think it has to do with your recent lack of exposure to English and method of studying. You used to love surrounding yourself with western media that are usually in English, but now you're so stressed about school and you have no time. I think you should mix them together; listen to your favorite English-speaking singer while doing school work at home. You should also start taking your English studies more seriously instead of studying five minutes before an important test. I used to be good at art so I never listened to any criticism and made any improvements. The day I lost in an art contest broke my heart. I believe the same is happening to you.

I hope my advice can help you in the future.

Yours sincerely,

Susan

### How's the food in space?

Last summer, my sister and I were tired of the hot weather and sweating puddles all day. We sweated so much that we could recycle it and use it as our own bathwater! Disliking the heat, we did what any person would normally do in this situation, we contacted our good friend Elon Musk to give us a free trip to space! He was so generous, he even gave us our own spacesuits! Although the spaceship did smell terrible, considering it was free, I'd say it was worth having my nose tortured for two days.

We arrived at planet A5158. Upon arrival, we met all sorts of alien species! According to Elon, it is the most diverse in species in the entire solar system. Although we don't speak the same language, it was very nice meeting them.

My annoying sister was nagging me about going to the space station immediately because she said she preferred being around humans instead of aliens. I couldn't see any of the planet's scenery before my sister took me towards the space station.

The space station was crowded with aliens outside of its entrance. I think there was a concert going on. My sister and I soon arrived at the food court to eat "space food". The cashier was a human just like us. Since my sister was hungry, I let her order first. However, as I was watching her read the menu, she looked more and more disturbed. I read the menu myself to see what the problem was, and it was the prices and the food we had never even heard of! So we ordered the thing that sounded the most normal, it was "stir fried fly mucus".

We sat down looking at our “food”. I was honestly disgusted by its black colour and sandpaper-like texture. My sister made a bet that if I took one bite, I’d get three months of her allowance. I stared at the food, grabbed my spoon and picked up some of it. I slowly pulled the spoon towards my mouth and did no more than lick it. Suddenly, I felt my legs numb and I started spasming violently. It was an allergic reaction! My sister took me to the hospital to be treated. Luckily the alien doctors were able to help, but they fed me with more weird food during my one night stay! So the next morning, we boarded a spaceship back to earth. It was a waste but I can’t ingest anymore strange food! At last I got my sister allowance.



## Letter to the Editor

Dear Editor,

I am writing to express my deep concerns about the brutal act of shark finning. Over the past decades researchers have shown that the number of sharks being killed for food has risen exponentially. Although I've grown up with movies that portray sharks as a ferocious fish, it still pains me to think that it is because of us humans, one of the most important sea animals is on the verge of extinction. If we allow our greed to take the best of us, and keep hunting sharks for money and delight, it won't be long before they become completely extinct.

To put an end to this harsh act and help conserve the sharks, it is crucial that all of us do our best to lend a helping hand. I believe that social media is one of the most effective ways to do this. Through the past years, social media has proven its influential role in society. By expressing their deep worries about an issue, influencers have contributed immensely to solving problems like food waste, poverty, pollution and more. I believe that a similar approach will also be feasible for protecting endangered sharks. Almost everyone has social media, so it isn't hard to educate people about the threats of shark finning. We can all help in just the click of a button.

It is a known fact that numerous governmental campaigns have been carried out to help save sharks. However, shark finning still remains a problem in this day and age. Governmental campaigns aren't strong enough to persuade restaurants to get rid of shark fin soup from their menus. Instead, I would like to propose a boycott of the restaurants that serve shark fin. We as citizens are the major pillars holding up society today. If we all stop going to the restaurants, they will finally understand that shark finning is cruel and unwanted.

**Sharks, one of the most important sea animals, are endangered because of us, because we are unrestricted with greed and pleasure, ignoring the fact that sharks are on the verge of extinction. How long will it be before we see the end of sharks? Not long I predict. Sharks will soon be gone unless we citizens educate one another on the major pitfalls of shark finning, and persuade restaurants to stop this brutal practice.**

**Yours faithfully,**

**Christine Chan**

**Christine Chan**

## Feature Article

Our world is shifting and changing day by day. From the 20th century to the 21st century, we went from typewriters to laptops, from non-portable phones to iPhones that allow us to do much more than simply call people, and so many more life-changing inventions. However, one particular aspect that I think has had a great impact on our lives and will likely continue to be upgraded and modified in the coming years is transportation.

### The Hoverboard

From Leonardo Da Vinci's bike to Elon Musk's Tesla, transportation has been proposed to hover above the ground. Although this may seem like mixing my childhood dream into the future, I think it is possible for it to be invented! My idea and image of a hoverboard is similar to the typical skateboard you see kids gliding on in the park, except that it has no wheels and it floats above the ground. This form of transportation is particularly practical for students as they need a quick way to get to school. It may be tricky at first, but once you start to get the hang of it, it will be the ideal way of getting to school in no time and as well as getting a nice, brisk morning workout. I can surely guarantee that by the next century, kids will have this at the very top of their Christmas wish list.



### The Hyperloop

Envisioned by the Elon Musk in 2012, the Hyperloop is a mode of transportation where capsules that have passengers in it traveling at high speed in a tube. If you have seen movies that take place in space, you can probably imagine it as well. Imagine not having to be stuck in stuffy MTR trains to get to work!

I reckon by the time, my classmates and I get a job, with enough dedication and persistence, the Hyperloop will have been invented and we will have gone to our good jobs in the blink of an eye, After all, projects regarding this high-tech transport have already been considered in countries such as India, the US, the UK, Canada and Mexico. It might actually happen!

### Self-driving Taxis

Artificial intelligence is widespread across the globe and is used for various applications like AI-powered assistants, personalized shopping and even autonomous vehicles. That's right, self-driven cars are actually being used now. Although people say it is complicated and inconvenient to charge your electric vehicle, not being fueled up like old-fashioned cars at a gas station, some autonomous cars can actually charge themselves! Besides, they offer a great deal of benefits both socially and environmentally. For instance, it reduces the emission of carbon dioxide, traffic congestion as well as car accidents. What is better than self-driving cars? Self-driving taxis! Nothing beats popping into a cab after a hard day's work and simply laying back, waiting to be brought home. Surely, by the time I have children, self-driving taxis will have been one of the most renowned and prominent vehicles of all time.

Whether in the sky, under the sea or on land, with the right amount of passion and dedication, transportation of all different kinds will continue to grow and serve our land, creating out-of-this-world vehicles and showing that achieving the impossible is indeed possible.

### A Letter of Advice

Dear Jennifer,

I received your letter a few days ago and thought about some ways that might be able to solve the problems you mentioned in the letter.

First, let's start with the first problem you mentioned. You said that you have been gaining weight in the past two months and you are a little overweight. You said that the reason why you gained weight is because you eat a lot of junk food and cannot stop snacking, especially when you are doing your homework. After some days of thinking, I think the reason is the junk food. This unhealthy food is delicious but is also bad for your body. If you continue to eat that amount of junk food, your body will not be able to withstand it. So my advice is that when you want to eat snacks, you can get some healthy snacks, for example dried fruit, which is as crispy as chips but much healthier. You can also eat some nuts like almonds, peanuts, walnuts and pecans. If you really want to eat junk food, you can chew some chewing gum or bubble gum. Just remember not to swallow it.

Apart from that, you also mentioned that you want to do sports but you are not good in team sports. My suggestion is that you can try doing exercises like jogging, rope jumping, hiking or any sports that can be done by yourself. If you think that is boring, you can buy some sport video games such as game dancing.

Then, you told me that you failed in the English examination. Your English is always the top in class, so I think that's because you always worry about your weight and not being good in team sports. That makes you unhappy and it will affect your grades. All you can do is to relax yourself. Think of what you can do but not what you can't. Be optimistic! Always look on the bright side of life. If you can do more sports, I am sure you will lose weight. Don't give up! You will see the light at the end of the tunnel!

**I am looking forward for your reply, see you soon!**

**Regards,**

**Susan**



## Public Speech

Dear Principal, Assistant Principals, Teachers and Fellow Schoolmates,

Today, I would like to share some information about health and fitness. As a prefect of Blue House, I have witnessed the importance of good health and fitness. Unfortunately, many of us are not taking care of ourselves as we should do. Poor diet choices, lack of exercise and excessive screen time are some of the main reasons why we are so unhealthy.

It is crucial for us to make positive changes in our daily diet to improve an overall health and fitness. Firstly, we must prioritize a balanced diet by including more fruits, vegetables, lean protein and whole grains in our meals. Avoiding sugary snacks and junk food can go a long way in improving our health.

Secondly, regular physical activity is essential for maintaining a healthy body and mind. Whether it's participating in sports, going for walks or joining fitness classes, finding an activity that we enjoy can make a significant difference in our fitness levels.

Lastly, reducing our screen time and getting an adequate amount of sleep are also vital for our well-being. Limiting the hours spent on electronic devices and ensuring we get enough rest can boost our energy level and improve our overall health.

Let's commit to make small changes in our daily habits to prioritize our health and fitness to the top level. By taking care of ourselves, we can strive to be the best version of us. Together we can create a happier and healthier Blue House community.

Thank you for your listening.

### Short Writing: A Space Hoilday

Today is 5th January 2099, and I am about to go on a trip to space! Our first location is the Moon, which is close to our homeland, the Earth. After we launched from Earth, it became smaller and smaller and when we reached Moon, it looked like a spot on a massive black plate! What a view! Anyway, while we are exploring the Moon, jumping and throwing rocks everywhere, then we heard a strange noise from a big rock. When we approached it, a door appeared! We walked in and found some strange-looking creatures. Some of them had three eyes, some of them had horns on their head, some of them were even wearing suits that looked like us! When we were exploring the place, two creatures walked towards us and asked what we would like to drink. We then asked what this place was and they told us that this was a space station that always changed its location. And we were lucky because it just appeared on the Moon! They then told us that we could take off our helmets because there is oxygen in the space station.

They led us to the real entrance of the space station and introduced some fun facilities located there. But as we were starving, we went to the space restaurant first. The waiter said the food were free but no wasting was allowed. After the meal, we went to the facilities and were having fun when the launch alarm started to count down. We quickly left the station and watched it disappear in a blink. Then we went back to our ship and launched back to Earth.

This trip was fun and if the space station came to our solar system in the future, I'm sure I will go again.

## Letter of Advice

Dear Jennifer,

I am sorry to hear about your situation and I am here to help you. I hope my advice helps.

I understand that you are feeling unhappy. You said that you had gained more than 5kgs and you were a little overweight. You believed that it was because you were eating a lot of junk food like chocolate and chips, to the point where you couldn't stop yourself while doing homework. I have had this problem before and I hope you could solve it too! Here is my advice: I think you should limit your purchases of junk food. This way you will stop craving for food and you could focus on doing your homework. If I were you, I would also choose healthy snacks over junk food. This is because healthy snacks provide more nutrients and less fat, which is much better compared to junk food.

You also said that your dad wanted you to join a sports team to exercise but you were not good at team sports. Well, it is okay not to be good at team sports. Not all sports are team-oriented. There are sports or exercises that only require yourself! It could be dancing, rope jumping and running. If I were you, I would keep trying different sports, until I found a sport that really interests me.

Without a doubt, doing exercises and sports is definitely helpful for reducing weight, but the most important is to find a sport that you will really enjoy and can sustain. Many people just try out different sports, but they fail to sustain on doing the sport. Therefore, I hope you could find a sport that suits you and please keep it up!



**You also said that you failed your English exam. However, this is not the end of the world! You should stay positive and think about the mistakes that you made and improve it next time. If I were you, I would study with some friends. This is helpful to give each other feedback which helps correct mistakes. I hope you will have a satisfactory score next time!**

**This is all my advice for you, I hope all of it helps!**

**Your friend,**

**Susan**

## A Space Holiday

One day, I was walking to school with my friend James. Suddenly, something that looked like a spaceship landed in front of us and blocked our way. Someone from the spaceship shouted out loudly and told us to get in. As we didn't want to go to school and our curiosity grew, we stepped inside the futuristic-looking spaceship, and we gradually ascended to space.

After a while, we successfully skyrocketed to another planet. We met some aliens who seemed to belong to that planet. They were very friendly and welcomed us.

Then, we went onto a space station. It looked like a place where different aliens from other planets communicate with each other. As there were many different kinds of aliens, James felt confused, but all the aliens were friendly to each other, so we also interacted with them.

After some chatting, one of the aliens asked if we were hungry and wanted to eat. We both replied that we were hungry. So, they took us to a restaurant, which sold space food. The food we ordered looked weird at first, but it tasted very good!

In the end, we went back to the spaceship to return to earth. We both thought that it was such a great experience. If we hadn't got in the spaceship, we wouldn't have discovered all these new things!

## Letter to the Editor

Dear Editor,

I am writing to inform you of the endangerment of sharks. In recent years sharks have been hunted for their fins so we can eat shark fin soup. The problem is that we have nearly hunted them to extinction and multiple subspecies of sharks have had over 90% of their population killed. If this continues, before long sharks will become extinct.

To end this crisis, I believe we must start protesting against the serving of shark fin soup in any restaurant so we no longer need to hunt sharks and they can be free. On the other hand, we could also hire more police and convince the government to give any shark hunters the death penalty. If this happened, no one would dare to hunt sharks ever again for fear of their own lives. Another way would be by 'destroying' the restaurants that serve shark fin soup, by giving them bad reviews, bad comments, 1 star or less reviews, etc. After doing this, the restaurant owners would be forced to stop serving this endangered creature in the dishes of their restaurant.

The days when sharks are being hunted for food are over and we will stop this from happening no matter the cost. We will force them to submit and they will give up and join ways that will rehabilitate them. We can do this by either teaching them our ways, or, threaten to give them the same treatment as the sharks by cutting off all their limbs. I wonder how they would feel if they were treated in the same way as the sharks. This is how we will stop sharks from being hunted by shark hunters, forever!

Yours faithfully,

Marcus Chu



## Letter to the Editor

Dear Editor

I am writing to express my concern associated with one animal which is considered as an endangered species. The global population of sharks has been getting smaller due to several reasons. The Marine Lives Conservation Organization (MLCO) has pointed out that the original large number of sharks has been dramatically reduced to a mere ten thousand. I was horrified whenever I saw sharks being brutally cut to remove the fin while still alive. If we allow the situation to continue, sharks will sooner or later become extinct.

To stop these cruel practices, it is the responsibility of the government to impose strict penalties on overfishing. It is the most effective way to have an instant effect on relieving the current decrease of shark numbers and outlawing such a cruel practice.

Yours faithfully,

Chris Wong

## *Feature Article - The Future of Entertainment*

### *New games emerge*

Entertainment technology advances decade by decade, and new entertainment technology will certainly emerge. By the time the 22nd century arrives, some unimaginable games will have been invented. Nowadays, people have strong desire to compete with others – soon there will be ships racing and flying planes will become children's entertainment.

### Artificial Intelligence

Artificial Intelligence is a rapid-growing field which will influence the gaming in the future. Artificial Intelligence can perform tasks that human normally do. So the lack of players isn't a problem anymore. Imagine a game that requires more than one hundred players to start!

Believe it or not, the technology will open your eyes and they will be filled with amazement. Although games are changing tremendously, human values will never change so make sure you treasure your relationships.



## Letter to the Editor

Dear Editor

I am writing to express my concerns about the decreasing number of sharks in recent years and the consumption of shark fin soup. It pains me every time I see a shark killed by fishermen, with its fin savagely removed from its body. Thanks to the restaurants serving shark fin soup, increasing numbers of shark suffer an early death, leaving on mere 10,000 in the oceans. If we allow this poaching to continue, the shark become extinct before too long.

It is clear for all to see that the shark desperately needs protection. However, to put an end to this brutal practice and help conserve the sharks, it is essential that governments impose strict penalties on poachers. It is true that in some countries like Australia, poaching or hunting certain species of sharks is illegal. But in other countries, like Japan and Indonesia, which are major shark fishing nations with a large market for shark fins, the governments are doing nothing. How can the rest of the world raise awareness of the cruelty of shark finning?

Admittedly numerous marine organizations around the world have been working very hard to save the shark from becoming extinct. It is good to see that Ocean Tracks, an online mapping tool, allows users to track the movement of marine species. By tracking the movement of endangered marine species include sharks, scientists can gain a better understanding of their habitat requirements, migration patterns, etc. which can be used to establish marine protection areas. I believe that it can be promoted all over the world, and it will be an effective way for stop illegal poaching.

The shark is in danger of extinction because of people's ignorance and greed. The *pliotrema kaja*e shark subspecies almost went extinct in 2019. If people had reacted earlier, this subspecies will not be so endangered. It's unfortunate that shark fin soup continues to be served in Hong Kong. Unless people raise awareness and realize that their beliefs about sharks are naïve, the amazing shark will sadly become extinct.

Yours faithfully

Abbie Ngai

## Letter to the Editor

Dear Editor,

I am writing to express my concern about the mass genocide of sharks. It disgusts me when a shark is thrown back to the sea alive after their fins were cut off. The hellish scene of the sea turning red because of the bleeding of the shark pains me like a needle in my heart. Thanks to the demand of traditional shark fin soup, less than 10,000 sharks are left in the ocean.

In order to strike this cruel tradition down, governments must bring justice to the sharks by eliminating potential illegal poachers by imposing life sentences or death penalties on serious shark murders. Governments around the world must work together to punish everyone that supports this cruel tradition.

As what has been said worldwide, we could not stop illegal poaching with our own power. I believe the only possible solution to stop illegal poaching is to educate the new generations about the irreversible damage that illegal poaching has done to the food chain. If more people realize shark fin is a sign of cruelty, we could stop the problem from the root.

Sharks are endangered because of the pride and gluttony of people with an old mindset. More than 100 species of sharks were extinct in a mere 40 years of industrial revolution. Think about our children not being able to see magnificent sharks in real life, how can we spare our effort? Don't let the existence of shark be history. Banning illegal poaching should not be in the future, it should be done right now!

Yours faithfully,

Jason Yu

Jason Yu



## Letter to the Editor

Dear Editor

I am writing in respond to the tragedy of the brutal killing of sharks. Sharks have existed more than 400 million years, but according to HKSF, many of the shark populations have declined by 90 percent, thanks to the huge demand of shark fin. It saddens me every time I see sharks killed just for a dish in a restaurant. We must take immediate measures to protect sharks before it is too late. To stop the mistake of killing sharks, it is essential to boycott restaurants that serve shark fin.

Despite the fact that the government had been stopping the activities of killing sharks, 98% of Hong Kong restaurants still serves shark fin. Why would we still ignore this unethical practice? By telling the restaurant employees about the cruel practice of shark killing and trying to convince them to also stop other restaurant too, we can not only raise awareness about the cruel practice, but also stops the restaurant serving shark fin. It is necessary to do this before it is too late.

Have you ever wanted to swim with sharks? It sounds scary, right? But as long as you choose a professional company, it is quite safe. In addition, by posting a photo of yourself swimming with sharks on social media, it will encourage ecotourism and provide an incentive for local business to conserve sharks. I am convinced that if people realized how sharks bring ecotourism and not shark fin as a food, they would value this 'treasure' and not destroy them.

The sharks are in danger to extinction thanks to people's greed and their lack of awareness. It is a ticking time bomb of extinction for the shark. How long before the bomb explodes? Not long, I predict. So we need to stop serving shark fin and make people realize eating shark fin is wrong, but also that the shark itself is precious too. We need to do all this before it is too late.

Yours faithfully

Chantal Yuen

## Letter of Proposal

Dear Sir/Madam,

I am writing to talk about advertising and here is a copy of my design. The product in the proposed advertisement is for eggs, which come from chickens that are healthy and grow without hormones. The chickens are given a natural environment to live. They do not live on farms, but roam on plains. They already have many health checks so they are very healthy. The eggs are very fresh since they are freshly produced by the healthy chickens.

Aimed at highlighting eggs, the advertisement shows the advantages of our eggs. For example, in the food pyramid, our body needs protein from eggs to remain healthy. Eggs are full of nutrition and can also be included in many different types of delicious dishes. All this information about the nutrition is included in the advertisement, such as that each egg has 143 kcal calories, 372 mg of cholesterol and 56mg of calcium.

Since eggs have more advantages than other food and it can meet the needs of the human body, I highly recommend that you buy the eggs from my shop. The name of my shop is Egg Ribe Free. Our slogan is 'Eggs have so many benefits and advantages'. Call me on 51234065. I look forward to selling you eggs regardless of whether you go to a retail store or an online shop.

Yours faithfully

Chan Tsz Ching

Egg Ribe Free Shop



### **A Trip to Mars**

Today, I played an interesting game with my sister. The game is called 'Space'.

We began with a spaceship flying into space. After half an hour, we arrived at Mars. On Mars, we met some aliens. They looked really funny. While we were talking to the aliens, we got into a space station. In the middle of it was a huge city. There were not many people in the space station.

My sister said she was hungry, so we went to a space food shop. While I was ordering food in the game, mum told us that our dinner was ready. My sister and I put down our headsets and ran to the table. I wondered what the food would taste like in space.

After finishing dinner, my sister went to bed and I played the game for one more hour. What a great game it was! I hope I can be really playing in space one day but not just in a game.

## **A Letter to the Editor**

**Subject: Raising Awareness and Protecting Sharks for a Sustainable Future**

**Dear Editor,**

I am writing to express my concerns about the cruel killing of sharks. It pains me whenever I see fishermen throwing sharks back into the ocean, with their fins cut off and slowly reaches the end of their life. Thanks to the growing demand for their fins, increasing numbers of sharks have died early deaths in recent years, leaving there only a billion sharks in the ocean. A billion may sound a lot but actually 90% of them will have been quickly vanishing in the next few years. If we allow this finning to continue, sharks will become extinct before long.

You may think the extinction of sharks will not affect us a lot. However, they actually play an indispensable role in the ocean. They help maintain the marine ecosystem and regulate other species' populations in order to keep the balance of the ecosystem. Then, the ocean might be seriously messed up.

Therefore, to put an end to this brutal practice and help conserve sharks, it is essential that governments impose strict penalties on those unethical fishermen. Meanwhile, numerous sea-creature organizations around the world have been working very hard to save sharks from becoming extinct. However, illegal finning is still happening every day. So, to stop them governments should educate the public and show them eating shark fins is not a symbol of status. In fact, eating fruit or vegetables can give more nutrition than eating shark fin. If people realize that, they would think twice before consuming it.

**Sharks are in danger of extinction because of our ignorance and greed. If we had reacted earlier, many species would not have died out. Unless governments make a move by setting way stricter penalties against illegal finning and letting people realize that their belief about sharks are naive, sharks will become extinct very soon.**

**Yours faithfully,**

**Karlie Ip**



## Letter to the Editor

**Subject: Raising Awareness and Protecting Sharks for a Sustainable Future**

Dear Editor,

I am writing to express my concerns about the cruel killing of sharks. It pains me whenever I see the sharks die in the sea, thanks to the growing demand for their fins. It is sad to learn about the increasing numbers of sharks meeting an early death in recent years, leaving only 100,000,000 in the sea. If we allow this finning to continue, sharks will become extinct before long.

To put an end to this brutal practice and help conserve sharks, it is essential that governments impose strict penalties on fishermen. Actually, in Mainland China, killing a shark is punishable by five years in prison and a fine, but in Malaysia these are all legal. How can leniency stop fishermen from committing such crimes? Stricter laws should be enforced to stop finning.

Admittedly, numerous wildlife organizations around the world have been working hard to save sharks from becoming extinct. However, I believe that the most effective way to stop illegal finning is to educate the public that there is nothing special about eating sharks. If people realize that eating shark fins is just a symbol of status, and it will not be helpful to the human body in anyway, then, the demand for shark fin soup will decline.

Sharks are in danger of extinction because of people's ignorance and greed. The number of gray sharks is already decreased in the Atlantic, the Mediterranean and the North Pacific. How long will it be before we see the end of the gray sharks? Not long, I predict that unless far stricter penalties are imposed on fishermen, people realize that their beliefs about sharks are naive.

Your faithfully,

Kan Hei Tung

### Writing 3 - Advertisement and Letter of Proposal

19th December 2023

Dear Sir/Madam,

I am writing to propose my design for the HKSA Annual Advertisement Design Contest. Please see attached a copy of my design.

The product in the proposal advertisement is an intelligent robot, which is used in the home. As we all know, the problem of the number of elderly people living alone has been rising. Elderly people living alone have less communication with others, making them more psychological lonely. Every year there are many cases of elderly people living alone committing suicide. So the home robot can solve this problem. It has a special program that can chat with the elderly so that they are no longer lonely.

Another problem with living alone is having no one to support you. On the one hand, elderly people living alone will have no one to take care of them if they are sick. Also, if they encounter unexpected situations, such as fainting or accidents, they will be even more isolated and helpless. They may even faint at home without anyone knowing. If the robot senses that the elderly person has not moved for a long time or is not breathing properly, it will automatically activate safety measures and contact rescue personnel. The advertisement explains in detail the purpose of the robot.

I hope my explanation regarding the advertisement design is clear. I look forward to your favourable response.

Yours faithfully,

Kaylee

Kaylee Leung

Yuen Long Public Secondary School



### A Close Encounter

“Ding dong, ding dong,” the school bell rang deafeningly through the empty corridors as the whole class erupted into screams and cheers. At last, today was finally the last day of school, the sweet relief of the summer breeze carried me out the bustling hallways to the ‘welcoming’ entrance of this anxiety-inducing building. I glanced at the gate once more, before bolting at supersonic speed back to my humble abode, where my blissful and long-awaited summer vacation would soon welcome me with open arms.

However life doesn’t always go the way you want it to. As I was being squished, suffocated and squeezed through countless swarms of students trying to win this battle with the endurance level of a toddler, I kept seeing this one particular classmate, “ugh... Not her again,” I scoffed, rolling my eyes at the thought of encountering her. “Why do I keep seeing her. Is it that hard for her to not appear in front of me?” It’s Bella, the girl who keeps bothering me in my free time, the girl who never stops enforcing her interests onto me, the girl who I currently keep seeing on my way home. While she may be well-loved in my circle of friends, she has always came off as bothersome to me. I don’t know what it is about her; is it her tone of voice, the way she acts or the way she talks. I just can’t seem to lay a finger on why I dislike her so much!

In hopes of avoiding her, I took the first bus that goes straight to my apartment. To my dismay, there she was again! This couldn’t be a coincidence, right? This is practically the hundredth time I’ve bumped into her these past few hours. “You’ve got to be kidding me,” I thought as my eyebrows began to furrow. She shot me a quick glance and gleefully waved at me with those scintillating eyes of hers. Not wanting to cause a scene, I reciprocated and averted my gaze from hers.

As I got off my stop, she tailed behind me, “Hold up, please don’t tell me she lives near me... if so, I might as well become a hermit and never see the light of day ever again!” I pondered while walking to my apartment’s lift. “Oh, hey Kez,” an awfully familiar voice exclaimed, “I didn’t know you lived here too!” Turning my head 180° like an owl, she’s here again? “Oh... hey Bella...” I said nonchalantly, but in my head I’m going ‘CODE RED’. “Get me out of here!!”

We both stepped into the elevator together, I hesitantly pressed my floor button whereas she clicks on hers confidently. Thank goodness she... oh my god. We live on the same floor but why would she, my thoughts got cut short as the lift comes to an abrupt stop, causing the two of us to let out a big gasp. Oh great, the lift broke and I have to be trapped with her... Could it get any worse?

Bella cooed, “Don’t worry Kez, this has happened to me before, I’ll just press on the emergency button and we should be fine” Then, all of a sudden, the lights shut off. Hearing a thud hit the floor, I quickly switched on my phone’s flashlight, illuminating the dark gloomy interior, to see Bella on the floor curled up sobbing? Not wanting my cause of death to be drowning in Bella’s salty tears, I acquiesced defeat and muttered, “What’s wrong?” She looked up at me with tearful eyes and hiccupped, “T-this is embarrassing... But I’m intensely afraid of the dark.” I scoffed at hearing this but she went on, “My older siblings used to play pranks on me involving shutting me in pitch black rooms with no source of light, just to get a reaction out of me.

Before I could think, I went on auto-pilot mode, “Honestly, same here. My sister used to bring me to a room then switch off the lights and shut me in there. Though the amount of time she locked me in there wasn’t as long as what your siblings did to you, it was long enough for me to start screaming and begging for mercy. You’d be surprised to know it’s a universal experience for most people, so it’s not as embarrassing as you think, Bella”. I sat down with her on the marble tiled floor, fidgeting my fingers while an awkward silence was induced. It was until Bella began to speak, not even a second in, we were already jumping through multiple topics all at once.



It came off as a surprise to me that we had so much in common. For instance, I like playing video games like Honkai Star Rail and Roblox, and we like the same type of music, alternative and soft rock. From what we were going to do during the summer to our opinions on various song artists, we chatted as if we were long lost best friends for god knows how long. Despite the hot air slowly increasing within the elevator, the way our palms were sweating and even how it got harder to breathe with each sentence we spoke, we just kept on going.

In the middle of our conversation between our favorite dog breeds, we could hear metal sounds clanking from the sides to the door. As if being trapped in this cold claustrophobic insulated box wasn't already enough, this extra noise is going to give me a headache for the next few coming days. Bella and I weakly stood up, with our hands gripping the metal bar to prevent us from falling over due to the lack of oxygen. The warm dusk light slowly trickled into the lift, hitting our face making our eyes and hair reflect a honey hazel color. A fireman covering some of the illumination with his body and reached his arm out, signaling to us that it was time for us to get out. Once we were out and have rested slightly, we thanked the firemen for rescuing us, then started climbing the flights of stairs that lead us to our final destination, home. During this treacherous trek, we exchanged phone numbers, leading us texting throughout the night.

It's safe to say Bella and I are now on good terms, our previous one-way friendship has now turned over a new leaf and became very much two-sided. Nevertheless, with this experience I've figured out why I disliked her so much to begin with. As mean as it may sound, she never stopped talking! As an introvert, I enjoy peace and quiet when it's necessary. If anything, I have found that her being an extrovert was extremely intimidating. Despite our differences in personality, she's been such a good sport to hang out with, and she knows exactly how to brighten the mood with a single sentence. I genuinely can't wait to see her on the first of September and be seatmates for life!



## Blood Donation Day Speech

Good morning everyone!

It's said that it's better to give than to receive – and I'm going to tell you why everyone should go ahead and give blood. As we all know, donating blood can not only help you but help people in dire need as well. When we donate our blood, it can be used to save hundreds of people suffering from any blood related problems and even aid doctors in operations.

Even if the positives outweighs the negatives, it is understandable that some of us are not willing to donate our blood. To some, the thought of having a needle poked right into our veins isn't really ideal. But fret not! If you decide to donate, you will be in safe hands, as the blood donating will be performed by well-trained professionals.

Moreover, in terms of cleanness and hygiene, every needle is sanitized upon first use. Not only that, all needles are only used once. So don't worry too much about sharing needles with others.

Another point that may drive students away from blood donation is the pain or whether there are any remedies. As scary as it may seem, the needle doesn't cause much pain. Yes, it sounds deceptive, but the pain level is similar to getting a small paper cut! If you are still afraid, the nurses are always thrilled to put local anesthesia on your arm before using any needle. The team will always try their best to give you the least painful experience!

For students who have finished donating blood, you will be supplied with a drink and a snack to reintroduce fluids and energy you may have lost during the donation. So don't worry about not having enough energy for your next class.

Lastly, donating blood is important for you, me and everyone around the globe. Some of us are born with a rare blood type like AB -, some of us are born with a universal blood type like O. When somebody with a rare blood type is suffering immense blood loss, it is hard to find suitable blood for them. This is why we must donate to help the people in need, as it could be us in the future.

Thank you.

## Personal Blog Post

Hey guys, welcome back to my blog! Today's entry may be more serious than the others but it's really important to get out there. So if you have time please read!

Recently, I've taken up the hobby of posting pictures of my meals on the internet. While don't get me wrong, it's really nice to see the amazing feedback on here and I appreciate a lot, but I'm afraid some of us have woken up in the wrong side of the bed.

Posting food pictures is similar to you guys posting pictures of your pets, family, friends or even yourselves. It works like a memory capsule that you can reminisce on when you're older, or just for old times sake.

We all love the feeling of idyllic nostalgia and thinking back on our heydays, but when I post pictures of my food with the same intentions of some of you. I start getting hurtful comments and cyberbullied?

As much as I want to say those comments didn't affect me as much as they should, they've certainly made impact. Imagine when you proudly show the people around you your accomplishments or latest project. Instead of congratulating you or show an ounce of happiness, they start nitpicking on small details, criticize you without constructive criticism and rip you to treat with the most painful and hurtful words known to mankind. Yeah, that's how I feel.

I know some of you leave nice comments and I highly appreciate those and love you. However, to those who think they can barge into my blog and leave hateful and mean comments without thinking, "huh, I wonder what the person on the other side would feel..." you guys will be blocked and both side of yours, Pillows will be warm! You guys are the reason why standard education teaches us not to bully people. It really disappoints me to see people actively spreading.



### Personal Email - Internship

Hi Mary,

How have you been? I was very busy last week, tired but satisfied! It was because I have just completed a six-week internship as a receptionist in a busy hotel. It is a very nice experience for me to learn so many things about the business, even about my daily life!

On the first day there, I felt very nervous and scared! I didn't know whether I did the wrong thing or not...what if I don't know what to do or how others would think of me.....I was worried about many, many things.

Fortunately, there was a girl who was like me, working as an intern. However, she had more experience than me. She was kind and taught me some skills that I didn't know about before. Also, she told me that I should remember three important points: diligence, patience and don't be ashamed to ask questions.

As the reception of the hotel, the front desk is the first department to have an impact on guests and provide service. As a receptionist, the work is mainly divided into reception, room sales, check-in registration, check-out and fee settlement. Of course, this also includes answering guest's questions, helping guests handle service requests, telephone transfer, taxi outbound call service and air ticket booking business. In these six weeks, I have almost done all of the above. It wasn't easy to do so many different kinds of things!

Also, I met some difficulties the day I met a guest that unreasonably made trouble. When I was helping him book air tickets, he said that he would order three tickets to go somewhere. The tickets were signed by the guest himself. But when I asked the guest to pay, he refused to admit that he had booked three tickets and asked us to refund the cost of the extra ticket. Although it was not our fault because he had his own signature as confirmation, the manager still asked us to admit our mistake and refund the ticket money. I was very angry at the time, but as the saying goes, 'The customer is God.' This is a well-known business motto in the hotel industry, and I have realized it very deeply.

After the six-week internship, I have learnt that, in reality, society is so complex and far from perfect as we may imagine. Another thing throughout the internship process was to learn more about myself. I did not only see the good side of myself, but also magnified my shortcomings and deficiencies in all aspects without reservation, which made me pay attention to things that I had never paid attention to before.

However, the most important is maintaining good relationships with other interns. We should treat each other well so that others will treat us well in return. It is hard to survive in society alone. In my own situation, the kind intern I met at the start taught me a lot so that I could quickly adapt to this job.

Therefore, I was tired but satisfied! I hope we can work together on an internship programme someday. I will look forward to this day coming! Take care and see you soon!

Yours sincerely,

Wing

## Personal Email

**Hi Peter!**

How are you doing recently? I'm quite worried about you. You told me your parents are arranging too many after-school classes and activities for you and you have to give up your favorite weekly football match. I can understand you're upset and angry with your parents. I used to be a form 4 student too and my mum also arranged a lot of after-school classes for me. But now I have less after-school classes since I upgraded to form 5. Let me give you some advice on how to deal with the problem.

First of all, you can try to communicate with your parents. You should tell them your thoughts and how you feel about the situation. Remember, your parents were teenagers before so trust me...they'll understand your feelings. You should stay calm and use a peaceful tone to talk with them. Don't let them think you're angry since it may have the opposite effect. Parents always think they used a lot of money and effort for their child, so the child should listen to them. In fact, you should communicate that us teenagers can also have our own feelings and ideas, or even making our own decisions, right?

Secondly, you can make a timetable with your parents. You may discuss how many tutorial lessons and activities you should take part in and when you should take a rest. I have to admit, a timetable is a marvelous tool to manage our time!

Thirdly, you may try to play some sports with your parents. Football is an example of a good sport to play with your family. It not only benefits your body, but also can make you and your parents become closer, like friends! Then you can talk to them more about yourself.



Moreover, you can organize a weekly movie night to watch movie with your parents. This will certainly be an interesting activity! If your parents agree, you can try to invite your friends to join with them, to show them your friends are good. Then your parents may agree for you to take part in the weekly football match on Saturdays!

Well, I hope my advice will help you! Oh, by the way, if you're free, we can play football together next time! I haven't played football with you for a long time. I remember last time you're still a form 3 student. Anyway, waiting for your good news!

Yours,

Chris

## Blog Entry - A Meaningful Event at School

Our own day at school!

I'm a senior form student, studying in a regular school in Hong Kong learning Chinese, English and Maths just like students in other schools. However, there was something different in our school from others we have. It is our own and meaningful event which is called 'Voice of Student'.

As the name suggests, students were involved in the event, and it takes place at school. But what do we do in this event? You may be surprised to hear that we were asked to do anything we would like to do with teachers, such as gaming, chatting, drawing, etc. This event is held on the day after all the exams are finished so we can all relax. Moreover, what we do is to write letters and give speeches to the school and the teachers. Whatever we write would be read and listened to quite seriously by everyone and rude words were not allowed. But for others punishment would not be given. There were no lessons or assignments, but smiles and happiness.

So how is it meaningful? Well, it is an excellent opportunity for us to talk about our problems, not really opinions. If the school doesn't listen to the opinion of students, more stress would be given to them. If there is too much stress, anxiety may be caused. Moreover, from this event, students create a better environment for students to help other students with their health, both physically and mentally. What's more, I felt I have a closer relationship with my teachers after chatting with them. I'm so glad that I'm studying in this school! Because of the 'Voice of Students', my life is full of care and love. I am very thankful for this event and our school!

### Email with Advice

Hello Peter,

I have received your email and I want to tell you that I am full of sympathy about the problems what you're facing. It's sometimes quite sad that even your parents can't understand your problems, so I am glad to be the person who you can share your problems with. I'm going to offer you some advice, and I would be happy if I am able to help you in your current situation.

Firstly, you said that your parents have arranged too many after-school classes and activities for you this school term. I think the reason is they want you to get better academic results at school by attending tutorial classes, and get the advantage by doing activities. This is understandable as every parent would like their child to be the best. However, it's a bit too much if they leave you no time to rest and relax. They should know that a little break for relaxing is needed by everyone, including their son, to give our brain and body a break. You should tell them that resting and relaxing is important for you to recharge your batteries, and this would give you energy to work harder. Moreover, you should try to communicate with them that you are not happy with so many classes and activities, consequently they may reduce the activities in your busy calendar.

Secondly, you also said that you had to give up your favourite weekly football match with your friends because it clashed with your tutorial lessons on Saturdays. That's unreasonable for your parents to do this, as physical activity is an important part of our lives. You should tell them directly that football matches and friendships are both very necessary in your life, and show them how disappointed you are about what they did.



Finally, you said that you were very upset and angry that your parents didn't seem to understand your needs. That's a sad situation that even your parents are not able to understand your feelings. However, stay calm and think of this: being sad and angry can't help solve your problems, it can also may make your mental health worse. Sometimes it's hard being a young person, but also it can be quite hard being a parent. You can try to understand their feelings of wishing you to become a better person. Then you can show them your understanding of their feelings by helping them with some housework and chatting with them at times. What's more you can do this to show them you have time management and you can study yourself without their reminder to read books while they are looking at you and tell them what you have read. Try to tell them your feelings. It may make you feel better.

From the advice above, I hope it will help you with your problems and this letter is helpful. You should always trust that I will stand by your side. Tell me if you have any more serious arguments with your parents, and I would like to help you, cousin. Let's catch up soon,

Lily

## Blood Donation Day Speech

Blood is very important to human beings. It plays an important role in our body. It helps us transfer nutrients to different body parts. But blood is scarce. In many accidents, such as car accidents, when people are seriously injured, the injury may cause loss of blood. That is why we need new blood from others to support injured people. So blood is very important.

There are different types of blood like A, B and O, and you must transfer the correct type of blood to the people in need. If it is wrong it may cause death. This is why blood is not a simple thing. You need to find the type of blood which matches the injured patient, and if the patient is very seriously injured, a lot of blood is needed to help save their lives.

Therefore, we all need to donate blood in order to save people in need. If you are worried about the pain of donating blood or you are afraid of blood, you need to overcome this problem so that you can donate your blood. We need more blood to help people in need.

Also, donating blood is also beneficial to ourselves. Not only do we save people in need, we can also renew our own blood. We can use this method to help generate new blood in our bodies, which will help us become healthier and stronger.

Finally, donating blood is very safe, and you don't have to worry about anything after donating the blood.

So, everyone should make an effort to donate their blood as soon as they can – it is very important to save the lives of others. Thank you for listening and I wish everyone to be positive and have good health!

## Letter of Advice

Hi Sophie,

I have just read your letter. I am glad that you would like to tell me. Thanks for your trust! Besides it is bad to hear your situation. I want to give you some advice and I hope that can help you to deal with your problem.

I know you and your parents are both confused about the behaviour of each other. Therefore, I think communication is a necessary factor to solve the problem. If misunderstanding occurs between you and your parents, you should clarify your thoughts and feelings with them and ask them the reason that they don't like you spending time on your phone. When I have conflict with others, I always communicate with them first. And then the problem will be easily solved! Communication makes things clear and peaceful.

However, just communicating is not enough. You should also give them a solution to set their minds at rest. If I were you, I would tell them that I will manage the time efficiently and prove to them I can do it. That is the way for you to fix your reputation in your parents' eyes and that may also encourage you to plan your time better. That makes the best of both worlds, right?

All of this advice is useful, at least for me. But there is a more suitable method for you is my opinion. You should hang out with your friends instead of contacting them online. You said you really enjoyed keeping in contact with your friends in social media. But it must be more fun to go out together, so that you can spend less time on your mobile phone, which meets your parents' requirement, and spend more time to meet your friends face to face. That's really great, right?



**Do try the methods I mentioned above. As your friend, I really don't want to see you keep suffering from bad emotions. I hope my advice is useful to help you. Contact me anytime you want to share anything and you need help.**

**Best wishes**

**Chris**

## Speech on Establishing an Esports Club

Good morning principal, assistant principals, teachers and fellow schoolmates.

I am Chris Wong and I am speaking on behalf of our school union. Today, I am deeply honoured to have this opportunity to share our viewpoints toward esports and the rationale behind why we would subscribe to the proposed esports club.

Gone are the days when students took the initiative to do aerobic exercise. As of today, most of them are doomed to concentrate on core academic subjects around the clock instead of spending any time on physical exertion. While some of you cling to the idea that esports club is a complete waste of time, we are convinced that esports do more good than harm.

You may wonder what the upside of esports is. Well, our standpoint for establishing esports vary with the following merits: among all the advantages, the most tenable one is that it is bound to ameliorate students' mental health as well as their physical health. These days, with the advent of public exams, a soaring number of students have an inclination to wallow at length in their academic studies. As per the latest tragic news, a Hong Kong 17-year-old student fainted owing to excessive studying non-stop for eight hours without a proper amount of exercise. Imagine if you were him, would you feel mentally or physically healthy? Evidently, you wouldn't! That is where esports come into play by offering a way for students to enhance their mental and physical development. Spending 30 minutes a day on esports, to stretch your body for exercising, would certainly cultivate a healthy physique and a refreshed mind. With this in mind, isn't it a splendid idea to set up an esports club?

Aside from bettering our mental and physical development, esports permits people to expand people's social cycle. As I have mentioned before, it is a phenomenon that more and more students have a tendency to solely focus on core academic subjects, neglecting the paramount significance of their social cycle. Speaking of which, I bet you are wondering if there is any antidote to deter this from happening. Guess what? Esports is where that comes into effect. In the course of playing esports, it is a golden chance for people to meet new friends via communication. That's not all, playing esports with friends or classmates is a brilliant way to cement a closer linkage with them. In view of this, it is crystal clear that everyone would benefit considerably from esports.

Opponents may counter our views, claiming that esports not only serves as a source of distraction, but also a main reason for eye strain. This assertion may seem valid at first blush but is in fact groundless. In fact, it is widely acknowledged that schools have taught students to be self-disciplined, not to mention experts in time management. Thus, shouldn't students shoulder the responsibility to manage their time properly? Additionally, as our school advocates the value of resting, eye strain caused by playing esports would be out of the question. In this case, the saying that esports is distracting as well as causing eye strain are only misconceptions.

All in all, under no circumstances should we not establish a meaningful and wholesome esports club. Fellow schoolmates, it is esports that foster our mental and physical development and that widen our social cycle. It is my earnest hope that we could relish the opportunity to form and develop the esports club in our school now and in the foreseeable future! Thank you for listening.



## Speech on Establishing an Esports Club

Good morning, everyone.

I'm Chris Wong. Today, I would like to talk about Setting up an esports club in our school. I sincerely hope you listen to my views, then think about it thoroughly!

What is esports? Esports, short for electronic sports, refers to competitive video gaming in a professional and organized context. Is this just playing games? Of course not! It involves players or teams competing against each other in various video games, often in front of a live audience or online viewership. Esports has gained significant popularity and recognition in recent years, with dedicated leagues, tournaments, and professional players emerging worldwide.

What are the benefits of esports in school? In terms of social connection, students can connect with people who share similar interests. Nowadays, teenagers generally use mobile phones to surf the Internet and play games. Doubtless to say, they can easily meet friends with common topics. In terms of personal growth, esports in our school brings success to more students. Participating in esports can boost a student's self-confidence and self-esteem.

Engaging in competitive gaming within a club setting allows students to set goals, learn from successes and failures, and build resilience. As they improve their gaming abilities and achieve milestones, students gain a sense of accomplishment. In addition, in terms of skill development, esports help develop important skills like hand-eye coordination, speed of reflexes, strategic thinking and team communication. Therefore, esports is not just a game to play but has a lot of actual benefits.

On the other hand, the shortcomings of esports in school are also noticeable. In terms of academic distraction, students may excessively focus on gaming and this can potentially distract students from their academic responsibilities. Esports require a lot of time on training and students may inadvertently pour time into esports training, resulting in no time to study. In terms of sedentary lifestyle, esports primarily involves sitting and playing video games, which can contribute to a sedentary lifestyle. Prolonged periods of screen time and limited physical activity may have a negative effect on student's health, including increased risk of obesity, musculoskeletal problems, etc.

Although esports have a lot of shortcomings, it can be controlled. Students should set up a timetable to assign learning and esports training. Therefore, I agree with the idea of setting up an esports club and I believe that as long as students are self-disciplined, the benefits will outweigh the various shortcomings. Thank you again for being here today!

### Argumentative Essay - Six Days A Week

Do you like going to work? I bet that most people don't, and would rather hang out with family and friends or just have some personal time. In many developed nations, the five-day working week has been the standard for a long time so that you can spend quality time at the weekend. In Hong Kong, however, many people still work six days a week. I find this unreasonable and it should be banned. Here's why...

First of all, as I said in a five-day working week you can choose to spend quality time with yourself, your family or friends. The idea is that on Saturdays, employees can take a rest after five days of hard work and on Sunday they can do whatever they want to do to relieve themselves from work stress, for example through sports or hiking. Therefore, employees can start the working week over again on Monday, feeling positive and refreshed, and this creates a healthy life cycle. However, with a six-day working week, workers won't be able to create the cycle since they are likely to rest on Sundays as they need to work on Saturdays as well. As a result, workers would be tired throughout the week and thus, sharply lowering their work efficiency.

Second of all, I would agree that a six-day working week is irresponsible for workers physical and mental health wellbeing. Since they can only take a rest on Sundays, working six days in a row would be extremely exhausting. This creates different negative impacts, for instance, overworking. In many countries around the world, workers suffer from this because you don't get enough rest. In certain cases, it may even be possibly to cause death. This is why the International Health Organization already considers overwork as a disease. In addition, it can cause certain forms of mental conditions since workers cannot spend quality time with family, friends or themselves.



These workers are unable to relieve their work-related stress and they may feel depressed or lose hope in life. Some may even commit suicide because of working stress (which is heartbreaking). As such mental health problems may affect the workers' job performance, the productivity of companies would also decrease. Thus, it is important to let workers rest enough and relieve their stress.

Third of all, I believe that a five-day working week would be more beneficial for Hong Kong because on Sundays many people go out to relax, maybe even going to clubs to hang out with friends, or going to Disney with family, or going out for a nice meal. By doing this, they would all spend money in shops and restaurants, and these establishments will have more customers. Consequently, Hong Kong's economy will improve as everyone is enjoying themselves and the atmosphere of the city would be more cheerful.

On the flip side, a six-day working week may contribute to Hong Kong's economy as well. Simply put, people will be working more hours and the productivity of the city will increase. They can get more things done on construction sites or finish more proposals and reports for the company.

Many people use this point to defend a six-day working week, saying that it is more efficient as they can get an additional day of productivity. However, I must argue that it actually has a negative impact on Hong Kong's society. Although you can have more work done, the workers would also feel more tired due to their limited rest and huge work stress on their shoulders – the workers will tend to lose their motivation to work. Because of this, workers may choose to do less work in a day, and the quality of the work they do is low quality since they have already lost the heart to contribute to the company. Workers will lose the will to earn more money because they can't see their bright prospects anymore.

As a result, the work quality and efficiency of these workers will all decrease, leading to a decrease of productivity in Hong Kong, damaging the economy and the city as a whole. In fact, Hong Kong has already been rated as the most unhappy and stressful city to live in for years. I believe that we should take more actions to make Hong Kong a more joyful place!

All in all, although it seems like a six-day working can be beneficial for Hong Kong as it may increase productivity. However, in reality, the negative effects it can bring to Hong Kong as already outweighed the benefits as overworking may cause employees to be very stressed and tired. This leads to their overall productivity declining and this negatively impacts the overall productivity of Hong Kong. On the contrast, a five-day working week would be more humane for Hong Kong workers and it may even turn the dreary sad streets of Hong Kong into a street full of life and happiness. Therefore, in my opinion, Hong Kong should make six-day working week illegal and promote a five-day working to match with other developed cities around the world.

## Music at Work

Music is a big part of our lives and many of our colleagues enjoy listening to music while working. However, is listening to music at work really beneficial to us?

On the positive side, since many consider working to be a very stressful and tiring activity, listening to appreciate music could relieve stress and make work more enjoyable. It could improve your mood and, as a result, provide a better working environment since everyone in the office will be in a good mood, making the atmosphere more relaxing instead of stressful.

In addition, another benefit for listening to music at work is that when you enjoy music, you can be more focused on the work in front of you. It could prevent you from being negatively affected by your surroundings. Moreover, as your brain is only focusing on one job, you will have a more profound working memory for the job at hand and thus improving your memory overall. Therefore, if you listen to music, you can be more concentrated on your focused target. As a result, your work efficiency will increase and you can achieve more.

On the contrary, some may argue that if everyone in the office is listening to music, when people more want to communicate with others, they may not be able to clearly hear you. Also, they may miss or mishear some important information, resulting in possible mistakes and the ruining of the workplace atmosphere.

It is also a fact that people like to enjoy music of different genres. Thus, some loud depressing music, that some people really like, may not be suitable for the general workplace. It may distract people from their work and actually do the opposite of making people relaxed and calm. This, in turn, leads to a lowering the working efficiency.



These claims about the benefits of music in the workplace may be true, but some of the negative consequences can be avoided. All you have to do is to choose the most appropriate music to listen to at work, maybe calm and relaxing music instead of music with strong rhythms, and ensure that the volume of the music is kept at a suitable level. If you can achieve this, then you can enjoy music without any concerns at work.

Overall, although music could affect negatively people at work if you have a poor choice of songs, if you choose the music carefully, this can bring many advantages and lead to an improvement in working performance and efficiency. Thus, I believe that listening to music at work is beneficial.

**Personal Message - Farewell, my friend!**

Dear Peter,

Are you doing well recently? You have told me that you and your family will shortly be moving overseas. So, I've decided to pick a farewell gift and write this card for you.

For the farewell gift, I've been thinking seriously about what to give you. I wanted this gift to be memorable and special between us. I've considered to give you an item which represents Hong Kong, go on a one day trip with you in Hong Kong and give you stamps that I collected. However, none of these gifts are more suitable than the one I decided to give you. I've decided to give you a photobook with all the photos we took throughout the years. It took me a long time to print and put the photos in the book. I think this is a perfect farewell gift as it symbolizes all the things we have gone through together and you can always look at all the experiences you have gone through with me. I hope you can always remember all the highs and lows you experience with me.

You know when I heard that you will be moving overseas, I was shocked and didn't know how to react because I didn't want to lose a friend. However, after I thought about it, it doesn't mean that I'm losing a friend since we can always message or FaceTime each other. I will definitely miss you a lot though and I am already planning to visit you on holiday. Or perhaps you can come to visit me. I wish you all the best in the new environment. Also, I hope you like the gift. Oh, and don't forget to say hello to your family for me!

Chris

### One-sided Argument

Recently, there has been a great deal of controversy regarding the implementation of the Municipal Solid Waste Charging Scheme. According to studies, approximately 3,353 tonnes of food are discarded to landfills every day in Hong Kong. The amount is projected to increase dramatically in the foreseeable future. In order to tackle the serious issue of food waste and plastic pollution, the city's legislative council has enacted a new waste disposal ordinance.

However, one question inevitably arises: is the scheme really going to be an efficient and effective way to deal with excess waste in our city? Although it can't be denied that Hong Kong's waste problem is beyond urgent and needs to be solved as soon as possible, I believe that the scheme is not the way to go.

One of the major selling points of the scheme is that by implementing an additional charge, local residents would be inclined to voluntarily reduce household waste on their own and therefore achieve the aim of freeing up space in our landfills. However, the problem is that not everyone will behave in an ethical manner, in order to avoid the charge of buying rubbish bags, specified by the government. There are those who may dispose of food waste and other household waste in the nearest street trash bins, or work in a remote street corner. People have already thought of ways to avoid buying the specified rubbish bags issued by the government, disposing trash on the streets or even rural areas can cause pollution and concerns about hygiene as rubbish usually has a foul odor and is a breeding ground for bacteria. Moreover, the rubbish will pollute the streets and the leftovers of food in the rubbish may attract mice and cockroaches, causing infestation. Therefore, with all the germs floating through the air and all the mice and pests lurking on the street, it is likely for Hong Kong to become a hotbed for diseases.



An additional drawback of the scheme is that as we still haven't developed a well-appointed recycling service, many residents have no choice but to use the designated rubbish bags, instead of using recycling facilities because their estate may not provide recycling service. Therefore, this not only defeats the purpose of the scheme which is to promote recycling, but also encourages the use of plastic bags which contribute to plastic pollution. On top of that, the treatment of existing rubbish bags are vague. Are they going to be recycled or disposed to the landfills? If treated inappropriately, the enormous amount of disused rubbish bags could lead to an ecological disaster affecting humans, animals and plants of Hong Kong, because once plastic bags are disposed, it takes at most 500 years for them to decompose, becoming a health hazard. So when animals like fishes mistakenly consume plastic, if humans eat them, they will also eat the microplastic in the animal body. Thus, the effectiveness of the scheme in fighting plastic pollution is questionable.

Furthermore, as a stakeholder that has to pay for the designated rubbish bags, it is my sincere belief that the charge will be a financial burden for us. The extra cost for the designated rubbish bag just adds insult to injury for restaurants and households, increasing the already sky-high living costs of Hong Kong, which is highly inopportune in this poor economy as the scheme may encourage people to buy less in order to decrease the expenses of buying the rubbish bags. As a result, in the long run our economy has a chance to be adversely affected by the low desire society caused by the scheme.

All in all, because people may avoid the charge by disposing rubbish on the street or in rural areas and encouragement to use plastic bags would be caused by the inadequate recycling service. I believe that the scheme would not only be incapable in alleviating the food waste and plastic pollution in Hong Kong, but aggravate the problems. Also, it could lead to negative effects for our economy. Hence, I suggest that before we have a refined recycling system and effective solutions to people that dispose trash on the streets or rural areas, the scheme should be suspended and re-evaluated.

Proposal: suggestion for a photo-sharing space be set up on the schools intranet.

### 1. Protecting privacy and safety

When compared with the Internet, the intranet offers a much safer platform for the interaction between employee and their figures of authority. While the Internet has its benefits, it is far too dangerous and irresponsible to upload students' photos online. The Internet exposes students to the risk of identifying theft, which refers to when Internet scammers steal personal information that is posted online to use for their own malicious reasons. An example would be having a student's picture stolen, and used in a pornographic advertisement, or for the promotion of other inappropriate content. If identity information is stolen, the thief could use it to make purchases online. In this day and age, identity can be recognized by the vast database of fingerprints and face recognition, the downside is the possibility of exploitation. A photo of a face or even a fingerprint can be used to leak private information. If the school were to post large amounts of photos of students online, then it would be a severely irresponsible act. Considering the wild dangers of the Internet, the intranet is like a greenhouse. It allows for access to information only for those within the organization, such as students, staff and parents. Using the protected intranet, the harms of scammers would be eliminated.

## **2.Improving internal communication**

Posting photos on the school intranet, the communication among teachers and peers would be enhanced. Having a place designated for sharing, commenting and interacting, students would be eager to share their opinions and thus, a stronger sense of community would be established. On top of that, when everyone is gathered in one place, innovative ideas could be born through discussion. Not only can a photo-sharing space improve internal communication, it could also foster a greater sense of belonging. With this fun feature on the school intranet, it is inevitable that students would be intrigued and wish to explore, and in the process new friendships may be born.

## **Conclusion**

To conclude, setting up a photo-sharing space on the school's intranet ensures the protection of students' privacy from external threats, while simultaneously enhancing the sense of belonging of students and enriching their school experience. I hope these suggestions can be considered, and that a photo-sharing space will be set up on the schools intranet to improve our school resources.



## Opening Speech

Good morning ladies and gentlemen. As the chairperson the school's STEM Activities Club. I am honoured to announce the opening of our club's Science and Technology for Better Living exhibition!

This exhibition features tech-related projects by students and it aims to encourage students to become active creators rather than passive consumers of technology. In our everyday lives, our attention is often drowned in the consumption of technology of all kinds, such as social media, music, videos, news and an overwhelming amount of information. But have you ever searched for a product or a service that you could find nowhere online? Perhaps it is a calling for you to join the world of technology creators. By creating new content, you would be at the frontline of the technological world instead of mindlessly scrolling through your Instagram feeds or binge watching TV. I am ecstatic to announce that some of the up-to-date inventions that will be displayed at the exhibition and I am sure it would provide great inspiration and encouragement to young minds who wish to become a member of the STEM family.

Now moving on, STEM education is widely known to include science technology engineering and mathematics, so many who are not interested in these fields believe that nothing would be gained if they participate in it. However, I am glad to say that the importance for student's success of STEM education is far from merely these four letters.

The importance of STEM education in terms of students' success is undeniably strong. According to a recent survey, conducted in the University of British Columbia in 2008, students who took part regularly in STEM classes performed 40% better at school in general than those who did not. From this survey and the essential findings of multiple research projects, it has been concluded that STEM education caters for skills in students which is applicable in other fields. A major example is that students gain the ability of critical thinking and their problem solving skills are improved in leaps and bounds, being trained by the high demands of STEM. On top of that, STEM education also induces teamwork abilities, including many projects, STEM education provides opportunities for students to work together to have a common vision, to solve a common problem, and to work towards a common good.

Therefore, ladies and gentlemen, to conclude, the science and technology for better living exhibition will encourage students to transform from passive consumers to active creators of technology, and it will provide pathways to STEM education which grants students not only the knowledge within STEM but also essential skills that are widely applicable to other areas and aspects of life. I look forward to seeing all of you there. Thank you.

### Should working six days a week be illegal in Hong Kong?

As most of you know, in most developed nations, working five days a week is their standard. However in Hong Kong, many people still follow the six-day working week routine. This might not affect you, but it is still a serious problem in Hong Kong and you should know about it no matter what you think. Let's jump right into it.

A six-day working week is still happening because most bosses in different companies keep making it happen. They force it onto their workers, knowing that if they refuse, they just need to find someone to replace them. For people who work six days a week, you can see how tired they look, and there are signs everywhere showing that they are overworked, and their minds and bodies can't handle it.

If this six-day working week goes on, I'm afraid it will be just a matter of time before they will start becoming soulless and look like zombies. All I'm sure about is that these bosses don't want people, who work and represent their companies, to look like that, all gloomy and tired. It is certainly a bad image and creates a poor reputation for them.

I believe that those bosses are the cause of many problems in this world, because they only care about profit and money. I'm not sure if they even care about their own family. If they don't even care about their own family, then why on earth would they care about their workers at all? They will just see them as numbers, ignoring that fact that they are still humans filled with feelings, passions and have their own hobbies, and it is the bosses like these that strip away their workers' hopes and dreams, making their life dreadful.



I'm sure that people don't want their future generations to continue going down this path. You might be wondering whether this single day between five and six-day working weeks really makes a difference. Well, it does make a huge difference. Imagine having one extra day to rest. Maybe it doesn't seem that much to you, but if the people who work six days per week, it will make their lives much easier. They look physically healthier and have better mentality too.

I'm sure those bosses have their reasons to make workers work six days per week, but they are other solutions to their problems as well. If working six days actually becomes illegal, these bosses will absolutely complain about it, despite everyone being against them. If they don't have enough people to do the work, they hire more people to do it, instead of cramming it all onto one person. I believe those bosses really need to change their mindsets and try out a five-day working week with their workers. It will decrease the suicide rate and amount of workers having strikes. In addition, when they change to a five-day working routine, they also should let them actually rest on their two days of free time instead of calling them to do something here and there when they are in their home resting. Also bosses should keep the same wages after changing to five-day week.

I believe these bosses would absolutely be able to work it out and will not go bankrupt because of this change. Let us build a healthy community together in Hong Kong and make six-day working illegal in workplaces.

## **The Soundtrack of Productivity: Pros and Cons of Listening to Music at Work**

In today's fast-paced work environment, finding ways to stay focused and motivated is essential. One popular method roaming in our office is listening to music while working and the method has been going on for some time in our office. In this article, we will explore the pros and cons of listening to music at work and provide some advice for employees who wish to put music into their work routine.

For some individuals, music can create a positive environment, helping to get rid of distractions and increase focus on the task at hand. It can provide a sense of rhythm and structure, improving concentration and productivity. Listening to music can be particularly beneficial for repetitive tasks. The right background music can set a pace and create a flow that aids in completing work efficiently. Additionally, music has been proven to positively impact mood and emotions. By choosing music that aligns with their preferences, employees can create a more enjoyable work atmosphere, reducing stress and anxiety. This can lead to improve overall well-being and job satisfaction.

Certain types of music, such as instrumental classical genres, have been linked to enhanced creativity and problem solving ability. The right background music can stimulate the brain's creative centres, helping employees think outside the box and come up with innovative ideas.

However, there are also potential downsides of listening to music at work. It can become a main source of distraction, if not used effectively. Lyrics, catchy tunes or sudden changes in tempo can divert your attention from your current task, distracting you and causing you to focus on the song instead of your work.

**Also, it is advised to keep the music to yourself and not to disturb other employees. For this reason, I advise that employees wear headphones, but keep in mind that listening to music at high volume with headphones on might affect communication between you and other employees, so listening at low volume is advised.**

**In conclusion, there are pros and cons of listening to music at work, but just make sure you use it to your benefit and not as your distraction.**



### Message About a Farewell Gift

Dear Peter,

How are you feeling right now? Are you excited or feeling nervous about moving overseas? Whatever you're feeling right now, I hope you're doing fine, because I know you will handle it on your own, like always.

I wanted to thank you for everything you have done for me over the past few years, and I'm grateful for you sticking by my side no matter what. After all the things we've been through together, I'm glad I can call you my best friend.

I'm sure that this is hard for the both of us, and even though we could always find some new friends, it won't be the same without each other. I certainly won't get used to not seeing you. Well, I don't want you to try too hard right before moving overseas, so here's a memory that is my favorite moment with you: remember the time during PE lesson, you leaped towards some metal benches just so that you can get the ball, and you scratched your leg so badly that you can see your own fat. After you had been patched up, we started to talk about your new permanent scar, and how you would tell fake stories to your future kids on how you got that scar, stories like you had been battling aliens for the sake of our planet or how you dodged the alien's laser bullet, so the laser bullet grazed your leg and left that scar. We laughed then and we keep laughing now.

I hope it made you laugh when I bought you a tiny alien toy holding a laser gun. I hope it will remind you of us and how we can turn the bad case into an enduring smile every time you look at it.

Well, I don't want to keep you too long. Remember, we can easily just message each other at any time. I hope you can stay happy no matter what.

Yours faithfully,

Chris

### **Announcemnet**

Good morning, principal, teachers and fellow students. I am Chris Wong from the Student Association. I am honoured to be here to introduce to you our upcoming annual school fair in celebration of our school's diamond jubilee. It will be held on the 29th May (Saturday) from 12pm to 4pm, and we welcome all past and present pupils, teachers, as well as your family and friends with open arms.

This year, we are offering an unprecedentedly large variety of activities, ranging from food stalls to student performances, you name it, we'll have it. To begin with, there will be a variety of food and game stalls in classrooms – not only will we offer visitors mouth-watering delicacies, but we also allow them to engage in fun-filled games related to our school's history in order to win prizes.

How can you help out? You can put what you have learnt in Home Economics lessons into good use. Food like fish balls and siu mai are what you will prepare for our visitors. In addition, you can unleash your creativity as well to organize thrilling games to add spice to the fair.

Apart from food and game stalls, to showcase how our school has included holistic education, there will be student performances at the school hall. A dance and music show will be the highlights. If you have a special talent, please don't hesitate to sign up for performing and truly shine on that day!

Last but not least, there will be a Lucky Draw. Every participant has the potential to win the latest version of an iPad! As our school understands an iPad plays a crucial role in promoting diverse education. The prize is created especially for you!

**For starters, we need manpower to bring about the best experience for all our guests. Even if you feel like you are not gifted in any of the above domains, we encourage you all to grab the golden opportunity to be our helpers at the lobby guiding our guests. There will always be a place for you!**

**The diamond jubilee of our school is a historic time for all of us. The success of the fair hinges on the support from all of you. Your participation will make all the difference. Let's transform our school into a carnival flooded with joy! Please sign up to be a volunteer at the notice board at the cover playground. See you in the fair. Thank you!**



## Letter to the Editor

Dear Ms. Wong,

I am writing to express my deepest concern regarding the environmentally unfriendly actions of our staff members in the office. Addressing this issue needs a comprehensive approach, and it is high time we made a move to let our company become greener.

To start with, it is an obvious problem that some of the staff members always leave the lights and air-conditioners on even when they go outside the office. Leaving appliances on not only wastes electricity, but it also incurs an additional cost for the power, which can actually be saved and used for other useful purposes. Regarding this issue, I have two suggestions that I would like to propose: each team in our office can be in charge of the electrical appliances during that week. They can take turns to carry out this duty. As our CEO Mr. Smith has always said, 'Our office is your second home.' If we take this approach, our colleagues can increase their sense of belonging to the company and treat their second home in a positive way. Furthermore, it is proposed that sensor lights can be installed in the office. Passive infrared sensors to track the presence and movement of people using infrared light, which controls the light switch. Sensor lights eliminate wasted energy from leaving a light switched on when no one is there. This makes sensor lights much more energy efficient which can undoubtedly help our company save additional costs.

Moving on, concerning the issue of how to construct a more eco-friendly office, I would like to suggest we cut down on plastic waste. Plastic waste is ubiquitous in our office. A large group of staff members will choose to order takeaways instead of bringing their own lunchboxes. Loads of takeaways unfortunately create excessive plastic waste. Given this situation, it is suggested that our company can equip our pantry with more microwave ovens. Since we only have one microwave oven, our staff members always need to queue for a long time before they can heat up their food. Therefore, they will choose order takeaways for the sake of convenience. With more ovens, I believe that more colleagues will be willing to bring their own lunch which without a doubt can reduce the plastic waste in our office.

Lastly, it seems to me that our colleagues often choose single-sided printing despite the fact that our printers can print on both sides of the paper. This will result in more paper being used and a waste of paper that is not printed on. Using double-sided printing in the office can reduce paper usage by half. Printing costs also significantly drop with just a few tweaks to computer settings. Our company can kill two birds with one stone and save printing costs while being environmentally-friendly. Reminders can be stuck near printers to remind our colleagues to use double-sided printing. A paper recycling box can also be put next to each printer. It is a wise move as it will be more convenient for our staff members to recycle paper.

Alleviating this issue requires collaboration of the staff members and the company. It is hoped that our office can become more eco-friendly.

Yours sincerely,

Chris Wong

### Announcement

Good morning, principal, teachers and fellow schoolmates. Hurray! Finally, here comes our annual school fair. I am Chris Wong, the president of student union. This year, the school fair will be held on a fabulous Saturday, 29th May. It will be held from 12pm to 4pm. The school fair sincerely welcome all past and present pupils, teachers, friends and family to come and enjoy. At the entrance price of only \$10, you can soak in a sea of joy for the whole day. Trust me, it will be great fun.

As always, the school fair has numerous activities, for example, game stalls, booths, food stalls, etc. Of all different attractive activities, student performances are undoubtedly the most interesting ones that we are looking forward to. The student performances were nothing short of spectacular. These talented individuals are ready to give us an unforgettable experience. On this magnificent stage, you can not only immerse yourself in the music of a symphony orchestra, but also enjoy trendy Korean dance performances as well!

If you want something exciting, then you should not miss the latest alumni football match! Unlike the typical football match, the contestants in this competition are not Cristiano Ronaldo or Lionel Messi, but our teachers and principal. This match is an exhilarating display of skill and teamwork. Who will be the winner? Does the 'crown' belong to our strong and muscular PE teachers or our wise and strategic Mathematics teachers? I can already see the sparks in the air!

The school fair can also unite students, teachers and parents with performances, food and games! However, this collective memory cannot be built up without your help. We are still looking for volunteers. Please contact [chriswong@hkbs.edu.hk](mailto:chriswong@hkbs.edu.hk)



**Are you are willing to be one of our volunteers? If you want to be a volunteer, you will be able to help with tasks like adjudicating the football match, preparing food in the food stalls or being the emcee of the student performances. I know these tasks may not be easy, but I am sure that it will be a great opportunity for you to expand your horizons!**

**To conclude, I can see that the fair will surely be a great success this year. But we need your help...so don't hesitate! Join the team today!**

## Letter to the Editor

Dear Ms. Wong,

I am writing to express my concerns regarding the environmentally unfriendly behaviour of the staff members in the office. As an environmentally friendly advertising company, it is essential to alleviate this problem in order to protect the environment and maintain our reputation. In the following, the issues of staff members being environmentally unfriendly and suggestions to this problem will be revealed.

To begin with, some of our staff members are wasting paper and plastic on a daily basis. They are doing this without any sense of environmental awareness. For instance, they print and use only one side of the paper instead of using both sides. Even though there is still a large space to use on the paper, they will just throw it away rather than reusing the other side. Besides, many of our staff members order takeaways for lunch, for convenience. Most of the takeaway containers are made from plastic and the overuse of plastic will be harmful to the environment. But not only takeaways, also plastic water bottles are the major source of plastic pollution. Since our office only provides plastic water bottles and coffee machines, staff members will use plastic water bottles more frequently. Overuse of this plastic will end up in landfills and the oceans which destroy marine life and habitats. This also affects our reputation when there are clients who come to our office and see our staff members' environmentally unfriendly practices.

Apart from wasting paper and plastic, some of our staff members always forget to turn off electrical equipment. They are wasting extra electrical energy, for instance, forgetting to turn off lights or air conditioner after the last one leaves the office. Prolonged use of air conditioning at any time, even in winter, is another waste of energy. Our staff also keep the air conditioner on below 20°C and this increases the emission of greenhouse gases. Global warming will be worsened.

Also, not turning off the computers when staff do not have to use it is also another problem. Our staff members who are environmentally unfriendly ruins our company's reputation.

For the sake of alleviating the problem of staff members being environmentally unfriendly, I would like to suggest some ideas to them:

Regarding the problem of wasting paper and plastic, I suggest staff members print and use both sides of the paper. They can also use electronic devices like multimedia tablets to jot notes down instead of using paper. As for the overuse of plastic, I recommend staff members to go out for lunch or make their lunchbox themselves. I understand that our staff members may be busy sometimes and they don't have time to make a lunchbox or go out for lunch. But at least they can reduce the number of times ordering takeaways and develop a habit of bringing their own tableware for lunch rather than using the plastic tableware. They can also request not to use plastic straws.

Concerning the issue of plastic water bottles, I suggest staff members bring their own reusable water bottles. I also recommend installing a water dispenser for staff members to refill their water. With the water dispenser, they can use a cup in the office to drink water from instead of using plastic water bottles. Most importantly, all paper and plastic should be recycled. I believed this can help reduce the wastage of paper and overuse of plastic. Therefore, there will be less pollution into the environment and the oceans.

On top of the suggestions of wasting paper and plastic, I would like to make some suggestions to reduce the problem of wasting electrical energy in the office. In order to raise staff members' awareness of turning off electrical devices, I suggest adding a rule about a penalty for staff members who do not turn off all electrical equipment when they are the last person to leave the office. We would charge them ~\$5 to alleviate the problem. In addition, they should only turn the temperature setting on the air conditioner to 20 °C or above.



In spring and autumn, they can turn on fans instead of air-conditioners. In winter, they can simply open the windows. Moreover, I recommend organizing a competition of who is the most environmentally friendly staff each month. By examining staff members' daily behaviour and give awards for the winners, the atmosphere can boost their motivation of being environmentally friendly. Therefore, wasting extra electrical energy can be reduced and our reputation can be increased.

After putting my suggestions into practice, I firmly believed that the problem of staff members being environmentally unfriendly can be reduced. It is high time we took action to protect the environment and maintain our reputation. I sincerely hope that you can consider my suggestions and I look forward to your reply. Thank you for your kind attention.

Yours sincerely,

Chris Wong

## Learning English through Sports Communication

**“A crazy experience at the Hong Kong Marathon, join me next year.”**

Just a few days ago, I completed one of the craziest experiences of my life, which was the “Hong Kong Professional Marathon 2024”, and I had a great time during the whole training sessions and the marathon race. I can barely use words to describe how excited I am right now. Marathons are totally different from what you are thinking, therefore I think you must join the once-in-a-lifetime activity with me too.

As I have mentioned, this is the first marathon in my life, and I was so nervous about it. I started training 5 months before the marathon began, and during training, many people asked me a lot of questions, “Why would you join a marathon? Isn’t that an activity for the older generation?” If you have the same question, you are totally wrong! Marathon is a great activity for everyone, especially teenagers!

First, marathons can maintain people's physical and mental health. During the training, we have to complete various sessions and tasks to make sure we have enough physical strength to complete the whole race, therefore, daily practice is needed. We have to establish a regular and daily exercise routine, in order to train ourselves into the best state and make sure we are well prepared for the upcoming race. Moreover, it requires a high level of self-discipline. Nowadays, more and more teenagers want to follow the beauty standard of Korea and aim for a slim body in order to make them look better. However, they don’t have a routine or plan to assist them or a professional trainer to monitor, guide and remind them of their training. Joining a marathon training can help you with this – you can easily boost your physical health and overall fitness by losing weight and calories, and thus, improve your self-confidence. Therefore, for those who want a fit body, a marathon is a good choice for you.

Secondly, perseverance is crucial for anyone who needs to take part in a marathon. Since a marathon is a long distance run which can take you several hours to complete, you have to maintain a constant pace to finish, or else you will start to feel the inevitable moments of pain and discomfort during the race. For this reason, quite a number of new participants want to give up in the middle of the race. But the spirit of a marathon is how to keep going and not to give up!

Although there are many obstacles and difficulties that we have to face and overcome, you must learn to keep going even when you feel you are finished. Let me quote Cheung Ka Long's words after winning the Olympic Games. "Just remember your goals and the reason why you started everything, and you will know the importance of keeping going." That's why we have to learn perseverance.

A marathon is not just a race but a special and memorable moment that you will never forget. During the marathon, the whole atmosphere is energetic and hot blooded, because different runners gather from all around the world, and everyone is fighting for the same goal. Trust me, when you are there you are going to feel the atmosphere and the passion. For teenagers, joining a marathon can help you to enlarge your social circle and you can always make some new friends. This will also improve your communication skills during the long training and the marathon itself. Nowadays, many teenagers are very scared of making new friends, and a marathon is a good chance for you to meet and get to know some supportive and responsible friends from around the world.

According to research from Oxford University, results show that the relationship among children and parents have worsened, for many reasons, such as technological advancements, lack of communication among children and parents, etc. If you have the same problem too, maybe a marathon is a great chance for you to reconnect with your parents, or even more simply, enjoy the family time, unified in fighting the same goal.



**After finishing my first marathon, I think I have learnt a lot, and I hope you can have the same experience too! Marathons are really meaningful and energetic events for everyone, especially for teenagers. Therefore, please consider carefully and contact me if you want to join a marathon with me – you still have one year to prepare so let's fight together! Let's join the “Hong Kong Professional Marathon 2025”!**

## Letter of Advice

Dear J.C.,

I am writing to respond to your concern of your future career path. I feel sorry to hear your frustration and I really understand your feelings. Perhaps I could offer you some suggestions.

Firstly, more communication with your parents is needed. You should know the reason why they are refusing your idea of being a vet. Are they worried that it is too hard to qualify to be a vet in Hong Kong? Or do they not feel your passion for it? You have to know their ideas, then you should show them your passion and enthusiasm, to make them fully understand your vision and feelings. I think they will listen to your thoughts and support you since they are your parents. So it is imperative that you show your sympathy towards animals and enthusiasm for being a vet.

Furthermore, you can do more research on global animal issues, so that you can enhance your knowledge and interest in animals. Also, by doing this you will know whether you are really interested and passionate about this career. As we all know, being a vet is challenging in Hong Kong. The demand for vets is not high, and high marks are needed to do a degree in veterinary medicine. So, you need to think carefully before you apply for the veterinary programme. I think your parents may worry about this point, so you definitely should consider widely and deeply. Then, show them your efforts and perseverance, to eliminate their worries. Also, be more passionate and persuasive in your actions and discussions. It is crucial to find out whether you really want to be a vet in your future career. You will know it through spending a long time doing research.

After that, you should find some work experience in the animal welfare industry, like being a volunteer for taking care of animals. This way you can have a taste of the veterinary profession and test yourself if you really want to be a vet or whether you are suitable for this workplace. Moreover, you ought to visit more veterinary clinics or some organizations looking after abandoned animals. This will broaden your horizons on animal issues in Hong Kong. Lastly, if you are absolutely sure that being a vet is your future career, then you have to strive hard, and put more effort to aim for it. I believe that your parents will see and feel your enthusiasm for veterinary care and will eventually support you.

I hope you find my suggestions are feasible. Keep it up!!

Best wishes,

Chris Wong