

# Pentecostal School

## Best Writing Collection

2022~2023

Pentecostal School  
Best Writing Collection  
2022-2023

## **We Write in Order to Understand**

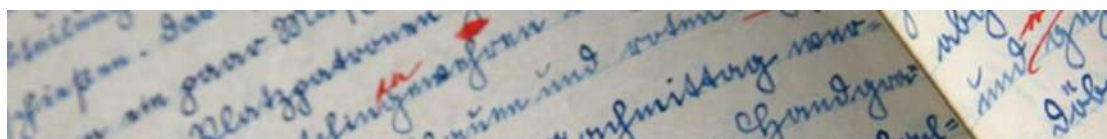
As Robert Cecil Day-Lewis, the famous Irish poet said, “I don’t write in order to be understood; I write in order to understand.” If we were clear in our mind, we should have no incentive or need to write about it. Writing is not only a kind of communication, but also a process of gaining understanding. Through writing, the authors should understand more about the topic they have written.

This collection of our students’ writing is the result of their effort. With the help and advice of teachers, they write down what they feel and reflect. Although the process may be full of difficulties, they learn how to think, plan and understand the topics they have written. This is what Lewis said- writing enhances understanding.

Our students’ participation and efforts are commendable. I hope they will continue to share their ideas and thinking with us through writing. So, your reading of the articles in this collection would be encouraging to them and will motivate them to write more in the future.

LAW Kam-shing  
Principal  
June 2023

## CONTENTS



Principal's Foreword

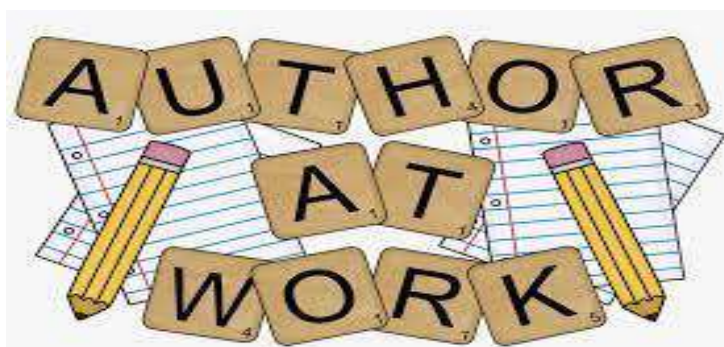
### Best Writing Collection 2022-2023

Form	Name	Articles	Page no.
<b>FORM ONE</b>			
F.1A	Issac Chow	A Description	6
F.1A	Naomi Wu	A Diary	7
F.1B	Chan Ming Wai	An Article	8
F.1B	Cheung Wai Ching	An Article	8
F.1C	Kwan Ka Ho Kylie	A Short Story	9
F.1D	Bai Hoi Ki Rosa	An Article	10
<b>FORM TWO</b>			
F.2A	Joanes Krug Henry Zhang Yao	A Feature Article	12
F.2A	Ng Ka Chun Issac	A Shopping Review	13
F.2A	Wong Tsz Yuen	A Personal Letter	14
F.2B	Chan Yu Yeung	A Letter of Advice	16
F.2C	Wong Yan Hei	A Personal Letter	17
F.2D	Sin Ho Hei	A Feature Article	18
F.2D	Sung Chin Ching Amber	A Letter of Advice	19
<b>FORM THREE</b>			
<b>FORM FOUR</b>			

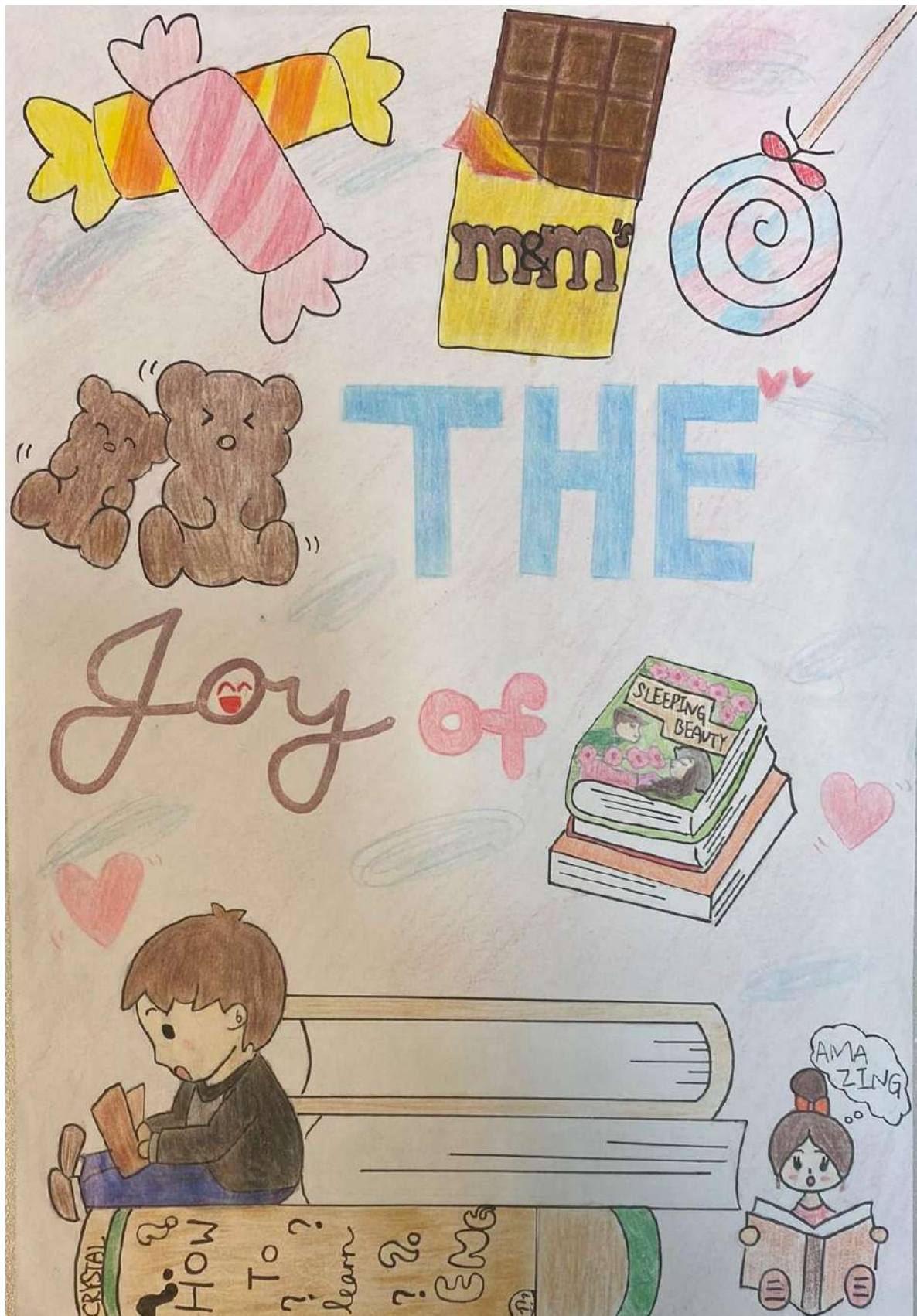
FORM THREE			
F.3A	Pang Ying Cha	An Email	21
F.3A	Wu Austin	A Proposal	22
F.3A	Wu Austin	A Letter of Complaint	23
F.3A	Yuk Wing Yan Kacy	A Letter of Complaint	24
F.3B	So Tsz Ching	A One-sided Argumentative Essay	25
F.3C	Choy Ka Yi Karrie	An Article	26
F.3C	Sze Yik Yin	A Proposal	27
F.3D	Ng Tsz Ching	An Article	28
FORM FOUR			
F.4A	Lok Yee Shing	A Descriptive Writing	30
F.4B	Man Yuet Hai	A Letter of Advice	31
F.4C	Cheung Pak To	A One-sided Argumentative Essay	32
F.4C	Lo Hoi Yuk	A Feature Article	33
F.4D	Kong Wing Yee	A One-sided Argumentative Essay	34
F.4D	Wong Ka Tsun	A One-sided Argumentative Essay	36
FORM FIVE			
F.5A	Ting Tsz Ching	An Article	38
F.5B	Lee Man Ching Fanny	An Article	39
F.5C	Lee Sze Man Crystal	A Letter to the Editor	40
F.5C	Yau Cheuk Ying Cathy	An Article	41
F.5D	Chiu Nok Yin	A Short Story	43

F.5D	Ng Tsz Hei	A Letter to the Editor	45
F.5D	Tsui Yat Yin Matthew	A Short Story	46

FORM SIX			
F.6A	Chan Pak Ho	A Food Review	49
F.6B	Justin Lau	A Letter of Advice	50
F.6C	Wong Cheuk Hon	A Letter of Advice	52
F.6C	Chu Wing Yee	A Review	53
F.6C	Lau Hok Yat	A Letter to the Editor	54
F.6C	Hung Cheuk Nam Whitney	A Story	55
F.6D	Wong Sum Yi Yvonne	A Letter to the Editor	58
Acknowledgement			60







FORM ONE - THE JOY OF READING

## A Description

1A Isaac Chow

Hello! My name is Isaac. I am studying at Pentecostal School in Ho Man Tin. I am in class 1A. There are 32 students in my class.

My favourite subject is English because learning English brings me so much fun and joy. Also, learning English can help me to communicate with others more effectively. One of my favourite teachers is my English teacher, Miss Ng. She is strict but reasonable. It is very quiet in her lessons so I can be more focused and do better.

Ever since I have studied at PS, I have made a new friend called Johnny. We are in the same class and we always spend time chatting at recess. He is an only child and he lives with his parents. He likes ice-skating. He has joined the Ice-skating Club in school. He likes playing basketball too. He has basketball practice every Saturday morning.

To conclude, I enjoy studying in my new secondary school, especially because it is a Christian school and I can know more about God. Moreover, there are a lot of school facilities that I have never seen before in my primary school and I can participate in different extra-curricular activities.





A Diary

1A Wu Naomi

11th November, Friday

Cloudy

Today, Jackson, Kate and I went to eat hotpot together because we had not met for a year. We finally had time to meet so we decided to celebrate together. The restaurant is in Olympic City. We went there by the MTR and the restaurant serves delicious Japanese hotpot and meat of excellent quality.

At around 7 p.m., we arrived at the restaurant. We ordered some cucumber and tofu for our appetizers. The food was very fresh and cool. I liked them very much. They were appetizing.

Soon, the staff set up the hotpot and when the soup in the pot was boiling, we added some mushrooms, meat balls, fish balls and vegetables to the hotpot first. They were so tasty. Then, we added beef and pork in the hotpot. It was delicious! I loved the texture of the meat. It was so tender! It tasted so velvety. We had a wonderful time chatting while having the meal.

Lastly, we finished the hotpot and started to eat desserts at around 8 p.m. We heard that the desserts there are popular. So, we wanted to try some. We ordered the signature dish — mango pudding. It tasted unbelievably soft and sweet. I loved the mango slices inside the pudding. It was very delectable. I will certainly eat it again next time when I visit this restaurant.

The dining experience was memorable and wonderful. It was the best hotpot I have ever had with my friends. I loved the heartwarming service there and the tasty dishes, especially the mango pudding. It was a good dining experience for me because I went there with my friends. We chatted a lot there which made the dinner so much fun. I can describe this dinner with one word — brilliant!





An Article

1B Chan Ming Wai

### Lee Wai Sze never gives up

Who is my role model? Lee Wai Sze is my real model. Lee Wai Sze has suffered from anemia since she was a child and her family discouraged her from cycling. However, she has never given up throughout her training.

Lee Wai Sze was born in Hong Kong in 1987. She has long straight hair. She has been known as "Cycling Goddess of Lower Ngau Tau Kok Estate". In 2006, she had an accident during a training session and had a hip fracture. This did not stop her career. She went on to win a medal in the 2020 Tokyo Olympics.

I admire her spirit of never giving up. When she falls, she tries to carry on. She is the role model for many people, including me. Lee Wai Sze's life story is inspirational and teaches us a lot about perseverance. I hope I will be as determined and persistent as her in the future.



-----  
An Article

1B Cheung Wai Ching

### Lisa, my idol and role model

Who is my role model? Lisa is both my idol and role model. Why do I love her? It is because she is a beautiful, persistent and loving person.

Lisa was born in Shantou County, Thailand, in 1997. She has long, blonde and straight hair with big round eyes. She loves dancing very much. She started dancing lessons when she was four years. Lisa's family knew how much she loved dancing, so they sent her to South Korea for dancing training in 2011.

Her daily training time at YG Entertainment Company in South Korea was eight hours a day. No matter how demanding it was, she did not give up and stuck closely to the training schedule.

Lisa has a loving heart. She likes animals very much, especially kittens. There are five kittens in her family. They are Leo, Luca, Lily, Lucy, and Lego. No matter how busy her work is, she feeds them or plays with them as soon as she comes home from work every day. It can be imagined that she is a very caring person and she loves her kittens very much.

After four years of training in South Korea, finally Lisa is now one of the members of an incredibly famous Korean girl group, BLACKPINK. I have also learned from her that if we are determined and persistent, we can achieve what we want.




---

An informal letter

1C Ryan Huang Jiarong

Dear Mary,

I miss you and your family too. I hope I can visit you this summer!

You are right! My birthday is on the third of March. I will go play basketball with my friends on my birthday. At the weekend, I usually go shopping with my family.

My uniform test starts on the twentieth of March. I will study with my classmate, Thomas. We will study English on the eighth of March from six to nine p.m. Then, we will study Maths on the ninth of March from four to six p.m. Lastly, we will study Chinese on the eleventh of March from six to seven p.m.

At Easter, my family and I will go to Ocean Park to ride the roller coaster.

We will also have lunch at the restaurant in Ocean Park. I am so excited!

It's time for bed. I must go now. Please write back soon!

Love,  
Chris

-----  
An Article

1D Rosa Bai Ho Ki

### My Role Model

Who is my role model? My friends love their idols because they are beautiful or handsome. However, my role model is my mum, who is always caring and selfless.

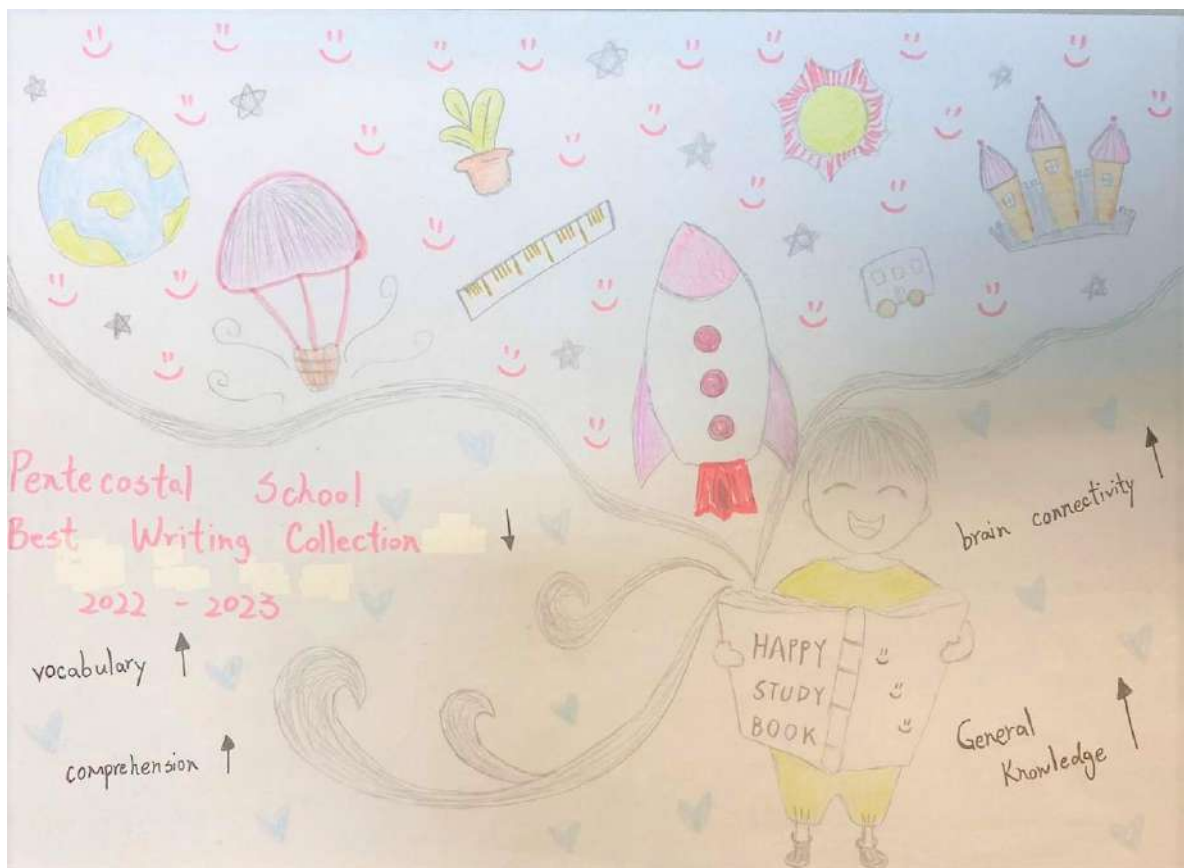


My mum was born in Hong Kong in 1983. She is thin and has long curly hair. She wears glasses. She is the only child in the family. Everyone in her family loves her, so she has a happy smile on her face all the time.

My mum is caring. She always helps me when I face problems. Whenever I am unhappy, she will be on my side. Her kind words and support mean a lot to me. I feel much better after talking to her. She is also a good cook. She makes delicious food to cheer me up when I am down. If I feel bored, she cooks with me together. She is one of the best mums in the world.

I admire her selfless personality too. She loves helping poor people. Although we are not rich, she donates money to charities to help people in need every month. She also reminds me to try my best to help others if they are in trouble.

My mum has taught me many things about caring about others. I hope I will be a helpful person like her.



FORM TWO --- The Joy of Reading



### **My Favourite Social Media App – WeChat**

There are a lot of social media apps nowadays. My favourite is WeChat. It is a great social media app from China. We can do a lot of things on it. I started using WeChat since I was six years old. It has a wide range of functions, such as text messaging, hold-to-talk voice messaging, online payment and location sharing. The majority of the functions in WeChat are convenient and useful.

#### **Advantages of WeChat**

WeChat is user-friendly and convenient. We can meet many new friends on WeChat easily by using two functions called 'shake-shake' and 'people nearby'. You can connect to someone in the world who is shaking his / her phone at the same time. I have known friends of different nationalities using WeChat. Online payment is also a useful function of WeChat. Most shops in mainland China and Hong Kong support WeChat Pay now. Users may not necessarily bring along their wallets when going shopping. I guess it is one of the most impressive functions to me as I do not have to carry a lot around when shopping or doing sports. It really suits my carefree style.

#### **Disadvantages of WeChat**

We have to be cautious when using WeChat. Some users do bad things on it, such as scamming and selling fake products. Maybe the operators of WeChat may not be able to manage the accounts properly. When I tried to make new friends on WeChat, I encountered a lot of scammers. After reporting them to the operators, no replies have been received. It seems that they are not helpful. Besides that, the privacy problem of WeChat is an issue that we have to pay attention to. Other users can steal our personal information like bank account number or even personal identification. We have to be very cautious when using the app.

In short, I still recommend WeChat to my friends and classmates as the advantages are still far more than the disadvantages. I will keep using it for

its convenience, easy to use functions and online payment. I do believe that we should not share our personal information with people that we do not know.



---

## A Shopping Review

2A Ng Ka Chun Isaac

### Kowloon City Plaza – A wonderful place for families and gatherings

Kowloon City Plaza is a great place to shop in mid-Kowloon. You can have a quiet and relaxing experience especially when you want to have a break from the busy city life. With a grand lobby, we can enjoy a great view from the top floor. It is convenient and easy to go there. You can access there by all sorts of vehicles, such as taxis, the MTR, buses and minibuses. It is definitely a quiet and peaceful place to go shopping. Last weekend, I went there with my parents and brother. We spent a day there by trying different styles of restaurants and shopping for goods. We enjoyed the day very much.

The 4-storey Kowloon City Plaza has a variety of different shops, including a supermarket, trendy boutiques and bakery. The items there are not expensive. If you are tired and want to have a simple meal, there is a wide range of restaurants for you to choose. You can grab some quick fried food by going to KFC or McDonald. If you are eager to try crispy food, you can go to Pizza Hut there. If you want to taste some Chinese food, you can go to dim sum restaurants.

I highly recommend Kowloon City Plaza to you if you are searching

for some peacefulness from the busy life. It is not that crowded and is perfect if you want a rest time. However, the only downside to this shopping centre is it is smaller than other shopping malls. There are fewer things to buy and shop.



---

A Personal Email

2A Wong Tsz Yuen Alvin

Dear Edmond,

Hey! I have just finished my summer holiday. Everything is going fine right here. I hope all is well with you too.

In the last summer holiday, I travelled to Paris with my parents. It had been a few years since I last travelled around and spent some time with my parents. We were on a self-guided trip. I was really excited about it. It was fantastic. I really enjoyed the fact that I could wake up late. We stayed in Paris for three days only but we still managed to have a lovely and memorable trip there.

We went to some popular attractions in Paris. First of all, we went to La Tour Eiffel. Paris is known as a romantic city. I remember while my parents were planning where to go, our first thought was going to La Tour Eiffel. It's the most romantic place in Paris. I really wanted to take a look! I remember how amazed I was when I took the first picture of Eiffel Tower. It was spectacular. I was absolutely stunned when I stood in front of it. We took an elevator to go up the tower and enjoyed the whole scene of Paris. At such a high spot, I could even see other attractions, such as Notre Dame de Paris, Seine River and the Basilica of Sacred Heart. We took loads of selfies and went shopping crazily, of course.

On the second day, we went to Sainte-Chapels. All the window glasses were so

colourful. The roof was spectacular. My dad and I are Catholics, so we attended the mass. Of course, we did not understand French. We had no idea what message that the Father was talking about. After that, we stayed there for a while to enjoy a concert. You know, I'm a big fan of classical music. I begged my mum for some more time to stay for the concert and she finally allowed me to.

On the last day in Paris, we headed to Muscee du Lourve. Three were artifacts around, especially from Egypt. I thought the artifacts were quite scary. I would like to appreciate more paintings or statues. My favourite paintings were Mona Lisa and Pastles. They were gorgeous and unique. It seemed to me that Mona Lisa always stared at me. It was quite fun.

Before we went to the airport, we tried some local street food, such as croissant and escargots. The croissant was so buttery and flaky. I liked the tasty cream inside the croissant. The escargot was cold, chewy and smooth but I didn't really like the taste. It was different from those I tried in Hong Kong.

That's all for my Paris trip. Are you interested in travelling to other places together? I'm sure it would be another exciting trip like the one I just had with my parents.

Best wishes

Edmond





A Letter of Advice on Travelling

2B Chen Yu Yeung, Abby

Dear Edmond,

Thanks for your sharing. I would love to travel to London with my parents and try some local food that you recommended to me. I want to visit the British Museum too! It must be wonderful!

Last Christmas holiday, I traveled to Hokkaido with my mum and dad. We thought that Japan is very special. I am so grateful to be able to visit Hokkaido. We had not traveled for a long time due to COVID-19. We found the journey extremely amazing!

We went to several famous tourist attractions in Hokkaido, including Niseko Hirafu, Lake Suit, and Asahikawa Asahiyama Zoological Park. In Niseko Hirafu, we enjoyed the beauty of snow and realised how winter is like in Japan. We enjoyed the beauty of Mount Yotei in Hokkaido too. It was my first time skiing in Japan, so I was skiing on the gentle pistes in the freeride area. It was a thrilling and unique experience! I hope to visit this place again.

Then, we went to Lake Suit. We had a warm spa on a cold winter day there. We also tried the open-air large bath on the top floor and soaked in the hot springs. The endless scenery of lakes and mountains was truly relaxing.

The third wonderful place that we went to was Asahikawa Asahiyama Zoological Park. There were a lot of different animals. Two of my favourites were the Penguins Pavilion and Penguins Walk. They were so adorable. We looked at a group of king penguins standing in rows and strutting with their chests up and their heads up. They really looked like a king on a tour in micro clothes. We couldn't stop taking photos.

Last, we tried some local food during the trip. We ate sushi at Toriton Toyohira branch. I ordered salmon and sea urchin. They tasted delectable and fresh. I also ate ice cream at Mil Presso. It offered interesting flavors, such as fried crab claws and salmon roe. Surprisingly, this ice cream had no fishy smell. We felt very satisfied after tasting those foods.

To conclude, our trip to Hokkaido was wonderful! I highly recommend you and your family to visit it in the future!

Best wishes,  
Peggy

A Personal Letter

2C Ava Wong Hei Yan

Dear Edmond,

How're you? I had a great time in Taiwan in the last summer holidays. There were many interesting things to see and do.

I was in Taipei with my mum, dad and grandparents. As you know, my parents are very busy. It's really difficult for us to spend time travelling together.

The first attraction in Taipei is called Taipei 101. We went there in the late evening to see the amazing night view of Taipei. We couldn't stop taking photos of it. However, the souvenirs in that shop were very expensive.

There're many restaurants at the Taipei Night Market. They're worth visiting because the local food there is very delicious. You definitely should try the Taiwan Beef Noodles, Taiwanese Braised Rice with Pork and the local bubble tea. When I went to the night market, I was so excited because my mum likes shopping a lot. We went to different clothes shops but they were all very crowded.

On the last day, we went to Houtong Cat Village. It is a small village. It is a popular tourist destination because it has a large population of stray cats. There are also various cat-themed shops and cafés. We drank traditional tea in a local café.

I was so excited and happy in the trip and I didn't want to come back to Hong Kong,

Best wishes,  
Peggy

P.S. I have included two photos that I took. The view is stunning - don't you think so?



### The app I like most – Instagram

The social media app I like most is Instagram. It has many functions. We can post moments from our life. We can also connect with family and friends. It is a free sharing app.

#### Benefits of using Instagram

Instagram is a great tool. This app can help us save our memories. I always post my photos to store my memories using the app. This allows me to remember when and where I went to with my friends. We can expand our social circle if we spend some time to make friends in the app. I have made many friends from different countries.

#### Drawbacks of using Instagram

Instagram has some disadvantages. Our privacy may be easily intruded. Some hackers may steal our personal information. The photos we share may be stolen. We have to be very careful when we post photos. Also, we may become addicted to it if we spend too much time using it.

In short, Instagram is a useful app. I would like to recommend it to my classmates because I can share my life with my friends and learn more about our friends' hobbies and their daily lives. We can use Wi-Fi to access the app.



A Letter of Advice

2D Sung Chin Ching Amber

17<sup>th</sup> May, 2023

Dear Mike,

Thank you for your letter. I'm sorry to hear that you've been very stressed and not having time to do fun things anymore. You worry that you may have to repeat F.2. You also had an argument with your parents last week because of pocket money. I understand how bad you feel. I think I can give you some advice.

First, you said you didn't have time for fun because of the schoolwork. I suggest you pay attention in class because it can make studying easier. Besides, you need to design a schedule for yourself organise your time better. You should follow the schedule to complete the assigned tasks.

Besides that, you are afraid that you may have to repeat F.2. First, it's a good idea to read more English books because it can increase your English vocabulary. You have to borrow and read books from the library. Moreover, you need to ask teachers if you don't understand any topics. If I were you, I would ask my teacher about things I don't understand when a class is over.

About your argument with parents and not having enough pocket money, first, I advise you to check if you really need new clothes before buying any more. For instance, you must try the old clothes on. If they fit, you don't need to spend money to buy new ones. Also, I think you should discuss the issue with your parents to avoid quarrelling. You need to tell them why you need more pocket money calmly.

I hope this advice is useful. If you want someone to listen to you, I am always here for you. I can go to the library to read English books with you. Please write to me again if you need any more help.



Best wishes,

Jacky





## **Form Three - The Joy of Reading**

An Email

3A Pang Ying Cha Sakura

Hi Louisa,

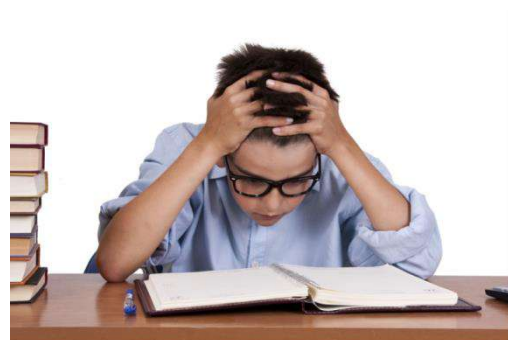
How are you? Well, I've just finished my First Term exams and I don't think I did well. I know I had tried my best!! Although there have been lots of challenges in Form 3, I have many good memories of them. Let me share them with you!

I was stressed when I was preparing for the exam last week! During the exam weeks, I slept at one o'clock every night! Now my face looks like a panda. Time flies! The exam month passed quickly, and Christmas is coming! I'm nervous about the exam results next week but excited about Christmas!

What have I done to adjust to the challenges in Form3? I've made some good friends and I've studied hard. Making friends with classmates helps me to feel more relaxed and confident in class. I often go shopping with my friends. This makes me forget about the stress of studying. Studying hard helps me to prepare for the exams better but I think at the same time, I should be relaxed! I often study in the library with my friends. The ambience of the library helps me focus. Have you studied in the library? You should try it if you haven't.

I hope we can see each other soon. Thank you for inviting me to support the charity bake sale, so..... why not? I'll join you! Let's see who will do better in the charity bake sale! I'll pass you some photos that I took on the school Picnic Day. I hope you'll like it. I want to see some photos of yours. What have you done this year? 2022 is leaving, and 2023 is coming soon. Let's share our unforgettable memories. It's time to sleep. Talk to you later. Hope to see you on the first of January.

Best wishes,  
Cha Cha



### Proposal about producing an online version of the school newspaper

#### 1. Introduction

As the Chairperson of the Student Union, I am writing to propose producing an online version of the school newspaper. I understand that the school is planning to stop the production of our newspaper because of the high printing cost. Also, students do not take the newspaper home to read and the copies often end up as rubbish at school. However, I think that the newspaper should be saved by producing an online version of it. The details and the benefits are written below.

#### 2. The details

Our school can create an online newspaper reading website. An account for each student could be made available. Students may log onto their accounts and enjoy the experience of using the website. On the website, every page of the newspaper is shown. The newspaper is going to be updated once a week providing the latest news for students. The link to the newspaper website will be shown on the school website library page. Students can log onto the website anytime. To make the newspaper more interesting to read, the school can add some news videos on the website. The online version would solve the current problems. For example, the school does not need to pay for the high printing cost, thereby saving money. Also, there will not be wastage of paper.

#### 3. The benefits

The website provides the latest news weekly. Students can know about the news more often. The website is convenient for students to use. Students just need to open their device and read the news any place they want. Keeping the school newspaper can encourage students to read more. Through reading newspapers, students can improve their reading skills and get better scores in reading comprehensions exercises.

#### 4. Conclusion

In conclusion, I think that the newspaper should be saved so that students can gain more knowledge and be encouraged to read more. The online version will be a very good way to save the newspaper. It does not harm the environment because no trees need to be cut down to make paper. I sincerely hope this proposal will be accepted.



A Letter of Complaint

3A Wu Austin

5<sup>th</sup> December, 2022

Dear Sir/Madam,

I am writing to complain about the facilities and the attitude of the staff at your theme park. I went to your park with my classmates on a sunny day but what I experienced there was not what I expected. I am disappointed.

First of all, I am going to complain about the facilities in your park. When we arrived, many rides were closed, and the staff were resting all day. Were they supposed to work on the rides? Also, when we tried to ride on the roller coaster, the waiting time was about thirty minutes without many people waiting in the queue. We were baffled as the staff who was working on the ride were chatting and that caused the long waiting time! I am disappointed.

My second complaint is about the attitude of the staff. They were very impolite. When I asked them where the park restaurant was, they yelled at me and told me to find it myself. This behavior is totally unacceptable. I am irritated.

I expect you to take this complaint seriously. Please make sure most of the rides, if not all, are in operation and I urge you to provide your staff with better customer service training. I am going to forward the whole complaint to the Consumer Council for further action.



Yours faithfully,

Chris Wong



A Letter of Complaint

3A Yuk Wing Yan Kacy

5<sup>th</sup>December,2022

Dear Manager

Complaint about The Fun World

I am writing to complain about the facilities and the staff after my visit to your theme park last week.

About the facilities, I had to wait for an hour before I could get on the Ferries Wheel because of the long queue of people waiting for the ride. When I finally got on, It suddenly stopped moving. I had stayed on it for 30 minutes before the staff came to fix it. I was really scared when I was on the ferries wheel. It was such a dissatisfying experience.

Regarding the attitude of the staff, when I was stuck on the ferries wheel, it was difficult to find a member of staff to help me. When I finally found one, he did not solve any of my problems and, he was rude to me. I am angry with the unprofessional behaviour of that unhelpful staff member.

I think your company should work to reduce the waiting time for the rides and make sure they are safe. I expect a full refund for this awful experience. If you do not take any actions, I will send this complaint to the Consumer Council.

Yours faithfully,

Chris Wong



### Does technology bring people closer together?

Some people think that technology fractures interpersonal relationships, but I completely disagree with it. In my opinion, technology brings people closer together. In this essay, I shall explain why.

First of all, people are able to communicate with each other from different corners of the globe. It is easy for people to connect with each other. Wherever you go, you can also communicate with them. It is convenient that we can use video call to see each other. For instance, if you live in Hong Kong and your friend is in London, you can call them anytime. If we do not have technology, we cannot connect with people from different parts of the world.

Another advantage of using technology is that people can make friends easily. Technology can make introverted people make friends. Social media can allow you to share your photos and your stories. This can make people get to know each other easier. Social media can also allow you to talk with people who you do not know. When you see someone that you are interested in, you can use social media to talk with him or her. In this way, it is easy to let introverted people make friends using social media.

My final point is that technology can help you interact with others through playing online games. Technology can bring people entertainment, such as online games or video games, etc. By playing games together, they can build up their friendship. Although people are busy and do not have time to hang out with friends, they can also play online games together.

In conclusion, I think that technology can bring people closer together. You can communicate with each other from different corners of the globe. Also, it can allow people to make friends easier as they can interact with others through playing online games.





### Keeping Pets in Hong Kong

Keeping pets has become an increasingly popular lifestyle trend in Hong Kong in recent years. Dogs, cats and rabbits are the most common pets because they are very cute. People keep pets for different reasons. Whatever the reasons are, when we keep pets, we must keep them healthy.

Hong Kong people keep pets for different reasons. First, pets can boost our moods. When we see them, we can release our pressure and feel good. We can also play with them when we are free. Besides that, pets are good caretakers. If we live in a remote area, we may feel insecure. Pets such as guard dogs can help prevent loss because they will scare burglars away. If they are by our side, they will give us peace of mind. Also, pets can bring people closer together. When we walk our dog in the park, we will see other pet lovers who can share useful tips on keeping pets.

How can people keep pets healthy? One of the ways is to take them to the vet to check their health condition once a year. The vet can tell us if our pet is ill or not. In addition, it is necessary to give pets a healthy diet. We need to provide regular meals for them. A balanced diet is important to them too. For example, dogs cannot just have meat. We need to feed them with vegetables, water and some milk. Finally, we must give pets enough attention. This is another way to keep them healthy. We should give them more love and care. For example, we can talk to and play with them. Companionship is very important to pets too. If we do not accompany them, they will feel depressed.

In conclusion, keeping pets may be harder than we think. It is not easy to keep them healthy but it is worth it. I think keeping pets is beneficial to us. They can boost our moods, be our good caretakers and bring people closer together. Why don't you keep a lovely pet at your home?



A Proposal

3C Sze Yik Yin

### A Proposal for holding a Sponsor Run



#### Introduction

On behalf of the Student Union, I am writing to propose holding a sponsor run since many students do not have enough money to purchase learning materials such as iPads. Therefore, we would like to raise funds for the poor schoolmates.

#### Details of the event

We suggest holding the event in the school playground from 10:00 a.m. to 11:00 a.m. on 17<sup>th</sup> October. Owing to the limited space of our playground, it cannot accommodate all the schoolmates. We propose inviting F.3 students to participate in the event as many of them seldom join sports activities. Our Principal and all the teachers are also welcome to join.

Participants could ask each of their friends to donate two hundred dollars if they are able to run 1000 metres. We also need the help of other schoolmates. We could arrange for some helpers to prepare materials, disseminate information about the event and supply water to participants on the day of the event. However, we hope that participants will bring their own mobile phones which have an app for measuring the running distance due to the limited supply of running trackers.

#### Benefits for students

According to a scientific research report of the University at Buffalo, people who help others have longer life spans compared to those who do not. In addition, running can improve our physique, strengthen our immunity, and make us stronger.

#### Conclusion

As many F.3 students spend a lot of time on online games and neglect sports activities or volunteer work, it is hoped that they can participate in this meaningful activity. This is not only beneficial for their health, but also for the underprivileged students.

### Keeping pets in Hong Kong

Although the living space of most Hong Kong people is very limited, many of them keep pets, for example, cats, dogs and hamsters. They have different reasons to keep pets and it is important to make sure they are healthy.

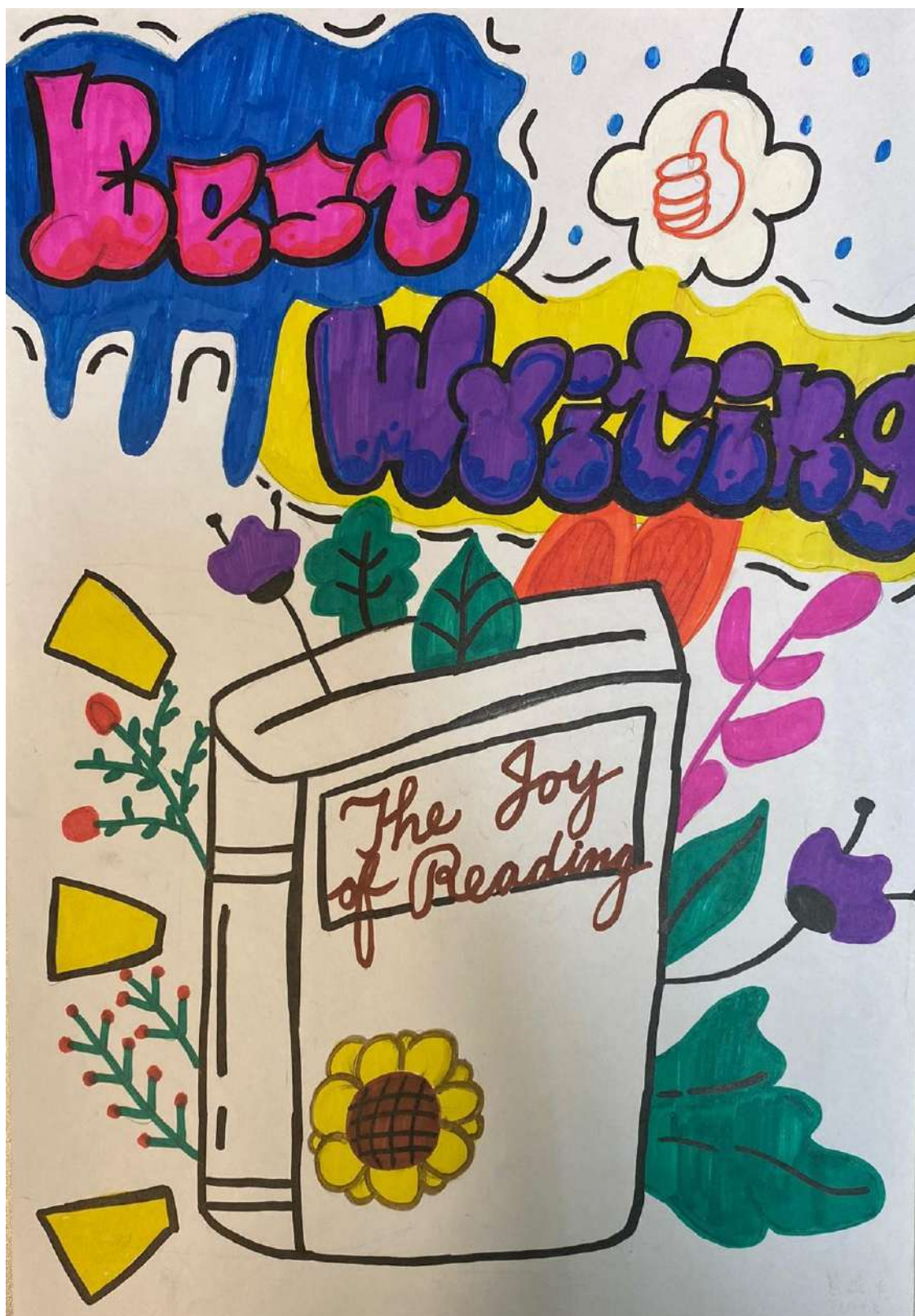
There are different reasons why Hong Kong people keep pets. First of all, keeping pets can reduce stress. Some studies show that dog owners release happy hormones called endorphins when they play with their pets. In Hong Kong, adults have long working hours and students must deal with a lot of homework and examinations. Therefore, keeping pets helps them relax. Also, pets can help people manage loneliness. Pets are especially important to people who live alone because pets are good companions. In addition, keeping pets is good for people's health as pets make their owners laugh every single day. For example, some cat owners laugh happily while watching their cats play.

There are some ways to keep pets healthy. First, maintaining a healthy weight is good for pets because pets can have all kinds of health problems if they are overweight. Second, feeding pets with good and high-quality food and clean drinking water can help them have healthy skin and bright eyes. Third, giving them a comfortable and clean place to rest is important. If they have enough rest and clean places to live, they won't get sick easily.

All in all, keeping pets can reduce stress and help people manage loneliness. It is also good for people's health. If you want to keep a pet, you need to think carefully because you need to take care of it for its entire life.







**FORM FOUR - The Joy of Reading**

A good restaurant sets a high standard on both its food, quality and customer services. Dim Sum One does exactly that.

Last Friday, my buddy, Joe and I thought that it was a great idea to try out the hottest new restaurant in Tsuen Wan, Dim Sum One. The main reason we went there was simply to know what all the fuss was about and wanted to experience it ourselves since it's all the rave across social media at the moment.

The restaurant was conveniently located near the train station, so we met up there and walked in. As we expected, it was crowded and the restaurant staff couldn't catch a break. We had to wait in line for 15 minutes, which speaks volumes to how popular the restaurant is and the wait was well worth it. We ordered some steamed dumplings and steamed rice rolls - they were fantastic. We'd never had any dim sum near the quality of the ones here. The staff were also friendly and helpful. They managed to find us a table, despite their being busy with other customers.

The only small complaint I have is that it was a bit noisy, but that's more of a comment than anything else. The interior design of the restaurant is a typical traditional tea house which was great. Overall, this restaurant is excellent! I would highly recommend anyone who likes dim sum to give it a try and I'll definitely give it another shot too.



A Letter of Advice

4B Man Yuet Hai

Dear Pat,

Thanks very much for your letter, and my new school li are friendly, and the teachers are kind to me. You also have a good guess about my situation. I'm really very busy with the new syllabus and extracurricular activities. There are many things I need to get used to.

By the way, I'm glad to hear that you have a plan to travel to Hong Kong. If you come in September, it is just in time for the Mid-Autumn Festival. The Chinese celebrated the harvest during the full moon in September and usually ate mooncakes during this festival in the old days. The round shape of the cakes symbolizes completeness and reunion. I strongly suggest you try the creamy custard mooncake. It is my favorite mooncake.

Since you are travelling on a budget, I have found some cheaper ways to explore Hong Kong. For instance, you can go to the Peak Galleria, which is the only mall beside Victoria Peak. You can take the MTR or bus there. I'll tell you a tip: take the escalators up to the rooftop and enjoy the scenic views of the southern side of Hong Kong for no cost. You can also admire the moon there.

Regarding visiting country parks, I recommend you visit the Hong Kong Wetland Park. It is a great place to learn about some of Hong Kong's unique flora and fauna. There are many places to visit, such as the butterfly garden. You will definitely like the butterflies there. The park also features themed exhibition galleries with changing themes at different times. If you think being outdoors is too hot, you can go indoors to enjoy the air conditioning.

On top of that, the day you come is during the Mid-Autumn Festival. I'd advise you to go to Lee Tung Street in Wan Chai. There is a beautiful 'lantern sea'. You can go to guess lantern riddles there. Last but not least, you told me that you won't spend much on shopping or expensive food. Therefore, I want to give you a suggestion. You can go to Mongkok. There are many street foods that are very delicious and must be something you will like. They are all affordable.

All in all, I sincerely hope my advice can help you and wish you enjoy traveling in Hong Kong. Write back soon if you have any questions.

Best wishes,  
Chris



**Electric Cars Are Still Not Mainstream**

When electric cars are brought up in your conversation with friends, you might think of Tesla or other sketchy electric car brands in China. You may think these lucrative brands dominating the car industry, but the truth is that electric cars only take up 3% of all vehicles worldwide.

Why are electric vehicles rare? Tesla is earning billions from its electric cars annually. This math doesn't seem to make sense. What's happening is that leading brands like Tesla are selling their electric cars as rockets. Their prices are astronomical. If we look closer at the electric car market, we will reckon that electric cars are still luxury commodities. In my opinion, I do not think electric cars are going to make cheaper with the aid of inflation.

Another reason that we do not see a lot of electric cars roaming the road is that there are no places to charge these cars. Try getting a few friends to name the locations of charging stations. I doubt if they have ever seen one in their lives. Let's say there is a charging dock right in the parking lot of my apartment. Typically, a Tesla needs to be charged for hours or even overnight. Compared to conventional vehicles that only need minutes to refill the gas tank, I would pick the gas car over the electric one to accompany me in my fast-paced Hong Kong lifestyle.

People may argue that electric cars have numerous disadvantages, but people purchase these cars for a reason. For example, these cars are much friendlier to the environment than the conventional ones. Traditional gasoline cars release gases that are harmful to humans, creating holes in the Earth's atmospheric layer. Another environmental aspect that conventional vehicles would affect, usually overlooked by people, is noise pollution. Car engines might sound cool in an action movie, but constantly blasting those sounds on the street is annoying and torturing. Electric cars, on the other hand, are entirely the opposite. They do not produce gases at all and move like ninjas.

Electric cars are a better investment for the environment in the long run, so things need to be done to attract people to drive electric vehicles. Firstly, cutting their premium features and setting up a new product line to produce an affordable alternative to electric cars is crucial. Secondly, installing more charging docks at convenient locations could boost the sales of electric cars. Many parts of the harbourfront in Hong Kong are underdeveloped, which could be allocated for charging stations. Lastly, innovation should be involved in shortening the charging time of the cars. Hong Kong demands efficiency, and people want their cars back on the road as soon as possible.

Environmental issues are urgent appeals to be addressed. It is evident that electric cars are more environmentally friendly than gas cars. With technological advancement and promotions, electric vehicles will soon become the mainstream of people's transportation.



A Feature Article

4C Lo Hoi Yuk Simon



### Details of the marathon

Last week, I joined a marathon held by one of the prominent banks in Hong Kong. The marathon had been suspended for three years because of the Covid-19 pandemic. I was thrilled when I heard about the reopening of the event, so I signed up without delay. That day, the marathon started at 6:00 in the morning. The sky was still dark. It began in Jordan, and the destination was Tsing Ma Bridge. The main reason that I joined the



competition was because it was challenging and healthy. Participating in a 45-km race is a supreme challenge. Though it is easy to have muscle pain and strains, I won't get hurt easily like in other sports. Taking part in a marathon is good for my health.

### My experience in the race

Joining the event is very meaningful and exciting. I prepared lots of water for the strenuous race, as not having enough water can lead to dehydration. That morning, I arrived at the starting point very early and saw many athletes dressed in different costumes, e.g. cartoon characters' outfits. The athletes there looked excited and busy doing warm-ups to prepare for the race.

At the beginning of the race, it was enjoyable to see the quiet street views of Jordan. When I went on running, my body became weak, and I suffered severe fatigue. My legs were trembling and shaking. At that time, I told myself not to give up and kept running. At the end of the race, I felt so exhausted that I could hardly walk. Running a marathon is physically and mentally demanding, but I was excited that I had successfully challenged myself.

### Tips for future marathon runners

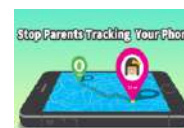
The marathon is held once a year. If students want to be a marathon-runner, please ensure they have enough preparation in advance. Students should do more exercises for practice. They must also visit the marathon's website to register for the upcoming event. One more tip, having a pair of right sports shoes is necessary. Please do not wear shoes too big or small as you will get injured easily. The race experience is more pleasant if you put more time and energy into proper training.

A one-sided argumentative essay

4D Wong Ka Tsun

### **Stop Monitoring**

Some Asian parents install apps on their children's mobile phones in order to monitor their activities. Some may claim that it is good and proper as parents have the responsibility to ensure children use their devices responsibly. I firmly believe that



monitoring children in this way is detrimental to them regarding the violation of children's privacy and posing negative impacts on their mental health.

First and foremost, parents monitoring their children's activities on mobile phones through installing apps is infringing on children's privacy. Children are closely monitored by their parents. As a result, what they do using mobile phones is known by their parents but may not necessarily be under the will of children. It is unethical that parents monitor their children without their consent.

Secondly, continuous monitoring hinders the growth and development of children's interpersonal relationships. Since parents keep monitoring their children, some children may fear being monitored, therefore, they are filled with anxiety. In light of this, children who have been monitored closely by their parents may lose their trust in people which may affect their ability in making friends with others, causing loneliness, unhealthy mental health or even depression.

Last but not least, monitoring children by installing apps on their mobile devices is not the best way to ensure they use their mobile devices responsibly. Although parents can monitor children's phones, children can still use other's devices to avoid being monitored. Therefore, it is important for parents to teach their children the importance of using technology in a self-disciplined way instead of monitoring them. Teaching them to use their phones responsibly and setting up rules for them on using mobile devices are more effective approaches to educate children so that they can develop a healthy habit in using technological devices wisely and responsibly.

In conclusion, I firmly believe that parents should not install apps to monitor children since monitoring causes not only the infringement of privacy but also damage to children's interpersonal relationship development. Thus, parents should use other more practical ways to teach their children using mobile devices responsibly.



### **Playing Virtual Games is a sport**

Like playing sports, playing virtual games can help us develop physically and mentally. Although playing virtual sports is not traditionally thought of as a sport, it also brings people the advantages of playing real sports such as body and mind training as well as team building.

Regarding physical development, playing virtual games helps us train our bodies. Like playing real sports, players of virtual games also need to move their bodies while playing the games. For example, during playing a virtual dancing game, one of the rules is to follow all the steps that are shown on the screen. At that time, players are required to move their arms, shake their heads or even stretch the whole body. Besides that, there is a virtual game about running races. Players stand on an electronic carpet and compete running with the virtual character in the game. No matter which virtual game, players all sweat and feel tired after playing. This definitely helps people train their muscles. Hence, playing virtual games is such a good exercise that can develop people's physical bodies.

Furthermore, mental development can be strengthened through playing virtual games. In playing virtual games, players have to plan how to become the champion so they have the chance to think in distinctive ways. More than that, they try to tackle different problems and battle with other players. It is not easy for them to win in any virtual games without applying any tactics and strategies. Therefore, people can train their minds while playing virtual games.

Last but not least, playing virtual games encourages teamwork. There is a wide variety of virtual games. Some are for single players while others are playing in teams. Players playing virtual games in teams cooperate with their teammates and work together to beat their opponents in the games. In this way, teamwork is built. Developing and enhancing teamwork is one of the characteristics of doing physical exercise. As a result, it is clear that playing virtual games is a sport.

To conclude, playing virtual games helps us to develop our bodies, mind and teamwork. Despite the fact that most people think playing virtual games is just a kind of entertainment, it shares the same features of doing physical exercise.





## **FORM FIVE - The Joy of Reading**

### Why Soft Skills Matter in the Workplace

Recently, I attended a workshop on soft skills in the workplace and realized that two soft skills are essential: teamwork skills and adaptability.

Why are these two soft skills so important? First, organizations are composed of people and work, making soft skills extremely important in the world of work.

Second, soft skills define how well you work with others. Regardless of how strong your technical skills are, if you are unpleasant to colleagues and unwilling to collaborate, fail to communicate, or can't adapt to changes, you'll find it difficult to excel at work. Finally, employers expect their employees to have different soft skills in the workplace. Candidates should prove their soft skills to a potential employer in an interview, which can help them stand out to employers. Let's explore these two soft skills in detail to develop our career strength.

To begin with, teamwork skills are believed to be the first most important soft skill for the workplace. Teamwork skills mean the ability to work with others and help them attain their full potential and achieve shared goals. From my perspective, this soft skill can bring great benefits to students. For instance, teamwork skills improve the quality of efforts, which increases work efficiency. Teamwork skills create a friendly and productive environment by motivating unity among you and your team members. This leads to improved individual and team performance as team members cooperate and support each other. If you can master this skill, you can improve your work efficiency.

Apart from the first soft skill, it is also vital for students to cultivate adaptability. It is generally regarded as the ability to change something or oneself to fit occurring changes. In ecology, adaptability has been described as the ability to cope with unexpected disturbances in the environment. It is a strong belief that this skill can bring obvious advantages to students and employees. For example, accepting new technologies quickly is one of the important parts of adaptability. We need to adapt, or our competitors will have an advantage. As an employee, your boss may give you new software to work on, and you need to be able to take it and use it effectively. Once you have nurtured this skill, you can have a competitive edge in an interview process.



If you want to improve yourself, it is imperative to cultivate these two soft skills. They are crucial for career success. The harder we practise, the better results we may achieve.




---

An Article

5B Lee Man Ching

### Importance of Effective Communication and Positive Work Attitude

Effective communication and a positive work attitude are the two most critical soft skills required in any workplace. In the recent workshop organized by the school's Careers Centre, we learned about the importance of these skills and how they can help students prepare for their future careers.

Effective communication is crucial for success in any workplace. Whether it's in verbal or written form, clear communication helps to convey ideas, instructions and feedback effectively. In today's fast-paced environment, where time is of the essence, being able to communicate effectively and concisely can help in achieving better results in a timely manner. Additionally, effective communication skills can help us build stronger relationships with coworkers, improve collaboration, and reduce misunderstandings.

A positive work attitude is equally essential in the workplace. A positive attitude towards work means that you are enthusiastic about your job, and you approach your work with a can-do attitude. Employers value employees who have a positive work attitude as they are more likely to go above and beyond in their work and are often more productive. Moreover, a positive work attitude can also help create a positive work environment, leading to an increased job satisfaction, better teamwork, and improved employee morale.

In addition to these two skills, other soft skills like responsibility, willingness to

learn, and good organisational skills are also crucial for success in the workplace. Responsibility means taking ownership for your work, being accountable for your actions, and delivering on your commitments. A willingness to learn means being open to new ideas, taking feedback constructively, and continuously improving oneself. Good organisational skills involve prioritizing tasks, managing time effectively, and being able to work efficiently in a team or individually. In conclusion, effective communication and a positive work attitude are essential soft skills required in any workplace. Developing these skills early on can help students prepare for their future careers and make them more valuable to potential employer. Therefore, it is essential to focus on developing soft skills in addition to acquiring technical knowledge to succeed in the ever-changing workplace.




---

A Letter to the Editor

5C Lee Sze Man Crystal

Dear Editor,

I am writing in response to a recent article in the Young Post which suggested that an 8:00 am start to the school days makes students feel tired and sleepy. I am going to give reasons why students feel tired and express my opinions about whether or not a 9:00 am start will solve the problem.

To commence with, staying up late is one of the reasons that makes students feel exhausted. Whether they have finished their work or not, they still get used to go to bed at midnight. Moreover, they are always hooked on using mobile phones to play online games and chat with their friends through different apps until very late at night. This definitely reduces their sleeping time.

Another reason is that students' schedules are very tight nowadays. As students are sitting for the HKDSE, they have numerous tests and quizzes in

lessons. After normal schools, they have to attend tutorial schools and join numerous different lessons for different subjects. Apart from that, students also spend time on joining different extra-curricular activities in school as it is part of their school life. Students are really overwhelmed with it. Therefore, it is understandable that the busy school life makes students not to have enough energy in lessons.

Some may claim that a 9:00 am start will solve the above problem. Yet, it seems it is not a constructive answer.

To me, starting school one hour late is not the best solution for students to have enough energy to sustain a whole day school life. If students do not manage their time well and make a timetable to help their studies, other problems may emerge. When the time of starting school was delayed, students would wake up late. They may have to scramble the public transport with people who work from 9 am to 5 pm. This may make them even more tired when they arrive school or they may turn up late.

In conclusion, a 9:00 am start is not a good choice to solve the above problem. In my opinion, schools should teach students the importance of time management and how to plan their study schedule well.



Yours faithfully,  
Chris Wong

An Article

5C Yau Cheuk Ying Cathy

Food warning labels can change people's eating habits.

Per 100g reference values

ENERGY	FAT	PROTEIN	GLUCOSE	SALT
924kJ	13g	5.3g	0.5g	0.7g
220kcal	18g	10.6g	1.0g	1.4g
17%	36%	21%	2%	3%

% of an adult reference value

Nowadays, most people like to eat unhealthy food, like candies, French fries and instant noodles, which is harmful for our health. An unbalanced diet or malnutrition can lead to obesity or lack of certain nutrients, which in turn increases the risk of various diseases such as hypertension, heart disease, cerebrovascular disease, diabetes and

certain kinds of cancers. According to the Demographic Health survey of Hong Kong, from 2014 to 2015, 8.4% of persons aged 15 to 84 suffered from diabetic while 29.9% of Hongkongers are obese and 36.5% mildly obese. To alleviate this problem, a food warning label can help. However, some have doubts on its effectiveness in changing people's eating habits. In the following, I am going to explain why such label really helps.

First, health-conscious people can notice unhealthy ingredient labels on food packaging and thus stop buying it. Food labels can show the nutrition and the ingredients of food. Studies have found that warning labels on food packaging can further reduce unhealthy eating habits and the risk of people dying from diseases such as heart disease, diabetes and cancer. A study published in the scientific journal PLOS ONE shows using a "red" label as a warning sign can quickly catch customers line of sight, making them looks more closely at the tiny text on the packaging. And the "green" logo can be used to represent healthier options. It was found that Canadians' energy amount, fat, saturated fat and sodium intake was decreased by 5%, 13%, 14% and 6% for each participant in the experiment. Thus, food warning labels can be used as an alert and let consumers decide whether they will buy it or not.

Second, food warning labels can change people's eating habits in real case. Some countries now legally require food manufacturers to put warning labels on foods that are high in sugar, saturated fat and salt. To cite a case in point, Chile had a try on it, and it was a great success. 3 in 2 people in Chile were overweight and consume more sugar-sweetened drinks per capita than other countries. In 2016, the government implemented the Food Labelling and Advertising Law, stipulating that all packaged foods which are high in sugar, high in salt, high in calories and high in fat must be labelled with black and white warning labels. The law also prohibits advertisers from selling the food to children, as well as in school. It leads to the sales of sugary drinks in Chile falling by 23.7% since the law came into force, with sugary juices and dairy products seeing the biggest declines. As you can see, the effectiveness of food warning labels is out of your expectation.

Some may say kids would still ask their parents to buy them these high-fat, high-sugar, high-salt snacks, so the law cannot do much. In my opinion, it provides an opportunity for parents to educate their children on healthy eating habits from an early age. If parents do not buy those snacks, children would not ask for it too. Parents have the responsibility to tell children the consequences of poor eating habits when they were young.

In conclusion, food warning labels can draw people's attention to unhealthy ingredients and stop them from buying it. The most important thing is the food warning labels can really help people to be more health conscious and start changing their eating habits. It helps them to reduce the risk of various diseases and have a better health in the long run.

A Short Story

5D Chiu Nok Yin Esmond

### The Life Saver Phone



I am a smartphone. The one that can play music, stream videos, and have a little touch screen for my owner to operate me. I wondered what sins I committed in my last life. Since the moment I opened my eyes, I realised I was far from ordinary—but not in a good way, in a bad way.

My robbery owner had been committing robberies for over five years and had committed hundreds of them. However, he had always adhered to his principle of not killing a life! I guess mercy was still living in his heart until last July...

Late in the winter of last year, he met his crush. That was the first time he fell in love with someone. The girl who stole my owner's heart was not a good person, as she robbed as well. I mean, when they're not robbing, criminals can be perfectly nice people. This was my initial impression of her, but soon she changed my mind.

"What? Don't you ever kill anyone? Are you still a man? My sweetheart, you..."

I overheard much of their pillow talk, but she had never said something so horrible before. Since then, the girl kept encouraging my owner to kill someone to prove that he was a "brave" man.

In midsummer, my owner and his girlfriend teamed up and planned a robbery. Unlike the previous ones, the objective of the robbery this time was neither a jewellery store nor a big bank near the shore, but the house of the richest man in the country! It was completely insane of him to try to impress his girlfriend by



showing his ambitions in this way.

Their plan was simple: they sneaked into the house, tied up all the people in the house, and blackmailed their parents for HKD\$10 billion. As the wealthiest man in the city, Elon Ma has a well-off family as well.

On the night they took action, every step of the plan worked incredibly well. All the people in the house listened to what my owner said and handed off their mobile phones to him as he asked. If someone disobeyed my owner's orders, he would have to kill them. At first, I thought he was joking because he always followed his principle, which is that he would never kill a single life in his robbery for the sake of mercy. However, the evil influence from his beautiful girlfriend had rotted his heart so badly that he gave up his principles just to impress her!

Suddenly, a visitor knocked on the door. It seemed they were supposed to have a party in the house that night. My owner walked to the door, opened it calmly, and invited the guest to come in. Suddenly, he aimed his gun at the guest's head and pulled the trigger. The merciless bullet flew out of the gun and then penetrated through the guest's skull. Fortunately, the guest died peacefully, without any idea of how he died.

The scenario that just happened filled the scene with fear in the hearts of every single hostage. In the meantime, the madness also drove my cold-hearted owner and his evil girlfriend crazy. They started to celebrate by dancing in front of the hostages. My owner dropped me off in the corner of the room while they were dancing. What they never knew was that an approximately 8-year-old kid had been playing hide-and-seek with them the whole time. The child was brave and smart. He didn't scream when the gun was fired; instead, he kept observing what possibilities there were to save his family, and now he had a chance.

He crawled to the location where the smart phone dropped silently. Once he picked it up, he left the room immediately and went to the toilet on the upper floor. He dialled the emergency hotline and stated the address and the situation.

Gratefully, the "justice" arrived within five minutes. My owner and his girlfriend had a vigorous fight with the police force. Apparently, the police caught them off guard and arrested them for multiple charges.

The media described the kid who saved everybody's life as a hero. The kid turned me over to the police as evidence of all the crimes they had committed.

Due to their ruthless actions, the court gave them a life sentence in prison, and now I'm chilling in the evidence room until my time comes.

---

Letter to the Editor

5D Ng Tze Hei Nick

Dear Editor,



I am writing to express my agreement to the article which suggested an 8am start to the school day makes students feel tired and sleepy.

I am a secondary school student, and I would like to talk about why students feel tired when they go to school at 8am. Students are required to maintain high concentration during different lessons. They usually feel exhausted when they get home after the whole day at school absorbing knowledge of different subjects. However, for most of them, they are still fully occupied after they leave school. Many students have extra-curricular activities after school such as basketball or football practice, piano class and tutorial class, etc. The fully packed schedule takes up almost all the time after school, not to mention doing homework. As a result, the students are forced to sleep late causing the lack of sleep, which makes students feel tired on the next day.

I believe that starting school from 9am can surely solve the problem. Its direct impact would be more sleeping time for students which obviously allows students to be able to concentrate better in classes. Besides that, a recent survey from Singapore shows that starting school from 9am can allow students to sleep well and concentrate at school, which improves the academic performance and mental health condition at the same time. Last but not least, some students do not live near their school and have to wake up at 5 am every morning in order to be able to have breakfast and catch the train or bus to get to school on time. Some of them even skip breakfast. If students can start school from 9 am, they will definitely have time to have breakfast, get to school on time and have enough sleep at the same time.

To conclude, an 8am start to the school day makes students feel tired and sleepy. As students have a fully packed schedule, I strongly believe a 9 am start can surely

solve the problem.

Yours faithfully,  
Chris Wong

---

An Argumentative Essay

5D Tsui Yat Yin Issac

Recently, the editorial of the Kowloon Daily made a comment regarding the Internet and young people, suggesting the former worsens the social skills of the latter. Some are in favour of this opinion, while some are on the contrary. As for me, I am in agreement with this opinion and would justify it with three reasons.

First and foremost, the Internet causes young people to lose their sense of using appropriate words in real life communications. Using the proper words in the proper settings is imperative because it helps to construct the tone and the atmosphere of conversations, directly impacting how one would interpret one's words. However, the internet is full of slang and shortened phrases with diametrically different meanings in various social circles. Combining this with the fact that Internet usage is becoming more prevalent day by day, the border between the Internet and reality begins to blur. Some teenagers, or even young adults, are using words highly specific to the online communities in professional environments, such as offices and schools. There have even been cases where people use online slang in interviews, which is comical at first glance, but not so at second, as it serves as evidence that the Internet is truly causing young people to lose their sense of words.

Closely associated with this, the Internet is responsible for the short attention spans of young people. Communication, much like dancing, is a two-way action that requires the two companions to perform well. As such, a proper speaker and listener are both necessary for meaningful communication. The Internet nowadays, however, endangers the listening activity of young people, as it is full of fragments of small information after a short video platform like TikTok has gained traction. This incentivizes people's brains to develop short-term memories and a substandard attention span. Not being able to concentrate and focus in conversations without any instant gratification, people

are not able to listen and digest information in any conversation lasting longer than a few minutes. It is evident that the Internet is destroying young people's attention span, the basis for effective communication.

Last but not least, the Internet is abundant with inadequate role models that could affect young people in a negative manner. Teenagers would be easily influenced by their role models, as they desperately wish to be more intimate with the ones they admire by mimicking their speeches and behaviours. What could be a more influential role model than an online influencer in this digital era? Unfortunately, this circumstance provides opportunities for some, hoping to instill a new generation. Take Andrew Tate as an example, he is a very controversial influencer who frequently shared reprehensible techniques regarding communicating with women while he is currently arrested. His words are still able to roam free on the Internet. Indoctrinated by him, some young males have adapted his tips in an attempt to impress women but have failed horribly, leading to them being rejected or even actively disliked. This showcases how influencers play a main role in worsening young people's social skills, as young people might be isolated simply because they want to be their online idols.

To conclude, the Internet is responsible for the deterioration of young people's social skills since it contributes to their loss of sense of words, damages their attention spans, and provides poor role models. In response to this, we have to teach teenagers to regulate their usage of the Internet should we wish to establish a suitable environment for developing social skills.





## Form Six -- The Joy of Reading



A Review

6A Chan Pak Ho

**Course Review****Tutorial school:** Exam Triumph**Type of course:** DSE Mathematics

As I am a Secondary 6 student, I am preparing for the upcoming public exam. I looked for some courses that could help me improve my academic results and I found this course half a year ago. Now, I have finished the course and I am going to share my views here.

Course content

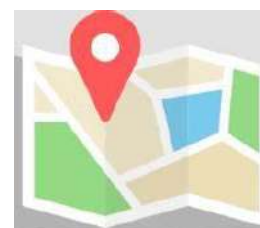
I think the course content is definitely suitable for everyone. Before I got into this course, they gave me a test so that they could know what topics I had covered so far. Then, they put me into a group which suited my needs.

Tutors

Are you worried that the tutors are too busy? Don't worry! Each group has its own tutor so that he or she is available to teach all the students in the group. Also, there is a test each month that ensures the tutor knows every student's progress. When I tried to do some exercises, the tutor gave me sufficient help and support. He taught me patiently, even though I didn't understand some questions after he had explained them to me several times. He also encouraged me to find out the solutions by myself. Besides, when I was allocated to another group because of my slow progression, the new tutor was still nice to me. I believe that most of the tutors are kind to students.

Venue

About the venue, the tutorial school is located in Mong Kok. It is a little bit hard to find because it is in a flat of an old Chinese building. There are four rooms in the flat, and only one of them is for the Mathematics course. It was a little bit crowded as there were forty students sitting in the same room. I hope that they can prepare two rooms for those who take the Mathematics course in the future.



### Course Fee

You may think the course fee is expensive, but I can tell you that you don't have to worry about it. It only cost me three hundred dollars each month for four lessons, which was a lot more affordable when compared with other tutorial schools.



Lastly, I hope the above information can help you. If you have any questions, please comment below the review.

-----  
A Letter of Advice

6B Justine Lau Chun Ting

Dear Ali,

It has been a long time since we met, Ali. I miss you so much! I saw your post about failing an important test on social media on New Year's Eve. I fully understand your feelings. I feel your frustration and desperation, so I am writing this email to offer some help, even if it's just a bit.

I have encountered similar problems to yours in my studies. Last year, I was studying for a degree in design. I had always wanted to be a designer since I was a little boy. It was my dream job. However, my performance was terribly disappointing, and I kept failing despite putting in loads of effort. By that time, I felt like I was worthless. It seemed to me that I didn't deserve to be happy. Depression, anxiety, and hopelessness kicked in, and I cried countless nights because of my shattered dream. Ali, my dear friend, I can feel your pain right now. At this moment, I would like to help you release your pain more than just showing my sympathy to you here.

I have a few suggestions on how to overcome your current state, and I do hope that you can hear them with all your heart.

First, to rebuild your faith, we must first re-adjust your mental state. In other words, we need to get rid of this negative aspect of you. To achieve this goal, I advise you to start with doing a sport. One of the sports you can choose from is going to the gym. To most people, going to the gym is hard because it has been associated with pain but I can assure you, the routine will empower you physically and definitely

mentally.

Another option is doing art, any kind of art. My personal recommendation is listening to music, especially live music. Try not just to listen to a song but to feel it. You would have the feeling of 'sonder' and connect with others around you. This special bonding can heal one's damaged heart. A tip for you is that if you decide to go to a concert, choose a small venue over a large one because the bonding would be stronger.

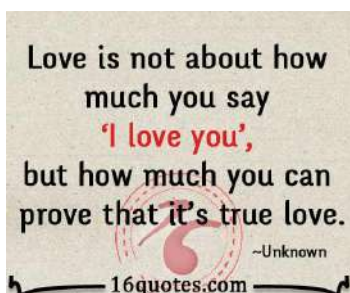
Once you have healed your wound, it's time to reclaim your glory. I understand that you have failed the test once before, but listen, my friend, greatness isn't built from victory, but from failures. Therefore, I have two ideas on how you can pass it next time.

Firstly, it is extremely useful to find a study partner to study with you. Laziness is our nature, and sometimes it's an unwinnable battle when you are alone. In those moments, a study partner can remind you and encourage you to stick to your goals and keep up the hard work. Also, having a study partner can help you examine each other's current level and reinforce your memories through asking each other related questions. However, please find a study partner who shares the same goals with you, or else you might get distracted, losing the original purpose of it.

Secondly, it is also helpful to take several associated courses on the subject you're studying. Studying by yourself has certain benefits; however, sometimes we may get overwhelmed by the sea of information. In these cases, a professional course could really help because they have organized all the required information in a rational order for you to access. Also, a professional in that field would be able to give you advice on specific topics you don't fully understand. Therefore, I would recommend you take a few courses on the topic you are studying.

Above are the suggestions I have in mind. I understand the sadness you are currently experiencing, and I feel for you. However, life must move on, right? Therefore, let's become better versions of ourselves this year! Let's keep grinding ourselves together and remember that you are not alone. If you need me, just write

back or even give me a call. I will be there. Turn over a new leaf. I wish you a happy New Year.



Best wishes,  
Chris

A Review

6C – Chu Wing Yee

### **A Review on a DSE Mathematic Course**

As a Secondary 6 student, I have just completed a DSE Mathematics course with Exam Triumph. I found the course very useful, and I would like to share my fruitful experience and opinions on the course.

#### **Course Content**

Let me first give you some information on this course. It was a three-month course with three levels for students to choose from, including Levels 2 to 3, Levels 4-5, and Levels 5\* to 5\*\*. I chose the basic level as I was not good at Mathematics. In the first month of the course, the lessons focused on the basic knowledge of Mathematics, which gave me a more solid foundation. After a month, the teacher taught us some more skills, such as how to use a calculator to solve questions. These skills were so useful that I could finish questions faster than before. In the last month, we focused on doing past papers and mock papers, which allowed us not only to attempt a wide variety of questions but also to have enough practice for the DSE. After the course, I made much improvement in my Mathematics.



#### **Tutor**

Each tutor at Exam Triumph teaches only one course, so the tutors are very professional. As my tutor understood our level and learning difficulties very well, he used some effective strategies to teach us. We learned a lot from him. Also, he was patient and helpful, staying behind after lessons to help us with individual learning difficulties. We could feel his passion for teaching.

### Venue

The tutorial school is situated in Mong Kok, which makes it very convenient for me to access. All the classrooms were spacious, and I found the environment very tidy. Moreover, the school provides a common room for students to use. I usually had some snacks and took a rest there before the lesson started. However, there was one problem with the venue. As the school is in the city center, it was a bit noisy during peak hours.

### Course Fee

As for the fee, I think it was more reasonable than that of other tutorial schools. Even though I come from a grassroots family, I could afford it. If we can meet our target in DSE, the school will give us a 50% refund. Although the fee was not high, the quality of the course was good. I think the course was cost-effective.

Overall, I am satisfied with the Mathematics course. With the help of my great tutor and the good course content, I have improved in my Mathematics exam marks. Therefore, I would like to recommend this course to you.

---

A Letter to the Editor

6C – Lau Hok Yat

Dear Editor,



I am writing in response to Paul Wong's comments about "delivery services create more problems than they solve". I totally disagree with him. I think delivery services do help us solve a lot of problems. There are several points that can support my view.

Firstly, delivery services provide us with a convenient way of ordering food. As a frequent user of delivery services during holidays and weekends, I can tell you that these services allow me to save a lot of time. After ordering food in less than three minutes with my mobile phone, I can continue with my own work at home, waiting for the food to be delivered. Without delivery services, I would have to wait outside a restaurant for my food, which would take much longer, especially during busy hours. Such a traditional way of ordering food is a waste of time. Delivery services enable me to spend my time more effectively.

In addition, delivery services have helped not only the owners of restaurants but also the customers to solve a lot of problems during the pandemic. At that time, most



people avoided eating at restaurants to reduce the probability of getting infected. As a result, many restaurants stopped gaining profits, and owners had to lay off staff to cut costs. However, thanks to delivery services, restaurants could keep running due to the growing trend of ordering food online. More and more unemployed people became delivery staff and could earn a living during such a difficult period. Even after the pandemic, delivery services continue to offer people job opportunities since many customers prefer this kind of service.

Some people may be concerned about the waste created by delivery services. They complain that the use of plastic containers and cutlery intensifies the pollution problem. It is true that the popularity of food delivery services draws people's attention to this problem. However, I want to stress that this kind of waste has been greatly reduced. As environmental protection has become a worldwide concern nowadays, more and more restaurants prefer using wooden or paper containers and cutlery for takeaway food. Some of them even ask their customers whether they need cutlery or not.

In conclusion, I do not think that delivery services create more problems than they solve. On the contrary, I think they help people to earn a living, especially during the pandemic. They also help us make better use of our time and raise people's awareness of environmental protection.



Yours faithfully,  
Chris Wong

---

A Letter of Advice

6C Wong Cheuk Hon

Dear J.C.,

I am writing in response to your letter, which was published in a teen magazine recently. I really identify with you that animals are enchanting and you hope to become a vet, but your parents do not support it. Therefore, I would like to share some suggestions with you to overcome the barriers and come up with a solution.

First and foremost, it is important to have good communication with your parents. It is necessary to show your parents that you are enthusiastic about being a vet. For instance, I was enthusiastic about playing basketball ever since I was little, despite feeling exhausted after school. I used to spend approximately three hours every day practising and I participated in numerous basketball competitions and won many times. Being a basketball player in my career is also the dream of my life. However, my parents were conventional and wanted me to pursue an academic career and graduate from university instead of being a basketball player. Eventually, I talked to them regularly and my passion for basketball convinced my parents successfully. Therefore, I think it is necessary for you to show how much you love animals. I firmly believe that this is an effective way to persuade your parents with your passion.

Alongside showing your enthusiasm for animals, it is essential to focus on your academic results first. You are just 16 years old, and you have to make every effort to complete your studies as well as prepare for the public examination next year. Otherwise, it will be far from easy for you to study in a vet-related course. There is no time for you to waste.

In short, you need to work as hard as you can to convince your parents. Also, you have to participate in different vet-related activities to enrich your experience and widen your horizons. Good luck!



Best regards,  
*Chris Wong*  
Chris Wong

A Story

6D Whitney Hung Cheuk Nam

### **Chapter One- A CATastrophe**

Mandy Smith, a girl who lived in the friendly quiet town of Moriah, was at the top of her class and was the star athlete at her school. Overall, Mandy was a Jack-of-all-trades, but the people of the town knew her as a famous teenage amateur detective and jokingly nicknamed her as 'Sherlock Junior'.

On one particular afternoon, Mandy overheard two of her classmates having a not-so-secret conversation by her side.

‘Hey, did you know that Mr Whiskers is missing?’ I heard from my mother that the old man stopped hearing his meows in the early morning and went to find Mr Whiskers. There were still no signs of where he went.’ Classmate A said.

‘Do you think Mr Whiskers went missing? Maybe he was kidnapped, or was he in an accident?’ Classmate B gasped and covered her mouth.

Mr Whiskers was not an inhabitant of any homes - he was just a ginger tabby who liked to visit people’s homes and ask for food. Everyone adored him, especially Mandy. Thus, when she heard that Mr Whiskers had gone missing, Mandy shoved aside the two classmates and rode her bike back home.

Mandy went down into the basement of her home and pulled on a thin string to turn on the lightbulb, revealing a room with a board in the centre, photos of people scattered across it with red lines and pins connecting them. Next to it was a wooden table covered in newspapers and colourful notepads. Mandy quickly organized her past cases into a binder and pinned a new picture on the board. It was a photo of Mandy gently squeezing the orange cat as she had a huge grin on her face.

She looked around at a map of the town to see if she could find any clues to it. Then she took a finger and pointed to who she was going to question first – Old Man Peter.

Mandy arrived on the doorsteps of Old Man Peter’s house. It was an old and small cottage with the paint chipping at the edges. A small rose bush donned the front of his yard, with thorns growing on the stem of the vines. Mandy tried to pluck one of the roses to give to her mother many years ago, but she ended up hurting her palms because of the thorns on the roses. Now, she carefully treaded through the tiny garden and rang the doorbell. The door opened to reveal Old Man Peter, wearing his thick-rimmed glasses and a pair of blue and white striped pajamas. He had a frown on his thin lips and a longing expression behind his soft green eyes. Old Man Peter stepped aside and invited Mandy to come in and have a cup of Earl Grey tea with cookies.

Mandy had a sip of the tea and hummed, allowing the bitter yet fragrant taste linger on her tastebuds. Old Man Peter took a seat on the plush sofa and placed down the plate of chocolate chip cookies. Mandy reached out to take hold of one and nibbled on it.

‘Peter, I heard that Mr Whiskers had gone missing. Do you know anything about this?’ Mandy asked, her finger trailing along the rim of the teacup.

‘Oh, that poor thing! I miss hearing his meows in the morning. Mr Whiskers is like my personal rooster, waking me up at 6.30am every day. I’m so worried about the little feline!’ Old Man Peter sobbed, his frown becoming deeper.

‘Little Sherlock Junior, are you here to investigate the case? If so, I can only tell you about one thing. The night before Mr Whiskers went missing, I could have sworn I heard a woman’s voice through my front door.’ Old Man Peter said as he placed a hand on his chin, recalling the memories from the night.

‘Anything else?’ Mandy enquired, raising an eyebrow as she jotted down the information.

‘Well, he was still here the next day. I noticed he was a bit quieter than usual. But overall, nothing out of the ordinary. You should really go to the large tube in the alleyway if you want more clues. It is Mr Whiskers’ territory after all.’ Old Man Peter gave Mandy a gentle smile and set her off.

When Mandy arrived in the alleyway of Ogre’s Street, she noticed that the number of cats living in it had reduced. Mr Whiskers tended to have many kitten friends laying around the area but there were only two to three cats on that day. She took out her magnifying glass to see if there were any clues she could find... some ginger fur, scratches along the floor or even a single whisker. Yet- Mandy couldn’t find anything at all!

At that moment, Mandy heard a loud clicking coming towards the alleyway and she hid behind the trash bin, hoping the night sky and shadows were able to hide her frame. A well-dressed woman wearing black heels turned into the alleyway. Her

clothes and purse were all branded products. She stuck out like a sore thumb in this nasty smelly alleyway. However, the peculiar things about this woman were the thick yellow rubber gloves she had on.

She looked around, sensing if there were any people around. When the coast was clear, she pulled out a brick from the side of the building, reached in and out came a small silver key. The woman went further down the alleyway and reached a rusty iron door. She inserted the key and went inside the small room as Mandy continued to watch in shock at what just occurred in front of her eyes.




---

A Letter to the Editor

6D Yvonne Wong Sum Yi

Dear Editor



### Delivery Service – A Boom for People

I am writing in response to the letter in the Hong Kong Post regarding the problems caused by delivery services. Nowadays, more and more Hong Kong people have their meals and groceries delivered to their doorsteps, and it has become a bone of contention. While some hold the view that delivery services are detrimental to people, some believe that they are a panacea for Hongkongers' lives. As a frequent user of delivery services, it is my strong conviction that the prevalence of delivery services should, under no circumstances, be harmful, as their benefits outweigh the drawbacks.

The reasons for my stance are various. Topping the list of benefits is that delivery services are so convenient that people's productivity can be boosted. It is undeniably true that the living pace of most Hongkongers, if not all, is extremely rapid due to their work. Several meetings and projects prompt them to pursue a faster and faster pace of walking to save time. No doubt, I am also one of the sufferers in this woe. Thanks to technological breakthroughs, delivery services like Food Panda and



Deliveroo, which go beyond geographical restrictions by allowing users to order food anytime and anywhere, are readily available to everyone. Such convenient services diminish workers' time costs, as they can just add orders in the office, and then their meals will be delivered to their doorsteps as soon as possible. The less time they spend waiting for their meals outside actual restaurants, the more time they save. With more time to work, their productivity will, therefore, be enhanced. With this in mind, it is obvious that delivery services are always good friends to workers.

In addition to the above, we should not overlook the fact that the quality of life could also be improved. Gone are the days when people sat down at actual restaurants. Instead, they prefer eating at home while watching funny TV shows. No doubt, enjoying their "Me Time" is the antidote for most people who are shy and dislike eating at restaurants alone. Apart from meals, daily products can also be purchased on the internet using delivery services. There is no exaggeration to say that products can be delivered to my home within a week whenever I order them on HK TV Mall, even though my home is in a remote area. I do not need to go so far, and then I can enjoy the services. In light of this, it is evident that people's quality of life is improving because of delivery services.

Our opponents may counter my stance, holding the opinion that delivery services pose a grave menace to our environment. Wasted meals and plastic products are put everywhere, contributing to environmental problems. Valid as the arguments seem at first glance, upon closer inspection, the claim is actually one-sided and ill-conceived. In recent years, people have become much more environmentally conscious. For the sellers, more and more restaurants are socially responsible. Starbucks is a case in point: they make every endeavor to use containers that can be recycled. For the users, once they use the box, some may wash them and deliver them to the recycling bins. As we can see, isn't it unreasonable to say that the environment will be 100% damaged?

All in all, I firmly believe that delivery services are a boon for me and most Hongkongers since they boost productivity, enhance the quality of life, and do not harm the environment thoroughly. As long as we correctly capitalize on delivery services, they would definitely be useful tools for us. I would be interested to know how other readers feel about this.



Yours faithfully  
Chris Wong  
Chris Wong

## Acknowledgement

Authors:	Students of Pentecostal School
Editorial Group:	Ms Ip Siu Ling (Panel Chair) Ms Chan Suet Fa Maggie (Co-ordinator) Fong Min Seon Tobey Mr Leung Lik Hang Eric Ms Kong Ah Lan Doris Ms Mei Putman (NET)
Covers:	Front Cover: 4D Cheung Hoi Yan Kitty Back Cover: 3A Lau Yin Shan Selina
Division Pages:	Form 1: 2B Chen Yu Yeung Abby Form 2: 4D Tan Yuen Ting Form 3: 3B Lau Sze Ching Emma Form 4: 3A Yu Hoi Wai Form 5: 3A Lam Wing Yan Form 6: 4B Yau Hoi Ching



Publishing Date: July, 2023

We give our sincere thanks to Pentecostal School's Parent-Teacher Association for sponsoring the publishing of this collection.

