



香港中國婦女會馮堯敬紀念中學



博鳴集 25

默默耕耘廿五載

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【校監的話】

本校創校至今，一直秉承「博學篤志」的教育理想。在校董會的領導下，學校無論在學術、體藝、德行的培育皆有所發展，全體教師孜孜不倦，言傳身教，致力為莘莘學子提供優質教育。「博學而篤志，切問而近思，仁在其中矣。」意謂同學要博覽群書，廣泛學習，而且能堅守自己的志向，懇切地提問，多考慮當前的事，仁德就在其中了。要寫一手好文章，除了觀察力和想像力，相信博覽群書，廣泛學習也是不二法門。

適逢今年為二十五周年校慶，配合主題「廿五載育人・情意暖校園」，本校舉辦了一個徵文比賽。喜見一群對寫作有濃厚興趣的「小作家」，把校園裏一切觸動心靈的人和事，一切感謝學校、校長或老師的恩情，寫得扣人心弦，可見此等文字，具有不可取替的價值，也是老師和同學回憶的瑰寶。

本校每年出版《博鳴集》，是為了表揚同學的優秀作品，同時期望大家能交流思想、表達見解、取長補短、共同進步，令她成為大家共同喜愛的園地。

校監
林貝聿嘉博士
GBS, OBE, JP

《博鳴》

- 「博」 意為博學、博聞的意思，
巧附本校校訓「博學篤志」之意。
寄寓同學所聞所寫內容淵博，文件涵蓋，達至多元化。
- 「鳴」 代表同學所思、所言。
如果只能博聞而不能言，豈不是可惜至極？
- 「博鳴」 是為勸勉同學能多閱讀，廣博知識；
多寫作，敢於言盡所聞所思。

范健儀 (第十七屆畢業生)

【校長的話】

每年《博鳴集》內皆輯錄了同學的中英文佳作，同學透過敏銳的觀察力，加上無限的創意，用自己的文字表達內心世界，將所思所感真摯地呈現在筆跡之上。

適逢今年是我校創校二十五周年，本校特意舉辦了一個徵文比賽。當中，同學以文字表達出對學校深厚的感情。有同學感謝老師對他的深遠影響，令其脫胎換骨；有同學享受在校園最美麗的瞬間；有中六同學離校在即，回顧六年的校園歲月；更有同學以書信及新詩表達情誼。每篇優秀作品，都流露著同學對學校之「情」、對老師之「敬」、對校園之「愛」，讓《博鳴集》更添暖意，綻放溫情。

熱愛寫作的同學，孜孜以求，肯定成就，固然值得高興；未能入選的同學也可於文集中觀摩同儕，切磋求進。老師何時都希望把你們的名字編在目錄上，期望同學能繼續多閱讀、多思考、多表達，樂於以文字分享己見，在校園內拓展多采多姿的生活，在《博鳴集》中留下青蔥的足跡。

校長 孫莉華 博士

【編者的話】

每年出版《博鳴集》，總令我費盡腦力，絞盡腦汁。喜見同學的作品花盡心思，每篇都可讀性高，抒情懇切。唯版面所限，要從中挑選，簡直比登上蜀道更難！經深思熟慮後，唯有勉強取捨。

「懷想天空」一欄，同學作品文情並茂，感人肺腑。《假如我是孫悟空》，內容精簡，但立意深遠，可見同學甚有詩聖杜甫「悲天憫人」之胸襟；《雨中街景》，詞雅文練，寫景生動；《人生旅途》中，同學以茶象徵人生真諦，言簡意賅；《冬日的早晨》，描寫家鄉之貌，躍然紙上；《蝸牛》一文，取材有趣，讀來可喜，足見堅毅之精神；《我的靈魂密友》，又令人感慨萬千。

「議論縱橫」一欄，同學說理調暢，議論允當。《陽光與陰影》及《不做第一，也不做最後》兩篇，主題鮮明，充分體現同學獨特之處世態度；《消除偏見之法》，立論清晰，筆力勁健，見解不凡；《幸運的建築師》及《談談如何消除負面思想》，又能勉勵人積極向上，言近旨遠。

「敘事寫人」一欄，同學寫人狀物，入木三分。《記一次和好友絕交的經歷和感受》，情感真摯；《一份心意，多少收穫？》及《放下的收穫》平易近人，貼近生活，令人反思；《百貨公司減價眾生相》行文灑脫，趣味橫生；《真相原來是這樣的》佈局曲折，文中記敘一個發生在九龍城寨的故事，取材新穎，足見同學的創作力；《我最敬佩的老師》文情上茂，感人肺腑；《重遊舊地》，文思豐富，辭藻優美，極富詩意；《沉默的必要》，具鄉土氣息，矛盾的內心掙扎寫來扣人心弦。

事不宜遲，就讓大家細心體味每篇心血結晶獨有的味道。

中文科副科主任 韓思麗老師

編輯委員會

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【序】

今年適逢本校創校二十五周年，校慶活動鋪天蓋地而來。其中特設校慶徵文比賽，分為散文組與新詩創作組。透過寫作讓同學表達對學校的所思所感，為學校銀禧校慶送上別出心裁的賀禮。

令人欣喜的是新詩創作的水平，清新脫俗，意蘊雋永。同學憑著敏銳的觀察，細膩的情感，對尋常的校園生活細意描繪，對學校的濃濃情誼娓娓道來，確具觀賞品味價值！

觀乎這兩年，中文科增設「隨筆」寫作，期盼為同學創設更廣闊的寫作空間。一道普通的開放式或半開放式題目，足以令學子躍躍欲試，爭相在自己的創作園地上任意馳騁，一語一語似乎更易觸動心靈，一字一句更是擲地有聲。從來也相信同學不是討厭寫作，只要找對題目，「靈感」往往如泉湧現，情感真摯、言之有物，可謂比比皆是！

在此，分享數道隨筆題目，供讀者思量思量。假如是你，又會如何構思內容，確立中心思想？

1. 追、追、追……
2. 一十一？
3. 假如我是孔子……
4. 打開大門之後……
5. 花語

除了上述提及的寫作外，今年學校亦特別舉辦了「班際校慶標語創作比賽」。其中中六甲班勇奪高中組冠軍，作品為：

百季雖稚長，半半世羽量，
乘風破雨霜，振翅高飛揚。

由此可見，只要嘗試，創作路途多的是；只要用心，寫作樂趣油然而生！

中文科主任 梁鳳儀老師

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二十五周年 校慶徵文比賽



初中組散文 冠軍

師恩銘記

沈巧婷 中三

在求學路上，我們都總會遇到一些影響我們一生的良師。記得一位偉人曾說過：「老師的影響是無邊的。」無可否認，老師是學生的學習對象，甚至是榜樣，他們的言行及態度，是會深深地影響學生。因此，對於這句話，我是堅信不疑的。

我想，即使是一位普通的平凡的學生，亦會同樣地渴望老師的關注及愛護，喜歡老師一視同仁，喜歡與老師建立亦師亦友的關係……

記得在我剛上中二第一節課時，我的英語老師在黑板上揮筆寫下作文題目，全班同學頓時噱叫，包括我在內，當時的我心想：中二的生涯可真的是多「字」多「才」啊！她看了看我們，那神情似乎是在意料之中。然後，她使用流利的英語一針見血地說：「我這是為你們著想，要知道高中的英語與這些程度根本不能相提並論，升上高中後只會不斷地讓你們做些枯燥無味的練習題。若你們沒有打好基礎，只會感到更加吃力！」她還勉勵我們，教我們不能輕言放棄。當我聽到她的話，猶如當頭棒喝，內心亦重燃要刻苦用功的決心！

後來，我與這位老師漸漸熟絡，得知她十分平易近人，而且對任何人都都是笑意盈盈，給人一種親切感。因此，她在校內深受學生的歡迎和愛戴呢！「笑，不但能拉近人與人之間的關係，更能分享彼此的快樂。」這句話是她用行動教會我的，因為她，促使我成為一個愛笑之人，令我與同輩的關係更加融洽。

另外，在她的鼓勵下，讓我這個平日不苟言笑的人，破天荒地參與了不少義工活動。我還從中得

到無比的快樂，並學會製作攤位遊戲的技巧。這些都是寶貴的得著和經驗，令我受益匪淺。

我之所以能脫胎換骨，「她」實在是功不可沒！若不是她的善良真誠感染了我，我又怎能在潛移默化中，不知不覺間把她寶貴的心靈價值，進駐在我的心間呢？

一位良師的言行身教，實在勝過千言萬語，讓我永生難忘……

老師！讓我在此說一聲：「謝謝您們這些年來的悉心栽培！」

初中組散文 亞軍

校園裏最美麗的瞬間

麥美詩 中二

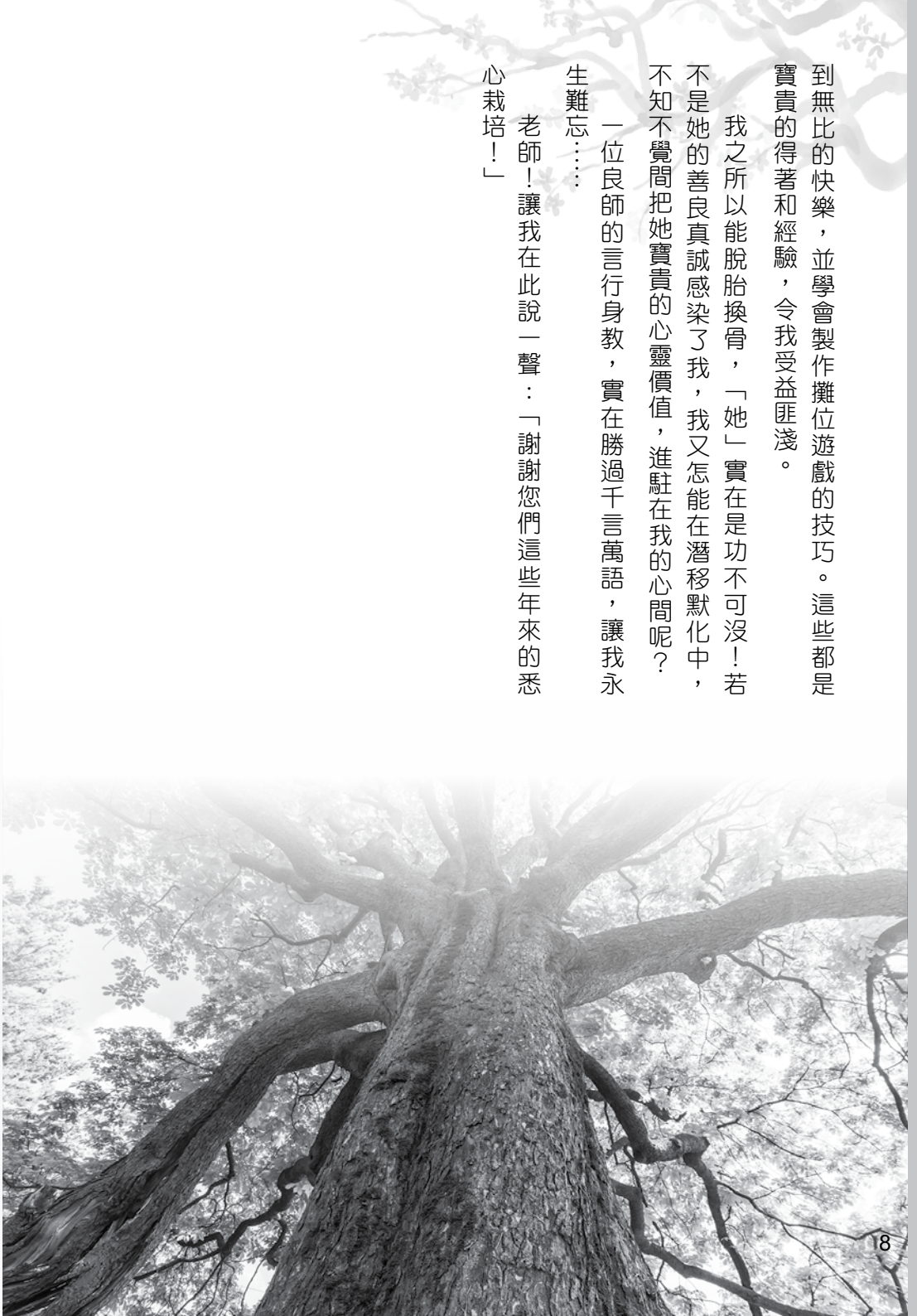
我喜歡吃飯的時間，濃濃的香味讓我不由自主地放鬆，無法抵擋當時落入空肚中的滿足。當鈴聲響起時，我便知道我們的休息時間已躍步而來，還帶著隱隱的歡呼聲。

我的速度總有點慢，當我整理好書本後，朋友已離開教室，但我知道去哪裏尋找他們。他們總喜歡在陰涼的大樹下，坐在椅子上笑鬧。我尋往校門的地方，那足球場一旁的木椅上，她們正在笑嘻嘻地談天。我不是一個很喜歡說話的人，但對著朋友，我總有說不完的話，跟她們在一起打鬧，一起談天說地，一起享受微風的吹拂，看對方髮絲微微飛舞，這也算是難得的愜意時光。現在剛步入秋天，大樹仍是綠的，偶爾卻可以看到黃色的樹葉脫離了母親，在空中打著旋兒落下，添了幾許淒涼氣氛。

我有點累，不經意間看到了球場的一旁，那裏一群少年興高采烈地進行遊戲，奔跑間帶著這個年紀獨有的青春氣息。我不由微笑，這可是校園中的特產，青春洋溢，這可是對未來的無限希望，有著足夠的動力支撐我們創造未來。

我靠在椅上，抬頭看向藍天，清澈的顏色似乎可以包容一切。突然揭去面紗的太陽讓我眯起了眼。身邊是朋友的笑鬧聲與踢球時不自覺發出的吼聲，然而，我卻奇怪地感到靜謐。身後的大樹無聲而沉默，它見證了校園的每個瞬間。風又起，我看著四周，感覺這刻的校園異常美麗，讓我捨不得眨眼。

心中突然升起熾熱的情緒。這裏，是我的校園，我將在這裏經歷一個又一個春夏秋冬，然後學會成長。



不知不覺，我已經在馮堯敬中學渡過了一年的光陰。有許多老師曾教導過我，但最銘記在我心的，是一位數學老師。那位永遠那麼關心學生的老師，就是我中一時的班主任。

在中一時，何老師便很看重我們的學業，還推薦我參加奧數比賽，她給予我這種學習的機會，我十分感激她。

老師的工作是很辛苦的，每天都要給我們授課，對我們諄諄教誨，要批改堆積如山的作業，嘔心瀝血地寫教案，還要組織我們的活動，保障我們的安全。正因如此，我才深深體會到老師的辛勞，並為此感動。我還記得那年的聖誕節，我們為了開聖誕派對而籌備了很久，老師也為我們操碎了心，幫我們訂外賣，計劃時間、地點，不知道的人還以為是老師開派對呢！最後我們在老師的幫助下，終能成功地舉行派對。

老師如醇酒，味濃而易醉；老師如花香，芬芳而淡雅。老師如秋天的細雨，細膩又滿懷詩意；老師如寒冬的梅花，高潔又傲然挺立。老師就是美的耕耘者，用自己的愛澆灌我們，使我們的心田綠草如茵，繁花似錦。

長大後，我才明白，那間教室放飛的是希望，守巢的是您；那塊黑板寫下的是真理，擦去的是功利；那支粉筆寫出的是文字，落下的是汗水；那個講台舉起的是別人，奉獻的是自己。

老師，我感謝您，因為是您教授我們知識，指明我們前進的方向。是您，使我們的生命更美好。

敬愛的陳老師，您好！老師在大眾之中可能是一個平凡的人，可在我心裏，您確實是一盞明亮的燈，照亮了我心中的路。您就像一位辛勤的園丁，培育著我們這些可愛又調皮的「小樹苗」。您每天都想把我們這些還沒有長大的小樹苗培育好，可是同學好像不太聽話，讓您磨破了嘴，每天都不止一次給我們講道理。如此的您就像慈母，讓我們感到了春天的溫暖。

老師，我知道您對我們嚴格是對我們好。記得有一次，您在測驗中向我們定下了要求，那就是分數要超過五十二分，不然就要改正兩次和不及格的同學要重測。因為這些要求，不少同學都在埋怨您，可是我知道老師是想讓我們不要只看向五十分就好，想讓我們精益求精。我在這裏想跟老師說，老師的用心良苦我是知道的，我會努力學習，不會辜負您的期盼。

唐代柳宗元說過：「舉世不師，故道益離。」老師就好像船錨，在埋沒自己的同時，又默默地牢牢握住這艘載著小樹苗的大船，使它在驚濤駭浪中巋然不動。老師的恩情如山似海，高山巍巍，使人崇敬；大海浩瀚，無法估量。老師是我們成長的掌舵者，用那淵博的學問，載得我們乘風破浪，駛向成功的彼岸。

敬愛的陳老師，您為我們付出了多少的心血與汗水啊！我感激不盡，感激您那陽光般溫暖的教導，雨露般甜甜的微笑！您的恩情猶如滔滔江水連綿不絕，我想此生都無法回報您的恩情，現在的我只能努力地讀書，用優異的成績來報答您的深恩。最後，我想在此對您說：「老師辛苦了，感謝您為我們付出的一切！」

初中組散文 優異

給校長的一封信

李漢程 中一

親愛的校長：

您好嗎？校長還記得我嗎？我是中一級李漢程。

校長，我剛剛入讀這間中學時，我什麼都不懂，還像個小孩子一樣，還擔心會跟不上學校的要求。幸好，您跟我說要做好自己，不要過分擔心，我的心情才平復下來。因為您這句話，令我恍然大悟，我一定會銘記於心。

後來，小測和功課多了，連考試也快來了，起初那份擔憂又再回來了。此時，您站在我身旁問我有什麼困難，我也坦誠地說出了我的擔憂。當時，您毫不猶豫地對我說：「做好自己，不要過分擔心。」這時候，我突然醒悟過來，這句話好像向我施了神奇的魔法一樣，令我心裏的煩惱、擔心和害怕都像風一樣吹散了。我特別感激校長，因為您幫了我一個大忙。

在這兩件事中，我從校長身上學會了勇於面對的精神。每當我面對什麼困難，我都不會害怕，還要勇敢地解決問題。我要好好感謝您的幫忙，如果沒有您的開解，我可能還在害怕和逃避問題呢！

生活愉快
祝

學生

漢程上
二零一五年十一月五日

初中組散文 優異

給老師的一封信

黃錦江 中一

敬愛的何老師：

您好！您是我心目中最敬重的老師，您平日雖然十分嚴厲，但是為了我們，您起早貪黑，琢磨著更多更好的教學方法。您就像蠟燭一樣，燃燒著自己，指向一條光明的路、正確的路讓我們向前走，讓我感到前途無限的光明。樹木的成長，離不開陽光雨露的滋潤，只有它們無私的奉獻，才能生機勃勃。花朵的生長，離不開大地，有了大地提供的營養，花兒才能長得美艷動人。而我們的生活，離不開老師，有了您耐心的教導，我們才能健康成長，得到更多知識。這幾個月來，您苦口婆心地教導我們，您說的每一句道理，我都牢牢地記在心裡。

老師，我想對您說：「您真偉大！為我們付出了這麼多，您是我心目中一位很好的老師！」

正因為有您的教導，我們才能學習更多的知識；正因為您的點滴教誨，才使我們明白許多做人的道理。您就像一顆大樹，讓我們在您的樹蔭下健康成長。您是一位風趣的老師，您給了我無窮無盡的力量，讓我慢慢地愛上學習。雖然有時您對我們很嚴厲，也經常教訓我們，哪怕只是一點點的過錯，您也認真地糾正我們。但我知道，您是為了我們能夠更認真地學習，讓我們將來能有更好的成就。

老師，謝謝您對我們的關心，謝謝您教給了我們很多的知識，謝謝您！

祝

身體健康

學生

錦江上
二零一五年十月四日

尋尋覓覓，冷冷清清，悲涼的秋風襯托著沉甸甸的腳步，靜靜地停留在這條走過無數次的長廊上。眼前這片使人留戀的景色，經過歲月的蹉跎，失去了五年前的鮮氣。關於景物這門學問，對於能否保存世外桃源之美名，很大程度上取決於觀察者的心態。也許它並無失色，而是現在的我已非懷著以往的歡悅觀察這片景色。朝看水東流，暮看日西沉，還有多少時間能奔走在這片天之下呢？

回想起新生入學那年，恰好遇上了學校的二十週年校慶。那時的我剛進入這片新世界，並沒有很大的歸屬感，也就沒有多理會。誰不知年難留，時易損，霎眼間已是五年多，我也成為了快將畢業的一群。閉起雙眼，腦海亦能浮現出昔日的清純片段。鮮明的畫面，已逝去的流年與光陰，令人心酸的回憶。在馮堯敬紀念中學的日子雖不算長，但卻見證著我們一步步成長，從無知的小孩一步步長大成博學明理的賢士，運用在這裏所學到的一切體味出人生，摸索做人的意義和價值。

在操場上奔跑追逐的中一生換了一批又一批。看著他們，我彷彿能看見五年前的自己，彷彿能觸摸那些已褪色的歲月。初中的我們年紀還小，不懂現實，不懂辛勞；天真爛漫，懵懂幼稚。每天在課室談天說笑，發掘各種異想天開的玩意，眾樂之下在無聊中生趣，沉浸在歡樂的氣氛之中。初進校園時，我們都曾為能否適應校園生活而忐忑不安，擔心能否順利融入社交圈子。幸好大家也很和善，未幾已能打成一片，成為了能打開心扉、抱膝談天的知己。

初中是開始步入反叛期的階段。那些年，我們喜歡對師長耍嘴皮兒、在黑板上塗鴉、小息時在課室「開餐」、體育課時故意以「龜速」跑圈。人啊，就算盯著高冷的面容、散發著難以靠近的氣場，其內心也不過是個小孩子。隨著我們好玩、好樂的心態，開始做一些故意挑戰規律的行為，包括逃掉制服團隊的集會、惡作劇地把粉筆碎撒在同學的椅子上、嬉戲間把同學推向異性洗手間等。那時我們未懂明辨是非對錯，也沒有自己的一套待人處事方式。不知分寸，勇而不智；渾渾噩噩，隨波逐流。

那些年，我們都沉醉於個人與群體之間的歡樂中，自以為無法無天，自鳴得意。還記得當時的班主任經常為我們幼稚的行為氣得火冒三丈，但令人感動的是她並沒有放棄過我們，反而把我們看成親兒女。她常說我們雖然頑皮，可本性卻是扎根於心底裡的「善」。對呢！我們雖然頑皮，可一點也不壞。

還記得中三級的德育課，需要到老人院進行探訪活動。同學都主動擠在一起細心地考慮各種因素，認真地設計適合長者而又能讓他們感受到世界充滿著「人情味」的活動。學校給我們的教育並不只於書本上的知識，珍貴之處是著重於對學生的品德培養。就算我們與生俱來不喜歡讀書，喜歡惹事作樂，可我們都懷著一顆善良之心。

年輕就是任性，我行我素、膽大妄為，把成人的教誨拋到腦後。因為那些年我們都還未成熟，不懂學業的輕重，不會思考人生的意義和價值，就這樣漫無目的地過活著。很多人說人生最快樂之時莫過於中學生涯，而我認為更貼切的是中學生涯裏的初中時期。那時毫無顧慮，可謂人生中最為率真之時刻。

對啊！那時我們年紀小，你愛談天我愛笑，叫人傷痛的是流光容易把人拋，眨眼之交，紅了櫻桃，綠了芭蕉。偶然停步看成人，才知考驗時日長。人生一直都被時間追殺著，回過神來已戴著方正眼鏡，手捧數本敦厚的硬皮書。

距離應考文憑試的日子逐漸逼近，學校也安排了不少活動鼓勵我們發奮向上。例如在週會中邀請貴賓與我們分享夢想、談論人生。隨年漸長，我們的思想亦開始變得成熟，與初中時期產生了天壤之

別。同學之間的話題由遊戲戰略轉變成學術交流，由無聊八卦轉變成生命反思；課堂上再沒有人故意喧嘩、調戲師長。大家終於肯拿起筆來做個模範學生，踴躍發問並抒發己見，也做到本校今年所提倡的「嚴謹自學」。

初中是以「玩」為樂，高中是以「學」為樂。學而時習之，不亦說乎？子夏有言：「博學而篤志，切問而近思，仁在其中矣。」出了格物精神的盛興，同學亦開始著重個人的言行舉止，變得乖巧定性。尤其在「禮」方面，同學除了重視個人修養，也領悟到「尊重」的重要性。足以讓人由衷讚歎道：「昨日的活寶，現已心懷著一股君子之風。」

儘管如此，在校園裏亦不時能看見有些同學因迷失方向而裹足不前。在青春期，我們或因自我認知不足、摸索不清自己的真實興趣，自覺前途一片漆黑。食慾全消、輾轉反側，卻捉不了夢，便開始怨天尤人，失去自信。高中生涯令人怕慮愁眠的並不是學業壓力，而是迷失自我的恐懼感。

可此時此刻卻見證了同學互助互愛的心。因為我們都體現過迷失自我的滋味，嚐過這股無助感的苦澀。我們一起參加學校的性向測試，主動請教升學就業輔導組的老師，拼起桌椅，談論對方的長短處及個性偏好，一起策劃人生方向，戰友之間互相切磋鼓勵。別人的青春為戀愛惆悵，我們的青春為夢想奔波，就算未能確切地抓緊理想，亦能有自己並非孤軍作戰。

這些年一起在馮堯敬走過的日子，無疑是我這生中最为充實，最為歡快的時光。猶如白紙變得色彩繽紛，空蕩已久的腹中有了熱騰騰的午飯，受束的籠中鳥得以釋放在空中展翅飛翔。這裏是引領我們向上，助我們一臂之力的踏板。畢業並非終點，而是起點。即使以後大家各散東西，也能一起為走進新世界的開始而會心一笑。

我抬起頭，看著萬里晴空的一片片浮雲。我總愛把天空比喻作人生，它時會天朗氣清又時會烏雲密布。如同我們內心的這片天，或因命中註定，或因偶然遇上的驚喜而不時會有新的雲朵飄進這片領域。叫人歎息的是我們只能無奈地看著它飄走。捉不住，截不止，這片歲月終會隨流光逝去。生命中人來人往，有開始也就意味著有結束，但我從來沒把在馮堯敬上學的日子看成一片「浮雲」。因為在這片天地，我們哭過笑過，跌倒過站起過，有血有汗有情有義，此可謂成長之重要階梯也。每當我抬頭仰望校園之上的這片天空，它總是藍的。

對，它總是藍的。

相信我們的心中，它已被彩虹所染滿。

那些年我們在馮堯敬的日子，可謂良辰美景也。



是您，改變了我。

很久很久以前，一名無名無貌的男孩，孤身駐足路前。前路那一方土地，那小徑，模糊陌生的一段路，路旁栽滿了樹，不是絢麗華美的櫻花樹，沒有倏然滑落的櫻瓣；也不是孤傲白潔的梅樹，嗅不到醉人芳香。普普通通平平淡淡，這樣普通平凡的樹，種遍四周，而我依然不知樹的名字。即便如此，男孩仍是抬頭細賞，那高蔽半天的脈絡，枝葉點綴的風景；細心聆聽，那深夏的低語聲，與鳥兒共唱夏蟬之歌，饒有趣緻，往後亦不曾厭倦。

背上沉石重壓的書包，一步、一步，把一切風景拉扯往後。男孩兩手攤開，兩袖有清風而空無一物，曾於上一站的微風，亦於上一站散盡。為了揚帆起航，迎接下一站的「我們」。終於，在心中躍動與鬱結茫然的指引下，我踏入不曾熟悉之地。不可思議，原來黑白的世界彷彿被注入色彩，至少那瞬間，為記憶添上那藍院難忘之色。

是您，改變了我。

無名無貌的男孩沒有朋友，或者謂「那算是朋友？」沉靜寡言、不苟言笑，那是猶如約定俗成的固定形象，又是誰定的呢？取笑或被笑這種玩鬧，都是遙遠的事實，總是事不關己呆立一旁，雙目飄走遠方，傾聽眾生相。是您，為油畫再繪上一筆，您讓男孩與許多的「他們」相遇，邂逅是在這藍院的奇跡。不知從何開始，也有開懷大笑之時，年月為嘴角加添弧度，名與貌安在誰的記憶。

從前，懶散懦弱的男孩，終日無所事事。也許時間很快，且愈跑愈快，大睡一覺便已西山日落，日子就如此過去。連話也不發一句，尤與不識之人聊天為甚，總是為失敗二字而抖動不已，乾脆什麼都不做就好嗎？

只為三分勇氣而禱告，隻身一人才顯得退卻吧！是您，是您改變了我。

很久很久以後，男孩也成為了少年一名，即是，離去之日也將近了。當初沉靜的我似乎也懂了些幽默，是您，是您教曉我何為勤奮，勤奮向學，無窮的知識成就腳下的巨人；是您，是您教曉我何為勇氣，勇往直前，勇者無懼，值得銘記在心的美德。其實，您改變我的又怎能說清？萬萬千、林林總總的事物難以說明，卻確實存在。

又是放學時光，我踏出回程的步履。前路這一方土地，這小徑，刻銘在記憶中這熟悉的一段路，路旁栽滿樹，平凡普通的樹，我依舊不知名字。我不禁抬頭細賞，這不被茜色浸染的脈絡，枝葉似乎掩蓋著更廣的一片天，我傾聽著，這初秋低語聲，與鳥兒共吟頌讚之詩……

讚美藍院——我的母校，

悄悄六年走過，恍如昨夜事，

您予我改變，您予我邂逅，

我予您詩與歌，一切付諸文字，

此處刻銘思憶，相遇是此處的逸事，

謳歌這段年月，一切予以銘記，

我記下不捨，我撰下感言，

白駒過隙往事，揚帆攜共航，

讚美藍院——我的母校。

樹木的年輪添上新成員，默默迎來二十五。聳立於花園間歷盡四季：秋，落葉枯實；冬，積枝搖曳；春，花苞探頭；夏，柔綠盛放。恍如新生，迎來首日。打開漸封塵的回憶，挖開心靈之土，時光早已被土活埋；被塵土送走，留下只有那美好的回憶……

荒蕪的馬鞍山帶著滾滾塵土，馮堯敬中學如沙漠上的綠洲，閃閃發亮。歷盡顛簸車程，踏上我的首日。步入大門，陌生之味毫無預警下侵來，只有馮堯敬先生的銅像向我問好。在這，我迷失，不知所措……站於一旁細觀絡繹不絕的學生步入，顯得我格外奇特。

站於台下，我如像小羊，營服役役拿著校歌紙，四處張望。創校以來首批學生，青澀純真，校服雪白，一道白光圍繞他們，猶如天使下凡。我盡力把他們收於眼簾，那可愛的學生，第一次接觸的他們……

踏著高跟鞋，每一聲「咯、咯、咯」，都在震懾我心，強行拉我返回現實，毫不保留地透露我的位置，還有三、二、一步……打開藍色大門，吵鬧聲瞬間停止，流淌的只有「嗡嗡」作響的冷氣聲。他們默不作聲，如被點穴般靜止，目光追隨著我的步伐。手執粉筆，揚揚在綠油漆的黑板上寫下大名，粉塵輕柔進入了鼻腔，衝襲神經，毫無預警，身體按照敏捷的神經刺激打了個大噴嚏。寂靜的課室隨噴嚏聲沸騰四騰，小靈精嘻哈大笑，默然在打圓場。內心一笑，大家的臉重掛笑容，真該感謝那來得及時的生理反應。

每天重複的工作毫不乏味，學生的笑聲在校園裡迴蕩，為死氣沉沉的馬鞍山注入生氣。午膳時，學生生龍活虎，隨鐘聲直奔雲姐寶地，到處嚷著今天之選，我亦板起嚴肅之臉四處喝止孩子的胡鬧。美食香氣悄然突襲，肚子不聽使喚叫囂，望著孩子一張張笑臉，狼吞虎嚥的動作，頓時內心之喜把空空如也的肚子填滿，內心實在感到幸福。

夏日之時，一年生涯終到尾聲，每張稚臉都添上成熟。六年一循環，我親手送走每位準備展翅高飛的孩子。他們親手接過祝福，毫無畏懼向外衝，手執多年來老師給予的每份裝備，直衝他們理想的烏托邦，尋覓夢想。我作為旁觀者，遠眺他們飛行，黯然成為顆閃亮之星，消失於眼前……我不擔心，他們終有一天會凱旋歸來。

第二十五年了，那樹木已伴我與馮堯敬走過漫漫長路。站於下，四季飛逝，封塵回憶，甜酸苦辣，一一呈現。那些時光從指尖間滑走，回首過去，學生猶如我的人生旅伴，悄然成為旅途中的啟蒙者。

現在，二零一六年逐在眼前，我也要送走六甲班的學生了……第二十五次見證他們高飛於天上。

清晨的陽光、婆娑的樹影、屋邨相鄰的小徑，構成了我上學的道路。偶有相熟的老師經過會互相說早，看到熟悉的同學會上前攀談，這就是我上學時的情境。日復日走著這段路，每天都會遇到不同的老師、不同的同學，所以不會感到沉悶。不過，這段路走到了第六年，心情似乎有些改變。

每一步都似乎在倒數，倒數著我在學校生活的日子。還剩餘多少次「早上好」可以說呢？還剩餘多少次可以走這段路呢？不多了、不多了。

上課的日子、小休時嬉戲的日子、班際比賽團結一心的日子、在禮堂嚴陣以待預備考試的日子，不多了、不多了。不知從什麼時候，我期待著上學的日子；不知從什麼時候，我抱怨著學校，又同時愛著他；不知從什麼時候，我開始依依不捨了。

這麼想著的我，不知不覺已走到了課室。我撫摸著光滑的桌子，這張印著一道一道的木紋，左上角還貼著時間表的桌子，在伴我走過一百多個日與夜。一百多天後，在這張桌上奮筆疾書或是俯身睡覺的，再也不是我了。同樣地，一百多天後的六一零室也沒有昔日的熱鬧，取而代之的是空無一人的寧靜。彷彿那裏本來就沒有人，彷彿那裏本來就沒有我……九月後，「六一零」會再一次被添上了色彩，但畫家不是我。

校長說我們應該每年都保存著校刊，目的是為了保留回憶。說來慚愧，在這裏先讓我說句對不起，每一年我都沒有好好存著校刊。現在想來也挺後悔，校刊裏有著我和我班的情影及老師的寄語，如果還保存著的話，便可以懷緬一番了。回憶著那個穿著紅白校服的我，回憶著我在學校裏淘氣的事，回憶著我在這裏成長的日子。

我十分感激學校，是它給了我努力學習的勇氣。從前的我成績落後，我以為自己是無藥可救了，但得到老師的鼓勵和學校的栽培，令我的成績有所改善，也使我更用心向學。它讓我知道，我是有可能的，這樣的我是可以成功的。它給了我奮力的信心。

我不是個濫情的人。可是離畢業的日子已近在咫尺，又適晤學校二十五週年校慶，因此悲從中來，心有不甘。那些年，我們一起在馮堯敬的日子有笑有淚，這些都締造了我不可磨滅的回憶。不管日後的日子或晴或雨，它永遠是我的母校、永遠是我心中最溫暖的記憶。

謝謝您。



我拉開那個頗殘舊的抽屜，一本簿子映入我的眼簾中，是如此的熟悉，如此地想念這簿子裏記下的一切一切。我拿起這本中學年代的紀念冊，翻開一看，看見那些年那件事，一點一滴記錄在這本「沉重」的本子裏。裏面有著各式各樣的字體、風格，相片中各個模樣都是熟悉的。遽然間，一股思念像潮水般在我心中翻騰，是我牽腸掛肚，腦海中浮現出從前那快樂的時光。時間的沙漏不停地漏，不停地漏，不停地漏……我憶起那些年，我們一起在馮堯敬的日子。

至今，我依然記得校園裏的瑣碎事，總讓我沉浸在一種難以言喻的歡愉中。「鈴……」每一次小息的鐘聲響起，同學便會用那如同具有魔力的雙腿，在十秒間飛奔到小食部的正前方，整齊地排了兩條又長又直的隊伍，令我歎為觀止。上課的時候，眼角餘光瞥見鄰座的同學為書中的人物模樣、相片加上奇異的妝容，對其進行「大改造」。最令我印象深刻的是他們利用毫不起眼的紙皮箱，變成一個富有生命與靈魂的機械人。那些年，我們總會有歡樂的回憶，而那就像有一股清清的溪水潺潺地流過。

馮堯敬中學裏的老師總是掛著親切的面孔，身上散發著濃厚的書卷味。他們不但親切、友善，更會耐心地教導我們，亦會與我們閒話家常，恍如友伴。有時候，儘管他們有點「長氣」，跟我們說道人生、目標等沉重的話題，但他們都是為了我們著想。在我們的學習生涯中，老師如同一盞指路明燈，又像懸掛天上的月亮，讓我們在漆黑之中，找到一點光芒。有時看著老師與同學對話，那瞬間，老師不再是老師，同學不再是同學，而是像家人、朋友般的關係。那些年，老師的訓話是鼓勵、啟發、引導，令多年後的我仍難以忘懷。

在學校的時光漫長，有一種東西總是令我們害怕、惶恐、焦慮，但那又會為我們帶來滿足感、成功感、喜悅感。那不就是讀書嗎？在每次考試的前夕，我們都化身為士兵，在圖書館中，總有著不少莘莘學子在「備戰」，我們一同唸書，恍如有種神奇的力量把我們結合在一起。到考試過後，坐在課室的我們一聲不響，瞪著老師手中那疊試卷，心裏想著：「一定要合格，一定要合格！」戰戰兢兢的，活像一個等待判決的犯人，忐忑不安。那些年，一起唸書時，總是抱怨日子漫長，但在光陰飛逝後，卻又希望將它捉著。

在馮堯敬中學裏的每一天、每星期、每個月、每一年都是充滿歡笑的，也如同五味瓶一樣，填滿五味——甜、酸、苦、辣、鹹。而這些味道是拼湊我們回憶的元素。我翻到紀念冊的最後一頁，看見「那些年，我們一起在馮堯敬」……

甫走進校門，又見那熟悉的面孔，

圓圓的鏡框，

眼角的皺紋，

輔以一成不變的表情，

風雨不改地目送我們

——成長、離去、歸來。

再踏上樓梯，一道身影映入眼簾，

沾滿汗水的上衣，

忙碌的步伐，

但贈予和藹可親的笑容，

默默地耕耘著校園，

——舒適的、理想的、快樂的。

步進課室，是伴我共渡難關的戰友，

紅白色的裙子和西裝，

輕快的聲線，

盪著，漾著，悅耳的談笑聲，

共同走過多少日子，

——天真地、無憂地、愉快地。

遂響起了鐘聲，伴隨著的腳步聲，

又見那熟悉的身影，

手總利落地落在黑板上，

時而嚴肅，時而輕鬆的氣氛，

充斥著讀書聲、笑語聲，

——傳道、授業、解惑。

評審簡介：關天林先生

畢業於中文大學中文系，現於上海復旦大學攻讀博士。（二零零六）年獲大學文學獎新詩組季軍，（二零零八）年獲城市文學獎創作獎新詩組優異獎，（二零一四）年出版詩集《本體夜涼如水》並獲第十三屆中文文學雙年獎推薦獎，（二零一五）年獲青年文學獎新詩高級組亞軍。

評語

聚焦日常片段，在追憶的目光下重新上演，賦予更複雜的色彩、更深長的意義，構思含蓄，節奏的控制出色。

新詩 亞軍

盛夏

譚淇威 中四

盛夏！你悄然地帶來了無盡的甘露，趕走了寒冬的乾燥！
帶來了溫暖的陽光，趕走了刺骨的寒風！

然而，也正是你！把我送入了馮堯敬的懷抱。
波光明滅，泡沫聚散。

歲月輪迴已經使你悄然離去，迎來了豐收的季節，
我輾轉反側，晝夜難眠，美好的盛夏你真的走了嗎？

不！你沒走！

你只是躲在馮堯敬中學……

我能看見了，你躲在同學的歡聲笑語中……
躲在老師的辛勤工作中……

也躲在馮堯敬的暖暖情意中……

也許，馮堯敬你就是那盛夏！

一直默默地用甘露滋潤著我們……

評語

由盛夏帶出命定的聚散，再翻出美好歲月長存之意，情理兼得，詩意大開大闔，一氣呵成，難得。

新詩 季軍

感謝

吳子茵 中六

年輪走了第二十五個圈，
我卻佔了他六年的時光。

懵懂未知的小女孩，

搖身一變為即將面對社會的少女。

你是我的大樹，
你是我的園丁。

種子快將脫茁，

我的身上有著你的印記，

每一個人看著我，也看著你，

他們聽到你的名字會會心一笑。

滴答……滴答……

時間在走，人在長大。

以後的年輪不能再伴你走，

但我日後的日子卻有你在跟隨。

我只是你其中一顆小種子，

也許你未必記得我，

但我仍會一直仰頭看著你。

第六年，你是我的學校；
第七年，我是你的舊生。
時間滴滴答答匆匆地走過……

我仍然是你的學生；

你仍然是我的母校。

謝謝你！

評語

成長的恍然、離別的刺激與自我期許脈脈匯流，擬人固然親切，比喻也自然貫穿，最後平實收起，最溫柔，也最堅定。

你給予我養份，
你給予我護蔭，

新詩 優異

是您

黃明意 中五

廣闊的大海中，
您 為我導航；
暴風雨之中，
您 引導我乘風破浪；
深不可測的懸崖中，
您 放下繩索拉我一把。
您如同天空中碩大無比的太陽，
在光輝下賦予我力量、勇氣、創新、思考。
您是我的手電筒，在我學習生涯之中燃點一盞又一盞明燈。
您是我的車輪，推動我前進又前進。
是您呀！是您呀！
埋藏著一顆一顆正在成長、熾熱的心。
那，「藍院」。

評語

激盪而莊重的讚歌，想像開闊，意象紛陳，只為托出一顆熾熱的心。

新詩 優異

校園五味架

漢曉彤 中六

梔子花開的春天，
白色的花瓣落在女孩的肩頭，
身後，一抹沁香落在男孩的掌心，
臉上甜絲絲的笑。
滾燙的太陽只是看著，
豆般大的汗水緩緩落下，
叮噠，心窩透了一大片，
身體火辣辣的。

天空飄落著小雨絲，
不知怎的竟落在他的臉龐上，
滴答，課業上的大叉又被沾濕了，
鼻子酸溜溜的。
鎂光燈下掌聲如雷，
驟然，青澀的故事、競爭的追逐、
師長的話語、台上的風光、湧上心頭。
咔嚓！黑色的袍子濕了，留下無人知曉的痕跡。
心中除了是鹹，還有甜酸苦辣……

評語

感覺細膩，立意謀篇也下過一番功夫，在甜酸苦辣的交錯滲透之中，最深刻的
是成長匆匆留下的青澀。

課室裏鴉雀無聲。
只剩下紙筆摩擦的聲音。
唉！心裏傳來無聲的歎息。
笑容何時變得這麼苦澀的？

懷想

天空



假如我是孫悟空

楊嘉豪 中一

人人都想自己可以無所不能、無所不會，就像《西遊記》裏的孫悟空吧！假如我是孫悟空，我會造福人類……

假如我是孫悟空，我會把荒蕪的沙漠變成生機勃勃的綠洲，我還要把遍地的石頭變成金幣，捐助貧窮的災民。

假如我是孫悟空，我會製造雨水來滋潤農作物，讓農民不再那麼辛苦。

假如我是孫悟空，我會魔法術把醫院的病人都治好，讓他們不再受病魔煎熬。

假如我是孫悟空，我會……

人生旅途

陳舒琪 中二

人生就像一杯清茶，苦澀中帶有細膩的甜味。茶的濃香久久纏於心頭，半透明的氣息沾染了半個世界，使人沉醉於此，又帶著點點憂愁。人生的一半光景是苦中帶樂的學習。苦，我熬夜溫習，人也憔悴了；樂，我取得好成績，旁人的羨慕眼光籠罩著我。人生旅途的苦與樂，就像茶般清澈淡然。透過茶，我們能看見人生的真諦！



今天下午，不知怎麼的，下起了大雨，為這炎熱的夏天帶來一絲清爽。「要下樓嗎？下著雨呢！」內心想著。但下雨天……難得一見啊，去吧。

緩緩地走到街上，看見途人撐起的雨傘就像一顆顆「小冬菇」，我也加入他們的行列。走在街上，風帶著雨打在傘上，似乎風兒也想帶著雨水到街上嬉戲呢！街上的行人都匆匆忙忙的，我卻悠閒地穿梭在人群中，有許多人走到旁邊的大廈裏避雨，這一場突如其來的驟雨讓他們不知所措。前方的招牌隨風起舞，雨水如同裙子般籠罩在它的身上，襯得亭亭玉立。

一路向前走，我看到一個公園，公園裏的野草被雨水洗刷得閃閃發亮。放眼望去，一片鮮艷的嫩綠映入眼簾，猝不及防地驚艷了一下。一根根挺立的竹子被雨水沖洗過後，越發美麗，那新鮮的嫩綠美得讓人窒息。遠處的木棉樹也掉落了滿地的木棉花，如同紅地毯一般，像在歡迎我的到來。眼中的紅與綠混合在一起，讓人心醉，我想繼續陶醉在這美好的世界裏。

我沒有停歇，繼續前進，終於到了。蔚藍的海在前方呼喚著我。我快步走到海邊，眺望著遠方，海上乾乾淨淨的，沒有一艘小船。雨水不斷擊打著海面，但大海如同母親般將雨水擁入懷中。

雨，停了。天空出現了彩虹。我不禁慶幸自己外出了。不然，怎能發現雨天的街景如此美麗呢！我慢慢地踱步回家，看到躲在大廈裏的人也四散離去。雨停了，人也散了，但是記憶會永遠在我的腦海裏，不會忘記。不會忘記那令我如癡如醉的街景，我會銘記著它、回憶著它、記錄著它，直至我老去，死去……

冬日的早晨

梁栢茵 中二

寒假來了，我終於可以回到美麗的家鄉，即使寒風凜冽，依舊無法撲滅我心中的熊熊烈火。我看著車窗外白雪紛飛的景色，雙眼也彷彿染上了白色。

來到老家的大門前，婆婆和公公都不顧寒冷地走出來迎接我們，他們的白髮上佈滿了雪花，嘴唇也佈滿了裂痕，顯然是等了很久。他們身上鋪滿了白雪，都快和周圍的景色混為一體了。

我的心洋溢著一陣暖意，正好和體溫成反比。

早上，我起得特別早，寒風颯颯，往窗外望，街上連一個行人也沒有，顯得格外寂靜。這時，我才注意到滿佈白雪的樹梢早已百花凋零，但是在白雪的粉飾下，即使失去了百花，它的風采依舊不減。

我無聊地把大門打開，陣陣的寒風向我襲來，直吹心房，猶如一把利刀，刺在我的臉上，格外疼痛。在雪影下，我的臉顯得異常蒼白，街上白茫茫的雪景洗淨了我的心靈。

走到街上，很多店鋪都沒有營業，我一步步地踏在雪上，留下一個個連綿不斷腳印。我忽發奇想地嘗試在雪地上留下自己的名字，可是名字很快被雪覆蓋。我張開雙臂，雪花落在我的手上，隨即在我心掌心手化。

我繼續向前走到湖邊，湖水早已結霜，像一面閃閃發亮的鏡子，映照出我的臉龐。太陽溫暖的光照在我的臉上，溫暖著我的心。

這是最美的冬日清晨——我的家鄉。

「轟隆」，晴天霹靂把我驚醒，冰冷的雨水猶如槍林彈雨般襲捲入室，正當我準備關上窗戶時，一隻軟弱不堪的蝸牛不斷往上爬，引起了我的注意。天啊！牠多麼的像我！

能夠登上金字塔之巔的動物有兩種：一種是老鷹，一種是蝸牛。老鷹是幸運的，因為天生有翅膀的牠只要學會飛翔，就可以輕鬆地飛上金字塔的頂部；而沒有翅膀的蝸牛，卻要背著一個很重、很重的包袱，靠牠的雙腳一步一步往上爬。因為爬上金字塔之巔是蝸牛的夢想，所以牠一直沒有放棄。期間，有不少動物曾勸牠不要妄想，指牠並不是老鷹，怎可能擠上金字塔之巔呢？但蝸牛並沒有因此而放棄，無論烈日當空還是風雨交加的日子，牠都堅持不懈，腳踏實地一步步往上爬。有一天，蝸牛終於登上了金字塔之巔，牠就像老鷹那樣俯視全世界！牠的夢想終於實現了！

我又何嘗不是呢？記得，小學時的我常常站在台下，羨慕著同學自信滿滿的領取「數學心算大王」的獎項，我憧憬著這份榮耀終有一天會降臨在自己身上，然而同學卻對我發出了一次又一次的質疑：「你才取得六十分，休想領獎！別再發白日夢了！」這些尖酸刻薄的話一方面像利刃般割著我的信心，另一方面卻令我變得充滿鬥志，我決心一定要超越他們！我一定能做到！因此，我便廢寢忘餐，日以繼夜地鍛煉自己，力爭上游。終於有一天，我拿到了全班第一名，這也是我首個「全班第一」，我頓時心花怒放，心裏就像灌了蜜糖似的。我自豪地站在領獎台上，看著同學羨慕的目光，一道彩虹彷彿出現在我的眼前——我成功了！

「滴答……滴答……」，幾滴雨水把我驚醒，這隻被淋濕的蝸牛還在拼命往上爬，牠不再瘦弱，牠是多麼的強大，多麼的堅毅。

蝸牛的精神就這麼牢牢地代表著我。

我的靈魂密友

吳子茵 中六

「喂！思賢，再不走快點，老師便來了！」

我氣喘吁吁地對著位於六樓的一心大喊。

「我在努力啦！」

我咬緊牙關，忍著剛吃飽又要馬上作劇烈運動的不適，奮力地向上爬。在趕路時，還不忘望了望樓梯外的景色。廣闊的吐露港、寧靜的中文大學、湛藍的天空，我曾經一度以為自己每天都能看到這樣的景色、曾經一度以為這就是我的整個世界、曾經一度以為「我」和「她」的友情是永恆不變的……

我的母校——香城小學，曾帶給我一段難以忘懷的回憶，它讓我認識到一心——我的靈魂密友，它亦帶給我一段純樸愉快的時光。如今，我重遊舊地，過去和現在的身影互相交疊，才驚覺母校早已失去當年的情味。到底是桃花已改？還是伊人已逝？也許，也許這次經歷能給我答案……

我，踏入母校校門，經過小賣部時，依稀看到一位少女坐在長椅子上，眼下四周空無一人，顯得寧靜又冷清。

時光開始逆轉，我看到一位束馬尾的小女孩，抱著一堆零食坐在長椅上。四周都是正在玩耍、蹦蹦跳跳的小孩。我高興地跑過去，她馬上嘟了嘟嘴，不滿意。

「思賢很慢！我都買好零食了！」

我坐下來，打開了一包薯片。

「沒關係……沒關係……昨晚我玩的遊戲很棒哦，讓我告訴你……」

就這樣，一心饒有趣味地聽著我說話。遇到有趣的話題時，我們會哈哈大笑；遇到意見分歧時，我們會吵得面紅耳赤。這段時間、這個空間，只屬於我和一心，這是我倆所建立的世界。

「你跑過來又不說話，是要幹什麼？」一心失笑道。

一心的話把我從回憶中返回現實，變回寂靜一片。沒有同學在奔跑、沒有兩個傻丫頭在長椅上談天說地。我抓了抓頭，邀請她到以前的教室看看，她領首。

我們一步一步地踏上了樓梯，時間又好像回到了從前。廣闊的吐露港、寧靜的中文大學、湛藍的天空……桃花沒有改變，然而我卻改變了！

「喂！思賢，你走快點好嗎？」

一心在六樓，對著在梯間磨磨蹭蹭的我大喊。

「我在努力啦！現在都不用跑這麼多樓梯嘛。」

突然，我倆不約而同地笑了。曾經，在同一地點，我們不是也說過同一番話嗎？於是我一鼓作氣地衝上六樓。一心走了過來，拍了拍我正在抖震的肩膀，笑著說。

「你和以前一樣，體能都是那麼差。」

「才不是！我也有進步好不。至少我現在比你高！」

現在和以前的身影又再一次交雜，以前我們在「鬥嘴」，現在還是在互嗆。也許，有些事情的確變了，我和她的世界逐漸擴大、樣子也和以前不同了。可是，風景依舊，感情猶在。昔日的友誼會一直延續下去，直到垂老的一天，我和她亦會坐在長椅上談笑風生、亦會在樓層梯間呼叫著彼此……

議論

縱橫



我們的人生有著各種際遇，但經過各種跌碰磨練後，很多人都推崇「不做第一，也不做最後」這種處世態度。不爭第一，以免爭個焦頭爛額，也避免成為別人的焦點，徒添壓力；不做最後，避免落後於人，遭人嘲笑或淘汰。

正所謂「槍打出頭鳥」，意思是指獵人手上的獵槍，永遠都是指向最突出，最特別和最容易發現的目標，一顆大樹上最出眾的鳥兒自然成為目標，獵人手下的獵物。再加以想象，獵人開了第一強後，鳥兒受驚，自然鳥獸四散。結果「出頭鳥」變成唯一一隻死去的鳥兒，而其他的鳥兒則能逃出生天。

作為「第一」，這個角色的壓力很大，所有人對之充滿期望和信心。目光和注意還會令他的失敗、缺點放大。牛頓和愛迪生都經歷投資失利，其中牛頓投資的舉動令不少市民追隨。結果泡沫爆破，牛頓一夜之間失去大量資產，更說：「我能計算天體的運行，卻不能計算股市的去向。」值得注意的是，不少人也一起投資失利，亦相信有人比牛頓失去更多的金錢和資產，但牛頓出色的成就，令他的失誤刻記在歷史的石碑之上。

在奧運比賽中，運動員代表國家出賽，毫無疑問是最出色的人。全國人民都會把奪獎的希望投放到他們身上。可是，壓力越大，失誤的機會也越高。面對失敗的壓力更會隨之而增。失敗，更會成為「家傳戶曉」的事，不能流芳百世，更只會遺臭萬年。

「第一」的壞處那麼多，那做「最後」就可以了嗎？不是，做「最後」亦不是一件好事。

社會風氣著重成績，特別是香港這個競爭社會，凡事講求學歷。「最後」的名次為學生帶來痛苦；「最後」到達聚會的人往往被視為「遲到」；「最後」搶購潮流產品的人，往往被人揶揄與潮流脫節。在這種競爭風氣盛行的社會中，學生成績不理想，取得全班最後一名，更被視為家中的禁忌。實際上，「最後」亦代表你的能力較低。一間公司面臨倒閉的危機，需要開源節流。上司會比較所有員工的能力，能力「最後」的員工毫無疑問會被優先解僱。因此「最後」亦不見得比「第一」好。

因此，不做第一，也不做最後，看似十分消極，但其實世事走向極端，也未必是一件好事。人生，倒不如徘徊在兩者之間，不斷追求進步，同時也避免自己退步，豈不是更好？

海倫·凱勒曾說過：「只要是面向陽光，你便不會看見影子。」陽光與陰影是一種並存的關係。面向陽光時，光明、積極、樂觀和正面的力量便隨之而來；面向陰影時，只有有消極、灰暗、失意和負面思想。那就如同一個錢幣有兩面。遇到波瀾、阻礙，只有自己才能決定自己所選取的方向；只有自己才能決定自己的角度；只有自己才可決定未來的道路與人生。

當你的生命中出現一個又一個的挫折，你會選擇面向陽光，還是陰影？對我而言，我認為在失意的時候懷著樂觀的心，那麼所有阻礙最終都會迎刃而解。天生沒有四肢，只有一隻「小雞髀」的力克·胡哲，他並沒有因此而放棄自己。雖然他在幼年時期，曾受到同儕排斥和欺凌，但他沒有鬱鬱寡歡，反而抱有樂觀、感恩的心。他不向命運的巨輪屈服，最終他的障礙也因此而變成巨大無比的力量，改變了他整个人生，成為一個著名的勵志演說家，影響著一個又一個的靈魂、生命。

世上的人大概可分為兩種——樂觀與悲觀，而成功的人士大多抱著樂觀的心。美國著名電台主持人保羅·哈維說過：「我從沒看過一個紀念碑是為悲觀者豎立的。」人生不如意的事十常八九，有些人會怨天尤人、自暴自棄；有些人卻會笑著來面對種種的傷痛。在二零零八年汶川大地震中，一位三歲的女孩宋馨懿，她的父母皆在瓦礫下被奪去了生命，她亦失去了一條腿。儘管在如此悲慘的際遇下，她也沒有面向陰影，反而向著陽光的一方，百折不撓。對我來說，她已經成功了一半。相反，若她在當時失去了正面的思考，如今她可能不會存在於這個世上了吧？

陽光是吸引快樂的磁石；陰影是死亡幽谷的引力。樂觀就如同給予人類一雙翅膀，使他們飛得更高更遠；相反，悲觀就成為人生路途中的絆腳石。那為何要當一隻被困在黑暗世界的鳥兒？

前南非總統約爾遜·曼德拉說過：「樂觀的意義包括面朝太陽，雙腳往前移動。過去有許多黑暗時刻，讓我對人性的信心面臨嚴重挑戰。但我不願也不能讓自己絕望。」人生中抱著樂觀的心，自己也會變得健康；相反，一直活在消極世界中是非常不健康的。有研究顯示，一個人樂觀，會較悲觀者更為健康。而且，自己悲觀的情緒也會影響周遭的人，相反亦然。因此，面向太陽總比面向陰影的好，不是嗎？

有陽光的地方，就有陰影，而選擇面向哪一方，就視乎自己的決定。一個人只要稍稍轉身，便可以由陰影那方，轉為陽光那面，隨之而來，整個人生也會有截然不同的結果。當你面向太陽，影子永遠在你後面。

偏見是一種對別人不熟悉和不了解而產生的主觀想法。我們往往因自己的偏見而無法看清事實的真相，因此對別人產生誤解。要消除偏見，我認為可按以下三步曲。

首先，我認為必須要冷靜。我們決不能像故事中的媽媽般，只是瞄一瞄，便妄下判斷，以為鄰居馬虎，未有把衣服洗乾淨。反之，我們要像女兒，先冷靜自己，不妄下判斷，走到窗前仔細打量，這才是最重要的，也是消除偏見的基礎。凡事也要先冷靜下來，才能更深入了解事件。就好像名人馬丁·路德金，因膚色而遭受歧視，甚至是厭棄，但是他並沒有因此而憎恨他人，反之冷靜下來，為黑人發表一次精彩又深刻的演說——「我有一個夢」。這感動了對他們有偏見的人，最終他的夢不再是夢。由此可見，冷靜是不可或缺的。雖然萬事起頭難，情緒容易被牽動，但不踏出這一步，偏見永遠都存在。

其次，我認為要多角度思考，深入了解事件。如在故事中，媽媽根本沒有想過自己的問題，只看表面便妄下判斷。故此，我們不能只相信自己的看法，要更深入看清事實的真相。如近年港鐵上多了年青人不讓座的事件，很多人只責怪他們不讓座予老人。這根本就沒有從年青人的角度去了解，可能他們是有難言之隱，例如腳部有傷患而不能久站，或工作至筋疲力盡。但是很多人都只看表面，以偏概全，沒有深入了解他人的問題，這就導致了偏見的出現。所以要消除偏見，便要從多角度思考，再了解事情真相，不能局限自己的觀點及角度。

最後，我認為與別人溝通和接觸也是一個好方法。由於偏見是對別人的誤解，那麼溝通就是消除這個誤解的良藥。若故事中的媽媽能與新鄰居接觸和交流，了解他可能只是洗衣機壞掉了，便不會一開始就說他做事馬虎。在傳統中國，男主外、女主內的社會裏，也存在著偏見。傳統思想認為女生不能擔當大任，但是每個人都有其長處，就像男生能成為出色的廚師，女生能成為出色的企業家或是政治家。若從一開始大家互相溝通、了解，再分配各人擅長的工作，這反而能提升工作效率，達事半功倍之效。

故事中，媽媽最後也察覺原來是自己的心窗染上灰塵，以致看不到事情的本質。可見只有冷靜才能看清事物本質，繼而從多角度思考和與別人深入溝通，才能消除偏見。



我們總會聽到這句耳熟能詳的話：「這是命中註定的，你擺脫不了這樣的命運。」但事實是否真的如這句話所言——人無法改變自己的命運呢？答案是否定的。有位詩人曾經說過：「人人都可以是自己幸運的建築師。」就如這句話所言，人不但可以不被命運束縛，還可以親手創造自己的命運。

命運並不是被自己身處的環境所決定的。美國前著名籃球運動員艾弗森出生於貧民窟，這樣的環境因素在外界看來，似乎上帝早已將他定義為一個不折不扣的貧民。但是，面對艱苦的環境，艾弗森不但沒有自暴自棄，而且還培養了堅強不屈的性格。他從小就展現了過人的運動天賦，並將自己的天賦帶到了籃球場上。一鳴驚人的他從此勢不可擋，在籃球場上縱橫馳騁。艾弗森成為史上最矮的狀況，此後更帶領球隊一路殺進美國國家籃球協會的總決賽。雖然決賽上憾負當時如日中天的湖人隊，但艾弗森熱血的鬥志卻征服了不少球迷的心，最終成為一代傳奇。上帝給予了艾弗森一個艱苦的環境，但卻沒有澆滅他熱血的鬥志。他憑藉自己的一雙手，將霉運換成幸運，建造了屬於自己的命運。從一個貧民窟的孩子變成一個傳奇，艾弗森就是自己幸運的建築師。

有人可能會質疑，艾弗森之所以能改變命運，是因為他有健全的體魄，那些身體有缺陷的人，也能夠創造自己的命運嗎？答案顯然是肯定的。

命運總是掌握在自己手裏，即使你拖著殘缺的身體，你也能改變命運。張海迪是一位坐在輪椅上的作家，身體的缺陷令她終生都要在輪椅上渡過，但她並沒有向命運屈服。沒有了雙腿，她還有雙手，她還有健全的五官。命運令她對學習的渴望有增無減，最終成為一名著名的作家，並為中國的殘疾人協會作出了巨大的貢獻。如果說張海迪能挑戰命運是因為能看能聽，那麼海倫·凱勒——一個視覺、聽覺、說話都有障礙的人，

她怎麼也可以成為作家呢？正是因為她沒有向命運低頭，沒有將殘缺的身體作為自暴自棄的藉口，終能塑造出她自己的命運。因此，無論是張海迪還是海倫·凱勒，她們都沒有因為身體上的缺陷而放棄人生，他們也是自己幸運的建築師。

愛迪生曾經說過：「天才是靠百分之一的靈感再加上百分之九十九的汗水。」上天給你的東西只是你命運的一部分，後天的努力與否，才是你真正的命運。如果你不為自己的命運爭取，最終只會遺憾終生，例如傷仲永那樣，雖天資聰穎，但卻不創造自己的命運，最終被四周的人決定自己的命運，由天之驕子淪為一代庸才。

「命中註定」這四個字說出來似乎振振有詞，實則虛無縹緲。人的命運始終掌握在自己的手中，無論是周圍的環境或者是身體上的缺陷，都不應該是你屈服的理由。只要你願意，人人都可以是自己幸運的建築師。



人總是慾求不滿，孩提時會因為得到的不是心目中期許已久的玩具而大哭；成年後因求得的並非窈窕淑女而輾轉反側，寤寐思服；甚至人會因為半杯水不夠解渴而怨艾。試問人之哀怨有幾何，答曰：無窮極。同一件事，人可以有截然不同的兩個反應，甚至可走向兩個極端，正面的總是較好的，而負面的，尤其是抱怨，就叫人不快了。

這負面思想的罪魁禍首大致上還是慾望，慾望是一切痛苦之本源。當有半杯水供解渴時還想要第二、三杯，這如何能解渴？總想著要更多更好的東西，這如何不抱怨，又怎能不負面？不過話說回來，慾望還有積極引領人前進的一面，總算是有好處的。

事實上，有好處的可也不止那一樣啊，大多事都是對立存在的，相輔相剋相生，負面思想總是太把自己當回事，總要跳起身來壓住正面，可它總是存在著的。這是我們早該意識到，也是必須熟知的，不然就只能怪你太應試，不對，應該說是成績太好了。

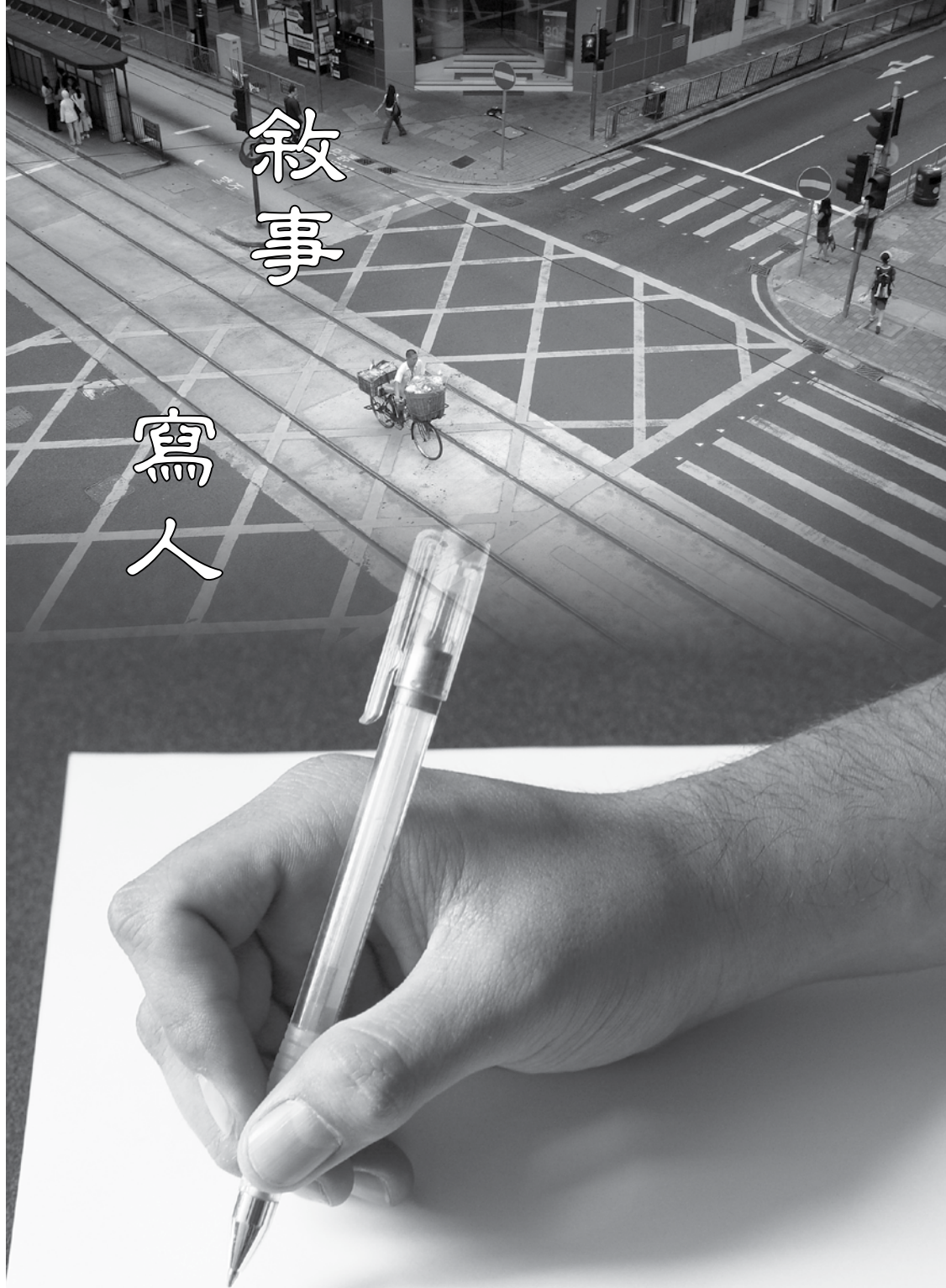
要造就一個正面的人生觀還有一點須銘記的道理，所有眼前的東西，都並非必然。這並不是鼓勵人質疑權威，雖然有時



確有此必要；更重要的是人所擁有的許多東西都並非註定所得，得到的許多東西都只是因為一份幸運，就如同父母給予的雄厚資產，相濡以沫的妻子又或是出生入死的朋友，都應看作是從天而降的「餡餅」，暫不計較口味，光是有收穫已是教人歡暢的。其次才是口味上的問題。倘若把其當作必然，並怒斥並非自己心愛的口味，總會氣不打一處來又順道怨天尤人。這一系列作為並不能改變半杯水的客觀事實，僅改變接收條件的次序便可有奇效。情緒、思想正是這樣微妙的東西，所以思想可以如此改變。

除了心理上改變觀念和自我慰藉之外，還可加強行動和實踐，將諸多的不能、不夠化為可能，思想也總會識相不再過分負面。

退一萬步說，做個最壞的打算，即便有人的負面思想過分根深蒂固，又或是徹頭徹尾的悲觀主義、存在主義者，一切方法都無濟於事的話也無妨。負面思想也有其不可否認的美的價值，黛玉葬花也非無意義之舉，那就不必刻意去消除了罷。



敘事

寫人

記一次和好友絕交的經歷和感受

李蔚姍 中一

「叮咚！叮咚！」午息即將結束的鐘聲響起，但我依然還在洗手間內哭泣，似乎沒有要停下來的意思。

早上的空氣比任何時候都更清新，我踏著輕快的步伐回到學校。可是，一進入課室，大家的目光都彷彿要把我看穿一樣。只是，班裏鴉雀無聲，大概就連一根針掉在地上的聲音都能聽到吧。

這種狀況，一直維持到小息。我的好朋友小敏走過來告訴我，事情原來是這樣的。家怡叫全班同學不要理睬我，為什麼呢？因為我在背後說她壞話的事情東窗事發了，但我卻理所當然只記得因為家怡不守承諾，把我的秘密說出去，並沒有想到即使如此，我也不應說他人的壞話。這時的我，真是太「成熟」了！

我明白真相後，在午息時氣急敗壞地走去找家怡理論。不過最後理論不成，罵戰一場倒是有。結果，我們絕交了。一位認識了七年的好朋友就這樣失去了，我後悔也來不及。

這件事發生在兩年前，現在想起來雖然有點模糊，但卻沒有被時光完全沖洗去。記得後來是小敏到洗手間安慰我的。從那時開始，我便在心裏暗誓一定要改掉自己做得不好的地方，珍惜好友。現在，在街上偶然遇上家怡，每次擦身而過，我都會想：「如果當初我們沒有絕交，現在一定還是好朋友吧！」可惜，世上沒有如果。

一份突如其來的薄餅，一份學校專為我們每位學生準備的「凍餅」，還有一位嚴師在我們焦急下所做出的行為，皆令我們始料不及……

在一個如常的上課天，老師忙著授課，學生忙著與課堂無關的事，例如密會周公、談天說地等等。正當他們忙得不亦樂乎之際，「叮噠……叮噠」的下課鐘聲又響起了，這代表著一天的上課日又宣告結束了。不消一會兒，同學都換上一副精神抖擻的面孔，似乎是等待著與一早相約的好友結伴而行，或在球場上散發青春的氣息吧！「滴答……滴答」，等候的時光中，如此漫長，卻又短暫。但結果……

「以下有一則宣佈，學校為每班同學準備了十份凍餅……」學校的廣播冷不防的響起了。「有東西吃？應該很好吃吧！不知道味道是如何的呢？」一連串幾條問題都在我心中，害我頓時變成了一個好奇寶寶。「沒辦法！誰讓我是一位貪吃和饞嘴的中學生呢！呵呵！這一點可千萬不能讓其他人知道的啊！要知道，我可是經不起任何美食的誘惑呀！」我心中暗想。

不久，班主任收到了屬於我們班的「凍餅」。但為何……沒有人願意接受呢？害我原來打算舉手的念頭差點兒想打消。幸好，最後為了我自己能夠品嚐一番美食，我鼓起勇氣，在眾目睽睽之下，舉出了我那貪吃的小手。可惜，我似乎總是不能汲取教訓，忘卻「天下沒有白吃的午餐」這個道理呢！因為早在先前，我每一頓在外參與活動的午餐，都是我可憐兮兮地利用我所寫的稿件作為交換。我只知當時，我才深明何為「粒粒皆辛苦」的至理名言。不過，我還是覺得值得的。最起碼，現在的我不靠體力來換取溫飽。

「好了，各位同學可以解散了。」老師千遍一律的語調再次響起，也把我拉回現實。這時的我，繼續看著手中的「凍餅」。只見它被一層膠袋包裹著，裏面放有五個大小一樣的薄餅。這個冰凍了的薄餅，與我們平日所認知的扁圓型薄餅是完全不相同的。它是用一枝長長的竹籤，穿過一個長方形的薄餅而成的。薄餅之上，鋪滿了一些玉米及黃色的醬汁，還有各種材料。而且由於冷藏的關係，我們明顯地看見它們被冰粒纏上了，因此隔著膠袋，我的手還能感受到它的冰冷及堅硬。看了看課室的時鐘，心想：「差不多四時正了，應該去合唱團準備練習了。」

不知是最近的氣溫升高了，還是音樂室的溫度較高，我手中的薄餅竟開始「冒汗」，似乎在告訴我它快支撐不住了。這時，我忽然聽到另一把聲音在嚎叫，原來是依祈手中的一袋薄餅也在拼命呼叫，瘋狂冒汗。我倆看到此情此景，當然是立即為它們尋求短暫的庇護中心——冰箱。只見當時有兩個女瘋子從二樓衝下去一樓的教員室門外，尋求老師的幫助。可惜，只怪我們來得不是時候了。老師都趕著開會。然後，我們再跑去尋求小食部雲姐的援助，可依然還是求助無門。旁邊的工友看見我倆手中的薄餅虛弱不堪，都建議我們馬上回家，別讓它繼續拖延病情。當我看到她眼神所流露出關心，心內不禁有一絲動容。同時亦感受到人與人之間的溫情，是多麼的純真及真切的，也令我的內心感到異常溫暖。可臉上仍不禁笑道：「我倆要留在學校練習，直至五點半方能離開。」只見她也一籌莫展。與此同時，盧老師剛巧在我們身旁走過，聽到我們的對話。說真的，我真的從沒想過，最後願意出手相助之人，竟然是這一位嚴師。或許有時候，我們都會被事物外表或主觀的感覺影響我們對事物的判斷。

倘若有人真心相助，真的不用自己親自哀求，只需說出困境，真正為你著想之人便會盡自己所能，提供適當的協助或有用的資訊。同時，看懂一個人，真的需要用「心」感受，絕不可單憑外表兇惡或說話嚴厲，而輕易錯下判斷。這次經歷，確實讓我長進不少。

不知不覺，合唱團的練習完結了。當我們離校返家時，已差不多接近下午五時四十分。沒趕得上吃下午茶的我，早已餓得飢腸轆轆。回家後，我連忙把薄餅弄熟。很快地，熱騰騰的薄餅便進入我和爺爺、奶奶的眼簾。只見金黃色的醬汁活像春天時萬物復甦的景色，而上面所點綴的材料，亦為這片景色增添了繽紛的色彩。食物的香氣早已傳入了我們的鼻腔之中，又有誰能抵得住這個誘惑？任誰都會選擇大快朵頤一番啦！

只知道，當我們第一口咬下去的感覺，是它的口感鬆軟，不會太過硬；另外，那些醬汁的味道也不錯。頃刻間，我們便早已吃得片甲不留，並且拍了拍肚子，露出一副滿足的樣子，然後各自回到自己的崗位。接著，大家再歡聚一起共享晚餐。

我想：那塊薄餅應該是代表著我今天放學後在校園所經歷的點滴吧！一塊薄餅，可以小觀大，可透過它，從中得到啟發……

學校所贈送的這份薄餅，讓我今天認識了多少的人和事呢？

而我今天所拜託過別人的事，又如何？如人飲水，冷暖自知。

每一件事的發生，都總有道理。那就要看自己是否能在這人生的考場中，透過思考而有所收穫。

百貨公司減價眾生相

鍾昊彤 中二

今天，我打算到商場購買一些食物充飢，我照平常的路線，途經百貨公司，然後到達食店。

由於我恰巧忘記攜帶手機，便百無聊賴地邊走邊看附近的商店。不久，我的目光旋即被一塊色彩鮮豔奪目的廣告牌吸引。光滑的紙牌寫著「周年大減價」五個大字。反正我也不太餓，便走進去看看。一走進去，我立即看到一群家庭主婦正聚精會神，瘋狂地購物。我沒有理會，繼續前進……

我到了最感興趣的地方——色彩豐富、琳瑯滿目的玩具部。我走到特價區域，看到以前擺放在展示櫃的變形金剛，現在卻被店員隨意地疊成一堆，把它們放在地上，作為特價商品發售。我再看看普通貨架上的模型玩具，最流行的玩具被小孩子一掃而空。剩下的款式，下場當然不堪設想。走到現在流行的妖怪手錶展區，一群小孩子，有的正懇求父母買給他們；有的為了他喜愛的款式，把其他的都丟在地上，父母卻視而不見，好像默許小孩子胡作非為。店員忙於整理掉在地上的貨物，表情十分無奈……整個展場猶如墟市一樣。我走到服裝部，這裏的貨品井然有序，人們亦很自律。到了食物部——主婦的戰場，冷凍櫃的急凍食品猶如風暴前夕，貨品幾乎被掃清，我看到主婦在「羣策羣力」、「各司其職」，將眼前的獵物全掃清。

在一片主婦的「屬地」中走出來，我頓時領悟到人最團結的時候不是共患難，而是百貨公司的大減價。我打算從收銀處出來，看到長長的人龍猶如巨龍一樣盤繞在深山峻嶺之中。這裏很嘈雜，有主婦推著幾輛購物車，保安亦忙於維持治安，以免讓小偷乘虛而入，殺保安一個措手不及。

好不容易才逃離現場，主婦的丈夫把「戰利品」放在車上運走。我又看到主婦彷彿精算師附身一樣，小心核實數目，生怕多算一毛半塊，如有算錯，馬上就跟店員理論。

我看看手錶，時候也不早了，算了吧！還是餓著肚子回家吃晚飯。

九龍寨城，是一個正邪之間的灰色地帶，是居民獨立自治的圍城。在這個「三不管」的地方，卻出現了一件聞者傷心，聽者流淚的事。諷刺的是，箇中真相是無人能預計的……

晚上，一輛運送囚犯的囚車由偏僻的監獄駛往市區，載的都是經已刑滿出獄的囚犯。「雖然你已經受到了應得的懲罰，但我真的不明白，為何你當次要辣手摧花？竟然親手手刃懷孕妻子？」一位看來年資極深的老警長向一位身穿囚衣，頸上有條長長疤痕的囚犯葉家華提問。他手裏拿著一本記事本，一直反復在翻閱。他抬起頭，未有回答任何問題，只有凝視著老警長。

突然，囚車因要避開流浪狗，失控撞上附近的民居。車中倖存的剛巧只有葉家華及老警長，他們以求生本能成功攀出破爛不堪的車輛廢鐵，可是眼前盡見的，竟是一班凶神惡煞，衣著打扮有如市井流氓的陌生人，但當中有一位女士，手牽著一個年紀七、八歲的小女孩。葉家華等兩人頓時神色慌張，再轉



身望到後方牌匾，寫著「九龍寨城」，兩人互相對望，恍然大悟，知道自己竟然誤打誤撞進了「三不管」的地帶。

此時，老警長的處境絕對比葉家華更為危險，皆因九龍寨城乃警察的禁區，從未有警察敢踏足，否則格殺勿論。但此時此刻已不容老警長細想了，因為子彈已經鑽入了他的頭部，當場斃命！在旁的葉家華雖是犯人，但當時的事發生得太快，令他方寸大亂。此際，寨城霸主走前，也就是剛才葉家華目睹手牽小女孩的女士——烏鴉女。葉家華心想：「果然深藏不露！剛才第一眼都未能認出你是眾群之首！但，那小女孩又是怎麼一回事？為何總有一種熟悉的感覺？」烏鴉女把葉家華扣押。扣押過程中，小女孩每天都送食物給他，風雨不改，此舉並非烏鴉女的命令，乃是小女孩天性善良的表現。



後來放下戒心的烏鴉女向葉家華道出小女孩的身世，當年的小女孩因母親被殺，父親下落不明而淪為孤兒，迫於無奈送往九龍城寨，由烏鴉女收養。烏鴉女更指出小女孩的腳上有一紋身，為「麗」字。聽到這裏，葉家華捲起褲管，事情令烏鴉女震驚不已。他的腳上紋有「華」字，小女孩與葉家華的紋身碰巧湊成「華麗」一詞。此時，烏鴉女一想再想，並懷疑二人是否就是父女關係。在他滿面疑惑之際，葉家華對著烏鴉女微笑點頭。真相，呼之欲出。可是，

烏鴉女尚有一疑問：「為何葉家華會變成階下囚？」此問題與早前老警長的提問不謀而合。葉家華取出隨身攜帶的記事本，以一筆一劃寫出個真相來。

二十年前，葉家華有一個幸福美滿的家庭，妻子懷有胎兒。可惜妻子的前度男友欲與她再續未了緣，但被狠心她拒絕。在惱羞成怒下，前度男友狠下殺手，將其殺害，心知闖下彌天大禍，前度男友竟把責任推給葉家華，誣衊他謀殺。葉家華在證據確鑿的情況下，百辭莫辯，最後身陷囹圄，並在獄中嘗試以鉛筆自殺不遂，因此頸上留下疤痕，變成啞巴。就在數天前，葉家華刑滿出獄，之後便發生意外，闖入九龍城寨。

在城市的盡頭，破落的寨城裏，聚集的都是走投無路的……大部分人都是有見不得光的過去。小女孩就是其中一個例子，無辜的她捲入了命運的漩渦，當有朝一日她長大成人，問起自己的身世及有關雙親的問題時，這個真相，她，能承受得起嗎？

我最敬佩的老師

尤鉅霖 中五

雨一直下，他還是穿著整齊的西裝，撐著雨傘，樣子嚴肅地步行到學校。我總是覺得平常的他有一種很陰沉的感覺，愁眉苦臉似的，更像是有一層神秘的面紗在他的頭上，彷彿有一段不為人知的過去……

「叮噠……」鐘聲終於響起，我又要找我最親愛的爸爸一起回家了，不過我想他必定又要加班了。因為他是一個心理醫生，有很多病人找他診治啊！

我從學校步行到爸爸工作的地方只需五分鐘。一推開門，今天居然很少病人，只有一個病人在診治房內。正當我慶幸今天可以快點回家之際，有人從房間走出來，居然是那個不苟言笑的向華老師！不過他完全不認得我，只用他沉靜的步伐推開門走了。

爸爸也終於可以走了。不過，我腦海裏頓時浮起一個壞念頭，爸爸每天都會把第二天的病人履歷放在家中的抽屜裏，我平時從不打開，但今晚我真的很想做一次壞孩子。

回家途中，我內心一直掙扎：「應不應該偷看？」內心仿似有一隻魔鬼和天使同住。連我爸跟我說話我也沒留意，我只是不斷思索應否偷看。

我爸一回到家，就把病人履歷放到那個抽屜，並立即去洗澡了。我心裏的魔鬼戰勝了天使，我決定偷看！我拉開抽屜，第一份履歷就是向華老師的，我從抽屜拿了出來，揭開了……

我終於明白向華老師為何平日這麼嚴肅了。原來他以前帶領學生到山上郊遊，可是突然有一場大火，

三十多名學生都被困在火場裏。他剛巧在火場外，但並沒有放棄學生的生命，正當山火燒得熊熊烈火之際，他還奮不顧身的衝入火場救人。救了七個學生之後，他的身體已經燒傷，並吸入了大量濃煙，已經到了不能動彈的地步。所以，他唯有放棄，等待救傷隊救援。最後，有兩個學生重傷不治。向華老師一直十分內疚，所以再沒有展露開心的表情。

自此以後，我再不覺得向華老師嚴肅，反而十分佩服他這種勇氣。他無懼自己會喪失生命，把生命置之不理，盡力去拯救學生。縱使燒傷了還忍受痛楚去救學生，我十分佩服向華老師，他這種無私精神實在難能可貴。我十分慶幸我校有這位好老師。現在，每當我看到陰沉的向華老師時，我都毫不畏懼地向他打招呼，並在心裏祈求他的心理病會早日康復。



重遊舊地

李國兆 中六

宣告午息開始的鐘聲響鳴，絲絲繞進耳內，於腦中翻起波濤，將我驚醒過來。我站在懷念的校門前，用心聆聽那熟悉的音樂。不一會，一個個穿著同樣衣裝，卻略顯陌生的學生蜂擁而出，餓狼似虎的人群一刻不停地掠過我的身旁，彷彿這「陌路人」也只是個陌路人。沒錯，我終於重臨舊地——我的母校了。

「其他人應該都收到了。」我舉起手上的信，眯細了眼看著。

信上面寫著：「親愛的故人，還安好嗎？不論現在的你是喜或憂，身心俱疲與否，那個地方都是你的第二個家。回來吧，讓我們再次重聚，於那充斥回憶的藍院。」

踏入久別重逢的校園，一股熟悉的氣息擾騷鼻腔。首先望及的是操場。學生都外出午膳了，還留在學校的只有寥寥數人，鴉雀無聲，靜得能聽到銀針落地之聲，寂寥為其鍍上一層淡淡的幽藍。突然間，一個籃球橫空飛過，彷彿劃開了無人的淡藍。我沿著球軌望去，一道熟悉的身影映入簾中。「一心，你可不要守不著這球啊！」我笑著說，運球而行，試圖衝破一心的防線。可是一轉身，籃球依然被其搶去，「你還不差啊，可就是差點火候！」一心囂張地笑嚷著，繼續這一來一回的攻防戰……

「一心！」我在她背後輕喚其名字，打算拍她的肩膀。但朦朧之間，手掌只越過了空氣，打在無人的空間，操場依舊寂靜，校園又被淡藍所籠罩。

懷著茫然的心情，我走上樓梯，突然有一陣授課聲傳入耳中。我探頭細聽，尋找聲音的來源。最後

我在一間教室前停下駐足。透過窗戶暗暗窺視裏面的情況。「有容，答案是甚麼啊？」面對老師微笑中暗溢著威嚴的提問，有容的額上悄然滑下一滴冷汗。「呃……呃……」後面的英秀正拼命想告訴她答案，可是那蚊聲細語卻始終不被人所聽清，有容的視線在英秀的臉龐和老師的笑容間游離，不知所措。

學校的點滴常使我會心微笑。正當我打算再把臉頰靠近細聽，熱氣卻呼噴到窗子上，霧氣遮蔽著視線，我連忙用衣袖擦拭，可故人的身影早已消失無蹤，只剩下無人空房。

難道，往事不可追憶？

追尋回憶碎片的指引，我走至記憶終點處——禮堂。至今依然迴盪著，在校園的最後一天，那曲子於我心中久久不散，所有的悲歡散聚完結於此。禮堂一片喧鬧，畢業生代表致詞，對母校不捨，予以其最真誠的祝福……有人激動得聲淚俱下；一些女同學還梨花帶雨，以手帕輕按著淚角；也有人滿臉笑容，為脫離學生時代而雀躍不已，忙著與老師、同學合照。我就站在其中，心中滿是不捨之情。回憶著，恍惚中從前與現在的自己似乎重疊為一，倏然畢業光景遠去，回憶又破碎四散，人去樓空的禮堂的空氣凝聚著，壓迫著，把我帶回現實。

難道，往事真的不可追嗎？

不，不會是這樣！

時光飛逝、往事不能追？這不過是懶怠的藉口，或者應該吟誦這首詩「樹葉的飄走，是風的追求，還是樹的不挽留？」它的含義雖有不同，亦不遠矣。回憶之所以不能追憶，不是因時間的追求，而是我們的不挽留。留著回憶啊，別讓它輕易溜走，不能再用「莫能追」這膚淺藉口，誰說成長是丟掉夢想？

誰說前行的喻意是放棄憶記？「不在乎天長地久，只在乎曾經擁有」？這句話雖見灑脫，我卻不為所動。誰說我看不開，還是固執？人分明是貪婪，卻又總在求不得之時表達灑脫，這才是真正的看不開，以至於自欺欺人。盡力去留著，拼盡全力，這才值得謳歌。沒錯，我也是為此而來。

鐘聲又在鼓動，校園被生氣所充盈，我也要為其抹去寂藍，然後繪上一筆，在那曾經和煦的褪色部分。

沒錯，因此我才把信寄出。我的友人啊，你們可還安好？馬上就要見面了，你們心中又忖著什麼？我靜靜地拾起地上碎片，等待著。

咔嚓。大門被打開，傳來幾陣腳步聲……



我躺在這片寬大的田地上，閉起雙眼感受著田野的呼吸、田野的心跳，它彷彿在懷抱著我，向我低聲訴說它的心聲。我看著天上的月亮，驀然一陣心酸，百感交集，茫然若失。因為明天這片田野將會變成一片空地，我和它的感情也將會一起消失。

我們這個農村，沒有城市的完備基建，沒有先進的交通工具，沒有消閒的購物商場，剩下的，就只有一塊田地。對於「農村戶籍」的人來說，田地彷彿像生命一樣，因為我們只能在這裏賺取收入，雖然低得難以置信，可這就是我們唯一的方法。

今早，我和爸爸在農田收割稻草時，突然有輛名貴華麗的車子駛近我家門前。這輛高雅的車子令我大開眼界，但也令我心中驀然泛起陣陣不安。一位戴著墨鏡且穿著西裝的男子從車中走出，慢慢走到我們面前，淺淺地鞠躬微笑。我和爸爸呆若木雞地看著他，還沒搞清楚狀況時，該男子開口道：「你們是這塊田地的擁有者吧？」他嘴角向上微揚，說話時露出閃耀刺眼的金牙，舉起手說道：「七十萬！我要你們這塊地。」我瞪大雙眼、張大嘴巴，驚愕地把目光轉向爸爸。他的神情淡淡的，像是一切皆在預料之中，但眼神沒有焦點，大概是在想些甚麼。男子從口袋中取出一疊鈔票，微微揮揚著，眼神帶點輕蔑地道：「要是不行的話，再加十萬也行！我明天會再來這裏。」語畢便開車離開。

八十萬！對農村人來說，這個金額彷彿花光一輩子的時間，甚至是集合幾個世代的人也無法賺到。但是一想到要交出這塊由祖先留下來，支撐了好幾代人基本生活所需的農田，而且從我出生起就一直伴隨著我長大，作為我成長過程中的所有回憶，我心裏又難受了起來。後腦一陣麻痺，喉嚨就像被太多言詞堵塞住，支吾吾發不出話語。半晌，爸爸拿出揚聲器通知村民召開緊急會議。

小小的村公所，坐滿了大概三十人。我在旁邊看著大人、長輩議論，心裏只想到那片屬於大家的農田，大家的寶物。這麼多年，這片農田收集了我們多少殫精竭慮後流下的汗水，因農作物大豐收而欣喜若狂，飛舞於農地上的足印。這片我們代代相傳的農地，有著並非幾十萬的黃金價就能換取的感情。

三小時過後，大人的討論好像得出了結論。爸爸站在眾人前，宣佈道：「綜合我們討論所得的結果，明天將會把農地賣出。」對於這個結果，我當然是不能接受，但正當我想大聲喊出心中所想時，眼前的一幕讓我欲言又止，像是被魚刺卡住了喉嚨。只見長輩、叔叔、姨姨有的在默默低下頭、有的在咬緊嘴唇強忍淚水、有的已經能清晰看見臉上的兩條淚痕。原來大家都懂，這片農田的情誼。只是考慮到眾人的利益，我們都選擇了沉默。

回想起大家在這些年來的艱苦日子，為收成而割破雙手，以低價賣給城市人，依靠著那九牛一毛的文錢節衣縮食。穿著破舊的衣服、吃著賣不出大豆、白菜，我們都逐漸厭倦了每天眼看著別人能吃肉、能用手機、能上學的日子。在這樣情況下，難道我還忍得下心，為了「感情」而埋沒「理智」嗎？

我躺在這片寬大的田野上，驀然間，感覺自己已一夜長大。我往往總是跟著自己的感覺走，隨著個人情感直截了當地抒發自己的見解，不顧慮別人感受，不懂審時度勢，只會固執地堅持己見。

今天，這件事讓我明白到做人不可只是主觀地向單方面想，還要顧及大局，考慮大家的感受，在適當時要保持沉默，這才是最好的結果。還記得在年幼時媽媽總是教我要勇於表達自己的意見，不能吞聲忍氣。但此刻，我已經成熟長大，領悟到什麼是必要的沉默。

在鎂光燈下閃亮為我的宿願，但今次我甘願放下，當起暗黑的小嘍囉，為的就是成就下一次的成功。這次的經歷令我獲益良多！

觀眾探頭探腦，凝視著黑氣籠罩的舞台。五光十色的射燈甫開啟，如雷貫耳的掌聲，此起彼落，隨著澎湃的節奏，形成一首引人入勝的樂章，將力量源源不絕注入我的心扉。今天定成為我奇跡的一天——舞蹈比賽。

作為各大賽事的常客，此等榮耀，站於高台上環視四周，妒忌、悔恨、羨慕之眼神盡收眼底。沒有辦法，這是失敗者自嘲的表現，而我根本與「落敗」背道而馳。故此，今天的獎項我志在必得，再次衛冕也不會是難事！

偌大的休息室中有數塊鏡子，準備予參賽者作最後衝刺。我先拔頭籌，一早已到達場地熱身，為的是勝利的銜頭。

伏於地上，腰身向前柔柔彎下。豈料，平日輕而易舉的動作竟有阻滯。腰肌微微抗議，並未有絲毫投降之意，持續與意志搏鬥。眼見時間緊迫，拼命練習，絲毫不疑。結果把腰一下子強力的向前彎，「哇」一聲傳進耳中。隨後，疼痛感擴散至毛孔深處，痛入心扉，猶如大地震後塌崩的大樓。我呆坐於紋理整潔的木板上，腦中一白，痛處揮之不散，直闖神經。

「一心，小心舊患，再次受傷，難以再為舞蹈賣命啊！」

每天努力練習，多次擺動身影，渴望再次獲得萬人歡呼，為家人帶來榮耀，甚至可以藉此機會進入名牌大學以保後路。勝利早衝昏頭腦，良師的肺腑之言亦隨流水遠去……

難道我真的要放棄如此機會，寄望將來？機會溜走於指縫間，定會後悔。也許我應該揮灑汗水……

此刻，我猶豫不定，頭腦亂糟糟，如瘋子跌坐於空曠地上。路人報以側目，卻沒人明瞭心亂如麻的我。

把心一橫，頹喪的我猛然站起，忘卻腰傷之憂，掃去豆大的汗珠，淚水在臉上縱橫，悄悄宣誓主權。「一失足成千古恨」，拼搏乃是我的精神。

轉身一望，時鐘悄然指向頂端，訴說著比賽即將來臨。

一把抓起「戰衣」，不帶一點猶豫，步入更衣室。今天的賽事我一定會全力以赴，奮力求勝。

腰傷未有隨時間而流逝，反之，每況愈下。輕柔的動作亦使我疼痛不已，咬緊牙關，撐下去！內心數千把聲音響起。

腳步蹣跚到達後台，再過兩個就到我上場了。

「一心，小心舊患，再次受傷，就難以再次高飛……」

良師之音再次在心中半響，我不費吹灰之力就將它壓得不知蹤跡。

舞台上每一位舞者都在閃閃發亮，臉頰紅彤彤，洋溢著歡笑。

現今我只拖著千瘡百孔的身影，臉上慘白一片，不是對舞蹈的尊重，只是對最愛的一種侮辱。什麼時候

掛起虛偽面對舞蹈，以成績斷定自己，對舞蹈之熱誠被「勝利」之風吹散？節拍鮮明的音樂狠狠地打擊我心，腳步再次動起，卻不再是當初的我。難道我要為了一次勝利，榮耀而斷送我的夢想？

也許一次的放棄是成就下一次飛翔。

徐徐以手撐著傷痛，黯然走出人聲沸騰的舞台。

站於暗角，注視著台上閃亮的人兒，頓覺自己沒有悔恨，反而心存感激，猶如遭淨化般，得不到獎項，但我卻收到「放下的收穫」。

有時候，太過執著反而會將自己推向深淵，放下等同釋懷。站在不同的位置，所得的又不同。台上閃亮固然會獲萬千觀眾讚賞，台下的卻可得無限動力，寄望下次，視點未必必須放於結果，過程亦是不可忽視的瑰寶。人生千千萬萬個挑戰，適當放棄，放下也是一種道理，一種得著。一次失色，實著成就下次再次閃亮。如果我再次勉強，得的是獎，失為身體之痛，在我眼中，我明瞭哪一個較重要。





HKCWC FUNG YIU KING MEMORIAL SECONDARY SCHOOL



*Our school deserves to flourish
tenfold in the decades to come.
We wish you every success!*



**Voice of Erudition
2016**

From The School Supervisor



We are all writers. Never before in history has this statement been as true as it is today. With the advances in technology and information, we literally have the world at our fingertips. Further, much like a fingerprint, we each have a unique voice to share with a global readership thirsty for fresh perspectives.

Whether we write a short status update on Facebook, a critique of our favourite restaurant on OpenRice or pen a novel on Amazon's Kindle Direct Publishing; we are all writers. We naturally express ourselves and share our experience as social animals. This tendency is enhanced in today's interconnected world as we have social media sites such as Twitter, weblogs and discussion forums so that our ideas can touch the hearts and minds of others across our global village.

Let's embrace this technology and the habit of writing to a world-wide audience. We all have something valuable to share. Have confidence in your own voice as a writer and as the most precious resource of Hong Kong – our young people; with your own unique experiences, opinions and hopes for the future. We want to hear your voices. The world needs to hear your voices. You are all writers.

This edition of "Voice of Erudition" encapsulates the raw talent of our fledgling writers who are stretching their literary wings, and preparing to fly out into the world.

Dr. Peggy LAM, GBS, OBE, JP
School Supervisor

From The Principal

Our school is celebrating its 25th Anniversary. All through these years, we have been trying to promote English learning, cultivate reading habits and enhance language proficiency as it is our mission to better equip our students.

I am sure this year no one will have the excuse of not submitting an essay to the Voice of Erudition as you will be having lots of chances to write about your second home, Fung Yiu King Memorial Secondary School. You won't be running out of ideas as some of you have been staying in school for five to six years. Surely all of you must have been spending precious moments here. Obviously you can produce quality writing as it is all about your personal sweet or bitter experiences. You would be better inspired to write especially if you want to express your gratitude towards school and dedicated teachers here and how you would miss them after graduation.

You may also attempt writing more challenging tasks e.g. poems as what the young authors have composed for the Voice of Erudition 2016. I am deeply impressed by one of the winners who has posted two photos in the facebook photo sharing. One was taken when he first entered our school whereas another was him with his team-mates now. His article has vividly demonstrated how he treasures his team-mates --- the way how they play and learn together at school. It has witnessed their growth, efforts and achievement. Thus, put aside your electronic gadgets for a while and unlock your talents in creative writing.

Transform your ideas in words. Make your memories stay for eternity!

Dr. Suen Lee Wa
Principal

Voice of Erudition

It implies that students should read, learn and be knowledgeable and versatile. The message is deeply embedded in our school motto "Erudition and Determination". Students are encouraged to explore their environment. What they have discovered or experienced can be shared with others. This publication serves the purpose for students to read and express what they have in their minds.

From The Editor

To celebrate our school's 25th anniversary, a writing competition themed "Twenty-five Years of Nurture for Every Unique Caring and Loving Heart" has been organised. Since students are writing about something they are familiar with --- their fruitful school life and how they will miss it after graduation, they could write in detail, with realism and depth. Thanks to the English Department for ensuring so many students engaged wholeheartedly with the topics thus enabling us to produce a more enriching Voice of Erudition. I have no doubt that this edition of Voice of Erudition 2016 will prove memorable for everyone especially our young authors.

I am grateful to all the young authors in this Voice of Erudition whose contribution is so crucial in making this quality book. Last, but by no means least, I would like to thank our Editorial team members for proofreading and perfecting this Voice of Erudition.

There is an old saying that to write more, you need to read more. Try to learn from our young authors and write something that deeply touches you. Allow yourselves to have fun with writing. We hope that this Voice of Erudition 2016 will inspire you to write and that you may eventually have your own book published.

Ms. Lam Lai Kuen
Editor

Editorial Board

Advisors: Dr. Suen Lee Wa, the Principal
Ms. Pun Lai Hung, the Vice-principal
Editors: Ms. Lam Lai Kuen
Mr. Cheung Chi Wai
Ms. Chiu Nga Kwan
Ms. Lau Mei Fong
Ms. Katherine Mannion
Ms. Rochelle Martin

Foreword

This edition of Voice of Erudition is particularly special, as its release coincides with the 25th anniversary of the school. This year is all about celebrating the achievements of FYK over its long and fruitful history, so what better time to enjoy some of the literary offerings of its finest young minds!

2016 has been an incredibly productive year thus far. The students have been working on some exceptional pieces of English writing, and that is what this edition of Voice of Erudition intends to showcase. From diary entries and postcards, to fractured fairytales and debates, this volume offers an array of interesting creations and a valuable insight into the minds and lives of students here at our school.

As reiterated in the foreword written in the previous edition, it can often be a struggle to express our thoughts and articulate our ideas, but it is very important that we persevere. Here at Fung Yiu King, we strive to create a nurturing and positive learning environment, where creativity flourishes and ideas blossom. We encourage students to think and act, and make every positive attempt to write about the issues and challenges they face in everyday life, and all of the wonderful things that they experience. It is through great determination and persistent endeavours can we behold success. It is this principle that this book champions and so are the school and the students!

Ms. Ronna Pun

Vice Principal & English Panel Head

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My New Life At FYK

Law Chun Man F.1C (Champion)

4th November, 2015

Sunny

This year is Fung Yiu King Memorial Secondary School's 25th anniversary and it marks the beginning of my secondary school life. Although I have been in this school for two months only, I have already made a lot of good friends and met a lot of kind teachers. Let me talk about my new life.

On the first day, I met my first friend, Ryan. Ryan is very nice. Whenever I ask him questions, he answers me promptly.

I have also met a lot of teachers. My class teacher, Miss Lee, made a good impression on me. I think she is very nice and kind. She is pretty too.

We had a Sports Day in October. It was a very big success. I participated in some of the track and field events. It was really exciting.

Finally, I want to congratulate Fung Yiu King Memorial Secondary School on her twenty-fifth birthday. I hope my new life at this school will be fruitful and rewarding.

My New Life At FYK

Li Yee Kei F.1D (Champion)

27th October, 2015

Sunny

I am glad to be at FYK this year.

All of the teachers are very caring and helpful. I like Miss Li the most because she always talks to me. I feel good after talking to her.

I think my classmates are very nice too, especially Judy and Thuro who are very friendly and helpful. Judy, Thuro and I have formed a study group.

I joined the Dance Club and the Music Club. I enjoy dancing and playing the piccolo and the trumpet because I think it is very relaxing. I am also so happy to have met my new friends, Kimi and Kay. They are senior form students. They teach me a lot of dancing skills. I feel very lucky to be a member of the team.

I have met a lot of good friends and nice teachers in this school. I enjoy my school life very much.



My New Life At FYK

Lin Hui Bing F.1C (2nd runner-up)

4th November, 2015

Sunny

I have been studying at Fung Yiu King Memorial Secondary School for two months. All of the teachers and students are very nice here. They are helpful and active. There are lots of activities and groups for students to join. School life is wonderful.

In lessons, the teachers are always ready to give you a helping hand if you have problems. During recess, schoolmates often play and chat together. Some of them play basketball or volleyball in the playground, and some tell jokes and play silly pranks on each other. It is great fun!

Sports Day was held last Monday and Wednesday. I belong to the Yellow House. I took part in the 100-metre race but I didn't win. It was a pity but I enjoyed the Sports Day anyway.

It is good to study here, and I wish the school every success in the future.

F.1 Diary Competition

25th Anniversary English Writing Competition

Comic Dialogue Competition

Wong Yan Tung F.2D (Champion)

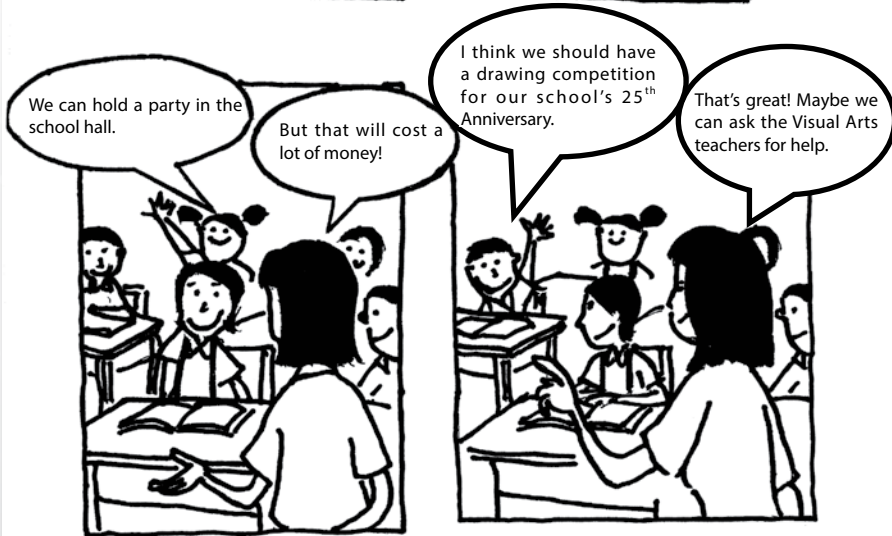
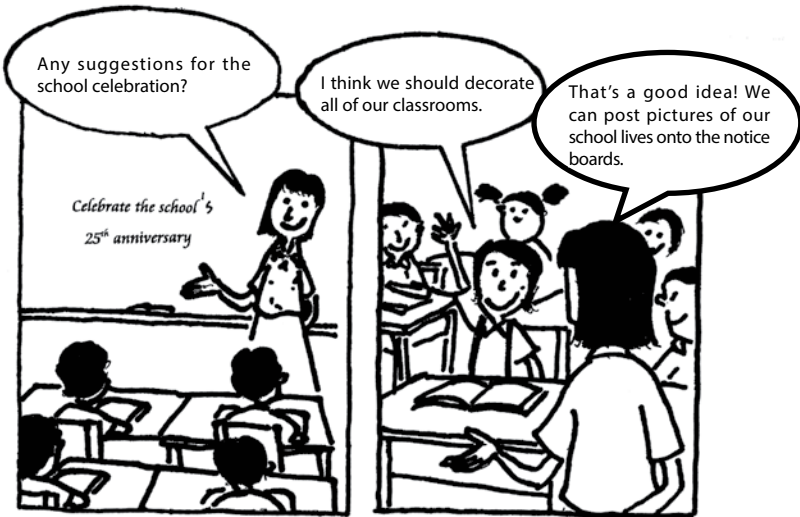


F.2 Comic Dialogue Competition



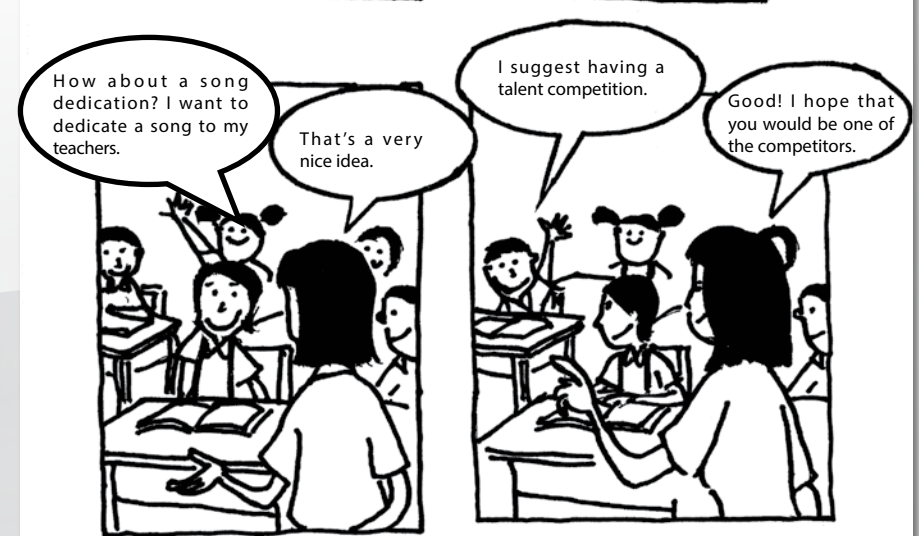
Comic Dialogue Competition

Lui Hin Yan F.2D (1st runner-up)



Comic Dialogue Competition

Leung King Leong F.2D (2nd runner-up)



Heidi

Ho Ming Hin F.3C (Champion)

Book title: Heidi

Author: Anna C. Leplar

Publisher: Ladybird Books Ltd.

Main characters:

- a. Heidi
- b. Peter
- c. Clara (who is disabled)

The story

This book is about a girl called Heidi. She is an orphan. She lives with her aunt in Frankfurt, but her aunt can't look after her. So she is sent to live with her grandpa in the mountains. She is happy to live in the mountains. Heidi meets a boy called Peter. Sometimes she visits Peter's grandma. Peter's grandma is blind, so she tells her what she sees in the mountains. But one day, Heidi's aunt says that she has to go back to Frankfurt. Heidi is very unhappy. When she returns to Frankfurt, she lives in Clara's house. Clara can't walk and she has to use a wheelchair to get around. After some time, Heidi begins to feel homesick so she goes back to the mountains. The next day, Clara comes and visits her. With Heidi's help, Clara is able to walk again. At last, Clara and Heidi become good friends.

Why I like this book?

I like this book because the story teaches us about love and care. Heidi is a kind girl. Throughout the story, she shows care and love to others. She sometimes visits Peter's grandma and tells her what she sees in the mountains, because she knows that Peter's grandma is blind. She wants her to know how beautiful the world is. Heidi's behaviour shows us how to be loving and caring.



A Christmas Carol

Chow Yuen Ting F.3A (1st runner-up)

Book title: A Christmas Carol

Author: Charles Dickens, Retold by Jenny Dooley and Virginia Evans

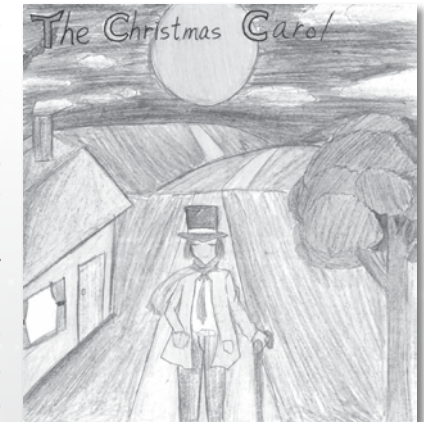
Publisher: Express Publishing

Main characters:

- a. Ebenezer Scrooge
- b. Marley's ghost
- c. The Ghost of Christmas Past
- d. The Ghost of Christmas Present
- e. The Ghost of Christmas Future

The story

This story is about a stingy old man, Ebenezer Scrooge, who is selfish and miserly. Scrooge hates Christmas. One Christmas Eve, Marley's ghost visits Scrooge and says, "Three Christmas elves will visit you tonight. If you do not change your attitude towards life, then death will be your fate." The three spirits appear and take Scrooge to the past, the present and the future. Scrooge learns from the visits and he determines to change his character. After this experience, he turns himself into a good man and always helps other people.



Why I like this book?

I like this book because the story is very meaningful. I like the three Christmas spirits. If they could take me to the past and the future, maybe I would change my attitude towards life too. This story tells us not to be too stingy. Otherwise, we will end up with a miserable fate. After reading the book, I agree that Christmas is not only a time for fun, but a time for sharing and showing our love and care to others.

Book title: HELP!

Author: Lai Win

Publisher: Galaxy Publishers

Main characters:

- a. Henry
- b. Rosalind
- c. Jason

The story

Henry goes for a picnic with his family in a country park. He is attracted by the beautiful views. He walks around the park and he loses his way. His sister, mum and dad have been looking for him for a long time but they can't find him. They are worried about him. Finally, they find Henry. He has hurt his leg. His mum and sister are relieved because it is just a small cut.

Why I like this book?

I like this book because the story is inspiring. Sometimes we need help, and it is fine to accept help when we are in need. At the same time, we should also try our best to help others who are in need. I like people who have kind hearts, and who help people when they are in trouble.



F.3 Book Report Competition



These photographs were taken when my schoolmates visited the villages in Shaoguan. I remember that this activity was held before the last summer holiday, which began in the middle of July. Besides visiting the villages and experiencing the life of being a farmer, they also volunteered to teach the primary students there.

When they came back to Hong Kong, I asked my schoolmates about their trip. They said it was unbearably hot while they were in those villages, but it was worthwhile to experience nature and meet the local people.

Matthew was excited to tell me that the views in the countryside and up on the mountain were magnificent. They climbed up to the peak and took a lot of great photos. The primary students they taught were all adorable according to Samuel. He mentioned that it was an unforgettable experience. Some other schoolmates who worked as farmers said that although the farm work was very tough, their motto was 'no pain, no gain'.

The reason this story is entitled 'Smiles on their faces' is obvious. Even though my friends knew that the journey was going to be tough and they would work as 'free labour' to teach the students English, they were still willing to join. They enjoyed it a lot. The smiles on their faces definitely told us how they felt. I could tell that they had gained a lot through their experiences, including the mountain they'd climbed and the vegetables they'd harvested, which were so different from our urban life. Those achievements represented a journey with precious and valuable memories.

Ultimately, I regret that I didn't sign up for the trip. It is very meaningful to have a chance to teach students in need. My schoolmates who volunteered will never forget their trip and I will never forget the lovely smiles on their faces.



F.4 Photo Story Writing Competition



A Fun And Happy Day Camp In Sai Kung

Leung Wang Lok F.4C (2nd runner-up)



On a Saturday in September, our class 4C went to Sai Kung for a day camp. It was raining but we felt excited. We knew it would be interesting.

When we arrived, we were put in different groups. Then we played a game called Roman Fortress. We had to build a weapon with some materials

so that we could shoot water balloons at the other groups. We made a beautiful and powerful fortress. Most students got wet but were so happy.

The second game we played was Get Fun. My group members needed to finish as many missions as we could in 30 minutes. My group completed 6 missions and we won the third prize. We were so ecstatic.

We had lunch after that. The whole class enjoyed it very much. We got to know each other better through spending time together. We learnt teamwork skills and cooperation. We look forward to the next class activity.

Spread Love And Care After A Tragedy

Lam Tsz Ho F.4A (2nd runner-up)



A happy trip turned into a tragedy on 10th February 1996. When our schoolmates were having a picnic, a fire suddenly broke out and spread very quickly. After a period of time, the fire was extinguished. However, two teachers

and three students were killed while saving others.

After the tragedy, our school decided to honour those heroes who saved other people's lives by offering flowers at the Spring Breeze Pavilion. A lot of our students take part in the memorial event every year. We continue this tradition because we care about our school, teachers and schoolmates. Most of the students work hard so that all the teachers' effort would be paid off.

F.4 Photo Story Writing Competition

Photo Sharing On Facebook

"Twenty-five Years Of Nurture For Every Unique Caring And Loving Heart"

Li Kang F.5C (Champion)



This is a very important year because it is the twenty-fifth anniversary of our school. Fung Yiu King Memorial Secondary School has come a long way! When I came to this school, it was the twentieth anniversary. At that time I didn't have any friends, so I had to make an effort to meet new people. I have shared two of my favourite photographs with you. The photo on the left-hand side is of my first circle of friends here at FYK. The photo was taken when we were in F3. We decided that every year we would take a photo to show how we changed over time. The photo on the right-hand side was taken this year. The group has changed slightly and we have two new friends now.

Fung Yiu King is an amazing place that brings us all together. I have made some friends at school who are like my family. Sometimes we have problems that our parents or siblings can't help us with, so we need our friends. Our friends are like a second family, and in many ways FYK is like a family. We go to school every day and a lot of things happen here. Sometimes students quarrel, just as brothers and sisters do, but teachers, like our parents, are there to help us in reconciliation. The teachers at FYK show us what is right and what is wrong. I am really grateful for this school. I love this place. It is a huge part of my life and I will remember it forever.

I believe that FYK makes life more colourful. Sometimes we have bad days where we feel sad or upset, but our teachers are always there for us like our parents, and our friends are there to support us like our brothers and sisters. FYK is a special family and I don't want to lose it. I want to thank FYK for giving me this family and so many special relationships, and, most importantly, for all of the love.



F.5 Facebook Photo Sharing Competition

Photo Sharing On Facebook
“Twenty-five Years Of Nurture For Every Unique Caring And Loving Heart”

Wong Hoi Lam F.5A (1st runner-up)



School is a magical place and it can bring us much joy. I hear lots of laughter at school and I have a strong sense of security. School is the best place, right? School is like a family, right? I think so, how about you?

The summer of 2011 was very important because it meant that I was ready to study at a secondary school. The first day

of school was exhilarating, like looking out across a vast blue sea. After being repeatedly urged by my mother, I left my soft bed with sleepy eyes. I ate a delicious breakfast, put on my new uniform, and made my way to Fung Yiu King Memorial Secondary School.

I could see the school gate and I rushed in immediately. Upon entering the school, I saw a large number of prefects waiting to greet us at the door and I felt safe and welcome. After a few years I am no stranger to our school and its gorgeous environment. There are a car park, two basketball courts, a volleyball court, a library, a computer room, a music room, recreation facilities and much more. I am lucky to be able to learn in such a great place.

Time has flown by and I'm a form five student now. We get more homework day by day, and I am under lots of pressure. The level of our examinations is also increasingly difficult and I often find it hard to keep up. Most of the teachers are really nice and kind, and they help me a lot. I am very grateful for every teacher and I can't thank them enough for everything they do.

School imparts knowledge, skills and attitudes that allow students to do well academically. It also instills students with positive values and a sense of social responsibility that gives them a better outlook on life. School fosters all-round improvement of students and facilitates their mental, physical and social development.

After 25 years, FYK has witnessed a lot of effort, achievement and growth. The school has nurtured a huge number of students and enabled them to achieve great things. We should try our best to keep this school great. Time may flow away like water, but this school will always keep going. If I were to ride a time machine to 25 years in the future, I'm sure FYK would still be as brilliant as it is today!

Photo Sharing On Facebook
“Twenty-five Years Of Nurture For Every Unique Caring And Loving Heart”

Ng Ka Ki F.5A (2nd runner-up)



This is my uniform. I have worn this uniform for five years now. Although this uniform is not the most beautiful, it holds a very special place in my heart. I only have two years left to wear it and I will cherish every moment. When I take it off, I will no longer be a student at Fung Yiu King Memorial Secondary School. I will have become an adult. I truly love my school and can't bear to think about graduating. I just know that whatever I end up doing, my heart will never leave this school.

The first time I came to this school I really didn't like it. I thought that the uniform was ugly and I was disappointed that there were no lifts. However, after a few days I realised that it was better than I first thought. I got to know the teachers and started to make new friends. Why do I love my school so much? I love it because not only has it increased my knowledge and skills, but it has taught me some valuable life lessons. I will graduate in two years, but I won't forget what I have learnt from the school. I will miss FYK and I will miss wearing my uniform every day.

School is a big part of our lives, but we must remember that someday we will have to leave. I will do my best to enjoy my last two years. I will cherish my uniform because once I graduate I won't have an opportunity to wear it again.



Schooling In FYK

Yeung Chun Kit F.6A (Champion)

The public examination is just around the corner. In other words, our secondary school life is drawing to an end and we have to say goodbye to our dearest principal and teachers.

In retrospect, I was only a self-centred, careless and childish student when I first entered secondary school. However, my school teachers have provided an array of extra-curricular activities and an excellent learning atmosphere. I have transformed into a community-minded, responsible and mature young adult.

As we all know, academic results play a crucial role in deciding whether we can be promoted to university or not. Our teachers have a heavy workload but they still make every endeavour to create learning materials for us to cope with the exam. It is advantageous for us to build up a good foundation when studying in junior forms. In fact, some of us are able to get good, if not perfect results because of our teachers' efforts.

Furthermore, in adolescence, although we do not need to make a living, there is still a risk of encountering obstacles such as emotional problems. When we were promoted to senior forms, it was time for us to prepare for a new journey in our lives. Many of us felt confused about our future path. Furthermore, sometimes, although exams might have been rapidly approaching, we still succumbed to the temptation of the Internet, and eventually ended up with poor results.

Nevertheless, our teachers persevered with support and advice. They always encouraged us not to give up easily. It boosted our confidence in our ability to face life's difficulties. The old saying "When one door closes, another opens", is an attitude I have developed during my schooling at Fung Yiu King Memorial Secondary School. If we try, there is still a chance to succeed.

It cannot be denied that the DSE is a challenging mountain to climb. Most of my classmates have a positive attitude towards this exam. We have accumulated much useful knowledge and experience in this school. I will not forget my dearest teachers and classmates and I will strive for improvement to enhance my competitive edge in the workforce. Thanks to all of you.

Schooling In FYK

Tsang Ling Yu F.6B (1st runner-up)

A mother's care, love and protection prepare us for life. Over the past six years, Fung Yui Kung has been like a mother to me. In 2011, when I started secondary schooling, I was a stranger to my school. How time flies like an arrow! I am 17 years old now and I have acquired a lot of knowledge in various disciplines such as sports, music and academics.

What is my favourite subject? It is Liberal Studies. I love this subject because I can keep up with current events. Also, one of the Liberal Studies teachers is my favourite teacher, Mr. Tse. I think that he is fun as he is always very humorous. Moreover, he inspires me to consider my attitude, the features of our society and politics. These concepts are most interesting to me. As a result, my way of looking at the world has changed. I consider the causes and effects of current events. Mr. Tse also instils the correct attitude towards studying. I know that I must work hard now even with the mindset that it is difficult to get high marks in the exams.

Throughout my schooling I have developed critical thinking. I have also pursued my interest in science and drama. I have joined the Physics, Chemistry and Drama Clubs. I can learn different and interesting things through these clubs. I think that the Science Club is the most fun club as the experiments appear like magic, but they are concocted with scientific knowledge.

What are my hopes for the future of Fung Yiu King? I hope that it can keep improving the school equipment. I know that the school is opening a gym for students to use the equipment to train or relax. Each year the school is making improvements for the betterment of students.

What are my hopes for the future? I want to keep pursuing science and drama since my interest has intensified through my involvement in school clubs. Furthermore, I think that I want to be a volunteer because Liberal Studies has raised my awareness of those in need, such as the elderly, poor people and the disabled. Thus, I want to help them.

I would like to finish by wishing my school a happy 25th anniversary. I hope it can continue to get good results in the future.



Schooling In F.Y.H

Ling Pan Yan F.6A (2nd runner-up)

The old adage is that 'Secondary school life is the most joyful in our life!' I have to agree, that's true! I remember when I was a junior form student that many senior formers told us that we should treasure our school life. However, at that time I didn't believe it. When I considered all the tests and exams I thought it would be impossible to enjoy school. Oh, how time flies. Now, I'm a form six student and everything has changed; especially my feelings regarding school, teachers and friends. I thank school for the person I have become. I am active and confident today.

Teachers strive to teach us; day after day, lesson after lesson. They strive to help us to get a high grade in the exam. Teachers do not only teach but also talk with us and give advice to support us in achieving our dream. Even when we dread our studies or have troubles with our friendships, our teachers always support and stand beside us.

Friends have always been important to me. They share their day to day lives with me. They always make me laugh. Sometimes, we will discuss our studies and homework. Whenever I am busy, friends are also the ones to give me support.

HKWC Fung Yiu King Memorial Secondary School is a place full of happiness and love. When I look back on these six years, everything in school seems to have its ups and downs. I'm glad to be a student here over the last six years.



A Diary Entry

Ma Chung Yan F.1

Friday 23rd October

Today I spent the day with my new friend from Korea. Her name is Rita and she's twelve. She is short and has curly hair.

In the morning, I met Rita at a hotel. We had breakfast there. Then we went to a book shop. I bought a comic book for her and she bought some stationery. We had lunch in a Chinese restaurant. We ordered some dim sum and Chinese dishes. Rita liked barbecue pork buns and Chinese sweet-and-sour pork most. After lunch, we went to the Peak to see the beautiful scenery of Victoria Harbour. It was marvellous.

In the evening, we went to a book fair in Wan Chai. Rita was so happy that she managed to get an autograph of a famous writer in Hong Kong. After that, we took the Star Ferry across the harbour to Tsim Sha Tsui for dinner. Then we had a walk along the waterfront and watched the Symphony of Lights. We took lots of photos of Hong Kong's night views.

I had a great time with Rita today. She invited me to visit her in summer. I hope I can go to Korea in my summer holiday.

Christmas Holiday

Lee Wai Shan F.1

Although the Christmas holiday is over, I still can't forget how wonderful and marvellous it was.

On Christmas Eve, I went to the cinema with my friend in New Town Plaza and enjoyed the latest film, "The Peanuts Movie." After watching the film, we visited the exciting outdoor playground, Snoopy's World, and met all the Peanuts characters there. Indoors, New Town Plaza was holding a Christmas carol singing performance. Lots of visitors came along and joined the fun.

On Christmas Day, my parents and I had a buffet dinner in a hotel. There was a great variety of foods – Chinese, Japanese, Korean, Vietnamese, Thai and more. Surprisingly, I met a long-lost friend there. We chatted a lot about those good old days.

On Boxing Day, I was busy unwrapping all the presents given by my parents and friends. I really enjoyed the delicious food and warm gatherings with my friends and relatives which the festivities brought. I wish people all over the world can live in peace and harmony for the year ahead.

Getting Fit On Fitness Day

Lin Hui Bing F.1

It was Fitness Day on 11th November, 2015. All students took part in many different activities.

First, we listened to a talk about healthy eating. We were very attentive. A nutritionist told us why we should not eat unhealthy food like French fries and instant noodles. It was very educational.

Then, we made a healthy snack with cherry tomatoes and lettuce. It was not only delicious, but also healthy.

Next, we played basketball on the school basketball court. Everyone enjoyed the game. It was exciting.

Finally, we went swimming in Ma On Shan Swimming Pool. It was relaxing to be in the water.

Fitness Day was a big success. It taught everyone how to get fit. We all enjoyed the activities very much.

Eco Boy To The Rescue

Lam Nok Hin F.2

Danny was a normal school boy. He loved superhero movies and always dreamed of becoming one of them.

One day, Danny was daydreaming while he was having lessons. But when the teacher was telling a story, his attention was caught. She told her students that on the other side of the world, hunters were killing endangered animals for their skins. No one could stop their evil behaviour.

Danny started to imagine how badly the animals were being treated. Suddenly, he heard a call for help. It was the roaring of an angry tiger. Danny immediately turned into a superhero — Eco Boy! He flew at lightning speed and found two tigers that had been caught by the villains. When the villains saw Eco Boy, they were frightened and tried to escape. Danny used his superpowers to fight against them and rescued the tigers in the end!



A Must-have App

Li Hoi Lam F.3

Do you want to be smart? This must-have application software, the Brain Game, really helps. I just have to tell you about it.

The Brain Game app consists of many funny, interesting and exciting puzzles. You can also play puzzle games with your friends, since there is a multi-players mode. When you are alone, you can also play it on the individual player mode. You can choose the level of difficulty that suits you. It has different levels for all ages. It has an easy-to-use design.

It sounds attractive, right? You may worry about the price but please don't! This app is absolutely free. Therefore, you must get it!

Brain Game is useful and interesting. It can train your brain power, which enhances your memorising skills. Lots of people have played it and they recommend the app with lots of favourable comments, saying that it really works. Lots of students like to use it regularly. This app is a must-have.

Get Brain Game right now! Do not miss the chance to make yourself smarter!



A Trip To London

Liu Ka Leong F.3

My family and I had a great time in London during the last summer holiday.

The amazing journey started on July 24. When we arrived at the airport with much excitement, it was announced that the engine of the plane we were going to board was broken and we needed to go to Paris first and then took another flight to London. I liked being on a trip with some sudden surprises, but my family felt annoyed.

We reached Paris after a 13-hour flight. On arrival we just stayed in the hotel as we had jetlag all that day. After resting for a day, we were full of energy. We went back to the airport and hopped onto the plane to London. The trip lasted only 20 minutes and we finally landed in London.

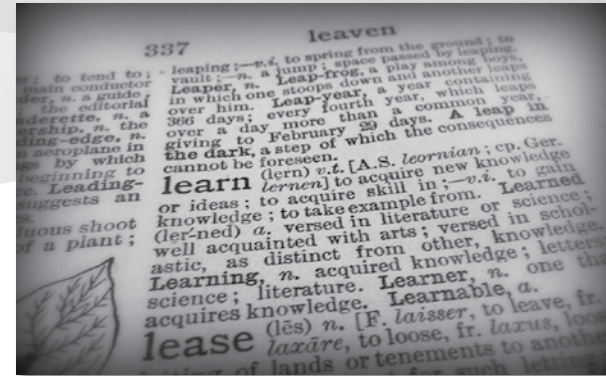
We checked into a hotel nearby a beautiful park. Then, we went out to take some photographs. I loved shooting photos of both the beautiful views and my family smiling cheerfully. We walked around and arrived at the London Eye. Everyone said that if we didn't ride on the London Eye, it meant we had never truly been to London. So we decided to ride one of the capsules to see the view. When we were at the highest position of the Ferris wheel, we saw the beautiful view of Big Ben, some bullet-shaped artistic buildings and lots of old London houses.

After spending a week in London, we needed to go back to Hong Kong. While we were boarding the plane, it was raining. It seemed that London didn't want us to leave.

I had a great time in London. I hope that the next time I go on a trip with my family, we can go to Paris again as we just stopped by on a short detour this time.

Fun Ways To Learn English

Cheung Hiu Laam F.3



English has growing importance as a universal language. You have a higher chance to get an offer at a university and find a better job in the future if you're good at English. Therefore, I'd like to suggest more fun ways to improve our English.

We can focus on listening and reading skills first. I suggest changing the language of the Internet game interface when playing. However, you shouldn't spend too much time on the Internet because it isn't good for your eyes. If you haven't got a computer, you should go to the library to read some books. You can also read English magazines or newspapers to learn useful phrases, sentences and grammar structures at the same time. The other way to improve your English is to watch TV programmes and movies. This gives you a chance to build your listening comprehension skills.

Next, let's talk about writing and speaking. You can speak to your school's Native English Teacher or try to go to some busy places to talk to some tourists from England or America. You can also write emails or blogs in English. It can improve your writing skills.

Obviously, English is very important in our life. Don't be too shy to speak to others in English. The suggested fun ways are very useful. Improving your English can increase your chance to get into a university.

A Postcard

Lam Yuen Ting F.1

Hi Hilary,

How are you? I'm having a great time in Tokyo. My parents and I are visiting lots of places and doing lots of shopping. It's wonderful.

This morning when we arrived, we went to Ueno Park to visit the museum. Then we took some photos and walked around the garden.

Right now, I am in a café in Ginza shopping area. There are a lot of things I want to buy, such as souvenirs, comics, clothes and accessories. What souvenirs do you want?

Tomorrow morning we are planning to go to Mount Fuji. We can see the spectacular view high up. I think we will be very excited! Hopefully, it won't be too crowded at the top of the mountain.

Tomorrow afternoon we are planning to go to Harajuku shopping area. We will go shopping again! It is a hot spot for young people. Every Sunday, you can see local teens singing, dancing and posing for photos.

We are returning on Sunday night. I'll give you a call when I get back.

Bye for now,

Cindy



An Email Reply

Joure Lok Tung F.2

Dear Jo,

How are you? I read your email and I am excited to know that you are coming. I have already planned what to do for the time you will visit.

On the afternoon you arrive, we can go to "Art Jamming" together. You can use your creativity and enjoy painting at the same time. The activity will last for one whole afternoon. I hope we can have fun.

The next day, we will have more time to tour around Hong Kong. In the morning, we will go to Wong Tai Sin Temple. It is claimed that the gods in Wong Tai Sin Temple will make our wishes come true upon request. That's why the temple is so popular, even among tourists. We can go together to try our luck.

In the afternoon, we can go shopping in Mong Kok. You can buy some cheap souvenirs for your friends and family.

At night, we will go to Victoria Harbour. The harbour is the throbbing heart of the whole city and the view is just fantastic. We can take some night photos there. Afterwards, my dad has promised that he will drive you to the airport. So, you don't need to rush to take a taxi or train.

Looking forward to your HK trip!

Chris

Letter Of Advice

Kwan Nim Cho F.3

Dear Connie,

Thank you for your letter. I'm sorry to hear that you have been facing some problems recently. I hope I can help you.

First, you said that you're a little overweight because you love eating junk food. If I were you, I would change my diet and do some physical activities. You need to eat more fruits and vegetables. Try to avoid eating food with too much fat, oil and sugar. Then, you have to do some physical activities, such as rock climbing, hiking and swimming. All these can make your body healthy. You can lose a lot of weight.

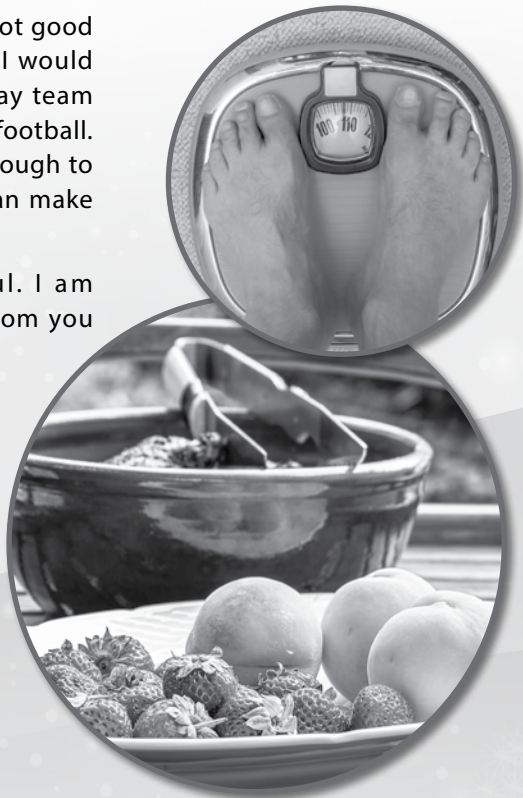
Next, you said that you can't stop yourself from snacking. I think you must not buy too many snacks. Hence, you will not eat too much. Then the problem will be solved. You must also eat more healthy food.

Finally, you said that you are not good at team sports. If I were you, I would try to find some friends to play team sports, such as basketball and football. I think you should be brave enough to join some team sports. This can make you healthy.

I hope this advice is useful. I am looking forward to hearing from you soon.

Best wishes,

Chris



Letter Of Application

Ching Ue Wa F.3

Flat Y, 53/F
Block 35
Saddle Ridge Garden
Ma On Shan
New Territories

6th November, 2015

The Manager
Animal Care
33 Long Ping Road
Yuen Long, New Territories

Dear Sir/Madam,

Re: Application for the post of an Animal Shelter Volunteer

I am writing to apply for the position of an animal shelter volunteer advertised in the Daily Express on 3rd November 2015.

I am a Secondary 3 student at HKCWC Fung Yiu King Memorial Secondary School. I am a member of the Social Services Club. In addition, I am a prefect. My main responsibility is helping teachers to maintain the class discipline.

I believe that I am the perfect candidate for this position because I am self-motivated. I don't need anyone to make me work hard. I'm also good with animals. I love staying and spending time with them. Since I have two cats as pets, I think I can look after animals in the shelter. I enjoy working outdoors too since I am very active. I like jogging and hiking. I even like extreme sports, such as rock climbing and kayaking.

If you are interested in my application, I would be happy to attend an interview at any time that is convenient for you.

Yours faithfully,

Chris Wong

My School

Choi Wai Ki F.1

I will give her flowers.
Flowers are beautiful.
I hope my school will always be beautiful.
Also, I hope our school will blossom.

I will give her a pen.
Pens can write.
Pens are our best friends.
I hope her students can write beautifully.

I will give her a computer.
Computers can do lots of things.
Computers are fun; they are windows to the world.
I hope the computer can help her students learn.

I will give her a clock.
A clock can help us to be alert to the time.
School is twenty-five years old.
I hope the school can keep the clock working even when she is one hundred years old.

My School

Kao Tsz Yan F.1

Happy birthday to our school, FYK.
Our school is twenty-five years old.
Let's celebrate our school.
Let's join the birthday party.

The teachers are kind.
The students are smart.
Let's play together.
Let's study together.

Let's sing a birthday song together.
Let's write a birthday card to our school.
Let's celebrate its birthday.
Let's have fun together.

My School

Wu Hoi Yee F.1

FYK, FYK,
For the precious comradeship
Like the bonding among siblings.

FYK, FYK,
For the valuable gifts of knowledge
Like the gems of the rarest kind.

FYK, FYK,
For the respectable headmistress
Who takes care of us like our mother.

FYK, FYK,
Always laughing for fun
Like endless surprises that cheer us up.

School Life

Yeung Lok Yin F.1

Over twenty-five years,
Students striving for excellence,
Find our dreams eventually,
Although not successful all the time.
Despite the setbacks,
We don't give up easily!
Keep kicking away our challenges.
School is nurturing we "young people"
Thanks to our wonderful school!

Fung Yiu King Is The Best

Cheung Chi Hang F.3

Fung Yiu King is the best.
I love playing with my friends
during recess.

Houses are Yellow, Red, Green and Blue.
We are keen to improve.
Our dreams will come true.

Warmth is all around the campus.
Principal, teachers and students
love FYK so much.
They guide us to stay healthy and grow.

We are students with wisdom of
thinking.
What exciting ideas are we having?
We are like the stars which are
twinkling.

Students are happy in this school.
The solidarity that we will never lose.
We are happy that FYK is what we
choose.

Studying at school is happy
everyday!
There are many things I want to say!
FYK, Happy 25th Birthday!

FYKMS Is Nice

Chung Kwan Wa F.3

Fung Yiu King is the person who
created this school.

You should know when you arrive
at this school.

Kind-hearted teachers and Principal
teach us how to be all-rounded.

Much that students have to learn.

So that's why the teachers are here.

Sun rises up

Is when we wake up.

Shouldn't be late on the first day to
school.

New school year

Is still far away from now.

Can we do our best for the rest of
the year,

Especially when you're preparing
for the public examination?

FYKMS, Happy Birthday!

Poon Kwok Wai F.3

Happy birthday to my school.

Keep your heart to learn.

Challenge yourselves in studies.

Work better than before,

Cause you need a change.

Fung Yiu King Memorial Secondary School is my favourite school.

You know why? Because our Principal and teachers are

Kind, caring and patient that cannot be found in other schools.

My ideal school is Fung Yiu King Memorial Secondary School.

Say "You are the Best" to our perfect school.

Say "Thank you" to our wonderful school.

A Fractured Story - Three Ugly Pigs

Leung Ka Ho F.2

A long time ago, in a faraway land, there lived four pigs. They were Mama Pig and her three little pigs. The little pigs were ugly and their mother hated them.

One day, Mama Pig felt her situation was unbearable so she moved out to live with her friend. "I can't live with ugly pigs like them! Seeing them makes me have nightmares!" Mama Pig packed everything and left.

The three little pigs couldn't take care of themselves and their friends teased them often. So they decided to move to another place to get a new start.

The younger brother made a house with glass. When a fox passed their home and saw the ugly pigs, he laughed and laughed for an hour. The three little pigs were sad.

The second brother thought of living in a cave. But in the cave, there was a bear. When the bear saw them, he laughed at them too. The three little pigs were desperate and they wanted to give up.

The eldest pig asked for some advice on how to make a house to hide themselves away. Finally, they built a big rock house and hid themselves. They were happy for some time because nobody came to bother them. However, in the end, they all died of hunger because they didn't want to be seen outside their house and they just starved to death.

A Fractured Story - Cinderella 2015

So Yi Shun F.2

Once upon a time, in a faraway country, there lived a very ugly princess called Cinderella. Her mother thought that she was too ugly, so she sent her for cosmetic surgery. When Cinderella finished the surgery, she had become very pretty.

One day, a prince from the neighbouring country invited all the girls to a banquet. When Cinderella heard about that, she was very happy. But her mum said, "You must come back to the castle before midnight or you will be grounded for a year!" Cinderella was happy that she could go.

At the banquet, a lot of men invited Cinderella to dance. At last, the prince appeared. Cinderella's beauty attracted the prince at once. He invited Cinderella to dance and they enjoyed each other's company.

Suddenly, the clock struck twelve. "I have to go now, sorry!" Cinderella said and she rushed to the door. But when she was running, she dropped one of her glass slippers.

"Wait! Wait! Who are you? How can I see you again?" the prince shouted.

However, Cinderella didn't reply. The next day, the prince started trying to find Cinderella. When he passed the forest, he heard Cinderella singing. Thinking that it was a familiar voice, the prince asked his chancellor to let Cinderella try on the slipper. The slipper fitted perfectly on Cinderella's foot. When the prince went closer, he said, "Oh my dear Princess, I've found you finally!"

So, they got married. Cinderella had a baby in the following year. But the baby was so ugly. Eventually, the prince found out that Cinderella had plastic surgery before. Of course, the prince divorced with Cinderella. Poor Cinderella was left behind with her ugly baby. She was so sad and lived a desperate life thereafter.

A Fractured Story - Poor Elsa

Wong Chun Lung F.2

Once there was a country with a King, Queen and their two lovely princesses, Anna and Elsa. Elsa was born with ice magic. Nobody knew why.

One day, Elsa wandered along the street and she saw her mum talking with a goblin. Elsa was quite surprised and she tried to investigate further. "Why is mum talking to a goblin? That's strange!" she thought to herself.

Eventually, she found out that the goblin was her biological father! That was why she had magic powers. The King found out that Elsa was not his daughter. He was so sad and he leaped into the sea to commit suicide. The Queen felt so guilty that she also committed suicide. So, Elsa became the Queen.

Elsa was very sad so she went up a mountain. However, she accidentally turned the whole country into ice. Her sister Anna asked her to bring back the warm weather to the country so people no longer suffered. Sadly, Elsa's magic powers had disappeared. Thus, all the people died, leaving Elsa alone in the end.

My School Hero

Chow Ka Chai F.4A

One day, while I was having a break in the playground, I was bullied by some of my schoolmates. They asked me to give them money. They threatened to beat me if I did not do so. However, I needed my money for my lunch. I did not know what to do. Fortunately, a brave, tall and strong senior form student came to my rescue.

"Stop bullying! Let him go, or else...," he said in a firm voice. The bullies hesitated for a few seconds and then left quickly. I felt relieved. I was really thankful to him.

Since then, we have become good friends. He is my school hero! He is not only handsome, but he has got lots of great personality traits that everyone admires, like being helpful, hard-working, clever and humorous. He always helps me out with my homework too.

I am really proud of him. He is my role model. I will always try to give assistance to others who need help. I want to be a school hero too!



Sea Safety

Fung Hoi Hei F.5

Dear Editor

I am writing to advise students on how to stay safe when they swim in the sea, what safety precautions they should take and what they should do in case of an emergency. I am writing this because recently two teenagers went swimming in the sea and nearly drowned. I think it is necessary to give some advice to students, and remind them what they need to pay attention to when they go swimming.

I do not recommend swimming in the sea. The best place to swim is in a swimming pool, as swimming pools are much safer than the sea. However, if you insist on going swimming in the sea, then you need to pay more attention than usual. The surface area of the sea is very big. Even if there are lifeguards, they may not be able to watch every part of the sea at once. Also, the sea can be very unpredictable and there are many things that we are not able to control. There is a lot of danger in the sea.

There are some things that you should do before swimming in the sea. For example, it is important to do enough warm up exercise in order to relax your muscles. There are many simple arm and leg stretches you can do before entering the water. If you are swimming in the sea, I suggest you stay near the coast. If something unlucky happens, there is a greater chance that someone will see you and rescue you. Also, never swim alone. It is very dangerous. If you encounter a dangerous or difficult situation, it helps to have a friend nearby.

If something unlucky happens, try to stay calm. Relax your body and try not to panic, otherwise you will find it hard to stay afloat and you might drown. Try to give signals to the people nearby so that they will notice you and give you a hand. If your friend is in danger, then try to keep him/her calm too. If you are good at swimming, then you can try to bring your friend to safety, but it is important that you shout for help. The more people you alert, the greater the chance that you will be saved. Don't put yourself into further danger by trying to save your friend; you should know that you are not a professional lifeguard.

If you want to know more about sea safety, then you can join our swimming club. We offer a variety of different courses to our members including survival courses, swimming lessons and rescue techniques.

Yours faithfully

Chris Wong

Chairperson of the Swimming Club

Spanking

Wong Ming Yi F.5

When a child misbehaves, some parents may choose to spank them. They think that spanking is an effective way of disciplining children, and that it can alter the child's conduct and behaviour. However, it is my belief that spanking is not a proper method of reprimanding children. From my point of view, spanking will have adverse physical and psychological effects on our young generation.

To a large extent, I think that spanking should be considered as child abuse. It is wrong for parents to inflict pain on their children for the sake of punishment. Over time, children will begin to view their parents with fear and resentment.

So, should spanking be allowed in schools? Definitely not! Children tend to imitate their parents' behaviour, and if they are spanked at home then they may become more aggressive. If teachers reinforce this method of punishment, then children may really think that violence is the solution to everything. Children may be adversely affected by this so-called "effective way of disciplining".

Then, just how seriously does spanking affect a child? As mentioned previously, children like to follow what their parents do. If a child is regularly spanked by their parents, then he or she may choose to hit others. Spanking demonstrates to children that it is alright to hit people, especially for stronger people to hit vulnerable people. They may begin to think that violence is the only answer to their problems.

Apart from that, spanking could potentially lower the IQ of children. According to a recent study, children who have been spanked have a lower IQ than children who haven't. Spanking can affect a child's mentality, and hinder childhood development. Spanking is not at all advantageous to children. Spanking negatively affects mental health, increases occurrences of delinquency, and encourages criminal behaviour in later life.

Psychological problems in children can also be attributed to spanking. When parents spank their children, their children may grow to resent them and this will undoubtedly affect their childhood innocence.

In conclusion, spanking is an alarming phenomenon nowadays for a variety of reasons. It may lead to some serious problems, including physical and mental issues. I believe parents need to spend more time trying to understand their children's behaviour instead of spanking them without considering their feelings. Children are born to be loved and nurtured, not abused, and I hope that this essay has convinced you of this.

My Memorable Summer Job Experience In Disneyland

Ling Pan Yan F.6



Last year, my parents suggested that I get a summer job, because they wanted me to get a different experience over the summer holiday. I found an advertisement for a costumed character performer on the Internet. It sounded interesting. I passed the interview and started my new job.

I remember the first day I went to the Disneyland costumed character office. There were so many different Disney character costumes. Among them was my favourite, Mickey Mouse. I felt captivated by this job!

Most often, I was the character of Daisy. The costumes were very heavy and they were really hot to wear, especially in the middle of tropical Hong Kong's summer heat. I needed to stay outdoors for about half an hour at a time. I thought this was the most challenging part of the job. If you don't have an energetic and healthy body, being a costumed character performer is not suitable for you.

Having a summer job has taught me how to interact with different kinds of people. When visitors wanted to take photos with me, I would play games with them. For example, I would shake my body and dance, and tell the children to follow my lead. Every time they played and took photos with me, they were joyful and excited. Their smiling faces always encouraged me to do my best.

Another laborious task I had to do was to join the musical show. Of course, I had to wear a big, heavy costume during the shows and rehearsals. I also forgot the steps very often and this affected the other performers. However, we always encouraged each other. Now, even though I'm back at school, I still keep in touch with some of the people I worked with at Disneyland. I think this job not only gave me some summer spending money, but also long-lasting friendships.

Although I only worked at Disneyland for a short time, it was a memorable and cheerful experience. Having a summer job is a rewarding opportunity and a good way to broaden our horizons.

Realise Your Dream Of Becoming A Film-maker

Ho Ka Ki F.6

Becoming a professional film-maker seems to be very hard. However, as video-sharing websites are getting more and more popular, being a film-maker doesn't have to be just a dream anymore.

As a secondary school student, I don't have a high income. However, despite my shoe-string budget, it is my dream to become a film-maker. For someone like me, this dream may sound impossible, but to tell you the truth, it is totally possible if you have an account on a video-sharing website.

Many people like watching videos on video-sharing websites around the world. Video makers who are still in their teens can share their films on these websites. You can upload a short film and share it with everyone. I can make a video with my Smartphone which costs very little to produce. The length of a short film can be from 3 to 30 minutes. The key aim is to produce a film which is attractive to others.

As a rule of thumb, you should consider your budget when choosing a good topic for your film. For example, if you have a shoe-string budget, you must not choose to produce a sci-fi film. A famous and inspirational speaker called Nick Vujicic once said, "Attitude is altitude". Becoming a film-maker doesn't have to be a dream. Master your courage and go for it; then the dream will become reality.

Moreover, you can produce a short film with your friends. You will enjoy the process of producing films much more if you do it with friends because you will not feel alone and you can share your ideas with each other. You can also divide the different tasks between yourselves in order to produce faster results. I once produced a short film with my friends and that was an enjoyable and rewarding experience for me.

Social networking has a big effect on young film-makers. When film-makers upload their videos to social networking platforms, they can receive many different comments to improve their video-making skills. Most video-sharing websites have a comments section and this is a very helpful feature for film-makers.

Online video-sharing not only helps young film-makers to share their films without spending too much money, but it also makes more people aware of their talents. The videos may go viral on the Internet and the film-makers can be boosted to overnight success and fame. The Internet is truly amazing!

If you want to be a film-maker, don't hesitate and just go for it! This attitude will surely lead to a bright future for you. As you sow, so shall you reap. Don't give up in fear of failure.

Safeguard Your Mental Health

Lau Wing Sze F.6

Nowadays in Hong Kong, students often feel stressed about their studies. They don't have enough spare time to relax. In these circumstances, it is easy for their mental health to suffer.

My friend, Mary, comes from China. Her parents have very high expectations of her. She must study for six hours after school and get full marks in her exams. If not, her parents will punish her. At the same time, she suffers from discrimination in class because she is from China. Many of our classmates discriminate against her, and shout at her and call her names. This makes her feel upset every day. She told me that she has been suffering from depression and has sought professional help. I tried to offer her some useful advice, and I will share it now in order to help others in similar situations.

First of all, you should try to talk with your parents and let them know that you feel stressed about your studies. No doubt they will sympathise with you, and will set a more realistic timetable that you can handle.

Second, you need to find yourself some healthy activities to do instead of just studying every day. Though your academic result is very important, you need more free time to relieve your pressure and stress. For instance, you could take part in some outdoor activities with your friends and family. You could go on a hiking tour and enjoy the views of nature with them. Also, you could join some extra-curricular activities which would enable you to make some new friends and build up your social circle.

Last, but not least, you should try to talk to someone if you are being bullied. It's important to find a trusted confidante if bullying is a factor. It could be a trusted teacher, parent or friend. If this doesn't help much, you should seek professional help. Find a social worker that you trust. I am sure that the social worker will provide you with all the assistance you need and help you to overcome your issues.

How can we help to fight depression? We need to understand why people suffer from depression. Some say the main cause of depression is bullying. Others say the cause is parents putting too much pressure on their children. So, how do we prevent depression? Providing talks about how to prevent depression and educating people on the

negative effects of depression are both good places to start.

Those who are in the grip of depression can learn how to relieve the pressure they feel by participating in some activities, such as team sports or competitions. This can help to improve their communication skills too, and may encourage them to talk to somebody about their problems. They can also make more friends when they participate in healthy activities.

Safeguard your mental health so that you won't succumb to depression. Depression is a serious problem that we can't ignore and it won't resolve itself. If your friends or family suffer from it, you should encourage them to face this mental problem. Talk to them about the cause and effect of their depression as this is a good way to help them. Tell them that there is still hope for them and that they deserve to be happy.



Work-Life Balance Essential For Health And Happiness

Yeung Chun Kit F.6

As you all know, our company was established in 2005. Our profits have been increasing every year, and this is all because of you; our industrious and responsible staff members.

Recently, I have observed a trend of staff leaving the office very late. I know most of you like to finish every task as soon as possible even if it is not urgent. Many of you stay at work until 10pm or even 12am. With such hard-working staff, I believe that our company will have a bright future.

Nevertheless, every coin has two sides. If most of you only concentrate on work, there may be some negative effects.

First and foremost, it may cause physical problems. There are only twenty-four hours in a day. If you spend most, if not all, of your time at work, it is evident that you cannot strike a balance between working and leisure. In the long term, a passive life-style featuring little exercise can increase your risk of developing illnesses such as high blood pressure. It is disadvantageous to your health. If you get sick, your productivity will decrease. Please remember that all of you are vital assets to our company and you must take good care of yourselves.

Secondly, working long hours may damage your mental health. If you always feel pressure to immediately finish tasks given by your superior, you will undoubtedly feel extremely stressed. People are not robots and it is nearly impossible to finish every task on the same day as it is given. If you attempt to reach this unattainable goal, you may find that you lack quality time spent with your friends and family. If you have no time to communicate with your loved ones, they will not know your innermost thoughts and feelings. If you encounter difficulties or have some negative emotions, no one will be able to support you. This scenario is definitely harmful to your mental health.

Therefore, it is high time we improve upon this situation.

Firstly, if you are under heavy pressure, please be active and seek help from your superior. Your superiors will listen to your opinions and make necessary arrangements. They may help to identify and prioritise essential tasks so that your workload is more manageable.

Alternatively, they may recommend another position for you. As we all know, everyone has different abilities and talents. Please do not feel embarrassed in seeking help from your superiors. All employees play an essential role in leading our company to a bright future, and we will do everything we can to ensure that you have a suitable role within our team.

Secondly, please remember that the length of your working day is not the only factor in deciding whether you are a good and responsible staff member. More importantly, your working attitude, the relationship between you and other staff members and your ability to create and innovate determine your value to our company. If you take time to socialise with your family, friends and colleagues, I truly believe your productivity levels will increase.

All of you are invaluable to our company, so I urge you to foster a healthy work-life balance.



A Drama Training Camp

Leung Wang Lok F.4

Hi Sam,

How are you? How was your summer holiday? I want to tell you all about my summer adventure! I went to a three-day drama camp in Macau and I loved it!

In early August, I was chosen to go to a drama camp by the Drama Club at my school. I was excited. When I arrived at the campsite, there were lots of other teenagers from different schools in Hong Kong. We were told that we would learn how to act.

The instructors were actors and actresses from a famous TV station. They were friendly. On the first day, we were divided into different teams and given a script to perform. Each team had one instructor and ours was Lisa Wong. We had to perform a tragedy. We practised with Lisa in the morning and we went to drama lessons to learn different acting skills in the afternoon. Lisa was very experienced and she taught us many techniques. On the last day, all the teams acted out their scripts one by one. Our performance was great. We won the Best Team Award!

I gained a lot from this camp. Besides learning acting skills, I learned how to work successfully with others. I also made some great new friends at the camp. This experience has been very useful, and might help me in my future.

I can't wait to hear all about your holiday. Please write to me!

Take care,

Jordan

Letter Of Advice

Yick Long Hin F.4

Dear Mixed-up Mary,

Sorry to hear about your problems. Many relationships are very complicated, and your relationship sounds especially tough. I have a few tips to share with you, and I hope that you find them helpful.

Firstly, if your best friend's boyfriend flirts with you while still dating your friend, then that guy is absolutely NOT your ideal boyfriend. He is obviously a scumbag, right? He is betraying your friend and you are the third-wheel. Who knows how many girls he is stringing along? Therefore, I don't think you should have any further contact with him.

You say that you are unsure whether or not to tell your best friend about the situation. Although it might make your friend upset and angry, my answer is YES. Yes, you should tell your best friend about this. Just think about it. If this guy wasn't flirting with you, he'd probably find someone else to flirt with. I'm sure that your friend will find out eventually, so it's best that she hears sooner rather than later. You should tell your best friend to leave that scumbag before she gets hurt.

It is said that having a boyfriend or girlfriend is like conquering a country or your greatest rival, and that's why many people say that you have to fight for love. I understand that you want to experience all of those powerful feelings and that you think your friend's boyfriend might be your 'Mr Right', but you have to think of the consequences at the same time. If you start a relationship with this guy, you might lose your best friend forever, which is what you really don't want to happen. Also, please consider that he might do the same thing that he did to your friend, and leave you in tears. You need to know that the choice is yours. No one can change your destiny, except you yourself. So take your time, think about it carefully, and choose wisely.

Let's talk about the upcoming public exam. I know it is hard, but try not to focus only on your relationship problems. Put the exam in first place for now. You need to learn how to prioritise different tasks and judge what is most important to you. Remember what I have just said. Take your time. Think thoroughly about your present situation.

If you want to get good grades in the upcoming exam, you need to do effective revision. Everyone has their own study habits, so why not create your own personal and realistic goals. Remember, if you feel stressed out, take a break. Too much stress is never good.

Feel free to write again if you need more advice!

Best wishes,

Agony Aunt



Dear Andy,

I am sorry that you don't seem to enjoy poetry. There are many reasons for reading poems, and I hope that you will find one, or at least start to appreciate poetry more, after reading my letter. Many people think of poetry as being old-fashioned, but it is still very common at present. Let me share some of my opinions on poetry with you now.

First of all, poetry is an art form that has existed since ancient times. The earliest poem that has been discovered is The Epic of Gilgamesh. The poem is formed of twelve tablets. A tablet is a flat piece of stone, wood or clay that was used for writing before the invention of pens and paper. The story is mainly about the King of Uruk – Gilgamesh. I know you said that you prefer reading novels to poems, but this story is still very detailed and intriguing, despite being in the form of a poem. What's more, The Epic of Gilgamesh contains imagery and stories that are very similar to those in the Bible, the story of the Garden of Eden and Noah's flood for example. Many people think that the poem inspired these Bible stories. It's unbelievable to think that a poem could have affected a religion that has one of the largest crowds of believers, and that it may have influenced the highest-selling book in history. Besides ancient poetry, there are also many other famous poets who have had a big impact throughout the centuries. William Wordsworth's "I Wandered Lonely as a Cloud" (1802), and William Shakespeare's "Blow Blow Thou Winter Wind" (1600), are both excellent works that are still quoted and studied today. Wordsworth and Shakespeare have played a very important role in both poetry and English language.

Apart from all of those historical figures and poems, you might also be interested to know what benefits poetry can bring to you. It has been shown that writing poems is good for people. Firstly, writing poems can improve one's emotional state. Throughout history, many poets have written poems to relieve or deliver their happiness, envy, anger, sorrow and even loneliness. Not convinced? Dylan Thomas, a very famous Welsh poet in the 1900s, wrote a poem to express his grief for his dying father and his rage at the cold-heartedness of the world. The poem is called "Do Not Go Gentle into That Good Night". It is a sensational expression of feelings from Dylan, and it seems as though the act of writing the poem and sharing his feelings is helping him come to terms with his loss. Furthermore, poems can enhance communication skills and strengthen a person's relationship with others. Poems can be directed at a particular person and express personal feelings. Also, as we all know, writing a poem requires exquisite language skills and knowledge. So, if a person writes or reads poetry

frequently, he/she will inevitably learn something from it and perhaps improve his/her literacy level.

Now that you know how extraordinary and outstanding poetry can be. It shouldn't surprise you that poetry still has a place in many modern cultures. Earlier I mentioned the Dylan Thomas poem "Do Not Go Gentle into That Good Night". This poem recently appeared in the 2014 science-fiction movie *Interstellar*, a very famous film directed by well known director Christopher Nolan. In the film, the poem is used to encourage the characters to fight for survival until the very end. Another example I want to quote is from the recent role-playing video game *Child of Light*. *Child of Light* is a game based on a fairy tale, and it is like an interactive book which you can read. *Child of Light* has a magnificent visual design with fully rhymed dialogues. You can truly see it as a work of art instead of just a game. The player has to find a set of "confessions" in order to complete the game. These "confessions" are like poetry, and here is an example of one of them:

*"The centuries have been unkind to us,
Gods forgotten within white temples fade,
Under lidded eyes the palace sits, frayed,
Doors closed, behind bleached rooms gathering dust,
The gilded throne's gleam muted by dull rust."*

This is only part of one of the "confessions", and there are 15 others to be found in the game. Many people say that they like playing video games but dislike reading poetry, yet here the two forms of entertainment are combined beautifully. So, poetry still plays an important role in the modern world. Reading poetry is most certainly not a waste of time.

Overall, whether read or written, poetry offers us a lot. As I have outlined in this letter, poetry can teach us about the past and the present, and it can teach us a lot about ourselves. Surely you won't still hate poetry now that you know how brilliant and useful it can be!

Your dearest friend

Chris Wong





Dear Editor

I am Chris Wong, an intern at an investment company. After working as an intern for some time, I have noticed that many of my colleagues are addicted to work. I want to make everybody aware of the situation and discuss the negative impacts of work-life imbalance.

First, let's start by describing the situation. I work for an investment company. We all recognise that the longer we work, the more money we can make. That is why my colleagues are all working hard. They never rest. In a way, you could say that they are addicted to work. Most of them work almost fifteen hours a day. It sounds crazy, right? They don't have enough time to rest and they don't even dare to think about spending time with their families.

In an environment like this, can we still have a healthy life? Definitely not! The first negative effect of a work-life imbalance is that you will have a bad relationship with your family. Take my colleagues as an example. They work fifteen hours a day. When they go home, they sleep. When they wake up, they go to work. There is no time for them to communicate with their families. Working long hours will undoubtedly bring unhappiness to your family because your loved ones may feel like they are being left behind.

Secondly, long working hours can have a negative effect on your health. It is a well known fact that people need at least eight hours of sleep per day. Getting enough sleep makes our lives much easier, but this is not possible for everyone. Take my colleagues as an example again. After working for fifteen hours, they only have nine hours left of the day. In these nine hours, they need to eat and travel to and from work, which takes at least two hours. As a result, they only have a few hours left to sleep. So, it is crystal clear that working long hours is bad for your health.

Thirdly, working like my colleagues means sacrificing your personal life. Most people have their own dreams and goals, but working in a company that demands long working hours can make these impossible to achieve. Many of my colleagues are turning themselves into robots. The only programme set in these robots is to work. Their family happiness and their health have been compromised, and, most

importantly, they are beginning to forget about their dreams. It's definitely not worth it for a person to lose his/her dreams just because of work.

Everyone should wake up now. Having a good job with a prominent future is important, but we should not sacrifice our lives for that. Live with dreams and dream to succeed.

Chris Wong



Virtual Sports - The Future Of Exercise

Kwong Yuk Shan F.6

Dear Sir/Madam,

Nowadays, both virtual sports and real sports are very popular. There is bitter controversy about which one is better. In my opinion, virtual sports are better.

First, Hong Kongers are very busy. If they want to do some sports, they only have time at weekends. Due to work or school commitments, they don't have enough time to do exercise on weekdays. A simple solution to this predicament is virtual sports as they can be done at home. It has never been so convenient to get fit! A common complaint is that going outside to do real sports wastes lots of time spent travelling to a gym or sports stadium. In contrast, virtual sports are extremely convenient and less time is wasted.

Second, people get bored easily so they don't want to run, swim or hike. Don't you agree that these activities can be very boring? This discourages us from doing any exercise at all. On the other hand, virtual sports can solve this problem. A Wii video game console is a good example as it is so fun and special. On a Wii, there are many different sports for the players to choose from. This variety is one of the many reasons why people like the Wii, and why it's so popular.

Also, having a virtual sports game console is like having your very own professional personal trainer. It can measure body weight, record exercise time and monitor weight loss. It can also tell you how to improve your performance to get better physical results. Therefore, you don't need to calculate your results on your own. It's user-friendly, educational and motivating.

Moreover, virtual sports are so popular now. I believe that many people like virtual sports more than real sports as it is somehow more effective in motivating people to exercise.

However, some might say that virtual sports such as the Wii console are not good for us. It's because when we do these sports, we have to spend long amounts of time looking at a screen, and this isn't good for our eyes. That may be true to a certain extent but there's an easy solution. Just as when we use any type of technology, we simply need to take a break. The virtual sports console will actually remind us how long we have exercised, thereby encouraging players to rest before they strain their eyes.

Finally, I think it's obvious that virtual sports are better than real sports. Don't you agree?

Yours faithfully,

Chris Wong

Appreciate Hong Kong Campaign

What do you think of the ten programmes proposed for the "Appreciate Hong Kong" campaign? How can our government turn Hong Kong into a city loved by most or all of its citizens?

Chan Ho Yi F.4

Of the ten programmes proposed for the "Appreciate Hong Kong" campaign, I think free admission to museums plus shopping and visits to major theme parks are the most effective in helping to make Hong Kong more united. This would give underprivileged people the chance to be entertained, and almost everyone loves shopping as Hong Kong is a shopping paradise. These suggestions can help all Hongkongers become more united.

I enjoy living in Hong Kong because it is pretty peaceful and there is no major war or unrest. Also, most people are able to find a stable job. Most important of all, the government has always been working for the benefit of the city. I hope that more support can be given to grassroot groups so that the government will be loved by all its citizens.

Leung Tsz Kin F.4

I think helping the underprivileged is the most effective means to make Hong Kong more united. As we know, the wealth gap in Hong Kong has widened, and the government needs to improve the situation. Otherwise, the majority of Hong Kong people will hate the government for doing nothing to help the poor. I do enjoy living in Hong Kong as it is a very multicultural city. I can experience different customs, food, traditions and fashion. However, I think our government can do much better in solving problems arising from poverty. Government changes would be welcomed by citizens.

Wong Ka Luk F.4

Of the ten programmes, I think the Hong Kong Marathon Carnival is the most effective way to help Hong Kong become more united. It doesn't need a huge amount of money and this event can also promote good health.

I do enjoy living in Hong Kong because Hong Kong is a dynamic and efficient city. It has a low crime rate and offers a great degree of freedom in business and our daily lives. I think a sound legal system is what our government needs to work on in order to turn Hong Kong into a city loved by most or all of its citizens.

Yick Long Hin F. 4

I think none of the programmes proposed can help Hong Kong become more united. This campaign is just nonsense and the government is wasting our time and money. This campaign won't help Hong Kong citizens to alleviate poverty problems. How can we be united when we have a government that is not willing to face poverty or attempt to fix it? I used to enjoy living in Hong Kong but I don't think so now. Hong Kong is facing political crises and economic downturn. Our government should be trustworthy and address the needs of the public in order to be loved and respected by its citizens.

Government Plans To Install Water Filters In About 80 Schools

Should blood tests be carried out for people in areas affected by lead contaminated water? What can be done to ensure the safety of every citizen?

Hon Sin Yi F.4

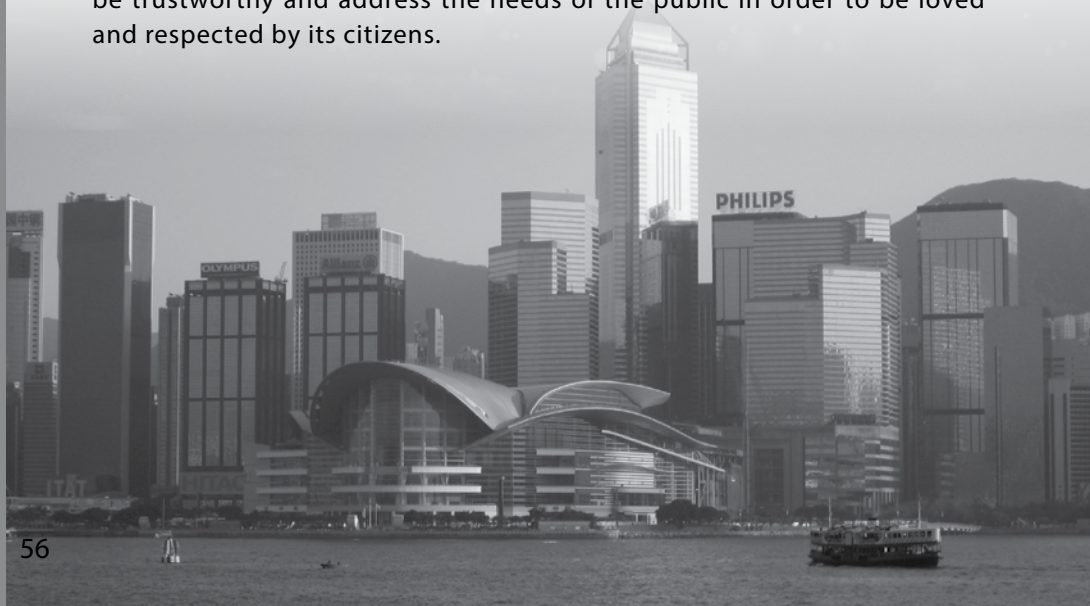
Blood tests should be carried out for people being affected by lead contaminated water as it is an effective method to check whether they have any health problems. The government should find out the cause and give compensation to those who have been affected.

I think schools should conduct their own water tests for lead content and install their own filters so that the water will not get contaminated. I wouldn't dare to drink the water at school if the filters haven't been fixed as it may be contaminated.

Chan Ho Yin F.5

I think blood tests should be carried out for people affected by lead contaminated water, as it is an effective way to reassure the local residents. The government should check the soldering on the joints of the water pipes and install new filters. There should also be compensation for those infected, for example a rent rebate from the government.

Installing filters would be the best solution to reassure parents of students at schools in Hong Kong. I drink the water at my school because I trust that our school will do its best to protect us and I don't want to spend any money buying bottled water.



Cheng Joan F.5

I think blood tests should be carried out for people being affected by lead poisoning because a positive result would make people feel relieved. I think our government should monitor and update the water system for all citizens in Hong Kong. Furthermore, compensation should be given to those who were infected, for example, money for medical treatment or a free supply of bottled water until the issue is fixed.

Schools should conduct their own water tests for lead content and install their own filters. This process won't take long and it is extremely worthwhile. Schools have a responsibility to ensure their students' well-being. I dare to drink the water at school even though filters haven't been installed because I think drinking contaminated water won't kill you as long as you don't drink too much. It saves the trouble of buying bottled water or bringing water from home.

Leung Ka Chun F.5

I think having blood tests for people affected by lead contamination is a must for the government. The government needs to guarantee that the problem will be fixed soon and they should offer fair compensation to the victims.

To protect students from being affected, schools should conduct their own water tests and install their own filters. Try to imagine if you were drinking polluted water every day. I am sure you would turn out to be unhealthy. If one's health keeps deteriorating, how can one achieve good academic results?



Hospital Defends Suspension Of Liver Transplant

Recently, surgeons stopped a liver transplant midway through when they discovered that the donor had a cancerous tumour in his kidney. Doctors were concerned that the cancer might have spread to the donor's other organs.

Was it a fair decision to suspend the liver transplant? If you were the recipient, would you want to continue with the surgical operation? Why is the organ donation rate so low in Hong Kong?

Law Wai Kit F.4

I would not terminate the liver transplant if I were the patient. I couldn't be sure that I would get another liver or whether I could afford to wait for the chance to come again. I would try my luck at the very present moment.

Since the conservative people of Hong Kong prefer to keep their bodies intact, even after death, the organ donation rate is very low here. I think our government should encourage more people to donate their organs by telling people that it is a meaningful thing to do and that after death our organs are just like rubbish if they are not being transplanted to those in need.

Leung Wang Lok F.4

I think it was a fair decision because the donor's kidney may have been cancerous and the patient who was receiving the transplant may have become ill. If I were the recipient, I would not continue with the surgical operation because of the cancer risk. Since cancer is a terminal illness, I may never get cured.

The organ donation rate is low because Hong Kong people are very conservative. They want to keep the whole body intact even after death. Those who sign up for organ donation may face strong opposition from their family members. Maybe the government could offer a cash reward to those who sign up, and this might encourage more donors.

I don't think it was a fair decision because the patient did not have a say. If I were the recipient and I had a choice, I would opt to continue with the surgical operation. I would be in great need of the liver and it might be the only way to help me out. I would take the risk so that I might live a little bit longer.

As for the low organ donation rate, it may be due to the ignorance of some people, especially the elderly. Many old people are afraid that their organs will be taken away before death. Moreover, many Chinese people are selfish. They don't want to lose any part of their body even after death. Hence, the Government should carry out more publicity campaigns to educate the public and show that organ donation is a meaningful deed.

Wong Ming Yi F.5

To a large extent, I believe that it was a fair decision to suspend the liver transplant because the patient was at risk of developing cancer in the future. If they had gone ahead with the operation it might have been lethal because of the cancer found in the donor's kidney. If I were the recipient, I would not want to continue with the surgical operation as it might deprive me of the precious opportunity of getting a healthy organ in the future. If there was a chance that the organ had cancerous cells, I would choose not to go ahead with the transplant.

The organ donation rate in Hong Kong is pretty low and one reason for this is that many people think they must get consent from their family before signing up for donation. This is not true. Therefore, our government should make the public better informed and tell them how important it is not to waste any useful organs. Maybe a law could be introduced to make organ donation compulsory after death.

