

編者的話

校報《生韻》第二十期出版了！今期的《生韻》繼續為大家報道精彩紛呈的校園生活！

「學生會活動專欄」報導了由學生會舉辦的兩項活動：閃避球比賽和偵探遊戲。同學能夠藉此回味當天熱鬧場面。

「校園活動花絮」記錄了多項校內外活動，如中國文化周、球類比賽、西安交流團和濕地公園考察等。這些活動使同學有機會走出校園，實地感受課堂外的生活，開拓了同學的眼界！

「師生分享園地」刊載多位師生的分享。我們期望這些分享能給予同學生活上的啟發，從而培養他們對學校的歸屬感！

「校友訴心聲」刊載了高名誼校友自強不息的感人經歷。相信同學閱讀後一定有所裨益。

校園生活多姿多彩。希望同學閱讀之後有所體悟！

學生會活動報導

閃避球比賽



閃避球比賽於2018年4月13日至26日期間舉行。儘管期間經常下雨，但同學的熱情並沒有絲毫消減。參賽者投入競賽，觀眾熱情吶喊助威，場面十分熱鬧。最終，初級組由2B班摘冠，高級組由5A班奪魁。

壓軸的項目，是我和衛理中學閃避球隊的友誼賽。雙方球員渾身解數，力求勝出。結果，我校贏得3場賽事。賽後，雙方球員面帶笑容，互相讚賞，盡情地享受比賽帶來的歡樂。

偵探遊戲



2018年3月14日和15日午膳時間，學生會舉辦了偵探遊戲——「神秘大偵探」。活動中，同學們分成多組隊伍，在校園不同指定地點尋找線索，盡快解開故事中的謎團。

比賽開始，同學們四處奔跑上落，努力尋索，不放過任何蛛絲馬跡。他們甚至要從別人口中套取各種情報，以求盡快破解謎團。經過兩天的努力，中四級的四人組最先解開謎團，贏得比賽。

學生會希望明年為同學們舉辦更多有趣的活動！

生

韻

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顧問

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校園記者

蔡綺琦(3A)、鄭欣桐(3A)、吳芷珊(4C)、
蔡芷樺(4D)、譚景航(4D)

香港遊樂場協會「手藝留情」青年大使計劃

旗袍是中華女性最具代表性的服飾。這種源自滿族旗人的罩袍，曾經是中國女士衣櫥裏必備的衣物。可惜現時不容易找裁縫師傅做旗袍。一群中二、三同學參加遊樂場協會主辦的「手藝留情青年大使計劃」，認識中國傳統的服飾

及了解旗袍在香港的發展。整個計劃包括訪問技巧、漫畫及繪本創作工作坊及到香港最早的一家旗袍店——「美華時裝」。以下是同學活動後的分享：低收入家庭的困難。以下是同學參與活動後的分享：



鄭舒庭 3D

我認識到製作一套旗袍除了需要心機及耐心，更需要多年的經驗累積。老師傅的一針一線都十分專注用心。每件旗袍都是人手製作的，顯得特別珍貴。活動中，協會安排了我們去旗袍店探望一位老師傅，他滿佈皺紋的手、滄桑的

面容，都掩藏不住他高超的手藝，仿如機器縫紉出來的針步，令人嘆為觀止。店裡的旗袍款式多端，獨一無二，都出於老師傅的巧手。另外，協會還請了多位老師教授我們訪問技巧、角色設計及繪本技法等，整個過程我們非常享受。

校園壁畫

為美化校園及增添校園的藝術氣氛，中四美術學會諸位幹事及中五視藝科同學於本校二樓後梯，繪畫了一幅以藝術及音樂作為主題的壁畫。以下是同學活動後的分享：

陳曼琦 5B

第一次在這麼大的牆上畫畫，我覺得很有趣。起初，我們打算在中五視藝同學中，挑選一位同學的草圖創作壁畫，但由於各位同學的作品各有千秋，實在難以取捨。最後我們決定把各為同學作品中的元素結合在一起，終於完成了現在的壁畫。這次創作歷時2個多月，參與人員包括中四、六同學及上屆師姊等。這次經驗十分難得，參與的同學不但增進了友情，在繪畫技巧上亦有所進步。

我希望校園裡有更多展示藝術作品的機會。這樣校園藝術氣氛不但可以增添，同學也可多接觸藝術！



香港國際海報三年展

今屆「香港國際海報三年展」以意識形態、文化活動推廣、商業與廣告及專題——「觸動」四個組別公開徵集作品，收到來自42個國家及地區共2,052組海報作品。中三與中五視藝科同學於2018年3月23日到香港文化博物館參觀

是次展覽，希望藉此開闊同學藝術視野及激發同學的創作思潮。以下是同學活動後的分享：



黎穎霖 5C

我欣賞到特別的文字設計和構圖，還有日式雜誌封面及西方雜誌的排版。在各類作品中，我看到設計師在物料、視覺元素及組織原理應用所花的心思，增加了我的設計及時尚觸覺，亦令我反思在日常創作上，我可以多留意身邊事物作參考，成為創作靈感的來源。

在眾多的作品中，這兩件作品使我印象深刻。兩件作品皆以音樂活動作主題，我較喜歡1B。在風格方面：1B運用了抽象的圖形，1A則運用了人物的剪影作為設計。1B以抽象的樂器及符號代表了人物的存在，用小號代表了人形的手和頭，使畫面更加有趣，顯得不平凡和甚具特色。

在用色方面：1A的主調是紅色，而1B則以藍色做主調，配上斜線的構圖分佈，使藍色顯得有秩序及節奏感。反而1A的紅色雖有不同的明暗，但顯得較為隨意，使畫面凌亂，焦點不夠突出，且沒有1B的節奏感。畫面的空間感方面亦比較平面，沒有遠近之別。文字易讀性方面亦不夠1B清晰，不能對海報的資訊一目了然。

最後，在作品傳意方面：1A以紅色及正在演奏的人形表達音樂活動的氣氛，我認為意思過於表面，加上焦點不明確及文字易讀性不足，令人較難掌握所要表達的相關資訊。反而1B的更能運用藍色及黑白的組合，表達出人們對jazz音樂的感受，所以我覺得1B較1A好。



工作體驗

本校升學擇業輔導組於過去數月安排學生參加多個工作坊。以下是各活動內容及學生活動後的感受。

青年協會-M21 多媒體體驗工作坊

2018年3月22日，16名中三至中五級同學到訪香港仔石排灣M21中心，參加香港青年協會「多媒體體驗工作坊」。同學在工作坊中體驗各類媒體行業的工作，包括演員、攝影師、收音員及其他幕前

幕後的工作，並了解入職要求及在職進修的資料。同學十分投入活動，於模擬工作時各司其職，充分體驗多媒體行業的緊張刺激及部門之間緊密合作的重要性。以下是部分同學活動後的分享：

劉泰延 3B

我體驗了節目主持、演員、DJ和導演的工作，並對拍攝技巧產生興趣。我了解從事多媒體工作並非容易。這個行業的工作十分辛苦，不少人都半途而廢。

吳小欣 5B

我嘗試了多個幕後崗位，體會到幕後人員的辛苦。無論是台前或幕後，大家都努力工作，以求完成佳作。我希望自己能夠像他們一樣找到自己感興趣的事，盡力將之做好。

陳詠儀 5D

活動非常有趣，打破一向坐著聽課、聽講座的形式，亦展現了多媒體行業的創意、積極及活力的一面。我對多媒體行業有了進一步的認識，了解到修讀相關課程前要先多作了解。



迪士尼款客服務體驗工作坊

2017年12月4日，51名中三至中五級同學參加了「迪士尼款客服務體驗工作坊」。同學藉此既享用樂園的遊樂設施，也體驗了職員的工作環境，並

深入了解迪士尼的運作及文化。以下是部分同學活動後的分享：

江浩然 4A

我明白到樂園的成功是源於眾多員工的默默付出。愉悅的環境背後需要龐大的運作團隊的合作，這實在令人嘆為觀止！

梁樂晴 4C

工作坊令我更多了解迪士尼的工作範疇、要求及培訓等，實在讓我獲益良多。我體會到我們無論在哪个崗位，都需要付出努力和心血，這樣才能把事情做好。

陸俊軒 5B

面試等候室的環境和顏色的配搭，給人和諧和舒適的感覺。藉著講座上讀者的分享，我領悟了「態度比經驗重要」的重要。



參觀香港國際機場

2018年3月23日，15位中四及中五級同學到香港國際機場參觀。同學有機會到訪禁區，例如觀景台和飛機維修區等。同學在簡介會中認識了機場內

各類工種，如燈光師及行李管家等。同學藉此擴闊了對機場行業的認識及眼界，並了解機場幕後工作人員的辛勞。以下是部分同學活動後的分享：

楊嘉儀 4B

我體會到機場工作看似風光，其實十分辛苦。機場人員需要通宵達旦工作，早出晚歸，默默為我們作出貢獻。我十分佩服和感謝他們的辛勞付出。

蘇卓文 5C

我認識了香港國際機場的行政架構和經營過程。我以前到機場只會去客運大樓，但我今次可以參觀其他，增加了對機場的認識。

陳峻鏗 5B

我進一步了解到機場的背景資料和運作，原來當中有很多特別的職位和工種需要不同的專責人員去操作。我認為，在機場工作最重要的是效率和合作精神。

顏嘉成 4B

機場的燈光維修看似簡單，卻十分重要。晚間如果沒有燈光指引，飛機的升降就會受到影響，意外容易發生。

馬焜焯 4B

我認識到原來有一群人為了提升機場的服務質素而默默付出努力。我開心自己能夠參加這次活動。



絲綢之路 — 西安歷史文化及經濟探索之旅交流團

本校中四及中五級中國歷史科同學於2018年3月26日至30日，參加教育局的「絲綢之路 — 西安歷史文化及經濟探索之旅交流團」。以下是同學活動後的分享：



王菘蔚 4B

我認識了許多西安的歷史文化，還瞭解到西安作為一帶一路的起點，它的經濟發展遠比我想像的發達。

黃克怡 4B

印象最深刻的是比亞迪汽車廠。之前，西安給我的感覺是一個未開發的地方。沒想到這間車廠的技術那麼先進，這令我十分驚訝。

林芷盈 5B

西安是一個民族融和的地方。回民街的回族人與漢人和諧相處；西安中學及大學的學生有來自不同國家的人，例如韓國人、英國人和美國人等。

吳佩芸 5B

我感觸最深的是到西安高新第一中學交流。當地學生非常勤奮和刻苦學習。這讓我明白「人外有人」的道理。這激勵了我也要發奮學習。

黎穎宜 5B

我們參觀了比亞迪車廠，了解到車廠由以往人工作業轉變成現在自動化生產的歷程。這反映了中國工廠由量至質的轉變史。

陳盈芝 5B

我了解了西安與世界逐漸接軌的情況。比亞迪車廠的現代化、科技化和自動化等，都令我歎服，一洗我過去對西安古老落後的印象。



陳慧賢 5B

西安不愧為世界四大古都之一，其歷史文化因絲綢之路而豐富多彩。如今的一帶一路繼承著絲綢之路的精神，把中國的歷史文化和優良傳統傳播至世界各國。西安的博物館、兵馬俑和漢陽陵墓等都讓我眼界大開。我驚歎，兩千多年前的中國怎會有如此高超的手工藝技術。

林煒晴 5B

西北大學的交流令我難忘。我聽完該校教授講解一帶一路的機遇和困難之後，我知道中國未來的戰略「進其科技，增其力」，不要再落後，要成為面向世界的大國。另外，我明白一帶一路也將為香港帶來前所未有的貿易機遇。

郭境汶 5D

西安原來不是落後，而是一個現代化大城市。行程尾聲，主辦方舉辦了一個學習彙報會。聽過同學的彙報，我們可以從不同的角度去反思今次交流團的意義。

陳詠儀 5D

這次交流團到訪西安多個博物館和歷史遺跡，包括兵馬俑、陝西歷史博物館、大唐西市博物館、大慈恩寺、大雁塔、漢陽陵博物館和西安古城牆。博物館為了保存文物，適當地採用了高科技，例如加設雙層玻璃設備來調整室內溫度和濕度，減少文物腐化。另外，在未能完全掌握開採技術前，當局不會隨意挖掘文物，例如現在兵馬俑博物館中還有兩區未曾開發。由此可見，當局對文物挖掘是有長遠性計劃的。

CYC拾紙皮活動

2018年2月2日，本校公益少年團同學參加拾荒者生活的體驗。活動中，每3至4位同學一組，在規定的時間內到街上拾紙皮，並將拾來的紙皮送給本區的拾荒者。過程中，他們會與拾荒者談天，了解他們的生活狀況和人生經歷。從而體

陳芷君 2C

去年拾紙皮的經歷一直在我心中留下不可磨滅的陰影。還記得當時在30多度高溫下，我肩上背著一個幾公斤重的書包，手上拿著5、6公斤重的紙皮，在街上暴曬一個多小時。活動結束後，我整個人都虛脫了。

說實話，今年我本來很不情願參加這個活動的，但我最後參加了。結果我還是一如去年般的辛苦。活動結束，我仔細想了想：我正當年輕力壯，在熱烈日當空下拾紙皮，也免不了筋疲力盡。那老年公的公公、婆婆又如何靠拾紙皮來生活的？我們把拾來的紙皮送給公公、婆婆，一位81歲

的老婆婆告訴我，她每天五點就得起來拾紙皮，一拾就是一整天。儘管如此，她換來的金錢也不過是區區十幾元。近日內地限制外地廢紙入口，許多以拾紙皮維生的長者的生活更是舉步維艱。

這些長者年輕的時候，曾經為香港做出貢獻。現在他們老了，卻要過著如此窮困潦倒的生活，真替他們感到不值。同學們，當你在街上看見長者拾紙皮時，不要嫌他們邋遢，即使你不能給予幫助他們任何幫助，也請給他們一個微笑，去感謝和鼓勵這些了不起的長者。

驗他們貧窮辛勞的生活，達致珍惜現有和學會感恩。以下是同學活動後的分享：



2018中國文化周 — 「才子與佳人」

中國語文科於2018年4月23日至4月26日舉辦了中國文化周。本年以「才子與佳人」為題，活動包括午間工作坊「才子佳人三部曲」、「才子佳人訴衷情」、「茶藝工作坊」；舉辦「才子佳人大比併」週會，考驗同學文學文化知識；

透過書展和中文課堂「才子佳人愛情故事選舉」，推廣閱讀。中國文化周旨為透過有趣的文化活動，加深學生對中國文化認識，並培養學生文化涵養。以下是同學活動後的分享：



林展晴 4A

《唐伯虎點秋香》的愛情故事最感人。唐伯虎如此優秀的才子，卻甘願為一個婢女賣身為奴。中國古代社會一直是男權當道，唐伯虎卻為了心儀的秋香放棄了自由。

林雪兒 1D

張生和崔鶯鶯本可相愛，卻因為種種原因而不能在一起，但張生沒有放棄，幾經波折後，他們終於團聚並結婚。從這個故事，我領悟到做甚麼事都應該堅持不懈；惟有不放棄，才能有美滿的結局。

羅棟賢 2C

《李娃傳》的故事十分感人。鄭生愛上李娃，卻被李娃母女設計弄走，最後淪為乞丐。李娃知悉後十分難過，於是贖身陪在鄭生身邊幫助他，不離不棄，最後圓滿地在一起生活。

譚詩晴 3C

杜麗娘只在夢中見過柳夢梅，醒後竟相思成病，最終身亡。我覺得這是最凄美、最感人的愛情故事。



黃思敏 1B

現今社會上不少夫妻都因為不理解對方而吵架，有的更因此離婚。李益與霍小玉這對夫妻起初也不理解對方，但最後卻能相互諒解，和諧相處，實屬不易。

吳芷澄 5B

中國人忌諱死亡、鬼魂。可是《聊齋誌異·聶小倩》中的寧母最後卻同意兒子娶女鬼為妻。古人重視孝道，視傳宗接代為人生大事，寧母的決定更見難得。

朱珀正 5A

寧采臣與聶小倩，一是人，一是鬼，但他們跨越了人鬼界限，最終走到一起。我被劇中曲折離奇的情節吸引，更明白到聶小倩嫁給寧采臣本是出於報恩之情。報恩是中華文化的美德。正所謂「得人恩果千年記」，日常生活中，我們也應該牢記和報答那些曾幫助過我們的人。

鄭舒庭 3D

賈寶玉與林黛玉本是兩情相悅，無奈卻為情所傷，未能走到一起。最令人揪心的是兩人的誤會最終未能化解。這段虐心的愛情令人唏噓不已，也讓人慨歎現實中愛情的殘酷。

蒲台島地質考察

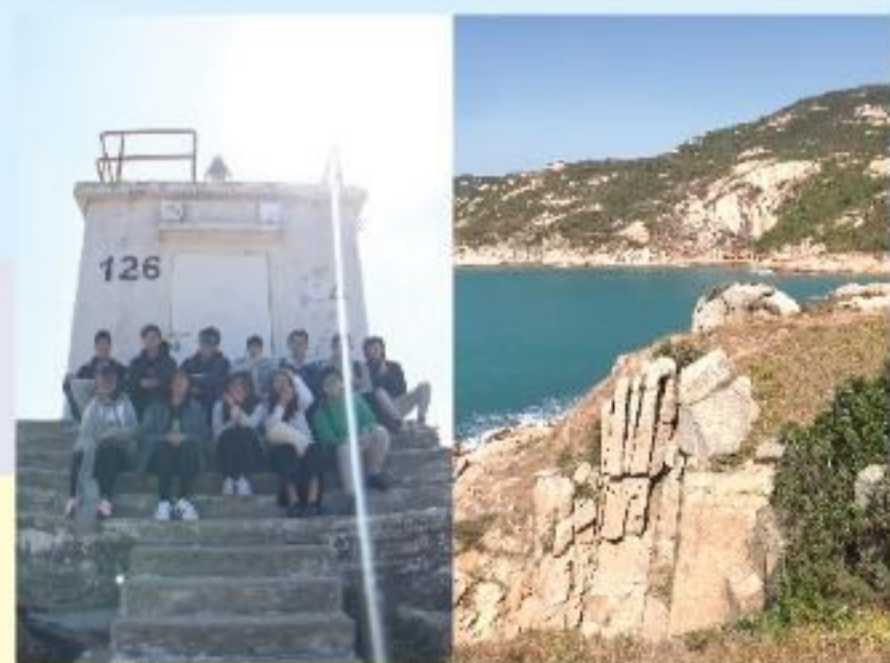
2018年1月13日，中五級地理科15位同學前往有「香港南極」之稱的蒲台島考察地質。以下是部分同學活動後的分享：

江樂瑤 5A

上山途中，我們經過很多景點，例如佛手岩和僧人石等。這次考察，我認識了不少岩石地貌及其形成過程，實在獲益良多！

何浩雲 5A

蒲台島是香港南方的一座小島，景色美不勝收。島上的岩石千奇百怪，其中「佛手岩」的形狀仿如一隻大手，令我最難忘。我登上山峰，大自然的藝術結晶盡收眼底，不禁令人感歎造物者的鬼斧神工！



濕地公園考察活動

2018年3月7日，本校環境及健康教育組到濕地公園考察，讓同學學習環境保育知識。以下是同學活動後的分享：

呂芷晴 3B

濕地公園空氣清新，讓人心曠神怡。我認識到各種濕地鳥類的特性，更明白人類與自然是可以共生並存。

袁譽澄 3B

導賞員為我們講解鳥類習性、種類及棲息處，當中以黑臉琵鷺及大白鷺的講解最讓我印象深刻。

譚伊棋 4A

除觀賞雀鳥外，我還參觀貝貝之家及泥灘生態。我從中了解了濕地生態環境，也看見許多稀有物種，十分難得！

陳曉駿 4C

我藉此欣賞各類雀鳥，認識大自然。導賞員亦闡明濕地生物的特性及由來，讓我更了解箇中奧妙。



球類比賽

本校於2018年3月14日至21日期間舉行多項球類比賽。以下是部分同學賽後分享：

乒乓球比賽

何敏寶 3B

我在女子單打的冠軍賽中輸了第一局，但我沒沮喪，我反省失分原因。最後我頂住壓力，反敗為勝。比賽讓我學會如何面對壓力，並懂得惟有堅持不懈，才能取勝的道理。



排球比賽

蕭鏗靈 2D

我和同學組隊參加排球比賽，隊名為2Dynamic，意思是有活力的2D人。賽前，我們沒有練習過，所以比賽時我們只能靠臨場的發揮。比賽中，我們出人意料地十分有默契，最後我們還贏得比賽。這次比賽，我獲得了與隊友彼此的信任和友誼。



羽毛球比賽

林曉揚 5A、吳家霖 5A

我們很榮幸在羽毛球比賽中得獎。之前我們刻苦訓練，即使受傷仍繼續練習。我們雖然在四強中落敗，但沒有互相指責，而是鼓勵對方。最後，我們在季軍賽中力挽狂瀾，贏得勝利！



劉子謙 5A、陸俊軒 5B

我們在羽毛球比賽中只奪得了亞軍，非常惋惜。但我們覺得獎牌只是一個虛榮，能享受比賽的經歷才最重要。在失誤的時候，我們沒有彼此責罵，反而鼓勵對方。我們在互相扶持下邁向決賽。



童軍遠足

2018年5月16日本校童軍舉行遠足活動，路段由本校至港島大浪灣，同學藉此接觸大自然及培養團隊合作精神。以下是活動後部分同學的分享：



劉頌欣 2A

沿途的鳥語花香和幽靜山色給予我們寧靜和舒適的心情。我們可以放鬆心情，和從中了解大自然。是次遠足很有意義。

洪穎琪 2D

我體會到大自然的美好。一路上山，花開漫爛、百鳥競鳴，我們流連忘返。

梁珈珩 2D

儘管山路坎坷崎嶇，但我們互相鼓勵，並肩同行，明白到團隊合作的重要。

洪嘉賢 4D

沿途我們有說有笑，把繁重的課業放在一邊。自然景觀深深吸引著我，我體會到大自然的美麗。

「愛香港、愛文物」

2018年2月7日，陳燕玲老師帶領中五級歷史科同學參加了公民教育委員會及蒲窩青少年中心的「愛香港、愛文物」歷史文化遊考察活動。以下是部分同學考察後的分享：



郭境雯 5D

這一天，我們參觀了蒲窩青少年中心、香港仔工業學校、洪聖古廟、香港仔華人永遠墳場和香港仔天后廟五個古跡。充滿歷史氣色的建築配以導賞員風趣幽默的講解增添了行程不少色彩。印象最深刻的是蒲窩青少年中心。我們坐在改建的前香港仔水警警署（現為蒲窩青少年中心）內，聽著導賞員講解警署的歷史背景和發展過程等。這些事跡令我眼界大開，更深刻認識港英時期警署的佈局。

此次考察活動我獲益良多，我對香港歷史產生了興趣。

陳戩鋒 5D

透過考察，我認識了港英時期香港的政策和特色。

參觀蒲窩青年中心，我認識了港英時期警局的建築特色、水警基地的格局和政治架構。透過導賞員的介紹，我明白當時英國政府對香港的管治只是想從中得利，這是港英時期的一大特色。

之後，我們參觀了香港仔華人永遠墳場和香港仔工業學校，這使我知道英國政府管治和籠絡華人精英的特色。導賞員以周壽臣和利希慎分別說明英國政府優待專業人士和知識份子。另外，港英時期，何東家族的崇高地位也說明了英國政府重視華人精英。這亦是港英時期的一大特色。

聯校友誼辯論比賽

本校辯論隊與潔心林炳炎中學於2018年3月23日合辦聯校友誼辯論比賽，辯題為「本港交通工具上設關愛座位利大於弊」。本校出賽隊員包括主辯鄭徽音、一副王雅瑾、二副陳詠儀、結辯周穎晞。以下是主辯鄭徽音奪得「最佳辯論員」獎項後的分享：

鄭徽音 5D

我們共同備戰這次比賽，在賽場上互相照應、配合，大家成為彼此間最強的后盾。經過這次比賽，我們的辯論技巧有了顯著提升，隊友間的配合也更默契，我們獲益實在良多。



通識科模擬理財城市

2018年3月12日，十數位中五級同學參加香港家庭福利會舉辦「模擬理財城市」活動。當日，每位同學獲發一張職業身分及



智能卡，在限定的時間內賺取指定金額。賺錢的途徑，包括透過踏單車參與外賣運送服務、回答問題、股票投資、定期存款及博彩等。這個活動讓同學體驗各種賺錢方式，例如靠勞力、知識資產增值等。當然，並非所有項目都能「穩賺」，如股票投資及博彩活動，就必須承擔投資風險。活動完成後，同學均獲得一份綜合理財報告，分析同學的理財表現。

參觀演藝學院暨鳳凰衛視電視台

普通話比賽隊同學參加香港理工大學「戲劇夢飛行」計劃。他們經過訓練之後，編寫話劇並且匯演，以推廣普通話活動。期間同學分別參觀演藝學院和鳳凰衛視。以下是部分同學活動後的分享：

吳煬榕 2C

學院分為影視及藝術兩方面，很有規模。導遊帶領我們參觀劇場，了解舞台佈景及設計的運作。短短數十分鐘的表演，原來需要龐大的人力、物力去支援，例如工作人員需要因應劇情發展而做出適當配合等。學生每天上課將近十小時，他們的精神專心致志令我敬佩。

陳芷君 2C

甫踏進演藝學院，我聽見各式各樣的樂器聲韻。我抬頭一看，樓上有幾個學生正拿著他們的樂器全神貫注地調試每根樂弦。

接著，我們參觀「實驗劇場」。劇場雖然只能容納120人，但設備很齊全。隨後我們參觀道具製作部。學生正在認真仔細地製作道具，準備幾天之後的演出。

最後我們在演藝學院四處遊逛。途中我看到學生有些爭取時間瞌睡、有些在排練、有些準備上課所需。原來他們是如此認真和刻苦的面對學業。這令我想起「台上一分鐘，台下十年功」這句話。

這次參觀叫我大開眼界。一場精彩演出，原來需要這麼多人的努力和協調。



蔡珮琪 2D

是次參觀鳳凰衛視，我更多瞭解電視台運作和新聞製作的過程。平日我們看到的新聞，原來幕後製作花費那麼多的時間。所謂「讀萬卷書，不如行萬里路」，這次體驗我學到不少書本以外的知識。

江冰宇 2A

鳳凰衛視是一個專業的電視台。它的二樓有紀念品店和小劇院，工作人員為我們播放了一輯鳳凰衛視的過去歷程的影片。藉此，我了解鳳凰衛視英文名字的含義。去到演播廳，正值新聞直播，我們親眼看到了直播的過程。在其他樓層，我們還看到許多鳳凰衛視過去著名主持人的照片。是次參觀，我獲益良多。

*** 師生分享園地 ***

老師分享

李鈺山老師 — 成長

「多啦A夢」的主角大雄遇到困難時，總會乞求多啦A夢幫忙解決問題。我自小喜歡看「多啦A夢」，總希望身邊有一個多啦A夢幫我解決困難。但隨著年事漸長，我發覺生活中有很多事都要自己解決，多啦A夢不過是個虛擬角色。

後來，我成為老師，發現不少同學像大雄一樣，總喜歡倚賴老師，老師彷彿成了同學的「多啦A夢」。記得有一次新年假期，兩位同學聯絡我，說遺留了「工作坊回條」在學校視藝室；若未能在假期裡遞交回條給主辦方便不能報名。我本來想回校幫助同學取回條，但後來想一想：同學應自己解決困難的。於是我回覆同學，叫他們致電主辦方，查詢補救方法。到了截止日期，我也曾擔心他們來不及報名，曾經想過打電話給同學了解情況。但最後我沒有這樣做，因為我相信同學有能力處理。假期過後，我找兩位同學查問，原來他們已聯絡了主辦機構，成功報了名。

大雄永遠是個小學四年級的學生，但我們每時每刻都在成長。我們不能事事倚賴他人；父母、老師或朋友不會永遠是身邊的「多啦A夢」。在心靈上，我希望同學能找到一位「多啦A夢」，祂就是耶穌基督。我們在生活中會遇上許多不

如意的事，如考試的壓力、與朋友或父母的相處困難，或社會上不公的事等。當你覺得沒有人聽你傾訴時，你可透過祈禱跟耶穌分享。祂願意聆聽你，分擔你的困難和壓力，讓你的心靈變得輕省。你或許會覺得耶穌未必能像「多啦A夢」一樣，凡事遷就你。的確，耶穌的愛不是縱容。在聖經裡，耶穌會讓祂的門徒「撞板」，之後再教導他們。希望各位同學都能學會成長，自己的事自己做。同時也祈望同學可以懂得倚靠耶穌基督。

「凡勞苦擔重擔的人可以到我這裡來，我就使你們得安息。」馬太福音11章28節

(以上是李鈺山老師在2018年3月12日的早會分享。)



陳國盛老師 — 有一種輸叫計較

人生充滿各種勝負：如考試第一，賽跑冠軍……但亦有一些勝負難分的處境。

以下誰是真正的勝利者呢？

有兩名員工，能力不相伯仲，每天都以準時上、下班和工作不出錯為目標。

甲員工，為達目的，每日竭盡全力地完成工作。至於別人的事，他一概不理，每天準時下班。

乙員工，縱然希望準時下班，但偶而因為同事的求助，會耽擱下班時間。

表面上，甲員工達到預期目標，是勝利者！但是在下列處境，結果就不一樣了：

1) 甲、乙二人分別帶領一個工作計劃。由於計劃的規模太大，他們必須找別人協助。誰人較容易得到別人幫助呢？

2) 公司有人事變遷，準備擢升其中一人。

結果顯然易見，乙員工肯定會是勝利者！

我再舉兩個例子：

同學抄襲功課，能輕鬆完成作業，節省時間。他看似取得勝利，但實際上他卻失了去學習的機會。知識學不到、測考答不上，更甚的是還會影響他升級。

缺席球隊練習能讓同學早早離校，回家遊戲。這看似勝利，但事實上他失去了與隊友一同練習的機會。雖然練習不能保證一定贏得比賽，但必能拉近與冠軍的距離。

以勞代逸的方式看似輸了，但事實卻未必。「有一種輸叫計較」，盼同學能做出正確的選擇！

(以上是陳國盛老師在2018年3月21日的早會分享。)



學生分享

讚賞的力量(一)

譚灝哲 4C、林泓韋 4C

譚灝哲：去年我成績欠佳，心情十分低落。泓韋同學怕我獨處時會孤單寂寞，經常陪在我身旁。他對我的幫助猶如雪中送炭，當我情緒低落時他安慰了我，使我在絕望中獲得勇氣。我希望各位同學也能主動地去關心身邊的朋友，了解他們的近況，在他們有需要時盡自己所能去幫助。

林泓韋：前年，當我成績和情緒都低潮的時候，灝哲同學給予了我關懷和鼓勵。當時我感到孤單和寂寞，班裡同學一個都不認識。他卻經常犧牲和朋友玩樂的時間，在小息和午膳時陪著我。今年他學業也遇上挫折，我十分明白他的感受，並且希望自己也能給予他關懷。我慶幸自己能有這樣一位貼心好友。每個人都有情緒低落的時候，朋友一句真誠的安慰可能讓他鼓起勇氣，積極面對困境。

(以上是4C班譚灝哲和林泓韋同學在2018年2月1日的早會分享。)



讚賞的力量(二)

羅紫翹 6D、邱家盈 6C

羅紫翹：我很欣賞家盈同學的博學多才。每當我遇到疑難，她總能費盡心力為我解惑。感謝她在求學路上陪伴我，帶給我無限歡樂和關愛。記得有一次生物科測驗，我成績不理想，她走過來擁抱我、開解我。當日一幕，至今叫我難忘！

邱家盈：我非常感動，沒想到自己的一個小擁抱竟被紫翹同學銘記至今。平日，我常看見她鼓勵和肯定同學，叫他們不要輕言放棄，再接再厲。她總會在朋友失落時給予關心及安慰，是一位既體貼又細心的好朋友。我們應該讚賞幫助過我們的人，鼓勵他們多做好事，為社會帶來更多正能量。

(以上是6C班邱家盈和6D羅紫翹同學在2018年2月8日的早會分享。)



愛的力量

楊苑雯 6A

時光飛逝，轉瞬間已成為即將離開校園的學生。

此時此刻，我才發現老師的好。想起老師每天追趕我們交功課，要求我們重測，目的其實是不想我們後悔。當我們失落難過時，他們願意安慰我們，甚至付出時間聆聽我們的心事。此刻，我想感謝諸位師長。雖然我不夠勤力，亦不是最聰明的，但老師們並沒有放棄我，反而鼓勵我凡事要堅持不懈。待我們踏入社會後，相信再也找不到，像父母般疼愛我們的師長。

除了老師的愛外，我還擁有朋友的愛。朋友像小天使般圍繞在我身邊，簡單的一

個動作，一份小禮物，都讓我充滿力量。有朋友的陪伴，本身就是一種快樂。

當然，還有家人和教會的愛。

帶著一天的疲累回家，有人遞上一杯熱茶、一碗熱湯，這都足以成為我繼續向前的動力。

在充實的中學生涯裡，我參與敬拜隊和Sparklers各類活動及敬拜，一直成長。我希望各位師弟妹多參與校園活動，別讓自己在中學生涯留下遺憾。

(以上是6A班楊苑雯同學在2018年2月9日的早會分享。)



珍惜

甘澤豪 6C

快將畢業，我們除了帶走知識外，還可以帶走與同學和老師相處的回憶……

六年的光陰像流水般一去不復返。我們如果抓住了和同學之間的情誼，就不會感到光陰虛度。這些同學可能是我們生命中的好兄弟或好姊妹。平日裡，大家完成課業後可以相約聚首，互訴談心。到了畢業，我們就會發現，同學之間擁有那麼多難以磨滅的回憶。

除同學外，老師也擔當著重要的角色。他們寧願犧牲和家人相處的時間，為的就是給同

學準備一節精彩的課堂。別看他們平日裡總是裝成一副嚴肅威嚴的樣子，其實他們也有平易近人的一面。大家可以多找他們聊天，不一定非得是學業方面的，就算是生活的瑣事，他們也會樂意去聆聽和給予我們建議。

茫茫人海中，我們有幸遇到這麼多良師益友，我們應該好好珍惜彼此間的情誼，為人生留下美好的回憶！

(以上是6C班甘澤豪同學在2018年2月12日的早會分享。)



SLASH

穩定的全職工作，是投身社會的年輕人過去的目標。然而，近年越來越多年輕人不甘於只打一份工，他們寧願從事多份兼職，追求不受束縛的生活，賺取更多收入。美國紐約時報專欄作家將這些人命名為Slash——「斜槓青年」。意指他們擁有多重職業身份，在自我介紹時常用/作區分。

「斜槓青年」的現象近年興起，一般認為與Y世代（指大約於1981至2000年出生的一代）有關係。Y世代追求work-life balance，希望工作可以變得好玩、又可以發揮所長。Y世代希望擺脫傳統的工作模式，自主決定工作量，擺脫標準工時，晉升機制等框架的限制。

其實，「斜槓青年」中有不少人擁有專業技能。他們興趣廣泛，較喜歡自由多變的工作環境，因而喜歡身兼多職。

吳芷澄 5B

一位「斜槓青年」同時擔任文字設計師、英文老師和營銷經理三項工作。她認為以前的工作沒什麼意義，回到公司做的不是自己想做的事情，又學不到東西，實在沒有意義。她說自己不怕辛苦，穩定的工作只令她虛耗光陰。她成為「斜槓青年」後，不但可以一展所長，而且接觸到的社交面廣闊了。

她每天起床都會寫當天的工作時間表，因為全職工作地點是公司，會有人監督工作，但「斜槓青年」則相反，需要自律。

盼望同學及早探索自己的興趣和職業志向，尋找一條適合自己的道路！

（以上是5B班吳芷澄同學在2018年5月4日的早會分享。）



給自己一個新的高度

香港女子跳高運動員——楊文蔚出身基層家庭，14歲才接觸跳高。她跳至1.75米的時候，無法再超越。她並沒有因此放棄跳高，反而更積極地鍛煉體能。最終，她取得1.88米的佳績，成為香港跳高女子紀錄保持者。她說：每當想放棄的時候，我總會對自己說一句「給自己一個新的高度」。這種永不放棄的精神，十分值得我們學習。

「給自己一個新的高度。」這句話對我在學習方面很有啟發。我剛踏入中六，測驗考試便一窩蜂的湧

陳銘泰 6D

來。我覺得壓力十分大，甚至對測驗已經麻木。有人說，「期望越大，失望越大」，只要降低期望，便會減少失望。但我不同意這種說法。楊文蔚的「給自己一個新的高度」令我明白到，只要願意嘗試並堅持，即使目標無法達到你所預期的，但也能做到問心無悔。藉此機會，我希望勉勵即將面對文憑試的中六同學，我們要在這半年時間裡共同拼搏，「給自己一個新的高度」。

（以上是6D班陳銘泰同學在2017年9月的早會分享。）



★★★ 校友訴心聲 ★★★

抉擇

高名誼校友

人生路上總會遇到十字路口，需要我們鼓起勇氣抉擇和尋覓出路。以下是我人生路上的三次大抉擇。

我出身於單親家庭，母親在我11歲時精神病發，於是我需要照顧家中的弟妹。我曾經擔心家裡會沒錢開飯，所以到了15歲我便去做兼職幫補家計。中四那年，我獲校長和老師推薦「我都得」教育基金「原來我得架」馬老師獎學金，申請去美國交流學習一年。為了自己的前途和家人的未來，我毅然地填表申請，並寫了長達千言的自我介紹。這是我人生路上的第一次重要抉擇。

那年全港有99人報名，但名額只有5個。最後，我很幸運地被選中到美國猶他州(Utah)交流一年，並獲得機票、住宿及學費等共10萬3千港元的資助。2014年8月，我啟程遠赴美國學習一年。

我十分珍惜這次機會，於是努力讀書。放假期間，我的寄宿家庭(host family)帶我去加州拉斯維加斯(Las Vegas, California)遊歷，又帶我去亞利桑那的大峽谷(Grand Canyon, Arizona)觀看大自然奇景。我站在大峽谷的懸崖邊眺望遠方，天空和群山連結一起，一望無際。我覺得自己十分渺小，上主所創造的世界竟是如此神奇偉大。

2015年6月，我回到香港，又要面對另一次挑戰。由於美國與香港的課程不

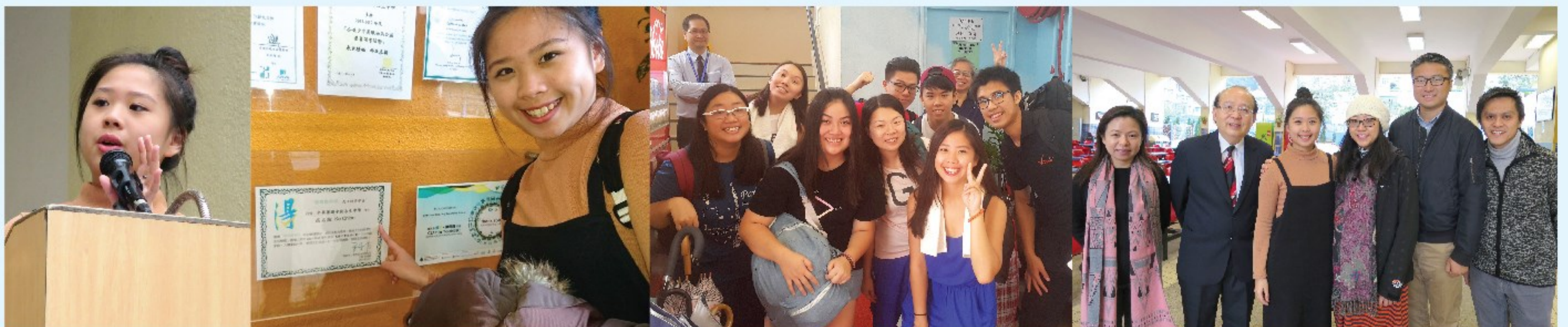
一樣，我不能直接升上中六。7月14日，我懷著忐忑不安的心情到香港專業教育學院(IVE)嘗試報讀高級文憑(Higher Diploma)，結果被拒絕了，因為我沒有完成中六學業。

我徬徨不安，跑回學校諮詢校長。校長費煞思量後，叫我報讀宏恩基督教學院的工商管理學士學位課程。於是，我拿著成績單、獎狀及校長推薦信，趕到宏恩基督教學院報名。由於沒有中六的成績，我只好鼓起勇氣找到學院的教授懇求他們酌情處理。鑒於我的面試表現及美國公開試ACT(American College Testing)的成績優異，他們取錄了我。這是我人生路上的第二次重要抉擇。

2017年7月，我得到前往紐約擔任聯合國暑期義工的機會。由於申請簽證的時間十分倉促，我惟有大膽主動地聯絡美國領事館，希望他們能酌情安排會面時間。最終，我成功地拿到簽證。這就是我人生路上的第三次重要抉擇。

人生充滿未知數，我們應該早一點為自己設定目標；面對困難或環境改變時，我們也應該對自己有信心，發揮應變和解決能力。切記，世事無常，機會不是必然的，總要靠自己努力爭取。

（高名誼校友於2014年4D班肄業，現就讀宏恩基督教學院三年級，修讀工商管理榮譽學士(服務營銷及管理)課程(Service Marketing and Management, Gratia Christian College)。以上是她於2018年1月26日學校早會的分享。）



Teachers and students often deliver enlightening speeches in morning assemblies in school. Below are six speeches delivered in the past few months.

God Wants To Give You Freedom

Miss Katherine Chan (English Teacher)

Having been a Christian for nearly forty years, the most precious gift I have received from God is freedom. Are you kidding? I heard people say that Christians have to obey a lot of rules. You can't speak foul language, you can't gamble or smoke, etc. Yes, the world defines freedom as a life without any restraint - 'I can do anything I want to do; say anything I want to say, without anybody telling me what to do.' Actually this is not real freedom.



Before we know God, some of us speak foul language because we need to use this method to make friends with our classmates and gain their recognition. We gamble because we think that life is boring and we need some excitement. We smoke because we want to look stylish or maybe we feel depressed and we need some relaxation. However, once you truly meet God, you will discover your real identity. You don't need to do the things above to make yourself feel better because you know that you are not just brought into this world by your parents, you are created by God and you are the beloved children of God! We all have the image of God and can communicate with God directly through prayers. Have you ever wondered why the creator of the universe is interested in a human being like you and me? That's incredible!

Another kind of freedom is freedom from fear. You will become 'fearless'! It is really cool! What are you afraid of? To me, that is making mistakes. We hope that people will not discover our mistakes. Sometimes, we even tell lies so as to hide our mistakes, but now we don't need to do it because we know that if we sincerely come to God, He will forgive us and will not remember our sins. That is a kind of freedom! So, we are truly free from guilt and therefore we are able to admit our mistakes bravely. Also, we are free from all kinds of worries. That doesn't mean that we are not going to face any difficulties, but we know that the Almighty God will never leave us or forsake us! He will either give us strength and face the problems with us or He will provide a way of escape for us. When you are with God, you're free to quit pretending because you're free to be yourself.

"So if the Son sets you free, you will be free indeed." (John 8:36)

Introduction of The Shack

Ms. Tiffany Hui (English Teacher)

Reading a good book is like taking a journey. You get into the mind of the characters and you get to escape from the real world for a while. I personally enjoy reading English books, because of the cultural background and the different setting inside.



Now, I would like to introduce an English book that I have recently read. It is called The Shack. Maybe some of you have watched the movie before.

The Shack takes us on a father's uplifting spiritual journey. His name is Mack. After Mack's dear daughter has been abducted and murdered by a killer, Mack plunges into depression, causing him to question himself and question God. Is God really here? As he is facing a crisis of faith, he receives a letter asking him to an old little house in a forest. He is confused, but he still goes there and he meets God. God speaks to him and answers his questions.

People, we are in a world where God seems to grow increasingly irrelevant. Yet, this book talks about the timeless question, "Where is God in a world full of pain?" I believe everyone here has faced pain before, may it be the death of your loved one, or lost friendships, or even disappointing results. There is a quote in this book - "Emotions are the colours of the soul; they are spectacular and incredible. When you don't feel, the world becomes dull and colorless." Have you ever imagined a world without sadness?

I love the ending of the novel, as Mack encounters Jesus when he nearly dies.

"Don't all roads in life lead to you?" asks Mack.

Jesus answers, "No. But I will take all and every road to get to you."

"Because you are worthy to be loved." I think this is what God speaks to every one of us too. We are worthy to be loved.

How Reading Can Help Me to Deal with Life Challenges

Mr C. H. Chui, Jed (English Teacher)

To begin with, I'd like to ask you a few questions. Have you ever faced any problems that you have no idea how to solve? If so, what would you do to tackle them? Talking to your parents and friends and asking for their advice? Does it occur to you that you can actually read to find the answers?

I want you to think about these questions because I am now facing a situation that I don't quite know how to deal with - becoming a father. Some of you may know that my baby girl was born about one and a half months ago. For sure, my wife and I are overjoyed because this baby is incredibly lovely and she unites my whole family. However, despite the joy and excitement, I still have to face the inevitable question - how I should teach and nurture my precious baby girl.

Some of you may suggest that I should google the answer. Simply type "how to become a father" and I can probably see millions of websites telling me how to be a great dad for my child. I cannot deny that there is probably some useful information online and I can perhaps acquire valuable knowledge there. Nevertheless, I would still choose to read when I face such a serious situation because I need a more detailed answer and an in-depth analysis of the challenge I am facing. That's why I bought a book titled "Parenting with Love and Logic" to see if I can be inspired by this book.

Fortunately, this book greatly helps to ease my nerves because I can truly gain some insights into parenting. As a newbie father, I don't think it's too challenging to change my baby girl's diapers or bathe her. The real challenge is about the inner growth of my child. I have questions like how I can teach her the right values and how I can nurture her to be a confident and positive human being. The book can basically address most of my queries. It systematically describes to me the psychological development of a child. Most importantly, it provides me with some useful advice on how parents can positively influence their children during different developmental stages. I am so thankful I can read this book when I need it the most.



To sum up, I genuinely believe that books are still irreplaceable even when almost everyone goes online to search for answers or information. Books are much more reliable and elaborated in terms of content and data used. Therefore, when you face a really serious situation that you know so little about, I strongly recommend that you should still get a book and read about it.

Fun Facts of Whales

I will share some of the fun facts about whales. Personally, whales are not my favourite animal but recently I am very interested in whales. Let me talk about two facts that particularly interest me.

First, beluga whales love music.

From one point of view, we can never know if the beluga whale really loves music. However, they do respond and express great curiosity and even sometimes join in synchronized dance. In 2013, a pair of artists rigged a boat with an underwater sound system and sailed out to sea in order to play the belugas an underwater symphony. The whales were extremely interested and even joined in, showing an appreciation of music and art above and beyond most known creatures on Earth.

Second, female humpback whales have BFFs.

The Mingan Island Cetacean Study group has been using photographic techniques to study humpback whales for the last 16 years. At that time, they began to realize that female humpback whales not only make friends with one

another but reunite each year. They remember their pals and even find them across the ocean and among all whales. This is quite a shocking discovery, because before scientists believed that humpback whales were generally unsociable towards each other.

Animals in our world are truly interesting and have been featured in many works of fiction. They're all quite interesting! I would recommend fellow students to read more to find out your personality by comparing yours with different characters'. I would like to recommend a book called Animal Farm. It is about a farm which is owned and ruled by animals only with no human at all. I like how it portrays the personality of each animal and what's going on in their mind. Although it doesn't have anything to do with whales, it's still one of my favorite books of all time.

You may go to the library to find the book Animal Farm!

Wan Lois Anna 2D



British vs American English

Shen Jiani, Jeni and Ng Chun Lam 4B

Before I go into the topic of this sharing, I want to ask you all a question: when you are looking up the dictionary, have you ever noticed that there are two kinds of pronunciation written in those weird symbols?

Have you ever listened to the pronunciation and found that there are actually two different pronunciations of the same word?

Actually, both are my personal experience, which leads to my discovery of the two forms of English: American and British English, and that's exactly what I'm going to share about today. After searching online and watching some YouTube videos, I find that there are three major differences between these two forms of English.

Firstly, it's about the choice of words. It is quite often that American English and British English use different words to refer to the same thing. For example, a rubber in UK would be referred to as an eraser in the US, while an elevator in the US would be referred to as a lift in the UK; and when referring to something amazing, people in US would say awesome while people in UK would say majestic instead.

The second difference is about the spelling of words. There isn't a definite rule, so I'll just share my observation with all of you. Take the letter U in the word 'colour' as an example. The U is present in British English but not in American English. Another example is the spelling of the word 'centre'. In British English, the last two letters are R and E but in American English, the last two letters are E and R. The difference in spelling also lies in words like travelling, program and license. They all have two correct spellings due to the two forms of English.

The last difference, which is the most interesting to me, is in pronunciation. I'm not an expert on that but I will still try to read out the difference between the two ways of pronunciations, and hopefully you'll understand me. The first major difference is about how your tongue rolls when pronouncing the R sound. The tongue rolls to a much greater extent in American English than in British English, resulting in a heavy R sound in American English. Take a simple word C-A-R-D card as an example. It is read as card (less r) in British English but card (more r) in American English, with a heavier R sound. Another difference is found when we are reading words with double T in between. In British English, the t sound is nearly omitted. Take the word B-O-T-T-L-E bottle as an example. It is read as bottle (with t) in American English but bottle (no t) in British English, with the t sound omitted.

There are still other interesting forms of English in the world like Singaporean English and Indian English with funny pronunciations. Go to YouTube and you'll find many YouTubers trying to read with different accents. They're hilarious! You may go online and watch about it. I hope you find those interesting too.



Learning English by YouTube

Ho Chung Yau 4D

I would like to share my views about learning English through YouTube.

Here, I want to ask what you think about learning English. For junior forms students, are you facing the lack of vocabulary while you're writing? For senior forms students, can you apply idioms, phrases or different sentence patterns in your writing or speaking? Maybe the problem is we don't use English in our daily life.

Most importantly, are you confused about how to learn English effectively? No matter what situation you're in, I hope my sharing can inspire you to learn English in a stimulating way.

As you all know, YouTube is the most famous video-sharing website in the world. Latterly, you can't live without YouTube as this is the place to get information from all over the world. It allows you to watch videos like gaming videos, vlogs, trailers or listen to songs etc. Maybe you will ask, 'how can I learn English through YouTube?' Let me explain my point of view now.

First of all, you can learn English by watching the videos that you're interested in. For example, I believe that many boys may play games like League of Legends, Monster Hunter or Battlegrounds. Girls may be interested in make-up videos, vlogs, unpacking videos or travelling videos. In these videos, maybe there're piles of vocabulary items that you don't know and you ignore them. But please don't do that! In the videos, you can turn on the captions to check the spelling. When you always see these words coming up, you will gradually remember them. However, to speed up the whole process, you can check the meaning as well as part of speech of the word, and copy it down on the notebook; you can memorise the words consciously. That's also what I do to learn vocabulary, and it is unbelievably useful.

But if you ask me if there is any other method to learn English through YouTube, I'll definitely tell you 'yes'. Apart from English lessons, there're also channels on YouTube that will teach English in a fun way. For instance, I have watched a Taiwanese's YouTube channel called Ray Du English for a long period of time. It shares about topics like the differences between British accents and American accents, teaching idioms by performing a skit or even finding the translation mistakes from menus, billboards or signs. I believe that there must be a topic that you're interested in. So enjoy these channels to learn English in a fun way instead of being confined to just learning English inside the classroom.

I look forward to hearing people say that learning English is full of joy and they are willing to speak English with their schoolmates. Let's cultivate an environment with English everywhere!



★ ★ ★ Outward Bound Training Course ★ ★ ★

Outward Bound is a non-profit making organisation created to help people discover and develop their potential to care for themselves, others and the world around them through challenging experiences in unfamiliar settings. Twelve Secondary 4 students have attended the course. They have had an unforgettable experience to broaden their horizon. Let's have a look at what they have learnt.

Lauren Wong 4A

I was very curious about Outward Bound so I decided to join the trip. This was a memorable trip for me. I always got some surprises in those few days. The most unforgettable activity to me was abseiling. Abseiling is the most dangerous extreme sport that I have ever tried. It really scared me a lot. Luckily I got good teammates; all of them tried to encourage me. Finally I gave it a try. When I was climbing on the rock, I found that it was not as hard as I had thought. In the past, I didn't have courage to try something new. After this activity, I found that it was very nice to try a new thing because it could challenge my limits.



Cherry Chan 4C

I am glad that I joined the amazing Outward Bound program to challenge myself. The most unforgettable activity is the story scene investigation. Each group member got different photos related to the story and we needed to figure out what happened without looking at the others' photos. I really enjoyed the discussion and we finally solved the mystery! The program has enhanced my confidence and I've become more active in making new friends and communicating with them. I also realize that nothing is impossible. All we have to do is to give it a try.



Anson Ng 4D

Originally, I was not even qualified to join the Outward Bound course this year because I should have been a form 5 student now if I were a competent student. However, God gave me this opportunity to join this course to train me to be a better man and a more capable man. After this 5-day course and after the path I went through, I am sure that I have become a more reliable and confident man. I promise I will keep what I gained in these 5 days in my mind and I will contribute to my society.



William Tan 4C

Thank God for giving me this opportunity this year to participate in Outward Bound. The most unforgettable experience is kayaking. I had a lot of camping experiences with my feet before. This is the first time that my hands were tired but my feet were not tired at all. My biggest breakthrough was that I learned to be sensitive to others' need and be active to help them.



English Festival 2018 Writing Competition

A product leaflet to make people interested in buying a robot pet

It is a robot dog. Its body and its head are made of metal. But its eyes are made of two red stones. Its legs are made of aluminum with a rocket on it.

It can play with kids. Its eyes can give out some red light. The children can ride on the dog. When the dog runs, it can run faster than a car. Therefore, people can also ride the dog to work. It can also play video games with the kids. The rocket on its legs can make fireworks to celebrate some important days or to scare bad guys

away. The dog can also teach the children to do homework or help them to prepare for tests and exams. If you don't like the skin colour of the dog, you can ask it to change its colour. There are many different colours for you to choose from.

The robot dog has a lot of functions. It will be your good helper at home. But surprisingly, it only costs \$300. What are you waiting for? Go and buy it quickly. You will love it for sure.

Wong Ho Yin, Leon 1A



Keeping pets in Hong Kong

Choi Cheuk Yiu, Charlotte 2C

In Hong Kong, there are a lot of people keeping pets at home. I also take care of a pet at home. Today, I want to tell you about rabbits.

First, rabbits are very cute and furry. They can be your good company. They are very small in size, so we do not need a lot of space to take care of them. They do not make noise and love to get close to you when you play with them. They will lie beside to you.

However, it is hard to clean their excretion because they have a lot of excretion every day. Also, the life span of rabbits is very short. They cannot stay with you for a long time.

To take care of them, we just need a cage to keep them at home. The rabbit is also very cheap. We can also give them some vegetables. However, we cannot give them a lot because there are a lot of pesticides in the vegetables which will make them sick.

Although keeping a pet is very difficult, it will also make you very happy when you stay with your pet. You will also feel very warm when you hug your pet. I think the happiest moment is the time when you stay with your pets.



A letter to the Society of Animal Protection for getting a pet

Law Tsz Ham, Preston 3B

Dear Sir/ Madam,

I would like to adopt a dog. The reason is that I have asked for a dog as a pet for a long time. Besides, I think adopting a dog can cure my loneliness when I am at home, or having free time since I am the only child in my family. It is said that dogs are human's best companion and therefore, I want to adopt a dog.

If I adopt a dog, I will do my best to look after it. Since it is abandoned before, I hope I can give it a loving home and take my responsibilities as an owner. Apart from feeding and giving bath to it, I will walk and play with it. There is a big park near my building, so I think the dog and I are going to spend a lot of quality time there. As I have never got a pet at home before, I think it is suitable for me to get one.

Lastly, I will definitely take my responsibility to look after the dog after adopting it. I will be a responsible owner and it will be the best birthday present ever. I look forward to hearing favourably from you soon.

Thank you.

Yours faithfully,

Preston Law



A product description to make people interested in buying a robot pet

Shen Jiani, Jeni 4B

Do you want to enjoy mind-blowing? Thai massage without paying change? Or do you need something to help with your work? Check out the new design of company's Cee-cee. Cee-cee has a cute appearance just like real puppies. They are equipped with soft fur that gently vibrates when it barks. The eyes of Cee-cee are small screens that show an array of expressions. Its eye color can be customized to whatever you like.

Our product features multiple functions. Like real puppies, it can sit and wag its tail, but it will also be able to connect to mobile networks. And when you are tired, Cee-cee will give you an excellent massage. There will be three options: Thai, Chinese and Korean.

If you have problems with your grammar or wording, Cee-cee's in-built dictionary and grammar-checking function may be helpful. Besides, Cee-cee is able to respond to voice commands. As long as you connect it to your home's network and electricity it can make coffee by controlling the coffee maker and control the lighting of your house.

The most important function is that Cee-cee can sense your health condition with a connection to first aid emergency service. It is definitely a perfect fit with old people at home.

Since Cee-cee is our new product, we will have a time-limited promotion for the first 3 months. You can get Cee-cee at 30% off. In case of other concerns, it is okay. We have a 7-day trial. If you don't like it, we offer free delivery and returns, and it's open to you anytime. To purchase, please enter www.ceecee.com.



Should people living in apartments be allowed to keep dogs at home?

Wong Sze Man, Cathy 5C

I am writing to express my thoughts on why I think people should be allowed to keep dogs at home. Not to mention that I have a bit phobia of dogs, but I have never objected keeping a dog at home.

The first reason why I think dogs should be allowed to keep at home is simply because this is the right of all tenants. We should have our own freedom to choose if we want to have dogs in our own flats or not. I do believe our apartments are not public places, so we should have the discretion to keep dogs at home as long as we are not causing any inconvenience to others such as noise and hygiene problems.

Secondly, keeping dogs at home can help to solve the problem of abandoned dogs. Dogs are human's truest friends and we should treat them well. However, some people abandon their dogs after their craze for dogs vanishes. If no one adopts the dogs, they will be killed. No one will want to see a single dog being killed. This is why some people should adopt the dogs and take them home to take good care of them. We should appreciate all of their kindness but not to deter people from doing good deeds.

Last but not least, according to a survey conducted by the Hong Kong University, 80% of people pointed out that having a pet like dog would make their lives better. 60% of the respondents admitted that due to the necessity of taking the dog outdoor, they exercise more regularly, at least once in a week. Therefore, I will say that keeping a dog at home is mostly beneficial to all of us. There should be no excuse from banning us to keep a dog at home.

These are my personal views and I really hope that people are allowed to keep dogs at home.

