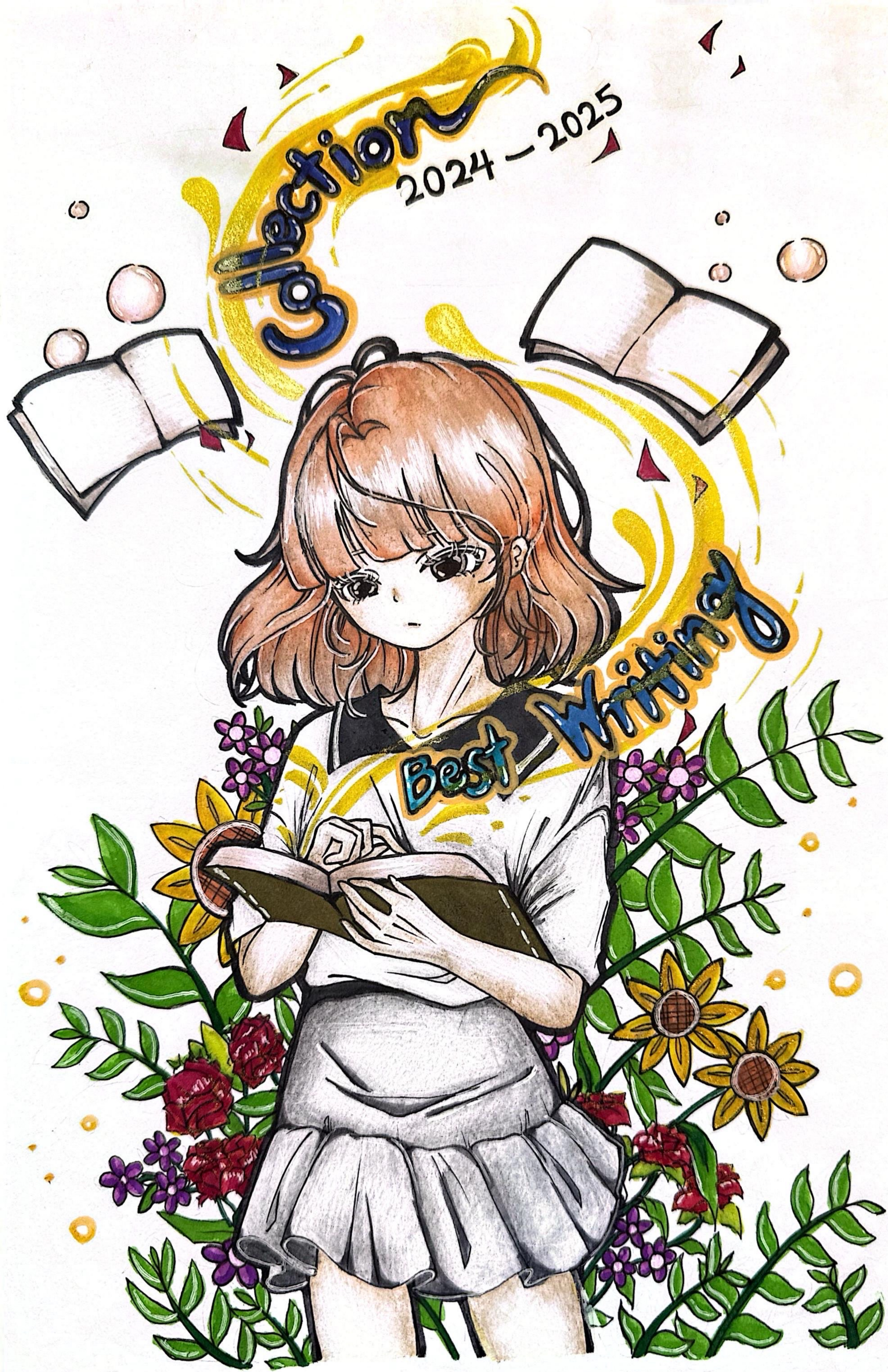


Collection
2024 - 2025

Best Writing



FOREWORD

Dear students,

It is with great pride and excitement that I present to you this wonderful collection of writings, a celebration of the creativity and talent within our school. This year, our theme is “*The Magic of Reading*”. Reading is truly magical, it can transport us to faraway lands or our back garden, teach us about both our world and the universe, and can even inspire us to dream bigger than ever before.

No matter what you choose to read, whether fiction or nonfiction, stories or facts, books in English, Chinese, or any other language. Each page you turn holds the power to expand your imagination and knowledge. Reading is not just for classrooms or exams; it is a gift you can enjoy in your free time or during the holidays. Whether you dive into a thrilling adventure, explore the mysteries of science, or learn about the lives of others, every book opens a door to a new world.

The whole world of reading is at your fingertips ready to explore. I encourage each of you to make reading a part of your daily lives. Let the magic of words inspire you, guide you, and take you on endless journeys.

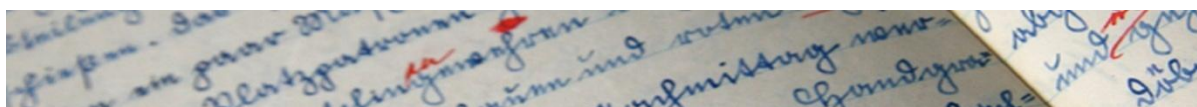
Happy reading, and may this collection spark your love for the written word!

Ms Ho Shuk Yee Suky

Principal

June 2025

CONTENTS



Principal's Foreword

Best Writing Collection 2024-2025

Form	Name	Articles	Page no.
FORM ONE			
F.1A	Li Wen Yin Alwyn	An Article about my Role Model	5
F.1A	Wong Cheuk Lam	An Informal Letter	6
F.1B	Ken Chau	An Informal Email	7
F.1B	Yeung Hau Yi	An Informal Letter	8
F.1C	Angel Cheung	An Informal Letter	9
F.1C	Yang Anni	An Informal Letter	10
F.1D	Salina Liu	An Article	11
FORM TWO			
F.2A	Ng Sze Yiu Abby	A Feature Article	13
F.2A	Ng Yat Nam Gaster	A Letter of Advice	14
F.2A	Wong Ching Ki Jenelle	A Letter of Reply	15
F.2A	Stessie Lim	A Letter of Reply	16
F.2B	Tang Yuen Yi Cici	A Feature Article	17
F.2B	Cheung Chi Shun	A Personal Email	18
F.2C	Mo Ngai Ching	An Informal Letter	19
F.2D	Lai Wing Suet Wing	A Personal Email	20
F.2D	Mo Ngai Ching	An Informal Letter	21
FORM THREE			
F.3A	Naomi Wu	One-sided Argumentative essay	23
F.3A	Vianne Yiu Wing Yan	A Proposal	24
F.3B	Chan Pak Wing	A Story	25

F.3B	Lau Chun Lok	A Letter of Complaint	26
F.3C	Lam Ching Ho Tyler	A Letter of Complaint	27
F.3D	Brian Wong	A Report	28
F.3D	Hung Tsz Shuen	An Article	29
FORM FOUR			
F.4A	Kelly Wong Ka Lai	An Email	31
F.4A	Julian Wong Yam Ching	A Letter to the Editor	32
F.4B	Zhou Tsz Sen	An Informal Letter	33
F.4C	Chan Chi Cheung	An Informal Letter	34
F.4C	Chan Yan Lam	A Descriptive Writing	35
F.4C	Ng Ka Chun Isaac	An One-sided Argumentative Essay	36
F.4D	Lai Hiu Wing	An Argumentative Essay	38
F.4D	Kruz Jones	An Argumentative Essay	40
F. 4D	Jiang Tsz Yiu Terry	An Essay	42
FORM FIVE			
F.5A	Tang Kwong Keung Niko	A Letter to the Editor	44
F.5B	Leung Hei Yau Charlotte	A One-sided Argumentative Essay	45
F.5C	Chan Hiu Lam	A Letter to the Editor	47
F.5C	Pang Ying Cha Sakura	An Argumentative Essay	48
F.5D	Austin Wu	A Letter to the Editor	50
FORM SIX			
F.6A	Yee Shing Lok Jason	An Email to groupmates	54
F.6B	Sam Lam	A Terrible Story	55
F.6C	Fu Sheung Him Matthew	A Story	57
F.6C	Cheung Pak To	An Article	59
F.6D	Mok Hoi Ying	A Speech	60
F.6D	Li Kwan Chak	An Essay	61
Acknowledgement			63



FORM ONE

An Article about my role model

1A Li Wen Yin Alwyn

The Greatest Love of All

My role model is my mother. She is the kindest and most hardworking person I know. Her love and strength inspire me every day. She helps our family and others, always putting them first. I admire her not just as my parent, but as someone who teaches me to be brave, kind, and responsible.

My mother's kindness shines in everything she does. She has a warm smile, gentle eyes, and always wears bright scarves. In her free time, she loves cooking meals that are delicious. She also spends hours helping others, like comforting a friend who is in a bad mood. Her actions show me that kindness starts with small loving acts.

My mother's kindness is what I admire most. She helps her neighbours, volunteers at community events, and listens to everyone who needs support. Once, even when she was exhausted, she still listened to me patiently. She never complains or gives up. Her actions show me that small acts of kindness can make a huge difference.

My mother is always my biggest cheerleader. She encourages me to try out new things, like joining a sports team or learning music, such as the violin. Whenever I feel nervous, she reminds me to "believe in yourself and you'll achieve more than you think." She trusts me, makes me feel confident, and gives me the courage to overcome the hardships ahead of me.

My mother is more than a parent. She is my guide and my role model. Her kindness, hard work, and support shape the person I want to become. I hope to make her feel proud by studying hard. She shows me that with determination and perseverance, anyone can overcome all the challenges. She will be my guiding light, leading me to the correct path forever.



An Informal Letter about an Interclass Competition

1A Wong Cheuk Lam

20th April, 2025

Dear Jenny,

How have you been? It's been a while since we last talked. Guess what? There was a dodgeball competition held at my school last week, and I'd love to share this incredible experience with you.

The dodgeball competition took place over the last two days at school. My best friend Felix and some of our classmates teamed up against Class 1B. Throughout the game, we all played well and had a lot of fun. Before the game began, I was nervous since I had never played dodgeball before. Fortunately, Felix cheered me up and encouraged me, which helped me feel much better.

To play dodgeball, there are two teams, each with ten players. The objective is to eliminate players on the opposing team by hitting them with a ball. If a player is hit, they must leave the court. However, players can also dodge the ball, catching it to eliminate the thrower. The game requires quick reflexes, teamwork, and strategy. We communicated a lot, calling out to each other when we spotted an opportunity to throw or dodge.

By the end of the game, Felix played so well that he helped us defeat the other team. The audience cheered loudly for us, and their excitement was contagious!

Looking back at the game, I have to admit that I truly enjoyed it—not only because it was fun, but also because I had the chance to work with others. I felt so proud to be part of the team!

It's almost time for bed. I hope we can see each other soon, as we have so much to catch up on. I miss you!

Best wishes
Chris



An Informal Letter about a Dodgeball Competition

1B Ken Chau Kam Pan

Dear Phoebus,

How are you, bro? I hope you're well.

This year, I have a great PE teacher, Mr Yeung. In March, he taught us how to play dodgeball. The rules are simple. You throw a ball at a player. If the ball hits him, he is out. If he catches the ball, he stays.

Last week, we played dodgeball with Class 1A. We were so happy! I played with six teammates. They were Damon, Lily, Venom, Dora, Jack and Andy.

When I was playing the dodgeball game, I was very excited and nervous. Although I threw the ball a lot of times, I could not hit any opponents. I was disappointed.

Suddenly the ball flew at me very fast. I didn't know how, but I caught the ball! Immediately, I used all my power to throw the ball. The ball was faster than light.

All my teammates and all the spectators shouted very loudly. The ball hit one opponent. I felt very surprised and shouted, 'Wow! I can't believe it! This is a miracle!' When the dodgeball competition ended, all my classmates encircled me and cheered loudly for me.

This is all about my dodgeball competition. I need to take a shower now. Write back soon! Bye!

Chris



An Informal Letter**1B, Yeung Hau Yi****An informal email to someone about a dodgeball competition**

Dear Lucy,

How are you? I hope you're well.

Last week, our class played dodgeball with Class 1A. It was fun. If you come back to Hong Kong in the holiday, you can try it with your friends. It will be an amazing experience for you!

We played this game in PE lessons. My classmate, Lily, was the best player in the competition. She was smart and threw the ball very well! Because of her, our team had more players in the court than our opponents.

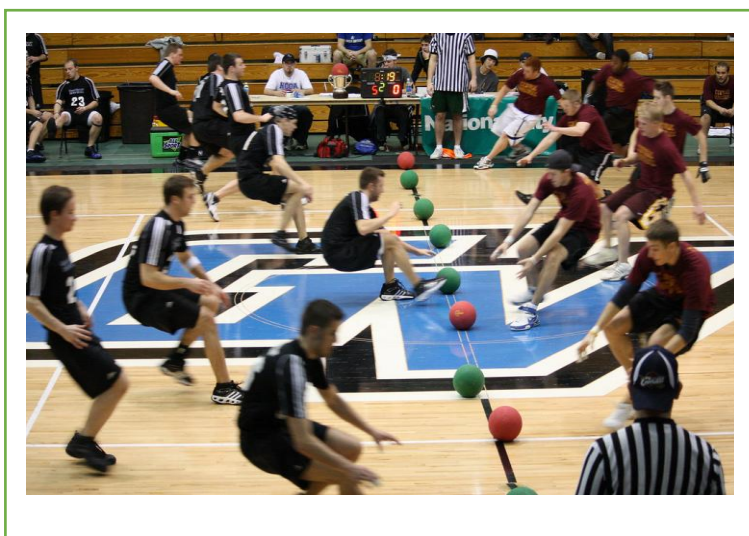
I think you must be confused now. So, let me tell you how to play dodgeball. There are eight players in the game. We need to throw a ball at our opponents. If the ball hits a player, he or she will be out and become a 'ghost' in the stand-by zone outside the court. If your team has more players in the court when the game ends, you win.

The last two minutes were the most exciting moments in our dodgeball competition. At this time, 'ghosts' were more than players. I enjoyed this game very much. And I also learned that teamwork is very important.

Anyway, it's getting late. I must stop now. Please write back soon.

Cheers

Chris



An Informal Letter**1C Cheung Tsz Ching Angel**

Dear Jane,

How are you? I hope you are well. I have some exciting news to share with you! Are you happy with your school life?

Last month, I played dodgeball with my classmates during PE lessons on Day D. This game needs a dodgeball and quick actions. We played at the covered playground and there were twenty players. We caught and dodged the ball. It is very simple!

Before the competition, I felt a little nervous because I'm not very good at sports. By the way, Cami was the best player of the day! She is very good at sports and took the game very seriously. She performed well in the game without disappointment. I really want to introduce her to you!

In this competition, the most exciting part for me was when I was being chased by my classmate. I enjoyed the competition because everyone felt happy, and I did too.

Even though you haven't experienced it, I hope you can feel it by listening to me. In the end, we didn't care if we won or lost because it's just a game.

Anyway, I loved this competition and hope you can enjoy it with me when you return to Hong Kong. I must go now because it's bedtime. I miss you! Please write back soon.

Best wishes,
Angel Cheung



An Informal Letter about an Interclass Competition**1C Yang Anni**

28 May, 2025

Dear Penny,

How're you? I hope you're having a great time in Australia! I'm writing to tell you all about our exciting inter-class dodgeball competition at school.

The competition was held last Friday. It took place right on the school playground. I think the competition was intense. My whole class, F1C, played against F1D. I felt nervous and super excited.

There must have been nearly 100 students watching and cheering. All we needed were the balls and the court markings. The rules are simple: players on two teams try to throw balls at their opponents on the court. They either catch or dodge the balls. But sadly, our class didn't win the competition. The best player was definitely Tom from F1D. He was strong and powerful. The most exciting part was near the end when it was just me dodging two throws in a row before finally getting hit. My heart was pounding!

Even though we lost, I also loved the competition. It was so much fun. I want to play dodgeball again. The biggest thing I learned was how crucial teamwork and quick reactions are—you really have to work together and think fast. Have you played any fun sports lately?

Anyway, I must go now because it is bedtime. Please write back soon.

Best wishes,
Chris Wong



My Role Model

Who is my role model? My friends love their favourite idols and singers, but my role model is special - she is my mum. She is a kind woman with a strong will.

My mum was born in Hong Kong. She likes smiling. She has short hair and big eyes. She doesn't wear glasses. She has one brother and one sister in her family. Her hobby is singing at home.

My mum has a strong will. I remember when she first started learning English, she didn't know much at all. She found learning English difficult, but she never quit. I was surprised because she could complete this challenging task and learnt the language.

My mum is also kind. When I find running challenging and want to give up, my mum encourages me to face the problem. When I don't know how to do my homework, she will teach me. All these things mean a lot to me, so she is always my hero. I feel thankful because she is selfless. Even when she is tired, she still cooks meals for me and teaches me different skills and knowledge.

My mum's life experiences teach me many things, such as being kind and helpful to others. I hope I will be a strong-willed person like her.





FORM TWO

A Double-Edged Sword for Social Connection -- Instagram (IG)

Which social media app is the most popular now?

It's Instagram! The Instagram stands out as one of the most popular social media apps. It can blend photo-sharing short video (reels) and instant messaging functions of the app. As a platform, it allows you to express creativity, stay connected with friends and discover trends.

Advantages of this app

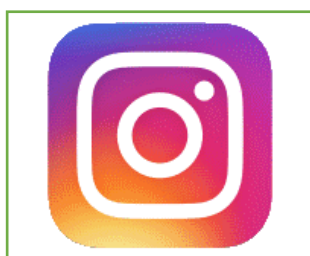
The biggest strength is it allows us to 'connect people'. Whether through stories, posts or DMs, users can share moments instantly. I think it's also a powerful creative tool -a lot of filters, editing tools and reels help users create beautiful posts easily. Additionally, Instagram provides users with endless entertainment.

Disadvantages of this app

IG engages many users, including me, who spend hours scrolling, which affects our study time. Endless scrolling can lead to 'wasted time' and even 'addiction'. The pressure to gain likes and followers can 'harm self-esteem', especially among teens. The worst part is that people often compare themselves with others, leading to low self-esteem.

Should you use it?

IG is a fun way to stay in touch and explore hobbies if used wisely, but balance is the key. As a result, you can enjoy IG without letting it take over your life. Therefore, I suggest setting time limits and focusing on positive content. If you enjoy sharing moments and discovering new ideas, IG is worth trying-just remember to use it wisely!



A Letter of Advice**2A Gaster Ng Yat Nam**

Dear Mike,

I have received your letter. I'm sorry to hear that you are very unhappy. I understand the problems that you are facing. I think I can give you some advice.

First, you mentioned your problems about studying. If you're struggling with your homework and revision, you can ask your classmates and teachers for help. I believe they are willing to help you. At the same time, you should stop pushing yourself too hard, taking a break from your work is better for your mental health.

Secondly, you can ask for my help if you are having trouble learning English. It is my pleasure to help you. Remember, don't lose hope, and don't be afraid. You can absolutely pass your English tests, examinations, and dictation when you are brave to face it.

In addition, to solve your family problems, you can try to communicate with your parents. I understand you don't have enough money to buy new clothes and shoes. You can explain your situation to your parents. When you explain to them peacefully, I hope they will comprehend your dilemma and give you more pocket money. If they don't, you need to learn how to manage and save money.

I hope my advice is useful for you. If you want someone to help you, I'm very pleased to be that person. Please write to me again if you need any more help.

All the best,

Jacky



A Letter of Reply

2A Janelle Wong Ching Ki

Dear Edmond,

Hi, I've been great. It's been a while since we last met. How have you been? I heard you're studying abroad in the UK, is it going well?

I recently did something on my bucket list, spending Christmas in New York City! This trip was extra special as it was entirely planned by myself. I'm grateful that my family trusted in me to plan the trip. We started off the three-day trip and stayed at the Empire Hotel, the view there was fantastic! It overlooked beautiful scenes of the lively city. The rooftop lounge was my favourite part of the hotel, but enough of that. Time to talk about the interesting stuff.

On the first day, we went to an ice rink at The Rockefeller Center. This rink was different from those I've visited in Hong Kong as it was an outdoor rink. It wasn't my first time ice skating so I didn't have much trouble with it. But it was my mother's first time ice skating so Dad and I had to help her out. She didn't need that much help, Mom was a natural skater! It makes sense though, she used to roller skate when she was young. The Rockefeller Centre was stunning! We went there at night and the Christmas tree had brilliant lights wrapped around it. Most people go to the Rockefeller Centre not for ice skating but for the Christmas tree and I can see why. It was truly remarkable! I'm so glad I went there at night. The scene at night compared to daytime was so different. I enjoyed ice skating with my family so much. It's such a wonderful memory.

On the second day, we decided to feast like a king. We went to Joe's Pizza Broadway and had the best deep dish pizza ever! It's a must try if you visit Manhattan. We had to get the Caprese pizza and the Supreme pizza. It was delicious! The mozzarella cheese on the Caprese pizza was so tasty and savory. The cheese pull could go on for miles! I feel like the tomatoes added an unforgettable acidic twist. The Supreme pizza was even better. The toppings paired splendidly together. The mushrooms made the pizza have so much umami! After we had finished the pizzas, I suggested visiting a local cafe called "Hard Rock Cafe". It had a great atmosphere. While Mom and Dad were looking at the menu, I realised the cafe wasn't any ordinary café: it was a music themed one! It made a lot of sense as there were random instruments lying around. Mom and Dad had a passion fruit cocktail and blackberry sangria. I had a strawberry basil lemonade and a side of fries to share. The drink sounded odd but most had alcohol and I was searching for something non-alcoholic. The drink blew my socks off! It was sour but not overly sour, sweet in all the right places and had a beautiful pink hue from the strawberries. I ate so much more food but if I told you all of them this letter would be too long!

On the last day of our trip, we went to the iconic Times Square. The flashing billboards nearly gave me a seizure but it would be worth it. We took photos to commemorate the special moment. The next thing you know, I was on a flight back to Hong Kong, I miss New York so much. The locals weren't the nicest but it just made me miss it more.

I hope I can go back there next summer, I'll cry if I don't!

Love, Amy

A Letter of Reply**2A Stessie Lim**

Dear Edmond,

Thanks for your sharing. I would love to visit Paris during my vacation. It must be fascinating!

I had a great time last summer holiday because I travelled to Paris with my parents, just in case you don't know, Paris is the capital and most populous city of France. We went to Paris because my mom won 3 tickets to the Louvre Museum online. In the Louvre Museum, the masterpiece "Mona Lisa" was painted by Leonardo da Vinci, a generalist from Italy. He was famous for his dramatic and expressive artwork. Mona Lisa was once stolen by Vincenzo Perugia in 1911, who's an Italian painter and he tried to return Mona Lisa to Italy.

After spending almost an hour enjoying art pieces, we decided to grab some food for lunch. We walked around and finally found a local traditional restaurant. We sat down inside and started reading the menu. The dishes on it were just incredibly creative! The one that caught my attention was Escargot.

I have been expecting to try them since long ago, but somehow my father didn't enjoy it. He said it was too salty for him and he also ordered a cup of French Sidecar and said it tasted just like lemon juice.

Finally, my parents and I took a photo under the Eiffel Tower. The view was stunning!

Paris is really an amazing place! You should really invite your family to visit here!



Love,

Amy

The App I like most is WeChat

The app I like most is WeChat. It has loads of functions. We can communicate with friends and families, do payments or even make friends all over the world. It has become an important part of my life because it helps me in many ways. It brings me a lot of convenience and fun.



Advantages of WeChat

WeChat allows me to find information by entering keywords, like finding articles and news. WeChat has the scan function to identify QR codes and barcodes. Just yesterday, I used it to order my dinner and I found it very convenient and user-friendly.

Disadvantages of WeChat

However, WeChat has bad points. People spend too much time chatting on WeChat. They seldom talk face to face. This is not a good way of communicating. Besides, it is addictive. Many people, especially teenagers, spend hours and hours playing games or browsing online websites. They do not spend enough time to study or work.

I would recommend WeChat to classmates. For studies, it is easy to create groups to chat. We can form groups easily to discuss homework, revise for exams and share study skills with each other. For communication, we can have voice calls to talk to people around the world. Yet, we have to pay attention to how we use WeChat effectively.



An Email**2B Cheung Chi Shun**

Dear Edmond,

Thank you for your email. Everything is going well on my side. Thank you for your blessings. I will do my best to study well for my Uniform Test.

In the last summer holiday, I went to Sydney in Australia with my parents. I was very excited at that time as it was my first time to travel with my parents. You know, I was so overwhelmed that I couldn't sleep well the night before.

We went to several famous tourist attractions in Australia. First, my parents and I went to an Australian Zoo. There were a lot of animals, for example, Koala, kangaroos and crocodiles. I took loads of photos, watched koalas and fed animals. Next, we swam with sea animals. I enjoyed the time there. I couldn't imagine how amazing my feeling was when I swam with them. They were friendly with us. I saw a lot of sea animals for example, dolphins, whales, and sharks. I could not stop myself from taking photos. I also had a chance to swim with whales and sharks with the guidance of a coach there. At last, we sunbathed with kangaroos at the Lucky Bay. I love those mummy kangaroos so much as they used their pouches to take care of those babies. When I saw this scene, it was so touching. I think all the mummies are so wonderful. All these were memorable and fun.

Finally, we tried different restaurants in Australia. It's hard to tell you which one is the best as the delicacies in Australia are original and fresh. We love seafood the most as it's fresh and yummy. We also love macaroni on the side as it smelt really nice. They were creamy and crispy on the top. All food was delicious.

Hope that you enjoy my sharing. Please write back soon and tell me how you feel.



Love

Edmond

An Informal Letter

2C Regina Mo Ngai Ching

Sharing travelling experience

Dear Edmond,

Thank you for your letter. I am doing well. I went to Hang Zhou with students who joined Strive and Rise Programme during the summer holiday. It was a very funny trip.

We went to some famous tourist attractions there, including Geely Automobile Holding Limited, Hang Zhou Olympic Sports Center and Zhe Jiang University.

First, let me tell you about Geely Automobile Holding Limited. I saw a lot of Geely vehicles and in-car facilities. We sat in a car and experienced how it felt. The staff there talked about the renewable energy of cars, so it was very fun. I like this attraction because it helped me broaden my horizons.

Then, we went to Hang Zhou Olympics Sports Center. We visited the stadium there and listened to the staff explaining its construction progress. The stadium was very big.

The last place was Zhe Jiang University. We had a tour to the lecture halls and we saw an exhibition about students' technological inventions. Their work was great. I like the university and I was deeply impressed by the studying environment.

Finally, we tried a lot of local food there. We tried famous dishes like Dongpo Pork and Steamed West Lake Fish in Vinegar Gravy. They were so yummy. The pork was full of fat but did not taste greasy. It looked very appealing and smelt very refreshing. The fish was also delicious because it was crispy, sweet and sour all with a pleasant smell.

This experience allowed me to understand the history and Hang Zhou and its latest development. I enjoyed it very much. If you like travelling, I can take you there next time.

Love,

Peggy



A Personal Email**2D Wing Lai Wing Suet**

To: edmondloves2travel@hontila.com
From: peggy112@gmail.com
Subject: My Amazing Trip to Tokyo

Dear Edmond,

How are you? It was nice to receive your email. I'd like to share with you my travel experience.

During the summer holiday, I travelled to Tokyo, Japan with my family as we wanted to explore this fascinating city. We visited many tourist attractions, and I felt happy throughout the trip.



First, we went to Senso-ji Temple. It was spectacular! The buddha statue there is big and has a long history. I participated in some traditional rituals, such as drawing fortune sticks and gathering around incense burners. There's also a shopping street where I bought delicious traditional snacks and souvenirs for my friends.

Next, as a Harry Potter fan, I visited Warner Bros. Harry Potter Studio Tokyo with my family. The experience was cool! I got to go behind the scenes and discover the filmmaking magic that brought the Harry Potter films to life.

We also explored Ueno Zoo, where we saw pandas and tigers. They were so cute! I couldn't stop taking photos of the pandas.

Finally, we tried Japanese BBQ in Tokyo, which had many premium ingredients. It was delicious and I felt satisfied!

It was a fantastic trip to Japan. I can't wait to hear from you soon!

Love,
Peggy

Instagram - The App I like most

The social media app I like most is Instagram. It has many functions. You can start live streaming, record videos and know what is happening in our daily life.

Advantages of Instagram

Instagram is a great social media app. It allows me to make more friends. I can stay in touch with friends and chat with them online. I often chat with friends online, watch reels and videos and search for information. We can learn about the latest trends.

Disadvantages of Instagram

However, Instagram has its dark side. We may lose our personal privacy. We have to be careful with our personal information that we should not tell others, such as our identity card number, bank account number and mobile phone number. Also, it is addictive. Many students use it for 4-5 hours a day. It is very harmful to our eyes.

I would recommend my classmates to use Instagram. We can chat with friends and meet people from different countries all over the world. However, we have to control ourselves.



Instagram





FORM THREE

A One-sided Argumentative Essay**3A Naomi Wu****Do you think technology can bring people closer together?**

Do you think technology can bring people closer together? Many people disagree because they believe that technology leads to less real contact with each other. But in my opinion, I think technology is a great way to bring people closer.

To begin with, technology, like social media, allows people to post things they like or are interested in so that others with common interests can view them. When people find someone who shares similar interests, such as musical tastes or sports, psychology says it creates a good first impression. People feel that they are being understood, which can lead to an increased sense of belonging and social connection.

Furthermore, technology connects us with anyone, anywhere around the world. Don't you sometimes miss your long-distance friends or family? Well, technology has advanced to include emulated face-to-face interactions through screens, making us feel closer to friends or family who are hundreds of miles away.

Finally, technology allows us to keep happy memories with people. An article by Medium mentioned that sharing memories together is a way to remember how important relationships are and why they matter. Thanks to technology, we're able to reinforce these relationships simply by spending time going through photos or sending them to distant friends or family.

In summary, I believe that technology does bring people closer. It creates a good first impression for others, connects us with everyone, and strengthens relationships by keeping memories.



A Proposal**3A Vianne Yiu****Proposal for the School Club Charity Event**

Dear Principal,

I am writing to propose holding an event to help the elderly and needy. After discussing with our members, we propose holding a donation drive. We suggest holding the event from December 20th to 22nd because there are many people who do not have enough clothes and food in winter. We would send heat packs and food to the needy at the Kai Tak Airside. The location is big enough for us to hold the event.

Additionally, we would make some gingerbread cookies and sell them, and then we will donate the funds raised to other charities. Many people want to be involved, so they could donate food and heat packs. We believe that the event could help the needy because the shelter will be very cold, and we can help those in need feel warm and well-fed. Also, the funds from the gingerbread cookies may assist the homeless.

We hope this event will help students learn social skills and how to be patient, friendly, and helpful. At the same time, I hope people can pay more attention to the needy. Since this event is meaningful and can allow students to learn a lot, we believe it can also help those in need. We sincerely hope that this proposal will be approved, and we firmly believe that students will improve their social skills and learn many things from the event.



Best regards,
Vianne
Chairperson
Charity Club

A story**3B Chan Pak Wing****A Holiday Trip**

In the last summer holiday, my family and I thought of different activities to do. After a lot of discussion, I could hardly believe that my suggestion, going to Hawaii, was the chosen one.

I was excited to fly on the airplane since it was my first time taking a flight. Since it was a long journey, I did a lot of different things, like listening to music, playing video games, and taking a long nap.

When we arrived in Hawaii, we were all as excited as children on a roller coaster. Then, we went straight to the hotel that was closest to the beach. After arriving at the hotel, we all went to our rooms to drop off our luggage and changed into our swimsuits.

Once we arrived at the beach, my dream had come true. My parents were lying on beach chairs to relax while my sister and I chased each other and built sandcastles. We even went swimming.

Suddenly, while we were chasing each other, we saw a shocking and horrifying creature swimming nearby. I grabbed the binoculars and saw a shark in the sea! It was dangerous for us to swim, so we stayed on the beach. I alerted the lifeguards as soon as possible. They warned everyone to get out of the water.

At last, I was glad that everyone was safe. After that, the lifeguards awarded me a badge called "Life Saver." This was the most unforgettable trip I've ever had.



A Letter of Complaint**3B Lau Chun Lok**

Dear Mr. Lau,

I am writing to complain about the absolute heresy that was the shopping experience I had yesterday. I am displeased with both the product and the attitude of the shop assistant who served me.

First, the iPad tablet I purchased was not working properly. The battery heats up very quickly, causing the applications I was using to crash. The screen of the iPad flickered when I opened the camera application.

Second, the shop assistant who served me, Andrea, was rude and unhelpful. She was on her phone while I was asking her about the iPad. She also glared at me and did not answer most of the questions I asked.

Overall, I am dissatisfied with this shopping experience. The quality of the product and the attitude of the shop assistant were unacceptable. I demand a full refund and a written apology from the assistant, Andrea. I hope you will take my complaints seriously and take action to ensure a positive attitude among your employees and that the quality of your products meets standard.

Best regards,

Chris Wong



A Letter of Complaint

3C Tyler Lam Ching Ho

1st December 2024

Dear Sir,

I am writing to express my disappointment regarding the buffet dinner my family and I attended last night to celebrate my birthday at your restaurant. Unfortunately, our experience fell short of the five-star standard we expected.

First, the variety of food was limited, and the dishes were either lukewarm or lacking in flavour. Additionally, several items were not replenished promptly. The service was slow, and the staff were unresponsive and less than accommodating, which detracted from our special evening.

I had high hopes for this celebration, and I hope that you can address these issues to ensure a better experience for future guests.

Thank you for your attention to this matter.

Yours faithfully,

Chris Wong



A Report

3D Brian Wong Sheng Rui

Report on students' comments on the school tuck shop

Introduction

A survey has been conducted to find out students' comments on the school tuck shop. 100 students from Form 1 to Form 3 have been interviewed. This report presents the findings, conclusions, and recommendations.

Findings

The survey asked how often they visited the school tuck shop. 64% of the respondents said that they sometimes visited the tuck shop. 21% of them reported that they never visited the tuck shop.

The survey asked what they usually bought at the tuck shop. 65% of the students said that they went to the tuck shop for drinks. 21% of the students answered that they went there for snacks.

The survey also asked what the main problem of the tuck shop was. 74% of the respondents said that there were limited choices of food. 12% of them felt that the food was expensive.

Conclusion and recommendations

According to the findings, the main reason why students went to the school tuck shop was for drinks. In addition, the problems students found were limited choices of food and expensive foods. Therefore, it is recommended that the school tuck shop should sell a greater variety of food and lower the prices.



An Article

3D Hung Tsz Shuen

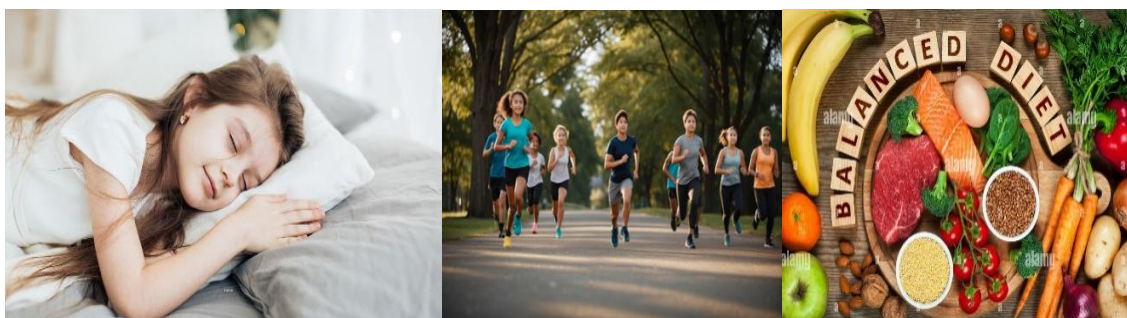
Hong Kong Students and Exercise

Everyone knows that exercising is good for our health, but many students do not get enough exercise. They do not engage in sufficient physical activity for various reasons. Whatever the reasons may be, there are different ways they can stay healthy and keep fit.

Hong Kong students do not get enough exercise due to several factors. First, most schools in Hong Kong do not encourage students to exercise. Hong Kong students only have around one hour of Physical Education classes every ten days, which indicates that the majority of schools do not focus on promoting students' physical health. Additionally, students do not have enough time to exercise. They spend a lot of time completing homework, revising for quizzes and examinations, and attending tutorial classes after school every day. Furthermore, many Hong Kong students are too lazy to exercise because numerous students are addicted to electronic devices. For example, most of them play online games for five to six hours a day instead of choosing to exercise.

There are many ways that students can stay healthy and keep fit. It is important for students to maintain a balanced diet. For instance, they should avoid eating too much junk food and eat more vegetables and fruit. Although they are busy with their academic studies, they are encouraged to engage in exercises such as running and swimming for at least half an hour every day. Last but not least, they should get at least seven hours of sleep every night to support their growth and development.

To conclude, Hong Kong students need to get enough exercise. They should also maintain a balanced diet, exercise regularly, and get enough sleep so that they can stay healthy and fit.



PENTECOSTAL SCHOOL BEST WRITING COLLECTION 2024~2025



FORM FOUR

An Informal Email

4A Kelly Wong Ka Lai

Dear Pat,

Thanks for asking me! I'm doing well. Life in Form Four has been quite a change, but I'm enjoying it. The new syllabus is challenging, and I'm involved in several extra-curricular activities, which keep me busy but also help me make new friends.

I'm thrilled to hear you've finished your studies and that you'll be traveling to Hong Kong! It's fantastic that your mum is letting you explore on your own. Hong Kong has so much to offer, and I'm excited to share some tips with you.

Since you are on a budget, I recommend starting with some of the beautiful countryside like Lantau Island, where you can hike and enjoy stunning views. The Big Buddha is a must-see, and it doesn't cost much to take the Ngong Ping 360 cable car for amazing scenery.

Also, visit country parks that include easy hiking routes, such as Dragon's Back in Shek O Country Park, as well as long and arduous mountaineering sections, such as Tai Tung Shan, the third highest peak in Hong Kong between North Lantau and South Lantau Country Parks. It's also a great place for photography and exciting paragliding activities.

For sightseeing, the Star Ferry is a great way to enjoy the harbour without spending too much. You can also visit places like Tsim Sha Tsui and explore the Avenue of Stars.

Last, when it comes to food, try local street food like egg waffles and dim sum in local eateries. They are delicious and affordable! Also, don't miss the vibrant night markets for a taste of local culture.

Love,

Chris



A Letter to the Editor

4A Julian Wong Yam Ching

Dear Editor,

I am writing to express my views regarding whether I agree with the parents who install apps on their children's mobile phones. It has recently been reported that some parents in Asian countries are installing apps on their children's mobile phones that monitor their activities to ensure that they use these devices responsibly. In my opinion, I tend to disagree with parents that install monitoring apps on their children's phones. There are three reasons to support my stance.

Firstly, trust is believing that the other party is being honest, dependable and upright. This behaviour may cause children to feel disrespected or even rebellious, ultimately damaging the parent-child relationship. Children need to feel trusted in order to learn and grow in a safe environment. It is essential for parents to trust and teach their children. Also, this type of monitoring may cause children to rebel. When children perceive their parents as overly controlling, they may hide their behaviour or even find ways to circumvent monitoring. This can lead to irresponsible behaviour.

Secondly, emotionally, this practice may cause children to feel anxious and stressed. When they are under constant surveillance, they may worry that their behaviour will not be accepted, leading to depression and even affecting their mental health. Children need constant encouragement and support, not doubt and pressure. So, I think parents should not install apps on their kid's phones to protect their emotional health.

In addition, monitoring violates children's privacy rights. Everyone should be entitled to a certain amount of privacy, especially as children grow up. They need space to develop their own identity and independence. Parental monitoring behaviors may deprive children of the opportunity to explore themselves, which is morally unacceptable. If parents choose to use monitoring apps, they may inadvertently exercise control over their children. This is not only unhealthy but may also cause children to feel inadequate in future social and interpersonal relationships.

In short, although parents' starting point is to protect their children, I think it will affect their personal growth. Based on rational, emotional, and ethical arguments, I believe it will have an impact on children. Therefore, I disagree with these parents' actions.



Yours faithfully,

Chris Wong

An Informal Letter**4B Zhou Tsz Sen****A Reply letter**

Dear Pat,

I'm super excited to receive your letter. Everything is fine. I have adapted to life on the new campus. Honestly, I don't plan to participate in too many extra-curricular activities for the time being. And you? How's your life in Australia?

I'm glad to hear that you are visiting Hong Kong next month. I'm sure that you are going to have a splendid time, and there's so much to see and do here.

Let me be your tour guide. Start your adventure in Mong Kok. This is one of the busiest places in the city. When you come here, you can see countless shops and restaurants. The dazzling neon signs at night also make it the popular location of many local and international movie scenes. In Mong Kok, you can taste authentic Chinese food and get immersed in an exotic atmosphere.

If you're interested in the night view, you should visit the Peak Tower, which is the highest point on Hong Kong Island. There, you can enjoy a panoramic view of Victoria Harbour. Though it's always crowded, the experience is worth it.

You can also choose to stroll along Tsim Sha Tsui Waterfront. It is another fantastic landmark to admire the night view. Once you are standing there, you will be shocked by the density of skyscrapers, not to mention the Symphony of Lights, a light-and-sound show that takes place at eight every evening. Be sure to take time to explore.

I hope this helps you plan your trip! Hong Kong is full of surprises and I can't wait to hear all about your adventures! Enjoy every moment!



Cheers,

Chris

An Informal Letter**4C Chan Chi Cheung, Oscar**7th September, 2024

Hi Pat,

Thanks for your letter! I was really glad to receive your email. Everything is going well on my end.

I've been promoted to Form 4, and luckily, I'm not too busy, so there's no need to worry about my school life, my friend. I have many new classmates and teachers I didn't get to know in the lower forms, and I hope to get along well with them.

I wanted to talk about my new syllabus. My elective subjects are Economics and Chinese History, which were my best subjects in Form 3. So far, I find them quite manageable, but I feel a bit stressed because my classmates seem very strong academically. I worry I won't perform as well as my classmates. What about your elective subjects? Were you good at them? You've never told me much about them!

For extra-curricular activities, I'm thinking about joining the school basketball team, but I'm not very confident. If you think I should join it, I'll give it a try!

I was thrilled to hear that you've finished your studies, congratulations! I'm also super excited about your trip to Hong Kong. Here are some suggestions for your visit:

First, I suggest you go to the Peak. It's a beautiful, well-known spot, and I know you're trying to keep things budget-friendly. You can visit the Peak Tower and enjoy the panoramic views of Victoria Harbour which I think will be well within your budget, and I bet you'll love it!

Another great place to check out is the Hong Kong Cultural Centre. There are plenty of excellent performances that showcase Hong Kong's culture. The best part is that the tickets are not expensive.

You also said that you didn't want to spend too much on expensive food, but Hong Kong is famous for shopping! It'll be easy for you to find some good souvenirs that are affordable but still high quality.

That's all for now and I hope you like my suggestions! Have a great day.



Love,

Chris

A Descriptive Writing**4C Chan Yan Lam****My Dream**

I sometimes forget my childhood memories, but this photo is especially meaningful to me. The girl with a ponytail in the photo is me. It was taken when I was in primary school.

When I was a child, I loved drawing because it allowed me to express my emotions and helped me feel relaxed. In the photo, I am drawing a picture on the blackboard. Some classmates saw it and told me it was wonderful. When my class teacher noticed me drawing, she took a photo of me and encouraged me to consider becoming a painter.

This photo is meaningful to me, as it reminds me of my dream one that I should continue striving for.

Friendship

The people who are putting their hands together in the photo are my football teammates and me. The photo was taken after a football match in Form 4, which also happened to be the birthday of one of my teammates.

Even though we lost the match, our coach encouraged us to put our hands together to encourage each other. Then, she put her mobile phone on the ground and took the photo. Instead of saying “PS!”, we shouted, “Happy birthday, Mia!”

It was one of the most impressive moments we shared as a team. Although we lost the match, we knew that we were great teammates. This photo reminds me not only of our teamwork but also of our friendship.

A One-Sided Argumentative Essay**4C Isaac Ng Ka Chun**

Nowadays, technology is becoming more advanced. Parents are starting to use apps for monitoring their children's activities. By installing apps on their mobile phones, parents can ensure their children's safety while also maintaining their privacy on the Internet. I firmly believe that installing these apps is fantastic because they not only prevent children from danger but also protect them from online addiction and help them avoid sharing harmful information online.

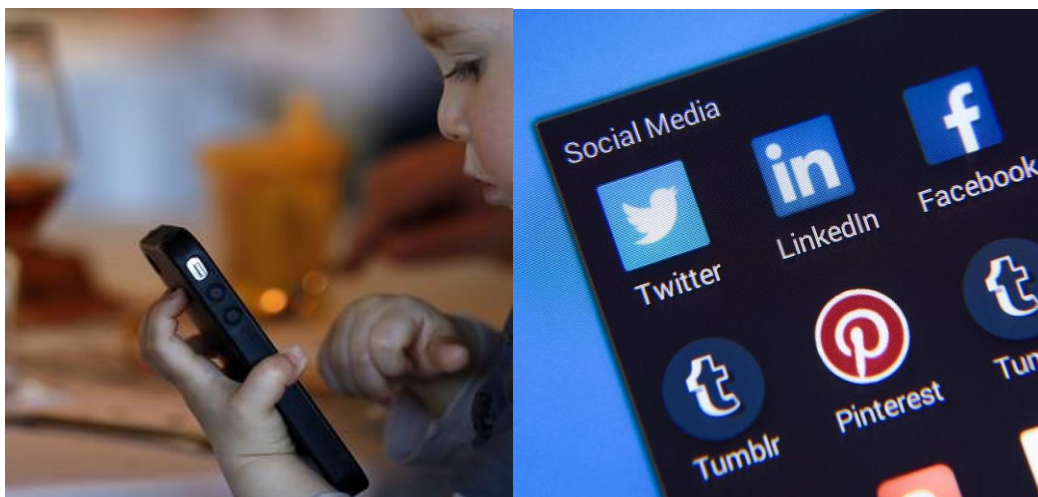
First, installing apps on children's mobile phones can prevent them from danger. For example, security apps can alert parents if their children are being scammed or targeted for money. These apps can help parents identify scams and take appropriate action to protect their children. Even if their children visit dangerous websites without parents accompanying them, the apps can send notifications to draw their parents' attention. This can help parents supervise their children and prevent them from danger or unnecessary situations. Parents can secure their safety. Therefore, downloading apps on children's mobile phones can prevent them from danger.

Secondly, monitoring apps can prevent children from suffering from online addiction. Parents' supervision by installing apps can stop children from browsing the Internet or playing online games more effectively. When children use the apps for a long period of time, parents can lock their screen for an hour until their parents give them permission again. Under this situation, using apps to control their children's usage on mobile phones could prevent them from suffering from online addiction.

Last but not least, limiting children's activities on mobile phones would protect them from sensitive information and content. Everyone using social

media can edit and post different kinds of content on the Internet, which may include something sensitive or harmful, like violence and pornography. Children may easily access these websites and find it difficult to distinguish if they are beneficial or harmful. Installing monitoring apps can alert children beforehand and push reminders to their devices if children access these platforms. Hence, monitoring apps help keep children safe from learning sensitive and harmful information.

To sum up, given that installing monitoring apps can prevent children from danger, avoid them from suffering from online addiction and protect them from sensitive information, it is a wise way to help parents educate their children. In my opinion, it would be more important for parents to communicate with their children and discuss with them why they install the monitoring apps on children's devices to avoid misunderstanding and foster communication.



An Argumentative Essay

4D Joyce Lai Hiu Wing

Monitoring apps



Monitoring is not a right move

Technology and Internet are becoming more advanced nowadays. Some parents in Asian countries want to monitor their children's activities by installing apps on their children's mobile phones in order to ensure that they use these devices responsibly and to protect their children from the dangers of the Internet. However, I firmly believe that it will bring a lot of negative impacts on children's personal growth and parent-child relationship. Indeed, this act cannot protect the children from danger.

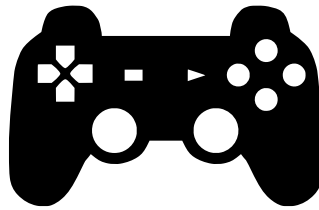
Firstly, installing apps on their children's phones may ruin their personal development. Children do not have the ability to become independent and are not able to do critical analysis. Since the control of their parents is so harsh, they cannot use their own devices freely. There is no opportunity for children to face challenges on their own and try to be independent. Consequently, they will be lack of self-discipline and self-control to monitor themselves well. Besides, the monitoring by their parents will make them feel uncomfortable, as they are not trusted and respected. It is possible that the children will suffer from mental problems such as anxiety and depression as they are under constant monitoring. It will surely harm the children and affect their growth.

Secondly, there is a chance that monitoring can result in increased tension between parents and children. Parents are installing apps on their children's mobile phones so as to monitor their activities, so their children are not able to use their mobile phones freely to relax. As a result, their children may feel angry and depressed. In worse case, they probably will argue with their parents. The parents will be upset at the same time. Hence, this monitoring action is harmful to their parent-child relationship.

Finally, children will be placed in a more dangerous position if parents keep monitoring their children. One of the purposes of parents installing apps on their children's mobile phones is to protect their children from danger. However, parents cannot protect their children forever. When the children grow up, because of being over-protected in childhood, they will not be able to identify dangers and protect themselves. They may not even be aware of danger. This is definitely not what the parents are hoping for in the first place.

To sum up, it is impossible that the children can grow up normally, have an intimate parent-child relationship, and become independent when monitoring is taken on the children. I firmly believe it will bring bad influences not only to the children but also the parents. For these reasons, they must adopt other ways instead if the parents want to protect their children to ensure their children are using mobile phones responsibly. They can try by building up good communication with their children and teaching their children how to utilise their electronic devices appropriately.



Are virtual games sports?**Video Games Are Rising Sport**

In recent years, the debate over whether playing video games should be considered a sport has gained traction. Unlike traditional sports like football or rugby, video games are not used in lessons to develop physical fitness in students. However, I firmly believe that video games should be considered as a sport since they need skills, strategy, teamwork and persistence, just like any traditional sport you can think of. In the following paragraphs, I will provide more evidence to support my opinion.

First, I will start by defining the keyword “sport”. Sport is generally a competition that requires skill and practice, where players or teams compete against each other. If we look at “e-sports”, it fits this definition perfectly. Professional video gamers spend hours a day just practising their gaming skills and developing strategies. For example, many teams participate in the competitions of popular games, such as “DOTA 2” and “League of Legends”. The participating teams have coaches, training schedules, and meeting times to review and analyse the game matches they or their opponents have played. The time taken for preparing an “e-sport” match is the same as in a traditional sports tournament. There are audiences, commentators, and online viewers in an e-sport competition. For example, in 2013, “The International DOTA 2 Championships” attracted over 20 million people to watch. Competitions like this show clearly that playing video games is a kind of sport.

Some say that playing video games is not a sport because it does not involve physical activity. While it is true that “e-sports” does not require running or jumping,

etc., in fact, e-sports does require fast responding, hand-eye coordination and the ability of making decisions quickly. For instance, FPS games like “Counter-Strike 2” require players to react to visual and audio cues immediately. Also, professional gamers have to make decisions faster than we can blink. These superb skills are similar to the way a badminton player reacts to a flying shuttlecock. Many studies have shown that the top video game players have shorter reaction times than top traditional sport players.

Finally, e-sports is already recognised as a sport in many places, and this recognition is increasing rapidly. There are professional leagues existing for multiple games, attracting sponsorships from major companies all around the world, and offering players a chance to make a career out of gaming. Gaming clubs from all around the world are seeking talented players worldwide from high schools and universities. Many high schools and universities have already started their e-sports teams. Schools are also offering scholarships to talented players. People are even discussing including e-sports in the Olympics. These facts indicate that the potential for e-sports being recognised as a sport is skyrocketing.

In conclusion, playing video games should be considered a sport. E-sports requires sophisticated skills, dedication, and teamwork. They have a lot of benefits which traditional sports may or may not have. As the number of players of video games continues to grow, it is time for everyone to realise that playing video games is not just entertainment, but also a sport.



An Essay

4D Terry Jiang



A memorable moment as a start of my learning journey

My fond yet nervous memory of being a student was the time when I was standing in front of the blackboard with a piece of chalk. That's me in the picture. You may guess that I was writing on the board and sharing ideas with others. In fact, I remember this scene that I was shivering and shared what I knew in front of my classmates when I was a primary school kid. The reactions fuelled my enthusiasm. My classmates were pleased with my presentation. This experience not only helped me express my thoughts but also, most importantly, built my confidence.

Looking back, I realise that writing on the blackboard sharpened my love for learning, leaving me a lasting memory of my school days. I got used to sharing with others by using the blackboard in my school days.



Unity as one

Before a football match, our team gathered in a circle on the field. Hands stacked together, we felt a surge of energy. The scene of this picture is still vividly shown on my mind. Our coach inspired us with a few encouraging words, reminding us that teamwork is the key to success. As we shouted our team slogan, the tension melted away, replaced by confidence and unity. When the whistle blew, we were stronger and ready to fight together. Regardless of the outcome, that moment of togetherness reminded us that friendship and support are what truly matter in sports.

Ultimately, we won with all our efforts and friendship.



FORM FIVE

A Letter to the Editor**5A Tang Kwong Keung, Niko**

Dear Editor,

I am writing to express my opinion on the popularity of electric cars. While studies show that electric cars are more environmentally friendly than petrol cars, fewer than 3% of all vehicles sold worldwide in 2020 were electric. I would like to discuss the reasons behind the low sales of electric vehicles and suggest ways to encourage more people to drive them.

The sales of electric vehicles were so low because of several factors. First and foremost, the high cost of electric cars is a major deterrent. For instance, an electric car from a leading brand can cost as much as \$700,000, making it unaffordable for most people.

Second, the number of charging stations fails to meet the demand of drivers. If our city cannot increase the charging infrastructure, many people will avoid purchasing electric cars. It is difficult to convince people to buy an electric vehicle if there are not enough charging stations. In addition, electric vehicle technology is still evolving, and there is room for improvement. For example, there was a case in which an electric car suddenly malfunctioned and caught fire. These are the reasons why the adoption of electric vehicles is so low.

There are several ways to attract more drivers to drive electric vehicles. First, the government could provide support for drivers. For example, those who buy electric cars could receive discounts and enjoy free charging services. This would definitely encourage more people to make the switch. Another way to increase the popularity of electric vehicles is that the manufacturers enhance the performance of the vehicles. Companies could invest in research to develop better batteries that allow longer driving ranges on a single charge and improve charging efficiency, making electric cars more practical for everyday use. Moreover, both

companies and the government could launch educational campaigns to highlight the benefits of electric vehicles, including their environmental advantages, lower operational costs, and technological advancements.

In conclusion, there are multiple reasons for the low sales of electric vehicles. However, I firmly believe that strategies such as giving discounts, improving vehicle performance, and conducting awareness campaigns can encourage more people to drive electric vehicles.



Yours faithfully,

Chris Wong

A One-sided Argumentative Essay

5B Leung Hei Yau, Charlotte

Hong Kong now has many more areas such as parks, shops and restaurants that welcome dogs. Some people feel that the city has gone too far in its efforts to be dog-friendly. However, I support the idea that Hong Kong should be more dog-friendly. In the following essay, I will explain my reasons for taking this point of view.

Firstly, having dog-friendly places not only brings joy to their owners but also promotes broader social interactions. These spaces create opportunities for dog owners to connect with one another, share experiences and funny stories about their dogs while building friendships centered around their shared love for dogs. Also, it can improve others' mood. The adorable looks of dogs evoke laughter and joy, creating positive emotions that are easily contagious. Research shows that interacting with dogs can lower one's stress levels, not only for the owners but also for those around them.

Secondly, dog-friendly places create numerous business opportunities. Dog-friendly establishments can attract a significant number of dog owners and pet enthusiasts, who provide a stable source of revenue for businesses. Restaurants can design menus for dogs, offering healthy and delicious food. These pet-oriented products do not only meet market demand but also increase the profits of merchants. In addition, promotional activities such as ‘bring your dog to enjoy a discount’ can also attract more customers and increase sales.

Lastly, some people think that dogs are not to everyone’s liking and can easily frighten or disturb others. I believe this can be avoided. Many dogs are trained to maintain good behaviour in public places. Such dogs will not cause trouble for others. On the contrary, it can enhance the understanding between people and dogs. For those who are afraid of dogs, merchants can designate specific areas where dogs are not allowed, while also creating welcoming environments for dog lovers to enjoy.

To conclude, having more dog-friendly places brings many benefits. Therefore, this initiative should continue to be pursued.



A letter to the Editor**5C Chan Hiu Lam**

Dear Editor,

I am writing to share my thoughts about the increase in dog-friendly places in Hong Kong. I believe the idea of making our city more welcoming to pets is beneficial; however, this may cause problems for many residents.

Firstly, more dog-friendly parks and shops might seem good, but they can become noisy and chaotic since dogs may bark. This may annoy families with children or anyone looking for a quiet place to relax. Additionally, some people may feel stressed or uncomfortable in these areas. For example, dog-friendly restaurants, where dogs are allowed, can be difficult for those with allergies or who dislike dogs. It is essential to consider the diverse needs of our community when implementing such initiatives.

Secondly, how dogs are treated in these places may create more spaces but also potential problems. While many dog owners are responsible, which enhances our city's atmosphere, there are still those who do not adhere to proper pet etiquette. This inconsistency can lead to conflicts among residents and negatively impact community harmony.

Moreover, the presence of dogs in public spaces can lead to safety concerns. Untrained or aggressive dogs could pose a risk to people, especially children and the elderly. While it is vital to create spaces for dogs, owners should also be responsible for training their pets to ensure they do not disturb others. This could be dangerous for both the dogs and the community, as we cannot predict their behaviour. An unexpected encounter with an uncontrolled dog may lead to accidents or injuries.

Last but not least, while having dog-friendly spaces is a nice idea, I believe we need to think about how to create a community that allows us to keep our city enjoyable for all residents, whether they love pets or not. It is crucial to foster an environment where everyone feels comfortable and safe.

In conclusion, I urge city planners and policymakers to consider these factors when developing dog-friendly spaces. Collaboration between dog owners and the wider community will be essential in achieving a balance that respects everyone's needs.

Thank you for considering my views on this important issue.

Best regards,
Chris Wong



An Argumentative Essay

5C Pang Ying Cha Sakura

Dear Editor,

I am writing to support the Government's choice of traditional egg tarts and Mahjong as intangible cultural heritage items. These two features are among the historical icons of the cultural life of Hong Kong people. They are worth protecting, and we can do so in many ways.

Firstly, traditional egg tarts and Mahjong both embody the sentiments of Hong Kong people - warmth, interest, and craftsmanship. When making egg tarts and Mahjong, artisans devote their lives to perfecting these crafts. Additionally, enjoying egg tarts and playing Mahjong serve as bridges that connect people from all walks of life. In our daily lives, we often buy a box of egg tarts after a day of work and share the joy of tasting them with family and friends. Watching the hot, crispy, golden egg tarts come out of the oven and smelling the butter in the bakery or 'cha chaan teng' are ways to enjoy life for Hong Kongers. On the other hand, the elderly playing Mahjong with family during Lunar New Year, while the youth listen to the sounds produced by the game, creates a collective memory for Hong Kongers. We can see that traditional egg tarts and Mahjong are worth protecting since they are essential parts of our culture.

Moreover, protecting traditional egg tarts and Mahjong will also help attract tourists and drive the local economy. If traditional egg tarts and Mahjong become intangible cultural heritage items, tourists seeking to explore the world's cultures and who are interested in food and entertainment will be thrilled to visit Hong Kong to experience the taste of traditional egg tarts and the excitement of playing Mahjong. This can help boost the tourism industry.

Last but not least, there are various ways to protect these two features. Firstly, to pass down the crafts, we should cultivate new generations of masters of traditional egg tarts and Mahjong artisans. For example, more professional training courses for making traditional egg tarts or for Mahjong should be held and popularized among secondary schools, universities, and job seekers. Additionally, schools should introduce students to the making of egg tarts and Mahjong through videos or interactive games. Secondly, I suggest that the Government hold events to promote egg tarts and Mahjong, such as Egg Tarts Week and a Mahjong Design Contest. During Egg Tarts Week, popular bakeries could set up booths in a square to sell delicious egg tarts at a discount. Workshops allowing participants to make their own versions of egg tarts with a variety of ingredients could also be held. In the Mahjong Design Contest, participants could design images for each Mahjong tile, and the winning design could be produced.

To conclude, traditional egg tarts and Mahjong are worth protecting as they symbolize Hong Kong culture, and this could improve the economy of Hong Kong. They can be preserved if we foster new generations to pass them down and promote them effectively.



Best regards,
Chris Wong

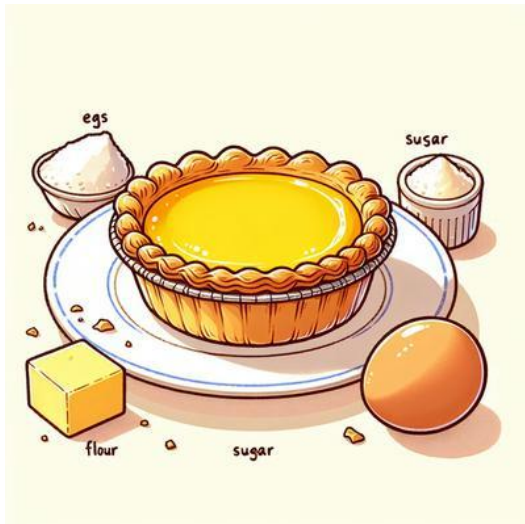
A Letter to the Editor**5D Wu Austin**

Dear Editor,

I am writing in full support of the government's choice to protect two intangible cultural heritage items: traditional egg tarts and Mahjong. A heated debate has been ignited, arguing whether or not this heritage should be protected. Intangible cultural heritage surrounds us in our day-to-day lives. As a member of the heritage protection group, I genuinely believe that these treasures embodying Hong Kong should be protected by us citizens with deliberation. The particular reasons and initiatives to be considered for protecting this heritage will be indicated in this letter.

To begin with, I believe the significance of intangible cultural heritage in Hong Kong should be clarified and understood. Intangible cultural heritage plays a quintessential role in Hong Kong, symbolizing the characteristics of the city and catching the eyes of millions of foreigners. Intangible cultural heritage comes in various forms; milk tea and bamboo scaffolding are classic examples that have contributed to building the city we live in today. This heritage is not just a topic of conversation but the spirit that only we Hong Kong citizens have, treasured deep inside our hearts. It builds relationships between neighbours, entertains us subtly, and reminds us that Hong Kong is our root. Intangible cultural heritage is what fosters our sense of belonging.

With the importance of intangible cultural heritage discussed, let us delve into the reasons why traditional egg tarts should be protected. This secret and scrumptious afternoon snack, which has been a favourite of a tremendous number of Hong Kong citizens throughout the years, has been a memorable part of childhood for many of us, replenishing our energy after hectic mornings. Moreover, research conducted in recent years demonstrates that egg tarts are among the top three most well-known snacks in the eyes of both foreigners and



locals. With this evidence, it becomes evident that egg tarts have also contributed to Hong Kong's revenue from tourism. Nevertheless, the people who know how to make this iconic delicacy are imperceptibly fading away, which is the elephant in the room that no one has addressed. This could pose a serious issue for Hong Kong's food culture and be detrimental to its international reputation. Without this lovable mixture of eggs and batter, Hong

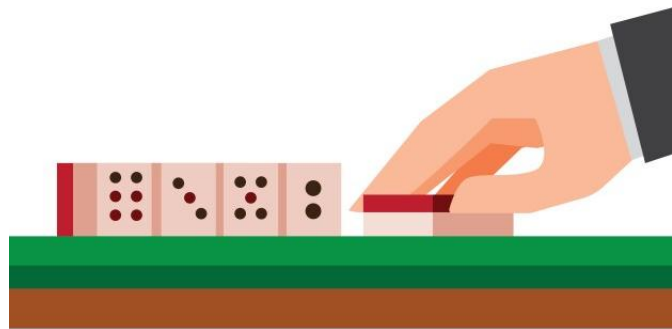
Kong would face significant cultural and economic consequences, showing that the preservation of egg tarts should be heavily considered.

In addition to the reasons why egg tarts are worth protecting, here is how they can be preserved. Due to aging, many of the professionals who have mastered the art of egg tart-making have passed away. To address this issue, I suggest the government set up classes for youngsters to learn the skills required for making traditional egg tarts, passing on the recipe of this heritage and keeping it alive. This initiative not only protects the heritage but also provides job opportunities for teenagers facing poverty, killing two birds with one stone.

The other intangible cultural heritage item that is worth protecting is Mahjong. Mahjong is a game prevalent among Hong Kong citizens. During the vibrant and invigorating festival of Chinese New Year, people are keen to have exhilarating matches of Mahjong with relatives, friends, and neighbours. The enthusiasm embodied by Hong Kong citizens towards Mahjong cannot be underestimated, as matches often last the whole night, with players tirelessly competing with their opponents. Even movies are produced in considerable amounts, featuring Mahjong as one of the elements. However, this leads us to the disastrous downfall of the Mahjong industry in Hong Kong. The majority of these movies portray Mahjong in a negative light, often showing gangsters using devious methods to win matches in Mahjong schools, resulting in fights afterward. This has subsequently provoked many of us to associate Mahjong

with gangs and view Mahjong schools as hotbeds of illegal betting. Egregiously affected by this misleading information, a significant number of Mahjong schools were forced to close, resulting in a scarcity of venues for new generations to come into contact with this traditional game. This has noticeably led to Mahjong being replaced by online video games as the main entertainment among teenagers in Hong Kong. Without any protection, this beloved game, cherished by millions of citizens, will soon become a relic of the past.

With the reasons mentioned above, it is vital to understand the protection needed to keep Mahjong as the first game we think of during Chinese New Year. I suggest TV shows be

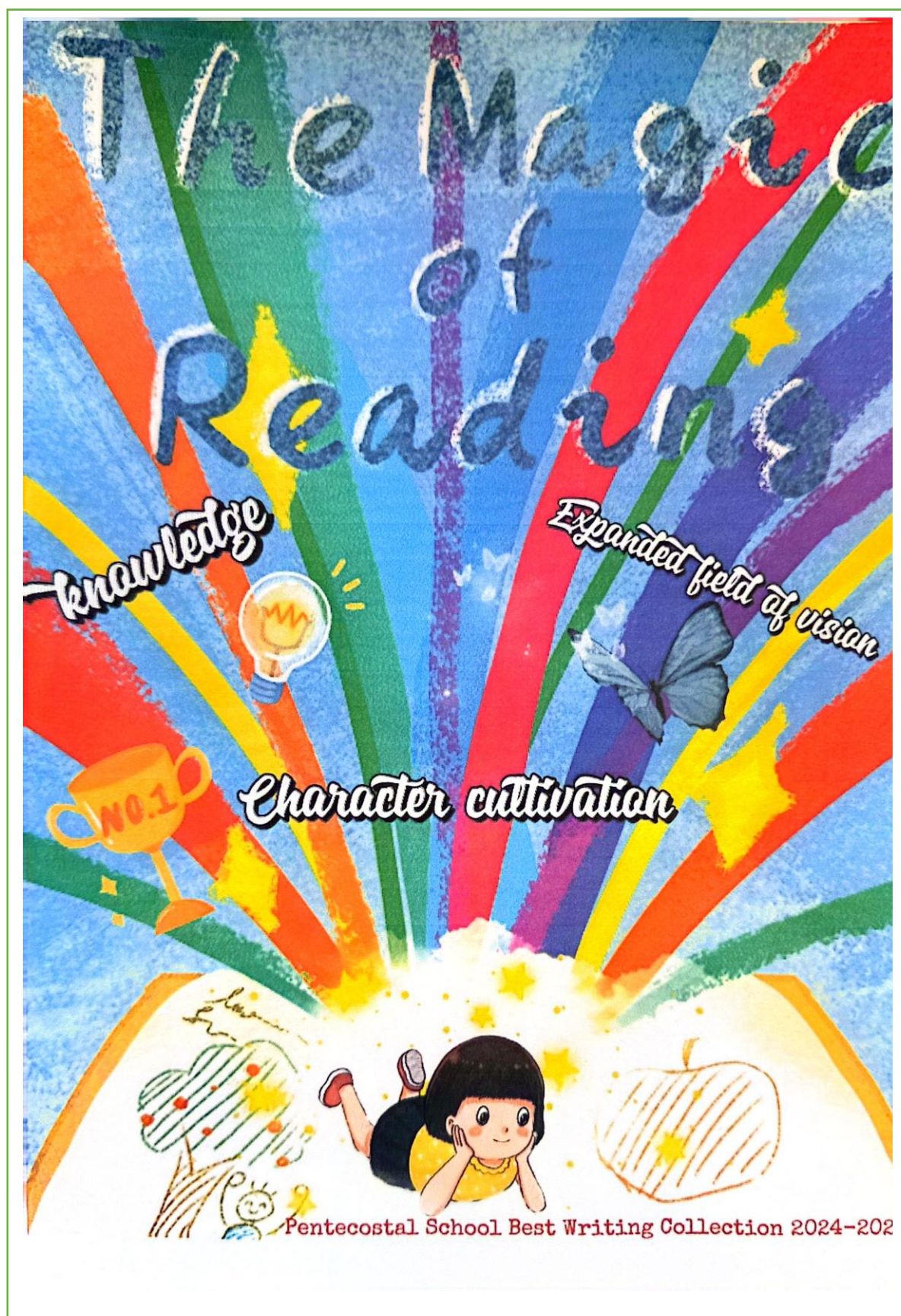


premiered, illustrating the true, mesmerizing side of Mahjong schools, refreshing citizens' misled impressions of them, and prompting a significant increase in Mahjong school customers, thereby preserving this cornerstone of Hong Kong culture. Activities can also be organized by Mahjong schools, such as lessons on how the game works, introductions to the intriguing history behind Mahjong, and Mahjong competitions to capture the attention of both locals and foreigners. Apps related to Mahjong can also be developed to provide teenagers with easy access to the game. These measures will allow Mahjong culture to be passed down from generation to generation.

With the aforementioned reasons and suggestions, it becomes clear that by no means should intangible cultural heritage, such as traditional egg tarts and Mahjong, be forgotten. This heritage is a sophisticated element that has constructed our home of Hong Kong, providing us with entertainment, topics of conversation, and, most importantly, a sense of belonging.

Yours faithfully,

Chris Wong



FORM SIX

An Email to Groupmates**6A Yee Shing Lok Jason**

Dear Groupmates,

I am writing to inform you that I am unable to take up the leadership role in our upcoming group project on the history of coding, which we have to submit before April 20th. I sincerely apologize that this decision comes so unexpectedly. Here are my reasons for my withdrawal.

First and foremost, being the head of this daunting group project will conflict with my suddenly packed daily schedule. Although I usually have an abundant amount of free time as a typical high schooler, I am sorry to tell you that my father has recently fallen extremely ill and is currently residing in a local hospital. Three days ago, he became unconscious and collapsed at home, holding a cigarette in his right palm. Even though I was aware of my father's unhealthy lifestyle and lack of self-care, this still came as a shock to me. With my mother having passed away a few years ago and both my siblings choosing to relocate to Brazil and Russia, respectively, I have become his only close relative. It is my responsibility alone to support my father in his toughest days. While it is true that he is being taken care of by the most professional and competent doctors and nurses in the city, he still needs love and support from a family member. I hope you can understand my choice to prioritize the well-being of my dad over the school group project.

Another reason, perhaps even more influential than my father, for my decision to step down from the leadership position is my lack of confidence in being in charge of this group. Yes, I have successfully led others in the past, even earning an A+ for a crucial assignment working with, no offense, significantly weaker academic students. However, it has not been all sunshine and rainbows. In the last school project, I failed to help my group members achieve good grades due to my failure in arranging ideal practice and discussion times for the group. After that incident, I came to terms with the fact that maybe I am just not fit to be a leading figure in anything, not just group projects. Furthermore, the topic that Mr. Au has chosen for us is none other than the history of coding. Despite being good at history, I am utterly abysmal at coding. Therefore, I do not feel suitable for this unfamiliar topic and would be more at ease if someone else takes up the mantle instead.

That is why I would like to propose that Josh takes on the responsibility of being the leader and main presenter for this group project. Josh is the perfect candidate for this role. For starters, he is the best coding expert I know. His

passion for coding cannot be understated, and he is intrigued by anything related to it. I assure you that if Josh is in charge, his presence alone would elevate everyone in the room to be twice as efficient when researching and writing for this assignment. Additionally, Josh is quite adept at public speaking and presentations. He even received an award in a prestigious singing competition, which speaks volumes about how good he is at articulating and presenting himself as a whole. His vast array of skills in coding is a guaranteed winning formula for securing a fantastic grade. I hope these reasons are enough for you to trust that Josh has everything it takes to replace me as the leader and will lead us to success in this group project.

Thank you for understanding my reasons for stepping down as leader and suggesting Josh for this herculean task instead. I hope that we can all collaborate beautifully and ensure a desirable grade on our report cards.



Yours truly,
Chris Wong

A Story

6B Sam Lam Sum Shing

A Terrible Factory

Today I finally found a job of my own, and this job is as a night security guard in a factory. Since it was my first time working as a security guard Peter, the guard who worked the previous shift, was arranged to work overtime for a while to guide me in my duties.

“Hi, Chris Wong. You are finally here. Let me start teaching you how to do this job well.” In this way, Peter taught me how to use the surveillance system and handle some emergency situations in the security room. Then we sat down and talked for a while.

“Chris, let me tell you some unknown stories about our factory. In fact, the original site of our factory was a Japanese temporary base during World War II. At that time, every Japanese soldier was like a demon; their hands were covered

with blood. The number of civilians who died here was simply astronomical. I heard from some former night security guards that strange situations would occur from time to time while they were on duty.”

After chatting for a while, Peter left and I started my work. After working “hard” for a few minutes, I fell into a deep sleep.

“Ding! Ding! Ding!” Suddenly, bursts of noisy ringtones woke me from my slumber. I immediately checked the surveillance cameras to find out what was going on, but what I saw was a blanket of white snow, and all the cameras were broken. I had to leave the security room to see what was happening in the factory.

I decided to patrol the first plant and check if there was a problem with the monitoring there. As soon as I walked to the No. 1 factory building, I heard screams one after another. I was immediately frightened to the point of confusion; my face went pale, and my limbs felt weak. In an instant, the screams disappeared without a trace. I took a moment to rest and finally gathered a little strength and courage to check the monitors of Factory No. 1. I was surprised to find no problems with the cameras.

After motivating myself, I mustered the courage to step into Factory Building No. 2. Factory No. 2, which had shown no abnormalities when I first entered, suddenly had all the machinery flying into the air when I was almost in front of the monitor. I was more frightened than before. This time, I was so scared that I collapsed to the ground. I used my hands and feet to scurry out of the factory quickly. But a computer exploded five meters in front of me like a missile, and I ran out of Factory Building No. 2 as fast as I could. Even after I escaped, I didn’t slow down. I didn’t dare to stop and rest until I reached the exit of the entire factory.

After that day, I immediately decided to resign from the factory. I thought I would never pass by that terrible place again in my life.



A Story Writing**6C Fu Sheung Him Matthew****Nature: Friend or Foe**

On a sunny and warm morning in mid-August, Tom Johnson, a hiking enthusiast, decided to challenge himself by hiking one of the most formidable opponents in Hong Kong: Lion Rock Mountain, a majestic peak that has tested many hikers with its unpredictable weather and rugged terrain.

The night before his hike, Tom packed loads of hiking equipment and some essentials for the activity. As a foreigner and an expert in hiking in the mountains, Tom had a relatively stronger physique and endurance, along with more knowledge of dealing with sudden and extreme hiking conditions. Knowing he had comparatively better conditions and advantages, Tom didn't bother bringing a survival kit and equipment; he relied on his knowledge and experience, believing that even if sudden extreme conditions arose during his hike, he would still be safe. He even checked the weather broadcast on TV, which made him more confident that no extreme conditions would occur the following day. Later, Tom would realize how badly his prediction had gone and how it had nearly cost him his life.

As Tom had predicted, the weather was dazzling, sunny, warm, and breezy the next day. The comfortable weather made Tom proud of himself and boosted his confidence; little did he know that this confidence would nearly push him to death. After eating breakfast, he picked up his belongings and headed to the starting point of his hike.

Stepping off the bustling bus, Tom arrived at the foot of the Lion Rock Mountain hiking trail. The serene surrounding, with its lush greenery, captivated him. He felt privileged to embark on this renowned mountain in such perfect weather. Tom set off on his hike, greeted by the harmonious chirping of birds and the gentle rustling of leaves. But were these truly welcoming sounds, or were they cautionary signals from nature, warning him of his misguided prediction?

Tom began to hike up towards the top of Lion Rock Mountain; his eagerness to see the gorgeous scenic view from the peak was so intense that he almost rushed there, exhausting nearly half of his stamina. When he finally reached the

summit, he was amazed by the breathtaking view; the sunshine brightened the busy city and highlighted the beauty of the skyline, creating an awe-inspiring scene.

As Tom sat down to catch his breath, a sudden change in the weather jolted him out of his complacency. The gentle breeze turned into fierce gusts, a clear sign of an approaching storm. This abrupt shift in conditions was a stark reminder of nature's unpredictability. However, still basking in his confidence, Tom paid no heed to the warning signs, continuing to eat and drink.

Suddenly, massive dark clouds began to form around the top of the mountain; the winds became even more intense, and the temperature dropped significantly. Realizing that his prediction had gone awfully wrong, Tom started to panic. He began to search for useful equipment to protect himself from the impending extreme weather. Unfortunately, he couldn't find anything as the dark clouds began to rain slowly. His panic and regret were overwhelming, contrasting sharply with his earlier confidence.

While Tom was looking for a way to minimize his risk, the rain poured down like a waterfall. Suddenly, a lightning bolt struck a tree near him, burning it pitch black. At that moment, Tom finally realized he was caught in a severe storm. He regretted his pride in not bringing survival gear, which had led him to a situation that put his life on the line.

To keep himself alive in the extreme storm, Tom walked down towards the end point of the hiking trail. Several lightning strikes hit various objects on the mountain. The freezing winds and cold rain made Tom's body temperature drop rapidly. He understood that if his body temperature didn't return to normal in the next several minutes, he would be in danger of hypothermia rather than a lack of energy. As he continued to walk down the mountain, he found broken tree branches and scattered wood. Luckily, Tom spotted a mat that could prevent water from contacting the contents of his backpack. He then used some sticks to hold the mat in place, forming a small shelter, and started a fire with the small pieces of wood. His body temperature began to rise after setting up the fire, which kept him warm.

Around ten minutes later, the storm had passed, and Tom had escaped danger. He praised and thanked nature for the help; those broken woods and branches had saved his life. Initially, he thought nature and the weather were against him, but ultimately, he was saved by the forces he had underestimated. Tom survived and finally reached the destination of his hike. His exhausting trip gave him an unforgettable experience, a lesson he would never forget: never underestimate the power of nature and always be prepared for the unexpected.



An Article

6C Cheung Pak To

With the rapid advancement of technology, teenagers are increasingly drawn to screens, often at the expense of living in the present moment. This trend is not just a passing phase but a pressing issue that is significantly impacting the mental and physical well-being of our youth.

It is known that teenagers are aware of the negative impact of prolonged screen time. Most Gen Z use the phrase "Brain Rot" to describe the effects of overexposure to the Internet, which includes mental fogginess, corny actions, and heavily generationally coded language. These symptoms suggest the hyperactivity of an internal mindset, causing teenagers to be less aware of their surroundings. Usually, people refer to this kind of mindset or sequence of symptoms as not enjoying the outside world or not living life to the fullest. It is a significant issue that potentially harms the social abilities of teenagers. They might be less happy when away from their screens, which is abnormal human behaviour.

The lifestyle of excessive screen time causes teenagers to become a sanctuary. Science has proven that prolonged sitting leads to lower IQ, muscle degeneration, central nervous system insensitivity, lower metabolism rates, increased risk of cancer, weakened B cells and phagocytes, lymph node constriction, incorrect

sequences of nucleotides, and so on. Teenagers may experience muscle cramps more often, especially during exercise. Hyperfocus on screens can induce insomnia, creating more issues like imbalanced hormones, infertility, and more. Many parents of teenagers who spend extended hours on screens have reported that their teenagers show weak or no signs of puberty.

To avoid the adverse effects mentioned above, teenagers should prioritize reducing their screen time to reacquire a healthy mental and physical state. They should invest more time in external activities—activities that bring them out of their minds. For example, attending parties, creating visual art projects, and going to concerts can help. These activities immerse teenagers in the outside world, providing mental clarity and maintaining a more balanced social life, which is essential for good mental well-being.

Teenagers should also avoid sitting in a chair for long periods. A study by the University of Springfield shows that people who sit less each day are at a lower risk of stroke. Besides standing up, implementing physical activities is also important. The Health Bureau of Central Carolina recommends that people between the ages of 14 and 25 engage in at least 8 hours of medium-intensity sports a week to maintain physical fitness. It is worth noting that a balanced, nutritious diet is influential to mental and physical health. Teenagers should aim for 2,100 calories per day, including around 200 grams of protein, 100 grams of carbohydrates, and 100 grams of fat.

In conclusion, while excessive screen time can be detrimental to teenagers' mental and physical health, it's not all doom and gloom. By adopting a balanced lifestyle, cultivating healthy habits, and maintaining a nutritious diet, teenagers can safeguard their well-being and thrive both mentally and physically.

A Speech



6D Mak Hoi Ying

Good morning, visitors, Principal, teachers, and fellow schoolmates.

Welcome to our school Open Day. I am Chris Wong from Class 6D. It is our honour to have you as our guests, and we promise that the activities we have prepared will not let you down. Without further ado, allow me to provide a brief introduction.

There are several fascinating booths and captivating classroom activities on the school playground and on the first floor respectively. For the first three booths held on the playground, we have organized a student artwork display that showcases our students' outstanding aesthetic talents, which will definitely draw your attention once you lay your eyes on it in Booth 1. Interactive games near the stage, including coin tossing and wheel spinning, will absolutely evoke your deepest nostalgia in booth two. For the third booth, right next to the Interactive Games booth, don't forget to capture your day in the Welcome Photo Booth and remember to try out all the camera effects for free!

For more exciting activities, please visit the first floor, where our English Department is dedicated to demonstrating the elegance of the British accent through their verse-speaking session and interactive drama performance in Room 101. In Room 102, you will be able to experience the same thrill and enjoyment our students feel during their Physical Education lessons by participating in the K-pop tutorials. For anyone who is captivated by the beauty of calligraphy and traditional sewing art, student helpers in Room 103 are eager to fulfil your interests.

Enjoy your time here and have a great day!

An Essay

6D Li Kwan Chak

It is time for us to save our teens from technology. Commendable is the advanced technology that has made our lifestyle more convenient and enchanting. Lamentably, teenagers nowadays spend a huge amount of time staring at screens instead of enjoying the outside world, and this trend has negatively impacted their mental and physical health. In this essay, I am going to delve into the negative effects of electronic devices and how teenagers should retake their lives.

First and foremost, our technology is imposing detrimental effects on teenagers' physical well-being, especially in the aspect of sleep deprivation. It is common to see most of our young generation using social media at any time due to the introduction of numerous platforms a decade ago. Cute animal videos, thrilling gaming streams, and meaningless clips—all of these have captured teenagers' attention, making it impossible for them to escape from the screens.

This is social media addiction. A statistic from the University of Hong Kong points out that such 15-second videos on TikTok, Instagram, or YouTube are the culprits causing young people to become addicted, which directly increases their screen time. Owing to prolonged screen time, teenagers' sleep hours are shortened. They usually cannot concentrate in class. It is no brainier that a reduction in sleeping hours affects their physical well-being.

Alongside inadequate sleep, it is worth noting that the communication ability of teenagers has also deteriorated because of the surge in screen time. According to a report from BBC, they found that the reading ability of students remained unchanged while their speaking ability had manifestly dropped, considering they have fewer opportunities to speak as they just need to text others through WhatsApp or WeChat. It is without dispute that the use of online communication apps is fast and convenient. Yet, it also limits their chances to talk with others. Therefore, most teens feel frustrated and terrified to talk with others, if not during an oral exam. Thus, the trend of using cell phones or computers is a scourge for students, causing them to lose their communication skills.

In light of this issue, it is first suggested that schools should organize a quiz regarding the problems of students using social media or phones excessively. Holding competitions with prizes will effectively induce students to join the events. The questions of the quiz should be related to the negative impacts of social media addiction and how they should refrain from it.

Besides, it is incumbent upon the government to encourage students to join outdoor activities. It is suggested that the government should provide subsidies to schools to organize tours. Additionally, I fervently believe that students will be more engaged if the venues of the tours are in other countries such as Japan, given that they may already be familiar with the attractions in Hong Kong. By doing so, students will be able to instantly turn off their electronic devices and enjoy nature in other countries. I believe this will boost teenagers' mental and physical well-being.

To sum up, the trend of spending a huge amount of time staring at screens has imposed many negative impacts on students. It is suggested that various activities be organized to let our future pillars understand these impacts and experience the benefits of nature.



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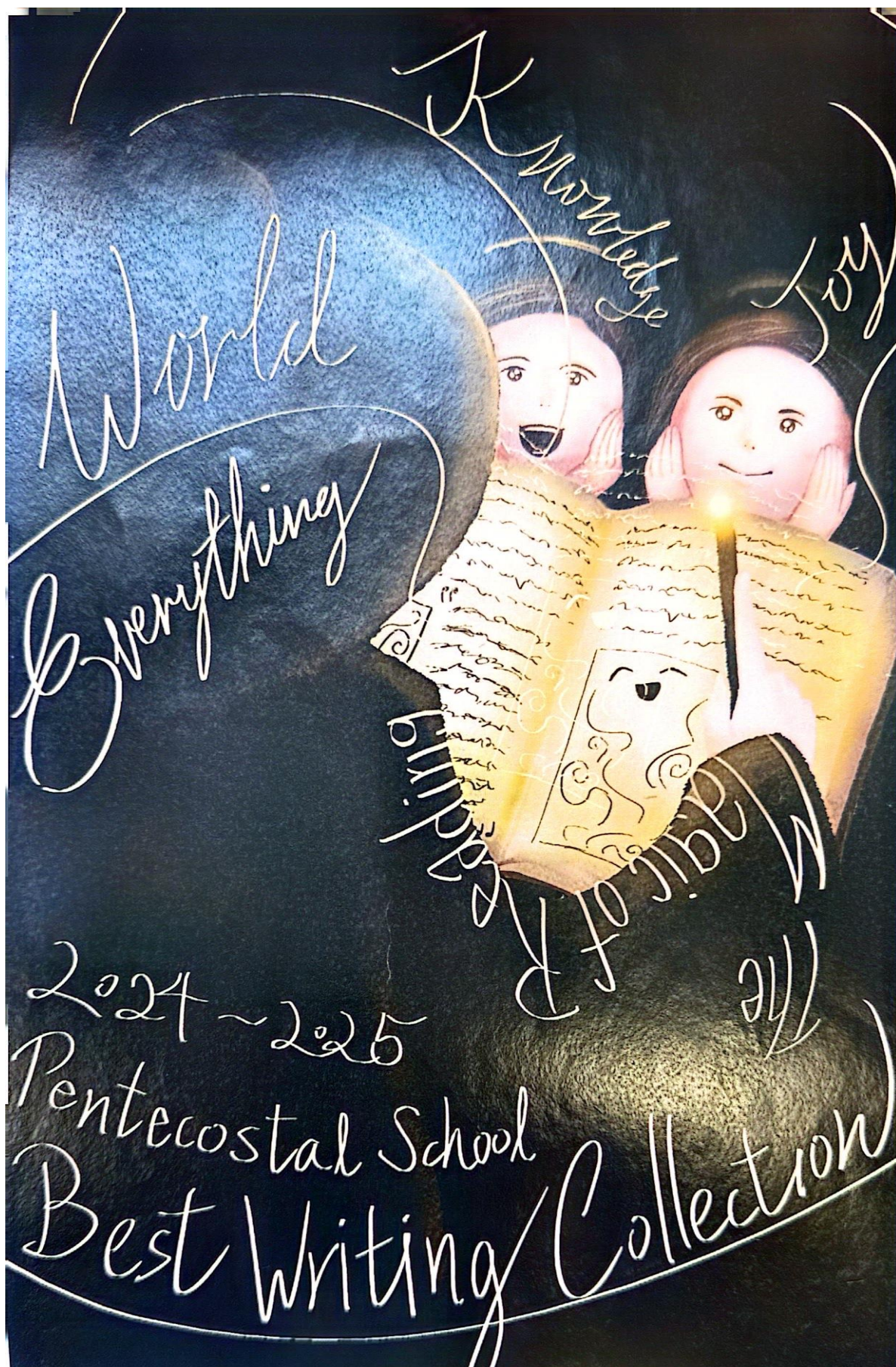
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The Magic of

Reading

