

## Writing and Running

### Writing and Running

Writing is a communication tool. It connects people as you can share your ideas, opinions or feelings through your writing. Some students may find the process of writing difficult. Yet Rachel Toor, a professor of creative writing at Eastern Washington University, compared the discipline and practice of writing with that of running.

*“When people ask me what running and writing have in common, I tend to look at the ground and say it might have something to do with discipline: You do both of those things when you don’t feel like it, and make them part of your regular routine. You force yourself into a practice, the practice becomes habit and then simply part of your identity. A surprising amount of success, as Woody Allen once said, comes from just showing up. Running has made me a more disciplined writer, and writing has reminded me to be brave when racing.”<sup>1</sup>*

Practice makes perfect. Today you write a small article included in this collection. With both courage and perseverance, you may be able to write a masterpiece in the future!

Best wishes.

LAW Kam-shing  
Principal  
June 2017

<sup>1</sup> Rachel Toor (2014): What Writing and Running Have in Common  
(<http://www.chronicle.com/article/What-WritingRunning-Have/147193>)

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### Best Writing Collection



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# FORM ONE



Tim was alone on a cold night. He was on his way home but he felt that he was being followed. He was scared so he encouraged himself by taking a deep breath. Then, Tim saw a teenager walking towards him. He was even more frightened as the teenager had an unpleasant look about him.

'Stop!' Tim said to himself, 'Your brain is playing tricks on you.' He took another deep breath, looked at the ground and kept walking. Eventually, the teenager walked past him. Suddenly, the teenager turned around, grabbed Tim by his schoolbag, and threw him to the floor. It all happened so fast that he didn't even realise that he had been thrown on the ground. Feeling more frightened than ever, he got up, before realising that he was surrounded by four frightening looking teenagers.

'Calm down,' one said, 'we don't want to hurt you.'

'All we want is your money,' another said.

Tim froze. Then, not knowing what to do, he shook his head. A teenager sent his fist right into Tim's face. He fell to the ground. Three of them kicked him as the other took all his money, then they all ran away. Tim lay on the floor, hopelessly crying. Suddenly, he spotted a bottle next to him. He then picked it up and opened it. To his bewilderment, smoke came out from the bottle and a fairy appeared!

'I will grant you three wishes,' the fairy said.

Tim hesitated. He thought for a while and said, 'I want the teenagers back here and tied up.' Instantly, four tied-up teenagers appeared out of nowhere. Tim took all his money back. Feeling very angry, he said, 'I want a hammer strong enough to beat them up!' A hammer came to his hand. He raised his hammer. The teenagers looked scared to death. 'No...Please...' they begged for mercy. Tim sighed and said, 'I wish that the police would come and arrest them.' Two policemen appeared and took them to jail. Tim immediately tossed the bottle and ran away as fast as he could. He told nobody what had happened.



Dear Lily,



How are you? Where did you spend your time in the Easter holiday? Did you just stay at home? I went to Macau with my friends, Leo and Macro, last week. We took a ferry and stayed in Macau for a week! The weather was sunny, and we visited a lot of places there.

First, we went to the A-Ma Temple. We just went there on foot so we could enjoy the amazing view of Macau while we were walking. The A-Ma Temple is very famous in Macau. When we arrived there, there were a lot of people queuing up to get into the temple. We waited for an hour to get into the temple. Can you believe that? In the temple, we all prayed for great results in the final examination at school!

Next day, we visited Senado Square. It was a large area with lots of shops. We got there by taxi as we did not know how to get there by public transport or on foot. We spent around 3 hours there shopping. Leo bought some T-shirts and Marco got himself the latest smartphone. As for me, I bought some souvenirs for my family and friends. I hope you like the souvenir I got for you!

Before we left Macau, we travelled to the Macau Tower. Tourists go there whenever they visit Macau since people enjoy the spectacular view of Macau from the top of the tower. We were amazed by the wonderful view! We took a lot of photos of the view. I will show them to you when I meet you in Hong Kong. Initially, Leo suggested to bungee jump from the Macau Tower, but we were so scared looking down from the tower. Hence, in the end, all three of us did not do it!

Anyway, I need to go now. I will share more of my experience in Macau with you when I get back to Hong Kong. I will call you later. See you soon!

Best wishes,  
Chris



Home Alone at Night

One night, after Mary left school, she was alone at home. Suddenly, she heard a loud noise on the second floor, “Oh my goodness!”



Mary ran to the second floor and she found the door open and it was very dark. She wanted to go to the room to see what happened.

When Mary went into the room, she thought something was moving under the bed. She was very scared. She looked down and saw a kitten.

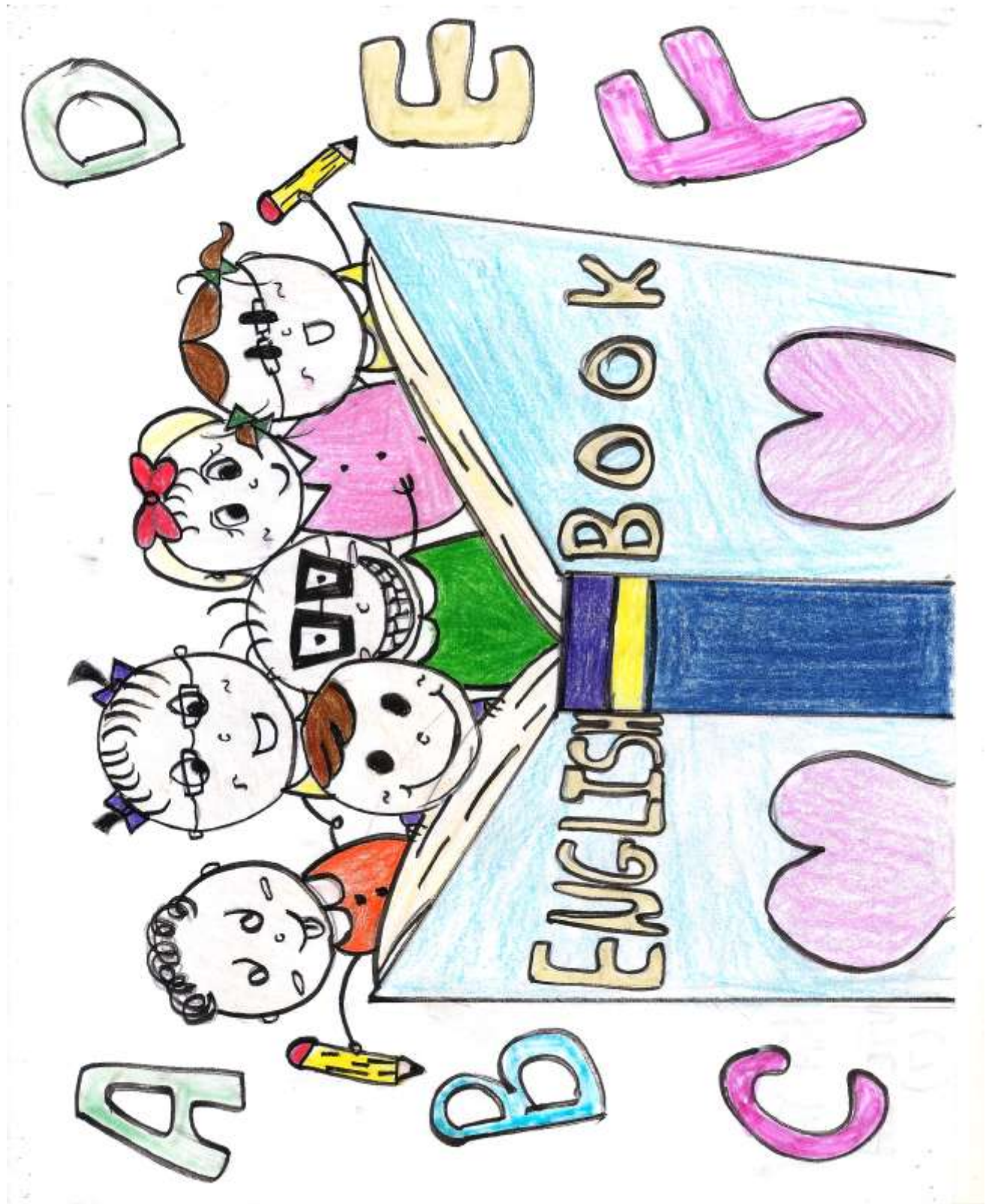
“Hey Mary! What are you doing here?” It was Mary’s mother.

Mary’s mother was taking care of a kitten for her friend. There was blood on the window frame because she was cut by the window and she forgot to clean up the blood.



Finally, the friend went home and thanked Mary and her mother for taking care of her cat. They went back home and Mary told her father this funny story. This day was very interesting and funny for them.





# FORM TWO

Flat B, 3/F,  
Tower 4, Ground Tower,  
24 Sung Wong Toi Road,  
To Kwa Wan

May 30, 2017

The Manager  
14 Perth Street,  
Ho Man Tin,  
Kowloon

Dear Sir/ Madam,

Complaint about the poor sanitary conditions

I am writing to complain about the poor sanitary conditions in the tuck shop. My friend and I had lunch there on May 29, 2017.

We each bought a bowl of noodles in the canteen. While we were looking for a seat, we found that a lot of the tables and chairs were dirty. It was quite an unexpected scene with food residue, food wrap and even traces of soy sauce spilled on them. Feeling disgusted, we spent some time looking for clean seats. Even worse, a cockroach crawled out from one of the rubbish bins nearby while we were eating. That greatly affected our appetite so we preferred working on an empty stomach to eating there.

I hope that you will pay more attention to the sanitary conditions of the tuck shop and will send your staff to clean it regularly. If you do not take prompt action, I am afraid it will affect your customers' health and the good reputation of your tuck shop.

Yours faithfully,

*Mark Ho*

Mark Ho

1<sup>st</sup> March, 2015

Hello Tommy,

How's everything going? I've read your last letter. Glad to hear that you had a great time in Australia. Guess what? I travelled to London this Lunar New Year holiday when you came to Hong Kong for a visit. 😊

This is my first time to celebrate Lunar New Year holiday abroad. Unlike the people in China, the Westerners and even the Chinese there don't celebrate this traditional Chinese festival. That's why my uncle didn't give me any red packets. He said, 'When in Rome, do as the Romans do!' But he chose to ignore me when I asked him about my red packets. 😊 By the way, how much did you get from your "lai see" this year? Do tell me next time we see each other.

I stayed in the UK for a month. During the month, my family and I travelled to London and South Scotland by joining several local tours. However, I was very disappointed because of the trips. I didn't enjoy the time I spent on the coach rides as we could have spent the time sightseeing. You know, we had to spend half a day to travel to one tourist attraction. It was also freezing cold in London, though winter had passed for some time. It was about -2°C at night. I fell sick during the trip and finished all of the medication that I brought with me!

If you're free, do write back to me as soon as possible. I can't wait to get updates from you!

Cheers,  
Chris

P.S. I have included two photos that I took in my trip. What do you think of my new photo-taking techniques?







# FORM THREE

Should drama be included in the school curriculum?

Dear Editor,

I am writing to express my views on whether drama should be included in the school curriculum. In my opinion, schools should include drama in their curriculum because drama brings a lot of educational benefits to students.

First of all, drama can help to build up students' confidence in speaking. In drama lessons, students need to perform in front of the class. They cannot be shy and they need to speak loudly while they are performing. If students practise more in rehearsals, they will be more confident in the performance. Therefore, including drama in the curriculum is a good way to build up students' confidence in speaking.

Besides that, students' teamwork can be developed or improved through drama. Students need to work together while they are having drama practices. They need to cooperate and discuss the movements on the stage, costumes, props and how to act out the characters in the story. Therefore, good teamwork is essential for a successful performance. Also, they need to share their opinions so that they can improve their performance. While they are sharing their opinions or discussing, their communication skills can be developed or improved. Developing better communication skills can facilitate better teamwork.

Lastly, having drama lessons can help students improve their English. They need to read and recite the scripts before their performance so they learn more new vocabulary items. As a result, their vocabulary can be expanded. In addition, students can learn some speaking skills in drama lessons like expressions, articulation and projection. All these skills can improve their spoken English. More importantly, students need to speak English in drama lessons. In this way, they can practise speaking English with a real purpose.

All in all, schools should include drama in the curriculum as it can build up students' confidence, develop their teamwork and improve their English. It is crystal clear that students can gain a lot through drama.



Yours faithfully,  
*Chris Wong*  
Chris Wong



Should Physical Education be compulsory every day?

Some students think that Physical Education should not be compulsory every day but I completely disagree. In my opinion, although Physical Education will make students feel tired, it should be compulsory every day. In this essay, I shall explain why.

To begin with, having Physical Education every day provides opportunities for students to do exercise regularly. A lot of students do not have time to do sports at home because they have too much homework. In addition, they always feel tired after they have lessons in school. Therefore, they do not have enough exercises. Moreover, students will get tired more easily if they are not exercising regularly. As a result, the problem will become worse.

Another point is that having Physical Education every day helps to fight against obesity and improve students' fitness. Regular exercise can help reduce body fat as well as protect the body against chronic diseases associated with obesity. It can also improve students' blood circulation and enhance the functions of heart and lungs. Moreover, doing exercise on a regular basis can at once alleviate unbearable pressure from homework and studying. It could be the key to getting a better sleep.

In addition to enhancing physical health, daily Physical Education benefits students' psychological well-being, which is an essential part of growing and learning. Students may be more interested in sports than just sitting in the classroom and listening to what teachers say. Doing exercise is fun and having a dancing class gives students a chance to try something new. Daily Physical Education gives students an emotional lift with their studies.

In conclusion, it is good for students to have Physical Education every day. Students could do exercise regularly, keep their bodies fit and healthy and become more interested in their studies.



Physical Education should not be compulsory every day

People always say that doing sports is good for us. I totally agree with them. However, some people suggest that Physical Education (PE) lessons should be compulsory every day. In my opinion, this is not a good idea as it will cause a lot of problems with the timetable and the constraints are obvious.

First, I think that students do not have enough energy to have a PE lesson every day. They will feel tired after lessons. If they are tired, they may fall asleep or cannot concentrate in the lessons that follow. As a result, students will learn less effectively and this will affect their academic results.

Another point is that most schools cannot provide the resources needed. The playgrounds of schools are not big enough to let all students have a PE lesson every day. Besides that, if students have a PE lesson every day, we will need more teachers to teach all the classes. As a result, schools need to spend more money employing extra PE teachers. Most schools cannot afford it. Therefore, it is not sensible for schools to offer a PE lesson for every student every day. My final point is that many students do not like sports. If PE lessons are compulsory every day, students may find their school lives less interesting. It is important for schools to have a balance on the use of lesson time.

In conclusion, I think doing sports is good for us but having a PE lesson every day will bring a lot of problems. Also, schools do not have enough resources to put this idea into practice. In fact, if students want to have more exercise, they can do it in their own time. It is not necessary for them to have a PE lesson every day.



## A Suggestion Form

## F. 3C Cody Wong Hon Fung



### Suggestion From

I would like to make the following suggestions for the post-exam activities.

#### **1. Food Fair**

I recommend that the school should organise a Food Fair in the school hall as one of the post-exam activities. We can enjoy various types of food prepared by parents and our schoolmates. In addition, it would be a good idea for us to show off our cooking skills. Both home-made or ready-made food can be sold such as cookies and sushi. The reason I suggest having a Food Fair is to let our schoolmates have some fun cooking together and enjoy some delicious snacks after the stressful experience of the school examinations.

#### **2. Inter-class ball games competitions**

It would be nice to arrange inter-class ball games competitions. Basketball, football and badminton matches can be organised by the Student Union. The reason for having the competitions is that teamwork can be strengthened and built up. Also, it is fun for us to support and cheer for our schoolmates in the competitions so that they can try their best.

#### **3. A visit to Science Museum**

I suggest visiting the Science Museum in Tsim Sha Tsui. All Form 1 to Form 3 students who are interested in Science can join. This activity can help us broaden our mind and gain science knowledge. Besides that, we can take part in some interactive games and activities. At the moment, there is an exhibition about Egyptian mummies from the British Museum. It is really worth visiting there.

By following the suggestions above, students could enjoy a fruitful time after exam.





# FORM FOUR

## RUNNING FOR MYSELF

Today was our school's Sport Day. I was really nervous about it as I had a competition against my “enemy”—— Calvin. I was praying I would become the champion in the 1500m race. Unfortunately, I knew that was impossible for me because he was the fastest runner in our school. If I had magic power, I would win over him. The truth was I didn't have magic power. I remembered what he had said the week before. ‘You're a loser. You can't do anything! You are just like a foolish girl—— can't run as fast as I can. HA! HA! HA!’ He laughed with his ugly face. He always bullied me so today I need to prove that I could do it!

Before the race, I was very nervous and watching the swaying of leaves to try to relax myself. When the race started, Calvin ran very fast but I ran awkwardly and could not follow his steps. Everybody laughed at me. It was very hard for me. I was disappointed that my brain was not as ready as my feet. When Calvin finished the first circuit I was only half way round!

‘No! I can't do it. Just give up!’ I told myself.

But a voice inside my head was saying, ‘Are you really a fool or a loser?’

‘No, I'm not!’ I got a fire in my mind and I ran as fast as I could.

At the start of the second circuit, I tried to follow Calvin and regulated my breathing rate. I came closer and closer to him. An unknown force propelled me to run. It was unbelievable! During the third circuit of the race, the distance between us shrank to around 50m.

I shouted inside my head, ‘Now you are the second. Be the champion! You can do it!’ My feet were detached from my body and I couldn't feel them. Calvin heard my steps. He turned around with a shocked expression on his face; it was as if he had seen something very strange. He started to accelerate. I put my maximum effort to follow him.

It was the fourth and final circuit. All the students stood up and shouted. 20 metres closer! I started accelerating and tried to go beyond the limit of human endurance. Spectators failed to understand the mental agony of an athlete through which he/she must fight to overcome pain before he/she can give his/her maximum effort. 10 metres closer! Calvin started being nervous, but I knew it was not a race between us —— it was a race between the clock and I!



5 metres closer! I was supremely tired and I couldn't feel the presence of my feet. 2 metres closer and ——— 1 metre closer! Calvin seemed to have given up. I knew he was tired too but I also understood I could break that almost magical barrier.

Just do it!

We were running at nearly the same pace. Just a few steps near the final finishing line. I roared and was driven on the combination of joy and tiredness. One step faster! I had won the race! I had a moment of mixed joy and anguish. I couldn't believe I had achieved my goal. My ambition was finally accomplished. I wanted to scream, I wanted to cry but my throat was empty and only dry. Teardrops fell across my pale face and happiness occupied my whole world! That was unbelievable!

Calvin was very sad and I put my hand on his shoulder.

'You've done a great job!'

'Very witty,' he said sarcastically.

I smiled and said, 'No! I want to thank you. It was not a race between us. I just wanted to run for myself. Thank you for teaching me that "nothing is impossible"!'



Dear Peter,

I'm really sorry to hear about your argument with your parents.

In the letter you sent me before, you told me that your parents were planning to send you to England to further your studies and they were always saying that it was good for your future.

First, I think studying in England will be really good for you. Learning in other countries can help you to know more than if you stayed in the Hong Kong, as you'll be immersed in a whole new culture, lifestyle, learning system, etc. Moreover, I think your parents don't want you to take the HKDSE Examination as it will cause you a great deal of stress. You know, students studying in Hong Kong have a lot of pressure. They're hard working and they have to do past papers repeatedly and memorise a range of different examination skills. It is exhausting and I think you'll get really bored too, am I right? So is this what you want to do?

Now, people are saying that, educationally speaking, we should develop an international perspective. I believe your parents are not wrong at all. Studying outside of your home environment benefits you in many ways. Learning in another country is an advantage for you and your future life because you're getting more knowledge and remember you can't stay in your comfort zone forever. Eventually you may well need to go outside your home environment for work and for study. So why don't you do it now?

Next, you said that all your schoolmates and friends are in Hong Kong and you don't want to leave them. I understand it's extremely hard for you to leave your old friends and study in a place that you haven't been before, where you are all alone. It'd be hard for me too if I had to leave Hong Kong to go abroad to study. Friends are very important for us but is it the only aspect you should consider in life? Your own future is hugely important too. If you really want to succeed, then you have to give up something else temporarily. Technology nowadays is highly advanced. As long as you have the updated electronic gadgets, it should not be a problem for you to contact your friends. You can text, access 'Facetime,' or even call people whenever you want to. Studying in England will not change your friendships. You may also make some new friends when you are there!

Lastly, you told me that you don't want to argue with your parents anymore.

Sending you to England to further your studies is now the main problem between you and your parents. Did you just say, 'No, I don't want to study in England,' every time you spoke to them? Why don't you express your own feelings about this problem to them in more details? It's much better than just rejecting their suggestion without any reasons. Letting them know about your feelings and about your concerns over going to England is important. You can also propose a compromise with them so that you may study in Hong Kong for a few more years and postpone your immediate departure to England.

Having an open and honest conversation is key to solving problems. Tell them what you're thinking about. Not just for this argument, but for your growing up in general and dealing with all family relationships.

Hope my words can help you and are useful. Write back to me if you have any updates on your decision.

Best wishes,  
Chris



## A Story

F.4D Justin Lam

## Dream of the Champion

'Don't let your dreams be dreams, just do it!' It's a famous quote by Shia Labeouf. Everyone knows about it. Jerry knows it. Jerry has a dream of winning. He wants to be a boxing champion but he doesn't have faith in himself. He was small and he was bullied at school. He wants to prove himself by beating people up so no one will dare to hurt him anymore.

One day, Jerry saw a poster at a gym and signed up for a training course which included boxing. After two years, he changed a lot. He looked more muscular. He looked at himself in the mirror confidently and said, 'Now I can prove to the world that I am not a loser.'

A few weeks later, the gym held a boxing match. Jerry gained some weight and signed up for the featherweight championship and he successfully got a chance to fight the champion who was the bully that bullied Jerry when he was young. Jerry had sought this chance for a long time. He wanted vengeance! He wanted the bully to apologise and pay for what he had done to Jerry.

Jerry tried so hard but the bully wasn't weak. It came to the final round. 'Ding ding...!' the bell rang. Jerry rushed to his opponent and tried to gain the upper hand. The bully dodged it swiftly. He quickly returned a right hand to Jerry's head. Jerry blocked it with his left arm. Jerry landed a punch in the bully's face with his quick left-handed punch, the bully fell to the ground. He was knocked out. Jerry had won the match and become the champion. He had his vengeance and finally, he lived his dream.

'Cut, good take! The filming stopped here.' Director Roberts shouted. "Is there going to be a next episode?" the assistant asked. 'Yeah, sure! I am...no, Jerry is going to win the World Championship next time!' the Director replied.

Jerry Roberts, the director of this movie was actually bullied at school. He wanted to be a champion but ended up being a movie director. Now he is making movies using his past experience. Don't let your dreams be dreams, just do it...in another way. Nothing is impossible!



## **AGENT AND TIMMY**

Three years ago, Timmy was an ordinary 16-year-old American boy. He had no special talent. However, he never gave up when he had difficulties. He trusted he could overcome all problems that he faced. Then one day, he did a job that was unbelievable.

One day, Timmy received a letter of invitation from the FBI of the United States. He felt confused, so he went to the FBI to ask what happened.

When he arrived at the FBI building, an agent met him and took him to a meeting room. The agent asked Timmy to sit down. Then, the agent spoke, 'Hello, kid. I'm Agent David. I'm sorry to say that we need your help to complete an impossible and dangerous mission for both of us,' Timmy was shocked. He replied, 'Why me?'

The agent answered, 'The mission is about your father.'

Timmy shouted out in astonishment, 'What?!'

The agent said, 'Yes, it is. It's about your father. Two days ago, the FBI found a piece of evidence that proves your father is the leader of a terrorist group. I checked your file and I know that you are innocent. Your reaction earlier when I told you about your father confirmed that you don't know that your father is a terrorist. Therefore, I'll ask you to help us arrest your father, for your country. Here's your pistol and a bullet-proof jacket. After 1 hour, the FBI will take action. They will go to find your father.'

After Timmy knew about the truth, he felt confused. An hour later, Timmy took a ride to the destination with Agent David. When they arrived, they couldn't believe what they saw. All of the FBI agents and the police were shot dead. Timmy whispered, 'No wonder the police and FBI couldn't finish their operation---there is a fortress! Also, the terrorists had RPG, AK-47. They are dangerous weapons. It was evident when you saw the dead bodies.' Agent David investigated one of the dead bodies and found the bodies were shot by AK-47's bullets.

Timmy said, 'Agent David, you stay here. I'll take care all of them.'

'Are you serious?' David replied.



Timmy answered. 'Yes.'

Timmy picked up the other pistol from the ground. He dashed into the fortress. Then, David could only hear the sounds of guns and explosion. Two hours later, the place became silent. David walked inside the fortress. Then, he saw a dead body that very similar to Timmy. He shouted, 'Timmy!'

David walked near the body. He turned it over, but it wasn't Timmy. David shouted, 'Timmy! Timmy! Where are you?' He ran through every part of the fortress but no one replied until he found a bulletproof door on the ground. He opened the door. There was a long ladder. He climbed down the ladder and discovered a very long tunnel. He saw another door inside the tunnel. He opened it. David saw Timmy pointing his pistol at his own father.

Timmy said, 'Oh! Agent David, help me arrest him, please.'

After all these, David asked Timmy, 'Wow! You were amazing! How did you survive that?'

Timmy explained, 'I don't know. I just dashed inside the fortress. Many people were shooting at me. However, I could not believe that! I could see the bullets from all directions when they shot but somehow, I dodged them easily!'

David replied, 'Oh my God! That's fantastic! If you try, nothing is impossible!'



FAITH HOPE LOVE 信 望 愛 FAITH HOPE LOVE



FAITH HOPE LOVE 信 望 愛 FAITH HOPE LOVE

# FORM FIVE

More discipline, no indulgence

Drug abuse has increased among young people recently. Some say that young people take drugs because they are rebellious. Others say that they take drugs because of peer influence or out of curiosity. However, I believe one of the major reasons is that many parents overprotect their children. In the following, I will explain my reasons for taking this point of view.

There are many reasons why teenagers take drugs. Peer influence and curiosity are often cited as the two main reasons. Some teenagers take drugs because of their friends. They want to fit in and be liked by their friends. If their friends offer them drugs, they may think it is not easy to get addicted after trying only once. Teenagers also have stress from examinations, family and friends. Some take drugs to release their stress. Out of curiosity, they may try drugs to give them excitement and escape from reality.

However, it is common to see that some parents spoil their children by giving them too many material things such as toys and gadgets. These parents think they just do it out of love and kindness. Even worse, they do not set the limits and so, unwittingly, they train their children to be irresponsible and selfish. They are not afraid of anything even when they do something wrong. Often parents do not want to call the police when they discover their children take drugs because they are afraid if they call the police, their children may go to jail.

As parents have a lot of influence on their children, how can parents help their children to stay away from drugs? I think parents should give them warnings about the dangers of drugs. They should educate their children about the names of some common drugs such as heroine, cannabis and ketamine. Parents should also let them know about how drugs will cause permanent damage to their brain and nervous system. It is important for parents to teach their kids as early as possible, even when they are at primary school.

To conclude, drug abuse is dangerous so parents must take up their responsibilities to educate their kids and warn them about the serious consequences. They should also care more about their children. There are many teenagers who take drugs because they lack parental care. Parents should comfort them and encourage them when they meet problems. In this way, teenagers can lead a healthy and happy life.



How can we work efficiently without enough rest?

Having an extremely committed employee is what all employers desire. However, what employers really want is not only hard-working workers, but also efficient and highly productive staff. Actually, it is clear that most, if not all, employees are working overtime from 8 am to 9 pm or even 11 pm. But this needs to be changed because the impact on work-life imbalance is indeed extremely harmful to the individuals involved.

A poor work-life imbalance will probably harm a person's physical health and mental state as well. Try to imagine, if a worker buries his head in work from dawn to dusk, how can he maintain a high quality of work over a long period of time? The answer is obvious – he cannot. Actually, if he does not get enough time to sleep, he may not be able to work efficiently the following day. Plus, people who have undesirable work-life imbalance are more likely to suffer from different kinds of illnesses due to their weaker immune system. So, please remember physical health is the most important thing to consider.

There is a danger for people who work for long time periods without a break as they may develop symptoms of anxiety and depression. If a worker does not allow himself a rest or time for some entertainment, pressure will build up and a lack of efficiency will result in poor performance. People need relaxation and entertainment to be productive workers.

With the above adverse impacts on work-life imbalance, there is no lack of reasons for workers to improve the situation immediately. Thus, here are two suggestions that I believe will ameliorate the prevailing current situation.

To begin with, you should try your best to develop team spirit in the workplace. Team building or recreational activities at lunchtime or during 'happy' hours can help build a strong bond among co-workers. Gradually, a harmonious atmosphere in which everyone is more than willing to lend a helping hand will be developed. As a result, an enjoyable workplace atmosphere will be created. If you face a heavy workload, you should by no means be scared to seek help from colleagues or you will never finish our job before 8 pm. Better teamwork definitely helps as more hands make lighter work.

Other than this, if you indeed find your workload too heavy, you can report to your superior in order to improve the situation. As a result, your superior may alleviate your burden so as to maintain your quality of performance in the long run. So, do not be afraid to report this to your superior. After all, the most valuable asset in a company is manpower.

Last but not least, the key to success in your career does not only depend on how much time you sacrifice for it but also how you can manage your limited time wisely. After all, your company focuses not just on profit in the short term. Therefore, please remember what your company truly wants is a team of colleagues with sound work-life balance, which will benefit the company's interest in the long run.





The *Neighbourhood Consumer* is a newsletter about shops and shopping in your neighbourhood. You have been asked to write an article for the newsletter about an old, locally owned bakery called Happy Times, which sells cakes and biscuits. However, it is in danger of being replaced by an international fast food chain store having more than 20 restaurants in Hong Kong.

#### What makes Happy Times so popular

Located in Sham Shui Po, Happy Times is hailed as the ethical biscuit shop by local residents. The reason is that Happy Times seldom increases the prices of cakes and biscuits in order to enable market access for the disadvantaged and the less well-off. The owner of Happy Times says that he hopes he can bring happiness to all people even if they are poor by setting a reasonable price structure that is affordable for all. That is why Happy Times is so popular. The owner does not aim at earning a lot of money but bringing happiness to every single person.

#### Why Happy Times should stay

Despite the fact that Happy Times does not have a lot of different types of cakes and biscuits compared to some international fast food chain stores, we should support Happy Times as its target is to provide joy for customers instead of gaining maximum profit for themselves. If Happy Times is unable to maintain itself in the market, Hong Kongers will lose a most precious commodity– ‘Love’. Therefore, I appeal to all customers to buy food from such local, old and conscientious shops instead of the international fast food chain stores.

### The story behind the owner of Happy Times

Chris Wong, the owner of Happy Times, is also a Sham Shui Po resident. When he was young, his life was not really as tough as the poor nowadays. The reason is that all his neighbours were really nice. They would help each other even if they were not rich. He explained that Sham Shui Po was full of love in the past. Everybody would be willing to lend a helping hand to support each other. Therefore, for the sake of maintaining this harmonious atmosphere, he decided to open a bakery which provides low prices for local customers. He hoped the atmosphere will not be undermined and it will bring happiness to everyone, no matter whether they are rich or poor. That's why we can still see such an old special bakery shop in Sham Shui Po.



What makes Happy Times so popular

Happy Times is a bakery in To Kwan Wan. It is well-known for its long history and products. The foods sold in Happy Times are for all people living around To Kwan Wan, especially for the lower class and the less privileged. The shop owner is Uncle Po who has been working in Happy Times for 30 years. 'People like us because of our low price of the food. We always provide cakes which are free of charge to the homeless,' Uncle Po said. Happy Times gain unanimous acclaim by the people living in To Kwan Wan.

Why Happy Times should stay

Happy Times has a long history, about 30 years, in To Kwan Wan. People in To Kwan Wan eat the cakes sold in Happy Times for their breakfast. Happy Times plays an important part in the collective memory of the people in To Kwan Wan. If Happy Times is replaced by international fast food stores, not only will it dampen the collective memory of people, but also bring a great loss to the cultural conservation in Hong Kong. Nobody wants Happy Times to become a part of History. People want Happy Times to stay.

The story behind the owner of Happy Times

Happy Times is undeniably fundamental to the general public as it has embodied the style of the colonial period. The Happy Times building is red in color and has a euro-style roof top. The cakes and biscuits sold in Happy Times are unique and tasty. 'Half of my whole life has been devoted to working in Happy Times.' Uncle Po said. A lot of people in To Kwan Wan support Uncle Po and his shop. People

even prompt the government to evaluate the cultural value of Happy Times.





# FORM SIX

Dear Sir,

Injury Prevention and Control: Motor Vehicle Safety

I am writing to express my opinion on the issue of drink driving in Hong Kong. Every year, approximately 300 people in Hong Kong die in motor vehicle crashes that involve an alcohol-impaired driver. The cost of alcohol-related crashes totals more than \$44 million per year. It is such an acute problem that urgent attention is needed. In my opinion, implementing legislation as a deterrent and emphasising the importance of responsible driving could be possible solutions.

Firstly, it is absolutely necessary to impose tighter penalties on drunk drivers, such as fines and long prison terms to combat the increasing number of alcohol-related road accidents. The drivers are so selfish that they not only harm themselves but also put the lives of passengers and pedestrians in danger. Their reckless behaviour should be severely punished so as to ensure the safety of other road users. It is argued that the existing legislation has already empowered the police to carry out random breath tests to deter drivers from driving after drinking; however, it is obvious that the existing laws are not strict enough to stop the inconsiderate deeds. Personally, I think the stricter the laws are implemented, the fewer road accidents will occur.

Secondly, publicising the importance of responsible driving is of utmost importance. Education will help drivers have a better understanding and respect road safety rules. I suggest that the Transport Department should design propaganda videos and posters to show the possible dangers brought about by drink driving. For example, illustrating how the drivers' vision and consciousness is severely reduced by drinking. The video could also explain the influence of alcohol on drivers' reaction time and co-ordination. Drivers should be educated that it is too late to regret if accidents occur because of their negligence. It would be effective if the videos could be repeatedly broadcast on TV during prime time. Posters could also be put up in public areas to publicise the tragic consequences of drink driving. It is hoped that road accidents would be drastically reduced through education.





To conclude, all road users especially drivers have the responsibility to maintain road safety. Legislation and education are the key to changing drivers' behaviour and saving people's lives.



Yours faithfully,

Chris Wong

Chris Wong

## **A Proposal**

**F.6B Mui Wan Man Vivian**

### A Proposal of Setting up a Rope Skipping Club

#### Introduction

Fitness experts have discovered that rope skipping is a good exercise and it promotes good health. It might, therefore, be a good idea to set up a rope-skipping club in our school. In the following paragraphs, I will outline the advantages of having a rope-skipping club, describe the place where the club can meet and ways to encourage students to join the club.

#### Benefits of having a rope-skipping club

One of the main advantages of having a rope-skipping club is that it is beneficial to students' physical health. A leading article in a major publication suggested that rope skipping is an activity not only good for our hearts and lungs, but it also improves our co-ordination. Students nowadays are getting fatter as they love to eat junk food but do little exercise. They only do exercise during PE lessons twice a week. However, it is reported that we should do exercise for

at least 30 minutes a day. Rope skipping is an easy exercise that does not require any special equipment but just a rope with some casual clothing and a pair of sport shoes. Rope skipping can help students to keep fit by burning extra calories. This improves participants' physical fitness and appearance. With the improved co-ordination between the mind and the body, it may make us smarter.

### Place where the club can meet

As rope skipping needs a large space for the activity, the school playground could offer the club members an ideal location without the need to take a bus or walk to another venue. When our members are skipping, it may easily attract the attention of other students who may then join us. Therefore, the school playground is a good place for members to do this exercise.

### Ways to encourage students to join the club

One of the ways to encourage students to join the club is to play a video about rope skipping. It will highlight the fun and benefits of doing this exercise. After that, we might hold a staged performance of rope skipping in morning assembly. Students who have learnt how to use a skipping rope will invite other students to skip with them. Those who can perform well can get a prize. We can even organize inter-class, inter-form or inter-school competitions to raise students' interests. By playing a video or by holding a live performance, we hope to encourage students' interest in this activity.

### Conclusion

Since students do not spend much time doing exercise on a regular basis, we would like to encourage them to adopt a healthier lifestyle by introducing them to rope skipping. A rope skipping club could be set up in our school as the activity is beneficial to students' health and it does not require any special equipment. Students should be encouraged to join through a range of activities.



Irresponsible Teenagers and Two Essential Personal Qualities to be Learnt



Good morning distinguished principal, teachers and fellow schoolmates,

Today I am honoured to deliver a speech on this occasion about teenagers nowadays. Have you thought about the reason why our society is churning out a lot of irresponsible teenagers these days? Immature, unaccountable, disgraceful – are these words popping up in your mind when you talk about youngsters? As the President of the School Union, I'm going to share my views and suggestions about the deteriorating behavior of teenagers today.

The irresponsible behavior of teenagers can be ascribed to the fact that parents are more inclined to spoiling their children. Parents nowadays tend to serve their children everything on a silver platter and do all the household chores for them. Being spoiled by parents, teenagers are used to having everything done for them without taking any responsibilities themselves. As a result, if they have to finish some tasks on their own, they have no idea how to complete them. Worse still, if they just make some promises yet break them, they just yearn for people's infinite shield and forgiveness. That is the same as what they expect from their parents – as a result, excessive spoiling just drives them on to be unaccountable to themselves and to others.

In a bid to eliminate the notorious name of 'Hong Kong Children', we, as the youth born in this new era, should strive to improve ourselves and to make ourselves better adolescents. The following is what I would like to suggest to you guys (including me) to learn.

First and foremost, we should try every endeavour to be responsible, live up to our duties and promises. As has been mentioned above, we have always been slammed for being deplorably irresponsible – we must change! Take out our notebook and mark down what promises we have made, what duties and missions we have to complete – our every promise affects our integrity and credibility!

Aside from being accountable, we should never overlook the pivotal role of 'self-restraint'! Many of us get used to blindly following our own desires, rather than others'. Never have we been in the shoes of others, thinking that how can others be if we do not keep our promises, do not live up to our jobs or duties. Hence, we should try to control our desires and put the promises as our first priority – don't let your own desires dominate us!

I am very honoured to give this speech here. If you have any questions, please feel free to chat with me. Fellow schoolmates, stay on the course and go for it!



## A Two-sided Argumentative Essay

## F.6D Kenneth Chan Sau Hei

### Medical Services Outweigh Education?

In recent years, the Hong Kong government has cast undue emphasis on upgrading medical services, with the aim of soothing the devastating and detrimental phenomenon of long waiting lists in public hospitals. Aging problems are what the government has decided to tackle currently. Nonetheless, some people suggest the government should spend a large amount of expenses on providing more medical services but less on education support in order to prepare for the aging population – this has sparked off prodigious controversy in our society – while some are for it; some frown upon it. As a F.6 student in Hong Kong college, I am going to justify why I object to this suggestion.

Of all the reasons why I oppose the suggestion, none are as significant as the fact that the welfare system in Hong Kong is almost impeccable. Though Hong Kong is not a welfare-based society, the government puts the majority of taxed income into its welfare policies. ‘Comprehensive Social Security Allowance’, ‘Old Age Allowance’, ‘Old Age Fruit Money’, to name but a few. With many social subsidies and financial help, the elderly, who are the main users of Hong Kong’s private and public medical services, could enjoy a host of fabulous hospital services at cheap prices. Even if rising expenses occur in the future, the elderly could still afford to pay for private hospitals or clinics, which will not exploit the resources of the medical services. There is no need for the government to spend any more on medical services owing to the fact that the main users possess sufficient ability to compensate the loss of resources from the public medical services. However, the above is not the sole reason.

Closely associated with the above is that Hong Kong education needs to be upgraded and transformed. Hong Kong has been acclaimed as a metropolis in which many students with different backgrounds blend together – is it genuinely the case? With more and more ethnic

minorities flocking to Hong Kong, ranging from Indonesia to Pakistan, schools that cater for these students requiring ‘non-Chinese’ education cannot keep abreast of the trend. If fewer resources are spent on education support as suggested, how could those students be supported in their education? In the long run, Hong Kong will no longer be a place where other cultures can integrate seamlessly into our society, which could blemish the reputation of Hong Kong itself. A striking example of insufficient education support is the Kai Tak New Development Area, where two enormous harbour areas have been cleared to build two medical centres instead of new schools or learning centres. The above case conveys a vital message: if the government spends more resources on providing more medical services at the expense of education support, Hong Kong education will be in further decline as we will no longer be capable of meeting current education needs in sharp contrast to the suggestion that the Hong Kong government should spend more on its schools.

It is universally acknowledged that students, studying from a kindergarten to tertiary institution, are the mainstay and future pillars of society. There is no denying that their knowledge, their capability, their dogged determination is ‘the future’ of Hong Kong. Against the background of globalization, Hong Kong youngsters contend with cut-throat competition around the globe for instance, Singapore, Guangzhou and Shanghai. Facing this challenge, they desperately need sufficient education support to enhance their own abilities to gain a competitive edge, battling with other people of high calibre. Try to imagine, how catastrophic the result would be if they are not trained to the highest level? Hong Kong may no longer be the breeding ground of students with sophisticated knowledge and training. If we fail to meet educational standards, Hong Kong’s competitiveness will undoubtedly be undermined.

As the population of the elderly is growing, the government can increase taxes to compensate the increased costs in medical services rather than cutting the budget for education!

To conclude, policies should be balanced – by no means should the education be sacrificed!



Drama Competition: Hong Kong's Past or Hong Kong's Future?

27<sup>th</sup> December, 2016

Honorable Principal,

On behalf of the school's Drama Club, I am writing to provide you with the latest information about our club for your reference.

The Drama Club has decided to enter this year's inter-school drama competition. This year, being different from the previous years, the organisation offers us an option to choose the theme: Hong Kong's past or Hong Kong's future.

After meeting with all the members of the club, many constructive opinions were raised but no consensus has been reached.

Some members supported the first option, 'Hong Kong's past', because they believed that Hong Kong had been well-developed in the last few decades, from a fishing village to a cosmopolitan city and then to a metropolitan city. They wanted to bring valuable memories back to the people and to show the younger generations the sincerity and perseverance of the older generations.

Meanwhile, some members thought finding old photographs and props for the drama may pose certain challenges. After all, they belong to Generation Y. It may be difficult for them to act as Generation X since they do not have role models to follow.

The theme, 'Hong Kong's future' is controversial. The theme has been endorsed by advocates who think there is a large room for imagination. Actors can act creatively since there is no right or wrong and the costumes are relatively easy to acquire. Members can also show their dreams, ambitions and hopes for Hong Kong. The performance will not be dull at all.

However, some members rejected this theme. They think people in the modern society have no concept of Chinese traditions, customs and cultures as a result of the invasion of western cultures. If a performance is made on the first theme, people's cultural awareness will be raised and Chinese culture will be presented as one that is better than the western one.



After considering all the points made by the members in the meeting, I think the theme, 'Hong Kong's future' should be chosen without doubt as the quality of the performance can be guaranteed since all the actors should be familiar with the modern society settings. Furthermore, things in the past are facts. As a result, the content will be limited. Moreover, presenting things in the past may be controversial in nature because people's interpretations towards them may vary a lot.

My analysis may be shallow to a certain extent. I would be most grateful if you could provide us with some comments. I hope you find this satisfactory and will support our decision.

Please feel free to contact me if there is anything unclear at your convenience? Eagerly awaiting your response.

Your faithful student,  
Chris Wong



**A Letter to the Editor**

**F.6D Steven Cheung Ying Kin**

Children Neglect and its Possible Solutions

Dear Editor,

I am writing to express my concern and give suggestions on a number of recent local child neglect cases due to the increase in the number of children being left alone at home by their parents.

Obviously, all parents should make sure their children are taken good care of. Hong Kong citizens are known for their fast living pace and majority of them need to work around the clock. However, no matter how busy their lives are, it



is still their responsibility to look after their children. Apart from that, it is illegal to leave underage children alone at home. As a result, parents have no excuses for treating their children in this way.

Some people might think it is not at all serious to leave their children alone for a while because nothing much can happen to them in that short period of time. In fact, these people are literally relying on their luck. It is true that they may be lucky and nothing bad may happen. However, if they do so repeatedly, no one can guarantee the safety of the children over a period of time. This is definitely not a desirably way of parenting. They should find alternative ways to minimize the potential harm, rather than depending on luck without safeguarding their children in a practical way.

Child neglect in our society is a serious issue that requires urgent attention. In fact, there are many solutions that could solve these problems.

Firstly, parents could take turns to look after their children. When one of the parents is unavailable, the spouse should take up the role immediately. If it is not feasible, particularly in families where both parents need to work for long hours and cannot share the roles, they need to hire a babysitter for their children.

Secondly, in terms of the law, the penalty for leaving children alone at home should be more serious and strict to stop these ignorant parents from neglecting their children again.

Thirdly, the government could provide free or inexpensive nursery service to the families who are unable to afford the childcare cost. Some accidents happen when the underprivileged families have no alternative but to leave their kids alone at home because of the financial difficulties.

I hope the issue will soon be tackled since no one else would like to see accidents of this nature to occur again in the future.

Yours faithfully,  
Chris Wong



## Acknowledgement

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