



余振強紀念中學
YU CHUN KEUNG MEMORIAL COLLEGE

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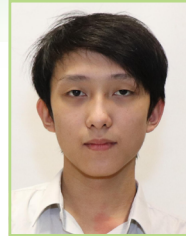


**二零二二至二三年度
學生佳作**



談珍惜

6A 周敬豐



人總會從失落中感嘆著快樂的得來不易，也會從失敗當中追逐著成功，但到頭來最深刻的，卻是從失去中明白到珍惜的重要性。

人討厭著生離死別，因就彼此對以往共渡同行的時光中，不厭其煩地追溯往日的種種。但是，與其不停思憶過去，同時計較時間的流逝，何不把僅有的光陰投放在彼此尚存的生活當中？「滿目山河空念遠，落花風雨更傷春，不如憐取眼前人。」也許到最後離別之際，難免抱有不捨之情，但回味往日大家曾珍惜的時刻，將慶幸有過這一段美好回憶。

我想起許許多多著名的畫家，生前落泊，死後卻受人讚許，畫作流傳萬世，價值不菲；反觀綺麗燦爛，卻瞬間凋零的鮮花，則在最美一刻備受珍惜。畫家離世不能再創作，鮮花凋謝不能再盛花，為何兩者受到珍惜的時間卻不同？到底我們應在存在時珍惜，還是失去時才開始珍惜？

我認為無論對人、對物、對事，與其在失去時才珍惜，不如從開始的一刻便學會珍惜。

於人，相識便是緣份，人與人之間從相識乃至相知相愛，難以言喻卻十分微妙。然而天下無不散之筵席，畢竟有緣則聚，無緣則散，面對任何人都總有離別的時候，我們不能選擇聚散的天命，唯一能夠選擇的是關係開始時，珍惜須臾的相聚。

於物，作為人與人寄托感情的一種途徑，能把千言萬語卻未能盡道的情感投放其中。睹物思人，眼前之物不單單蘊藏著那份情感，還有整整一個人。人們留戀的，不是其物，而是其情。當然，物件也確實連繫著彼此。火柴燃盡前能給人溫暖，熱茶放涼前能讓人安神，然而事物總會衰敗，薪會盡，茶會涼，我們應在此之前享受其溫暖。

於事，由人和物併合交織而連繫出來，事不能像人被挽留，不能如物被保存，事仿佛只停留在人的回憶中，或被物所記載在歷史的洪流裡。那麼就事而言，談何珍惜？我們確實難以為過去之事冠上珍惜的意義，正正如此，我們更應由事發生的當刻，便深思熟慮，無悔地作出選擇每個行為、每個決定，這才是珍惜。事把人和物連繫，亦是

人和物的互動，把過去種種化作向前的動力。或許事會把人、物和相關的珍惜變成過去，但事不繼發生，從未消失，如果願意，我們永遠有機會珍惜時時刻刻的事。

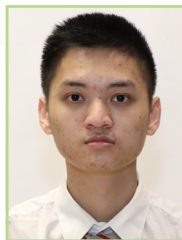
「珍惜」，也許許多人在生活中從未重視留意過，卻在失去過往才領悟到其重要。

與其深深承受著後悔之痛……倒不如，別在迷途時才想念家，別在離別時才感受到受。

學會珍惜——我們遇到的人、擁有的物、經歷的事。

慶祝回歸

6B 符興偉



一九九七年七月一日，每個香港人都注視著國旗冉冉升起，耀眼的五星紅旗在空中飄動，東方之珠各地都是閃耀的中國紅，香港大街小巷掛滿了國旗區旗，高樓外牆遍佈慶祝標語，這代表我們終於拿回了這片土地，也代表香港終於回歸了祖國。聽老一輩人說過，在英國佔領香港的時候，他們無時無刻想要把香港給奪回來。終於時隔 156 年，香港經歷了百年滄桑，面對過挑戰和挫折，在低谷的時候仍然展現出強大的復甦能力，這不僅僅是展現的是香港的韌性，更是展現出中國的力量。

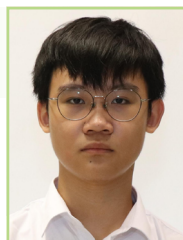
孟子曰：「天下之本在國，國之本在家，家之本在身。」國家與家庭、社會與個人本就是密不可分的關係，在 25 年來，香港在「一國兩制」的政策指導下，實現了「港人治港」、「高度自治」的方針，香港的經濟在飛速發展，推進香港持續創新發展，我們的生活也在一步步變好。這幾年因為疫情的到來，中央政府協調了大批口罩和其他防疫物資到港，讓香港人感受到祖國的關心和照顧，我們能從香港的穩定中看到了國家的力量和強大。我有幸生活在和平的年代，也生活在和平的國家，曾走過嶄新的公路、遊過詩篇的海洋、看過不同的世界。這是前人的努力，以血和汗築成堅固的地基，撐起了國家萬萬人的前路。

如今我們這一代青少年生於紅旗下，在世界各地生根發芽，為了

自己的目標和夢想拼搏，期間可能會受到不同文化的影響，但請永遠記得這裡才是我們的家，更是我們的國。我們背靠祖國，目光所及之處皆為機遇。雖然目前我們還有很多不足，但我們還有時間，「冰凍三尺非一日之寒」散落各地的我們只要萬眾一心，哪怕星火成海，也足以遼原，香港這顆璀璨的明珠必將綻放更加絢麗的光彩，願這美好香港一起創建。

經過這件事後，我才明白到一心是我的知己，是真正了解我的人。

6C 周煜秦



隨着時間的推移，我也踏上了中學的階段，並和一心一小學較要好的朋友，升到同一間中學，我們也在班中和其他同學開始建立關係，包括一心。

在開學的幾個月之後，班裏面一名在開學就有傳聞非常惡名昭彰的「壞同學」一向華。走到我的課桌前開口道：「允行，你覺得我們班中坐在角落的那名同學性格很古怪嗎？感覺他完全不能跟他人交流。不如你跟我一起『教育』他不能對人如此冷漠吧！」我不知道該如何回應他，但又害怕不答應又會使他排擠我。當我在陷入掙扎時，他一直在催促我抉擇。我因為受不了被一直催促的感覺，便下意識答應了他。

我們開始了欺凌同學的生活。我們走到那名同學的座位，向華便立刻推翻了他的書桌，他抽屜裏的物品也與暴雨般傾盆而下。「做了件為人着想的好事，使人身心舒暢啊！你也來試一下吧！」我心裏默默地向那名同學道歉，然後把已倒在地上的書輕微地弄亂了一下。一心看着班中發生的事，眉頭一皺。站了起來，徑自地走了過來。跟我說：「我覺得你這樣不好。允行，你不是說想做一名關心他人，不讓人陷入困境的人嗎？而且，我相信你本意並不是這樣的。希望你能尊重我的勸諫。」說完後便找回自己的座位坐下，繼續做她的事。

我聽到這番說話後，呆滯了一會兒，想着「我到底在做什麼事情？我在幹什麼？」但有華不給我反思的時間，拉着我繼續進行欺凌的行為。此刻的我，就如提線木偶般，失去了自己的判斷力，被人提着走。

我繼續跟着向華的跟後，看着面前這被我們弄亂的物品，心裏感到無力，但卻又無可奈何。我沒有聽從一心的說話，繼續行惡，繼續使那名同學的生活更加惡劣。

「允行！你到底在做什麼！」一心大聲地喊到說，眉頭早就就成了川字。她說着：「我認為我一定要跟你談談這件事。」她便拉了我出課室外，一直走着，直到後樓梯才停下來。使我想不到的事一心居然眼睛一紅，哭了。她的淚水流淌個因生氣變得通紅的臉蛋。「我真的不希望你墮落到這種地步。我相信你不是這樣的人，我知道你不是這樣的人！」她罵道着，伴隨着顫抖的聲線，能感受到他非常着急。

我一直被她罵着，但是我卻沒有感到不忿。看着自己面前如此為自己着急的好友，腦裏浮現了她對我所說的話。這些話在我腦海裏盤旋着。「你不是想做一名關心他人的人嗎？」「我相信你本意并非如此。」想着、想着，我頓悟了：眼前這位正是我的知己。正是因為她了解我，知道我是一位有同理心，但卻容易受人唆擺的人。

我鼻子一酸，雙眼一紅，潸然淚下。一心看到我這樣後，也慌了。她解釋着她並不是想使我流淚，而是希望我重回正軌。我抽泣着說：「一心，謝謝你！謝謝你在我陷入泥沼時伸出援手拯救我。我現在立刻跟向華說清楚這件事！」一心跟隨在我的後方，作我的護盾。

「你幹了什麼事情這麼久？我們繼續『教育』他吧！」聽着一樣的問題，我堅定了內心，回覆了他：「我不了，你也請自重，不要再欺負他了。」其後便沒有理睬向華，沒聽見他說什麼，默默地向那名同學道歉，並幫助他收拾東西。

我不能成為十惡不赦的人，況且身邊有一位如此了解我，關心我的知己。知己正是了解自己真正性格，在自己陷入困境時拉自己一把的人。我也要回報她，也作為她的後盾。

「不經一番寒徹骨，怎得梅花撲鼻香」這句話給我的啟示

6S 史海明

徹骨的寒冷相信無人願意體會，但撲鼻而來的



梅花香氣顯然眾人皆會欣然接受。可惜，不經歷過歷練，如何換來傲人的成就？

初生之犢又怎會理解到這樣殘酷又理所當然的道理？這道理卻重重地、坦然自若地施壓在每個生命上，就算是襁褓中的幼嬰亦無得幸免。試靜思憶，尚記得那曾經孱弱無力的雙手，那顫抖卻無法支撐身軀的雙腿，因失去平衡而瞬間露出的猙獰面龐，最後化作剔透的淚珠，嚎啕大哭的揪心模樣？你能想到嬰兒們也是多想永遠地躺在那溫暖而柔軟的襁褓中嗎？但是學會走路是必須的，當中的過程自然是困難重重的，若不經歷過一次又一次的跌倒、挫折，哪來一次又一次的振作和堅持？如何開啟自己的人生？如何目睹星空的深邃？如何見證世界的廣闊？如何嘗盡千紅萬紫的美景和人生百態？所以，我想毋需他人告知，「一分耕耘，一分收穫」的種子早已從幼年便撒在我們的心田裏，根植在每個生命的那拱心石之中。

當你到了背起肩包的年齡，便逐漸開始理解這句話的意思，因為你發現：生活中處處講求資格，學校處處充滿考驗。看那冰冷的數字是你腦內知識倉庫容量的具體化，你若不增加倉庫內的存貨，那麼那數字只會隨時間流逝逐點逐點溜走。於是別人的斥責聲越來越響亮，你內心的自信越來越縮小。理解這個道理的學生，都感受過這種切膚痛楚，於是會奮力為那肩包以及腦袋塞入更多的東西——書本、知識，於是書包的分量與日俱增，知識的厚度也隨之變厚。如果知識亦也有重量，怕是要把梓梓學子的脖子壓跨了。你的裝備越充足，包裹身軀的知識越厚實，你便能攀上更高的險峰，更能抵禦刺骨的嚴寒，看到更遠的美艷景色，被更炫目的繁星灼燒雙眼，抓緊更多的機會……因此，能跨越辛苦的人，更能獲得他人的肯定，這種感覺我想必像梅花的香氣般芬芳迷人。

深諳這個道理的，自然是出了社會的成年人，但是「努力未必和回報成正比」似乎更攪得他們的芳心。在職場上，為了晉升，在上司的面前唯唯諾諾；為了業績，拼盡全力工作。但剛入職的人會發現，自己在同一地方停留太久，會疑惑自己為何遲遲沒有被提拔？反而越來越受到上司的責罵、同事的冷落？深思過後，原來世界並非沒有絕對的等價關係，頓然明白沒有付出絕對不可能得到回報！唯有繼續努力；切實行動，而非坐著痛罵社會的不公或是上蒼的無眼。付出後的結果未必盡如人意，但必能讓自己因曾經努力過而自豪。看！這份如看普洱般的苦澀不亦有那份令人憐愛的甘香？

人生是一場又一場的更迭輪迴，因此莫要被冬天的風霜冷卻內

心，要為春天的希望鼓舞躍動；莫因秋天的凋零染上絕望，要為夏天的熱情高歌起舞。只有這樣，才能領略生活、參悟人生，明白「不經一番寒徹骨，怎得梅花撲鼻香」的醍醐美滋味。

「愛人者，人恆愛之。敬人者，人恆敬之。」這句話給我的啟示

6S 尹堯煜



孟子曰：「愛人者，人恆愛之。敬人者，人恆敬之。」意指愛別人的人，別人也會愛他；尊敬別人的人，別人也會尊敬他。

愛，是一種本能，需要被愛，也是人的天性。我們都渴望得到愛，往往因為需要愛的慾望沒有被滿足而黯然神傷，常言道：「一分耕耘一分收穫」，當長雲寂靜時，大家有沒有撫心自問：「我們得到的愛足夠嗎？」

當我們愛別人的時候，也希望別人愛我們，無論是友情、親情還是愛情，互相回應，才有意義。人世間，誰都無法在一段沒有回應的關係裏愉快地堅持太久，因為沒有回音的峽谷不值得縱身一躍。以愛情為例，在初期時很甜蜜，互相分享生活，聊聊人生百態。可隨着時間的推移，感情回復平靜狀態，彷彿一切都沒有了新鮮感，若此時，有一個開始冷漠、開始被動、開始敷衍，即使有一半依舊熱情似火，這段感情也終究會因為「愛」的淡出而走向盡頭。可見，兩個人的愛情，如只有一個人的付出、一個人在妥協、一個人在理解，那麼在長期的單向付出中，即便是海納百川的愛，也總會被消磨殆盡。

兩個人的愛情；三個人的親情；多個人的友情，不論是哪種愛，都不可能只讓一方包容，只讓一方付出，只讓一方理解。一切的愛都需要雙向奔赴才有意義，只有互相懂得愛對方，那我們之間的相遇才有意義。

敬，是一種美德，想要被敬，也是人的本性。我們都可望得到別人的尊敬，往往被尊敬仰慕時，心中總會產生微微的自豪和自喜，可有因必有果，人不可能生來就受萬人敬仰，這時就應該抵心自問：「我們得到的尊敬足夠嗎？」換句話：「我們給予的尊敬足夠嗎？」

俗話說：「欲知世事理，將人比自己。」在世間眾生皆平等，雖說社會階級有分貧富貴賤，但單論「人」這種生物而言，並沒有分尊卑貴賤，通俗點說就是「億萬富翁」跟「乞丐」，相較之下大家都是「人」，所以兩者並沒有本質上的差別，所以大家理應互相尊敬。可何謂「尊敬」？「尊敬」是雙向的，是人與人之間的良性互動，是對他人的素質表示肯定的舉動，換句話講，就是在為人處事中多站在對方的位置思考問題，設身處地的想想如果自己處在對方的位置上要如何處理，是何心態，自然而然就懂得處世之道的為人的道理。舉個簡單的例子，在學校中，常有一些雖成績好、可品德差的偽「學霸」，他們不可一世，他們目中無人，他們唯我獨尊。對！他們的學習成績雖好，可卻看不起旁人、嘲笑旁人。這樣的人在學校往往獨來獨往！為什麼？因為他們待人處事的態度、為人作風不值得被「尊敬」，即使天資聰敏，也難逃被人嫌棄的惡果，因為他們不懂得與同學互相理解、包容、尊重，贏不來他人的敬仰。

總括而言，不論在「愛」抑或「敬」方面都有個共同特徵——互相。人和人相處，是一門學問，要做好一點，真的不容易。離得太遠了，關係就淡了；距離太近了，恩怨就來了。人生如尺，要有度；感情如面，要有果。人與人相處，一定要把握好「度」，關係再好也不要走得太近，否則只會適得其反、漸行漸遠了。愛情、友情、親情、情情珍貴，所以我們無論在做任何事、待任何人時，都必須學習設身處地為別人着想，給自己留一些緩和的餘地，給別人留一點私人的空間，在適當範圍內相互尊重，相互珍惜。

若沒有了相互，那麼一切「愛」與「尊重」將變得毫無意義。

以「願這美好香港一起創建」 為結語創作一文

6S 史海明



腦袋剛從停滯的思緒中回過神來，灼熱的臉龐依然泛著些許潮紅，遠處鳴放的樂器高昂而悠揚；耳畔徘徊的歌聲有如天籟之良音。是為了誰而奏響集八音之旋律，又是為了誰而點亮漆黑的舞廳？是那屹立於土地上的堅定身影，還是迷失飄泊的脆弱心靈？而我想縱然各人的心中抱負著

不同的理想，有著各自的理念，但婉轉的韻律中傳遞著的是想同的願景。

漫步在夜間的尖沙咀海旁，眺望維多利亞港對岸，鬧市的燦爛燈火照亮了朦朧夜色，映照在波浪上的粼光直達遙遠的海平線盡頭，卻仍未足以到達暗潮洶湧的海底。或許是公眾假期的緣故，本已擁擠的港口更是份外的熱鬧，不論是對岸閃爍的廣告板，或是身後人們的對話，都告訴我——即將迎接特區成立二十五週年的紀念日。或許這就是時光飛逝、日月如梭的感覺，不知應為之欣喜還是彷徨？令人欣喜的是香港回歸二十五年間，雖然經歷風風雨雨，但仍保持繁榮昌盛；叫人彷徨的是將來要面對的漫長路途，又將會帶給我們一段怎樣的旅程呢？不待我仔細思考，刺耳的電話鈴聲便催促著我，定睛一看，是母親那裡來的。母親叮囑我別忘了盡早回家，這才令我想起該次出行的目的一重新認識這香港。

走在人行道上，一旁是川流不息的筆直馬路，一旁是一間又一間的店舖。店內店外有五光十色的美艷燈光所點綴，上方飄揚著紅燦燦的區旗，在燈火的照耀下似是彩衣，掛在那石壁上，放眼望去，我就如同步入畫廊之中：絢麗而輕柔的色彩於畫布上交匯混和，虛幻得似是眼前有一層輕紗，模糊了我驚訝的視線，令我心中微波蕩漾，隨後便匆匆離去。

不知不覺間已經走到了人煙稀落處，路燈也只餘下數盞亮著，沒有光線的角落便是黑暗的居所，只有偶爾吹拂而過的微風吹響樹葉，以及絲絲銀光灑落於這林蔭小徑，才讓我醒覺這可是一個全城賀回歸的晚上啊！抬頭望著夜空零星散落的微弱光點，遙望著比夜空更深邃的無限，那種忐忑不安又悄然而生。突然，遠處傳來悠揚的音樂，牽動着我的魂魄，原來是街頭歌手唱著為人民而作的曲目，抑揚頓挫的旋律傳遞的是人民的願景，是人民對未來的展望。一曲既終，如雷鳴般的掌聲從四周爆發，竟然驅走了我先前的那一絲憂慮，因為從歌聲中，我感受到大家對回歸祖國的喜悅，以及在國家管治下對香港發展的無限希望。

香港回家了，回到祖國的懷抱 25 年了；未來的 25 年，願這美好香港一起創建！

以「願這美好香港一起創建」 為結語創作一文

6S 李自立



中國，一個有著五千年歷史的偉大母親，在這片土地上，孕育了我們一代代人。在這片天空下，我們一個個成長了。不管是漂洋過海的，又或是被風雨洗滌過的，身上永遠充滿了中國那自強不息的氣息和堅毅不屈的精神。

然而，翻開歷史，在一頁頁鮮血淋漓的史書上，記載着一個個手握屠刀的劊子手；一隻隻滿嘴鮮血的豺狼虎豹；一群群叼着頭顱的鷹犬和一滴滴鮮豔刺目的鮮血。這就是一部落後，被強權欺凌的血淚史。

但在 1949 年 10 月 1 日，這頭熟睡的雄獅終於從沉睡中甦醒，準備向世界發出牠的第一聲咆哮；而香港，也有了真正回歸祖國懷抱的希望。1997 年 7 月 1 日，香港真正的回歸了。那一天，百年的殖民屈辱被洗刷，如隔天壁的兩岸人們終於能重聚，炎黃子孫終於能再度相聚在一起。而親愛的祖國母親，為了讓走在迷途的孩子逐漸歸來，更為了孩子的未來，實施了五十年的高度自治：一國兩制，港人治港。

香港在回歸 25 年以來，經歷過大大小小有形無形不同挑戰。有形如「19 暴動」之時，社會陷入一片黑暗，人民與政府互相猜疑，互相傷害，全城衝突不斷，最後徒留人心撕裂、「黃藍」相憎，溫暖和諧的社會再難復現！又緊隨著新冠疫情的無形殺戮，大街上空無一人，往日人聲鼎沸的街頭現在死氣沉沉，整座城市仿佛頃刻之間便成了一座死城，了無生機。但我們從未在任何挑戰面前退縮過，全因我們知道，在我們身後，有着 14 億的同胞在支持我們，有着這一頭世界雄獅慈愛的關懷。在暴動之際，國家從未停止向我們的支援，一批又一批的軍人到來，為守護香港出一分力，讓我們走在大家上能絲毫不懼；在疫情之際，輸送來港的物資從未減少，一批又一批的口罩、食物、疫苗不斷的來到香港，只為保護香港的每一位人民免受病毒侵害，更免於食不果腹的痛苦。

所謂國家，先有國，後有家。只有我們共同的撐起這一個大家，才能讓我們的每一個小家如群星般閃爍在這大家之下。小時候，我只知道中國是我的國

家，直到我知道她經歷了一次又一次的風雪洗禮，我才更加深刻的讀懂了那兩個字——中國。她不僅僅是一個國家的名字，更代表着團結！象徵着不屈的意志！更意味着絕境逢生的希望！

雖然我們身在不同的地方，但我們在同一塊大地上，同一片天空下，更重要的是我們血液裡流淌着同樣屬於炎黃子孫的血。香港東方之珠的榮光已不復璀璨，但我們卻有了相同的目標，為祖國的鼎盛攜手向前，願這美好香港一起創建！

以「願這美好香港一起創建」 為結語創作一文

6S 尹堯煜



我們生在紅旗下，長在春風裏，目光所至皆為華夏五星閃耀，皆為信仰。人民有信仰，國家有力量。民族有希望，願以吾輩之青春護這中華之盛世！

自 1997 年 7 月 1 日香港回到了母親的懷抱，洗刷了百年的屈辱歷史，炎黃子孫得以團聚，民族之魂得以振奮。雖說我們無法掂量彼時積貧積弱的晚清帝國對割讓香港時會有多少痛感，但我們能看到，我們祖國母親用最真的心，迎接迷失的孩子歸來，為了香港回歸，為了香港回歸後的穩定繁榮，實行一國兩制、港人治港、高度自治。如果說西安是一名滄桑的長者，沉澱了中華上下五千年的悠久歷史；北京是一名欣榮的少年，繼承了中華前後八百年的文化傳統；那麼香港就是一顆閃耀於國際社會的璀璨鑽石，其中有無數的發光點從中迸發而出，令香港燦若繁星、燈火輝煌。

但即使是耀眼的鑽石，也有積上灰塵一刻。香港，曾經歷過有聲的「戰爭」，那是一段異常黑暗的時期，整個社會充斥着矛盾與糾紛，可以說是香港在回歸以來面臨的最大一場考驗，人民與政府充滿了爭議，互相猜忌、互相排斥，仿如令全城炮火連天、血流成河！香港，也曾經歷過無聲的「戰爭」，在寬闊的道路上，行人、車輛寥寥無幾；原本人山人海、燈火輝煌的商場也變得空無一人；昔日那人滿為患的公交車更是變得冷冷清清。整個城市似乎都變得死氣沉沉、一片死寂，卻只因那看似不值一提的「新冠病毒」……

雖說在前進的過程中可能會遇到艱險的阻礙和困難，我們也從未退縮和懼怕，因為在我們身後就是強大的祖國和人民。祖國始終是香港抵禦風浪、戰勝挑戰的堅強後盾，更是香港保持繁榮穩定的最大底氣。人民就是那舉盾的勇士，無論敵人的長矛有多尖，無論前方的路有多苦，無論未來有多危險，仍然不懼困難不屈不撓、迎難而上。中國這個家，寄託者希望、自豪又滿盈大愛的和美之意。疫情中被壓垮的不止有受病毒折磨的家庭，亦有被裹挾株連的各層市民。中央政府補助病人醫療費用，根據「全國一盤棋」的指導思想協助香港抗擊疫情，並接返滯留「鑽石公主號」的香港市民。面對質疑時，堅決捍衛國家主權。中華民族經歷風雨又不斷慾火重生，靠的是五千年風雨如磐乃至復興征程攻堅克難中迸發的無限力量和團結共進。國慶閱兵儀式上抗戰老英雄的深情敬禮；無數科技人員嘔心瀝血研發的中國晶片；塞罕壩三代守護人將荒漠化成了林海世界。歲月踏過錚錚白骨和黃土白沙，一步步走向的是中國的未來，是希望的光芒。

國之本在於家，家可以有很多，國家只有一個。小家與大國，始終鑄刻著中華民族的英雄之魂。中國以和為貴，和而不同。中華文化從四大文明中脫穎而出，在於它向外敞開博大的胸懷納異源入江流，滋長在自己的河床；向內行生出儒家、道家、法家和墨家的多樣文化成百家之美，使中華文化擁有獨特而豐富的內涵。

我輩青年是帶著中國國籍出生的，自豪於黃膚黑瞳，驕傲於黃土高原。無論是採擷漢字精髓之際或是徜徉古典文學之時，對祖國真摯炙熱的心都從未停止。一個社會，一個和諧的家園，由同而和，由果而盛，異是共創美好的基礎。正如人的每一個身體器官都有明確分工，互相包容，合作起來才可以正常生活。香港是我們賴以生存的社會，中國是我們共同的祖國家園。我們應該做的，是在香港繁榮穩定的前提下，互相尊重，敢於表達不同意見，善於包容不同觀點，面對分歧應將小我融入大我，將小家融入大家。並藉此開拓新思想，以勇敢為資本，自己的夢成就中國夢，在實踐價值中弘揚可貴精神，肩負民族偉大復興的重任，共建和諧美好的未來。

日月不同光，晝夜各有宜。承載著希望的我們，只有期共同的理念前進，中華文明方能興盛不衰，再譜一曲盛世華章，京港同心，願這美好香港一起創建！

以「願這美好香港一起創建」 為結語創作一文

6S 林道通



香港，小巧而美麗。香港之所以被外界熟悉的原因是因為它特殊的歷史背景，以及它背後國際貿易港的名聲。在特殊的歷史背景下，使香港涵蓋著各式各樣的文化。香港的美食、景點也是令外地遊客流連忘返的主要原因。

對我而言，香港是一個既熟悉又陌生的地方，因為我並不是土生土長的香港人。記得我第一次來香港探親的回憶到如今依然令我記憶猶新。它壯麗的美景、特色的美食，悄然的令我喜歡上了這座城市！每次的來訪，它總是能讓我感受到它的風情萬種；總能讓我感受到它的壯麗美景。

對於我而言，香港的特色美食是最讓我深陷其中的，尤其是香港的特色美食「雞蛋仔」。「雞蛋仔」最成功之處就是把濃郁的奶香味融入其中，而且價格也十分的親民，份量也十足。「雞蛋仔」的特色就是它內部是呈空狀態，而外部也十分的酥脆。一方面呈現了蛋糕的柔軟口感，一方面又呈現了餅乾是酥脆。把兩者融入其中，恰到好處！每當熱氣騰騰的「雞蛋仔」剛剛出爐時店家都會把它放在自家透明的箱子裡頭，用小風扇把它的溫度降下去更方便食客食用！而「雞蛋仔」的香味也會飄往大街小巷，每當我逛街時聞到這熟悉的奶香味時都會抵不住誘惑，前去解讀。如今的我坐在書桌前，眼淚不爭氣的從嘴角流了出來，簡直就是自作孽不可活啊……

除了美食之外，香港還有一種特色的交通工具也是令我十分的喜歡。在港島區有著一樣特有的交通工具「叮叮」，也就是人們口中的電車。電車是香港最為悠久的交通工具，也十分受香港居民喜歡，而我也十分享受乘坐的過程。每當我跳上車後，就會往狹窄的旋轉樓梯走上電車上層，習慣性的往靠窗的座位坐下。我坐電車時很喜歡把頭挨在窗欄上，微風輕輕的拍打在我的臉上，看著底下人來人往的人群，以及街邊的商鋪，一天積累下來的煩惱以及疲倦也消失的無影無蹤，十分的休閒愜意。

此外香港的景點也是世界文明的，太平山頂就是香港的著名景點

之一。站在山頂，你就有如巨人一般俯視著腳底下的九龍半島以及香港的市區。放眼望去，密密麻麻的高樓大廈，壯麗的海景，就有如陷入了樂高世界一般。白天的景色固然好看，可是它並不及晚上的百分之一。尤其是黃昏時期，碧藍的天空好似著了火一般變成了火紅色，十分的令人歎為觀止！當晚霞慢慢消失，夜幕低垂。整個城市瞬間變的燈火通明，燈光把上空渲染成了紫色，帶來了強烈的視覺衝擊這就是「東方之珠」的魅力。

香港是一座充滿熱情的城市，它的美景、美食都值得我們去守護以及關注，所以願這美好香港一起創建。

師恩難忘

6S 張絡琳



感恩在高中時緣份把我們牽在一起，讓您成為了我的中文老師。我想：能在這青春年華裏遇見您，是其中一件最幸福的事吧！潘老師，感謝您在這三年中教我立身，伴我成長，使我不只在您身上學到知識，也學到待人處事的道理。

還記得，在中三的暑假裏，得知您將是我高中三年的中文老師時，我心裏不禁打了個寒顫，心裏唸叨著：「看來我美好的中學生活正式結束了，未來等著我的將會是無限的痛苦……」

但經過這三年的洗禮，我漸漸發現您並不是傳說中的那樣「嚴厲苛刻、冷酷無情」。平日的課堂裏，您總是教導我們不同的人生道理，與我們分享您的人生閱歷、體會，讓我們明白到中文科並不是單純的語文科目，而是通過經歷、體會、道理，學會立身處世。另外，您又身教言傳，讓我們明白到何謂專業和負責任，為我們將來工作就業樹好榜樣。

在這三年中，您的身體開始出現了大大小小的毛病，頸椎生骨刺就是其中嚴重的。記得那時，您為了不拖慢我們的學習進度，無視了醫生的忠告，即使冒著可能會「神經被壓至癱」的風險，您仍是堅持為我們的學習而長坐在桌前批改功課，給我們進行網課。這當中的辛苦，您卻從不讓我們知道。講課時，每次不適，您總是輕皺眉頭，喘

息過後又無事般繼續上課。每次我們問您是否需要暫停休息時，您都只是笑著說：「老師沒事，別擔心。我們繼續上課……」您總是這樣輕描淡寫地把您的不適淡化了，是為了不讓我們擔心，但您為我們所付出的一切，我全都有收在眼內，更把這一切銘記在心裏。

時間一點一點地流逝，轉眼間，三年快要過去了，我將要告別校園，踏上新的征途。您在這三年裏教導我的，我定必一生銘記，不辜負您對我們的付出。

潘老師，感謝您在這平凡的日子裏讓我們擁有不平凡的課堂。您是嚴冬裏的梅花，是酷暑裏的濃蔭，是急流中的踏腳石，是霧海中的航海燈，給了我們愛護和指引。

潘老師，感謝您讓我成為了最幸福的學生！

時間會記得哪些事？

6S 蘇家富



老人家吃飯吃得早，每日的黃昏時分，母親已在殘陽中散步歸來，拄著拐杖，步履蹣跚，與周圍的人擦身而過，回到家中的小院，獨自坐在藤椅上品茶搖扇。這時我會坐到一旁，嘗試撩起話頭，逗她聊天，她總是笑著將一件件陳年往事再撿出來，逐點逐點與我說。這時她眼尾處的皺紋會如大樹的根莖般，盤踞在臉頰上，斑斑點點的皮膚如戈壁沙漠，堆成一個個坑坑窪窪的洞。

每次想到時間的風沙在母親的臉上刻下蓋印時，我心裏都會莫名的緊張、疼痛，或者淒惶。因為它無影無蹤，無從尋找，只是一條藏在各人心中的長河，在不知不覺間淅淅瀝瀝的流過，就像是秋寒時節枯葉隨風飄落的哭泣，這樣的無情，將每個人的青春風化、將每個人的容顏剝落、將每個人的心境錘煉成形。我們只有無奈地目送著，然後祈求時間，能在自己的靈魂中留下那一筆筆濃墨重彩的足印。

假使我自己年華老去、往昔模糊時，我也不禁想喚起「時間」這個老朋友，問它都記得哪些事？能否與我沉積多年的記憶一一對上？我想母親也是抱著這樣的心情去將往事意義數算出來。她總是說：「年輕人一定要記著『光陰似箭、日月如梭』，不管付上多少黃金，也換

不來過去的一秒。」聽著母親訴說著她數十年的經歷，仔細琢磨，回頭看看，難免令人生出寂寞惆悵。

母親畢業於一所大學，在當時那個剛剛被血淚與戰火淬煉完的國家裏，大學生並不多見；掙脫閨房約束，有先進思想的女大學生更是鳳毛麟角。她手上戴著的金錶，是用來警醒她珍惜讀書學習時間，以期將來教書育人。然而，幾年後一場席捲全國的文化浩劫，硬生生地將她扯落「上山下鄉」的大隊中。那雙執筆撰文的手，被迫拿起鋤頭，抱起襤褸，用汗水滋養著腳下的黃泥地，將本該細潤的皮膚劃開，再填上沙土。久而久之，那雙手便只剩下沙漠中的砂岩，粗糙如沙。那個常被母親挂在嘴邊，用樸素童真來粉飾太「平」的家鄉，就是在那時被愚昧與鄙陋嚴嚴實實地包裹著，將一個本該前途無量的女人纏繞網綁。自此，曾經的女大學生被時代的烟塵壓倒，風沙在她身上無情地掠過，刻下一道道難以忘懷，也不忍啓齒的傷痛，大學的草坪、水湖堆卻成了她一生的憶念。

我無法想象當年的母親，是在怎麼樣的心情下，熬過那折殺人魂的十年；也無法想象那樣驕傲的母親，是如何迫於世俗，去嫁給一個不懂她的男人。她本該痛恨時間，是變化無常的時間將她曾爛漫如花的理想，一片一片地打落，在地上踐踏成泥；也是煎人年歲的時間，剝蝕她的年華，讓她在藉藉無名中老去，成為一個老街小院中的老人。她始終熱愛時間，可她愛的不是苦難，而是悠長而殘酷的時間內記下的那個曾用一雙粗糙的手，捋熱歲敵寒兇、雪虐風號的自己。指針走過的每一分、每一秒，都記下了她蕭瑟蒼涼的艱辛。在一路上，她為自己燃起的光與希望。

時間的委屈，反復念起、反復打磨，就像是一段循環往復地誦讀的經文，喃喃輕語，只會讓心在千錘百煉中逐漸麻木，很難再在空想中掀起波瀾。人畢竟是趨利避害的生物，當無窮無盡的執著快要將我們壓垮時，時間也逐漸將其風化殆盡，再用新生活來填補每一處缺漏，美其名曰「釋懷」。可惜補上的缺漏終究會留下一點兒細縫，思緒日復一日、年復一年地滲透，最後便成了她與我講述往事情到濃處的那串眼淚。這一滴跨越幾十年時間的眼淚，划過臉頰的暖意，都在告訴她：她曾與那璀璨如歌的未來是如此地接近，時間是那麼地詳記了她的滄桑和悲涼。

所以說，時間是人生的摯友，也是人生的死敵。它變化無常，點點刻記，無須任何通知就可以改變一切。我們只能隱隱約約感覺到它給我們記下的烙印，然後張開嘴，仔細品嚐它在我們面前綻放的酸甜

苦辣。

時間會記得哪個人？一個百折不屈的人。時間會記得哪些事？物是人非、淡煙如夢的陳年往事。

時間會記得哪些事？

6S 陳芷晞



今天在收拾櫃子時我發現了一個箱子，打開後看見內裏是一堆照片，其中幾張照片是我和爺爺一起拍的。我和爺爺的最後一張合照是我中學畢業時拍的，看到它，不禁讓我感慨時間的流逝，也不禁令我產生疑惑：時間會記得哪些事？

時間會記得我爺爺的笑容。我小學畢業的照片上，是爺爺的溫柔笑容。那時候，爺爺總是對著我笑。因父母忙於工作，我便由爺爺照顧。對於經常看不到父母這件事，我已經習慣，有時候也會為此而傷心。有一次我終於問爺爺：「爸媽是不是不要我了？」爺爺笑著回答：「傻孩子，當然不是。你爸媽那麼努力忙於工作，也是為了讓你生活得更好，更何況有爺爺一直陪住你的！」記得小學畢業典禮那天，我認為父母再忙也該出席我的畢業典禮，況且他們事先已答應我會參加典禮的。當天我滿心期待，結果在典禮上，父母蹤跡全無，只有爺爺沒有食言。看見爺爺時，他的笑容瞬間讓我的不開心煙消雲散，讓我倍感安心。於是小學畢業典禮上，其他同學都有父母的陪伴，而我只有爺爺陪著我，並和我拍照。於是，時間沒記住我的孤單，卻為我記下了爺爺的笑容。

時間也會記得爺爺對我的嚴厲。自從上了中學，爺爺對我的管教開始多了一點嚴厲。在學業上，爺爺對我的要求很嚴格，每天都會監督我溫習，不允許我有一絲的懈怠，也不許我偷懶。直至高中的時候，我才發現爺爺原來是一個很有威嚴的人，只要我做錯了一點點事情，便會被他責罵。在小提琴考試上我接連失敗，很想放棄，爺爺得知我這個想法後把我罵得狗血淋頭。因為他要讓我知道不能遇到挫折後便想著放棄，而且要反省自己是否做得不夠好。高中一年級時，我被爺爺罵的過程還被難得在家的父母拍了下來。雖然照片有點模糊，但是我依然清楚記得那時的情境。光陰似箭，時間卻記下了爺爺對我嚴厲

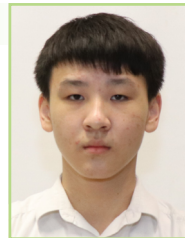
管教的那些事，讓我慢慢回憶爺爺對我的「愛之深，責之切」種種。

時間還會記得爺爺對我的諄諄教誨。在盒子裏，我又找到了高中畢業典禮上和爺爺的合照。記得那時候，爺爺一直都教導我待人處事之道。爺爺知道我的個性固執，便教我待人處事的方法，例如要换位思考、與人為善等；他還教我：與人以實，雖疏必密；與人為虛，雖戚必疏的待人處事之道。每當我做不好待人處事時，爺爺都會耐心地教我，也會給我分析我和別人相處不好的原因。我知道爺爺的目的，是為了讓我日後踏足社會作準備，同時亦讓我知道外面不會有人像家人一樣遷就自己。爺爺的諄諄教誨至今我仍然記得一清二楚，實在是獲益良多。可惜流年似水，一切皆成過去，只有時間為我記下了爺爺對我的諄諄教誨。

照片或會泛黃，記憶或會模糊，但時間永遠會記得爺爺的笑容、爺爺的威嚴、爺爺的諄諄教誨，並把這些刻進我的心中，叫我永記於心。

時間會記得哪些事？

6S 尹焜煜



有人說年少的夢，像風，呼嘯而來，呼嘯而去，自由自在，無懼無憂。時間，是你我最熟悉，也最陌生的伙伴；是我們最親密、也是最殘酷的對手。它給予我們青春，也帶來垂暮。它留下了最雋永的回憶，也帶走最美好的瞬間。青春是那麼美好，在這段不可複製的旅途當中，我們擁有獨一無二的回憶，不管它是速茫的、孤獨的、不安的，還是歡騰的、熾熱的、理想的，它都是最閃亮的日子。

青澀之年，那是我初有記憶的時間，也是人生中少有且勉強稱的上的童年…那時我天真爛漫；我不理世事，我口無遮攔，我可以不顧一切，憑藉最真實的感受對世人表達一切，珍惜、享受、不滿、厭惡……遇到困難我敢於提問；遇到不公我敢於反抗；遇到「愛情」我們敢於表達。敢說敢做、敢愛敢恨、敢打敢拼，錯就要認，被打就要站定，已經深深刻在了我們腦海裡。我總有著「白折藤上開不出我愛的櫻花，找不到答案的時候就找自己」的精神，我們不懼世俗的眼光，我們用不著，我們也不需要隱藏，虛偽而懦弱的隱藏。這時的青澀稚

氣之事，時間都記下了。

拼博之年，那是我無能為力的時間，也是人生中最無助的時候……各種鋪天蓋地的繁瑣事向我席捲而來：父母的事情我不懂，大人的世界我也看不透。我只知道父母分開了，這個家散了，爸爸媽媽一起帶着我去遊樂場玩的歡樂時光已經成為了歷史，「你是想跟媽媽還是爸爸？」「媽媽……」我當時不知道他們心裏在想什麼，心頭是甚麼滋味，更不懂什麼人情世故，更不知道那一句「媽媽」將意味着自己的生活將有什麼改變。就這樣，我莫名其妙地在從內地退了學，來刻了香港，來到了這個完全陌生、魚龍混雜的彈丸之地，勉為其難的融入了新的校園生活，認識了新的朋友、老師、同學。我不知道為什麼會這樣，我也不知道除了聽天命之外還能做什麼，我只知道自此之後我再也沒見過爸爸。這時的孤獨無助，時間都記下了。

弱冠之年，那是我最迷惘的時間，也是人生中少有的分道揚鑣的時刻……一個人、一枝筆、一個計時器，一段有憾的青春。青春彷彿是一種宣言，它暗示著自古英雄出少年的激情；青春也是一種姿態，心有猛虎，細嗅薔薇。青春也是一種勇氣，帶着加速在奔跑，渴望找到未來的答案。但如今看來，青春確實沒有想像中的長久。老人們說的都是對的，在彈指一瞬間，青春就已經灰飛煙滅了。我看着前路，突然間感到無限的空虛，飄渺，迷茫……我從未想過青春會如此平淡的方式結束；我從未想過昨日的三兩好友今日將要各奔東西；我從未想過被幾個無奈的數字決定了我的一生。那逝去的，如流水、似雲煙，多少繁華的盛宴聚了又散散了又聚，多少人是在其中，而沒有一樣是留得住的。這段青蔥年華，揮汗拼搏金的光陰，時間也記下了。

「人間如夢，一尋還酹江月。」時間記住了我輾轉反側、不堪回前的童年；記住了忽忽少年的懵懂；記住了拼博之年的慌張；記住了弱冠之年的迷茫。青春雖一去不復返，但長存的時間會記得它們，會記得「浮雲遊子念，落日故人情」的友誼；會記得「莫愁前路無知己，天下誰人不識君」的激勵；會記得「桃花潭水深千尺，不及汪倫送我情」的真摯；會記得「勸君更盡一杯酒，西出陽關無故人」的牽掛；會記得「晚來天欲雪，能飲一杯無」的溫暖。

最後，我們舉杯向偉大的時間致敬，向逝去的青春致敬，向記下了我們生命中的喜怒哀樂的時間致敬。

時間會記得哪些事？

6S 張絡琳



世人常說：「時光如一曲奔流不息的歌，浪漫且充實，但也悄無聲息地帶走了人們的年華與夢想。」因此人們總認為時間的流逝是世上最浪漫卻又最無情的表現。但真的是這樣嗎？「想要抓住屬於自己剎那的芳華，最後剩下的卻只是那遙遠的幻想。」難道這便是時間的殘忍嗎？其實吧，這才是時間帶給我們無聲的溫暖——如洪水般流逝的它卻甘願化為回憶，為我們各人承載着世間上一切的好與壞，為我們帶來各自想要的答案，為我們上了一課又一課的人生課堂。

時間教會了我們什麼？大概是「當晦暗散盡，終星河長明。」這道理吧！還記得每天為着同一個目標而努力奮鬥的自己嗎？不管有多辛苦，最終也會咬牙切齒堅持着的那個倔強的自己嗎？我相信不管是你或者是我，總會有那麼一件值得自己拼盡所有也要達到的事，因為它承載着自己所有的希望與淚水。而當你以為只有自己知道當中的辛酸時，其實「時間」早已為你默默記下當中的一切：它記錄着我們一次又一次為拼搏而發出的咆哮聲，為了實現目標而累得兩眼惺忪，但卻不敢停下的模樣。對啊，那些動人心弦的畫面，時間都化成腦海中的回憶為我們記下來了。它在日復一日的流逝中，讓我們學會了所謂的「堅持」，讓我們明白了苦盡甘來的道理。待到曇花盛開的那一天，再回首過去，回憶都會為我們放映那一幕又一幕走過的路。沿途所看過的風景，讓我們享受著經過漫長時光過後發酵出來的當下的美好劇情。

人的一生中總會有一些深刻在腦海裏的片刻，也許在那一刻，我們都恨不得把時間停下：那可能是黑暗進去後成功的光芒灑在自己身上的那一刻；可能是與家人久別重逢的那一刻；又或者是在迷惘中看到光明的那一刻……那些美好的時光，就像夜空中璀璨的煙火一般，一閃即逝，即使你我有多麼的不情願、如何地捨不得……但是時間總不會為誰留下不走，就像不管多明亮的星星總會有變得黯淡的一天。雖然時間終究會流逝，但是它既然把我們帶到了那美好的一天，那它必會化成回憶，讓我們在日後可以一次又一次地感受當中的喜悅。

世人都說：「人的一生都一直參與在世界上所有的喜怒哀樂中。」所以除了會溫暖內心的美好時光，時間還會記得我們所有悲

傷和悲痛的日子。在這個世事無常的世界裏，我們都避免不了生老病死的這個議題，生離死別的發生，會讓我們沉溺在痛不欲生的黑暗漩渦裏。但既然時間會帶走我們繁花似錦的美好時光，它也會以同樣的方式帶走我們的悲傷，所以也有了「時間會為你沖淡一切悲痛」一說，這也不就彰顯了它的公平嗎？它會淡化我們如同雷擊的痛苦，也會把一切喜怒哀樂化為回憶。時間會為我們記下了所有，讓我們在回憶往昔中汲取教訓、懂得珍惜，更讓我們從而得到成長。

被時間記著而化成的回憶的那些事，就好比那飄零在水面的繽紛花瓣，它永遠讓我們刻骨銘心，終身難忘。就是那些被時間記不來的夾雜着悲痛和快樂的專屬回憶，才構成了大千世界人生百態。

校服的自述

6S 張絡琳

我是一套校服，今天要和主人分離，回想起過去我們一起生活，別有一番體會。

「滴、滴、滴」，帶著餘溫的淚水把本是淺藍色的我逐漸染深藍，抬頭看著主人悲傷的模樣，再看看我身上的一字一句「畢業了！明天的你將要踏上新的征程，不管明天如何，我們都要好好的。」「前程似錦」……這遍佈我全身的語句，令我不期然地預知到我的「死期」即將到來。縱使有多麼的不願意，但如今它依然走來對我招手，這使我不禁落入了沉思。

「以後你便是我六年的夥伴了，請多多指教！」主人摸著我看著鏡子說道。這是我平生以來第一次感受到溫暖。就是這樣，我便與主人開始了她的中學生涯，每天早晨我都期待著主人把我穿起，使我能與她一同看她看過的風景，陪她體會生活中的大小事。這些日子雖然平凡，但不平庸。

對啊！我的主人很愛惜我，容不得我有一點兒的污跡，每天總是把我燙得挺直的才穿起我，六年如是。這使我身邊的同伴都不禁向我投向羨慕的目光，這經常使我感到自豪不己，是校服中的名媛望族，加上主人在校內各方面的表現都十分優秀，因此我身上時常都會出現一塊塊金色的餅乾，這全是我光榮不已的時刻啊！



這樣的生活本應是每天都值得被期待啊！但不知從哪天開始，我開始害怕、逃避這樣的日子……

隨著時間的流逝，我的主人由以前甜美可愛的模樣長成了如今婷婷玉立的樣子了。這本應是件開心事，但從我看來，這代表着我的生命即將進入倒數階段，我的限期也離我不遠了。我害怕主人真正把我脫下的一天；我害怕那一刻的一別，便是永遠。因此我感到害怕、我選擇逃避。儘管是這樣，我的力量終究是有限的，縱使我有多麼的不甘，但在現實與命運面前，我顯得多麼的無力，我無法與它們抗衡，因此我選擇在這時間的裂縫中四處躲避，奢望能打動那鐵面無私的時間，能令我在主人身邊多停留一會，哪怕只是一剎那，因為我知道我害怕被遺忘，更害怕迎來生命結束的那一刻。

縱使害怕，但生活依然是要繼續的，我依然在焦慮的心情中與主人渡過她最後的中學生涯。在這段時光裏，主人每天都與我一起早出晚歸，更時常在我身上留下淚水，更聽到她常說「壓力很大」、「為什麼時間過得這麼快」、「快到文憑試了」等等，一邊哭一邊說。可能當時的她以為她的哭訴只有她自己知曉，但我是多麼想告訴她我也能聽見，而我卻只能以我的袖口擦去她面上的淚水，希望這袖口能代替我安慰的說話。

想到了這裏，我似乎明白了些甚麼，這過往的點滴令如今的我發現原來主人同樣害怕長大、害怕中學生涯的結束。以前主人也有與我一同面對同樣性質的事情，但以前的我卻被心裏的害怕、恐懼蒙蔽了雙眼，因此沒有發現。

很快到了畢業季，在這段時光裏，主人每次穿起我都會對著鏡子流露出一捨的眼神。我看著主人，心裏的恐懼都會不期然地加深，但她都會對著我說：「謝謝你這段時間的陪伴，我很快便不能穿起你了，但我不會忘記你的！」聽到這樣的說話，我心裏更加害怕了，覺得自己快要「下班」了。

想到了這段說話，現在的我彷彿得到了「心藥般」，以前的我聽到了這句說話感覺就像一把很長的刀插在我的心上，因此我選擇不以為意地遺忘這些說話，但現在的我對這句說話有了別的體會。

世間上所有事物都有屬於它的限期，以前的我總覺得只要限期到了，生命就等於結束了。但現在，我明白了限期雖是到了，但它並不代表結束，更多的是他們完成了自己當初出現的任務，就如每件事情，每件物件的出現都是帶著意義的，但同事時都是帶著限期的。當它們

任務完成，並不代表結束，而是能夠以另一方式存在於世上，那便是回憶，因為只有回憶是永恆的，是我們曾經存在的憑證。

主人，謝謝你當初選擇了我，令我能在你正值青春年華的時候出現在你的生命裏，使我能陪伴你走過青春裏的甜、酸、苦、辣。如今我「任務完成了」，也該功成身退了。以後我會化作回憶，以另一種方式陪伴你左右，只要你想起我，我永遠都在。

感謝您 讓我能高飛

6S 尹焯煜



襲人的香風吹開我的心扉，是你曾留下溫暖的足跡在此間嗎？

湛藍的雲海邊，你是流淌淺色金輝的霞光，乍曉天際，送暖風入懷，浸潤一方，驅散了我人生的迷茫。你一次又一次的語重心長和諄諄善誘，育出了一代又一代的有志青年，引領我們前進的方向，讓我們能夠張開雙臂，展膀高飛！

時至今日，還清晰的記得您在第一次上課時所講的一句話—「十年樹木，百年樹人」，如同風止在窸窣的田野，層疊的芬芳彌散在溫暖的空氣中，停止了流動，那是我第一次感受到老師的偉大，及其身負重擔的責任。你總在講台上小心奕奕的譜出我們青春的藍圖；你總在課間時語重心長地道出我們前路的迷惘。您教會了我們一擔當。你說：「只要有擔當，了解責任的重量，方能成就人生的價值。」您教會了我們一堅持，鼓勵我們凡是努力不懈，把事情做到極致，超越自我；您教會了我們一初心。你又說：「繁花似錦也好，路途坎坷也罷，只有不忘初心，才能砥礪前行，只有不忘初心，才能貫徹始終。」

那些青蔥時光，似水流連，你成了我人生之船的舵手，帶著我攀越知識的高峰，引領著我在黑夜大海中航行。你是那池我撈不起來的波光粼粼，卻也在我靜謐心湖上留下緩緩漂流的馥郁花香。是你伴我涉過那艱難的漫漫長夜，走過那愚昧無知的人生荒谷，使我向著創造幸福美好的天堂之路奔馳。

你讓我明白了；無論「黃沙百戰穿金甲，不破樓三終不還」的決絕；「人生自古誰無死，留取丹心照汗青」的氣節；「我自橫刀向天笑，

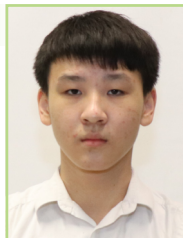
去留肝膽兩崑崙」的慷慨就義。歷史隨塵煙消散，情感凝結成永恆，你的愛永遠照亮我們的前程！

親愛的老師，你是一根粉筆，磨滅自己，留下足跡。在方寸田地間，播種人類的文明，伴隨歲月更替文化燦爛輝煌！

謝謝老師，是您的無私大愛，讓我能夠展翅高飛！

總有一種聲音讓我淚流滿面

6S 尹焜煜



「我願意！」是一個偉大的承諾，是一項終身的責任，更是一種人生抉擇的體現。這種聲音讓我淚流滿面！

「我志願，獻身醫學，竭盡全力；除人類之病痛，助健康之完美。」

「乙亥年末，庚子年初，荊楚大疫，數萬人染疾，眾人皆恐，足不出戶。時天下震動，南山抵守江南郡，率數萬白衣郎中，且九州一心，舉國防疫，能者皆竭力。數月，疫盡去。華燈初上，萬國稱讚，人聲鼎沸，國泰民安。」在過去數月裡，一粒毫不起眼的塵埃擊破了我們原本平靜的生活，令全國乃至全世界的運作悄然停止。在這無聲的硝煙爆發的那一剎，就連空氣都仿佛凝結了。口罩將人和人之間的距離拉遠，我們看不清彼此，每個人的眼神都變得小心翼翼。車站空了，街道空了，商廈空了，每一片依舊璀璨華燈卻都披上了一層陰霾。原本熱鬧的景點，此刻陷入了沉睡。放眼望去，似乎只剩白衣天使和救護車，在二十四小時不間斷地忙碌奔波……

「我願意！」這把聲音一出，白衣天使們就身披戰袍，衝在最前方，用自己的平凡之軀，拼命護我們周全。他們成為太陽，既照亮自己，又給人們帶來活下去的希望，更成為防護身後全國十四億人的堅固堡壘。在這寸步難行的時期，無數個無名的逆行者挺身而出，冒著嚴寒，頂著重重危險，逆向而行，不計回報，不論生死！誠懷初心，秉持信念，他們馭起了我們明天的太陽！一句「我願意！」仿如威力無比的定心丸，帶給我們希望，讓我們為之淚流滿面。

「我志願，加入中國人民解放軍。我宣誓，時刻準備戰鬥，誓死

保衛祖國！」說基辛格說過：中國人總是被他們國家最勇敢的人保護得很好。「養兵千日，用兵一時。」無論是疫情當下，還是未知前路，人民解放軍總是第一時刻投身戰鬥，義無反顧衝在最前線，用生命詮釋軍人的信仰。一切從人民利益出發，他們是這麼說的，也是這麼做的。每個人的人生只有一次，但他們毅然決然的選擇把這僅有的一次人生過得「不平凡」。

「我願意！」從人民子弟兵的口中喊出，也令我們淚流滿面。「若有戰，召必回，戰必勝！」不管是在洪水中拼命掙扎，還是在地鐵裡絕望呼救，或是樓房中艱難撤離……在生命受到威脅之際，在內心一度崩潰之時，在絕望蔓延之刻，人民子弟兵的出現總能重燃起百姓心中希望的火種。幼稚園中稚嫩的哭聲，令人心碎……人民子弟兵冒雨前往，冰冷的雨水卻無法使橘色衝鋒衣散發的溫暖光芒黯淡。一次次溫柔的微笑，一聲聲親切的問候，孩子們雙眼中的恐懼已蕩然無存。人民子弟兵推著那充滿關愛的白色塑膠箱，用手護著坐在箱中的孩童前行。他們用自己的實際行動詮釋了：「環境再惡劣，人心依舊溫暖。」停在半路的地鐵中，氧氣不斷減少，洪水卻不斷上漲，情況危急。他們帶著工具沖入那危險之中，拼盡全力向前奔去，用無畏給人們帶來生的信念。在三百余米的黑暗隧道中，他們拉起繩索，站在齊腰深的水中，肩並著肩，向上艱難地托舉著在水中前行的眾人，用雙臂搭起一條秘密頻道。看見臺上的眾人安全走過，他們欣慰地笑了。「洪水不退，官兵不退！」他們持續在抗洪一線堅守，剛健豪邁的口號震天動地。河堤坍塌，他們用最堅實的肩膀扛起一袋袋沙土，在大雨中從未停歇；人民受災，他們用健壯的雙腿以最快的速度在暴風雨中奔跑。「83軍團來了！」鮮豔的條幅，送去了無限溫暖與感動。穿著衝鋒衣在椅子上打盹，這便是他們每天十餘個小時奮戰後的休息。也許這句「我願意」不僅是一個承諾，更是一份終身的責任，出了口頭上的「我答應會做到」，更加是行動上的「交給我來做」。

「我志願，國家消防救援隊伍，紀律嚴明，赴湯蹈火，竭誠為民；不畏艱險、不怕犧牲」

據統計所示，在和平年代中犧牲人數最多的職業，是這一抹「火焰藍」。當警鐘被敲響時，當樓宇中、森林裡，街道上滾燙灼熱的烈焰燃燒之時，消防隊員總會帶著堅定決絕的信念，義無反顧地衝進了烈火之中。一場場大火帶走了消防隊員堅強的身軀，帶走了他們熊熊燃燒了英雄之魂。即使知道會是一場異常艱巨、且不可能完成的任務，他們還是依舊衝了進去，沒有退卻，沒有懼怕，他們用無私奉獻，不

畏犧牲的精神詮釋了什麼是忠誠和信仰。消防隊員把生死置之度外，只為撲滅這一場場大火，拯救這一條條鮮活的生命，用生命巨履行國家和人民賦予他們的使命，呈現了何為承諾，何為責任。

消防隊員的一句「我願意」，令我們淚流滿面。他們將自己的生命置身事外，哪怕明知前方生死未蔔，也會毫不猶豫地向前。他們穿梭在各個城市的大街小巷，甚至崇山峻嶺，哪裡有危險，哪裡就會出現他們的身影。他們克服每一次霧、沙塵或是暴雨，卻不知道前面等待著他們的是什麼，是滔天大火？還是等待救援的貓貓狗狗？亦或是調皮被困深井，被卡住的小孩兒？哪裡有危險，哪裡就會出現他們的身影。他們扛起消防的責任，向著大火一往無前；緊握著使命的大旗，逆流而上，即使明知要付出生命的代價。他們忠於國家和人民，向災難勇敢宣戰；他們用自己堅韌的身軀，守護了我們的歲月靜好，用一次又一次的「捨己為人」，向世人詮釋了什麼是正確的人生抉擇，什麼是真正的捨生取義。

你之所以看不見黑暗，之所以感到歲月靜好，並不是這個世界沒有黑暗，而是已經有人竭盡全力地將黑暗擋在了你看不見的地方……

今天的我們，能夠自在坦然漫步在街道上，行走在上下班的道路上，亦或者花前月下，亦或者縱情高歌，亦或者三五好友小聚……正是他們的無私奉獻，或許是解放軍，或許是醫生，或許是消防員，有我們的親人、朋友、愛人。他們可能正在大街小巷不停不息的巡邏，守望著平安；可能正在手術臺拯救病人的生命，可能正在著急忙慌的飛馳去那情況緊急的火場……正是有了這些人的辛苦付出、默默守護，才讓我們自由的看煙花燦爛，賞燈火輝煌。我們現在過得美好生活，享受的太平盛世，不就是這千千萬萬個勇於負重前行的人拼出來、扛起來的嗎？

人的一生是萬裏河山，來往無數過客。有人給山河添色，有人使日月無光，有人改他江流，有人塑他梁骨。大限到時，不過是立在山巔，江河回望。感謝生命中那些為我們負重前行的人，如果沒有他們為我們築起一道牆，如果沒有他們的自我犧牲，我們又怎麼能體味到尋常日子裏的飯菜香，親情環繞的天倫之樂。

一句句「我願意！」讓我們認識了真正的英雄，他們有「遙知百戰勝，定掃鬼方還」的決絕。他們有「謂我不愧君，青鳥明丹心」的赤誠。他們有「馳驅一世豪傑，相與濟時艱」的擔當。他們有「衣沾不足惜，但使願無違」的執著。他們有「封侯非我意，但願海波平」

的純粹。

也許一個英雄終將會老去，當他的颯爽英姿赴於烈火，他的風燭殘年，他的蒼顏白髮，皆是歲月的饋贈，如星火般在他短暫的旅途中煜煜生輝。而他，在你的世界拘謹前行，卻徘徊不前。他們是星星之火，為我們燎原生命。數不清的英雄，數不清的「我願意」，值得我們用一生來銘記，用一生去感動。

「哪有什麼歲月靜好，只不過是有人替你負重前行。」一句「我願意」也許就是他們的一輩子，就是他們無悔的一輩子。

「我願意」，是一種永遠令我淚流滿面的聲音！

總有一種聲音讓我淚流滿面

6S 張絡琳



每個人的一生中總是各有聲色的，都有著屬於自己的故事，而我相信每個人的心裏都住著一種最能打動自己的聲音，於我，「內心的聲音」就是那種總是能打動我，總是能讓我淚流滿面的聲音。

兒時的天真與爛漫都能讓我可以隨心說出內心的一切感受，總是能遵從著那個最真實的自己。但隨著時間的流逝，逐漸長大後的我開始要學懂為自己所做的事情、所說的話負責，再也不能隨心所欲的活出真我，每天努力拼搏著，無論面對怎樣的的委屈，生活有多累多苦，總叫自己不能放棄。

不管發生多大的事情，面對怎樣的困難，在別人的眼中我都是那個能樂觀面對一切的人。然而只有自己才知道，其實我並沒有大家所想像的那樣堅強，面對委屈時，我都想大哭一場；面對挫折時，我也曾想過放棄。但理性都好像在告訴我不能這麼任性，不能這樣的任意妄為。

在這個充滿壓迫的世界裏，幸好有一種無形的聲音在撫摸和安慰著那個被現實傷得千瘡百孔的我，那就是「內心的自己」。它總是能明瞭我一切的想法，明白我一切不懂表達的情緒。它是這個世界裏唯一能真正了解我的，它總能說出我最真實的感受。在它面前，我不需

要隱藏自己任何的感受，所有的情緒都能在它面前表露無遺，能夠卸下我在生活中一切的偽裝與防線。它的話總能戳中我的內心深處，每每告訴我：你並不是孤軍作戰，並不是不被理解。」聽著來自自己「內心的聲音」，我被感動得淚流滿面。

還記得在高中時，溫習到深夜好像已成為了常態。每天拖著疲倦的身軀回到家，卻只能看著一個空盪盪的大廳，那種從心底裏湧出的孤獨感陡然席捲全身。加上每天早出晚歸，時常惹起了家人的埋怨和責怪，「為甚麼不能回家溫習？」「我以前讀書時也不像你這麼的！」即使跟他們解釋這只是學習需要，他們亦好像無法理解，有時候甚至質疑我只是去了玩樂。面對這些質疑時都會讓我無言以對，倍感委屈，想跟朋友傾訴，也會因為他們正在努力溫習而不敢打擾，最後只能自己默默的承受著一切。每次躺在床上想著這這一切一讀書的壓力、家人的不支持，都讓我不禁流下委屈的淚水。這時，那把熟悉的自己「內心的聲音」總在我的耳邊響起：「這些都會過去的，繼續努力吧！現實不會辜負正在努力的人，家人總會明白你的。」這把聲音一瞬間戳進了我內心，使我感動得淚流滿面。正是這把「內心的聲音」一直安慰、支持我，成為了我的推動力，使我不會出現放棄的念頭。

這把「內心的聲音」除了一直支持着我，還陪伴我走過了人生的種種低谷……

「你知道外婆患上了癌症嗎？而且是末期了……」就是這個突如其來的噩耗讓我呆住了，讓那個總是在別人面前堅強的自己破防了，眼淚止不住的往下流……那是一手把我從小帶大的人，是把我捧在手心中長大的人，是我一人中最為信任、最不可或缺的人，怎能患上這種惡疾呢？那時的我只能緊緊的抱著外婆，搖著頭，嘴唇顫抖的說著：「不要、不要……」這是我一生中第一次感受到現實帶給我的無力……自那日開始，我的腦中便不自主地整天建構出不同離別的畫面，全都像迫著我接受現實的殘酷；迫著我明白「月有陰晴圓缺，人有悲歡離合」的道理。

「天下無不散之筵席」，誰終究都要面對一次又一次的生離死別，領悟箇中道理，心裏便沒有那麼難受了。我本也是這樣想的，但原來我並沒有想明白，這些話只是自己給自己的安慰，只是為了讓我好受些的理由。我清楚自己根本無法接受，更無法想像失去外婆後的日子會是怎樣的。

當我在絕望的邊緣徘徊時，熟悉的「內心的聲音」再次出現：「不要多想，或許事情並沒有你所想的那麼差。無論結果如何，外婆也絕不會希望你如今每天為她流淚的樣子。她定必希望你每天都開開心心。何況誰也不會知道這一天什麼時候會到來，眼下你要好好把握時間，多陪伴她，讓她在愛的氛圍中走過剩餘的每一天吧。」

這聲音深深的驚醒了我，把我從絕望中救起。在它面前，我再一次卸下了我一切的防線，不用再如在白天般強顏歡笑，再裝着一副「我沒事、我很好」的樣子。淚水如洪湧下，但我卻笑著站了起來，不再沉醉於悲傷之中，立志堅強地陪伴外婆積極面對病情，鼓勵她與病魔鬥爭。

生活在這個繁囂的世界裏，在接收來自四方八面的聲音後，我感謝「內心的聲音」一直安慰着自己。「內心的聲音」，你是治癒我傷疤的一把聲音，感謝你讓我彷彿回到兒時般，不忘初心地成為那個最真實的自己。（共 1729 字）

觀看七一回歸慶典有感

5A 范俊杰



今天，是香港迎來回歸二十五年的大日子，在這個大日子中，大家都很期待這個日子。在個舉國歡騰的日子中，全國人民十分興奮，共同為香港回歸二十五週年舉行慶祝活動。

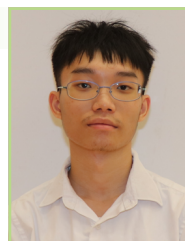
在這二十五年中香港經歷了許多的困難：金融風暴，禽流感、非典型肺炎等劫難，遇到一次危機，中央政府都會幫助香港渡過難關。每一次的危機，祖國時刻沒有忘記香港，一直支撐著她。

根據媒體報道，中共中央總書記、國家主席、中央軍委主席習近平，將出席慶祝香港回歸二十五周年大會暨香港特別行政區第六屆政府就職典禮。習近平主席在典禮上充分表現中央對香港的重視和對未來發展的期盼，給予新一屆政府管治團隊莫大信心。事實上，香港這個彈丸之地，必需背靠祖國，才能有好的發展，中央政府一直站在香港的背後，潤澤她，扶持她，讓香港成長過來。

今次是我第一次親身收看了回歸慶典的慶祝活動，令我大開眼界，也讓我反思作為香港人，應該怎樣貢獻香港，建設祖國。

科技帶給我們的利弊

5C 曾俊軒



現今我們身處於科技發達的二十一世紀中，正享受著科技所帶來的種種便利及成果，雖然覺得科技使人類進步，但凡事都有雙面刃，當中的利弊的確值得我們深入反思及了解。

在近幾年的疫情之中，學校因應政策而經歷斷斷續續的復課和停課，但因為有了科技的幫助，老師可以在網上和聊天軟件上發佈練習卷及家課，令學生可以在家中自我溫習及鞏固以往所學的知識。世界逐漸適應這種「新生活」，隨著網上會議軟件流行。老師可以借助此類軟體來與學生實時授課為交流，對於學生的疑問也能即時解答，避免因為不能面對面授課而阻礙。除了用於授課，有些企業因為疫情而不能前往當地與客戶商討生意，亦能使用網上會議軟件來遠端與客戶交流，以免影響公司利益及客戶。因此，在疫情的襯托下，科技帶給我們的便捷顯得更為明顯和重要！

雖然科技帶給我們的好處不只有這些，但同時也不要忘記它也是一把雙面刃。使用以上例子，網上會議軟件雖能使老師及學生不受疫情影響而居家上課，但學習效率一定比在學校中上課低。因為家中的環境不及學校環境嚴肅，身邊有很多東西正引誘學生，導致他們注意力下降，從而無法一心致志地聆聽老師的說話。又或者是設備問題，不少學生及老師在網上授課時總會遇到網絡延遲，導致上課時的聲畫斷斷續續，更嚴重的則是直接與網絡會議斷開連接，這嚴重地拖慢了課程進度。加上可能有些學生的麥克風音質較差，令同學及老師聽不清楚而再次提問，令進度雪上加霜。

我們現今生活上的確離不開科技，適當利用科技達成目標固然是好事。但亦不要過分依賴科技，否則只會適得其反。不如嘗試自己在休息時放下電子產品，尋找自己的興趣而去專心投入，令自己的生活和人生閱歷增廣見聞。切記科技只是輔助自己達成目標的工具，不要讓科技支配自己的生活，失去了發展科技原有的意義嗎？

感謝我的老師們

5D1 葉禹佟



感謝老師的教導之恩，讓我們茁壯成長。

常常聽到同學說老師發很多作業，很煩。但是只要我一起其實老師的辛苦不比我們少，我便不再想再埋怨老師。翻開寫滿了評語的作業，這些批改的痕跡都是老師日日夜夜辛苦努力的果實。其實老師也不想 批改這麼多作業，只是不派發作業，同學們便不能溫故知新，也不明同學的疑惑，便更難針對性地去指導同學的錯題和傳授知識。同學們總是抱怨 老師的麻煩，卻不知道老師曾在一個個深夜時分，獨自默默地耕耘。

所以，我們對老師除了感恩，還要有愧疚之心。

老師不止要教授知識，也要作為同學們的榜樣。他們除了要教導知識，還 要時刻關注我們，惟恐一疏忽，我們便會「長歪」了。老師教導我們的道理多 不勝數，從小便培養我們的三觀，怕我們被外面「花花世界」所迷惑。

老師就像雨滴，一點一滴地落在花草上，再滲入泥土中，綿綿不絕。正如 他們對我們的教導一點點地澆灌著我們的心田，再慢慢滲入我們的心中。

一到畢業季，老師送完一屆又一屆的畢業生，像是一位老母親送別離家外 出工作的兒子，慢慢地走出母親的視線範圍。而老師眼裡的淚光，也好像母親和兒子告別的不捨。這一幕過了很多年，我卻仍舊記得。

我深刻記得老師對我們說過：「你們這一屆是我最喜歡的一屆，你們如果有空，就多來學校和我們聊天，我們隨時歡迎你們回來。」可是我和同學們各自 忙碌，彼此之間幾乎都不曾相聚，更遑論回學校聚在一起聊天了，這也是遺憾 吧！升學的第一年還能回去學校聊天，可是越長大邊越忙碌，相聚的機會變得 少之又少，與老師幾乎斷了聯繫。

如果有機會，我想親口告訴老師們：「感謝您們的教導之恩，讓我置身於充 滿愛的環境中，健康快樂地成長。」

眨眼間，我已經從懵懂無知的小孩子長大成人，但是老師的恩德叫我不忘。

經過這件事，我才明白到一心 是我的知己是真正了解我的人。

5D 陳嘉穎



我是班級中一個頗有人氣的同學，身邊總有很多朋友圍繞着我，當中亦包括一心。在這件事發生前，一心和我關係平平，我認為她只是我的普通朋友，但經過此事後，我明白一心是我的知己，是真正了解我的人。

有一天，忽然身邊所有朋友都開始有意疏遠我。當我向朋友們打招呼時，他們都只淡淡地瞥了我一眼，然後若無其事繼續聊天，我只能像根木頭般呆愣在原地。而在校園中，在近經常有同學在我背後竊竊私語，而他們今天甚至直接在我面前數落我的缺點，一心目睹此情此景後，拍了拍我的肩膀，用手勢示意我跟著她。她帶領我來到一處較偏僻的地方後，便對我說：「你知不知道最近有傳聞是說你曾在文具店偷東西？」我茫然地搖了搖頭，她重重嘆了一口氣，無奈地說：「最近有同學指責你偷東西，這件事越傳越廣、越演越烈，現在幾乎整個學校的學生都已經知道了這件事，有些同學甚至信以為真，認為你是一個品行不端的同學」看著我驚慌失惶的樣子，她對我微微一笑，接著說：「不要害怕，雖然有人聽信謠言，但也有不少人相信你，就像我了解你的為人。比起傳言，我更相信我所了解的你。加油！加油！我會陪伴在你身邊，與你共度這一難關。」經一心開導後，我心情雖有好轉，但仍然很沉重。

在幾星期後，事情不但沒有得到平息，還迎來了一次爆發。一名學生找到了我，直接對我破口大罵，說我是一個小偷，我只能支支吾吾地回答他我並不是小偷。但他不以為意，反而說我只是在作反駁，不願意面對事情真相，在同學的謾罵下。我感到無助，打算不如「隨波逐流」，將事情老實承認下好吧！此刻一抹身影出現在我身前，是一心！是一心！她為我向男同學澄清事實後，她牽起了我的手，對我說：「我們走吧！去教員室，找老師澄清這件事，不要害怕，有我在。」聽完這番話後我低下頭，淚水不自禁從眼眶流出，在這一段時間中，

昔日親密的朋友都避我如蛇蠍，只有你義無反顧地陪伴在我身邊，周圍的人都把我當成了小偷，只有你願意相信我。當我心中充滿委屈，自暴自棄，打算順從現實時，只有你看出了我內心深處的不甘，為我澄清，在前往教員室的路途上，我感覺一心就像一盞明燈般我帶領我前進。

最後，事情順利解決。我才明白一心是我的知己，不論是在順境和逆境時，一心一直都默默陪伴，不曾離棄我，她是我被世人質疑時，給予我無條件的信任和以及支撐，正是因為有一心，在我迷茫無助時，看穿了我的不甘，我才得以認清我自己的本心，她溫柔地牽起我的手帶領我前進，令我不再向事情逃避，有勇氣坦蕩地面對事情。

年夜飯過後，我卻感到寂寞

5D2 林宇軒

今天是年卅晚，父母跟親戚們約好今晚七點到附近一家酒樓吃年夜飯，我一想到稍後能與親戚一起吃年夜飯，便感到十分期待和興奮。



到了酒樓後，我們一家是最早到的。隨著舅父、姨媽等幾家人漸漸到齊，我們便開始吃年夜飯。桌上盛放着各式各樣的美食，有生炒骨、炒帶子等。家長們一會兒喝酒吃飯，一會兒分子享一下生活趣事。坐在我對面的表姐則安靜地吃飯，至於我，我一隻手用筷子夾着碗裏的食物往嘴裏放，另一隻手則與旁邊的表弟妹玩着手機遊戲，雖然只有一隻手在玩，我卻仍然能夠玩得出神入化，令他們嘖嘖稱奇，氣氛相當熱鬧。

時間不知不覺地過去，桌上的食物所剩無幾。家長們的話題也從生活趣事聊到自己的子女們。原本，我們仍然一起談笑，氣氛仍然熱鬧非凡，直到姨媽的一句話：「我女兒最近在學習繪畫，她學得很厲害！你們看，這是她畫的一些圖畫。」引發了一場「子女戰爭」，這時，我的父母也不甘示弱的說：「我兒子現在可是學校的短跑校隊，跑得可快了！」而舅父的話更是令「戰火」變得硝煙彈雨：「你們子女學這些東西，對學業有用嗎？我兒子…」

表姐聽到剛才幾個家長的對話後，嘆息了一聲，然後繼續低頭讀

小說，似乎想對眼前的場景視而不見，聽而不聞；原本在我旁邊一起聊天的表弟，像是受到「炮彈」攻擊一樣，把他的座位從我旁邊移走幾公分。本想着還有表妹陪我，沒想到當我轉身向她時，她已經一溜煙跑回她父母旁邊了。各自都因為自己不及他人長處，而感到尷尬和自卑，剛才熱鬧的氣氛頓時變得空虛。直到準備收拾東西，家長們還在爭論哪個子女學的東西最有用等。

原本感到期待和興奮的年夜飯現在變得失落和寂寞。「尺有所短，寸有所長。」既然人們知道人各有所長，為甚麼還會比較他人呢？我想是因為人們往往會因為攀比之心而忘記它吧，從而不小心傷害別人自尊心。以後我自己也要多加注意，以免不小心傷害他人。

年夜飯過後，我卻感到寂寞

5D2 胡家軒



年夜飯後，我卻感到寂寞。那一刻我才發現世界上很多事情似花一般，只有一瞬間燦爛。

剛到家門，便傳來陣陣香味，映入眼簾的是我最喜歡的紅燒肉-----從美國回來的三叔捧著一碗熱氣滾滾的紅燒肉喊道：「想我沒有？」未待我擁抱他，二叔的女兒已衝過來緊緊地抱著我大腿，邊嘴裡唸叨：「陪我玩、陪我玩。」圓桌上的山珍海味猶如饕餮盛宴，大家圍繞坐在一起，甚是溫馨。

窗邊望去，一望無際的大樓猶如百家燈火，天空綻放著許多色彩豐富的花朵，啪啪聲音經久不停，也來為百家燈火慶祝。三叔手上拿著一件禮物，定睛一看，是我最想買的新型手機，我高興得手舞足蹈。頑皮的妹妹每吃一口飯就四處蹦蹦跳跳，好似家裡養了一隻跳跳虎。

吃飽喝足，我和妹妹到樓下放煙花，正當玩得興致勃勃，不曾想及買了劣質煙花，剛點火就爆炸了！妹妹被這突如其來的爆炸嚇暈了，我頓時不知所措，連忙拖著妹妹大喊爸爸；二叔見妹妹暈倒，便飛奔過來抱起她。大家急忙收拾東西，陪著妹妹往醫院去，也顧不得收拾剩菜了，就全家總動員出發了。

我看著桌子上的剩菜，空無一人的椅子，原本溫暖的屋子，此刻卻顯得冷冰冰，走到窗前，妹妹正在簇擁之下上了救護車，趕往醫院，

寒風刺骨，卻不見他們感到寒冷，反而身在溫暖的屋子裡的我，卻覺不著一絲溫暖。一望無際的天空吞沒了色彩豐富的花朵，最後只剩下一片黑暗，來勢洶洶的寒風拍打著臉，原本充斥著的溫馨，在這刻化為虛無與寂寞。

世間萬物都如花一般，含苞待放時萬眾期待，但轉瞬就花枯人散，一刻之間就失去關注，並遭置之不理。

團聚年夜飯對於大部份人的概念，是與親人聚首團聚，可是常年在外又無法出席的人，回到家面對的只有冷冰冰的四壁，想必他們所受到的孤獨、寂寞與被忽視，一定比我有過之而無不及。因此要懂得感謝那些無法與親人團聚，卻時刻謹守崗位的工作者。令世間萬物都不如花那樣，含苞待放引人注目，花枯便人散。

夢翔

5D 鍾晴



海闊憑魚躍，天高任鳥飛。每個人都端懷着屬於自己的夢想。然而，什麼才是夢想？夢想就是人生，人生就是夢想。因為人生從來離不開夢，只要有夢，人方能建構心中願景！我們整个人生階段裏，就是以夢想不斷推動我們，繼續前行。

我們的夢想可能是 20 歲的豪情壯志 ----- 想買寶馬！幾千呎豪宅！年薪過百萬！可能是 30 歲的安穩生活 ----- 想組織家庭，生兒育？可能是 40 歲的自我實現 ----- 累積了經驗、人脈，想擁有權力，想證明自己能夠獨當一面，自立門戶。亦有可能是 50 歲的留住青春 ----- 僅僅希望頭髮不至於越來越稀疏，微漲的小腹不會太過顯眼等等，所有大大小小的夢想，都描繪着我們一生所走的路，而我深信每個人都有屬於自己美好的夢想。無分高低，只要仍然有夢，人生就有可戀。

不過，如果人生只有夢，不經過奮鬥，夢想到頭來都只能是夢想。

夢想之所以難以實現，源於內心的不堅定、疑惑，很多人在追逐夢想的過程中稍為停一停，繼而半途而廢，最後落得功虧一簣。不是嗎？君不見一次又一次雄心壯志之下開展的減肥計劃，最後落得失敗

收場就已可見一斑！

除此之外，還有什麼是會阻止我們向夢想進發呢？答案就是別人的想法啊！張學友的歌曲《造夢者》講述：「未明白為何事世上人，偏喜歡取笑我的夢，總愛點頭，但冷嘲的說理想多多，你終必撲空。」追隨夢想的人常常被嘲異想天開，天馬行空。世俗告訴我們：要腳踏實地，找一份正正常常的工作，置一所能負擔的房子，組織一個家庭，人生就此而已，不好嗎？沒有不好，只是有點枉過罷了！夢想就是要不受世俗的限制。當別人質疑我們：「你想做醫生？睡醒沒有？別作夢吧！」這時候，你就要以行動去證明自己。要反駁對方：「我有我的夢想，總比你連夢都不敢擁有的好！」別人的眼光中那「別人」，可能是一個路人甲，可能是一個不知好歹的朋友，但亦可能……是你身邊最親最近的人，那「眼光」可以好凌厲，嘲諷可以好可怕！但你必須明白一點：夢想之前，那些目光、嘲諷一點都不重要！因為，人生不屬於任何人，是你自己的！

26歲已晉身四大會計師行、月掙數萬元的梁領彥，昔日是會考9A1B的尖子。他放棄高薪厚職，轉行當巴士車長，只為圓兒時的夢想。同事親友笑他太瘋癲，笑罵他：「讀咁多書去搵車，你傻㗎？辭咗職仲搵得番份工？」他毫不猶豫地反駁：「這一刻我只是放棄數萬元人工，無家庭負擔，不須供樓，再多做十幾年，要放棄的更多。我幸運有條件，有夢就要追，免得後悔！」

所以最重要是堅持夢想，只有經過努力奮鬥，抵抗現實的挫折。不管最後我們的夢想有沒有實現，至少我們努力過踏出第一步，而不是空口說白話，這樣，到人生將盡之時，我都起碼對自己有過交代。夢想，實現得到固然重要，但最重要的，是敢於追夢之心不死！

謙讓總會吃虧

5D2 張詩敏

常言道：「智者自知，仁者自愛。」古往今來，「謙讓」被視為是一種美德。這種美德從古到今，在我們的生活時時刻刻演繹着。但這種美德是否真的對我們百利而無一害？



的確，謙虛對社會都具有裨益。首先，謙虛能束緊人之間的連結，如：我們日常生活中難免會與家人、朋友存在一些分歧、誤會，以及爭執。你能保持謙讓、退讓，而不顧全自尊心，這不正正體現自身的風度嗎？而且，你對人謙讓，也無疑體現出你對這段友誼、親情的重視。加上你對人謙讓，別人也會對你謙讓，這自然讓彼此關係更加融洽。然而反之亦然，你那可悲的自尊心使然，向對方惡語相加，拳腳相向的話，只會讓人認為你沒有氣度，沒有情操。可見，「謙讓」無疑能讓人與人有所連結，更有助社會的凝聚，令社會更和平。

孔融讓梨的故事流傳至今，成為了小孩啟蒙時期的必讀故事之一。孔融在吃梨子時，將大的好的讓給兄長和父母，把最小的留給自己。從中看到的，不單是孝道，也是謙讓。

但是，這想法只侷限於「恰當的謙讓」，否則謙讓也會傷害自己，傷害家人。

首先，不恰當的謙讓會傷害自己。有一夜我哥忽然找我傾訴，天知我是多麼驚訝。他一次在沒帶雨傘、傾盆大雨的情況下屢次讓位，讓位給一個行動不便的老婆婆，讓位給一群小孩，好讓他們不用因沒有位置而在大雨下等待。結果，自己因滿座而無法上車。這不正是「恰當的謙讓」傷害自己的例子嗎？

其次，你覺得因謙讓而受傷時，你的爸媽不會痛心嗎？你是他們放在手心，細心細膩呵護長大的。

再者，在這龐大的世界中，並不是人人都會禮讓你，你讓人後也未必獲得一聲道謝或笑向你點頭。他們可能會接受你的好意，面無笑意的走自己的路，留給你一個瀟灑的背影，也有可能他們會在心中笑你的愚昧。這世界惡意滿滿，你的好心，會被嗤之以鼻。我們由小到大總被教育要誠懇待人，待人應懂得謙讓，吃虧不是壞事，會好人有好報等等等等。可是，「物競天擇，適者生存」，在這競爭激烈的社會裡，如果只會過於禮讓，忽略了銳意進取，那麼，被淘汰的最終會是自己。

達爾文進化論那麼說：為什麼長頸鹿最終能被保存下來，而沒有滅絕呢？是因為隨著樹木的長高，為了生存，牠們都在競爭，往上伸長脖子去吃樹上的葉子。過於禮讓，不懂競爭的就被遺棄下來，最終餓死在路上；而懂得競爭的便生存下來，進化成「長頸鹿」。連低等動物都明白「物競天擇，適者生存」的道理，聰明的人類又怎麼不明白呢？

说到底，謙讓的核心是儒家提倡「辭讓之心」。辭讓之心是謙和恭敬而又愛憎分明，絕不是一味地無原則的禮讓。固然，謙讓重要，但恰當的謙讓更重要。無原則的謙讓只會傷害自己，不要只考慮別人的需要，而忽略自己的感受，傷害自己。

謙讓能是對人好，亦令世界更美好，卻也是能傷害我們的。我們謙讓待人時，謹記是「恰當的謙讓」，而不是「過分的謙讓」。如果「過分的謙讓」，那謙讓便是百害而無一利。

舊區見聞

4B 蘇慧喬

香港是一個生活節奏急速的城市。在我小學三年級的暑假，我跟爸爸去上班，當天的工作地方就是我當時毫不熟悉的觀塘。



早上，爸爸先帶我去到觀塘的偉業街吃早餐，一邊聽着旁邊的工人聊天，一邊聽着工業區內的貨車聲，還有一些快遲到的人跟同事說：「快點吃吧！快點吃吧！還有幾分鐘遲到了！」我突然覺得這個社區雖然繁忙，但是這裏特別溫馨。

飯後爸爸先需回到公司，公司是位於觀塘政府合署旁邊的工業大廈7樓。走到乘坐電梯的地方時，我就像發現新大陸一樣，我看見這裏的電梯並不像我平時乘搭的那款式。它是手動拉閘式電梯，有兩層，第一層是外門，第二層是需要手動拉開的鐵閘。當它一邊上升，電梯內的人可以看到槽內的混凝土牆壁，感覺很新奇有趣。這種電梯也有危險，如果不小心把手指放到閘裏，手指有機會被夾斷，所以爸爸叫我站在後方位置。但當時我心裡想：「這裡雖然危險，但是卻很有趣。」

爸爸知道當天做什麼後，就回到車上，他說：「妹，今天不算忙，只是一直在觀塘幫手。」首先，我們去到現在觀塘海濱和啟德消防局和對面油站，直入的停車場。當時這個地方是專門讓內地貨車卸下車上貨物的中轉站，運輸行業統稱為「過車」。當天我們的工作就是過車了。

我們一直做，一直做，終於到放工時間了。香港人生活節奏急速，不知不覺已經到了晚上，在香港，總覺得時間過得特別快。我認為社

區雖然繁忙，但是這裏特別溫馨，就像觀塘一樣，雖然節奏急速，但是運輸業的手足們就好像一個大家庭，互相扶持，互相幫助，為運輸業出一分力。

時間流逝，一些舊的建築已經逐漸被拆卸了。這些舊的建築，有它們的獨特之處，拆掉其實十分可惜。從此以後，這些建築只能夠長留在大部份人的回憶當中。

觀看七一回歸慶典有感

4B 蘇慧喬



今年的7月1日是香港回歸祖國25周年的日子，同時也是全中國人也值得驕傲的日子。今年的活動主題為「砥礪奮進廿五載，攜手再上新征程」，表示著香港人在這幾年來經歷着種種挑戰。2019年的反修例示威，2020年至今的新型冠狀病毒疫情，政府表示到，香港人仍憑堅毅不屈精神，化危為機，遇強越強。

臨近「七一」，香港的街道也充滿着回歸的氣氛，在維港兩岸、中環碼頭、全港不同的地方，處處可見「同心慶回歸，同行創未來」、「慶祝香港回歸」等不同的標語。我也在觀塘的行人天橋上看到「同心慶回歸，同行創未來」這句。

香港電台也製作了一首25周年主題曲《前》，這首歌的演出歌手有香港樂壇的前輩和新的一輩合唱。我認為歌詞裏最有意思的一句是「在這機遇面前 希望面前 好好的鍛鍊 歲月留在身邊 開展不忘信念」，就像告訴我們香港人的未來最需要的是大家齊心邁步向前。

當然，還有7月1日在香港各大電視台播放香港回歸祖國25周年文藝晚會，當中有不同的歌手、樂團表演，全部是有中國特色的表演，有樂器、跳舞、唱歌。我最喜歡的表演是譚詠麟和李幸倪合唱《愛的根源》，這首歌是大部份香港人的回憶。

7月1日上午8時，我電視機面前，看着慶回歸25周年升旗儀式。升旗儀式當然在香港會議展覽中心外的金紫荊廣場舉行了。當天第六任行政長官李家超和政府官員出席升旗儀式，首先是香港警隊儀

仗隊和步操隊進場，再以普通話口令執行升旗禮，結束後，飛行服務隊直升機掛住國旗及區旗飛越維港，滅火輪在維港海面噴水致敬。雖然我當時在電視機面前觀看，但是我也看得很清楚，同時也非常壯觀。

舊區見聞

4B 許貝貝



有一些老舊的事物，正隨著我們時代的腳步，成為人們身後的影子；又或者為了適應新時代的審美觀，逐漸變得面目全非。

記得小時候，每次放假回到鄉下同一個村落，跟好朋友聚在一起，玩捉迷藏、過家家、老鷹吃小雞等等，玩著玩著，就把時間都給忘了，每次都是被爸爸或者媽媽喊回家。

記憶中的老街沒有水泥地，地上都是坑坑窪窪。在下雨天，我們會很淘氣，聚在小坑處踩著泥水為樂，嬉鬧在一起。每逢過年，家家戶戶都會在門口掛上紅燈籠，小孩子也會讓爸媽帶著去放煙花。這都是令人懷念的小時候，很多好朋友聚在一起玩，真的很快樂。那時我經常會拉著媽媽在巷口慢悠悠的散步，感受午後暖洋洋的陽光。

記得前些年，去雲南的麗江古城旅游。傍晚出民宿散步，陣陣涼風吹來，那種清爽讓人心曠神怡。夕陽照在樹葉，在地上投影出斑斑駁駁的印記。各種古色古香的房屋錯落有致地排列著，家家戶戶都冒出熱騰騰的菜香，孩子們有的舉著風箏到處跑；有的拿著樹枝追跑。老人們吃飽飯，拿張板凳坐在門口，手裡拿著蒲扇一下一下的搖著，時不時跟旁邊的人聊上幾句。走著走著，我看到一個老奶奶在賣麗江粑粑，我被那股香味引得口水直流，趕緊過去買了一份，又香又脆的粑粑，好吃極了。我們一路來到「四方街」，它是麗江古城的中心。麗江的景色不錯，讓我看到了很多民俗文化，有許多迷人的地方。還有這裡的民宿都非常精緻，在院子里放上一步搖椅，來上一杯清香的綠茶，手裡再拿上一本喜歡的書，這些的生活豈不美哉！

小橋、流水、人家、古城給我留下這樣清澈、美好的回憶，而如

今老街舊巷逐漸變成高樓大廈，兒時的回憶也在慢慢消散。

克盡孝道

4B 黃杰俞



中國是一個非常講究「孝」字的國家，是一個很注重孝道的民族。古代的聖賢——孔子、孟子、文武，周公等人，沒有一個不叫到人要孝順父母，尊敬父母，沒有一個不努力去實踐孝道。中國古代各種古典文學，也常有讚頌孝行和表達對父母的思念和愛戴的文字。讓我們承接他們的偉大思想和行動，做一個懂「孝」的人，孝敬父母。

《孝經》說過：「身體髮膚，受之父母，不敢毀傷，孝之始也。」這讓我想起被曹操射瞎左眼的夏侯惇，他在被射中時，本想把箭拔下來，卻把左眼珠也拔下來了，他大喝一聲：「父精母血，不可棄也！」便把眼珠吃了，可見他多麼的孝父母。

「孝」最初來源於父母對子女無私的愛。世界上的愛有很多種，甚至有成千上百萬種，但只有父母對兒女的愛才是最無私的、偉大的、無悔付出的。這，我們無法還清，能做的，只有孝敬父母，為父母分憂解難，減少他們的痛苦，使掛在他們臉上的是笑容，而不是淚光閃閃。

一想到父母含辛茹苦的把我們養大，就本能的想去回報父母，其實這就是感恩。對父母的感激，本能的擴大到視自己為孩子而辛苦教育我們的老師，為我們提供糧食的農民。我們一切的一切，自己都沒有創造多少，幾乎都是別人給予的，不求回報的給予的。因此，就產生了愛心，懂得了回報。

做一個人，最要懂得就是感恩。因為，人做的最崇高的事情莫過於行孝，最純潔的想法就是感恩。但是，隨著人類科技文明發展的快速步伐，有些人卻和父母疏遠了。那些父母們就像被人扔在角落裡的舊衣服，忘了曾經為孩子的付出和幫助，和為孩子減少的傷害，眼睜睜地看著他孩子去穿一些華麗，而對孩子又不合身的衣服。我們卻對此習以為常，認為那是理所當然，仍舊不在意。

一個人有了孝，就有了仁愛之心，自然就會對社會上的醜惡現象

嫉惡如仇，由此而產生正義的情感；有了感恩之心，才能由衷的產生恭敬之心，用恭敬之心待人接物是表現為有禮而不輕慢；有了感恩之心，做事自然會用心，只有用心，才能開啟智慧；有了感恩之心，與人交往自然就會誠信無欺。現在商業上的信用危機，思想的根源就在於經營者不承認自己的「成功」是靠別人的「成全」，對社會，對他人不存有感恩之心。所謂五德：仁、義、禮、智、信，人的優良品德都是由這種感恩之心而來的。他教我們做一個懂孝道、孝德、感恩的人。

所以，作為一個活在社會的人，需要對父母盡孝，需要對愛的正確認知，需要心存感恩，這樣，人活著才能對這個社會有作用，有自己作為，不枉費活在世上的歲月，不浪費父母和他人對自己的付出和愛。

這一段童年記憶，讓我明白親情的真諦

4B 黃杰俞



「清明時節雨紛紛，路上行人欲斷魂。」又到一年清明時節，天氣下著淅淅瀝瀝的雨，落下的雨點譜寫著憂傷的旋律。放眼望去，一切都好像籠罩在煙雨中，一片朦朧。

這天，我和爸爸媽媽一起去祭祖。我們撐著雨傘走在墓地裡，一種淡淡的憂傷在空氣中瀰漫。走到墓前，心中油然而生出一股肅穆。這是一塊幽靜的墓地，四面竹樹環合，枯黃的竹葉落了一地，但竹子依然高高的挺立著，枝上的綠葉隨風搖曳，唱著「沙沙沙」的歌曲，像是和我們一起為死去的人哀悼。一塊塊墓碑整齊的排列著，碑面被打磨得光滑平整，上面用金色的楷體刻著字。我們放了花圈，點了蠟燭，燒了紙錢，為了保護環境，少燃了些煙花爆竹，這也算為他們祈福吧。

祭過了祖墳，爸爸媽媽又帶我去了另一個地方，我們走過崎嶇的山路，在雨水的沖洗下，山路變得有些泥濘，越過獨木橋，我們來到兩座墓前。說是墓，其實只是幾塊磚和幾塊木板簡單構造而成。與之前看到的由大理石砌成的墓穴相比，這座墓顯得比較寒酸。我偏過頭看爸爸，意在詢問他這是誰的墓。爸爸微微歎了口氣，道：「這是

你爺爺奶奶的。之前葬的時候家裡經濟困難，後來經濟寬裕了，想了想還是沒有換個地方，畢竟人走了，入土為安。」聽完爸爸的話，我心頭泛起微微惆悵。

爸爸告訴過我，爺爺奶奶過世得早，在他十二歲的時候就離開了。我並沒有見過爺爺奶奶，甚至不知道他們的名字，我對爺爺奶奶僅有的印象，只是爸爸對我說的一些事。爸爸說，爺爺奶奶待他十分嚴厲，不容許有一絲一毫的差池，每次考試就算只比要求低一份都也要挨打……

「現在想想，他也都是為了我好。是我小時候太不懂事，經常和你爺爺吵架。現在，唉……」爸爸的語氣中帶著難掩的失落和後悔。所以說，有句話叫：養兒窺知父母恩。有一種終生的悔恨叫做「子欲養而親不在」。

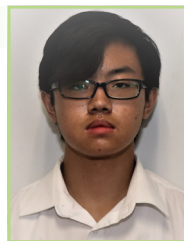
悼念已逝的親人們總是會勾起一些回憶，那些回憶或好或壞，都是最珍貴的；懷念離開的親人們總會得到一些提醒：請別忘了對你的親人們好一點，再好一點，莫要等到「子欲養而親不在」的地步。最幸福的是有親人在身邊，但也最不忍分離。

「啪嗒啪嗒」雨下大了，是時候該走了。留下了那兩個在雨中變得凌亂的花圈，我們撐著傘走了。

從記憶中追溯到了很多當年不明白的細節。也許，為人父母者，基本就沒有翼望能從子女那得到回報，他們只是憑天職、良心為我們做了一切，只是盼望子女有長進，活得比自己強罷了。

老師

4C 陳佳俊



老師，是一個平凡的職業。他是一支蠟燭，燃燒了自己，照亮了別人。是老師用辛勤的汗水，澆灌我們幼稚的心靈。當我們慢慢長大回憶往昔時，有多少慈愛的面孔浮出我們的腦海，又會有多少辛勤的身影浮現在我們的眼簾。

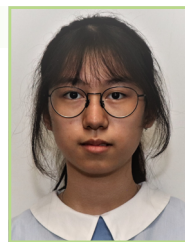
記得曾經小學有位老師，在考試前為了幫我們全班努力學習，

能夠進入到好的中學學習，不惜在放學時自願加班，出了很多的練習給我們溫書；放學時也會舉辦一個補習班給學生們參加，可惜的是大部分同學都不管，玩樂便好了，學習不是這麼重要，有幾次的補習班甚至沒有學生去參加，老師等了半個小時，失望地走了。但是也會在班群裏發放說過的內容，看到他落寞的樣子我也感到失望，在最後的幾次我我決定去參加他的補習班不想辜負老師的一片苦心。其實我不是一個喜歡學習的孩子，但是看到老師這麼努力地想我們學習，我也放下手中的遊戲機，努力學習起來，最後我的成績也不是很理想，但是比以前的我好了很多。我十分感謝那個老師的決心，雖然我現在對他的樣貌和名字都已經十分模糊，但是他不識改變我們學習態度的決心是永遠忘記不了的。

有人說：「春蠶到死絲方盡，蠟炬成灰淚始乾。」老師是多麼高尚，是多麼偉大，他們將自己的一生奉獻給教育事業，為了學生嘔心瀝血。他們不需要太多的回報，他們只需看到我們健康快樂的成長。然而，很多人卻無法明白老師的用心良苦，甚至覺得，老師並沒有付出些什麼，這是我們應該明白的，老師並不是所有人們想的這麼容易，雖然沒有消防員，警員那些人身安全這麼危險，但是他付出的一切也需要很大的努力換取的。

師恩難忘

4C 吳穎仙



在小學的早會常常會聽到校長說：「要把學校當成自己的家呀！」當時的我並不明白，又不是在學校睡覺，為什麼要把學校當自己的家呢？我帶著這個疑惑一年又一年地渡過，直至我升上中學後，我才終於明白這個意思，因為學校的好老師就像你的家人一樣，會鼓勵你陪伴你，並會感受到家的溫暖。

師恩無處不在，但是你不留心觀察，那麼你是不會發現的，那麼請你聽聽我接觸師恩的故事吧！我要感謝的老師是任教我英文的吳老師，在我中一的一次外出活動，我們要到昂坪 360 去訪問一些外國人，訪問他們對香港的一些看法。對於我從出生以來就沒有跟外國人談過話，要我去訪問外國人簡直是天方夜譚呀！

一開始同學們各自分成三人一組，然後去尋找外國人，我那兩個隊員率先跑到外國人面前訪問他們，我心裏非常佩服他們有這種勇氣。他們訪問完就走了，我弱弱地問他們你們不打算幫我嗎？他們一面無情地說：「你自己去訪問外國人吧！」那一刻我心裏彷彿晴天霹靂一樣，平時我們在學校玩得那麼要好，現在你們卻不幫我，「唉，真的看錯你們了。」我失望地說。在那一刻老師突然走過來問我：「你訪問完了嗎？」我帶着哭腔的聲音說：「我…我不夠膽。」本以為他會大罵我一頓，甚不知他並沒有還說：「不用害怕，我來陪你一起去訪問！」我用震驚的眼神看了看他，因為老師在學校是非常嚴厲的，所有學生都很害怕他，這次他居然那麼溫柔，看來我真的要對他改觀了。

接著我和老師就開啟去尋找外國人之旅，走了一會兒，我們終於找到了一個外國人，我一看見那個外國人就雙腳發抖，一直對自己說：「我不行的，我不行的。」但老師慢慢地鼓勵我，我勇敢地向前走了幾步，那一刻我不再害怕，心裏充滿着老師對我的鼓勵，並順利地訪問他了，我完全不敢相信我會做到，這完全要多謝老師對我的鼓勵。

如果沒有老師，我們去哪裏學習知識；如果沒有老師，我們怎會學會做人的道理。我要感謝老師。我沒有華麗的文字來讚美我的恩師；也沒有什麼禮物贈送恩師，只有對恩師的感激之情。

恩師難忘

4C 梁君瑜

恩師難忘，每個人或多或少在學生時期遇上好老師。我們在名為學習的這片茫茫大海中力爭上游，他們則作為我們的師長、老師引導我們。

不知不覺間，我對老師這身份或職業充滿敬意，如果要比喻，那就像是我們第二個父母親一般的角色，他們填滿我們的童年、青春，教導我們許多的道理，像座標一般，指引我們走向正確的道路，且在路上陪伴。

可惜，在這漫長的人生道路上，不能伴到最後，也許你們不會親眼目睹我直達終點的時刻。但我又豈會忘記那些年你們無私奉獻的精神呢。批改作業和試卷的黑眼圈，上課教書時的大嗓門，考試前夕的



補課，有意無意之間的鼓勵，我又豈敢忘記。

雖然我並不是一位很優秀的學生，或許曾令你們感到頑固、麻煩、愚鈍，可你們依然彷彿農夫般默默耕耘，我們就像幼苗一樣，默默地接受你們的施肥、澆水，默默地成長，偶然或許會來一場淋漓大雨，會經歷大風大浪，會感到錯愕和挫折，可能我們會產生對未來的恐懼、迷惘，可你們仍然去教會我們如何擁有一個強大的心靈，去克服困難，即使面前是茫茫大霧，是滾滾濤濤的大浪。我們學會了如何堅強地面對未來，依然對未來充滿希望，望著終有一日能成長成一朵漂亮而又端正健康的花朵，又或是一棵宏大強壯的大樹。

後來，我們舉辦起一場盛宴，燈光輝煌，璀璨而奪目。妙曼而雄偉的旋律響起，我們高歌起來，那悲傷不捨的語調，像古老教堂中裏的教徒在吟唱那悲哀卻富有希望的歌。我們以歌聲的名義送上我們最真摯的祝福與感謝，歌頌著那些年你們對我們所有的付出、所有的辛勞。這場宴會許是我人生中最為難忘的夜晚，而且同時亦代表著我們所有人對老師你們的敬意。

在這短暫而漫長的青春中，我很慶幸遇見你們，你們的恩情我難以忘懷，我對你們的敬意，難以用言語與文字表達，但會銘記於心。

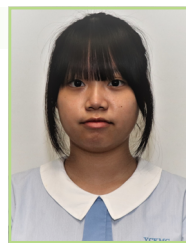
相逢一見太匆匆，校內繁花幾度紅。厚誼常存魂夢裏，深恩永志我心中。親愛的老師們，感謝你們讓我長大、讓我飛翔。最後，願祝你們桃李滿天下，春暉遍四方。

師心頌

4C 歐琳

古有孔子被譽為「萬世師表」，其師道流傳百世，尤其是「有教無類」的教學方針已成為現代教學制度的基礎，我們的老師亦秉承着孔孟精神，誨而不倦地教導我們。雖然我很多時無心學習，但老師仍然堅持認真教導我們。

韓愈曾說：「惑而不從師，其為惑也終不解矣。」在我看來，即便我們勤奮好問，亦要老師肯投入精力和時間在我們身上才得以解惑。我們就好像溫室裏的花朵，天生得到陽光的呵護，但若無老師



悉心的照顧，灑下知識的水份，我們在成長路上必然會跌跌撞撞，到處碰壁。

我依稀記得，我成為中一學生時對校園的一切都顯得很陌生，不知道各種設施在哪裏，又不懂怎樣與新同學溝通，幸好老師不僅在教學上關愛我們，在社交，為人方面亦悉心教導，例如有老師單獨與內向同學談心事，令同學早日融入班級，又有老師組織破冰遊戲，令大家互相主動認識，亦有老師安排生涯規劃講座，令我們的前路更為清晰。

在中二時，我成績依然跟不上班級平均，幸得老師持「有教無類」之心，一直從旁耐心地教導我，我才慢慢跟上教學進度，另外，當我因成績未如理想而失落時，老師亦會開解我的心結，我的老師真的可稱上是「孔孟傳人」。我的老師不但教導我知識，也時常告訴我人生道理。

春風化雨四載，像坐了火箭一樣。如今我已是中四學生，卻仍離不開老師細緻入微的教導，他們陪伴了我足足四年，一直細心友善地輔導我們，在我看得見的地方全力以赴，教導我渴求的知識；在我看不見的地方默默耕耘，弄好教材，如此親力親為地進行教學，卻不求額外的回報，仿佛貫徹着「施比受更為有福」這句標語。

回想種種，敬愛之心。我敬業愛幼的老師，我一定會回報他。在課堂上專心聽講，課業亦認真完成，待我他日大鵬展翅，絕不會忘記良師，恩師的種種教誨。

談談如何克盡孝道

4C 梁君瑜

「孝」乃是中華民族承傳了五千年的傳統美德，「孝」為人之根本，儒家思想、道德的基礎。所謂「身體髮膚，受之父母，不敢毀傷，孝之始也。」中國人自古重視孝道，身為子女盡孝是必然的，那麼我們又該如何克盡孝道？



要盡孝那就先弄清何謂孝？孝的定義又是什麼？從儒家學說的角度出發，孔子認為「孝」乃是「無違」，不要違背禮節，「生，事之以禮；

死，葬之以禮，祭之以禮。」，即是「慎終追遠」。這是孔子所提出孝的定義和表現。

從儒家思想所說的「孝」是需要遵遁禮節，「孝」是遵循禮節侍奉父母，必須「心存敬意」，否則養活爹娘與飼餵養牲畜沒有分別。於現今社會父母會教育子女「孝」，可父母卻忽略了「孝」必須遵循禮節且「心存敬意」才是真正的孝。這可反映現今家庭，父母往往忽視了禮節，沒有遵從「禮」的道德規範。以網上一帖文為例，一對父母帶着孩子和奶奶一同到酒樓吃飯，孩子任性不想吃飯，吵吵鬧鬧的，父母便去教導他，可是那孩子不願聽話，父母便開始有些怒氣，怒罵孩子，那位奶奶嘗試阻止那對父母，可卻被那對父母反罵一頓。這正可看出現今父母忽視禮節，對自己母親沒有「禮」這一概念，以至於不會把真正的「孝」教授於子女。

而隨着現代社會進步，儒家思想不再被人們所遵奉，連接着孝被人們所遺忘，也許，他們並沒有遺忘孝，只是沒有人會去在意這從漫長歷史中演變而來的美德，最後則漸漸地消失在歷史長河中，無人問津。於現今這時代，父母總是對孩子過份寵溺和保護，時間長了，孩子便恃寵生嬌，孩子不再對父母持有孝心，孝亦慢慢變得越來越渺茫，每人都知孝，卻沒有人知道何謂孝。

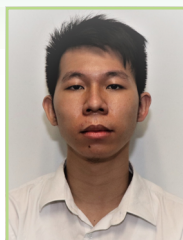
《廿四孝》是家喻戶曉的故事，以當中的扇枕溫衾作例。後漢的黃香，自從九歲喪母後，十分思念亡母，鄰里均稱讚黃香的孝心。黃香很勤力做家務，又專心一意侍奉父親，在酷熱的夏天，為父親用扇子去搨涼枕席；寒冷的冬天，他用身體幫父親把棉被和床褥預先溫暖起來，地方官劉護聽到他的孝行，特別上奏朝廷表揚他的孝心。

用故事中的黃香對比，現代家庭中又有多少子女願意像黃香一樣在母親過世後，如此打理家務，又盡心盡力去侍奉父親呢。網上曾有一位母親分享道，她的孩子就因母親不願買遊戲機給他，在街上打打鬧鬧，甚至用手推開母親自己跑走，這讓那位母親十分難堪。可見現今家庭實在不注重禮，亦反映現今父母過分寵愛子女，以至子女恃寵生嬌。

那麼我們在不注重禮的現代社會中又該如何克盡孝道？其實實踐孝是很簡單的事，必須先懷有「孝」的概念，並全心全意實行「禮」，心存敬意地於日常生活中以行為表達孝道，向父母盡孝。「樹欲靜而風不止，子欲養而親不待。」盡孝有心即可，別讓自己後悔了。

親情的真諦

4C 馬家潤



推開房間的大門，一步步走入房間，映入眼簾的是琳瑯滿目的樂器，往前走是睡著的大提琴，安靜的，舊舊的，我沒有停留，走到一排吉他面前，我拿起這把格外顯眼的吉他，這把吉他上面有著白色的花紋，花紋不斷的漸變著，吉他的木材用的是胡桃木，優雅端莊，我撥動琴弦，吉他發出那熟悉的聲音，前奏開始，如同帶領著我穿梭時間的鐘錶，從反方向開始移動，回到當初年幼無知的時光。

迷迷茫茫，睜開眼，我看見母親那纖纖玉手牽著我，走在前往樂器店的路上，因為我的化學科和中文科都考得全班第一，所以母親終於同意我買吉他。這時，下起了斜風細雨，母親急忙打開雨傘，害怕我被淋雨，特意把雨傘舉在我頭上，可是她却因此淋了雨，那濕漉漉的衣服緊貼在母親的身上，而我却渾然不知，我們就這樣前往樂器店。

走進店里，琳瑯滿目的吉他，把我看的眼花繚亂，一時間也不知從何挑起，一方面也害怕價錢太高，這時候，店家走過來，為我推薦了一把吉他，但我看過價錢後，轉過去看其他吉他，母親走過來，問我喜不喜歡剛才那把吉他，我說還行吧，母親便讓我試一試那把吉他，我試彈了一下，感覺還不錯，我此時此刻卻愣在原地，因為母親居然把這把吉他買了下來。

回家後，我便興奮的拿起吉他，笨拙的表演起來，可是我彈出來的聲音簡直是鬼哭狼嚎，有過之而無不及，母親卻笑了，說我彈的很好聽，娓娓動聽，年幼無知的我還天真的以為我彈的很好。

尾奏結束，我也跟隨琴聲回到現實，想到這，我急忙拿著吉他，跑出房間，走到母親面前，說彈首歌給她聽，我開始彈起了當初表演給母親聽的那首歌，這一次，我不再笨手笨腳，而是游刃有餘的完成了這首歌，母親聽完，露出了仁慈的笑容，說我彈的很好聽，我注意到母親眼角的眼淚，急忙跑過去幫母親把眼淚抹了，母親用她那干枯猶如樹枝般的手指在我頭上摸了摸。

感謝這一童年回憶，使我知道母親的默默付出，讓我明白親情的真諦。

親情的真諦

4C 鄭梓濤



往事是塵封在記憶裏的夢，而你是我唯一鮮明的記憶。那綠葉上的水珠，是我思念的淚滴，那布錦上的針線，是我數不盡的情思。

夜是漆黑的一片，在我的腳下仿佛橫着沉睡的大海，但是漸漸地像浪花似的浮起灰白色的馬路。我停下腳步，抬頭，是一棵海棠樹，緊緊密密開着紅艷的花。

由於父母長期在外地工作，因此我是被奶奶帶大的小孩，她是世上最好的人。奶奶的手是家裏最巧的手，她做的刺繡是天上落下的綢緞。爺爺說奶奶的刺繡會帶來好運，所以我們都叫奶奶作「綉奶奶」。

綉奶奶最疼愛的孫子就是我，她也是我兒時最愛的人。綉奶奶對海棠樹情有獨鍾，有次父親回來買了棵海棠樹種在奶奶的院子裏，奶奶高興得不行，天天坐在樹下綉素錦的布。我便時不時鑽進她懷裏，看她綉花，那一針一綫綉在布上，也綉在我心上。

每年春天，海棠樹的花開得又大又艷。那年，我初見海棠花，便吵着要摘上面的花朵，奶奶拗不過我，邁着蹣跚的步子，踮起腳，高舉着棍子，給我摘花。但時光已把奶奶摧殘的不成樣子，昔日的活力早已不在，奶奶腳一下子踩空，倒了下來。年少的我被嚇壞了，哭着去扶奶奶。奶奶疼得面色鐵青，卻還擠出笑容安慰我：「沒事孩子，奶奶沒事。」奶奶住進了醫院，我因內疚一直不敢去看奶奶。直到我看到花店裏賣的海棠，我壯膽向爸爸要了錢，買了一束海棠花，帶去了醫院。我抱着海棠，小心的看著奶奶，奶奶的臉色變得蒼白，但仍溫柔地看著我。我將海棠花放在桌上，小聲地向奶奶道歉。奶奶笑得眯起了眼，摸著我的頭說沒關係，奶奶的笑意彷彿有千萬個春天。

後來，奶奶走了，是因為舊病復發。我癱軟地坐在奶奶院裏的海棠樹下，回憶着我們一起笑着的每一天。在奶奶的葬禮上，母親遞給我一條毛巾，上有奶奶的刺繡，上面繡著海棠花。在海棠花的下面還有一行小小的字－希望我的孫子天天開心快樂成長！我抱著這刺繡痛哭。在天地之間，我看見世界攜帶着人間煙火滾滾而來，紅塵是奶奶手中穿過細細針線的記憶碎片，被春秋的寂寞風雨吹來，將海棠花扯得七零八碎。

海棠花的花語是呵護珍愛。小時候，我不懂奶奶對海棠的愛。長大後，我懂了，奶奶的愛是對我這個天真小孩悉心呵護的愛。奶奶的刺繡是將回憶縫合，然後穿過大腦的針孔，緊緊後繃成綿綿密密紡線，那年院子裏的舊憶，連着我的情思一起繡在素白的布上。

舊區見聞

4C 周俊均



「叮～叮～」一輛電車從我面前駛過，記得這只是我在電視上見過的交通工具，從未親眼見過。在舊市區有許多都是新市鎮沒有的例如：米舖、當舖和「士多」等。這些看似十分雜亂無序的店舖在街上，但實則亂中有序在馬路邊上有許多以手推車為基礎搭建的小食店，手推車的前面連接著自行車，為了方便跑動，手推車的上面搭載著兩個爐灶，桌面上看著十分凌亂，但在凌亂中又有一絲秩序，我有些疑惑，為何不搭一間小店出來，而是要以手推車為基礎，一間方知，原來是要預防那些小販管理隊的人，避免被抓。

我找了一檔賣車仔麵的小店，買了碗麵，在等待老闆煮麵的過程，老闆一直與我談天，發現與我十分聊得來後，便送了我一碟小菜，我靦腆的收下了，隨後在路邊大快朵頤起來，與以往吃過的面麵不同，熱騰騰的，香味十分濃郁，跟餐廳中的不一樣，而是猶如母親煮的一般，似乎更能溫暖人心，在冬天裡來上一碗，可謂是雪中送炭。可惜在新市鎮已很少見了，這也算是一種文化的流失吧！

酒足飯飽後，我看到了一間米舖，遠處便可以看到一位伯伯和一隻小貓坐在店內，畫面讓人臆想，退休後的生活也不過如此吧！但其中有一點讓我十分驚訝，這裡能以斤的重量去買米，而不是用冰冷的機器打包好的一大包米，十分的體貼入微。

步行一段時間後，稍微有些渴了，我便找間茶餐廳喝點東西，剛進門，只見客人點單時誇讚老闆幾句，老闆便送了一杯飲料。我找了個角落坐下，店裡的歡笑聲很大，但我卻不煩厭，反而享受其中。隨後我點了一杯熱可可，不一會兒，飲料便來了，手也暖暖的。旁邊的大叔見我一個人有些寂寞，便與我搭了訕，講起他們那輩的故事，我聽的不亦樂乎。天色不早了，我與大叔道別後便前往返程的路了。

回到新市鎮，我同樣點了杯熱可可，不像在舊區時，這次我彷彿在對一台冰冷的機器下單，手中依然是那杯熱可哥，可是卻顯得格外的冰冷。我的身是暖的，心卻是冷的。

舊區見聞

4C 梁君瑜



深水埗是香港著名的古老舊區之一，充斥着上世紀八、九十年代的氣息。閑來無事，我決定前去看看。

踏進大街，一陣陣懷舊氣息撲來，總令人感受到一股陌生卻又親切的感覺。乍眼一看，大街上有着許多小販店舖，旁邊還有兩排古老的唐樓，它們排得密集而又整齊。唐樓外牆因歲月而殘破不堪，一條條裂痕有大有小遍佈牆身，這些痕跡無一不在訴說自己歲月和經歷。而外牆鈞掛著霓虹燈牌，現正下午時分，燈牌還沒亮起，但想必到了夜時，霓虹燈光將照亮整條街道和舊區夜幕之下，燈火通明，璀璨奪目，恍似時光倒流似的。

向前走，轉入轉角處。那是一條毫不起眼的小街，走進去才發現裏面原來有着各種形形色色的店舖。或許是今天天色不佳，稍有灰暗。小街晦暗又帶點幽森，看起來完全不像是現代社會所存在的景色，總令人想一探究竟。店舖的種類繁多，雜貨店、小型百貨、懷舊餅店等，應有盡有。他們排列得十分整齊，仿似一隊士兵在列隊般。店舖林立，齊整而寬闊。不少的人流形成了市井塵囂的景象。雖說小街破舊，許多店舖能看出已日久失修，可我依然從中看出小街曾經的繁華。

走着走着，看見一間古董店，他在小街上一列店舖之中格外顯眼，店舖裝潢富有中西風韻，以檀木和瓷石為主，湊近一看會發現檀木刻上了精細的紋路，再配上精巧細緻的瓷石，看上去莫名漂亮。店內的櫥窗陳列著各式各樣的古董。印有古色花紋的陶瓷，鑲上珍珠的簪子。目之所及的貨品，許多是我未曾見過的。我抱着好奇心走進店內，一推門，一股若隱若現的檀香香氣飄來，一眼看去，店內放着幾盞燈火，古董整齊地擺放在架子和桌子上。牆上懸掛着好幾個時鐘，滴答滴答地響着。我仔細地看著陳列在店內的貨品，最後決定買一隻古老的陀錶，作為這次遊歷舊區的紀念品。

走出古董店後，我沿路踱步，路過了不同的店舖。有餐廳、裁縫店、古董店、玩具店。而最後我在一間士多面前停下來，這是一間平平無奇的士多。如果要進行比喻，那麼剛剛的古董店是鑲著寶石的藏寶箱，而這間士多只是用普通廉價的木頭所製成的箱子，毫不起眼。可讓我停下來的原因並沒什麼特別，只是我從這小小的士多感受到一股親切感，一種令人懷念的親切感，這間士多總令我想起小時候放學經過常去。等我陷入回憶之中，一位老婆婆在士多走出來說「來看看有什麼想要的。」老婆婆帶着慈祥的笑容說。我隨意應了應老婆婆一句後，便跟隨着她的腳步走進士多。

士多內放着零零散散的貨品，而這些貨品則放在幾個生鏽的鐵架上，牆紙也明顯地脫落了，與剛才的古董店相比可謂分別很大。在我慢慢選購時，店外傳來一股甜美的童音「婆婆我要來一包牛奶糖！」望去是一名約八歲的小女孩，「好啊，來十塊錢。」老婆婆向小女孩說道，而小女孩拿了糖果要走時，老婆婆叫住了她，把手中的水果糖塞給女孩。女孩水汪汪的眼睛看着老婆婆笑道「謝謝你啊，好人的老婆婆！」然後揮手向老婆婆道別。那一刻我能在老婆婆臉上看見溫暖而仁慈的笑容，像是能包容世間萬物般的親切。這就是這間士多特別之處，那一股的親切感。我向婆婆說「我也來一包牛奶糖！」

在小街走着走着，終於走出去大街。看着面前人山人海的人群，林立在大街上的唐樓，總令我不由自主地想，現在我們還能一看這番光景，那麼日後呢？這些唐樓、店舖想必過不了幾年就會被拆遷，深水埗這裏亦會被發展成新城市，那麼這些光景、人情味又該何去何從？

對於城市發展我們沒法干擾，或許只能把這些景象烙印在心中。這大約是時光最無情之處，它並不為我們停留，它什麼也能帶走。所以我會把這裏所遇見的深深銘記於腦海。

舊區見聞

4C 郭柏欣

在我很小的時候是住在新界的，依稀記得好像叫「聯和墟」是位於新界粉嶺的一個舊墟。那裏包含了許多小時候的記憶，可是我好像怎麼也想不



起個所以然。畢竟那時候我搬家了，那裏既是我成長的地方，也是我記憶的一部分，可是我卻怎麼也想不起來，所以我決定去尋回那不見的記憶。

有巴士走來，耳邊就聽到了由街上傳入的嘈雜聲，更夾雜了汽車行駛的聲音，映入眼簾的是人山人海的街道，街道上小吃的香味撲鼻而來，這都和我小時候的回憶沒有不同。漸漸心中有種熟悉的感覺慢慢浮上來了！要說我印象最深刻的是什麼？那便是聯和墟的市場了，記得小時候，我常常嚷著爸爸要帶我到市場逛逛，跟市場裏面的每一個叔叔姨媽們打招呼。

當我走過去後，發現眼前的市場已經不存在了！經過一番打聽，原來市場再早幾年已經結業了，取而代之的是新的聯和墟街市。眼前的一片陌生讓我不禁有些失落！那時候的市場不像普遍的街市，由有蓋的主體建築及露天的部分組成，一個一個小飯攤位圍繞著市場，賣菜的，賣肉的，好不熱鬧呢！但隨著時代的更替，舊的事物也被逐漸取代。

正當我心情低落時，我隨著匆急的人群來到了一家小吃店，竟發現這是我小時候常光顧的店鋪。而且店裏的老板是在我上小學的時候就在經營著這家小吃店，過了幾十年竟也屹立不倒，不愧是一家公認好吃的小吃店。我非常高興的叫了一份腸粉和一份燒賣，細細品味後發現這和我小時候吃的味簡直一模一樣，可就是老板的樣子變得十分蒼老了。

吃完小時候我穿過大街小巷，來到了涼茶鋪門口，涼茶鋪的外表十分陳舊，是由許多紅木組成的，這些紅木摸上手十分光滑，而且還散發著一股獨特的香味。依依記得小時候我經常吃上火的食物，所以爸爸經常帶我到涼茶鋪或一碗甜甜的五花茶，我爸爸已經不能再陪我來喝涼茶了，因為他已經在我成長的時候離去了。所以此次除了喚起回憶，也讓我再次想起了和爸爸在一起的時光。

這次遊歷舊區後，讓我知道時間會帶走你身邊的一切東西，可唯獨帶不走那寶貴的回憶，所以我們都應該珍惜當下的一切。

舊區見聞

4C 甄曉晴



在現今社會發達的時代中，許多人眼中香港是一個十分先進和繁華的城市，因此很多舊區將被重建或清拆。而我一直對舊區的生活和環境深感興趣，於是我便去了距離我家不遠，但又不熟悉的觀塘，打算一探究竟。

當天，我很早便出發乘搭地鐵到觀塘。離開地鐵站後，放眼看去，左邊是高聳入雲又新穎的辦公大樓。大廈的外觀幾乎是由玻璃組成，高大又壯觀，給人的感覺置身於一個非常發達和高尚的地方，右邊卻是殘破不堪又密集的舊樓。外牆幾乎都已褪色了，而且外型都參差不齊，有的又矮又小，有的又高又闊。密集的舊樓宇給我感覺被包圍了。相隔一條馬路已經是兩種階層的地方。接着我便往舊區的方向出發。

在舊區最外層的街道，我們還依然可看到許多人，旁邊大多數也是一些大型連鎖餐廳及少量外牆被翻新過的舊樓，樓上掛着很多懷舊古老的招牌，當我再慢慢步入舊區，街上的人便越來越少，而且都是一些較年邁的老人。路口開始越來越窄，兩旁旁既矮小又殘舊的樓為街道增添多一份壓迫感，樓宇的外牆充滿裂痕，牆壁的油漆有些嚴重的褪色，有些甚至脫落，還有些被人用噴漆在上面塗鴉。沿途上，可以找到一些雜貨店、典當店、五金和水電店，在店內一看琳琅滿目的貨品放滿了整間店，麻雀雖小，但五臟俱全。走進店內除了店主便空無一人了，但他們卻十分熱情，在街上光顧的人大多是區內的居民和熟客，在店外也能聽到他們談笑。

再轉過街角後，只剩下一些工廠和空着的舖位，從工廠外面看進去，內裏一片死寂，剩下一堆工業廢料，什麼也沒有了。

經歷這次的舊區遊歷後，我猶如乘載着數十年前的時光機回到舊時的香港，親身來到舊區探索，比起在電視和網上看到的更有意思。在街上步行時聽見許多談笑聲和細小的店舖會感受到懷舊和充滿人情味的氛圍。這些感受都是我們在日常逛街時感受不到的，隨着時代的轉變，人情世故不再，重建和清拆究竟帶走了多少傳統和歷史回憶？

舊區見聞

4C 歐琳



我見過繁華鬧市的鮮衣，卻不曾聽聞城市背景的無聲。人們常說香港是一個國際大都市，他們訴說着維港兩岸的五光十色，讚賞着環球貿易廣場的鬼斧神工。然而，好像沒有人向我介紹過香港的舊社區。於是我奮然起程，隻身前往觀塘舊社區。

我第一次站在康寧道的路口，兩旁的唐樓紛紛迎接我。斑駁陸離的景色有別於中環清一色的玻璃幕牆，鏽跡斑斑的鐵欄也擋不住我想探究其中的心情。我沿着橫街走，一路都是舊唐樓。大門是單推拉鐵門，有些甚至沒有大門，一眼望去便是樓梯。再走上前，霓虹燈牌下是一個個小攤檔，有小食檔、雜報檔、傘舖，形形色色的開滿了一路。攤檔的外觀令人產生一種懷舊的感覺，但又有少許新穎。看得出來是翻新過，又有油漆褪色。令人感到這是歲月的痕跡。路人與攤主的臉上始終掛着笑容，甚至聽到可送可賒的交易。這也許是我久違地能觸碰到的本土地道的街坊人情味，我不禁嘆然，遲些商廈林立的裕民坊是否仍有同一番景象？

走到唐樓區盡頭，便是瑞和街街市，這是一個露天街市，熙來攘往的人群停停歇歇。有些人與檔主笑談，也有些人在辛勞地搬運貨品，忙亂之中卻不見一絲埋怨，搬運一箱又一箱的工人被行人禮讓。排隊的街坊亦體諒檔主的不易，耐心地等候結帳。甚至有店主讓清潔街道的叔叔姨姨到簷下遮陽休息。我見識到這舊城區真的充滿着溫暖，在忙碌的都市生活下，實屬罕見。

再往前走一段路，視野豁然開朗，我回望先前走過的路，街坊們正接力掛起燈飾，迎接中秋節的到來。他們似乎相處已久，那是一片其樂融融的景象，稚童在燈帶下追逐，老人則在下棋。轉眼到了黃昏，萬家燈火比天上的星星更為閃耀。舊區牆身的磚瓦亦令景致添上一層年代感。抬頭望見一幢幢外牆殘舊不堪，日久失修的唐樓。樓底的鐵門早已生鏽，油漆亦剝落裂開。可這些都不及此處的人情味一街坊價的生意，照顧耆稚的敬愛之舉，是社區沉澱多年的寶物。

經由此次遊歷，我認識到本港原汁原味的生活和人情味。我們一味渴望發揮香港金融，美食的特點，卻無情地鏟走本土最為動人的人情味。裕民坊便是例子，我感到十分惋惜。我又回想，香港的

舊社區常常被人遺忘唾棄，說它跟不上時代發展。可我認為，舊社區的那份溫暖，陸離的景象，充斥空氣的人情味，才是香港的一個時代印記。

「無用」與「大用」

4D1 何俊熙



「無用」與「大用」這兩者是隨環境、時間、人物、事件所定的。我們眼前所見的無用，說不定在別處是大有用途的。任何事物都不是永久無用，例如在熱帶雨林中，雨水資源充足，當地生活的人自然會覺得雨水是無用的。而在乾燥的沙漠，雨水對當地生活的人而言，是必需品，所以雨水也可以是「大用」的。這樣看來，「無用」與「大用」，我們都無法主觀地去定義它們。

比起斟酌於何謂「無用」與「大用」，我們更應該着重於做好本份，成就自我。當母親生育我們時，父母又何曾想過眼前的嬰兒對他們而言，是一種負擔或是一種享受呢？當父母供我們讀書時，他們又何曾要求我們將來必須要成功呢？「無用」與「大用」只是一個循環，就如海浪一般，一浪接一浪。要是過於執着於「無用」及「大用」，那麼有很多情況都是無法解釋的。小朋友只管吃喝玩樂，難道他們是無用的嗎？資質優秀的青年，難道他們一輩子都只會成功嗎？不，凡事並沒有絕對。若自覺是個「無用之人」，那就通過後天的努力讓自己成為「大用之人」吧！努力過頭的話，就讓自己休息下吧！畢竟休息是為了走更遠的路。一時爭取，一時放下，這才是人生主旨。

我認為判斷是非。不應只看同一面，而是要顧全大局。無用的爛泥，也有其獨特的用處。泥濘可用於蓋牆。它在經過風乾加固後，便成為了一堵堅固的牆。無用的朽木，也可充當柴木，作生火之用。不起眼的煤炭，在受到土壤的長期壓力下，也能化身成奪目的鑽石。我們無時無刻都處身在變化中，歷史上也沒有任何王朝是永存的。所以，我們隨時要保持中庸，靈活變通地判斷是非。

「無用」與「大用」的探討，讓我得出了一個結論，那就是「以不變應萬變，以萬變應不變」。在這個變幻莫測的世界，能夠堅守節操的人是難能可貴的。因為他們置身亂世，仍能保持中庸，靈活變通。

「無用」與「大用」的判斷並不重要，只要我們積極做人，這便足夠了。然而，在發憤圖強的同時，我們亦要銘記休息的重要性。

人生的抉擇

4D1 郭巧瑩



人的一辈子有許多事情要去面對。例如：當你跑步摔倒時，你是否還能忍著疼痛堅強地站起來；當同學一聲聲的嘲笑向你襲來時，你是否還能從容地去面對他們；當別人無意傷害你時，你是否還能微笑著回應他：你不介意；當你瀕臨悲傷時，你是否還能勇敢地走向樂觀……

面對這種種抉擇時，我們可能早已感到迷茫，可能從那時起的內心就早已錯亂。但也已經淪落到這田地了，你若是執意地躲避，根本沒用，因為這樣只會讓自己更累……

將故事的琴弦撥回那次考試之後，依稀記得那會兒，面對我的是一張張失敗的考卷，給予我的是家長的批評與指責，老師打的鮮紅的交叉，彷彿一張巨大的網，把我囚住。那時候我的內心暗暗地詢問自己：我為何如此無能？我為何怎麼也學不好？我為何屢屢失敗？我到底有否真正的努力呢？難道說，這是上天早已安排了我必定會輸嗎？我的內心霎時很是煩亂，突然間，有三扇不同的門油然出現在我眼前，那是通往不同道路的門。

第一扇門是：放棄吧！放棄就不會那麼累了。第二扇門是：躲避吧！去欺騙自己、蒙蔽自己的雙眼、堵住自己的雙耳。第三扇門是：堅持吧！堅信自己的信念，堅信一次的失敗是指自己距離成功又近了一步，常懷著初心，堅信自己就總能見著彩虹。

經過了內心的一番交戰後，我說服了自己，我毅然選擇了走第三條路，我選擇了堅信自己的內心，哪怕前方的道路早已滿佈荊棘，我也會勇敢且樂觀地走下去。我想：失敗並不可怕，可怕的是自身的懦弱，從而退縮而不敢去面對與嘗試罷了。

其後，皇天不負有心人，如我所願，在下一次的考試中，我成績提升了！雖然其幅度並沒有十分的顯著，但這顯然是個良好的起步了！

有時候，抉擇是一種痛苦，痛苦得令你不堪回首；有時候，抉擇是一種甜蜜，甜蜜得令你體會成功的喜悅；有時候，抉擇是一種猶豫，令你的內心感到五味雜陳！

人的一生中，往往會有許多許多讓你後悔的事情，而這些後悔的前面必定也會有一粒猶豫的棋子，正所謂：一步錯，步步錯。但無論是痛苦也好，甜蜜也罷。失敗了，那就站起來，只要你用心去抉擇，那麼即使是失敗，是打擊，還是甜蜜，你的心靈也將感到安慰。相信吧，只要你用心抉擇了，那就絕對不會後悔！讓我們一起為自己選擇一條對自己有助的道路吧！

人生的抉擇

4D1 陳智樞



「人生的抉擇」每個人的人生中都會有這麼一兩個的重大抉擇，而這些重大抉擇是非常慎重的去決定，正所謂「一失足成千古恨」，可能做錯一個決定便鑄成大錯，令自己後悔，影響自己的一生。所以我們無論做任何決定，都要謹慎地決定，免得害自己一生。

就好比現代社會，大家都經歷過的讀書時代，在這個時代中，會有許多人選擇讀書。也會有許多人選擇不讀書，這時抉擇便出來了。若果您選擇讀書，你會一直努力下去，盡力多吸收知識，嘗試許多不同的新事物，所以這會讓你在以後的人生路上，通暢許多。過得如行雲流水般順利。但如果你選擇不讀書不努力，只想隨便敷衍過去的話，你的人生只會比其他有讀書的人艱辛，困難很多，受的挫折也會多很多。所以作出選擇時，一定要謹慎考慮，別讓自己的一時決定，而影響自己的未來，自己的一生。

這情況好比《岳陽樓記》的作者—范仲淹一樣，在面對人生的抉擇時，謹慎地抉擇。范仲淹因提倡改革而被貶謫，在政治上遭受無情的打擊。在這時他有兩個選擇放在他眼前，一是以消極態度去度過自己的一生，成為遷客騷人。二是以積極，甘之如飴的態度去面對。這兩個抉擇中，范仲淹選擇了後者，以「不以物喜不以己悲」的態度去處世，以「先天下之憂而憂，後天下之樂而樂」。為他的人生抱負，所以就是這樣積極的處世態度，使范仲淹流芳百世，名留千古，受後

世景仰。但相反，若果范仲淹沒有積極處世，反而以消極的態度面對的話，他只會成為歷史上一位被貶謫，寂寂無名的官員。不會有許多人認識他，所以由此可見，在面對人生的抉擇時，是要以積極，甘之如飴的態度去面對，而不是以消極，低沉的態度面對。

總括而言，在面對人生的各種抉擇，是小或是大，都要謹慎，而且無論是好是壞，都不能以消極低沉的態度面對，要以積極，甘之如飴的態度面對。因為稍有不慎，可能選擇錯誤，便使往後的人生都過得艱苦，困難，而且不會再感歡樂，因為你不是用積極，快樂的態度來面對的。

向老師致敬

4D1 邵君隆



古語云：「千里馬常有，而伯樂不常有。」老師和學生亦是如此，一粒種子即使潛質再好，缺少了水份、陽光和肥料的幫助，最終只會在乾旱的泥土裡化為塵埃。

老師，你還記得嗎？是你啟發了弱小無助的我。在我感到害怕和陌生時，是那顆像太陽一樣溫暖的心，毫無預警地闖入了我的生活。膽小內向的我在你的影響下漸漸開朗，我開始不再內向，不再把所有悲與喜埋藏在心裡，我學會了如何和他人分享喜悅，也懂得如何收斂自己的消極。

是你在我感到無力、疲累、停滯不前時，不停地鞭策我。你所帶來的壓力很突然，脆弱的我沒走幾步就已經跌倒，推到我的人是你，但扶起我的人卻又是你。你給我的考驗刀刀致命，每次都能精準地重擊我的弱點和要害。痛苦，真的好痛苦，即使痛苦，一向仁慈的你卻要我繼續受苦，不過我不能放棄也不想放棄，我明白的，這全都是為了我好。你曾經告訴我：「一個人的內心是否堅強，不是說他走了多遠跑得多快，而是取決於他跌倒了多次，又站起來了多少次，承受痛苦和壓力繼續前行，在人生的道路上，留下自己曾經努力過的足跡。」於是我咬緊牙關，應付了一次又一次的挫折。開心，真的好開心，甚至沾沾自喜，而你告訴我這只是人生的一個小印記，路仍然很漫長，不能因驕傲自負而放下腳步，唯有虛心學習才能走得更遠，見識更多

不同的風景，於是我學會了謙虛，不張揚自己的長處，向他人請教自己的短處。

是你賜了勇氣給我，在我面對陌生或不熟悉時，是你在我的身旁為我打氣，鼓勵我主動挑戰而不是退縮，你告訴我：「人生苦短，有幾可會遇上這些難題？你可以選擇迴避，但換來的是一世的後悔。既然如此，為什麼不主動嘗試？至少你努力過，便不會留下遺憾了。」於是我懂得主動嘗試，至少不輕易退縮。

我資質平庸，悟性也不高，只不過是隨處可見、平平無奇的一粒種子罷了，明明可以省下心機，令自己過得更舒適些，然而這個園丁卻依然選擇細心栽培我，不論動機為何，我都萬分感激。謝謝你，我的老師——辛勤的園丁。

壓力等於動力？

4D1 蔡栢軒



在生活中，每一個人都會有不同程度的壓力，不論這些壓力是來自工作、家庭、社會抑或是我們身處的學校，面對壓力時，解決方法和態度非常重要，有些人頂著壓力，即使被壓得喘不過氣來，也不輕言放棄，這便成功把壓力轉化為動力。相反，有些人看到了壓力後卻選擇逃之夭夭，壓力雖然消失了，但同樣也沒有動力。

在生活中，壓力與動力的關係形影不離，有壓力就會有動力，越大壓力，便會有越大的動力，但是人們承受壓力的程度也有一個極限，壓力並不能無限的大，越大壓力的人便會有越大機會被壓力打低，因此我們必須正確地面對壓力，不可過少或過多，而是從中取一個自己的平衡。

在我的日常生活中，最近這段時間面臨最大的壓力務必是來自學校，學校裏每人都擔任不同的角色，作為學生的我，面對大量的功課、小測、測考、比賽，無疑壓力便會隨之而成。就如有時不同的老師在同一天給予學生大量的功課，而且次日便要繳交，時間緊迫，工作量大，在壓力之下，把壓力換作動力，為了能夠早一點睡覺，便在幾小時內把一份又一份的功課完成。從此可見，人們的動力大小是取決於

人們的目標以及壓力的大小，有時人們的潛力也會使用出來，換來工作的動力和熱情，然後便順利地完成各項任務。

有時動力除了來自壓力外，還來自責任所帶來的壓力。李嘉誠這一名字相信對大部分香港市民都絕不陌生，他是香港財富的象徵，別看他現在視金錢如糞土。原來他自小失去了父親。他和妹妹跟著母親投靠舅舅。雖然他的舅舅也是一個富翁。李嘉誠本可以靠著舅舅衣食無憂，但李嘉誠不用靠他人，他想負起責任，獨力撐起這個家，三人的生活支出無疑是個巨大的壓力，在巨大壓力下，李嘉誠決定早起晚睡，努力在社會打拼，他性格勤快，很快得到各公司老闆的賞識，就是這樣一步一步在壓力下行走，他終於從一個窮小子，走到一個令香港七百萬人民羨慕的巨商。懂得將壓力化為動力的人能夠脫貧致富，假如李先生小時侯生活優越，坐享現時財富，沒有任何壓力，沒有責任，沒有負擔，他定必不能成為現今家喻戶曉的成功人士。

壓力對意志堅定的人產生著一定的作用，就如興奮劑一般，人們為達到目標不停的奮鬥，壓力有好的一面，當然少不了壞的一面，對一些容易被壓力嚇到的人來說，壓力並不會化為動力，他們也不會有成功的一天。

論仁

4D1 鄧騰隆

仁這一字可謂濃縮中華文化五千年，集品德言行舉止至大成。既要論仁，便定要從孔子論起。

首先，孔子並不是從一開始就明白仁。正因如此，孔子回答自己學生對仁的疑問，都以因材施教。因應對象的資質和本性，給予不同的見解。樊遲問仁，孔子答：「愛人」；又問仁，答：「居處恭，執事忠，與人忠」。相比顏淵問仁，孔子回應：「克己復禮」予顏淵自己探究，顏淵不明白他的意思追問孔子，孔子方才說出「非禮勿視、非禮勿聽、非禮勿言，非禮勿動」。可見孔子給予顏淵的答案較抽象，他對顏淵有高要求。相比孔子知道樊遲愚鈍，便直接教育他成仁的方法，就是愛人和修德。而孔子期望顏淵是以符合禮，一刻都不得違背仁，克制自己的惡性，從而回歸到自然的天性。雖然孔子給出了不同的答案，但究其根本就是要符合禮，



以禮律己，依禮待人處事。在樂禮崩壞時期，孔子依禮而行，使自己的行為合於禮，先成仁再過渡為聖人。

其次，仁者除了克己，待人更要合於禮。孔子認為在人際關係中達到仁的條件，最基本是要做到「己所不欲，勿施於人」，更要「己欲立而立人，己欲達而達人」。自己不願承擔的事不強迫他人去做，自己無能為力的事更不能要求他人去做。更甚者是具有寬廣的胸襟，聖人則能海納百川。仁者愛人是具備惻隱之心，才能與人產生情感共鳴，是心胸友愛才能平心地尊重他人、體諒他人、理解他人。在理解「己欲立而立人，己欲達而達人」之前，我們需要釐清孔子對「達」的看法。「達」是指顯達即是富貴，子曰：「富與貴，是人之所欲也，不以其道得之，不處也。」由此孔子並不反對人渴求富有和尊貴，先決條件是以正當手段得到的富貴才接受，即是要合於禮。子貢求問孔子，假如有人廣施恩惠，拯救民眾，算得上是仁人嗎？答：「何事於仁，必也聖乎！」從這一則中，我們便可得知「己欲立而立人，己欲達而達人」的真正用意。孔子希望人人都能成為仁人，不斷提升自己的能力，使自己沒有「己所不欲」的無能，與「勿施於人」背馳，自發地樂意幫助他人。只要做到了這些，達則兼善天下，便具備了成仁的條件。

最後，孔子以自己的生平論證了仁的重要性。孔子一生顛沛流離，仕途上處處碰壁，一身學問無人採納，他主張「天下大同」的期望也隨疾病一同逝去。天下大同的社會則是「一日克己復禮，天下歸仁焉」最好的詮釋。人人都能友愛互助共存，家家戶戶安居樂業。人與人之間沒有歧視，鄰里間沒有爭拗，國與國之間沒有戰爭，天下人互相尊重地相處。更以天下為公，由天下人去選出領袖，制定秩序，各盡所能地維護社會穩定。但是，孔子一生都在推崇仁和完善道德，仁即代表了現今的道德，禮則代表了現今的法律和秩序。在春秋動盪的二百年間，秩序早已亂套，人民的信念早已殆盡了。孔子雖懷才不遇，卻在百家爭鳴時逆出受世人推崇，更影響了現代中華文化。這也體現出儒家思想的高超以及高明。

孔子的仁教和禮說，奠定了中華大地的精神內核。為人要從友愛出發，有能力的要幫助他人，學習到的知識要教授他人。正如《孟子》所言：「窮則獨善其身，達則兼濟天下」。現代中國人應有這種抱負，修身、齊家、平天下。向著美好未來，並肩前行。

總有一種聲音讓我淚流滿

4D1 謝育嫻



隨著時光不斷的流逝，日復一日，那種聲音仍然時常在我耳邊出現，使我淚流滿面，懷念昔日的光陰。

對每個人來說，媽媽都是人們心目中的偉人。每一位媽媽十月懷胎後，奉獻自己光輝的歲月，含辛茹苦地養育自己的兒女，只盼望他們能健康地成長。而我的媽媽也不例外，她悉心照料我，見證我從年少無知的小孩長大成色彩繽紛的花兒，緊緊相伴了十二年。可是，在我小學六年級時，媽媽因車禍意外，離我而去了。

遙想起那一天的晚上，我為了小五的呈分試埋頭苦幹地溫習英文。看着那些摸不着頭的書本，我總是垂頭喪氣的，媽媽見狀卻坐我的旁邊，把手搭在我的肩膀，以溫柔、親切的聲音逐字逐句教導朗讀和拼寫英文詞彙。她來到我身旁的那一瞬間，雪中送炭，我心裏感受到無比的溫暖。即使媽媽不是專業的教師，也沒有老師豐富的經驗，但我卻能從她的話中學懂了許多課外知識，並給予我支持和鼓勵。經過這三小時不斷的溫習，媽媽說：「辛苦了！女兒，你遇到困難時，我會在你的身旁支持你。學習是不容易的，但只要堅持着相信你必定能考取好成績。」此時，她更緊握著我雙手，我的眼淚不知不覺充滿了眼眶，我的視線變得越來越模糊。媽媽的支持成為了我的動力，促使我每天辛勤地溫習英文，希望能填補我英文能力的不足。每當我遇上困境，承受壓力時，媽媽總是默默在我的身後支持和鼓勵我，她跟我說的那一番話到現在仍歷歷在目。

在我小時候，活潑好動的弟弟常拿我深愛的玩具。每當我們互相拉扯時，差點兒弟弟就打到我了。我忍不住流下淚水，一直哭着，淚雨似雷雨下的。此時，一眾親朋戚友說：「你是姐姐，你應讓給弟弟吧！不要欺負弟弟。」他們只會盲目地幫助年幼的弟弟，我既無奈，又委屈地想着：「我沒有跟弟弟搶玩具，也不是我的錯。」親朋戚友總是罵罵咧咧地責怪我，媽媽便立刻走到我的身旁緊緊擁抱著我，撫摸著我的頭安慰我，默默地坐在我身邊直至我沒有再哭了。她還說：「不要執著人們的話，儘管如此，我也會永遠在你背後，跟你一起承受人們的閒言閒語。」在我遇上困境時，媽媽總是說着那一番話，讓我從無盡的谷底，走到上坡的路上。直至現在，當我感到無助時，這

種聲音都會陪伴著我。

儘管我未能牽著媽媽的手度過人生中不同的階段，也無法再次真實地感受到你厚重的溫暖，但我深信她仍然默默地支持著我，成為我心中最強大的後盾，給予我堅持和勇氣。她一直不厭其煩地教導我許多人生道理，只期望終有一天我能獨自克服種種的難關。每當我遇上困境時，她不時也會在我的夢中說那一番話。她那無比的愛，使我流下一滴一滴的眼淚。如今，即使我們的距離相隔萬重山，但我們之間的愛總是在一起，跨越世間一切障礙。

傾訴與傾聽

4D 黃恩佟



「傾訴」即是向身邊人傾吐出自己的心底話，「傾聽」則是細心地聆聽對方的說話和感受。兩者只有一字之差，卻有着密不可分的關係，就如一對相吸的磁石，彼此不可或缺。

假若傾訴者失去了傾聽者，那麼傾訴也不再是傾訴，僅是一個沒有感情，沒有靈魂的說話機器罷了。一位真正的傾聽者能夠賦予傾訴的意義，許多人會問怎樣才能稱得上負責的傾聽者？根據字面上的意思，傾聽即是聆聽。但這顯然是表面的功夫，實則上我們不但要具備耳朵，還需要一雙眼睛，一個嘴巴，一顆心。

一雙清澈的眼眸，自然能留意傾訴者的喜怒哀樂，對方變幻莫測的情緒，或喜或悲的神色，按捺不住的喜悅，淚如雨下的哭泣，以上皆是從傾訴者身上可看見的細節。或許有時候傾訴者會介意我們作為傾聽時的專注力，我們並非一定目不轉睛，並非用華麗的詞藻和感人的話語安慰對方，但注視他們，在意他們，正能讓他們感受到尊重和放鬆。與此同時，注視的一瞬能夠察覺出對方臉上的表情變化，也許未能吐露出的心聲，就在暗暗地呈現在他們的眼耳口鼻中。由此可見，眼睛的觀察亦是傾聽的一種。

一個善於回應的嘴巴，或是一個緊閉的嘴巴，對傾聽者而言是十分重要的。一切視乎實際情況，倘若對方需要我們的回應，我們當然要讓他們感受到重視，否則就像對著一片牆壁無力地訴說。但是，過

急於安慰也不是一件好事，我們是融入對方的情感，將心比心，所以在完全理解對方感受及了解事情的全貌前，切記不能跟著痛罵他人或是敷衍和應以為取悅對方，這只會加劇傾訴著強烈的情緒。簡單而言，適當的時候說適當的話，用嘴巴附和耳朵，亦是可觀的傾聽。

最後，一顆真誠的心是最為可貴的，隨著時代的轉變，人們似乎忽略了傾聽的關鍵之最。來自傾訴者滔滔不絕的話語，一浪接一浪的真實心聲，你有否用心傾聽對方的情緒，感受對方的感受呢？一位傾訴者肯脫下外在的面具，輕輕講述著自己的故事是多大的勇氣和對傾聽者的信任。當他們能交托出隱藏於內心的小秘密時，我們也是否應該付出真心去傾聽他們心中的 喊呢？言語只不過是一種媒介，兩個靈魂之間的交流才是人生中的寶貴財庫。

一對相吸的磁石，又怎能分開呢？沒有傾聽，又哪來的傾訴，沒有傾訴，又哪來的傾聽。傾聽豐富了傾訴的意義，更是人生的意義。傾聽的過程，我們贏得摯友的真情和信任，收穫汲取的經驗和知識。

懷敬畏之心悟自然之道

4D 褚泓峰



大自然它總是變化莫測的，有時候會像母親般溫柔敦厚，有時候會像猛獸般凶惡無比，有時候會像聖人般仁慈。大自然，就像是美的使者，又彷彿像充滿智慧的聖人。它會用豐富多樣的語言向我們詮釋大自然美的地方，讓我們憧憬大自然。大自然，同樣是惡的使者，它好像來自地獄的惡魔。它會不知不覺間破壞很多幸福美滿的家庭。

人與自然的關係就像小丑魚不能沒有海葵，是一種共生的關係，一榮俱榮，一損俱損。一旦大自然遠離我們，後果將會不堪設想。在現代的社會，人們常常以為科技發展到一定程度就不必敬畏大自然了，以為可以人定勝天但其實不盡然，我們不停地向大自然索取資源，卻很少想到要保護大自然。大自然已經被我們弄得千瘡百孔，若我們現在不再保護大自然，大自然將不復存在。

老子曾說過：「人法地、地法天、天法道、道法自然」萬物都有他存在的意義，每樣東西都可以互補不足，如果我們一味索取而

不懂得去補償的話，大自然很快作出相應的措施。我們生活上的種種設施都離不開大自然的饋贈，大自然給人類帶來的好處有很多，其中之一就是提供讓人類存在並發展的環境。這個環境可以滿足人類的基本生存需要，如飲食、安身、日照等，也可以滿足人類的社會發展需要如礦物資源、生物資源、太陽能量等。人類要存在必須靠大自然，人類歷史要往前發展，還是要靠大自然，這就是大自然給人類的好處，或者說大自然就是人類的根本。

大自然是仁慈的，也是凶狠的，它可以容忍我們不停地向他索取，但同時他也帶給我們很多災難，例如印度鼠疫大流行，孟加拉國大水災，秘魯大雪崩，唐山大地震。而當中最讓我們熟知的就是唐山大地震，1976年7月28日在唐山發生了7.8級地震，大地震造成的危害令二十多萬多人死亡，十多萬重傷，他們很有可能會終身殘廢，七千多個家庭全家震亡，上萬家庭遭受解體，四千多人成為孤兒，過著流離失所，無家可歸的日子。從這些文字足以見得當時的情景有多麼慘烈。可見大自然既是天使也是惡魔。大自然從來不是我們人類可以藐視的，這個例子足以令我們明白要懷著敬畏的心去看待大自然。

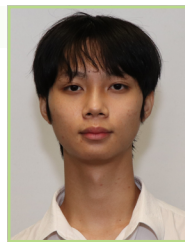
大自然賦予了人類許許多多，但也令人類失去好多。不論是家庭、友情，還是財物的損失，人類都失去好多。從這可以看出人類的科技再發達也不是大自然的對手，我們只能減少人類的傷亡。雖然大自然帶給我們很多悲傷，但同時他也帶來好處。所以我們要懷敬畏之心去看待自然。

美麗香港

4D 王偉權

新的一年，新的開始，我獨自去維多利亞港觀賞煙花。這是一個不冷不熱的晚上，傍晚的微風輕輕拂過我的臉頰，是溫柔的，它好像知道過去一年我的不幸和孤獨，想把我的傷痛撫平。過去的一年疫情發生得太突然，有很多人因病去世，我的爺爺也是如此。

一路上，我看著許多其樂融融的家庭，有左手拉著爸爸，右手拉著媽媽的孩子，有騎在爸爸肩膀上的，也有推著走不動路的老父的兒



子。每個家庭都很融洽、溫暖和友愛。而我就這麼看著，孤單單地看著。路上有一個小女孩突然大哭起來「媽媽！爸爸！你們在哪裡？你們在哪裡？」她可憐地喊著。正當我猶豫要不要管這門閒事時，已經有人上前幫她了，一個男子上前問道：「你怎麼了？和爸爸媽媽走散了嗎？你知道他們的電話號碼嗎？」一陣子後，那小女孩的父母趕到現場，連忙道謝。我內心百感交集，感歎香港人的善心，無需警察，市民互相幫助，打造了一個美好友愛的城市。

煙花即將開始了，雖然人頭湧動，但是每一個都非常有秩序，大家不爭不搶地找自己的位置。雖然人流非常大，但是每一個人都戴著口罩，保持個人衛生。大家都知道疫情的可怕。為了不把病毒擴散開，大家都同心協力一起遵守規則，戴好口罩。

「咻——呼！」煙花匯演開始了大家注視著維港的景色，煙花的聲音逐漸被人們的喧嘩聲覆蓋，那又大又閃耀的煙花緊緊吸著每個人的眼眸，那景色雖然只存在一瞬間，但是沒有人因為煙花的消逝而感到悲傷，它的存在價值就是這樣而已，它沒有消失，它只是換了一種形式存在每一個人的腦海裡。那背後的高樓作為背景襯搭，更是讓這美麗的景色更上一層樓。高樓的香港繁榮的象征。無數的明燈在高樓大廈發出的光芒璀璨，而那些高聳入雲的璀璨的高樓大廈不是由許許多多的香港人建築而成的嗎？他們讓這個美麗的海港襯托著香港這個繁華的大城市，令她更豐富，更有色彩。身為香港人的我感到非常自豪。一支支煙花呼嘯著衝上空中，翻出五光十色的形狀，如怒放的菊花，如燦爛的笑臉……人們發出此伏彼起的驚歎聲、歡呼聲。

最後一顆煙花射完，隨著煙花一聲巨響後，人們隨著煙花的落幕而安靜下來，四周一片寂靜，剩下的只有空氣中飄來的一股火藥的氣味。大家回味剛才那燦爛的煙花，帶著一臉的滿足，慢慢的一群群離開了。我也開始離開，迎面而來的是一些清潔工人。我默默看著他們的背影，他們正走向剛才人們聚集的地方，應該是去做清潔工作的。除了香港人，還有不少遊客都說香港是一個十分乾淨的地方。那是因為地上的垃圾會被清潔工人快速掃走，他們一直如此，默默地工作著，守護著這美麗的香港。

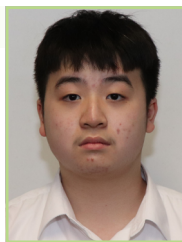
路上，人們有說有笑，可能歡快地分享著今天發生的趣事。雖然香港不少地方都是遊人如鯽，但是由於交通系統非常完善，四通八達，巴士、小巴、的士、地鐵、渡輪……剛才還聚集的人流很快便消失了，一條又一條的道路，一個又一個的站，這些全部都是由建築工人建造的。每樣公共交通工具都設有關愛座，大多階梯都有扶手，每一個細

節都非常有愛心。

我挺起胸膛，微風拂過，竟然有春風般的和暖。過去的一年或許有一些不開心，但不要緊，因為已經過去。香港是我們的家，讓我們一起努力，守望相助的，讓她變得更乾淨、更繁榮、更溫暖。新的一年，願這美好香港一起創建。

時間會記得哪些事？

4D 陳進皓



今天，父親昔日的家即將拆除，他便把我帶來這裏，來探望這名命不久矣的老朋友。那是一棟破爛不堪和與時代脫節的屋邨，它與四周密集和光鮮亮麗的屋邨格格不入，猶如在一群西裝革履的人羣中混入一名乞丐一樣。不久，父親便帶著我離開，與這個老朋友永別了，他在離別時低語：「時間會記得哪些事呢？」

回到家後，我問父親：「你以前居住在那殘舊的地方嗎？」父親便回答：「有時候你看到的，並不是全部，可能只是當中的冰山一角。剛才也許你只看到它的不堪，可是你知道它昔日的風光嗎？」父親一句接一句，都是圍繞着那屋邨的內容，向我分享它昔日的光彩和點滴。

我一邊細心聆聽着父親的分享，一邊想像着父親有關它的描述。頓時，一個充滿特色和人們歡聲笑語的屋邨景象浮現在我的腦海中。我看見了一羣孩童在屋村的空地中，他們好像在玩捉迷藏，一大半的孩童向着不同的地方奔去，他們東躲西藏，玩了一個又一個地方躲藏，各自尋找心中最佳的躲藏位置，他們有的躲藏於樹後、滑梯內和草叢之中，而剩下的一部份孩童則是以獵人的身份尋找獵物，獵人所過之處，躲藏在附近的孩童都顫抖起來了。突然一雙手從樹後出現，把那名躲藏在樹後的孩童捉住，把那孩童嚇得大叫一聲，而四周的孩童見此情形，也紛紛大笑起來，於是他們都很快便被獵人發現了。唯一不變的是空氣中仍然充滿着他們的歡聲笑語，他們的笑聲久久未停，時間彷彿靜止起來了。不知多久後，天色已經昏暗，他們這才依依不捨地離去。

同一時間，在屋邨中最为熱鬧的晚餐時間也都來了，與現今老死不相往來不同，在屋邨中的人們會邀請鄰居共同進食晚餐，亦時常向周遭的鄰居借油鹽糖。他們不分彼此，說是一個鄰居，我更認為他們是彼此的親人和朋友，也許這就是所謂的「人情味」吧！他們總是有說有笑，無所不談，甚至比親人之間的親密程度有過之而無不及，而這些行為在鄰居之間比比皆是隨處可見。在屋邨中，人們和鄰居的感情深厚，猶如兄弟姐妹般。可惜這些已經不復存在了，消失於歲月之中。

在當今社會中，不論是孩童的歡聲笑語，還是與鄰居之間的「人情味」也不復存在了，消失得無影無蹤，無法復刻。因為不論是孩童們，還是人們和鄰居也一樣發生了巨變。

孩童們不再歡樂，成為家長們的「工具」和「學習機器」，他們的童年已經扭曲和不存在了。人們和鄰居也沒有任何交集，對各自來說都是陌生人，甚至連點頭之交也算不上，昔日的「人情味」已慢慢遠去了，變得淡而無味。這些珍貴和美好的事物只能存在於冰冷的紙張上和腦海中，逐漸地失去色彩，直至變得透明，消失於這個世界之中，真是可惜啊！

不論是人還是建築，總會有一天消失，歲月真是一把「豬肉刀」，再美好的東西到底還是敵不過它的摧殘。究竟時間會記得那些事呢？

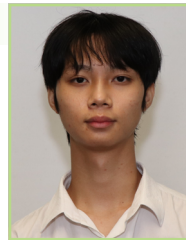
時間會記得哪些事？

4D 王偉權

沿途的風景搖搖晃晃地出現在我眼前，一路上的風景與兒時相差甚遠。

還記得小的時候，我在爺爺奶奶的屋邨裡度過我的童年，好在我的童年沒有手機和電腦，讓我有更多美好的回憶。我回來了——快樂邨。

我隨著那模糊的記憶走，這裡承載著許多我的快樂，但這是過去的事了，如今也想不起究竟那時候的我是如何找到那些快樂的，現在長大後再也不能和兒時一樣簡單的找到快樂了。在小的時候，一百元



是想都不敢想的天價，有一個十元的機器人，也足夠我到邨上的公園上和小夥伴炫耀幾個月了，那是多麼的威風，現在即使有了幾千元的最新型號手機，也威風不起來，也快樂不起來……快樂來的是如此匆促而又走得如此安靜。

路上的小孩有部分已經拿著手機成為「低頭族」了，我為他們感到可惜，他們往後十年回顧童年的時候只能想起一堆電子圖案，這就相當童年少了一大部分，唉！真是可悲！明明公園的兒童遊樂場已經翻新了，可是上面卻沒看到半個人影。翻新的公園看起來非常小、非常小，不知是翻新縮小了範圍，還是說我已經不同於過去了呢？這既陌生又熟悉的環境，我不禁歎息。

還記得鄰居的小孩叫阿明，他是我唯一記得名字的兒時玩伴，每次去公園玩都會叫上他。最深刻的還是那件事。有一次我如常找阿明去公園玩耍，在門口我聽到閘門傳出阿明的慘叫聲。我一下子慌了起來。突然門開了，是阿明媽媽，嚇得我快尿出來了，阿明被翻在沙發上屁股有一紅色的手掌印子。後來再我找機會問阿明，他才羞恥的告訴我真相。原來他最近開始喜歡上了一個女孩子，為了引起她的注意，他去欺負那個女孩子，被她的家長看到了，氣得對方家長上門投訴。然後就受罰打屁股了。最後我帶阿明去找那個女孩子，告訴她實情並道歉後，事情才慢慢平息的。

本想難得回來一次，去找阿明敘敘舊，可是一直按門鈴都沒反應。爺爺可能想起了什麼了開口說：「阿明一家已經搬走了，現在那房子都沒人住了。」欲買桂花同載酒，終不似，少年遊。真是可惜，我那黃金一般珍貴的童年，那份只屬於我們的寶藏，唉，再也回不去了。

時候到了，爺爺牽著我的手帶我去見奶奶，走啊走，走啊走，長路漫漫，真希望這條路能一直走下去啊。爺爺的手已經皺褶得像一苦瓜的表皮，像苦瓜的不止爺爺的手，還有我的心，看著現在我的手，還比爺爺的要大，內心就苦苦的很不是滋味，他還是把我當小孩子一樣牽著走，明明我也已經這麼大了。

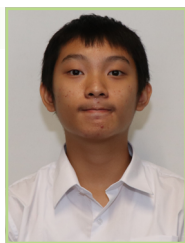
自從奶奶意外離開後，爺爺就一個人在快樂邨孤單的守護著奶奶。父親已經好幾次勸爺爺搬來我們家住，他卻一次又一次拒絕了。因為奶奶和爺爺本是這條邨的一對青梅竹馬。他們一起成長、一起上學、一起戀愛、一起工作、一起結婚，一起經歷了人世間的酸甜苦辣鹹。留奶奶一個在邨裡，爺爺一定捨不得吧，也不可能捨得。

奶奶的碑旁有幾株大樹蔭蔽，周圍枯草叢生，餘暉下，我和爺

爺收拾好墳頭的四周，一片一片地割下野草。「好好看，好好學，你以後也要會做。」爺爺堅毅的說，「雖然那個時候還未到……」本來亂糟糟的頭被剪得乾淨得體。我們放上菊花。在這幽靜的時光裡，爺爺開口了：「對不起啊老伴兒，這麼久沒來看你。你看我帶了你最喜歡的菊花，你小時候說過吧？菊花是你最喜歡的花。不僅僅是花哦，看看這次誰來了？哎呀，孫兒都長這麼高大了，都比我高大了，哈哈……」爺爺又喃喃地說了一些往事，風兒輕輕吹過，黃昏的餘暉在樹葉間射進來。那風是溫柔的，就像是奶奶回應我們一樣。風兒輕輕地來，又輕輕地走了。而時間，卻是悄無聲息地來，又悄無聲息地走了，它看到了甚麼？又記得甚麼？在晶瑩的淚光中，我仿佛又回到了兒時，爺爺和奶奶坐在樹下，握著手，笑著看著我在遊樂場爬上爬下……

團結渡難關，美好共創建

4D 徐韋濤



今天，我到了金紫荊廣場看了升旗儀式，其中過程看了很多關於香港的困難故事，很多人都風雨同舟和合力面對困難，令到香港才能發展下去，這令到我們明白團結是多麼的重要，也令我想起香港這麼多年經歷過的困難。

19世紀50年代，香港就發生了一場很大的災難，九龍石硤尾發生大火。當年是因過多的木屋及用火不當造成的。當時估計有多達30萬人無家可歸，在很多人非常徬徨之際，眾人合力降服這條令人驚恐的火龍。拯救火災的重要人物當然是消防員，他們付出了無窮的汗水和血拯救了無數的家庭。在火災撲滅之後，政府就擔當着非常重要的角色，興建了徙置大廈給那些失去了居住地方的人。當你以為重建的整個工程只得政府一個角色？不是！有工程師設計樓宇的構造、工人付出汗水甚至鮮血建築樓宇、房屋署負責樓宇分配、社工幫忙舒緩災民的情緒……許許多多不同崗位的人一起合作，讓香港渡過了這次難關。

而過了大半個世紀之後，香港又發生了的兩件重要事件。二零零零年，就發生了令很多人惶惶不可終日的亞洲金融危機。當時的股市「飛流直下三千尺」，物價又上升到一個難以接受的位置。很多人想了結自己的生命，也真的有人跳海跳樓。新聞朝九晚五報道了許多出

現的問題，加上很多人失業，社會氣氛充斥著垂頭喪氣和心灰意冷的氣氛。在香港生死存亡之際，中央政府一舉援助企業，將部份外匯儲備隨時應香港要求借出，拯救了經濟和民生。香港因此才能走得更前，當中有賴於港人齊心合力，亦有賴於祖國的堅定支持。

但當很多人以為順風順水之際，又發生了沙士事件。疫情一爆發時，香港人都爭先恐後地到超市搶購貨物。整個淘大花園都納入封鎖範圍。藍帽子、醫護人員和衛生署職員都紛紛團結一心，共抗疫情。你們試想想，如果沒有了這些人究竟香港會變得如何？一個人的力量是微不足道的，但當有需要的時候大家都會伸出援手協助香港，共渡難關。在這場疫情之後，中央為了刺激香港經濟，開放了自由行，令香港經濟復興。香港國際金融之都的地位並未動搖。

到了現在，全世界都爆發疫情，這次不只醫護人員和其他部門合力，還有駕駛抗疫的士的司機，負責運送病人到指定場所，再體現到合力援助守護香港。團結才能渡過難關，所有香港人用行動證明了這一點。我們堅信香港的未來會更好，讓我們繼續努力，願這美好香港一起創建！

舊區見聞

4D 王梓程

暑假期間，我在社區中心報名參加了「香港舊區情懷一日遊」，目的地位於香港十分著名的舊社區——土瓜灣。我們先從何文田乘搭地鐵「屯馬線」到土瓜灣站。

到達土瓜灣後，我們第一站去的是土瓜灣舊區中鼎鼎大名的十三街。我曾經在網上查過資料，得知十三街是由十三條街道組成，每條街道都寓意著各種吉祥的瑞獸，例如龍、鳳、鹿、麟、鷹等等。當時我就認為這條街十分有趣，而當我站在這街道上便更加感興趣。十三街內有很多古老二有特色的樓宇，他們外牆七彩繽紛、整齊有序，看起來就像一群有活力的孩子在排隊一樣。街上的小孩在追逐奔跑，笑聲飛揚。在旁邊的士多里坐着一位正在收聽賽馬的伯伯，突然他大叫一聲：「好！」神情十分激動，原來他買的馬勝利了。街道邊不時見到三三兩兩的阿姨在悠閒地聊天，十分寫意。



十三街內有很多小店和茶餐廳，社工帶領我們到茶記裏吃下午茶，我們入到店內，就彷彿到了街市一樣。叔叔們在看球賽，看得十分入神，連阿姨收走了他們的奶茶也不知道；阿姨們在用着高昂的聲線在聊天，想到什麼就聊什麼，場面十分熱鬧。阿姨帶我們到位置上，再給餐牌，讓我們點餐。果然舊區茶餐廳中的菠蘿包是最好吃的！外脆內軟，鬆鬆脆脆的。香氣從我的口中蔓延開去，整個人都似乎沉醉於雲端里。每位茶記內的叔叔姨姨就像身處在家中一樣，大聲地分享喜悅，一起聊天。我們也變得好像老友記一樣一起笑、一起說，這就是人情味！

吃完飯後，我們到達第二站「牛棚藝術村」。導遊跟我們說這是在1908年前是稱為「馬頭角牲畜檢疫站」，即牛隻中央屠宰中心。我聽到後不由得起了雞皮疙瘩。雖然我很喜歡吃牛，但想像到牛被活生生殺死的畫面，真是慘不忍睹啊！但現在已被改為一個藝術空間，有很多藝術團體加入。牛棚的外觀是一大片磚紅色磚塊而建成，十分壯麗。踏進牛棚，我看見很多青少年在四周拍照，這裏充滿了古老的藝術感，每條巷都樸實無華，可以靜心欣賞。此外，牛棚內亦有一些工作坊，但因我們去得較遲，所以工作坊都關了，只好下次再去了。

最後一站亦是我期待的地方——海心公園。我們都達海心公園的時候已是傍晚，正趕上日落，我和團友們都十分興奮。公園裏有老有少，老人們坐在圍棋桌上聊天、下棋；小孩們在公園內玩鬧、追逐。我望着在公園中的所有人都在無憂無慮地玩鬧，頓時感到身心愉快。在大城市，所有人都在繁忙地工作，到達舊區後才發現原來人們寫意悠閒地生活。我們站在海旁，微風輕輕地撫摸我的臉。去到海心亭，有些伯伯在釣魚，我們站在一旁觀看日落，一切都是那麼的美好。

這次的舊區一日遊，令我知道香港人情味滿滿，而且舊區中的特色應該保留，因為十分讓人回味。

觀看七一回歸慶典有感

4D 何健濤



每當我看見在客廳餐桌上的那幅相，就會回想起七一回歸日當天早上我和家人到金紫荊廣場看升旗儀式那刻骨銘心的經驗，這次經歷卻令我畢生難忘。

當日的升旗儀式是在清晨 8 時舉行，所以當天我們在清晨 6 時就起床準備。吃過早餐後，我們就立刻乘車到金紫荊廣場。不久到達現場後，一下車就看見金紫荊廣場人潮洶湧，就如一群正在搬運食物的螞蟻，密集得想找個位置走進去也不行。現場水泄不通，空氣充斥着人們的吵鬧聲，在人群裏想吸一口氣也是十分困難的。我和家人好不容易才擠進了人群內，懷着既期待，又緊張的心情等待升旗儀式開始。雖然在場所有人士等到滿頭大汗，但他們也沒有任何一句怨言，因為大家都盼望着升旗儀式的開始，欣賞當時壯觀的場面，即使等到汗流浹背也是值得的！

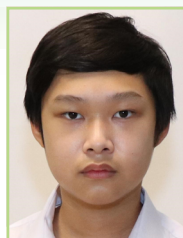
等着等着，儀式就開始了，一群持着中國國旗，穿着端莊的白色制服，皮鞋刷得非常閃爍，就像一塊鏡子般那麼閃閃發光的。他們操着正步慢慢走到升旗竿。升旗手把國旗掛到升旗竿後，現場就奏起國歌。國旗隨着演奏中的國歌慢慢上升，現場觀看的人士一邊抬起頭看着國旗慢慢上升，一邊跟着唱國歌。當時的聲音震耳欲聾，場面氣勢高昂，氣勢磅礴。而天空上突然出現兩架飛機，分別掛着中國國旗和香港區旗，在天空上慢慢飛過。我當時的心情非常激動，因為我們的國家已經強大起來了，她不再是以前那個任人欺負的積弱之國。隨着雄壯的國歌演奏完畢，國旗也已經升到頂部了，迎風招展。

在回歸後這多年來，香港也經歷了很多不少的風雨，例如亞洲金融危機等，不過最後香港也能化險為夷，成功渡過了各種難關。而現在香港正在面臨爆發疫症的困境，要成功渡過這些難關是非常困難的。但即使面對多少的挑戰，我相信香港人也能團結一致，努力去抗疫，相信不久香港人就能走出這個困境，就像升旗儀式進行時，大家唱國歌的時候那種氣勢和團結。

正所謂：「安危與共，風雨同舟。」相信香港人一定能夠攜手合作，相信香港在祖國的支持下，走向更美好的未來。

地鐵故障

3A 鄒汶縉



去年十一月深秋的一天，本來是平常的一天，但因為一事情而發生了改變。當天清晨，我還在打瞌睡，拖著沉重的書包，匆匆忙忙地擠進月台上已經擠滿了上班族和學生的人群中。

突然，東鐵列車進站，隨著列車冒出的濃煙，車頂和架空電纜之間產生的火花像大雨般傾盆而下。整個月台瞬間籠罩在煙霧之中，車頂上傳來「喀喀」的聲響，乘客像驚慌失措的喪屍一樣拼命往車門逃生，然後互相搶著逃離車站。

這次罕見的列車故障導致列車延誤，交通大亂。許多上班族和學生只能匆匆趕到車站外，轉乘巴士或計程車。然而，由於當時正值上班上學的「黃金時間」，車站附近的所有巴士站都拖延出長達一百五十米的長龍，幾乎佔據了車站外的所有等候區域，甚至有些人為了趕時間不惜在馬路上追車。

時間一分一秒地流逝，車站外的人們不斷拿出手機查看時間。漸漸地，車站外變成了一個混亂的戰場，人們為了搭上巴士，不惜一切地擠進巴士大門，不到三十秒就把整個巴士擠滿了；為了搭上計程車，有些人甚至插隊、爭吵、打架。

為了避免被捲入這場「戰爭」中，我躲在一旁，並向正在開車上班的母親求助。幸好，她剛好經過這裡，於是我順利地搭上了「順風車」到學校，並告訴了她發生的事情。

事後，母親還稱讚我說：「在日常生活中遇到突發事件時，容易做出不理智的決定。因此，保持冷靜，找出正確的解決方法才是明智之舉。」

地鐵故障時

3A 白霖



早上是一天中最繁忙的時段，我在擁擠的人羣中等待地鐵。突然，地面傳來巨大轟隆聲，不容我多想，我就聽見「列車出軌了！」的喊聲，再看到乘客拍打車窗的影子，聽見乘客呼救聲。

這時，人們都滿臉驚訝，不自覺地後退，一種不祥和、寂靜的氣氛在蔓延。「咚咚……」幾名管理員趕過來。「不須擔心，故障不大。」他們說道，為人群打下了強心針，不少人的呼吸頓然輕快不少。可是，突然列車的電纜斷裂起火，加上列車內乘客拍打車窗聲，人群又忽然騷動，傳出不少對列車員的質疑。

「失火了！」不知是誰喊的。人群如瘋了般，拚命地向外擠，同時，外面的人也不停進來，兩股人流就像兩股巨大海浪相撞，中間的人無法前進。其中，有人緊緊抱著孩子，有人乘趁機偷竊，有人在報警，更有人因嫌棄別人礙擋路，而與對方大打出手，場面一片混亂。期間，管理人員被大家無視，地鐵站也開啟了安撫廣播，但已經無濟於事，人們反而更加激動，有些人甚至破口大罵管理員，一瞬間，孩子啼哭聲、小偷拉拉鏈聲、打鬧聲和眾人推搡聲同時發出。

與此同時，樓梯口處的燈光也一閃一爍。而我被擠在人群中，捂着耳朵，靠著閃爍的燈光，摸索著前進，害怕不小心踩空樓梯，最可怕的是空氣越加稀薄，水霧也更多，甚至能聽清周圍人們的喘息聲，這種窒息的擁擠感，令我十分痛苦。

過了很久，我看見一絲亮光。「啪」，我摔倒在地鐵站外。頓時，我被驚呆了，因為慌亂的人們，竟不顧一切地衝出馬路，車輛連環追尾，猶如推骨牌一樣，一輛傳一輛，有些人被撞傷，而救援車被夾在車龍中，無法救援。此外，各式交通都被霸佔，如雙層巴士、的士、小巴等，人們為搶一席之地，拉出車裏的人、拚命擠入車、放屁薰別人，各種無恥方法都使出。

當我被驚呆時，不禁心想：「就算世界末日來臨時，造成的混亂也不及如此吧……」便匆匆離開。

自從那次經歷後，我對他有更深的認識

3A 袁啟軒



「他父母在他還是四、五歲的時候因車禍不幸離世。」我聽到這句話時，感到非常震驚，並開始陷入深深的自責中。

那件事是發生在我小學三年級的時候，當時開學的第一天，一位新同學來到了我們的課室，從此之後，課室變得不太平起來……

他身材瘦小，脾氣暴躁，喜歡打架，當他和其他同學意見不合時，就會用拳頭解決問題。因此，他經常被同學排擠（包括我在內），但老師卻對他格外溫柔，照顧入微，我和其他同學對此感到十分困惑。

有一天放學時，我正在等待校車接我回家，發現那位新同學悶悶不樂地坐在長椅上，我很好奇為什麼他的家長還未到，於是就上前問他，但他一直不肯回答，讓我感到有些煩躁，於是繼續追問，最終他竟然責罵了我。我當然忍不住發怒，兩人爭吵起來。在場的時候，我甚至提到了他的父母還沒有來接他，結果他聽後哭了起來，而我卻因為「擊敗」了他而感到十分自豪。

第二天，他沒有回校，從老師那裡得知他已經退學了，讓我感到十分困惑，心想：他只在這所學校待了幾個月就退學了？但我心中還有一個更重要的問題。

「什麼？」我驚訝地問道。當老師告訴我他的父母已經在昨天早上離世時，我感到非常自責和內疚，後悔自己所說的話，更知道他從小就由外婆照顧，才令他的性格變得如此暴躁。但我知道得太遲了，再也沒有機會跟他道歉……

從那天起，我才明白我們一直誤解了他，所以，那次事件發生後，我開始更多地留意和觀察他人，而非單憑自己的直覺和判斷，以免看錯一個人，甚至讓自己後悔不已。

自從那次經歷後，我對他有更深的認識

3A 關鎧盈



「你沒有受傷吧？」我轉個頭來，是我的師兄 ----- 阿偉。

第一次遇到他是在走廊，那時還未認識他。他在走廊與朋友談笑風生，不但和朋友動手動腳，還滿口髒話。聽說他讀全級最差的一班，我肯定他也是一個不肯讀書的壞學生。認識他後，記得一次小息，他正被班主任狠狠地罵了一頓，還看到他的臉和手有好幾條傷疤，就知道他一定是打架了，因此每當他跟我打招呼，我都會跑開了。

今天上學途中，搭升降機時，我剛巧遇見他，突然有兩個男孩衝進升降機，他們不但不斷打鬧，還不斷互相拍打對方的書包，在這狹小的天地間，他們好幾次「波及」我，不但沒有道歉，還要繼續，我只好默默退後。「你們玩夠了沒有！已經不斷碰撞別人了，不但沒有道歉，還要繼續？你們到底有沒有教養？」男孩們都安靜下來了，並誠心的跟我道歉。離開升降機後，阿偉問我：「你沒受傷吧？還有，那天是不是把你嚇到了？其實我那天忘記帶書本，因此被老師罰站和責罵，嚇怕了你，真是不好意思呀！」我搖搖頭，說了聲「不會」，然後我們就一起上學去。

回到課室後，我真的既慚愧又內疚，起初我以為阿偉是一個沒有禮貌、不會為他人着想而又不肯讀書的人，後來卻發現他下課後還會問老師功課。我又發現他其實很有禮，我知道我不應該先入為主，應深入了解別人的真正性格，才去判斷他是否一個值得交的朋友。

香港的街道

3A 黎雅



在香港這個繁華的都市中，有很多不同的特色街道，如果要我選一條街道代表香港，我一定會選位於油麻地的廟街。

廟街建於 1920 年代，總長為 0.19 公里。廟街早於 1887 年開始在九龍地圖上有紀錄，但當時廟街以北一段稱為「廟北街」，以南一段稱為「廟南街」，到 1920 年代才稱為「廟街」。

記得第一次到廟街時，我不知為何，感到非常熟悉，好像我以前曾經來過。在一次看電影時，我才發現，原來廟街在不少電影中出現過，例如：《食神》和《新不了情》等電影。除此之外，廟街還有一樣令我印象非常深刻的東西，那就是位於佐敦道交界的廟街牌坊，上有對聯一句：「廟顯中華傳統文化·街現香港創新精神」，這副對聯完美地詮釋了廟街的意義。

廟街是一個美食的聚集地，街道兩旁就是大排檔和小食檔，當中我最喜歡的就是四季煲仔飯，特別介紹：鍋蛋煲仔飯，這款煲仔飯最特別的是把雞蛋打在飯中，然後與醬油混合，再蓋上煲蓋悶一會兒就可以吃了，就是這簡單的一步，就令我深深地愛上了煲仔飯。

來廟街一定要晚上來，因為他的靈魂是屬於晚上的，每逢入夜，這條白天安靜的街道，便會湧入無數的人，小攤也亮起通明的燈，令廟街活起來，就如廟街各一邊入口處、另一座牌坊中的一副對聯上所言：「廟宇輝煌四海昇平千業盛·街衢熙攘九州物阜萬邦通」

感動常在

3A 薛欣宜

一年又結束了，我看着一個個與我年齡相仿的小六學生走出校門，心裏像堵了些什麼……

從小學畢業起，我總會回校幫忙組織一些活動，久而久之就會跟當屆的一些高年級學生比較熟。

今天是他們的畢業典禮，我特地抽空去看看他們。我看着台上唱歌的畢業生，想着：他們又長大了呢！跟小時候對比起來完全不一樣。

典禮結束後，我被其中一個學生拉走了，進了一間教室，我看着平常活潑的他們，對比現在，氣氛過於沉重了一點。路過他們，還是被感染了。他們有的在默默看着我，有的不敢直視我，有的上前拖着我的手。那一刻，我無法用言語表達我對他們的不捨，走到教室中間，



深深鞠了一躬。或許他們明白了，紛紛從小口袋裏掏出一張張巴掌大小的卡片，叮囑我回家再看。他們那真誠無比的眼神，我壓抑着悲傷，對他們淺淺微笑表示感謝。

簡單的告別後，我便讓他們解散了，我在校門口歡送着他們，看着他們蹦蹦跳跳地撲進父母懷裏，不禁露出了一絲笑。

回到家，坐下來靜靜地看着他們給我的信，信中我看出了他們的純真，令我最深刻的一句是：你是我小學時期最喜歡的姐姐，我會一直記住你的。

一句沒有深意的句子，我感受到她的單純，她把我當好朋友一樣，這就是小孩的純真。

最後看着一疊小信封，把它們掛在了房間裏裝飾，也是對小朋友們的回覆。

感動常在

3A 葉俊宏



感動只在於一件很小很小的事。

某一天，我走在大街上，遇見一個滿臉髒兮兮的人，我的第一反應就是遠離他。他當時站在臭氣滿滿的垃圾桶旁撿垃圾，我雖然戴着口罩，但那股臭味仍穿透了我的口罩。我閉着氣走開了。

在超市門口，我又遇見他！我條件反射的避開了他的眼神，他發現我後，竟然激動得一直朝我揮手。我心想：為甚麼又遇見這個人？是我今天太倒霉了嗎？他這一揮手，將所有人的目光給吸引過去了。我立即連跑帶滾趕緊跑進超市，順手摸了摸口袋。咦？我的錢包往哪裡去呢？站在收銀處旁的我，急得手足無措，滿頭大汗，這時，他走進來了。超市管理員用厭惡的眼神看着他，並連忙把他趕出去，彷彿他多留一秒都會污染這地方的空氣。而在他被趕前一刻，我仔細看了看他的手，他手上不正是我丟掉的錢包嗎？

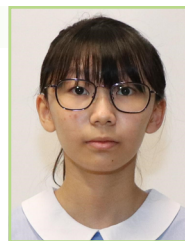
我跑了過去，並問他：「這錢包是我的？」他口齒不清地說：「這錢包是你剛剛在大街上掉的，我撿起來，只為還給你。沒想到你不理

我便跑走進來了。」他尷尬的笑了笑，我瞬間恍然大悟，原來如此。想買點食物，以答謝他凡拾金不昧，等我出來後，他早已不知去向了。

我是一個學生，卻對一個窮人做出如此行為。面對弱者，他帶給我的是一個常人都做不到的感動。他給我的，只是一個背影，幾個動作，卻讓我終生受益。

觀看完七一回歸慶典有感

3B 葉卓凌



二零二二年是香港回歸祖國二十五周年了，這是非常重要的時刻，也是個非常值得慶祝的時刻，不知道大家觀看完七一回歸慶典後有人什麼感受呢？而我的感受是這樣的。

一九九七年七月一日，那鮮艷的五星紅旗飄揚在美麗的香港金紫荊廣場上空，風裏面再回蕩著莊嚴的國歌聲。那時候我還沒有出生，但是現在我從書本上了解到這個偉大的時刻，我深深感受到七一回歸慶典對香港所帶來的正面影響。

英國搶佔香港，破壞了中國領土的完整，英國的目的是企圖在軍事上和經濟上控制中國。一八六零年兒十月，英國和法國聯軍一起攻打北京，用火燒了圓明園。清政府又被迫接受侵略者的全部要求，於十月二十四日簽訂《北京條約》。就這樣，英國佔領了九龍半島。我們失去的不僅是土地，還有我們國家的尊嚴啊！

我們在慶祝香港回歸的同時，不能忘記先輩們的努力，也不能忘記歷史的教訓。「七一回歸」也證明了無數中國人的努力是沒有白費的。

現在，回歸祖國已 25 年的香港，文化豐富多彩，科技先進發達，經濟發展繁榮昌盛，讓人為香港的成就感到自豪。展望將來，我堅信香港的明天會更加美好、更加輝煌。

人物變，情不變

3B 宋浩宇



親情讓我覺得是這個世界上最真誠最可靠的東西。家人總是無條件的支持我，對我的照顧無微不至。在我有困難時，家人就猶如庇護所；當我迷茫時，家人就化身一盞明燈，為我指明方向。這些不是空口無憑的。

我經歷過「人變」，我深有感受。我們一家上下十多口人，我們是團結的，有愛的。每年過年我們都智會聚在一起，吃上一頓團圓飯，飯後一家人一起娛樂。這都歸功於一個人——我的爺爺。我爺爺是我們一家的領導人，家裡的任何人都很愛他，尊敬他，敬佩他。他當過委員，當過村書記，後因文革而被貶，只能在路邊賣茶葉糊口。爺爺並沒有因此被擊倒落魄，反而更積極生活，奮力培育我爸爸那一輩，讓我們這個家一直都很幸福。可就是這麼一個偉大的人，卻因癌症離開了我們。但是我們家並沒有因此而改變，我們繼承著爺爺的遺志。

「處處留心皆學問，人情練達即文章。」這是爺爺常常提到的一句話，他常常「教育」我們要好學。爺爺本來就是一個好學的人，不管在什麼時候他都在學著。還記得前幾年，80歲的爺爺接觸了智能手機，並愛上了智能手機，但他不會使用。每當我們小的一輩回家，他總是虛心的問我們；怎麼添加聯繫人？怎麼下載軟件？怎麼發短信？他總是待我們講解後，又讓我們詳細地寫在一個本子上。他沒有光嘴上說說，而是以身作則，用行動告訴我們要活到老、學到老。這種好學精神一直影響著我們一家，使我們總是對事物充滿好奇，虛心求教。

爺爺是一個堅強的人，他也總叫我們堅強：堅強地做事、堅強地做人，不能因為一點挫折就放棄。我對此深有感觸。記得爺爺生病的那段時間，他已經被「病魔」折磨了許久，每天都沒有胃口，被病毒折磨得睡不著，需止痛藥來緩解。但他依舊樂觀，醫生說每天必須吃東西，保持營養攝入。他就每天吃東西，不論有沒有胃口都盡力吃點。我去看他時，他還笑說自己在慢慢變好，每天都能吃東西。飯後，他還總是唱兩句。其實我們都知道，他是在裝給我們看的，是為了不讓我們擔心。他一直都堅信自己可以挺過去，但意念總拼不過「病魔」。醫生說爺爺本不可能活這麼久，可他卻苦苦多支撐了三個月……

爺爺就是我們一家的「偶像」。我們都銘記著他對我們的教誨。我們思念著他，也都跟著他生前的腳步努力地走著。

爺爺，我們想您了。

人物變，情不變

3B 李靖霖

大家曾試過想盡辦法去尋找那種留在記憶中迷糊卻又深刻的味道嗎？儘管你四處尋覓，或者努力嘗試烹調數千百次，卻始終不能完全尋回的那種世代之「味」……



小時候我在外公家住了一段時間。為了能讓我長得肥肥白白，每天天還未亮，他便起來到附近的市場仔細挑選最新鮮的魚和最鮮嫩的蔬菜回家，然後悉心炮製他最拿手的愛心魚粥給我吃。直到現在，我的腦海裏仍常常浮現出他戴着那厚厚的眼鏡在聚精會神地挑魚骨的情景。每當想起那個畫面，他那慈祥的模樣就歷歷在目，而那他煮的魚粥味道更仿在飄香。是啊，慈祥的外公永遠是我心頭最耀眼的亮光，外公的愛心魚粥永遠是我心底揮之不去的味道。

還記得外公說過在他小的時候，因為身體瘦削，所以我的太婆每天都會不辭勞苦，親手熬製魚粥給他吃，最後外公果真健康長胖了，所以他便「照板煮碗」煲給媽媽和我吃。他說過當他看著我們把他煲的魚粥吃得津津有味的時候，便會感到心滿意足。外公去世後，媽媽便接棒，常常熬煮那愛心魚粥給我吃。雖然魚粥的味道和外公煲的差不多，但是始終有說不出一點點不同，不知道欠缺的是不是我對外公的「思念」之味呢？

為了能尋回那種味道，我也學會煲魚粥了。我發覺我和媽媽煲的魚粥的味道也有點不同，但都有着那種獨有的味道，就是那種能令人百吃不厭、回味無窮的「味」。相信這種餐桌上的「世代之味」，會在我家一代又一代一直地傳承下去……

人物變，情不變

3B 曾樂兒



窗外，柔和的春風悠悠地吹著。靠在窗前，春風像一隻溫暖的手撫摸著我的頭髮和臉龐，也搖得樹葉沙沙作響。時間流逝，午後的陽光斜在我手中褪了色的照片，溫暖的記憶剪影一一湧現……

在 2023 年的春天，我跟隨著爸媽去探望奶奶。小的時候我非常喜歡跟奶奶玩耍，因為她總露出讓人覺得溫暖的笑容，給人滿滿的溫暖和感。我很喜歡吃糖，但父母害怕我吃太多糖會蛀牙，所以限制我吃糖。過新年時，桌上會放很多各種零食和水果，我總會坐在沙發上，緊盯著那幾盤糖果。這時，奶奶注意到我了，她隨手抓了一把糖，走了過來說：「快，把這些糖揣進兜里。」我開心得合不攏嘴，從那時候開始我更喜歡奶奶了。每一天，我跟爺爺奶奶一起玩捉迷藏、踢毽子，他倆就像個兩個小孩，玩得樂呵呵的。奶奶她還教我怎麼插秧，每次跟爺爺奶奶插完秧，我身上渾身泥濘。奶奶家的門口種著一顆顆的山楂樹，樹上掛著的山楂紅彤彤的，又大又圓。我常常偷吃山楂，山楂酸酸甜甜的讓人欲罷不能。每次我都被奶奶逮到，然後被罰面壁思過。罰完之後，我就對她生悶氣，對她不理不睬，還故意把衣服亂丟在床上，讓奶奶幫我收拾。她常一邊收拾一邊絮絮叨叨地罵我，我就忍不住說傷她的話，氣得她扭頭就走。

到奶奶家了，但為什麼大門外空蕩蕩的？以前大門外各種各樣花卉，只剩下爺爺喜歡的虞美人。走近一看，花凋謝了，兩盆虞美人都枯萎了，這裡像極了荒廢小屋。正滿懷期待準備推門進去時，我看見大門外豬圈裏的豬變的瘦巴巴，似乎已經很久沒有吃東西了。我跟爸爸媽媽感到非常疑惑。推開門後，只見奶奶坐在山楂樹旁，手撫摸著山楂樹，不知為何我覺得她的背影很孤獨淒涼。環顧四周，只見房子已經變得破爛不堪，更沒有了爺爺的迎接聲。我懂了！我走過去抱著奶奶，只見她臉上的皺紋又多了，手掌的繭變得更厚，頭髮已全白，全身透露出著悲傷。她的樣子變老了，變得讓我更心疼她了。

於是，我牽著她走去爺爺喜歡的花田。走在花田中，看著這片花海，我後悔當初對奶奶說的狠話。突然，奶奶湊近我耳邊，低聲地說：「愛在左，情在右。走在生命路的兩旁，隨時撒種，隨時開花，將這一長途點綴得香花瀾漫，使穿枝拂葉的行人，踏看荊棘，不覺痛苦；

有淚可落，也不覺是悲。人物變，情未變。」

我悄悄地拿出手機，悄悄地把對著花海、思念故人的奶奶拍了下來，也把陪伴奶奶的溫馨片刻永存了下來。人會變，但我們的祖孫情將永不變。

人物變，情未變

3B 蘇詩敏



「人物變，情未變」這個主題有著深刻的含義。在香港這個特別行政區，許多人對於香港的情感和感受隨著時間不斷變化。接下來，讓我分享一下我對香港的看法和感受。

香港是一個充滿活力和機遇的城市。在這裡，人們追求夢想和事業，也有著對香港的熱愛和依戀。但是，近年來香港經歷了許多變動和動盪，生活節奏加快，社會分化和矛盾加劇。這些變化讓許多人對香港的未來感到擔憂。然而，即使在這樣的情況下，我依然深深地愛著這個城市。

我愛香港，因為這裡有著許多美好的回憶和情感。在這裡，我度過了我的童年和青春年華，認識了許多好友，也學會了如何去面對生活中的挑戰和困難。這些經歷和回憶深深地烙印在我的心裡，讓我對香港有著難以改變的依戀。

我愛香港，因為這裡有著豐富的文化和多樣的人群。香港是一個國際化的城市，有著來自不同國家和地區的人們。大家帶著不同的文化和思想，一起構成了這個城市的多元化和包容性。這樣的文化環境讓我感到自己可以接受不同的觀點和想法，也讓我學會了尊重和欣賞不同的文化和族群。

儘管香港的社會環境變得越來越緊張，我相信香港的未來。香港有著悠久的歷史和文化傳承，也是一個充滿活力和創新力的地方。我相信香港的人民會攜手面對和解決這些問題，讓香港變得更加美好和繁榮。

人物變，但愛香港的情感不變。生活會不斷變化，但我深深地愛

著香港這個城市，並將繼續為香港的發展和繁榮努力。讓我們在這個彈丸之地活出更多精彩。

我愛我的祖國

3B 宋浩宇



1949年，新中國成立。1997年，香港回歸。1999年澳門回歸。我的祖國從建國起就在不斷的變強，不斷進步。祖國的進步並不是輕鬆的，從抗日戰爭到內戰結束，這十幾年，是中國最慘痛的歷史。但是革命的先烈們用鮮血，用生命，換來了現在的進步，現在的繁榮安康。

1937年7月7日，瀘溝橋事變成了抗日戰爭的導火索，以此日寇找到理由對中國發起了戰爭。日寇在中國的土地上燒殺搶奪，無惡不作。在各種劣勢，以及日寇的不道德之下，革命先烈的生命去抗擊日寇，南京大屠殺，台兒莊戰役，平型關戰役……8年抗戰，8年風雨，這就是中國當時艱辛的寫照。每一個中國人都應銘記在心，現在的生活並不是簡單的來的，而是革命先烈經歷風風雨雨用生命換來的。

我愛我的祖國。愛國不是社會強加給你的規則，而是有感而發的。我們生長在祖國輝煌騰達的年代，而現在的生活都是先輩們用汗水和鮮血換來的。祖國努力培養我們，給我們好的環境，所以我們要心繫祖國，報效祖國。

2019年，新冠疫情大面積爆發。國家一時也沒有懈怠，努力為人民的生命著想，建構方艙醫院、採取隔離政策，注射疫苗，封城圍檢……這都是國家為了保護我們而有的作為。因為有了這些，疫情才得以控制。這段時間其實又是中國一道灰暗的時光，疫情導致的經濟不景氣，遭受罵名……但是這又怎樣？

我記得習近平主席說過：「人無精神則不立，國無精神則不強。唯有精神上站得住、站得穩，一個民族才能在歷史洪流中屹立不倒、挺立潮頭。同困難作鬥爭，是物質的角力，也是精神的對壘。」我們中華民族是頑強的，是不畏困難的。

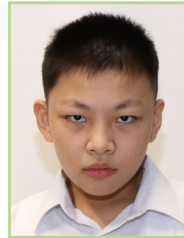
中華民族已經站起來了，她不再是那頭東方沉睡的獅子了。

今年是建國 73 年，香港回歸祖國 25 年之際。1997 年 7 月 1 日，英國結束了對香港多年的統治，經歷百年重回祖國的懷抱。這是祖國用不懈努力換來的，祖國永遠不會忘記香港這一個「孩子」。

我愛我的祖國，我愛這個憑著頑強、不拋棄、不放棄的精神浴火重生的祖國！

我愛我的祖國

3B 徐俊輝



很多時候，很多人會很深情地說：「祖國，我愛你！我愛我的祖國！……每當我想到中國，我也禁不住在心裡默默念叨，「祖國，我永遠愛你！」我想，人們為什麼會愛自己的祖國；特別是作為中國人，為什麼會無比熱愛我們的大中華？其間定有原由。

祖國是唯一。世界上有大約 200 個國家，卻只有一個國家最為特別，他的名字叫中國。她就是我的祖國。祖國是什麼意思？我覺得，祖國是一個人的祖先，包括祖父、祖父的祖父等待，祖祖輩輩生活的國度。英語裡與「祖國」對應的詞是 motherland，意思是像母親一樣的地方。我的祖國是中國，我在這裡出生。祖國給了我血脈，我的爸爸媽媽、姐姐、爺爺奶奶、外公外婆，還有很多的親人都生活在中國，大家骨肉相親、血融于水。哪個國家是自己的祖國，與生俱來，割捨不斷，沒法選擇，是任何人改也改不了的，一個人可以自行決定改變自己的國籍，但卻無法改變祖先的國籍。祖國是一個人的唯一的歸屬，對國家的熱愛也是獨一無二。因此，祖國對於一個人而言，是獨一無二元的。

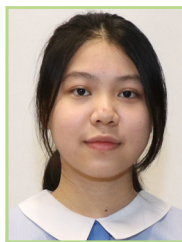
祖國最強大。中國有五千多年的文明歷史，有深厚的底蘊；中國歷經磨難，百折不撓，有頑強的生命力；中國有民族復興的偉大決心，具有無比燦爛的未來。中國五千多年歷史中絕大部分歷史走在世界前列，光彩熠熠。中國共產黨成立以來，百年期間，讓民族從至暗時刻，奮進至今日祖國的繁榮昌盛。新中國成立以來，歷經百年時間，中國將成為現代化強國，重新煥發中化民族的興盛榮光。

祖國最溫暖。國際風雲變幻，天災人禍難料。人的生活從來不可能永遠一帆風順，但只要有一個強大的祖國做堅強的後盾，一卻都會風雨過後重見彩虹。當很多國家把金錢看得高於一切，資本主義資本至上時，我們的祖國，卻堅決奉行數千年以來的人本主義傳統，生命生於泰山，人民的生活幸福、身體健康、生命安全才是最重要的事。於是我們中國才會完成世人矚目的全民脫貧的壯舉，才會有效防控疫情，才會戰勝雄雄鐵燃燒的重慶大山火，才會在地震災難中全力救援。一方有難八方支援。

我很慶幸，我的祖國叫中國。祖國，我愛你！

師恩難忘

3B 陳芬茹



當我還是個小學五年級的學生時，我遇到了一位新來的英文老師，名叫李老師。她有一頭長長的秀髮，但是眼神凌厲，總是讓人覺得她很難相處。但是在和她相處之後，我才發現她是一位非常溫柔有耐心的老師。

因為我們班的英文成績一般，她花了比其他老師更多的時間來教導我們，經常給我們發作業，讓我們練習英文。由於我的英文水平比較差，她會在放學後或早會前，用她自己的時間來補習我的英文，耐心地教我一些基礎的英文知識。因為這個原因，我漸漸地和她變得更加熟悉。

在每天吃完午飯的午休時間，我會拉上我的好朋友和她一起聊天。她也是一年級的班主任，有很多事情需要處理，或者需要準備一些活動需要的道具。我們會和她一起製作這些道具。我印象最深刻的是有一次我們需要做竹筒，我差不多每天的午休時段都去幫忙。那段時間雖然有點累，但是能和她一起工作、能在她身邊幫她的忙，我卻感到非常快樂。

我非常感謝她對我的無私付出。可惜的是，她只教了我們一年就轉去了其他學校。我很捨不得她離開，但幸好分開後她仍然常常和我聯繫，關心我的英文學習情況。有句話說得好：「山高水長有時盡，

為我師思日月長！」這句話的意思是感謝老師教育之恩，山的高度和水的長度是有限的，但是李老師對我的恩情就像日月一樣永存！

師恩難忘

3B 蘇詩敏



窗外的藍天和蟬的叫聲，讓我回想起在小學的時候給我帶來溫暖和喜悅的陳老師。

記得那年冬天格外的冷，我一進課室就趴在桌子上一動不動。他看見我趴在桌子上的時候，他就會走過來敲一下我的桌子。還有你一開始就給我們來了一個「新官上任三把火」，當堂給我們來了一個「下馬威」，嚴厲地給我們說明在他的課堂上要遵守的規則。那時的我覺得他是一位既煩人又嚴厲的老師。自從一件事後，我對他徹底改觀。

今天是派發成績表的日子，各位同學都懷著激動的心情。老師在派發成績表，有的同學激動得熱淚盈眶，有的同學因成績表的成績不好而落淚，而我是感動得落淚。我衝上前擁抱著陳老師。在陳老師成為我的英文老師之前，我的英文成績可以用一塌糊塗來形容，但也覺得沒有什麼問題，並懷著一個自我感覺良好的心混著日子。

我之所以有這個成績，是因為他在考試前的午膳時間，叫我把盒飯拿上課室裏吃，吃完就開始做練習題和工作紙。一開始，我覺得他很煩人，奪去了我的私人時間，所以對他的仇恨越發增加。但是後來，我漸漸在學習中找到了其中的樂趣，也開始努力學習英文。他經常說的一句話就是：「先苦後甜。」這句話雖然平常到沒有多少人會在意，我卻從中領悟到人生的道理。你說：「努力的人總會有很多機遇，不努力的人只會一直抱怨生活上的不如意。」

在此，我想感謝他當年給我帶來了溫暖和喜悅，也讓我領悟到很多人生道理，謝謝你，陳老師。我永遠不會忘記他的教導！

感恩常在

3B 宋浩宇



感動或許個平凡的詞語，但在生活中，它卻能帶給我們巨大的震撼與心靈的顫抖。在生命起伏的路途中，並不缺少感動的事情。它總能在不經意的一瞬間，不經意的一件小事，讓人落淚，讓人心酸，給生活增加色彩。感動莫過於平凡。

有一次，我在圖書館看書。一旁有清潔工阿姨在拖地，她拖得是那麼認真、仔細，每一處角落都不放過。但她也考慮到圖書館里的人要出入，專門在門口留了一條乾淨的路徑讓人們沿此進出。可是圖書館裏人來人往，總有人進進出出。進出的人似乎沒有看到那條乾淨的路徑，不管不顧的隨意走動，隨之到處留下了一個個又黑又濕的大鞋印。阿姨的勞動成果就這樣被踐踏了，清潔工阿姨只好無奈的埋頭苦幹。這時，隨著急促的喘息聲，我抬頭一看，原來是給飲水機換水的工人：他滿頭大汗，氣喘吁吁，肩上扛著一大桶水。他準備進來，可是他剛抬起右腳，還沒落地，又縮了回去。咦？我很好奇他為什麼不進來。接著，我看到他從腰包裡掏出了兩個充滿褶皺的塑料袋，隨後套在了腳上，之後才安心的走了進來。原來他是怕把剛拖過的地板踩髒了。我心頭一顫，深深地被感動了！雖然這只是一件幾乎沒人注意的小事，可是卻能帶來濃濃的溫暖，感動了人心！

人們總是感動於他人的偉大善舉，卻總忽略了身邊觸手可及的「小感動」。記得小時候，有一次，傍晚時，爸爸陪我去上籃球課。打著打著，天空突然烏雲密布，還沒來得及反應，豆大般的雨點應聲而下。我和爸爸都沒有帶傘，當我還在思考怎麼辦時，爸爸突然衝到我身邊，用他的外套為我擋雨。那時我還小，他把我抱在胸前，衣服蓋在我的身上，而他卻淋著雨。路上，雨越下越大，雨水不斷從爸爸身上流下。我問爸爸：「爸爸，你不用擋雨嗎？你這樣被淋濕感冒了怎麼辦？」爸爸卻說：「沒關係，保護好你最重要。」不一會到了家，爸爸的衫褲、鞋襪、頭髮，早已被雨水浸濕。桌上擺著媽媽做好的熱騰騰的飯菜，媽媽出來看到我們這樣，連忙拿了兩杯熱水給我和爸爸。媽媽嘴上不停的責備爸爸，可是手上卻不停的用毛巾幫我和爸爸擦頭髮與身子。喝著暖暖的茶，看著爸爸略顯疲憊的笑臉，聽著媽媽充滿愛意的嘮叨，我被感動了。

無需驚天動地，無需聲勢浩大，感動就是這麼平凡，生活中感動

常在，希望大家都能感受到常在的感動。

地鐵故障時

3C 陳禹杭



早上起來看到時鐘是 7 點 40 時，呆了一下，反應過來後，飛快地洗漱完，穿好衣服，出門趕往長洲和朋友會合，我們約好了 8 點 45 分一起去騎單車。

我來到地鐵站，看了一下時間 8:00 心想不算太晚了來的急，然而事事這時難料在地鐵快到車站的時候突然停了下來：「親愛的乘客，因為地鐵出現了出軌的事故需要些時間維修，請稍等待下。」聽到廣播時，心裡已經開始罵人了。但沒辦法只能等了。

一開始，乘客們還是很安靜的等待直到嬰兒的哭聲打破了這一份寧靜，我順著聲音望去看一個女人抱著嬰兒應該是嬰兒的母親。她一邊哄著寶寶，一邊用手輕輕地拍著他的背，還一邊和大家說對不起。而她身邊的男人手忙腳亂的拿出熱水和奶粉，沖起了奶粉，看來寶寶應該是肚子裡面才會哭出來。而嬰兒的哭聲帶來的連鎖反應就是一瞬間整個車站都嘈雜了起來。站在我身邊的男人時不時的看一下手錶，在他手上還拿著一份簡歷，聽到他和公司打現電話。看他年紀猜他可能是剛大學畢業。今天去公司面試，但不幸遇上了地鐵出軌，真是倒霉。

我自己當然也好不到哪裡去，要是遲到了不得給他們幾個罵死，想到這我都快急死了。再等了十幾分鐘後終於修好，在人們陸續上車後，地鐵終於出發了。

地鐵故障時

3C 陳澤亮



有一次經歷，讓我留下最深刻的印象。那就是四年前的四月八日發生的事，那一次非常害怕又意外，也是接近崩潰的一次捷運事故。記得那次我像

往常一樣打完球後回家，沿著熟悉的一條路走去地鐵站搭回家，那是一列通往旺角的列車，我以為沒有任何事會發生，可是，就在第二站前往第三站途中，我發現最後的車廂的燈光一閃一閃的，而我的目光轉移到一位老人，看見他很疑惑，就在這時候！車廂裏的燈光全滅掉，而我能感受到捷運還在往前開，在一片漆黑的環境下，甚至伸手不見五指。我既感到害怕，又感到無助，車廂裏的人們立即打開手機螢光燈，腳下一滑，顯然車長用力將車到極致了，車門打不開，裡面又沒冷氣。大家都快暈過去了，用手的瓶水補充體力，那一刻，我都感受到很絕望，但同時也體現出彼此之間的團結互助。

而車站外，我們聽見工作人員說，整個列車上一片漆黑，那些未上車的人們都前往出口，可見那混亂，恐慌的場面，而乘客出去後，立即報警，工作人員也联系了工電署，整個過程一分一秒都在跟精神意志對抗，所幸，過了十分鐘終於恢復了電源。

自從這件事後，我們在任何時候都不要對困難低下頭，而是要向希望的光向前進，我們出來後，所有人都歡呼，沒有人受傷，這無疑是非常幸運了。

地鐵故障時

3C 葉韻儀

傍晚時份，華燈初上，忙碌的人們終於可以暫時放下疲憊，歡笑聲語瀰漫在空氣中，城市的繁華氣息中多了幾分溫馨和親切。



在地鐵站亦不例外，人山人海，人群摩肩接踵，但即使在這如此擁擠的環境下，依舊消磨不了市民歸心似箭的心情。

「咁當，咁當……」遠處傳來地鐵進站的聲響，早已等候多時的人們紛紛走向月台，等待車輛的來臨，但當車輛駛入月台時，並沒有傳來如期的開門聲，只見閃爍燈亮了又熄滅，如此循環。人們當即一愣，眉心蹙足起看向地鐵。過了幾分鐘，車門打開了，正當人們眉心舒展，向車廂邁進時，車門又重重關上，閃爍燈開始毫無規律的閃爍。同時，車廂裡的燈光也隨即關上了，黑漆漆一片，伸手不見五指。人們開始慌張了，混沌聲驟然響起，嬰兒的啼哭，人們在車廂外邊的求

助，車廂門一聲又一聲急促的拍打，月台上人們的紛飛異論，張惶失措，響徹整個地鐵站。

在那一瞬間，我似乎看見了人生百態。人們對生的熱望是如此的強烈，卻在天災人禍前顯得如此渺小。在等待救援的途中，時間如沙漏一般緩慢流逝，起初張惶的人們早已嘶喊倦累，癱坐在椅子上呆滯，車廂內拍打的人們已換成喃喃哭泣與哀怨，那份熱切在時間的打磨下逐漸消耗，似生靈塗炭般了無生機。

「乘客們，請遠離月台，等待我們的救援。」一聲呼喚在人群中響起，人們似乎看見了曙光，紛紛服從救援隊的指揮，在救援隊的不懈努力與人們的配合之下，車門終於被打開，而車燈也終於正常亮起。人們歡呼雀躍，熱淚盈眶。沉浸在得救後的無限喜悅當中。

自從那次經歷後，我對他有更深的認識

3C 陳澤亮



下課後，就是午膳的時間了，餓了一早上的我馬上翻開我的書包，翻來翻去沒有帶錢，心想著很難受！畢竟那一刻的感覺就是身體被掏空，我看了我的四周，發現只有我和他兩個人，而他確實是我討厭的人之一，他卻突然走到我面前，把他的零花錢借給我。我習慣性的隨口來了一句謝謝！

回想起當初從小學第一次認識的時候，我看見他，覺得他很高傲很做作。他總是一副臭臉，眼睛小小的，眼神充滿不屑的神情，走路都總是手插口袋。有一次我看見他在籃球場跟別人打起來，把那位同學罵哭了，也有一次，老是在教室裏喧鬧大吵全班同學都因他吵而影響學習，而且很不尊重老師，在課堂上挑釁老師，把我們一個好的老師氣得面紅耳赤，老師就在我們的面前罵得很大聲，訓斥他的所作所為，這也是我討厭他的原因。

現如今，我們分到同一所中學，我實在沒想到他會很有熱心幫助別人 and 老師，很難相信一個非常壞的人變成一個好的人，他像是變了一個人，我吃完飯後就問他什麼事改變了他？他跟我說，他小的時

候是奶奶養大他的，他的爸爸媽媽從不管他，這也是當初脾氣差的原因，得知這些後，我能理解他的行為。

或許他本身就不壞，孔子說過，性本善，我們要好好想想他人的處境，也許是長大了便懂得一些道理，我們不知道真相的情況下，去隨便評階他人。

家鄉的街道

3C 葉韻儀

提起街道，不少人腦海中浮現出一幅極具富有生活氣息的畫面。街販的叫賣聲，鮮美的小吃不時飄香四溢，人來人往的歡聲笑語，孩子們走街串巷的嬉戲打鬧。無不將一個城市勾勒得更加生動鮮活，富有魅力。



而在我的家鄉，也擁有一條極具特色的街道，令人不由神往，那就是位於中心市場的市場街。

市場街，顧名思義，其實就是售賣人們生活用品的街道。在這條街道裡，所有的生活用品一應俱全，應有盡有，只要你想要的，都可以在這條街里尋獲；也因此被人們親切成為百寶街。

走進市場街，不需要一家又一家店鋪地瀏覽，撲面而來的濃郁市井氣息就能讓你身臨其境。街道兩旁林立著各種店鋪，例如：服裝店，鞋品店，手錶店，小吃店，水果店……琳瑯滿目，令人目不暇接。每一家店鋪都有一套自己的售賣方法，如水果店，老闆手拿降價牌，同時聲情並茂地吆喝著，吸引遊客的目光；而小吃店則選擇使用有誘惑法，一陣陣食物的鮮味從店鋪向四周擴散，十里飄香，令人不由得為之停留，吆喝販賣，店主與顧客之間的議價，人們的笑語暢談，給這條街增添一份溫情。

無論在任何時候，市場街永遠充斥著熱鬧非凡。

夕陽西下，夜色上升，華燈初上，點綴著這條街的魅力。人們歇息一整天的疲憊，來到市場街盡情放鬆。各處洋溢著熱情的氛圍，如：服裝店人山人海，細心觀察，還可以看見每個人購物時的歡樂之情，

小吃店門前摩肩接踵，人員滿患，但即便如此，依舊阻擋不了人們的激情澎湃，人們臉龐的笑容，街販的叫賣，在燈光下交相輝映，似不夜城般，永不落幕。

其實市場街就是我家鄉里一顆靚麗明珠，熠熠生輝。照亮著家鄉的每一個角落，更是充滿人情味的一條街道。

網上交友

3C 葉韻儀



隨著科技的迅速飛升，互聯網成了人們在生活中不可或缺的一部分。許多人開始在網上交朋友，在網上與他人交流。有人說在網上與人交流既方便又有益處；而有人也說在網上與人交流會被那些素未謀面的網友給矇騙。但，在我看來，網上交友就像一把雙刃劍，有利也有弊。

網絡就如同一張巨大而密集的蜘蛛網，將遠隔千里的人們緊緊聯繫在一起。我們所結交的網友來自世界各地，擁有不同國度與文化，以及不同的風俗習慣。正所謂「秀才不出門，便知天下事。」與各國網友交換資訊，增廣見聞，不做一隻孤落寡聞的井底之蛙，讓自己的生活變得充盈，豐富多彩，何樂而不為呢？

同時，網上交友還能創造一個嶄新，舒適的聊天環境。相較於在現實中交友，網上交友增添了自由之感，人們可以在網絡上暢所欲言，互訴心事，打破在現實溝通里人與人的距離拘束感。大家敞開心扉，傾訴心聲，找到與自己產生共鳴的人，讓在現實中孤獨的那顆心在網絡上找到慰藉。恰如一句話所說：「海內存知己，天涯若比鄰。」

但知人知面不知心，更快何況是隔著一道屏幕的網友呢？

在如今魚目混雜的網絡背後，我們永遠不清楚口中所謂的「摯友」正打著什麼如意算盤。眾所周知的網絡詐騙，在當今時代可謂是屢見不鮮，手段亦是層出不窮。青少年思想單純，入世未深，容易被此荼毒。早在報導刊登了兩則新聞，其中一則是一位少年收到一則手機簡訊，聲稱其銀行戶口被封了，必須撥打一組電話才能重啟。少年深信不疑，便照做，結果被騙了一萬元；另一則報導了一位二十五歲的男

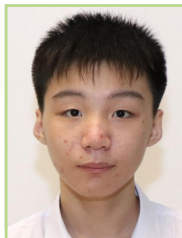
子打遊戲時遇上了一位打著交友名號的網友，氣候被套取了個人資料，伺機勒索。由此可見，網絡詐騙的方式花樣百出，令人防不勝防。也藉此提醒各位青少年們，網上交友具有一定的風險性，稍不留神，便有可能墜入騙子編織的天羅地網。

此外，如果青少年一直沉迷於網上交友，隔絕外界。不僅會令其身心都受到傷害，嚴重地將可能會喪失與人地基本交流能力。相反，如果我們在現實中交友，不僅身心具益，對於交際能力也會相對提高，性格也會開朗許多。況且，人類是群居動物，如一直脫離群體，隔絕外界，是否會被社會所淘汰？所拒絕？

總而言之，各位青少年啊！在這資訊發達的年代，對於網絡的接觸我們是無法避免的，唯有將自己的媒介素養提高，理性上網交友，分辨虛實，才能避免上當受騙。

自從那次經歷後，我對他有更深的認識

3D 施潤憶



正所謂：「路遙知馬力，日久見人心。」判斷一個人的人品好與壞，是否應該只憑第一印象？還是應該與對方長時間相處，深入瞭解一下？他的故事給了我很大的啟發……他個子高大，大概高一米七九左右，有一頭很帥氣的髮型，卻有一張看上去令人望而生畏的臉。看起來那麼兇惡的一個人，你還會跟他交朋友嗎？如果是我的話，我也不會去主動接近他。但自從發生了那件事後，令我對他都有了新的看法……

他是一個成績很差的學生，學校裡的老師一直讓他再努力一點，鼓勵他把心思放在學業上，但是他似乎並沒有聽老師的勸告。可能因為他的成績太差，而且樣子太兇惡的緣故，學校裡沒有人肯和他做朋友。每天小息時，他總是自己孤單地在操場上漫步。學校裡有很多關於他的傳聞……記得有一次，我聽到別人說他：「你看他，成績那麼差，樣子又那麼兇惡，想必是在外面混黑社會的吧。」我當時心想：記得別跟他說話，以免惹怒他……

但自從那一次經歷，我對他有更深的認識。那是我第一次和他「聊

天」。那天，我在等巴士，他在我後面排隊，我看見他，我下意識地回避了一下，畢竟不知道他是好是壞。他見我回避他，竟然主動和我說話。他和我說話時，面帶笑容，一點兒也不兇惡，聲量不大，反而卻非常溫柔。他說：「其實你不用那麼怕我的，我不是什麼壞人啊！」

他說完這句話之後，恰好前面馬路上有一個小孩子跌倒了，正正躺在馬路中央。說時遲，那時快，他二話不說，立刻跑過去一手抱起小男孩，迅速地把他帶到行人路。然後，我見他一臉嚴肅地檢查小孩的傷勢，當他看見小男孩的母親姍姍趕到後，臉上才露出了微笑。只見男孩的母親瞥了他一眼，然後便一邊匆匆拉著小男孩的手，一邊責罵小男孩，急忙地跑走了，甚至沒有看他一眼。我心想：母子居然沒有向他道謝！我看得出他臉上有點失落，好心幫人，那人不僅沒有向他道謝，他還被受助的人嫌棄，誰不會失落呢？上登車後，我主動和他聊天，發現他只是長相兇惡而已，說話談吐卻比我更加大方得體！

自從那天之後，我和他走得越來越近，更成了好朋友！路遙知馬力，日久見人心，不壓單憑第一印象就判別一個人的好壞，往往深入瞭解會發現更多。我的好朋友，你很溫柔和善良，一點也不兇惡！

自從那次經歷後，我對他有更深的認識

3D 盧秋錡



小學開學的第一天，有一位轉校生來到了我們班。當老師讓她自我介紹，她只是簡單的報上自己的名字：「我叫鄭紫欣，請多指教。」之後老師就安排她坐在了我旁邊，她成了我的新鄰座。

我想跟新鄰座打好關係，於是主動作自我介紹，她卻只是冷淡地回應我：「嗯！你好。」這使我覺得她是一個冷淡的人，更覺得她目中無人。之後就沒怎麼去理會她了，班上的同學甚至也不太敢去跟她說話。直至那一天……

那天，我在周末到了一個離自己家比較遠的公園。我聽說那裏有些很可愛的貓，但我卻在看到貓之前先發現了一個熟悉的身影……沒錯！她絕對就是我的「冷淡鄰座」啊！而在下一秒，我就看到了有幾

隻貓在她的腳邊一臉幸福地吃著貓糧。看到她的一頭長髮，穿著普通的襯衫和長褲，沒有了從前的冷淡。然後我有點緊張地向她搭話：「鄭紫欣，這裏的貓都是你養的嗎？」她聽到自己的名字後顯然被嚇了一跳，然後緊張地回答我：「不是我養的，這些貓在公園住的，我只是偶爾來餵牠們而已。」之後我好像也想不出來要如何回應她的時候，她突然深呼吸了一下，像是鼓起勇氣地問我：「我的家就在附近，如果接下來沒什麼事做，可以來我家！」隨後我就馬上答應了。

最後，我來到她的家。她的媽媽十分地熱情地招待我，說：「紫欣她明明因為太容易害羞而沒什麼朋友，今天居然直接帶朋友回家了！哈哈！」原來她一直以來都只是因為太害羞，而不會跟我說話。之後我發現原來我們之間有很多共同愛好，聊了許多話題。

自從那次經歷後，我對她有了更深入的了解，我們成為了朋友。這次經歷，讓我明白不能僅憑一件小事就斷定一個人的全部。

自從那次經歷後，我對她有更深的認識

3D 林子滔



原本我覺得媽媽是一個十分嚴肅和冷漠的人，不關心身邊的人和事。媽媽留有一頭清爽利落的短髮，個子不高，總不輕易展現笑容，看起來十分嚴肅。她甚至經常罵人，平日待人十分冷淡，不拘言笑，跟我說的話也不多。但自從經歷後，我對她有更深的認識……

直至那一天早上，我賴在床上不肯起床……她十分嚴厲地催促我起來上學，但因為昨夜太晚睡覺了，我覺得十分疲倦，不想上學，於是我便抱著被子，不再理會她。結果，媽媽左看右看，便從衣櫃裏拿出一個衣架，把它壓成一條長條，架在空中一掄，然後就發出「咻」、「咻」的聲音。那時候，我不知道是因為身體太痛，還是傷心極了，眼淚不自覺流下來了！當時，我覺得媽媽是一個冷漠又嚴厲的媽媽，我十分討厭她。然後，我不服氣地拿起花瓶，狠狠地摔在地上，然後媽媽便一手拿著衣架，一邊追著我。

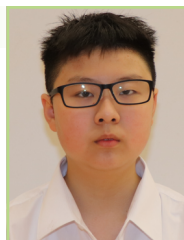
我從家裡走到樓下，外面的大雨聲混合著我的哭聲，我只好坐在

地上。媽媽也哭了……在雨中心痛地不停地安慰著我，撫摸著我的頭髮，跟我說對不起……那一刻，我明白媽媽的心意……最後，媽媽給了我一百元乘搭的士回校，我帶傷口以及媽媽溫柔的囑咐狼狽地回校上學去。

經過那次經歷後，我發現媽媽原來是十分關心我，只是她平常不懂得表達。最後，我和媽媽和好了，她不再像以前那樣冷漠了。

人物變・情未變

2A 蘇澤俊



今天，跟隨媽媽去見她一位近來認識的新朋友，我才得以在與朝思日想的「美荷樓」相見。那裏景色沒變，但……人已變，我找遍整個「美荷樓」也尋不到兒時夥伴的蹤跡。於是我跑去從前一起遊玩的公園。

記得八年前我就住在年代久遠，建於一九五四年的「美荷樓」。那時每天回家路上都會看見一片綠油油的「森林」。高大的老樹，長了許多淺褐色的樹枝，上面有許多綠油油的葉子，樹下有着一大片黑色的陰影，為我們提供遮陽陰之所，周圍滿是五顏六色的花海，有紫色的羅蘭、紅色的玫瑰、閃耀着金光的向日葵等等。

一道道如嬉戲的聲音傳來，直擊我的心，讓頑皮、貪玩的我聽後想朝著趕聲音的來源衝去。我看見很多小孩在這裏玩耍，有的在溜滑梯，有的在盪鞦韆。還有七、八個個子跟我一樣大的小孩正在那裡玩捉迷藏，有的人在樹後從一數到十，有的躲在滑梯下，有的正跑去遠方尋找地方躲起來。看著他們，我仿佛回到了兒時，也是那樣無憂無慮的與夥伴們爬上爬下、捉迷藏……一直玩到太陽伯伯下班，夕陽西下，樹爺爺，花姐姐，都被照耀得金光閃閃。

想到這裏，眼淚簌簌落下……

現在，我住在剛建不久的新蒲崗大廈，那裡沒有任何的樹、沒有花、也沒有兒時的玩伴。一切的過去都成了回憶，留下的只有我對「美荷樓」的無盡思念。

「物是人非……」我邊走邊喃喃自語，眼淚在我眼眶裏打轉，繼續尋找兒時痕跡。

走着走着，我到了以往很喜歡吃的茶餐廳。我走進去，看見的是黃褐的牆，這裏跟兒時的回憶沒有變。但老闆娘變了……「你是澤俊吧？」一道聲音傳來，我轉個頭去看，是一個女人，看上去才三十多歲，但我並不認識。「你是誰？老闆娘呢？」我問道。「你說我媽媽？對不對？她以前經常提起你呢」她微笑著說。我點了點頭，以前爸爸媽媽要上班，放學後我經常在這裡吃東西，做功課。老闆娘人很好，有時還會教我做功課，請我吃雪糕。她招呼我坐下來，請我吃一碗叉燒飯。我拿起湯匙挖了一口，將那熱騰騰的叉燒放入口內。「味道居然一點沒變啊！」我不禁感嘆。

原來，我是一個念舊的人，我總是過了很久才能適應新的事物。哪怕適應，我也還是會想念從前……我一邊咀嚼，一邊陷入沉思。腦海裡那些一起玩的快樂時光，美荷樓、公園、莊思華、黃奕等，不同的人和事物在我眼前洶湧而起。「好不好吃啊？」姐姐叫醒我。我跟她聊天，得知老闆娘走了，因為癌症。飯吃完了，我也該走了。她說這一頓代她媽媽請我吃，還叫我要常來這裡坐坐。我答應了。

我會記得這次重返「美荷樓」的回憶，它讓我明白有些人會來或走，但不變的是那一部份人情味！

我的兒時最愛

2A 李玉琦

昨天我發現了一個放在房間角落的老舊禮物盒，我好奇地打開這個神秘的盒子，盒子裏裝着一隻熊玩偶。一瞬間，它帶我回到我七歲生日那天。



在那天，外婆送了一個色彩繽紛的禮物盒，令我感到更好奇裏面的東西。我天馬行空地想：「最愛我的外婆會送我什麼？難道是一條公主裙？」它鮮艷的包裝給了我一個錯覺，以為裏面是貴重的東西。當我打開禮物盒時，我感到有點失望，裡面裝着的不是我想要的東西，而是棕色的熊玩偶，摸起來軟綿綿的。它的臉上掛着一個大笑容，生氣勃勃。它的眼睛炯炯有神，黑得像黑曜石，在它的眼睛能清楚地看

到我的倒影。當時的我感到有點可惜，卻不知道原來這是外婆親手為我做的。

每當我看到它的大笑臉，我便會想起外婆對我微笑的時候。在我的印象中外婆無時無刻都在笑。外婆說她身體因上了年紀正慢慢變差，總有一天會離開我。在她去世後，她送給我的熊玩偶代替外婆陪伴我、聽我的傾訴。它的存在就像外婆一樣。

八歲那年，我第一次看到外婆的臉上沒有笑容。我看着外婆那張蒼白的臉，毫無血色的躺在棺材裏。懵懵懂懂的我，但知道外婆已離我遠去。我流下了眼淚，心臟猶如被十把刀割下去一樣痛。

那天過後，那間曾經很熱鬧的房子，變得很冷清，只剩下外婆曾經用過的家具。我彷彿還看見我曾跟外婆捉迷藏的蹤影，它離我很近，但我卻抓不住那些回憶。我呆呆地站著客廳裏看着父親在收拾外婆的東西，我覺得這很不真實，外婆前幾天仍然很有活力的，但只隔了幾天便過世了。那刻我覺得生死真的只是一瞬間的事。

每當我感到失落，我都會拿出外婆給我的熊玩偶，看着它的大笑臉就彷彿外婆在安慰我似的。當外婆去世後，每當我遇到困境或難過的事便會跟熊玩偶傾訴，它就像我的外婆，是我的依靠。外婆是一個很善良的老人家，她經常帶兒時的我到處玩耍。因為我很頑皮，所以令外婆很費力。外婆年紀大，身體不好，但為了帶我去「放電」，不管有多疲倦，也會跟我一起跑跑跳跳。不懂事的我因外婆的穿着老氣而不想跟她走在一起；有時因外婆經常苦口婆心地跟我講大道理，覺得她很麻煩，還會頂嘴。那時我不知道外婆這是為我好，擔心我的未來。看著熊玩偶黑亮的眼睛，我感到十分內疚，內疚為什麼我在外婆還在世的時候不好好對待、體諒她，甚至還因外婆的老氣感到丟臉。

熊玩偶提醒我不要只顧自己，要體諒別人，站在別人的立場去想。熊玩偶也教會我要「珍惜眼前人」。

我把熊玩偶放在我的床頭，輕撫著它的綿軟的毛，鼻子酸酸的：「外婆，你過得好嗎？」

我的兒時最愛

2A 梁鈺欣



每個人都有一段美好的童年，每個人的童年都不一樣。在小時候，父母不經常買玩具給我，所以我十分珍惜我所擁有的。今天我整理房間時，在房間的某個角落，找到一個佈滿灰塵的盒子，打開一看，裏面裝了一隻玩偶。

它是媽媽送給我的生日禮物，原本是一隻潔白乾淨的小白熊，但如今變成了一個灰黑骯髒的小灰熊。令我認得出它的是那雙能看透人心的眼睛。

小時候，小熊陪伴我度過了不小的晚上，聽我訴了不少的苦，聽我說了不少的笑話。有一次在學校與同學發生了一些爭吵，令我整天都垂頭喪氣，沒精打采的。回家完成功課後，我便在房間開始不停地向小熊訴苦，告訴它今天所發生的事情。小熊好像真的明白我在說甚麼，它透過眼睛來安慰我，來表達它的感情，它好像說：「小主人，你應該要主動去道歉，並跟她和好如初啊！」我不禁地抱起了小熊，抱得緊緊的。我聽了小熊的話，第二天真的主動找那位同學和好，我們重新成了好朋友。

只是這樣，它便成為了我的兒時最愛嗎？

當然不是。只要看著我心愛的小白熊，不管我遇到難題，情緒低落時，都會平復下來，有能力去面對困難和挑戰，它是我兒時最佳的玩伴，也不會討厭我。小熊就似有魔法一樣，可以把我的壞心情變走。我不但把小熊當成我最心愛的玩具，更把它當成我的知心好朋友。不管甚麼時候，只要有它在，我便可以快樂地度過一天。

小白熊玩偶代表著我的一部分童年，是陪伴我的朋友，是教育我的朋友，是激勵我的朋友，是它——令我有一個充滿樂趣的童年。小時候，它是我生命中不可缺少的；現在，我長大了，我會把這兒時最愛珍藏起來，直至永遠！

那一刻，我挺身而出

2A 蔡穎晴



那一刻，如果我沒有出手會發生甚麼？如果那天我沒有下樓，如果那刻我轉身就走，她會怎麼樣？還能遇到其他人嗎？她會被人販子抓走嗎？

那天晚上我剛吃完飯就被母親大人趕出去了……母親對著我總是喜歡嘮嘮叨叨，令人不勝其煩。我在心裡默默吐槽了一番，接著……畢竟都出來了，回去也不太可能了，要不就下樓走走？

我下了樓，跑了步……但也只是幾分鐘前的事情，然後就坐在椅子上玩手機了……就在我專心玩我的遊戲時，一位小女孩突然坐在了我的對面，其實如果只是這樣的話，我是不會注意到她的，但坐在我面前哭泣，真的很難不讓人注意她，所以當我抬起頭嘗試詢問她，為什麼哭？她說是被其他小朋友帶過來，嗯，有點可憐，她說她希望我可以陪她回家，我問她家人的電話，她說不知道；那地址？她說不記得了……一問三不知，這可怎麼辦？但就在這時，我突然覺得不對勁，她會不會是人販子的人來騙我，然後抓走我的？之前聽父親說，有些人就是利用別人的善良，把可憐的小孩子擄走，而有些被抓走的人雖然救了回來，但身心還是受到了不可逆轉的傷害。我抬頭看向她的臉，因為是晚上，所以我只能靠著路邊昏黃的光燈，來勉強看到她的臉。她的臉上還有剛剛哭完的淚痕，她這時就像一隻被雨水打濕的小兔子，楚楚可憐，令人心疼。她一邊用自己胖胖的小手胡亂在自己臉上擦著眼淚一邊請求我幫幫她。現在天色已晚，如果真的放著不管的話，後果不敢想像。我快速思索著，看著面前的小兔子還在哭泣，令我忍不住打消懷疑，她看起來真的不太像裝的，但如果是呢？我難道為了她不要自己的命嗎？我的內心很糾結，如果她真的需要幫助呢？

我思索了片刻後，還是決定向她伸出手。我跟著她走，也時不時看看周圍，我看著她回想著回去的路，默默跟著她身後，時不時給她指指路，終於在我們的努力下，她找到了家，雖然其中也走了不少錯路。她的家人很感謝我，我看到他們欣喜無限的樣子，想到了我的母親，她把我趕出來跑步也只是為了我的身體著想，我不應該埋怨她的。我快步往回走，提醒自己永遠不要忘記回家的路……

那一刻，我挺身而出。我想無論我心裡考慮多少次，猶豫多少

次，我都去幫助那個小女孩，因為我真的寧願被騙一百次，也不願意錯過那個需要幫助的人。

秋日山行

2A 李玉琦



秋天正向我們招手，清涼氣爽的微風吹過，令人不禁想起每年秋天都必定要去觀賞楓葉呢。因此，我便前往大帽山觀賞楓葉。

那裏有一條長斜坡，在我走上山的時候，路旁全是火紅色的楓樹，整片山都成了紅色。旁邊有一條河，河水清澈得像翡翠一樣，而楓樹就像一把火，葉子橙紅橙紅的，叫人讚嘆不已！路上的遊客們都紛紛搶着要跟楓樹合照。微風吹過，楓葉隨着微風的帶領下飛到不同地方，在空中翩翩起舞，猶如一隻火蝴蝶在飛舞。有的路人有講有笑，有的陶醉在楓林的景色，有的在楓林裏寫生，十分寫意。

我被一陣花香和草香吸引，我越走越近，花草的香味顯更濃烈。我憑着嗅覺找到一片無人之境，我面前有一條小溪，小溪身後事一大片風林，功能裏還有很多鳥兒在嬉戲。我看到這「天空之鏡」，不禁蹲下來，把手伸進溪水裏，感受到一股涼意從手指沁入心房。溪水非常柔滑，像棉花一樣軟綿。我看到小溪旁邊有一些石頭，我便拿起一顆，玩起了擲石頭遊戲。我把石頭扔到水裏，一次、兩次、三次，它跳起來了。這時，一陣微風吹過，吹得楓葉左右搖動。不遠處的鳥兒在歌唱着。流水潺潺，楓葉沙沙，鳥兒歌唱的聲音奏成了一首名曲。

我繼續前行，終於登上了山頂。我看到山頂上的景色，感到心曠神怡。我看着太陽慢慢地落下，整個碧天都變成了橙色，太陽前邊還浮起一些霧，像仙境一樣。當我看到日落的時候，覺得登山多辛苦也值得。山上的風景是美麗的，登山的過程是辛苦的，但當我看到山上的風景後便覺得一切都值得了。做人不也一樣？堅持一定會感到辛苦，但當我們成功後便會覺得一切都是值得的。

天色已暗，我便沿着那條長斜坡下山，回首看着那一片楓林，頓時感到依依不捨。

觀看七一回歸慶典有感

2A 楊子軒



香港回歸紀念日在七月一日，時光飛逝，轉眼間已經過了二十五年。小時候，只知道當天是公眾假期，可以不用上學而高興。在漸漸成長後，就明白到香港的主權是在一九九七年七月一日那天移交回中國，香港特別政府特定每年此日為法定假期以作紀念。

在今年七一早上，我觀看了在灣仔金紫荊廣場舉行的升旗儀式。行政長官帶領香港政府主要官員、中央駐港機構負責人、兩會議員及社會賢達出席。升旗儀式除了穿著軍裝的警務人員及警察樂隊外，還有其他紀律部隊組成的儀仗隊亦參與儀式。步操隊不但步伐整齊，各隊員更顯出威風凜凜的氣勢。隨著音樂響起，升旗禮開始，國旗隨風飄搖，隨著大會奏唱國歌的時候，所有人都站肅立著，昂首挺胸和自信地就唱國歌，這番情景不禁令我油然而生作為中國人的自豪感。

其後在回歸酒會中，看見嘉賓雲集，會場佈盡善盡美，儀式簡單而隆重。特首演說中的一段語重心長，內容展現國家為港帶來新機遇，只要同心創建，讓香港保持長期繁榮穩定的路上，邁步向前。演說過後，台下一片掌聲，令我十分感動，然後酒會正式開始，每一枱上都坐滿嘉賓。大家不時鼓掌，或舉杯互相慶祝，令我彷如身臨其境，感受著與嘉賓們一樣的快樂興奮之情。

香港回歸中國二十五年來面對各種挑戰，但都能迎刃而解，現在面對嚴峻的疫情，在這兩年多以來，受疫情影響，民生嚴重受損，經濟因此而下滑。希望香港的疫情能盡早消除，同時透過積極融入國家發局大局，迎來更多機遇，大家攜手創造未來美好的香港。

餐桌上的世代之味

2A 趙婧初



闔家歡樂齊聚堂，碗中飯熱心更歡。作為一個中國人，沒事與家人聚聚仿佛已經成了刻在骨子裡的東西。但每次最讓我難忘的，是那些美味佳餚，

而是那份獨特的世代之味。

今天我們一家老小聚在了餐桌旁。橘黃色的燈光下，熱氣騰騰的飯菜散發著迷人的芳香，桌子四周坐著的至親，無一不都帶著愉悅的微笑。只見外婆慢慢地抬起手，顛巍巍地向前伸去，小心翼翼地夾了一筷子桌子上的梅菜，輕輕的放入我的碗中：「丫頭，快嚐嚐外婆做的菜。」有些粗糙但十分悅耳的嗓音在我的耳邊響起，宛如大海般透出了歲月的滄桑。她忽然輕笑出聲，看著桌上的梅菜，對我們說：「想當年，我年輕的時候，生活還並不是十分富裕，那時的我住在公屋中，五六平米的房子裡只容得下一張床。為了更好的生活，我便自己開了一家飯館。那時做得最好的便是這梅菜蒸豬肉了。為了做好它，我花了好幾年的時間走遍了全國各地研究配方，歷經了千辛萬苦，最後終於研製出了如今這道菜。」說到這兒，外婆仿佛陷入了沉思，那雙略顯渾濁的雙眸中似乎有淚光閃爍，透露出對歲月的感慨。聽完外婆的話，我頓時感到手中的菜有些沉重。緩緩夾起，放入口中。霎那間，鮮香的氣息在我的味蕾上炸開。加入外婆獨特的配方後，使得它在進口時微微發苦，但在那之後卻是無盡的美味。味濃香醇卻又濃而不膩。如同外婆的人生般，雖吃盡苦難，但最終得以苦盡甘來。大家都交口稱讚著，紛紛伸出了筷子。

這時，母親從後廚中走了出來，聽到外婆的話也笑了笑，開口道：「是啊，那時的確不容易。還記得在我小時候，你外婆就用這道菜賺錢養家，還會時不時做來犒勞我們大家。久而久之我便也學會了這道菜。而我們的生活也如挺過了暴風驟雨般的時刻，終於看到了彩虹。」說著，她便將手中的另一道梅菜蒸豬肉端上桌來。「嚐嚐，我改了一下，看看和你外婆做的有什麼不一樣。」我好奇地夾了一筷子，慢慢放入口中。不同於之前進口時的微苦，這道菜進口便是美味。就如同現在的生活般，有滋有味的。

餐桌上的世代之味，是外婆做的那份先苦後甜的佳餚；是外婆刻苦勤奮的青春；是媽媽對外婆的傳承；更是那蘊含其中，永久不變的世代之情！我放下筷子，對媽媽說：「媽媽，我也要向你和外婆學做這道菜！」

觀看七一回歸典禮有感

2A 董子瑩



不知不覺，香港迎來了它的 25 歲生日。

隨著主持人的宣佈，升旗儀式正式開始，各位出席人員都保持著肅靜，坐在桌子前的我也站了起來。護旗方隊以中式步操進場，整齊的步姿與軍靴落地的「塔塔」聲令人不自覺地生出敬意。我的身子挺的更直了，心中油然而生出莊重之感。

看著國旗和區旗慢慢升起，我心中也湧上了滿滿的自豪感，跟著大家一起唱著國歌。國旗和區旗隨著國歌的完結升上了頂點，旗幟在空中迎風招展，仿佛在告訴大家，它很開心。

從 1997 年 7 月 1 日至今已 25 年了，香港期間發生了很多事，內外經濟形勢也發生了巨大改變，1997 年 7 月金融風暴，祖國堅定地支持香港，給予香港足夠的信心，使香港安然渡過危機；2019 年香港暴動事件，現在已訂立港區國安法，助香港重回正軌，推動「一國兩制」在香港的實踐行穩致遠。近年發生疫情，祖國又派員支援香港抗疫的工作。所有的一切，都說明祖國是香港的堅實後盾。

咪高峰的聲音把我的思緒拉回，酒會開始了。現場上排列著一張張桌子，嘉賓濟濟一堂。前面是一個大平臺，平臺的背景寫著「慶祝中華人民共和國香港特別行政區成立 25 周年」的字樣，非常威風！接著鏡頭又拉向各位來賓，可以很清楚的看到入座的嘉賓都是來自不同國家的人，更加吸引我目光的是有身穿軍服，肩上貼著中國國旗的軍人也在現場，不知道是不是我們的駐港部隊呢？待各位嘉賓都入座後，主持人就請行政長官和各位祝酒嘉賓移玉步到台前站立，國歌再次響起，各位嘉賓也都起立一起唱著國歌，我心裡感歎這場面真壯觀。

行政長官在臺上說著對香港未來的期望，又強調祖國對香港幫助，感謝祖國對香港的照顧，然後又和大家舉起酒杯一起慶祝。我不由感觸萬分，感謝祖國就像細心的母親，悉心照料香港，正是這樣了，香港才能茁壯成長啊！

影片在酒會的歡聲中結束，不知不覺，香港已經 25 歲啦！

觀看七一回歸慶典有感

2A 劉壹尹



觀看了七月一日香港回歸慶典後，我感受到中國和香港有著緊密的關聯。

七月一日，是我難以忘懷的大日子，這天既是中國共產黨的「生日」，也是中華民族對香港恢復行使主權的紀念日。香港的回歸意味著中國的貧窮落後、任人宰割的時代已經成為歷史，標示著強盛偉大的祖國已經屹立在世界的東方。

有的人在耐心地等候升國旗儀式的開始；有的人已經開始肅立，面向國旗；亦有的人拿起攝影機，準備拍下國旗在空中昂揚、隨風飄動的那一瞬間。護旗方隊開始使用中式步操進場，拿著國旗的時候，他們的每一個動作，每一個姿勢，都像「複印」似的，一模一樣，整整齊齊。聽著《義勇軍進行曲》的旋律響起，看著螢幕上的五星紅旗冉冉升起，我不自覺的站了起來，所有人都肅然起敬，朝著旗桿看去。緩緩升起的國旗，令我心中浮現祖國與香港團結、關懷、支持的一幕幕，驕傲的感覺油然而生。先輩們為了給予我們優越的環境而不惜一切代價去保護國土，即使到了生命最後一刻也拼盡全力，舉起國旗，絕不屈服。我只想和他們說一聲：謝謝你們！

香港回歸，這是一個能讓全國人民噙淚的時刻；香港回歸，這是一個令所有華夏子孫喜逐顏開的時刻。維多利亞灣潮起潮落，洗去了一個半世紀的歷史風塵；洗去了曾受苦傷的悲劇經歷；洗去了曾出現過的衝突與碰撞。經歷了多年的風風雨雨，終於迎來香港回歸祖國的日子，祝賀香港回歸中國，祝賀祖國繼續繁榮富強，再次偉大復興，給中華人民一個安居樂業的家，永遠過著安穩快樂的生活，不再有戰爭帶來的恐懼。

國旗和區旗迎風飄揚。祖國就是香港的母親，她愛護我們，保護我們，不再讓我們受到委屈和傷害。我們生在紅旗下，長在春風裏。目光所致皆為華夏，五星閃耀皆為信念。祝願香港更加繁榮昌盛，祝願祖國更加富強進步！

師恩難忘

2B 邢美屏

有人說，師恩如山，因為高山巍巍，使人崇敬。我還要說，師恩似海，因為大海浩瀚，無法估量。

三年級時，班上來了一位女老師，她披著一片烏黑又柔美的長髮，身上還飄來陣陣薰衣草香！她的到來，不但增加了課堂的活潑氣氛，還令同學的中文成績大大提升呢！老師上課時，語言通俗易懂，說話的時候還帶點幽默。她知道我們愛吃零食，又會自掏腰包買給我們，要我們在課堂上積極參與才能獲得這些鼓勵，不得不說這招真的很高明啊！

以前中文是我最討厭的科目，也被大家稱為「死亡之科」。最令我頭痛的是書寫中文字，那時我寫的字不堪入目，歪歪扭扭的，但老師沒有像其他人一般取笑或責罵我，而是一筆一筆去指導我，過程中絲毫沒有不耐煩，結果我的字體大有進步。老師為了讓同學更容易理解課文，又會以畫圖畫的方式令大家明白，同學都感受到老師對大家的關顧。

從此，我不再怕中文這一科，也對中文有了更深入的體會，很感謝這位老師，您費煞苦心，幫助我改掉一個又一個壞毛病。到現在，這師恩深深地刻在我心裡，從未忘記。我不知道應該用甚麼文字來讚美我的恩師，只有懷著對恩師的一片感激之情繼續努力學習。

老師真的是一份很偉大的職業，因為他們孕育了祖國的未來，俗話說得好：老師是蠟燭，照亮了我們人生的道路。在此我真誠的感謝每一位老師，祝願老師們身體健康，順心順意！



我是一雙鞋子

2C 麥景治

還記得從工廠出來後，我每天都在盒子裡靜待我的主人……當時我是一雙非常時尚的鞋子，黑白相間，鞋帶的顏色非常鮮豔。我的售價是八千元，



一上架，我就被主人買下了。我的主人是一個足球員，我的人生正式開始了……

我被主人帶進門家的那一刻，我覺得自己是多麼的高貴豔麗，總看不起旁邊的舊鞋子。我總跟他們說：「哼！你們這些舊鞋子，沒有一個比得上我！」我甚至被放進了一個非常精製的玻璃盒裏珍藏。

過了幾天，我的主人要去打一場比賽，他一眼便看中了我。那天早上，他穿上了我，神氣地上場比賽。正式比賽的時候，我們非常有默契地越過一層層障礙，獲得了第一名！

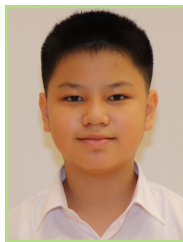
之後，我們更一起在經歷了十多場比賽！後來，我慢慢地發現我比不從前了……我的性能變差了。原本光潔的外層，蒙上了一層灰。終於知道了那些我曾經被我嫌棄的鞋子是怎樣來的，或許他們也有輝煌的時候。隨著一雙又一雙鞋子被替換，舊的鞋子就會漸漸被淘汰。這就是鞋子的命運吧！但沒有關係！我已經完成了我的使命，我不介意自己將會成為被別人看不起的對象。

我心裡明白：我已經完成了我的使命！即使將會有更好的鞋子來取代我，我也可能會被放到一個佈滿灰塵的櫃子裏，永遠走不出來了，我也毫不後悔……

那次小風波的啟示

2C 徐梓燊

還記那一次，我跟同學外出去玩耍，但由於我事前沒有跟家人交代，家裡鬧出了一場小風波……這我不斷自我反思，明白做人做事應該要有責任感，不應該辜負愛自己的人。



那一天，同學約我出去玩，我想都沒有想就答應了，但我忘記通知家人，導致爸爸整天晚上都非常擔心我。晚上回到家後，我看見爸爸坐在沙發上一動也不動。他見到我後，就大發雷霆，發瘋似的責罵我，對著我大聲咆哮：「到底你有沒有責任感！實在不能接受！」看到怒發衝冠的爸爸，我也忍不住心中的怒火，所以就跟爸爸吵了起來。媽媽看見場面逐漸一發不可收拾，就立刻分開了我們兩個。

到了第二天，媽媽叫我吃早餐，爸爸和我都互不理睬大家，場面一度非常尷尬。爸爸最終忍不住打破了沉默，說：「你不告訴我們你去哪裏，如果你出了甚麼事兒，那我們該怎麼辦？」我聽後沉默不語。吃完早餐，我回房間打遊戲機，腦裡不停回想起爸爸的那番說話。我深切地反省。我明白小風波的起因是因為我沒有告訴家人自己的行踪，反而無理地反駁父親，這確實是不對！

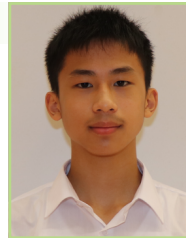
到了晚上，父親下班回來，我跟爸爸說：「爸爸，對不起！」我承認了自己的過錯。最終，爸爸原諒了我。我明白自己應先告訴家人我約了同學，將會到哪裡去，以免家人擔心。

其實，生活上有很多爭執是由於一時之氣，如果凡事衝動而為，怒火就會變成了一把利刃，把人與人之間的情誼割斷，對人造成傷害。幸好，我和爸爸的小風波已經及時瓦解了！

秋日山行

2D 黃文萱

秋天到了，風從窗戶吹過，微風輕輕吹過我的臉龐，窗外柳樹的頭髮隨風揚起，這種感覺令我就在「仙境」一樣。在我提議下，我們一家人便出發到獅子山登山遊玩。



我們到了山腳下，人聲遍佈了整座山，山上的動物也走過來趁熱鬧，樹上，石階上，路上，都有他們的蹤影，我們向著高處走，我們走到半山腰，我定眼一看那攝人的風景，柳樹上的鳥翩翩起舞，天上的白鷺在二人轉，讓我想起了一首詩：「兩個黃鸝鳴翠柳，一行白鷺上青天。」欣賞過後，我們轉進山徑小路繼續向前，山徑兩旁盡是高聳的樹木，被秋分驚動的黃葉鋪滿在路上，給路上畫鋪上了一條長長的金色地毯。踏上去後，那些清脆的聲音灌入我的耳朵，仿佛它們在和我說話一樣。林中的小鳥，打岔了我和媽媽說話，生怕我們聽不到他們的歌聲。路中的人不停和我們擦肩而過，兩位白髮滄桑的老人家一起攙扶地向前走，還有那兩位牽手相伴的小情侶都往高山進發。我們一家人有說有笑地一路走著，我看到陽光照耀在前方的梯子上，我就知道馬上登頂了，我大步大步衝上去，就在那一瞬間，當太陽光照耀我的臉龐時，我的雙手不自覺地攤開了，

就好像陽光跟我分享它的故事一樣，荷塘裡的金魚在游來游去，劃出了牠們的軌跡，就好像在荷塘裡畫畫一樣，當微風吹過荷塘時，水花逐漸微笑起來，那清脆的笑容令我都想撫摸一下它的臉龐。那一棵棵的蒼天大樹下有一排排的弱不禁風的小樹，就好像爸爸保護著女兒一樣，還有一些直沖雲霄的大樹，在山上顯得特別巨大，儘管爬山很累，但面前眼前如詩如畫的美景，我們的「累」都化為塵埃了。

天色逐漸暗淡，太陽該下班了，我們依依不捨地離開獅子山，踏著愉快的步伐下山。我們又經過剛才走過熟悉的路，只不過人越來越少，野猴子越來越多了，他們四處覓食，趁它們沒有注意到我們，我們連忙離開了，而我心中還在回味著剛才的美景，著實回味無窮。

生活中的小人物

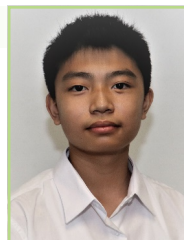
1A 梁宇彬

小人物是什麼？小人物便是地位雖小，但貢獻巨大的人，而建築工人便是其中之一。

中國的建築工人人數在 2022 年 1 月 9 日達 52795800 人，但平均工資只有 5000 元，而工作時數更是高達 10 小時以上。第一次聽到這幾個數字，許多人可能無動於衷，我當時亦是如此，直到我親身經歷過，才知道其中的艱辛。

今年廣東的夏天格外的炎熱，正值暑假，當時的我可謂是遊手好閒，無所事事。我爸得知後，露出了一幅意味深長的笑容，說道：「看你無所事事的樣子，明天和我一起去地盤幹活吧！」我不以為然的答應了我爸，心裡想：「不就是去搬些磚頭，貼一些瓷片嗎？這有啥大不了的。」

清早五時正，我睡得正香，可我爸卻在這時催促我起床。我滿心不悅，但聽我爸說：「快點起來啦，吃完早餐就得出發，不然最慢的是我們，還得扣工資呢！」這時，我想到一個問題，我只需要去這一天，可爸爸每天都得這個時間去，不是更辛苦嗎？想完，我便不再猶豫，吃完早餐便出發啦。一路上，我爸給我說明地盤的情況以及安全



事項，我默默的聽著。

到了工地，我驚呆了，屋子裡煙霧繚繞，地面凹凸起伏，全是泥土的泥地，沒有我們日常生活中的地磚。我愣了一小會，我爸便催促我：「快去換鞋，我們要幹活了，你把這些貼牆壁的磚片放到水裡去泡，等到沒有氣泡了，就去拿上來，然後把地下的垃圾清理乾淨。」為什麼要泡瓷磚呢？原來呀，如果瓷磚不吸水去貼，那麼瓷磚就會很難配合水泥粘在牆上，這樣瓷磚即使粘上去，但因為瓷磚背面很幹硬，會造成空鼓，還容易從牆壁脫離，掉下，造成危險。這個知識也是老一輩的工人流傳下來的呢。我爸催促完我，便去幹活了，我也按照他的指示，前往幹活。一早上下來，我們累得筋疲力盡，終於到了午膳時間，可吃的也不是什麼豪華套餐，而是街邊普普通通的盒飯，而且還得快速吃完，不然活幹不完，又得挨罵了。

一天下來，我們連水都來不及喝，直到晚上 8 點多，我們才能下班。月光映照在大地上，我們父子倆，邊吃邊訴說，我才瞭解到。原來我們這麼幹一天，只有兩三百塊錢，但在同行眼中，早已是夢寐以求的價錢了。

我不禁沉思，建築工人每天工作這麼辛苦，但回報卻如此之少，而且每天去吃飯，還要換衣服上街，為的就是怕影響別人，怕弄髒別人，更怕別人看不起。但他們需要這樣嗎？如果沒有建築工人，我們現在住在哪裡？我們現在生活在哪？高樓大廈在哪來？如果不是他們用自己的青春和汗水，貼上一塊塊瓷磚，建起一座座樓宇，一座座高樓大廈拔地而起，我們現在恐怕還得承受那日曬雨淋之苦，我們為什麼要去嫌棄他們呢？他們不是應該被我們每個人稱讚，值得每個人去敬重嗎？

建築工人以外的小人物亦是如此，他們雖然地位低下，但是他們對於社會的貢獻，卻巨大，乃至於無人能及。

姐姐，對不起

1A 余學賢



我有一個脾氣很好的鄰居姐姐，她很溫柔、善良從不大聲叫嚷，更別說吵架嘍，所以她有很多朋友。姐姐經常來我家玩，但我每次看到她，我都會臉紅，心裏有說不出的尷尬，因為我欠她一句：「姐姐，對不起。」

我還記得小時候，姐姐帶我一起上山採花，我們看著太陽冉冉上升，和煦的陽光照耀在我們身上，照耀在花兒的身上。此刻，我們的心情和花兒一樣光鮮亮麗，走到半路，一塊大石頭阻擋了我們前進的路。姐姐小心翼翼地繞了過去，她站在一旁提醒我道：「小笨蛋！小心點！」我完全不在乎，隨隨便便跨步上前。結果鞋子勾到石頭，隨著一聲慘叫，我不雅觀地摔了個「狗吃屎」。我的手還被帶刺的草割破了，我痛得哇哇大叫，邊哭邊怪姐姐沒拉住我。

姐姐連忙跑過來扶起我，看著我出血的手，她非常自責，柔聲安慰我：「小笨蛋，忍住，姐姐扶你回去擦藥膏。」任性的我不讓姐姐好過：「不要，不要，除非你背我回去！」姐姐只好背上我艱難地往家走。

姐姐雖然年紀比我大，但是個子只比我高一點，加上瘦削的身材，這一路上真難為她了。她背著我一搖一晃走得很累，卻沒有埋怨半句，只是細聲安慰我，我的世界彷彿只剩下她那甜言蜜語了。

幾年過去了，每當我看見姐姐，總會想起這件事情。我在心中一遍又一遍地說：「親愛的姐姐，對不起！以前的我真是太任性了！」

敬師

1A 余學賢



親愛的老師，您就像蠟燭，燃燒了自己，卻照亮了別人。有句話說得好「春發到死絲方盡，蠟炬成灰淚始幹。」這都是讚頌老師您的。您處處為我

們著想，奉獻了自己寶貴的光陰。而您呢？您對我們的愛，比母親更細膩，比父親更嚴峻。

師恩難忘，師情永存。在每個人心靈的深處，總會有一個角落，在那裏埋藏著的是師生之間的那份最真摯的感情……人的一生既漫長又短暫。在這段漫長而又短暫的歷程中，我們會經歷無數事情，遇到無數人，但是，刻骨銘心的還是那一位曾經教導過我們，塑造了我們的人格和靈魂的老師。我曾經因病而去醫院做手術，在我醒來那一那，我看見了那道熟悉的身影那張臉上永遠帶著慈祥的笑容，厚厚的片下，藏著一雙疲憊的眼睛。對！就是我的班主任，彭老師。我有點受寵若驚，他送了我一個公仔，讓我明白，原來愛也是一種教導。人們曾經說過如果把人生比作一座塔，那麼老師就是最底的基座，若沒有老師幫助我們打下牢固的地基，我們便無法繼續發展。

現在我已經是一個中學一年級的學生了，教過我的老師有很多，正是他們的諄諄教誨：例如在上課時，我們遇到不懂題目，他們從來不會生氣，總是用溫柔而帶一點嚴肅的的語氣耐心地向我們講解，經他們的教導，讓我如沐春風，把我從一個懵懂無知的小孩，變成了一個努力追求進步的大孩子。

如果我們是祖國的花朵，那您們就是園丁，您們的教誨之恩，我們將永遠名記在心中。相信在您們的精心教導和關心下，我們這一棵小樹苗一定會長成一株株參天大樹。我們也會像您一樣在自己的崗位上認真負責，為人民、社會做出貢獻！

生活中的小人物

1C 余建伶

在我們身邊有許多小人物，他們每天都在默默耕耘，他們可能是社會上一些地位不高的普通人，但他們依然堅守崗位，默默為市民服務。在我的生活中也曾出現過。



清潔工人是我們生活中常見的一種職業，他們通常行走在街邊，穿著一身橙紅的衣服在打掃垃圾。有一天，我有幸遇到了一位熱心的清潔阿姨。

那天週五放學，我依舊慢悠悠的走去車站。在往車站的一條小巷，我遠遠的看見了一位清潔工人，她身著橙紅色的工作服，面黃肌瘦，仿佛風一吹便可以把她吹起來。走近了，她的面容變得更加清晰，短而淺的眉毛下嵌著一雙深凹下去的小眼睛。她戴著口罩，但我依舊感覺到她在向我微笑，讓人產生一種善良可親的感覺。這時媽媽發資訊來給我，我只好坐在樹下的椅子上回復資訊，正好可以看到清潔工人。過了一會了，一個老婦人走在街道上，她拿著一張紙質地圖，似乎想去什麼地方，清潔阿姨看到了她那愁楚滿懷的模樣，馬上放下了手中的工作去幫她。清潔阿姨走近輕聲地問「您好，請問我可以幫到您嗎？您是想去哪裏呢？從這裏去醫院、學校或其他的路我都十分熟，希望可以幫到您。」老婦人也滿臉笑意回應了清潔阿姨：「我想去播道醫院，但是不知道怎麼去，麻煩你了，十分感謝！」他們聊了一會，又走了一段路。那時清潔工人已經離我很遠了，當我抬頭時，她已經在關心老婦人了，我聽不清他們在說什麼，只見他扶老人坐下，馬上在袋子裏拿出一件外套，將橙紅的工服遮蓋上，又馬上回去扶老人起來，眼角帶笑的扶著老人走了起來。清潔阿姨還時不時抬起手指為老人指路，她帶著老人走了很遠，又怕老人辛苦，自己出錢叫車目送老人。我看到越來越模糊的身影，心中有了一絲的感歎與和讚賞。

後來我才知道，他們並不認識，只是萍水相逢。阿姨是怕老婦人同清潔工一起出行被人嘲笑才換上外套，這更增加了我對她的好感。後來我再也沒見過這位善良的清潔工，但每次想起她的默默付出，我就感動不已。

生活中總會有那麼默默付出的小人物，他們不辭勞苦，不求回報，努力守護著這座城市，為市民提供幫助，是我們學習的好榜樣！

熱鬧的街市

1C 余建伶

我家附近有許多熱鬧的街市，其中有一個是我常去的，那街市裏的商品琳琅滿目，人物有趣，讓人流連忘返，今天讓我給你細細道來。

那天星期六下午，我和爸爸媽媽一起去街市買菜，一進街市，魚腥味、生菜味、豬肉味等撲鼻而來。映入眼簾的是



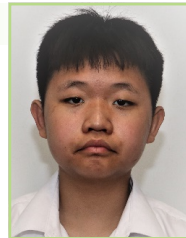
一大羣人在走來走去，把原本濕潤的小路擠得水洩不通。叫賣聲與吵嚷聲震耳欲聾，爭相爭取顧客們的注意。街市裏有乾貨店、豬肉鋪、水果店和中藥店等，還沒來得及看，爸爸媽媽走進了一家菜鋪，一眼望去一大片都是綠色，整個菜店裡回蕩著客人與老闆砍價的聲音，「十八元友情價！行不行！」「二十五元半斤好菜無商量。」遲疑了一會，我也跟了過去。順手拿起了一棵白菜玩了起來。這棵大白菜真光滑呀，細聞還有一種菜香，再摸摸葉子，又軟又溼，舒服極了。再輕輕一掰，「卡嚓」一聲清脆的響聲傳入耳，這聲音真好聽，令人感到十分舒適。隔壁豬肉店老闆嗓門真大，隔著牆還雜著人羣聲都可以聽得那麼清楚：「新鮮豬肉，走過路過不要錯過！」我被它所吸引，目光落到豬肉店上，豬肉店的老板正穿著大紅衣服一邊拍手一邊叫賣，「新鮮豬肉，快來搶購！」臉上帶笑意，看來今天的生意十分好。街市裏人山人海，一眼望過去，全是人。有黑色的頭髮、淡黃色的頭髮等等。他們組在一起，再加上人們的走動，好似一條正在飄動的彩帶，美麗極了。他們一會兒堆在豬肉店裏，一會兒堆在餅乾店裏，一會兒又哪裏都堆滿人，熱鬧至極。

這就是我家附近熱鬧的街市，那裏充滿歡笑、叫嚷與快樂的交易。

熱鬧的街市

1C 顏子誠

街市是一個買菜的地方。那裏有大大小小的攤位。有的賣蔬菜，有的賣肉類，有的賣水果……。我不喜歡到街市買東西，因為那裏的地方總是濕漉漉的，我怕一不小心就會摔倒。雖然菜市場有著許多令人討厭的元素，但看著每天爸爸從這裏買回來的新鮮餸菜，讓我不能漠視它的重要性。



記得有一次我跟爸爸到樂富街市買餸。樂富街市真是個熱鬧的地方。當你進入菜市場，你會聽到商販們高聲叫賣的聲音，人們討價還價的聲音。攤販上看到各種顏色，形狀大小凡蔬菜，水果和肉類，還有那讓人垂涎欲滴的熟食。那天是冬至，所謂「冬大過年」，街市裏的人們都爭先恐後地搶購食物，希望為家人炮製一頓豐富的晚餐。我和爸爸擠在人群裏，順著人流買了很多新鮮的食物，例如：一條沙巴

龍躉、一斤菜心、四磚豆腐……。我們提著自己的戰利品拼命地逃離擠迫的街市。那些聲嘶力竭的叫賣聲，那些歇斯底里的討價聲漸漸地離開我們。

離開街市後，我終於呼吸到一口新鮮的空氣。樂富街市是個熱鬧的地方，又是個令人窒息的地方。

感動常在

1D 蘇奕彤



常聽人說父母對子女的愛是無條件的，是甘願犧牲的，更是一輩子的。可是作為子女的，又可曾想過父母為自己的付出有多少？在新冠疫情下，我慶幸有機會體會到父母對我的愛。

今年三月疫情期間，我在注射新冠疫苗後開始出現發燒等症狀。過了一、兩天，喉嚨痛等情況變得越來越嚴重，每一次吞嚥時，喉嚨就像被刀割下般。看着我剛做完的快速檢測器，爸爸媽媽同時說道：「是兩條線！」我患上了新冠肺炎！更是家中唯一的患者！

新冠患者對大多數人而言，好像鬼魂一般的存在，人們在街上聽到咳嗽聲都會快速閃避，更會回望並報以一個「生人勿近」的眼神，生怕被患者傳染，更何況我現在是確診者！我和家人一起，會否傳染他們呢？我是否要跟他們分開或保持距離呢？豈不是我要孤獨地過一個多星期？

我越想，問題就越多，更感到萬分徬徨，淚珠也在眼眶一顆顆的滾下。這時媽媽走過來一手把我抱入懷中，溫柔地說道：「不用怕，爸爸媽媽會一直陪着你，照顧你，很快就會好了。」我擦一擦淚水問道：「感染者不是很可怕嗎？我不想你也成為患者呢！」媽媽笑道：「可怕？父母為了兒女，沒有什麼會怕呢！」

我聽到媽媽的話，心中有一股無比的暖意，眼中的淚水也馬上湧出來。可是這眼淚不再是為疾病和恐懼而流，而是為媽媽對我的愛護而感動得留下來。

這時爸爸買了一大堆消毒清潔劑和食物回到家，並舉起買回來

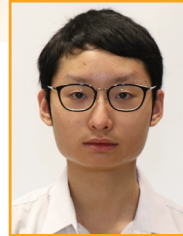
的「武器」說：「不用怕，我們準備好了，一同來戰勝病毒吧！」看到爸爸那無懼的笑容，我也不再害怕了，我要盡快康復！

接下來的一星期，我和爸爸媽媽在家中大部份時間都戴着口罩，並保持一點五米距離。可是我覺得父母的愛一直緊緊的包圍着我，讓我覺得不論發生什麼事，父母都會永遠支持我。

感染了肺炎令我體會到父母對我無條件的愛護，當人人都遠離我時，父母對我卻不離不棄，教我感動常在。

A Letter to the Editor

6A Chan Long Ting



Dear Editor,

I am writing to express my views on the issue of electric vehicles. As some people suggested, less than 3% of electric vehicles were sold in 2021 worldwide despite the fact that they are more environmentally friendly than petrol cars. In this letter, I would like to analyse the reasons why the sales of electric vehicles are so low. Then, I would also give some suggestions on what can be done to attract more people to drive these vehicles.

To begin with, the first reason leading to the low sales of electric vehicles is inconvenience. As an electric car is consuming electricity as its power, it needs an electric charging station to recharge its power. However, there are not enough electric charging stations for all the electric car drivers to use. It is because most people are driving petrol cars now. Electric cars are not that common in society. It is not easy for drivers to find an electric charging station outside. It is inconvenient for drivers to recharge the battery of their electric cars. On the contrary, petrol cars need liquid gas to be their power. Drivers can find gas stations everywhere. It is not surprising to find a gas station every 30 minutes while driving. That means drivers don't need to worry about their cars running out of power. Therefore, people prefer buying petrol cars.

Apart from inconvenience, price is another reason leading to the low sales of electric vehicles. Electric vehicles are more expensive than petrol vehicles. As the technology of electric cars is less mature, its production cost is relatively higher than petrol cars. People tend to buy a cheaper car which has the same functions as the expensive ones. It is because most of them would not be concerned about the negative effects caused by the cars. Even though electric cars are more environmentally friendly, they would still choose to buy petrol cars because of the lower price.

To solve the problems of low sales of electric vehicles, I have

some suggestions to attract more people to drive these vehicles. In the first place, the government's policies can affect people's willingness to buy electric vehicles. If citizens buy electric vehicles, they need to pay extra taxes. Therefore, the government can revise a tax reduction policy to make citizens more willing to buy electric vehicles. For example, the government can lower 50% of the current tax for buying electric vehicles as an incentive to attract more buyers.

Besides, the most important concern is the number of charging stations. The government should set up more electric charging stations. In fact, there are only a handful of electric charging stations. Even if many people buy electric vehicles, the charging stations in the society still cannot meet the needs of people. Therefore, the government can set up more electric charging stations in different places for drivers to use. For instance, they can be set up in the car park of shopping malls, beside supermarkets and along the roads. They should be easily found by the electric car drivers.

I hope my suggestions are helpful. If the suggestions can be fully implemented, unsurprisingly, electric vehicles will be more popular and prevalent in the future.

Yours faithfully,
Chris Wong

Let Your Light Shine on Others

6A Chan Paul Ho Kai

If everyone has a light, please try to shine on others. I like sharing with others. I don't have many purposes. I may just be a small light that is never going to be useful as others, but I believe that I can shine on others to make them much more powerful. Everyone has their own limitations. Why? I mean everyone has their own strengths and weaknesses. However, it is clear that everyone has their own



job and their own right to contribute to society.

As you know, some people around us need help. Even if they said they don't need any help, they always encounter some difficulties when completing a task. The most common way of your light shining on others is teaching them. Most of us are studying so hard to get high marks at school. In order to get high marks, they have to learn how to figure out the points and the skills for getting marks easier. However, studying alone not only lowers the effectiveness but also worsens the time management skills. As you know, studying alone would be a struggle. If there is a teacher who acts like a small light that can shine on you, you can learn something from him.

Currently, there are a lot of Filipinos suffering from health issues. There is a lack of drinks and food, the government cannot provide any living necessities for them to survive. Facing the worst conditions, they are still staying hopeful. Doctors without borders, called the MSF, are the lights that shine on them. As I know about the MSF team, they are trying their best to save lives. I don't know if they could save you. What I know is that we all can help other people when they are in need. If a light is ready to shut down, others will help to light it up. Darkness is always there but it won't exist too long in our world.

Well, except teachers and doctors, what else? It's definitely your family. As a light means happiness, it should always appear in your family. But are you acting as the light? Being the light is just like acting as a bridge to connect one another. You may wonder why dad is not the one connecting one another. The answer is that people feel happy when someone is born. Even though you may not do much in your family, you make the family members shine again. As you are the only treasure of the family. Joy and love that you give to your family create a momentum to keep on working. Dad can teach you how life works, but you can be the whole life in your dad's world. Don't under-estimate the power of your light.

Everyone has their own ways of shining their own lights. It is due to the fact that we can connect one another in an indirect way. For example, drivers always drive you to your destination. That is an

indirect way to let their lights shine on you. On the contrary, if there is no transportation, you may be late or tired of getting to that place. It is not surprising to notice that everyone is helping others in our daily lives. Even shops or restaurants could solve your problem and make you live happily in the world. Why do we need people who cook for you? Who helps you gain happiness? We all help one another through an indirect way.

In conclusion, I think everyone should learn to be brave. Don't need to be scared if you cannot complete a task. There are always lots of people around you offering help to you. Let your light shine on others!

Let Your Light Shine on Others

6B Fung Tsz Ming



God tells us in Matthew 5:16, "In the same way, let your light shine before others that they may see your good deeds and glorify your Father in heaven."

For me, it means being a generous and selfless person. That's why I usually grab every opportunity that comes up to help others, even without the cost of expecting something in return.

Needless to say, the perfect way to give is to volunteer. So, may I request all of you to join and spare some time to volunteer together? We can definitely help the needy for sure. We do hope that we can join the below activities together and bring light to those in need.

Firstly, we can join Food Angel. It's aimed to reduce food waste and help families in need. It's always looking for helpers with food collection, preparation, and distribution. It can certainly help the poor in our society.

Secondly, you can join the Changing Young Lives Foundation with us as well. The city has many thousands of children living in

poverty, and many of these youngsters have not been identified and are forgotten. This foundation provides health, welfare, educational and recreational programs for these children.

Besides, at this year's New Year's Party, we will treat children from underprivileged families to a festive meal sponsored by a renowned restaurant. There will be live performances given by volunteers, such as choral singing, dance groups, bands, and drama. Lion Dance will also make a surprise appearance during a magic show, with a big sack full of presents for the party guests! The pieces of clothing, toys, and books that you kindly donate will be given away.

In short, our generosity will certainly bring happiness to people in need, such as underprivileged children this year. Act now, and join us! Let our light shine on others!

Gateway to Our Lifestyle

6B Shum Wai Leung



I am sure everyone has this type of experience: you stay home all day, start feeling bored, and want to do something with your friends on the Internet. The first thing you will do is to turn on your computer and choose a popular online game, then you can play with your friends online.

Usually, you would look for Pro-gamers or Player Reviews. Likewise, if you want to watch a nice movie, you will search for online comments on social media, it can certainly save your time and money if you don't like that movie. Apparently, social media has become a much more useful tool than all other traditional tools like newspapers or magazines.

Nowadays, the dimension of Tech and Games of pop culture is growing as fast as lightning speed. In this article, I will try to explain why this is the case, and introduce several sources where I get

information about the latest trend.

As we know, the advantage of social media is that everyone can share their opinion on the latest trend. For newspapers and magazines, there are only reporters or film reviewers who can write and share about the latest trend. So, the reader cannot share their ideas on these platforms.

Nevertheless, everyone has a smartphone today and we are all able to search for anything we want on the Internet. That’s why people nowadays can post their ideas online anywhere and chat everywhere on the Internet. For example, I usually use an App called Steam to find a new game whenever I need it.

There are a lot of online platforms we can make use of: if you want to follow high-tech trends, the Channel “Gameplay HK” can show us some reviews which help us make the most suitable choice. The videos on YouTube also offer a great variety of ideas on how to play games as well.

As for films, aside from official pages such as ViuTV and Netflix, there are different types of TV shows, drama series, and movies to watch as well. We can also get reviews from the audience, such as those written by Uncle Roger TV.

Besides, Rotten Tomatoes is my all-time first choice. It’s one of the most reputable rating platforms on the Internet, contributed by film viewers all over the globe.

In short, the immediacy of social media makes us easier to catch on to the latest trend. Newspapers and magazines are quite outdated today as they only update news or trends each day or each week. On the contrary, we just need to pay a little for any latest updates on new arrivals and discounts for the latest APPs or platforms, and then we can get useful information as they spread information as much more efficiently as they can on the Internet.

Obviously, social media helps us a lot. We can make use of these social or digital platforms to find or search for what we want. They can definitely enrich the gateways to our lifestyle.

Ways to manage examination stress and anxiety

6C Chow Yuk Chun



Dear Editor,

After reading the letter from Sam Lam concerning how to manage examination stress and anxiety, I really feel sorry for him. I took the HKDSE Examination last year and it was a stressful examination. Many students feel stressed because it is not easy. The pressure is so intense that it makes students feel sick.

What I suggest to others who will take the public examination is to prepare months in advance and to join a study group. In the study group, you can talk with each other to solve the problems in studies. Also, if you have something you do not know, you can ask your group mates. They can teach you and revise the subjects at the same time. Besides, a study group can let students focus on their studies because sometimes they can be easily distracted when doing revision alone.

Another healthy way to relieve examination stress is to prepare months in advance. If you do revision early, you will have a chance to get relatively high scores in the DSE exam. Moreover, you can set a timetable for yourself to organise your time for doing revision. You should allocate your time wisely to make sure that all subjects will be revised. By doing so, you will not feel anxious. Starting your revision early will keep you from feeling overwhelmed by lack of revision time.

Lastly, students can do exercise to relieve examination stress. It can help them reduce pressure. High stress levels can cause some mental and physical health problems. In fact, doing some physical activities like running, playing badminton and hiking, can keep your body healthy. Also, doing some exercise can make students be more energetic. They can study more effectively. They can be more focused on revision. Their mental and physical health can be improved. Taking the public examination is bound to be stressful

because the exam results will determine your future. It is normal for students to feel worried. However, the HKDSE examination is an important examination for students in Hong Kong. It can cause stress to students.

These are the suggestions for students to manage examination stress and anxiety. I hope the suggestions are helpful for the students.

Regards,
Chris Wong

Do you think mobile games are addictive and why?

6C IP Koon Lam



Mobile phones are portable telephones that can receive calls from anywhere as long as there is service. Over the past two decades, mobile phones have evolved from reinforced blocks to lighter, more fragile glass appliances. Surprisingly, as phones have gotten smaller, their variety of functions has increased. One example of this is mobile games. What used to be hard-coded into the phone’s system, such as Tetris and Snake, has now exploded with the launch of the App Store for iPhone, leading to a boom in the mobile gaming industry. For many people, mobile games have become an integral part of their lives, yet the addiction often goes unnoticed. The addiction to mobile games usually starts on day one of playing, making it a pressing issue that needs to be addressed.

The cycle of playing mobile games usually starts with selecting a game we like and then completing a level, which increases the likelihood of continuing our progress in the game. As developers release new content, we are lured back to the game to continue our progress. This pattern can be seen in games such as Candy Crush, similar to the popular game Bejewelled. This free-to-play

mobile game initially offered around a thousand levels. Still, as some players reached the midway point of completing all levels, developers released updates with even more levels, perpetuating the cycle. We can never truly reach the end of the game as developers continue to add new levels, milking every drop of attention from us at the cost of simply providing a thousand levels.

Mobile games can be addictive due to various factors, including game design, graphics, and the desire to play more. One design that contributes to addiction is the rogue-like gameplay. In rogue-like games, players have only one life and must build their character over time. If the character dies, the player must start again. In rogue-like games, death is not permanent, but the games rely heavily on randomness, such as randomly generated levels and enemies. This design encourages players to stay focused on the game and continue playing to defeat enemies and progress through levels.

Another factor that contributes to mobile game addiction is graphics. Simple games with plain, solid colours and smooth gradients are calming, while action games with intense visual effects like explosions and damage numbers are stimulating. These visual effects capture players' attention and make it difficult to look away.

To combat mobile game addiction, it's crucial to shift the time spent playing mobile games to other activities like exercise, socialising with friends and family, or playing physical games. While it's not necessary to eliminate game time, it's important to balance game time with other activities for a healthy lifestyle.

Parents can also play a crucial role in preventing mobile game addiction among children by monitoring and regulating their game time, encouraging them to participate in other activities, and modelling healthy digital behaviours themselves.

Moreover, mobile game addiction can have negative consequences on mental health and productivity, as excessive game playing can lead to social isolation, poor sleep, and decreased focus on work or other responsibilities. Therefore, it's essential to set boundaries and limits on game time to maintain a healthy balance between gaming and other aspects of life.

It's important to understand that unhealthy choices regarding mobile gaming can have serious consequences. Excessive game playing can lead to physical health problems, such as eye strain, and poor posture. Additionally, neglecting other important areas of life, such as work, education, and relationships, can lead to long-term negative effects on mental health and social well-being. You might lose your friends and end up being isolated from real-life connections.

Overall, mobile game addiction is a complex issue that requires a multi-faceted approach, including game design regulation, personal awareness and responsibility, and social support. By understanding the addictive nature of mobile games and taking proactive steps to prevent addiction, we can enjoy mobile gaming without sacrificing our health and well-being.

Colours of Life

6S Azuro Jobelle Jang Mapus



It is universally acknowledged that we cannot simply manipulate one's perspective of life due to the fact that we both share opposite values, similarly in a way that we cannot command an artist on which colours should be used in their paintings. Like a paintbrush dipping in various colours of paint, the brush gliding on a canvas, commanded by the artist. Each colour having profound meanings of which only the hands behind the masterpiece could decipher. In fact, I perceive our planet as a canvas, the humans, animals, creatures that inhabit Earth are the artists. Personally, the three factors that colour life on Earth are personality, behaviour and unity.

To begin with, it is know that one's personality reflects one's entire image. Interestingly, personality is one of the reasons why we are all similar yet different in plenty of ways; the reason why our planet is so diverse. Our true colours seep out of us like a sponge and we cannot help but express ourselves. When we perceive a

cheerful and outgoing person, we would define them as a ray of sunshine, yellow like the sun. On the other hand, a hot-headed person would be described as an erupting volcano, its red lava boiling and bubbling. We have already been describing people and creatures with colours ever since. Along with our planet's greenery and natural colours, I simply find it fascinating how with evolution and our increasing biodiversity that our canvas continues to be painted and filled with new hues.

Aside from personality, our planet's colours are affected by our behaviour, how we treat the Earth and its inhabitants. Negatively speaking, it is without a doubt that our actions have made some irreversible impacts, somewhat tainting and smudging the canvas unconsciously. The equivalent of creating detailed artwork for hours and accidentally spilling water all over it after it has been completed, hours of work have gone down the drain. Human activities, such as deforestation and pollution, have ruined habitats for a plethora of animals, leading to the near extinction of some species and some left endangered. Our range of colours is becoming more limited as behaviours like these continue happening. On the bright side, humans are actively reducing their impact on the environment, encouraging sustainability for the sake of our future painters that will roam the canvas.

Last but not least, the finishing touches to the painting, the final detail which brings the entire picture together—unity. The unison of humans brings out each others' colours as they choose to cooperate and maintain peace among themselves. The beauty of unity is that it allows both parties to bring out the best in each other, both shining brightly as they influence one another. Segregation in the past is like black and white or, night and day, people in society were separated and a part was discriminated against. Currently, with humans becoming more accepting of each other, a mixed colour appears—grey. I find it touching and heart-warming how unity not only provides new opportunities for society, but also brings out the colours in every lifeform that roams the planet, thus creating a masterpiece that is one of a kind.

To summarise, our planet is a canvas that reflects us as humans. A myriad of unique personalities, behaviours and the unison of humans that have been in Earth has paved the way for future generations of artists to grow and fill in the missing blanks on the painting with their hues and tones. Life is full of colours and the way one lives affects the variety of colours available. Like Art, life is such a subjective topic with various experiences and views from all walks of life. Most importantly, we get to appreciate our artwork with pride and joy for years to come.

Do you think mobile games are addictive and why?

6S Fan Hon Ting Sans



It is common to hear that mobile game players, especially young ones, be it young adults or teenagers, are addicted to mobile games. Worse still, some may even need medical or behavioural treatment in order to quit this habit. I believe that mobile games are addictive and there are a few reasons why.

To get players hooked, mobile game developers or designers usually start a game easily for players to move through the first few levels quickly. As this happens, the players' dopamine levels are stimulated, giving them a quick burst of the pleasure hormone when they are rewarded for completing tasks. As the levels in mobile games get more and more challenging, these dopamine chemicals increase as the players feel a sense of accomplishment for achieving some of the hardest levels in the game, which sustains their interest or willingness to go further. In other words, the intentional escalating difficulties of a game allow the players to continue to play for more levels and this is how a game is addictive.

Another reason is the use of colours and graphics of a game. Have you ever noticed that mobile games are filled with bubblegum colours and graphics pleasing to the eyes? This is not by accident.

Apps and game creators will purposefully include colours and images which are appealing to players. So when you add it into the mix of a game that is already enjoyable, it is easy to see why people find it hard to put their mobile phones down once they have started a game. Some addicts play while they are on their way to work or to school, while they are having meals and some even play the games overnight!

The push notification also 'encourages' the players to keep their mobile phones on their hands. Mobile games are often designed with appointment mechanics that are added into games by designers. This means that mobile games send push notifications to your phones at certain time of the day, reinforcing the habit of playing them. Other examples of how game creators use appointment mechanics are by incorporating daily rewards that users receive when they log in at a certain time. Logbook sample most mobile games will go for a stamina system, meaning that you can only play a limited number of times per day which doing so makes you keep coming back to play the game. This is how addiction begins.

Another aspect of mobile games in particular that makes them so addictive is that many of them are free. This means that players do not have to pay to access their favourite games. Freemium games differ slightly whereby users have access to games for free completely but the game will be filled with scummy monetisation models that will keep you paying and paying for more and more in-game items. It will lead you with an advantage that other players will have no hope to compete with unless they pay for it as well.

Mobile games are some of the most easily accessible games out there, meaning it is very easy for players to become addicted to them. A lot of gaming can often require players to have additional consoles or equipment to be able to play them, but with mobile games, we have access to them anytime, anywhere, and we do not need to make any extra effort to reach them.

These are the reasons why I think mobile games are addictive.

Colours of the life

5A Li Yui To Marco



Everything has its colours. Colours are diversified, just like our lives. Does life have its own colours? If so, what is it?

When we talk about the colours of humans, the first thing people think of is skin colour.

But if I say skin colour represents you, I believe that you will disagree with me immediately. When we are doing self-introduction, we will introduce our personalities and hobbies instead of race and ethnicity. The special thing that defines us is our dispositions. Therefore, if we have to find out the colours of our life, it has to be related to our personalities.

Colours of the life are composed of our emotions and experiences. Life is colourful because we have our unique traits and backgrounds. Everyone has his/ her own experience. The luckiest man in the world suffers from misfortune and the unfortunate person enjoys some laughter during our interaction with different people. Perhaps you feel blissful when you relish a warm and nice meal, spend some with your loved ones, or accomplish a piece of work. You are also upset if your friends disappoint you, buy something pricey or today is not a sunny day. What makes us different from animals is that we can experience a myriad of emotions, happiness, sadness, anger, anxiety, satisfaction... The highs and lows in your journey give lives different colours and help you grow stronger.

There are highs and lows in life but there are no good and bad colours. In Cantonese, we named the colour of pessimists as grey since grey symbolises hopelessness and helplessness. However, being hopeless and helpless does not entail that the experience is negative. You will be in ecstasy if you win the jackpot. You decide to quit your job and spend as much as you can to buy luxury products you like. But soon you will lose everything if you forget how to control yourself. On the other hand, you will fall into the depths of despair if you are diagnosed with cancer, but you will also receive a lot of

blessings and care from your family, friends, colleagues or even strangers which help you to conquer the dreadful disease. Although humans always label things around us as good or evil, positive or negative, every event is special that contributes to our personality. Nothing is completely right or wrong, and thus, no colours are beneficial or harmful.

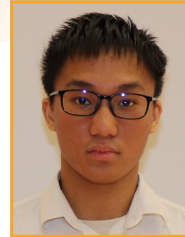
Every colour is important, regardless of bright or dark colours. Each colour represents different meanings in different cultures and religions that one colour can stand for contradictory meanings. In traditional Chinese culture, white is associated with misfortune and death so it is the main colour used in Chinese funerals. On the other hand, white symbolises purity, innocence and goodness in the western world or Japanese culture. Hence, wedding and wedding gowns are in the colour white conventionally. One colour with opposite connotations, nevertheless, it is involved in the defining moments in our lives.

We are our own painters. Every splash of colour we draw is meaningful to us. It can stand for bitterness at a particular moment because we are heartbroken, but when we survive that anguish and look at our drawings again, the meaning of that colour may change

Every human being is exceptional. Our uniqueness should be treasured as it defines who we are. Every colour of life and every emotion should be cherished. If we learn to embrace our emotions without twisting them or using them as tools, every day of life would be a riot of colours bringing us fruitfulness. In this journey of colourful emotions, let us all open our hearts to each one of them and mix the rainbow of emotions into the pure white light of hope.

Travelling in Hong Kong

5A Pan Hing Kwan Jacky



~Introduction~

Hong Kong is located in the southern part of China with a population of about 7.2 million. The official languages are Chinese and English. Despite its small size, Hong Kong is a modern and dynamic city. You can also experience some traditional activities here during the Chinese festivals. For food lovers, Hong Kong is the city you are looking for! You will find it a place worth exploring!

~Festivals in Hong Kong~

Hong Kong is a city where both Eastern and western cultures meet. Both Chinese and Western festivals are celebrated here.

For traditional Chinese festivals, there are Mid-Autumn Festival and Dragon Boat Festival. You may visit 'Lantern Street' in Yuen Long to get a handcrafted lantern. To celebrate the Dragon Boat Festival, you may go to Sha Tin to watch dragon boat races. Christmas and Easter are two of the Western festivals that most Hong Kong people celebrate here. You may celebrate them by buying some festive decorations and festive food to share with your family.

~Dine and Drink~

Being a food paradise, Hong Kong not only has its own cuisine but also includes multinational food. You can find traditional Hong Kong restaurants and foods such as dai pai dong, dim sum and cha chaan teng here. If you don't favour traditional restaurants, you can also find lots of tasty foods from different countries like Japanese food, Korean food and Thai food. You must find something you love in this fantastic city.

~Outdoor Activities~

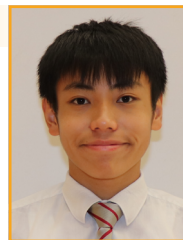
Hong Kong is a good place for outdoor fans and nature lovers. We have lots of country parks and beaches, you can find wonderful scenery there. You can also spend your time with your family, enjoying the natural sunlight and fresh air. Going swimming at the beaches or hiking and having a barbecue at country parks are some fascinating choices. You may also find some fluffy buddies if you are lucky.

~Places to Shop~

Hong Kong is also a paradise for shopaholics. You can find all the things you can think of at an affordable price in places like Mong Kok and Tsim Sha Tsui. You can also find some famous brands in the central business district. Clothes, accessories, bags, and daily necessities are all the things you can buy. If you love shopping, don't hesitate, let's go shopping right now.

Working Overtime

5B Tung Fu Shing



The most daunting predicament confronting Hong Kong employees is certainly working overtime. Why do I say that? According to the survey, more than 70% of respondents say that they have this problem. They believe that the problem can boil down to humongous workloads and labor shortages. I think Hong Kong employees have a high level of stress because of working overtime, which really warrants our full attention and immediate action. In the following, I am going to shed light on the culprits of working overtime and possible solutions.

The reasons why employees in Hong Kong have to work overtime is that they have demanding workloads. As they have myriads of reports to complete, they have no choice but to work overtime. If they cannot finish them on time, they may come under fire. Even worse, the ad-hoc reports add fuel to the fire. The time for

them to finish the reports is short and they work from dawn till dusk to achieve their goals so as not to disappoint their bosses or incur their wrath.

Apart from heavy workloads, labor shortages also play a critical role in the phenomenon of working overtime. Now that the labor force is insufficient, some employees need to work more to finish the tasks. Even a junior assistant needs to take on a heavy job. If there is enough manpower, the tasks can be divided into multiple parts and everyone can be responsible for tiny parts. Sad to say, this is only the ideal case. Noticing that one has to finish many projects, the thought of quitting the job is going to brew for new employees and it is very likely that they will opt for other jobs for a better feeling of well-being, which results in a vicious circle and a high turnover rate.

Having talked about the cases of working overtime, it is time to delve into solutions to this pressing problem.

The first solution is that if employees have heavy workloads, the bosses can reduce their workloads, simplify some tasks or even cut down on the number of tasks. The number of their projects or reports pending to be completed has profound relevance to the phenomenon of working overtime. The bosses should step up efforts to ensure the quality of life of the employees.

Another possible way to address the problem at source is to employ sufficient employees. Only if the number of qualified employees is guaranteed can the working efficiency be boosted. The bosses can provide more welfare and benefits with employees to nurture a sense of belonging to the company and retain talent. Some of the employees quit the job because their alarm bells on their health have sounded. So, extra resources should be injected into recruiting new workers for the sake of the long-term development of the company.

Are you prepared to see many workers work around the clock to finish the jobs? If not, it is time to learn from successful businessmen. It is hoped that the problem can be remedied aptly.

Letter to the Editor

5B Yuen Ka Wing



Dear Editor,

I am writing to talk about students attending tutorial lessons. Nowadays, a number of students have flocked to tutorial schools for their star tutors' carefully-wrought notes and their absorbing lessons. It is common to see the advertisements on the buses and billboards in MTR stations. In the following, the reasons for their visit to tutorial schools, coupled with advantages and disadvantages of attending tutorial lessons, will be highlighted.

To begin with, the first reason why there is an increasing number of students attending tutorial lessons is that they want to pass the public exam and secure a place in university. The exam has profound relevance to the odds of whether they can get a place in university. For some students, getting admitted at university is the only way out to change their fate. So, they choose to take the DSE exam. In addition to that, another reason is that students are attracted by the professional advertisements showing the excellent results of the past students. It can attract more students to attend lessons.

Having talked about the reasons, I will delve into the advantages and disadvantages. The first advantage of going to tutorial schools is that they may learn more answering skills as they mostly provide students with exam-oriented drillings. For example, they will give you exercises and tailor-made notes to boost the academic results. The star tutors can teach students how to answer questions to strive for excellence. Another advantage is that they can meet students from other schools. They can learn from peers how to improve their results and gain additional knowledge. They can ask their peers' study methods and see if they can emulate them and boost their grades.

However, attending tutorial lessons has disadvantages. The first drawback is that the tuition fees are high on the grounds that

some families are so desperate that they cannot afford them. They are trying hard to make ends meet, not to mention allocating extra resources or money for sending their kids to tutorial schools. Another disadvantage is that students will rely too much on the intensive notes which will affect their motivation to study and ignore the classes in school.

All in all, I believe that going to tutorial schools is advantageous on the grounds that students can master exam skills, improve their academic performances and acquire additional knowledge.

Yours faithfully,
Chris Wong

Colours of the Life

5C Liu Ka Man Carman



In the past three years, the world has been widely affected by the coronavirus. The serious health hazard has not only affected the whole working environment, but also the whole society and socioeconomic aspects. Many of us find our lives more difficult as we have to deal with anxiety, health problems and financial burden caused by the pandemic. Yet, this situation probably has brought some positive changes as we all try to lift our spirits and psyche ourselves that better days are still ahead. As for me, there have been some other changes in my life. It's amazing that my mental state has made radical changes and my depressed mood has improved.

The first change in my life is that my interaction with family and friends have increased a lot. During the pandemic, my family and I always stay at home to avoid getting infected with COVID-19. My family works from home when I don't need to go to school. Therefore, we stay with each other every day. Before the pandemic, I was always occupied with my studies, and my family were busy

working every day. I hardly had time to chat with them face-to-face. It is difficult for the whole family to have dinner together. Fortunately, during the pandemic, I was given opportunities to spend more time staying with them. I was able to understand what my parents were worried about and share with them about myself. We even watched TV and enjoyed dinner together. Also, I always longed to talk to my friends, and to care about their lives, so I always sent messages to share with my friends about what happened recently. We chit chatted online, or played games, watched films and so on. The 'normal' life with adequate social support is comforting for me during the pandemic.

The second change is that I have much more time to spend with myself. My life is so ordinary that everything is as dull as ditch-water before the pandemic. I used to stay at home with my assignments and books. Locking myself up in my room to study is a daily routine. I don't have extra time to develop any interests. Thanks to the pandemic, I've got more time to know about my true self. I have cultivated some interests or done something else that I like during the prolonged lesson suspension. As I had plenty of time during that period, I picked up playing the piano again. In fact, my family bought me a piano very long time ago. I just tried it when I was in primary school. I was quite delighted that I finally could immerse myself in the magical music world again. On the other hand, I am a plant lover, but I have never had time and the determination to grow a plant, so I bought a few pots of small plants to raise them with care. And because of the pandemic, I've always paid attention to housecleaning. We kept tidying and cleaning our house to prohibit the existence of coronavirus. I wiped all the dust and packed the things in the house neatly. I repeated the cycle of trying some new things, cultivating new interests, and cleaning my house a few times. The small luck made me feel calm and peaceful in mind when staying at home.

Before the pandemic, my life was only filled with studies and assignments. I didn't realise that my life was lacking colours. After the pandemic, I put down my busy studies and carefully observed the people and things around me. I found that I have neglected many important things, such as strengthening healthy family relationships,

developing my interests, and finding my own life. And because of these little things that came up after the pandemic, I could feel that life is full of love, and it also made me feel that life is full of colours.

Do you think mobile games are addictive and why?

5C Wun Siu Nam Cayden



Mobile phones are an unavoidable part of our daily lives. For most people, mobile phones are useful tools to help us facilitate communication and allow access to information. But for others, especially students, mobile phones are just like drugs which keep them addicted to the virtual world. With the rise of mobile gaming, the time students spending on mobile phones has also increased rapidly. But why do mobile games make people addicted to them? Is there any powerful secret in them?

First, I think people are addicted to mobile games because the settings and plots of the games have certain attractions to the players. During the game, a character's background story and its development in the plot are as interesting as the films or comics, arousing the players' curiosity and making them addicted to what is coming next in the game. Besides, some types of games allow players to decide the fate of the characters, making the development of the story more diversified. For example, 'Grand Theft Auto' is played from either the third-person or first-person perspective in an open world setting, which allows the players to freely interact in the game world. As for the story mode, the players can control the protagonists to carry out different tasks. Every decision made by the players will also affect the relationships between the main characters of the story in the upcoming missions. This makes the mobile game enthralling.

Second, the combination of gorgeous pictures and realistic sound effects in mobile games is also one of the major reasons that attract people to indulge in mobile games. The reason why a mobile

game can attract people from many different regions to play is not only because of the diversity of stories, but also the exquisiteness of the graphics in the game. For example, the developers of 'Genshin Impact', which is one of the most popular mobile games in the world, refer to Japanese card games when designing the characters. They also made reference to players' preferences to design graphic displays. They strictly followed the art drawing to create the 3D model to ensure that every character's model is consistent. As for the scenes, the production team used delayed rendering. It is easy for the team to control all lighting effects to guarantee that the rendering effect of the scene is always as expected by the artists. The developer's serious effort has won the game a lot of awards. Apart from this popular game, some shooting mobile games offer players a first-person vision, making the player feel like being in the scene and letting them feel the tension and presence.

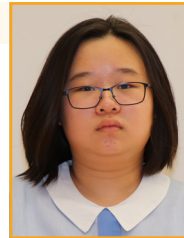
Third, the cooperativeness of playing mobile games can be irresistible. In fact, mobile games are mainly divided into two types – single-player and multiplayer games. Most people prefer the latter mode because no matter how fun a single-player game is, it can get boring after the players get used to it. On the contrary, online mobile games provide players with a sense of cohesion. Because it relates the player to multiple people at the same time chatting and playing games in real-time, so the player will not only be involved in the game itself, but also in conversations. 'League of Legends' is the most famous online mobile game. In the game, players have a '5 vs 5' real-time duel. They need to work together to destroy the main base of their enemies. This examines the team players on their communication and cooperation skills, making the game more challenging and intoxicating. Besides, multiplayer games enable the players and their friends to engage in a common topic. Take my friends and me as an example. When we are participating in the same play, we are not only engaged in the game but also the conversations about the skills needed, the story and the character, and of course, the ways to win the game. The thrilling experience does draw us away from the boring and stressful daily life.

In conclusion, with the continuous improvement of technology, the quality of mobile games is also improving. The advancement

also means that future mobile games will be more addictive. Moderate playtime can reduce stress, but prolonged engagement in mobile games will undoubtedly affect daily life and even result in an increased risk of depression or other mental problems. As a sensible game player, I hope all my potential companions are vigilant to keep an eye on themselves and those around them to avoid getting addicted to the vivid gaming world.

Watch out for Online Criminals

5D1 Chan Tsz Wai Alyssa



About 900 million people worldwide fell victim to cybercrime in 2020, according to the report from one of the US antivirus software firms. In Hong Kong, the number of computer crime cases has risen sharply - from 8,322 in 2019 to 16,159 in 2021. Yet people remain complacent, even sharing passwords with friends.

Many computer users know using Wi-Fi is risky but do it anyway because it is so convenient. To guard against hackers, we should be extremely cautious about what we do online over public Wi-Fi. Reading newspapers is fine, but not logging on to a bank account.

In fact, the cost of being hacked is high. Average victims spent 19.7 hours trying to deal with losses or damage, such as time spent cancelling credit cards or dealing with banks, according to the report.

Many users realise that the online world is very dangerous but their coping skills are deficient. For example, most people cannot tell a real email from a fake one. Cybercriminals commonly send fake emails to users, posing as friends or institutions, asking them to click malicious coding that can be used to retrieve valuable data.

In my opinion, the public should not rely too much on free Wi-Fi as there are plenty of loopholes in it which can let hackers hack into mobile devices easily. Remember, online safety always comes first. Self-protection from computer crimes should not be ignored.

Do you think mobile games are addictive and why?

5D1 Lam Kam Yuen



Nowadays, mobile games are accessible to everyone, regardless of age. Yet do those games bring more harm than good to us as they are highly addictive? The following arguments justify my standpoint.

First and foremost, mobile games are very convenient and easy to access. Players just need to click a few buttons on their phones to start a game. Unlike a decade ago—online games were still not that prevalent—people could only play games on PCs or huge terminals. In other words, the convenience of mobile games may contribute to their addictive nature. Moreover, everyone can install games with ease since those games are free and available in the App Store. Thanks to the portability of phones, people can also play games anywhere and anytime. Accompanying the short game time, once people have a short break their first priority is to start a game. After starting their first game, it is difficult for them to stop playing it.

The aim of the game designer poses this phenomenon. Game designers want to make players addicted to their products as the more time players spend in the game, the more money they can earn. It is easy to interpret. Despite being free, almost all mobile games will offer some cheap gaming packages for players in order to captivate them to spend money. Therefore, the longer time players stay in the game, the higher possibility for them to purchase packages. If players cannot overcome the temptation in the game, they will start spending money time after time in the future. This is what the game companies want to see. In simple words, if those game companies do not design a highly addictive game in order to cause addiction in players, they will lose the opportunity to earn money. As a result, almost all games will make people obsessed and cannot stop themselves from playing the game. That is why parents around the world give thumbs down when it comes to mobile games. Parents in China are the prime illustration. A few years ago,

Tencent—a company that has produced many addictive games—was accused by numerous parents in China as they thought that Tencent's games caused addiction in their children. Due to the backlash from parents, the administration in China introduced a new regulation to limit the game time of children under 18. This case shows us there is a widespread perception that mobile games are extremely addictive.

Last but not least, have you ever thought about how those designers design the games with the intention of causing addiction in players? We can find the answer in the complex systems involved in the game. Ranking system, mission system and close friend system are the most ubiquitous gaming systems that we can find in mobile games. They play a vital role in causing addiction in players. Take the ranking system as an example. It provides players a sense of satisfaction and success as the higher your rank, is the stronger your position will be in the game. Thus, after winning a ranking match, players will feel that they are stronger and want to start the next match, which is an unending cycle. Furthermore, after having a high ranking, players are not willing to give up the games as it represents their strength. For the mission system, it will motivate players to get online every day and start a few games since there is something called a 'daily mission'. Players are required to get online on a daily basis so they can earn some rewards or else they will lose it. In other words, a tremendous portion of players will get online each day due to the fact that players are eager to maximise their resources in the game. They, however, cannot control themselves after playing the first game. Thirdly, regarding the close friend system, it seems that there is no relationship between this system and the addiction to the game. Nevertheless, it is also a means to make you play the games over and over again. In a close friend system there is an index which represents the relationship between you and your friends. The more games you two spend together, the higher the index between you two. On the other hand, if you reject playing with your friends, the index will slump. Hence, in an attempt to maintain a high-level close friend index with others, players are required to spend all their time in the game. After they do so, players will be given some prizes or resources appealing to them. Now, it is obvious that designers make

use of those complex systems to control players' mindset which lead to addiction in players.

To sum up, almost every mobile game we can find in the application store is designed to be addictive. Therefore, it is crucial to train our self-discipline before playing mobile games. Otherwise it is easy to get addicted. It is hoped that more tools will be designed for managing our game time, preventing us from losing our minds in the unstoppable gaming cycle.

Do you think mobile games are addictive and why?

5D1 Li Hin Kei



Mobile games have become an increasingly popular form of entertainment over the past decades. With the rise of mobile games and advancements in technology, people of all ages and backgrounds can easily access mobile games on their mobile phones. While mobile games can provide hours of entertainment and a chance to escape from reality, they can also be addictive.

One of the key factors that make mobile games addictive is their design. Mobile games provide a sense of achievement and challenge that can be highly rewarding. Rewarding systems of mobile games are designed to encourage people to keep playing and spending time in order to unlock new levels, or receive other rewards. These rewarding systems are incredibly leading to the addiction of players with the rush of achievement and satisfaction that come with playing mobile games. Also, dopamine is a chemical substance in our brain which is responsible for the feeling of pleasure. The release of dopamine is activated by receiving rewards and overcoming challenges in games. The release of dopamine can make mobile games highly addictive, as players seek for experience for pleasurable sensation associated with playing mobile games. The more they play, the more dopamine is released. While dopamine is a

natural part of the brain's rewarding system, excessive gaming can lead to changes in the brain dopamine system, potentially leading to addiction. Even though they know that they have to stop playing, they still cannot control themselves.

The fear of missing out is a common experience in today's world. Many games have a social aspect, players often play together with friends or in online communities. The social aspect can make players feel like they are a part of the community. They find it difficult to stop playing, even though they tend to do so. If all of your friends are playing new games, you may feel like missing some fun and being isolated for not joining in. The fear of missing out is a powerful motivator that drives players to keep playing the games, even if they are overwhelmed or feeling tired.

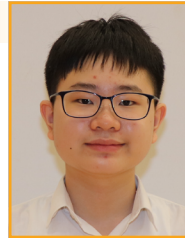
Another key factor is that mobile games provide a temporary escape from reality. Life can be stressful and challenging, and for many people, games can let them escape from the difficulties in daily life. By entering the virtual world, players can leave their real life problems behind and immerse themselves in another world. The escape is appealing especially for people who are feeling overwhelmed, anxious or stressed. Mobile games can also provide a sense of accomplishment and progress, which is attractive to people who are feeling stuck and unsatisfied in their real-life situations. By making progress in games, players can feel satisfied, which can be highly reinforcing.

The ease of access to mobile games is also a significant factor contributing to game addiction. Most games on mobile are free. Also, with the convenience of playing games on mobile phones, it becomes incredibly accessible to a large portion of the population. People can just download a the game from the application store and play it everywhere, anytime that they want without any restriction. The ease of accessing mobile games makes it more difficult for people to realise that they are addicted to mobile games. Without a clear boundary or limit, people may find themselves spending more time playing mobile games. Even though they recognise their gaming behaviour has become problematic, it is still difficult for them to get rid of this bad habit.

All in all, mobile game addiction can be caused by the design of rewarding systems, the fear of missing out, release of dopamine and the ease of accessing mobile games. While playing mobile games can be enjoyable and entertaining, it is more important to strike a balance to prevent excessive gaming and its negative consequences. By setting a boundary and being self-disciplined, people can enjoy playing mobile games without being addicted to them.

What a Wonderful World

5D2 Chan Ka Chun William



Do you talk to your neighbours? Do you know their names? Some people said that people in Hong Kong nowadays are cold and indifferent to things happening around them. They do not even greet their neighbours in the morning. Many people are unwilling to help each other, let alone strangers. Have you come across an angel when you need help? Or will you offer your help to a stranger?

I first thought that some people in Hong Kong are detached. But something happened when I was in primary five. It changed my mind. From then on, I started practising some good deeds.

On my way to take a minibus home after school one day, I found that I had left my wallet in the classroom. I did not have my Octopus Card with me nor any coins to pay for the minibus fare. I called the school office but no one answered the phone. The school must be closed! I was very nervous, and I did not know what I should do. Suddenly an old lady noticed that I needed some help. She asked me, 'What's the problem? Do you need help?' I told her what happened. Then she paid for me. At that time, I felt I was the luckiest person in the world! I didn't need to walk home. Thank God!

When I recall this experience, I know how important being a kind-hearted and helpful person is. Of course, the minibus fare didn't cost a lot. But it meant a lot for a poor boy! This old angel showed

me that there are still a lot of good people who do good deeds in our society. For the old lady I met, she didn't know me, and she had no commitment to help me. But she did so. I believe she did this because of her kindness.

This kind of friendly behaviour has a great impact on me. Since then, I always try to be friendly and helpful. Regardless of whether this is a charity event or the people who need help, I will help them. In this way, the world will become a better place.

When I was in primary six, I joined an activity organised by a community centre. It was visiting a nursing home for the elderly. Before the visit, we had to plan various activities for the elderly. In the centre, we played some games with the old residents. We also did some paper-cutting and paper folding activities together. We even learnt to sing Cantonese opera songs with them! We first hoped that we could bring them some joy but it turned out that we had great fun with the lovely elderly! It was a rewarding experience to see the smiles on their faces.

All of us should try our best to become good people and do good deeds in our daily life. In this way, we can create a friendlier, warmer and more compassionate society for everyone living here.

Green trees, red roses, blue skies, white clouds all make the world wonderful. But to me, having a heart of gold should be in the first place!

Goodbye and thank you, Mr Chan

5D2 Chung Ching Summi



With the increasingly fierce competition in society, both parents and students attach great importance to academic performance and achievements. Most students want to get good school grades for university entrance. There are different factors affecting university admission. Among them, teachers play a crucial

role in students’ academic development.

For me, a teacher is someone who devotes his/her time to help their students in different areas, although some teachers are really harsh. I am grateful and lucky that there was a teacher who influenced me a lot with his good deeds.

He was Mr Chan, my English teacher. When we experienced some hard times at school, he always said, “Don’t give up”. Sometimes, he was like a father and sometimes he was like a friend. He was very popular among all students. Even those students whom he didn’t teach liked him! He did not only teach us what we needed to know about English, but also encouraged us to improve ourselves, establishing our self-esteem. It’s a shame that good things don’t last forever...

It was an ordinary morning lesson of Mr Chan’s. We were all working on a writing exercise. As I looked up, I could see that Mr Chan looked green around the gills. I asked him, “Are you ok, Mr Chan? You looked...” Before I finished my sentence, he suddenly fell down! The classroom was in a mess. The monitor rushed to ask for help from the teacher next door. Someone put a schoolbag under his head as a pillow. Everyone was shouting, “Mr Chan! Mr Chan!” And I was praying. I will never forget it. Later, we heard the siren of an ambulance. Some paramedics came and Mr Chan was sent to the hospital. We could just wait for his news at school impatiently.

It is always true that “No news is good news”. What we heard after an hour was a piece of bad news from our principal.

Mr Chan had left us forever! He died of a stroke. Everything was so sudden. An hour ago, Mr Chan was giving us some reminders about writing but now... he could never teach us nor encourage us, telling us not to give up.

Later, we heard that he had expressed his wish long ago to donate his organs to the needy. Even though his family was grieving, they still respected his wishes and agreed to donate his organs to the patients in need, bringing new hope to few dying patients and their families. How kind Mr Chan was! What he did was really inspiring and meaningful.

At his funeral, all of his students had promised that we would work hard and would never give up. We know that he will see us in heaven. We work extremely seriously, both for Mr Chan and ourselves. We will live up to his expectations. Before he died, I believe that he must have told himself not to give up. So he won't allow us to give up.

Under his influence, many of our classmates started doing good deeds. At the beginning, we just donated money, and then we started to visit homes for the elderly and some patients at the children's hospital. I was trying to invite my friends and my family to join me. Mr Chan did not only affect me, but also my friends and my family!

I think all of the people should be proud of Mr Chan's good deeds. He has set us a good example and taught the students the last lesson with his life.

Thank you, Mr Chan. You will be sorely missed.

Colours of Life

4A Lai Shing Hin Lucas



Have you ever heard this story? There was an innocent and lovely little girl who was diagnosed with acute lymphoblastic leukemia two days before her 3rd birthday. Since then, although she has been hospitalized many times, her condition has always been difficult to control.

From the age of 4, she began to learn painting. Her biggest dream was to become an excellent painter when she grew up. She liked drawing the characters in fairy tales and cute little animals. Her world was always simple, maybe she couldn't understand the threat of death as a young child.

Therefore, in the process of fighting against the disease, she always opened the sketchbook, picked up her beloved color pen, endured the torture of illness, and draw the beautiful pictures from

her imagination. By the age of 7, the little girl had drawn more than 8,000 colored strokes. Whenever she was drawing, her parents always appreciated her artworks. In her young heart, she had never given up her dream of becoming a painter.

After fighting against the disease for four years, the little girl completed her short life of 7 years and 9 months with a great desire for life. However, she left more than 8,000 beautiful brush paintings for children all over the world. This little girl is called “Three Bottles of Colour”.

Life is originally a piece of white paper. Different colours are painted as we experience many ups and downs. In different stages of life, these colours give us different tastes and they become a part of our life story. Having gone through so many things, we are more courageous to keep moving towards the broad ocean.

My life is originally a blank sheet of paper. I passed through a lot of life despair and challenges so that I can now sail bravely in the sea. Everything I experienced impacted me. Despite the pain, I have chosen to overcome it to go on with my wonderful life journey. I am so thankful for everything because lots of colourful and memorable scenes were added into this journey, and many more are going to be created.

My life is composed of blue, green and red. When I started sailing on this journey, my body kept adding green, which was my love and enthusiasm for life. I kept moving forward. My heart was full of hope. Looking at the sky, I have never felt so joyful along with the sunlight and tender breeze.

After walking through a lot of places, I have crossed lots of large watersheds. Despite the hardship, I could still beat the storm and come into a world of sunshine and happiness. The joy inside me became my motivation to move on. I feel like my inner body turns red. Another more prominent color is blue. Whenever I pass by a place and encounter some injustices, I always stand up, fight against the evil and fight for justice. So, the blue of justice began to fill me.

Of course, there are other colors on me. I have sad purple. Whenever I am alone, purple will slowly expand. However, I won't

allow myself to stay in such unhappiness because I believe my confidence and joyfulness will overcome everything.

I also have gray on my body. Although I am confident, sometimes I can't help myself but be defeated by the storm. When I lay on the beach panting and watching the storm stand in front of me, gray will quietly appear on me. "No, I don't want to be defeated!" my heart shouted. My enthusiasm and love supported me. Finally, the green kicked away the gray. I stood up again and continued to move forward.

My life is colorful and wonderful. The color of my life is dominated by myself. I believe that I will draw the most beautiful picture of my own.

Let Your Light Shine on Others

4A Zheng Wen Shen Samuel



With the spread of the COVID 19 epidemic and the changes in the social situations such as school closures, many students encounter physical and mental problems. Due to the long-term suspension of classes during the epidemic, students have been studying at home for a long time, resulting in loose routines and lack of social interaction. Even after class resumption, students still need to face different challenges, such as difficulty in catching up with their learning progress. Therefore, under the pressure of learning, most have developed negative emotions and thoughts.

The subsequent waves of epidemics have a serious effect. Today's students are under great academic pressure. Their studies and lifestyles have been impacted, leaving the younger generation at a loss. Coupled with the narrow housing conditions in Hong Kong, the unsatisfactory living environment of most families, students are suffering from psychologically traumatized mental states. The epidemic and the unpredictable future also make students confused. If there is a lack of counseling and self-regulation, students would

easily lose faith and directions.

Many people think that education in Hong Kong places too much emphasis on textbook knowledge. Under the Diploma of Secondary Education (DSE) examination system, in which "one test determines life and death", students' personal development is neglected. Without stress management education, it is easy for students to become stressed. Once they cannot face the stress, they may commit suicide.

A good friend of mine, Hin, faces long-term pressure, different family and personal problems. He felt frustrated because of his unsatisfactory mock exam results and he wanted to commit suicide. On the first day of school after the long holiday, Xin Zai was worried that he would not be able to keep up with his studies and meet his family's expectations. Also, he had communication problems with his family members. Hin once told me that he was prone to depression. As some people rejected him, he refused to contact people. All kinds of problems made him think of committing suicide.

One day after recess, the class teacher found that Hin hadn't returned to the classroom for class. The teacher immediately notified other teachers, and the school staff to help find Hin. A few minutes later, he was sitting on the rooftop of the school with a cutter next to him. When we wanted to get closer, Hin immediately picked up the cutter and pointed at us and said, "Don't come close to me, or I will jump off", "Stand back! Leave me alone!!" shouted Hin. The police arrived at the scene to take over and tried to calm Hin down. The fire rescue tried to find a way to take him back to a safe place.

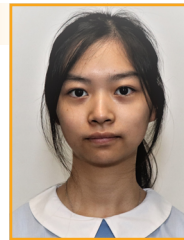
A member of the fire brigade tried to communicate with Hin and get as close as possible to him, hoping to gain his trust and distract his attention. The team leader explained to him that suicide is a terrible thing, and how sad your family and friends would feel for losing you. The head of the team said: "I understand that the study is hard, but don't end your life because of the difficult days. You only live once. There's no turning back. Everyone will die. Why don't you cherish the time and enrich yourself, even if you aren't interested in studying? You can also discover your own interests while studying and pave the way for the future.

After listening to the words of the head team, Hin finally gave up the idea of suiciding and was willing to live his life to the fullest with courage and self-confidence. Afterwards, the team communicated with the parents about Hin's situation. They advised his parents not to put too much pressure on his studies, but pay more attention to his emotions, give him more encouragement and grow up with him.

You never know the power of love and kindness. Don't hesitate to help even if it's small. Now, take action and shine your lights on others.

Book Report - Superbird

4B Chan Hoi Lam Kelly



Good morning, Principal, teachers, and fellow schoolmates,

I am Chan Hoi Lam from 4B. Today, I'm going to share a science-fiction book that I like with you. It is called Superbird, written by Brian Tomlinson. I highly recommend this book to all of you.

First of all, let me talk about the story. It follows two astronauts, Mary Mount and Sam Bridges, on their mission aboard the spacecraft Superbird. Among all the chapters in the story, I like the part when Superbird crashed in the desert most because Superbird's engines just stopped after thunder and lightning. The story after that is full of suspense.

Another scene that also interests me is the escape from Superbird because a lot of people came to Superbird. Mary and Sam, the aliens, were afraid of the people. They tried to escape from them. The story has an intense build-up. It is exciting and incredible.

My favorite character is certainly Mary Mount. She is the main character in the story and she is brave. There are lots of reasons that I like her. First, she is strong even when she is in danger. In the story, she escaped from Superbird and braved lots of challenges. Second,

she is smart; she could escape even when a lot of people ran after her.

The book is truly meaningful in several ways. Firstly, Mary had an accident and landed on the Earth. Despite lots of uncertainties and difficulties, she met June who helped her and they became friends. I believe that there are always kind people, like June, in this world. Friendship is invaluable in our lives. Besides, taking a rest is important because it gives you strength to face more unforeseeable matters. Therefore, we should keep our body strong and stay healthy to brave more challenges.

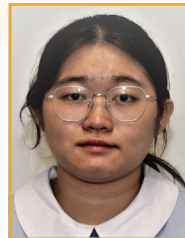
Other than this, there are many other features of the book that make me like it. I believe that we are not alone. There may be something out there which we could communicate with.

On the whole, this book is definitely highly recommended. I hope you will find some time to read this intense, intriguing and suspenseful book.

This is the end of my sharing. Thank you for listening.

Let Your Light Shine on Others

4B Xu Bei Bei Jennifer



When I was a child, my mother took out a candle every time there was a power failure at home. Then I asked curiously,

"What is this?"

"This is a candle." My mum replied.

"What's the candle for?"

I was trying to probe into all the questions as if I were trying to get to the bottom of it.

"You'll find out soon."

Then my mother lit the candle and the dark room became

bright. Looking at the flickering candlelight, my heart was suddenly brightened and warmed up.

Almost at that time, I began to like candles. What a very humble candle! It has a white body and a red thread at its top, which is the "core" of the candle. When people light the candle, it drives out the darkness and coldness, and brings warmth and light to people. The candle burns slowly, and people feel the joy brought by the candle. At the same time, the candle consumes their own lives little by little until the last moment of its life, yet the candle has no regrets.

I like candles because they have a spirit, a valuable spirit of burning themselves to illuminate others, and a valuable spirit of giving themselves to benefit others!

Our teachers are like candles. They are willing to sacrifice their youth and cultivate the flowers and pillars of our motherland. They tirelessly teach us day after day, year after year. They're getting old, just like the half-burnt candles. They put all their hearts and souls into us "flowers and pillars". I think their qualities are comparable to those of candles!

They are not only the green grass that stands in the wind without fear of hardship, but also the traffic police who stand guard no matter how windy or rainy it is. They stand and direct the traffic seriously.

No matter whether it was a hot sun or a cold wind, they stood there. No matter whether it was a strong wind or a downpour, they still tried their best to direct the traffic and manage the order.

Some people don't pay attention to the traffic police, but without him, cars will be congested, colliding and bumping into each other, resulting in major traffic accidents.

The fragrance always stays in the hand that gives the rose.

Nowadays, in a society where money is paramount, some people become more and more relentless. They are unwilling to lend a helping hand to those in need.

In my opinion, helping others means helping yourself. My story can well illustrate my point of view...

Many times, my best friend has helped me sincerely when I faced my learning problems. She is always patient with me and never complains about anything, although it takes her lots of time. She said that helping others is not a waste of time. On the contrary, she can have a deeper understanding of the relevant knowledge. Therefore, it is good for you to help others. Helping others and, someday, others will come to your help when you are in trouble.

More importantly, helping others will give us considerable satisfaction and happiness. We feel that we are needed and respected.

As the saying goes, "When you give a rose, your hand will have a fragrance."

We live on the same earth, and we are all members of a big family. We should help one another to make our lives more colorful. Therefore, I think it's our duty to help people in trouble. We can burn ourselves like candles and bring light to others; You can also heartfully help others. When we encounter difficulties in our lives, we may also hope to get help from others. When we help others, we end up helping ourselves in turn.

A Letter of Advice

4C Cheng Yik Long Elvis



Dear Tom,

Thank you for your letter. I'm very sorry to hear about your problems and hope I can help.

You said that you've put on a lot of weight since you eat too much junk food. My first piece of advice is to eat more vegetables instead of junk food. With a balanced diet, you can have a healthy body. You may solve the overweight problem gradually. Having regular exercise is also a good choice for you to keep fit. If none of these suggestions help you lose weight, you can choose to go on a 16/8 intermittent fasting practice. You should

limit your intake of foods and calorie-containing beverages to a set window of 8 hours per day. It is an effective weight loss measure.

You also mentioned that you've no friends at school. In my opinion, you must take the initiative to make friends. If I were you, I would find some common topics to talk about with your classmates. If these suggestions can't help, I think you may consider participating in more extra-curricular activities. It can surely improve your communication skills and interpersonal skills. You may even meet some good friends with similar interests.

I know your parents take you to fast food restaurants often. Balanced diet is the key to staying healthy. It's very important for you to refer to the healthy eating food pyramid. I think fast food is OK but you should eat it no more than 1 time a week. What's more, I think you can advise your parents to prepare more meals at home as it is healthier than eating in restaurants.

If you are bullied by other students, you must tell your teacher. If you feel scared or sad, you may talk to the social worker about your problems. Remember, staying positive every now and then! So, you can get through some bad times.

I hope that this advice is helpful. Please stay in touch and let me know how things work out.

Best wishes,
Chris

A Personal Letter

4C Yan Hiu Ching, Nicole

Dear Betty,

It's great to hear from you again after such a long time. I am glad to receive your letter. What you hear from Aunt Mary was right. It was an unforgettable



journey that we had in Thailand.

In the morning, we spent about two hours traveling to a famous tourist spot in Bangkok- Pattaya Tiger Park. My parents and I were excited to make a trip out to a must-see attraction in Thailand. We took a bus to the zoo. The scenery was so beautiful when we were on the way there.

In the afternoon, we arrived at the zoo. We were so excited as we saw many different species of tigers. One of the features of the sanctuary is that you can pet the tigers and get a photo taken of yourself with the tiger. It was fascinating! There were more than 40 tigers. That's why I couldn't wait to see them. However, my mum and dad were worried. Both of them looked very anxious. They even told me not to be too excited! Anyway, we paid for our tickets and queued up for entry. Finally, it was our turn!

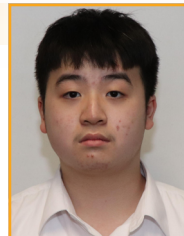
In the sanctuary, the tiger handler guided us to a huge South China tiger and told us not to make any sudden moves. Otherwise, the tiger might be out of control because of the thrill. He gave us the go-ahead sign to pet the tiger gently using a stroke. My parents were trembling and they didn't dare to approach the tiger. All of a sudden, a balloon which was held by a child in the queue had popped with a loud bang! The tiger became crazy and roared like it was in the jungle! My parents were so scared that they ran like they had seen a monster. They ran to exit immediately. Before you could blink an eye, they were in the airport. It's so great that they left me alone in Bangkok!

It was so funny, right? Well, I got a wonderful holiday in Thailand by myself. Anyway, I must go now and get on with my work.

With love,
Justin

Proposal for Annual Computer Fair

4D Chan Chun Ho, Andy



1. Introduction

As the chairperson of the Student Union, I would like to propose an Annual Computer Fair. Since you are seriously concerned that our students lack the opportunity to unleash their creativity and apply their computer skills to practical projects, an Annual Computer Fair is therefore important to showcase our students' IT skills and computer knowledge.

2. Date, Time and Venue

As suggested by our supervising teacher, Mr Daniel Chu, the committee members would like to organise the Annual Computer Fair on 1st March, 2022 from 10.00 am to 6.00 pm in the school hall.

3. Activities

3.1 Exhibition

We would like to propose an exhibition. The theme of the exhibition is 3D-printing. We would not only show what students have learnt but also encourage other students to use 3D-printing and the benefits of 3D-printing. The best three students' works will be exhibited. In order to improve the visitor experience, we will make QR codes for the students' works. The visitors can read the information about the works through scanning the QR code.

3.2 Talk

We would also like to organise a talk about Internet security with a view to teaching students how to protect themselves on the Internet and its importance. We will invite Professor Chu to be the speaker. He is a professor of Computer Science in The University of Hong Kong. The talk will take around 45 minutes.

4. Competitions

4.1 Coding Contest

We would like to hold a coding contest. There will be ten teams. In the coding contest, each team will receive ten questions about writing code. They need to finish all the questions. The fastest team to finish the questions will win. We will invite two judges. They are our school computer teachers Mr Chan and Mr Lam. The prize will be \$200 cash.

4.2 Robot Fighting Competition

We would also hold a robot fighting competition, which will be of free grouping. Students should write a programme for each robot for fighting. The competition arena will be 20m by 50m. In the competition, the robot will lose if it leaves the competition arena. We will invite Mr Chris Wong, the winner of 2019 Hong Kong Robot Fighting Competition to be the judge of the competition. The prize will be a \$500 computer shop voucher.

5. Budget

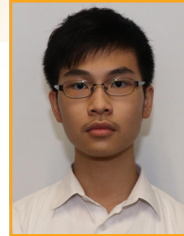
We would need \$20000 for the event. First, the cost to set up the exhibition is \$5000. Then the speaking fee of Professor Chu is \$3000. Next, the cost to hold the coding contest is \$6000. Lastly, the robot fighting competition costs \$6000.

6. Conclusion

We believe that the proposed event can improve students' IT skills and computer skills. We hope that you will see the merit of our suggestions and allow all students to participate in the Annual Computer Fair.

Colours of the Life

4D Thomas Hui Pak Sin



A little while ago I found myself watching the sunset. As the sun radiated a passionate golden-yellow and the sky burned a fiery red, I watched as it dipped further below the horizon. The bloodiness of the sky began to fleet away, letting new shades of blue and purple seep in, until I was sitting in nothing but velveteen darkness. The yellow of the sun made me feel warm, and the burning red invigorated me. As if all the commotions of life disappeared, and the entrancing view gave me newfound strength to keep going. All thanks to those bold, rich colours of the sunset.

Colours. What are colours? How do you describe magenta? Or how would turquoise make you feel? There are many answers to this. Some might say colours are a difference in wavelengths of visible light, others might say it's how we can identify objects from one another.

What would I answer? It's my favorite aspect of life.

Colours make life exciting, it breathes life into our environments. Without colour, we would be living a dull life of black and white, with no variety in the clothes we wear, the decorations in our homes, or the aesthetics of art. Everything would be a stagnant monotony, quite an unfulfilling life, isn't it? If the sunset I watched had only muted colours, the spectacularity of that view would vanish, replaced by a feeling of nothingness. After all, the greatness of watching a sunset lies in its vibrant colours. It would be meaningless to view it colourless, let alone viewing any scenery of nature, a revolting, cheerless landscape.

Colours also add emotions and depth to life. Different colours can make us feel differently, different hues and shades impact what is felt as well. Artists throughout time have echoed this sentiment in their works as well. Claude Monet, one of the most famous painters, used soft pastel colours to give the warmth and

coziness of life to his landscape paintings. Van Gogh used the colour yellow the most in his works as it was a symbol for life, energy, happiness and hope. Even an abstract painter like Mark Rothko used deep and brooding colours to evoke the tragedies of life. All these artists used their work to reflect aspects of life, and they used colours to evoke them. If Monet were looking at a colourless pond while painting his seminal work 'Water Lilies', would his painting be as lifelike and animated as it were?

Not only do colours evoke emotions, they also represent our cultures and identities. Some colours have positive or negative connotations in different cultures, and are symbolic in nature. These symbolic colours appear in national flags, mythological beings, religious texts and many more. Such as how most flags of African countries have red, yellow, and green in them. Or how the colour green is associated with Islam. The same colour can be perceived differently based on your upbringing. For example, in China the colour red symbolizes wealth and prosperity, while in South Africa it is a colour of mourning. Even in speech we use colours in idioms and phrases from how ingrained they are with our life. 'He was caught red-handed', 'I'm feeling blue', 'The black sheep of the group' etcetera. And in our skins, different amounts of melanin affect our skin pigments. All this is to say, colours are everywhere within our lives, and it molds us into who we are.

It is obvious that colours have become an intrinsic part of our life. It is what makes life lifelike, it is what makes us feel life, and it gives our life an identity. Unfortunately many have lost sight of this, never looking around to see the many colours of their life. Caught up in the humdrums of everyday life to care about the colours of their surroundings. I know I myself am disconcerted from the stresses of school life, but I manage to be comforted by looking at more nature and their warm colours. Life to me is like an unfinished painting, and I will never stop to finish my life with a colourful design and decorate it with a vibrant aesthetic.

Perhaps it is time to slow down and observe the colours that make up our life, and find solace in the fact we are able to perceive such colours.

Do you think mobile games are addictive and why?

4D Lo Tsz Ho



Nowadays, people play mobile games everywhere, on public transport, at schools, on the streets, and so on. Many people spend most of their time playing mobile games. They prefer playing mobile games on their phone to doing some research, studying, and so on.

In my opinion, mobile games are definitely addictive. Like teenagers, I think that they want to have a sense of achievement, make new friends, and relieve stress. So they love to play mobile games. But they cannot balance their time between playing mobile games and other things like their studies.

Mobile game addiction is serious among the younger generation. And one reason is that mobile games can give them a sense of achievement. Consider those teenagers who do poorly academically. They rarely feel that they have achieved anything at school, and they are unwilling to do their schoolwork. They may instead spend hours on mobile games and become proficient in it. They may have unlocked a lot of achievements and got a high ranking in those games. That sense of satisfaction is something that they do not have when they study. Even though the teachers may tell them that their hard work may boost their studies, the students often think that the sense of achievement in games is more attainable and more immediate. That immediate satisfaction further makes them more addicted to mobile games and discourages them from putting in effort into their studies.

Then, young people can make new friends through mobile games. We all have social needs. We want to have friends who will accompany us. However, some young people may find it too difficult to make friends since they are not confident about their communication skills. They may be too scared of talking to others face-to-face. Playing mobile games online provides an alternative way for them to make new friends since they don't really have to see

those people personally. Actually, they can meet up with people from all around the world since the Internet is one big global platform. There is then a better chance for them to meet people who share a common interest such as gaming. Such encounters also allow them to learn about different cultures and broaden their horizons.

Last but not least, mobile games can be an effective way to relieve pressure. Indeed, mobile games are not only addictive to the younger generation. Adults are also found to be addicted to mobile games. The youngsters and adults in Hong Kong spend long hours at school and in the office respectively, understandably giving both of them loads of pressure. Mobile games can bring them fun and when they are playing mobile games, they are actually immersed in the game and temporarily forget about all the pressure they are facing.

Mobile games are attractive but let's not deny that an addiction to mobile games can bring negative effects. For example, teenagers may waste a lot of time on mobile games and lose much time for their schoolwork. That can greatly harm their concentration, and then their studies as a result. Their physical health will become worse too. A lot of teenagers stay late playing mobile games, causing them to have sleep disorders and short-sightedness. Also, to improve their characters or unlock new levels, they may spend a lot of money on making in-game purchases. They may even steal their parents' money in order to do so.

Above all, mobile games can be fun but we must find a balance between playing mobile games and doing other things. Having better time management is crucial for every one of us to truly enjoy mobile games, cheering us up and relieving our stress.

Why is climate change an important global issue and why should world leaders listen to young children on global issues?

4D Noel Lerma



You may have heard of the name “Greta Thunberg” from the news or even mentioned in class. She is an environmental activist who is constantly challenging world leaders on climate change from the age of 15. With her gained worldwide recognition and respect, you’d think all her hard work after all these years had paid off. Despite her moving protests against climate change, world leaders continue to pay no mind to her speeches.

Greta has brought up the topic of climate change to the entire world’s attention. She is fighting to prevent it from damaging our planet. The harsh consequences of climate change will be detrimental to our Earth and society. This is why climate change is an important issue and we must act now.

The long-term shifts in temperatures would cause giant ice caps to melt, which would lead to the Earth’s sea levels rising. Studies have shown that the glamorous city of Venice would be completely submerged underwater by 2100. If there is no more Venice, Italy’s tourism industry will be adversely affected, and many buildings that are abundant in historical and cultural value will be sunk forever.

Unfortunately, Hong Kong could suffer the same fate as Venice. Tropical cyclones are quite common in Hong Kong, causing storm surges which have seen the sea level exceed the tide level by over 3 metres. This would impact a lot of citizens living in the lowlands and a lot of money would be lost. Hong Kong, which is known as an international business hub, would have its economy worsened.

Climate change is capable of causing serious damage to our Earth. Since world leaders would like to prioritize strengthening their country’s economy, they would rather ignore Greta’s warnings of

climate change. But if they take into account that climate change will adversely affect the economy, I think they would start to spring into action. The countless repercussions of climate change is the reason why it is such an important issue.

Why should world leaders listen to young children on global issues like climate change anyway? They are only children after all, right? If you think that way, you are blatantly wrong. We must not underestimate youngsters, because they can be just as intelligent and responsible as these world leaders claim to be. The young children now could grow up to be our new world leaders, replacing the current leaders we are having now. Nobody, especially children, should be looked down on.

Our current world leaders should be more open-minded and take the opinions of young children into consideration. This makes them a good influence to all and sets the bar for future world leaders to come. World leaders should be looked up to, not despised by many because of the way they handle climate change.

At the end of the day, the new generation of this Earth would suffer the horrible consequences of climate change the most. This is why young children, like Greta Thunberg, are starting to protest against climate change. They are doing their best to contribute to the end of climate change. However, they do not have the rights to do so. That is why it's up to our world leaders to be responsible and listen to the young children of the world, as they only want the best for themselves, for their future.

Letter to the Editor on Teenage Dating

4D Tse Yuk Shan, Maggie



Dear Editor,

I am writing in response to the letter from Matt Chan published on YCK daily on 27th August. Nowadays,

many teenagers start dating and have a romantic relationship with someone. However, I believe that teenagers should not date before they are 18 years old.

First of all, teenagers lack maturity to maintain a good couple relationship and may become depressed by losing that lover. Teens are still learning about their self-identities and they don't really quite know how to solve different relationship problems. They are neither emotionally nor physically ready to handle any heartbreak, temptation, and pain. It is terrible for a teen couple to break up as teens may feel like losing hope in love, life or people. In extreme cases, some teens may develop unhealthy self-images and attempt/commit suicides if they blame themselves for the break up. Hence, teens are mentally immature to weather a broken heart and become more pessimistic.

Secondly, teenagers who go on dates will add more stress to themselves. Teens already have had enough stress from their studies, parents' expectations and friendships. It is too much pressure for them and they may not know how to release it. They feel miserable so they are not willing to focus on studies. If they don't prioritize studies, it will affect their future. I believe that the secondary school years can be a great time to focus on developing healthy, lasting friendships with both sexes. Presently, teens ought to make their life more meaningful by pursuing their dreams. Therefore, romance not only adds unnecessary stress, but also adversely affects their future.

Lastly, teenagers are still learning who they are as they don't understand what true love is. Puberty is the most significant part for teens to grow emotionally and physically. If teens don't know who they are, they will never recognize the kind of person who fits into their life. According to a report study, there are less than 2% of people who marry their secondary school sweetheart in their later lives. It is difficult for a teen couple to maintain a stable and romantic relationship for a long time. Thus, romantic relationships actually don't develop until after secondary school as they are not ready to date.

All in all, I totally agree with Matt's point that teenagers should not

date before 18 years of age. I strongly believe that teenagers should be discouraged from building a romantic relationship. Parents should motivate teens to focus more on their future than date in the teen years. The more time you date, the more time you waste.

Yours faithfully,
Chris Wong

Do you think mobile games are addictive and why?

4D Bryan Wong Lut Ming



Technology has been advancing at a rapid pace. People went from using flip phones to cell phones. With the advancement of modern technology, cell phones have far more functions. Before cell phones existed, people could only use their phones to call or text someone. Nowadays, people can use their cell phones to access information at any time, communicate on different social media platforms and play mobile games. The fact is, phones are no longer mere communication devices due to the constantly ascending trend of mobile games. It is now "a box filled with toys" that arouses temptations. I truly believe that mobile games are addictive.

First of all, most people around the globe experience stress from either work, studies or some other situations. I am certain that they would gladly take a break or perhaps do something that could both be relaxing and use less energy. That's where mobile games come in handy, it doesn't require much energy, plus the fact that it is quite amusing. Therefore, people tend to abuse its' relaxing traits. The point is, some people have no method of relieving stress. For example, kids in the 1980s often went to an amusement arcade to play arcade games such as street fighters or pacman. Some of them would rather stay there all day instead of studying or doing something productive. The kids from this current era do the same by playing mobile games all day

long. Hence, I believe that this is one of the signs that indicates mobile games being addictive.

Secondly, mobile games could indeed relieve stress, but there is a catch. Just like medicine, if you play mobile games too much, it becomes some sort of ‘drug’ which causes negative effects on us. The more they rely on it, the more they get addicted to it. Many people may not realize that while we are playing games, a feel-good chemical called dopamine is released from our brain which allows people to gain satisfaction and motivation, it’s a feeling that is irresistible. For instance, two teenagers in Bekasi, West Java, are reportedly so addicted to mobile gaming that a local foundation has diagnosed them with a mental health disorder, the teenagers were rarely seen engaging in social interaction. According to their families, the teens’ addiction to mobile games began when they took up the habit of playing games all throughout the night. The addiction also affected their academic lives as previously the two were frequently absent from school. Besides, mobile gaming addiction has also taken a toll on their health both mentally and physically. On that note, I think it’s obvious that mobile games are addictive.

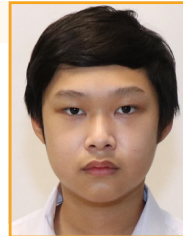
Thirdly, I suppose another reason why mobile games are addictive is that the dreamlike contents that people could experience in it. There are numerous genres of mobile games such as fantasy, action, adventure, etc. We get to interact with things that do not exist in reality, explore the unknown world and encounter adventures. It is similar to reincarnating to another world, a world which normally exists only in dreams. Vast majority of mobile games are carefully designed to stimulate the dopamine system. People frequently fall into these ‘traps’ as they could not hold back their curiosity. Besides, some people may think reality is tough and unbelievable, causing them to drown themselves in the fictional world. Mobile games are like different parallel worlds where we could simulate living in another world, having extraordinary skills that we don’t have in reality. Not everyone can be successful in their lives and it is the escapism element that factors into what makes them addicted to mobile games.

In conclusion, I strongly believe that mobile games are without a doubt addictive. Quitting this addiction is utterly difficult, so I suggest

that people should cease their addiction to mobile phones before it becomes a permanent habit. Instead, they could use their mobile for their intended purpose—communication.

Form Two Life Wide Learning Day

3A 3 Chau Man Chun



Our school’s Form Two Life Wide Learning Day finished consummately last week. The event aimed to let students show their love, care and respect to the elderly and the poor and served as a platform for them to boost their communication skills.

The first event was the elderly health assessment. Students of 2A participated in it. It took place at Ping Chau Sports Centre from 10 am to 1 pm. Senior citizens came to the centre and the students helped them to do health assessments such as asking them to complete health questionnaires and measuring the BMI of the elderly. It was an easy way to show students’ love and care for the elderly. Furthermore, they could be aware of how meaningful taking care of the elderly was.

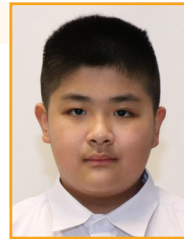
Another event for students of 2B and 2C was visiting the elderly and the poor. From 12:30 pm to 2:00 pm, our students visited the elderly and the underprivileged who were alone. They tried to care for them. For example, they helped to buy daily things and make lunchboxes for them. Some of the students also gave them handmade presents. It was an excellent experience for students to talk with the elderly and the poor.

Visiting the Hong Kong Wetland Park with the elderly was the most exhilarating event. Students of 2D visited the Hong Kong Wetland Park with their grandfathers or grandmothers from 10 am to 11:30 am. Besides going bird watching, they would also exchange daily anecdotes with their grandmas and grandpas to improve their relationships.

In conclusion, I think the learning day was successful. According to the survey, some students thought it was a good chance to get along with the elderly and improve their communication skills. Moreover, the elderly said that they were gratified because teenagers liked to take care of them. I sincerely hope that our school will organize the event again down the road.

The Golden Pill

3A 21 Zhou Cheuk Him



“Yawn!” It was back to Monday again. I felt very tired since I went to Ocean Park yesterday. I wish I would have a longer holiday but with my maximum strength, I got up. “Tommy, your breakfast is ready here!” Mum yelled from the kitchen. I had walked out of my room before I saw something sparkling on the table. When I took a closer look, it was a golden pill. There was a note instructing me to take the pill and after that, I would get the power to be invisible for 12 hours. “This is ridiculous. This is definitely a prank,” I giggled. Out of my curiosity, I really wanted to know what would happen. So, I took it. Suddenly, I saw that my hands were slowly fading away. Seconds later, my entire body was invisible. “Wow! This is unbelievable,” I exclaimed. I ran out of the door excitedly and started thinking about what I could do after knowing that I was invisible.

I decided that I went to the convenience store nearby. As I arrived at the store, the people who walked by have never noticed me one bit. Although I felt weird, I was slowly getting used to it. I got in and took some chips. The cashier felt surprised at the sight of those floating chips.

Next, I went to the bakery. I took some freshly made croissants and started eating them. “Who is eating my pastries?” The baker grumbled. Without a bit of hesitation, I took one of the spatulas from a rack and started swinging it. “Ahh!” The baker trembled. I also helped the baker to dispose of the waste. He looked frazzled so I

was happy to help him! Suddenly, I realized it has already been 6 p.m. on the clock.

I ran back home at lightning speed. The clock strikes 6 o'clock and I saw that my arms were coming back. Seconds later, my entire body has returned to its original look. My mum had no idea that I had gone through an adventure. "OK. Dinner's ready!" What an unforgettable day!

Good People Good Deeds

3B 3 Chow Hoi Yu



What a meaningful topic! Let our light shine on others!

Needless to say, Mother Teresa is certainly the brightest light shining on others all over the world. During her lifetime, she helped lots of people and made a very positive impact all around the world. Therefore, she is definitely the best example of "Good People Good Deeds" around us.

Mother Teresa is famous as a Catholic nun who dedicated her life to helping the poor and caring for the needy. She was the founder of the Order of the Missionaries of Charity, a Roman Catholic who was dedicated to taking care of abandoned babies, the sick, and the poorest of the poor...

As the saying goes, "Love will surely find a way out". Let us see what Mother Teresa did for us.

Mother Teresa was born in a well-to-do family in the former Yugoslavia in 1910. She had one brother and one sister. Unfortunately, her father passed away when she was eight years old. When she was twelve years old, she made up her mind to go to a foreign country as a missionary to help the poor.

At the age of 18, Mother Teresa went to India to receive religious education. She then worked as a middle school teacher

for twenty years and as a principal for several years. She devoted herself to serving the poor in the second half of her life.

When helping the poor, helping the sick, and helping the needy, Mother Teresa never lent hands from others, she did all the “dirty” work and disgusting chores every day, such as washing the wounds of the people who had leprosy.

A patient lay in bed and asked her emotionally, “Why do you help a person who is about to die?” Mother Teresa then held his hand gently and said, “Because I love you.”

Another poor old man was placed in her shelter as well. Before he died, he held Mother Teresa’s hand and said, “I have lived like a dog, but now I can die like a human being. Thank you!” What a good example of “Die with dignity”!

Mother Teresa usually said, “Although they lived like animals, they have to die like angels”. That’s why she is always considered one of the 20th Century’s greatest humanists, and hence it’s not surprising that she received the Nobel Peace Prize in 1979.

When receiving the Nobel Peace Prize, she said, “None of us are great people, but we can do every ordinary thing in life with great love.” We can see that Mother Teresa always offered help to the needy without asking for a return. That is the real example of “Good People Good Deeds” around us.

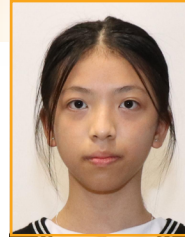
Could we give up life in a well-to-do family like Mother Teresa, and make a selfless offering to others? No, we always count...count the returns. But now, I will ask myself and reflect, even though I cannot act like Mother Teresa, at least I will do my best not to hurt others now.

Although Mother Teresa is no longer here, her kind-hearted deeds, spirits, and energies are always around us and people all over the world.

Just like Mother Teresa, may the light of love shine brightly within you as well! Let your light shine before others in such a way that the needy can find light and hope for their living and needs!

Let your light shine on others

3B 13 Su Sze Man



Jesus tells us to be “the light of the world” (Matthew 5:14) ... “In the same way, let your light shine before others that they may see your good deeds and glorify your Father in heaven.”

Christmas is a symbol of love and light. Around this time, a new cycle of the life-giving Sun begins. This is also a good time to instill a good sense of giving among kids. Besides enjoying a fantastic Christmas, our kids can help raise funds for the needy.

Last Sunday, we held Charity Sale for those in need. The Charity Sale raised money for the Children’s Kidney Foundation, a charity that helps children with kidney disease.

Visitors arrived at our Charity Sale in the morning. The first thing they could find was game stalls. The games we provided were exciting. We could totally raise HKD2300. Then, they joined another popular event, the Singing Contest. Tickets were sold out quickly and the draw was held in the evening. We totally raised HKD8100 at Charity Sale.

We also offered Dancing Class last Sunday. Whether gathering in person or online, a Dancing Class was a great way to interact with our community in a relaxed, creative environment. For that Dancing Class, we totally raised 5200 for the needy.

Overall, the Charity Sale and all events we held were a great success. Last Sunday, everyone came together to reach the goal, which all makes a positive impact on our society.

Having the heart to help has never felt so good! So, let our light shines on others. May the light of love shine brightly within you in such a way that the needy can find light and hope for their living.

Now we are passing the “Ball” to you! Let’s keep the ball rolling and let your light shine all over the world.

Being invisible but not being good

3C 1 Chan Chak Leong Martin



I swallowed the golden pill and felt nothing special. "Is it really working?" I wondered. I thought that nothing had happened so I went to have my breakfast.

"Martin, where are you?" my mum shouted. It made me confused as I was right in front of her. Suddenly, I realised that I became invisible!

I was thrilled! I decided to steal the bank vault at the centre of the city.

I walked past the security guards without anyone noticing.

'Boom!' When I was picking any jewellery I liked and packing gold coins, I knocked down a bunch of money accidentally.

The noise got the attention of the security guards immediately. "Who's there?" asked the guard. He walked around but he couldn't see anybody.

I was relieved and headed to the largest vault directly.

Later, something unexpected happened. 'Ring...' The alarm went off when I was going through the gate of the vault.

The gates all over the bank were being locked and the police should be coming now! I have to escape immediately.

Luckily, before I lost the power, I'd left already. I used the money to buy cars and villas.

However, the news reported this. I was scared that the police were going to find me so I have been hiding at home.

But soon, the police gathered a lot of evidence and they found the jewellery I sold and the money I used.

"Raise your hands!" the police surrounded my house and caught me under my bed.

Colours and Emotions

3C 24 Zhang En Ting Tina



Colours are emotions. Humans are full of emotions and thus our lives can be full of colours. Therefore, we can express our emotions through the arts of colours.

Red is auspiciousness and joy. The colour red is often seen during Lunar New Year like Fai Chun and red packets. It helps create a cheerful festive atmosphere. Red symbolises optimism in Chinese culture. Whenever we have celebrations like a wedding and a baby's full-month party, things in red colour must be used for decoration since we hope to show our happiness physically.

Red is warmth and energy. We are eager for passion when we are upset or hungry. The colour red is treated as a warm colour as it is the colour of fire. Therefore, it is used to arouse the customers' enthusiasm and thus stimulate their appetite. Various logos we can see around us are in red, especially for those companies in the catering industry. Coca-Cola, Pizza Hut, and KFC are just some examples.

Colours are everything. But what if there are no colours? What if all we have are black, white and grey?

Is black and white emotionless? I never own a black-and-white television, but if I have to think of a world with no colours, the pictures in the black-and-white TV and movies popped up in my mind. I searched and took a look at those movie clips. Without the colours, I cannot read the message explicitly. All I could do was focus on the dialogue, the facial expressions and the movements of the actors. At first, I felt insecure when I lost colours. But then without colours as disturbances, I saw more than before, just like the blind hear more and the deaf smell more than others.

After all, colours are just a means of showing emotions. Colours are objective while emotions are subjective. We, humans, interpret and give meanings to colours. There are colours in our lives, but it is we who make them become colours of life.

Form Two Life Wide Learning Day

3D 09 Law Cheuk Tung



The elderly have made a lot of contributions to our society. They need our care and concerns. Last week, our school held a Form Two Life Wide Learning Day, which aimed at showing our love and care to the elderly. Our Form 2 students could also learn to communicate with and respect the elderly through different activities.

There were three different activities for different classes of Form 2 students. Firstly, Classes 2B and 2C visited the elderly. As the elderly people are living alone, students visited them and gave them some gifts which could make them feel happy. Students and the elderly enjoyed the activity very much.

Secondly, Class 2A had done a health assessment for the elderly. The health assessment was held in Ping Chau Sports Centre. Students help the elderly measure their BMI and blood pressure. Students also gave the elderly some health questionnaires in order to collect data of their health conditions. Students then gave some leaflets to the elderly to let them know more about healthy living.

Thirdly, Class 2D students went to Ping Chau Sports Centre to do some exercises with the elderly. Students did chair aerobics exercises and towel exercises with the elderly. They played happily together.

In short, the Form Two Life Wide Learning Day was a great success. We have received a lot of positive feedback from the elderly and students. They are looking forward to participating in the activities next year.

Let Your Light Shine on Others

3D 16 Wong Shun Hang



Have you ever done something that makes others feel your light shine on theirs? Shining on others is not just about caring for someone. Let's take children in different countries as an example.

In some poor places like Africa, people are very poor. They have less food to eat and water to drink. Some children in Africa can't survive because of famine. So they need our help. To help them gain a healthy life for survival, we can just donate 2 or 3 dollars to the charity organisations every day. It may help poor children a lot in Africa. The money not only provides them food and drinks, but also gives them a chance to study at school which may affect their lives.

Do you know that you can also shine on teenagers? Nowadays, teenagers have a lot of stress and they don't have much care. It is because some students have great stress led by huge amounts of homework and quizzes. Most parents want their children to get good results in their examinations and quizzes, and they would like to meet the expectations of their parents. As a result, they have a lot of stress.

In addition, most teenagers lack love and care. It is because they won't express their feelings to others. Some teenagers will try to isolate themselves. To save them, we should help them to build up a social circle first. Therefore, we need to talk to them more in order to make talking to others a normal thing to do in their daily lives.

Moreover, the group of people we need to care about most is the elderly because they know little about the new technology. Nowadays, people always use smartphones to contact one another. But most of the elderly, especially those who are living alone, still don't know how to use smartphones. So, we need to teach them how to use smartphones to contact their families and friends. Some of the elderly are living in the elderly's homes and some are even homeless. As the elderly are lonely, we can help them by accompanying them for a whole day to make them happy. This simple action can bring them

love and care, just like a light to shine on them.

Finally, don't think that you are so useless. Your action can affect others deeply. You can be a light to shine on others. Although it is a simple action for you, it may be a life-changing experience for others. It is time for us to take action to shine on others.

The Colors of Life

3E 4 Ip Guan Hong Brad



Everything went back to 2018 when I was ten. One day, my father and I were in the kitchen. He talked to me in the pantry as usual. The ten-year-old boy was sitting on a chair by the window. The two of us were reminiscing about the time when I was learning how to write the letters of the alphabet as a little boy. Under Dad's guidance, I learned how to write all the letters very quickly except for the letter 'R'.

One day, I said to my father, "I realized that to write the letter 'R', all I have to do first is to write a 'P' and then draw a line down from its loop. And I was so surprised that I could turn a yellow letter into an orange letter just by adding a line."

"Yellow letter? Orange Letter?" asked my father. "What do you mean?"

"Well, you know," I said. "'P' is a yellow letter, but 'R' is an orange letter. You know - the colors of the letters."

"The colors of the letters?" asked my father.

I didn't talk about this with anyone before and had no plan to do so. As long as I could remember, each letter of the alphabet represents a colour. Each word has its colour too (generally, the same color as the first letter) and so does each number. The colors of letters, words and numbers were like an intrinsic part like a shape. The colors never changed. They appeared automatically whenever I

saw or thought about letters or words, and I couldn't alter them.

I had taken it for granted that the whole world shared the same perceptions with me, so my father's perplexed reaction was totally unexpected. From my point of view, I felt as if I'd made a statement as ordinary as "apples are red" and "leaves are green" and had elicited a thoroughly bewildered response... "I was just talking about my usual observation, why would Dad be so confused?" I thought to myself.

People may view the same thing differently because of their experiences and perceptions. We do not need to feel confused or surprised by the differences. Let's put down our biases and misconceptions, and enjoy the colourful world.

The Fundraising Show

3E 19 Yung Tsz Chun Jayden



Our most recent fundraising show aims at helping the poor who need help. In the show, there were different kinds of performances that attracted the audience, for example, singing, dancing, magic show and talent show.

We invited singers, dancers and magicians to perform in the show. It was so perfect that everyone clapped their hands and enjoyed the show so much. The performers had made a stunning show for the audience.

Thanks to the kind-hearted audience, the show has successfully raised \$100,000. The money will be donated to Community Chest. It is hoped that more grass-root families can get sufficient financial support. As a result, they do not need to worry about the basic needs. It is pleased that everyone enjoyed the fundraising show and had a great time.

As a student, there are always ways to support charity events. Students may consider being a volunteer. You may visit the homeless and give them free food so they do not feel hungry

anymore. Also, you may help the elderly who live alone by helping them clean their homes and talking to them.

We are here to ask for your support as a volunteer. We would like some selfless, kind-hearted and patient volunteers who can join us and spread our love and care to people in need. We will be thankful for your kindness and it will be our honour if you would like to help.

A Speech on Protecting the Environment

2A 3 Chan Yu Hong Henry



Good morning principal, teachers and fellow students.

This week is International Save the Earth Week. Today, I'm going to talk about what will happen if we don't protect the environment. I'll also give some suggestions on how we can protect the environment at home and at school.

Everyone knows that if the environment is not well protected, first of all, it will have a large impact on the marine ecology of our Earth. A large number of marine life, such as sea turtles, sharks and small fish will die from water pollution. Secondly, in terms of temperature, because a large amount of exhaust gas is discharged from factories and cars. It not only causes air pollution, but it also accelerates global warming. This keeps our Earth's temperature rising, often causing extreme heat. Thirdly, if humans continue deforestation without caring for the environment, it will eventually lead to severe natural disasters, such as typhoons and heavy rain.

To sum up, it is very important for everyone to protect the environment. I suggest that we should minimize the use of air-conditioning at home. For example, we can use fans instead of air-conditioning, or set up a "No air-conditioning Day" on Fridays during summer. This reduces exhaust gas emissions. At schools, we should

also prepare our own tableware when eating at school. What's more, we should avoid using plastic tableware so as to reduce waste and help protect the environment.

I hope that all of you can implement my suggestions. Let's work together and contribute to the protection of the environment. That's the end of my speech. Thank you.

Let your light shine on others

2A 15 Haily Lau Yat Wan



As the title says, "Let your light shine on others". It reminds me of what I heard in a religious class. In the same way, "Let your light shine before others, that they may see

your good deeds and glorify your Father in heaven." To me, it means that we should help those in need as much as we can. Speaking of which, have you ever helped anyone? Let me share with you my experience.

The most memorable time I helped others was when I was a P4 student. In the visual arts class, the teacher taught us to use a cutter to create patterns. When we were concentrating on creating the patterns, suddenly I heard a scream! It turned out that one of my classmates had cut her finger and it was bleeding. Seeing her tearful face, I made up my mind to help her.

I walked to her desk and then I asked the teacher to let me take the injured classmate to the Medical Room to treat the wound. On the way, she still couldn't calm down, so I told her, "It's okay, the wound will heal soon." I gave her a pack of tissue paper to wipe her tears. I even gave her a few candies to calm down her mood.

After the wound was treated, she said "Thank you" to me, and the teacher also praised me. She told the whole class that we should learn from my spirit of helping others. I felt so glad and cheerful because I was able to help others. I like helping people and friends

very much. I remember I heard a saying before. That is “The honor of a man’s virtue. I don’t know how many times it is larger than his wealth” — Leonardo da Vinci. This is one of the reasons why I like to help others. That is all my experience of helping others.

What about yours?

Colours of the Life

2A 25 So Chak Chun Alvin



In our life there are lots of happy and sad moments. Just like colours, some of them are happy like red while some of them are sad like grey or black.

Good people are just like the green colour! They always open up themselves and give us a big hug! They help you just for no reason. Maybe they do so just because you are considered a part of their family!

When I see the pink colour, I always think about my sister! She is as cute as a doll! Our whole family loves her very much! She always makes fun and makes us laugh.

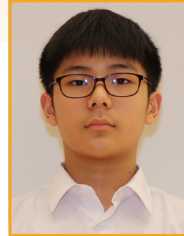
Not only do we have happy moments, but we also have sad moments in our lives. The black colour should be the saddest colour. Black always refers to negative things such as evil and death.

Grey is the same as black. Both of them represent negative emotions. But black has a deeper meaning that means old age. The elders have done a lot to us like taking care of us and cooking delicious meals for us!

I think our life is amazing! All the things we do and all the people we see make a beautiful painting. This is the beauty of our lives. They are made up of different colours which make each of us so unique!

The Colours of Life

2A2 27 Tai Long Kiu Mateo



We all know that there are many colours on Earth. Red, blue, yellow and many more... But, do you know that each colour represents its emotion? These seven colours mean a lot to me.

Red mostly means anger. For example, when you touch something red like fire, you get burned. When people are angry, they become hot as if steam is coming out of their heads.

Blue is the colour of sadness. When you are crying, tears come out of your eyes. Many people say that tears are blue. Look at the sky and the cloud! Raining is actually like a child crying from the sky and dropping the tears down to the land.

Green is associated with something disgusting like aliens and zombies. Most of them are green and they always remind me of the fear I encountered. Yellow is more or less the same. It is like the acceptance of something you don't really like. When your friend is doing something you don't like, you still accept it because of your generosity.

Orange is almost the same as red, but you are not that angry. It is like you are trying your best to swallow your words down your tongue and try not to shout at the one who makes you mad.

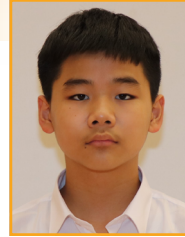
Black is always associated with misfortunate and death, as well as the sadness inside your heart. You feel like you are carrying an empty soul, spending your days like a living dead.

Pink is the colour of nervousness. It happens either during confession or when you feel embarrassed. You always see their cheeks become brightly pink. If their ears turn red, then they are embarrassed, wanting to dig a hole and hide in it.

In conclusion, colours are associated with emotions. Our lives become colourful because of experiences that make us feel different tastes. Growth is a lifelong process. Create your own episode of a film by adding more paints!

Letter to the Editor

2A2 37 Zhang Xu Lang Hubert



Dear Editor,

I am writing to express my views on the waste at school and suggest how we can protect the environment.

There are a few waste problems at school. There is a lot of paper waste generated in our school every day. Many students have subscribed to the newspaper without reading. Also, students always consume a lot of electricity because they use too much air-conditioning.

Based on the above problems, I have the following suggestions. Firstly, to reduce paper waste, we can use old paper to wrap presents. This would be useful because we can use less paper by doing so. It is also important for us to put used papers into recycling bins because it is helpful in recycling papers. Student Union may also set up a "used books exchange corner". It is environmentally friendly because you can save more paper and avoid throwing books away.

Secondly, we should use energy wisely. It would be energy-efficient if we turn off all power when it is not needed. When the weather is not too hot, we can turn on the fan instead of the air-conditioner.

In conclusion, I strongly believe that we should start to protect the environment. Everyone can start by taking small steps. Let's take action now!

Yours faithfully,

Hubert Zhang

Shopping Experience in Wet Markets and Supermarkets

2B 4 Cheng Yat Fung Alex



In Hong Kong people like to buy things in both wet markets and supermarkets. Despite the fact that both places offer a wide range of products, the shopping experience in these two places can be quite distinct.

To begin with, the locations of the two places are different. Markets are typically located in open areas while supermarkets are found in housing estates.

When it comes to the products, supermarkets offer a greater variety of items. However, wet markets specialize in fresh food, and the quality is often superior.

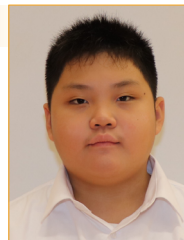
In terms of the services offered, wet markets offer more personalized services, while supermarkets tend to be more efficient. It takes less time to buy goods in supermarkets than in wet markets.

Interestingly, it's easier to establish a rapport with stall sellers in wet markets than with supermarket staff.

In conclusion, there are several differences between shopping in wet markets and supermarkets. Personally, I prefer shopping in supermarkets because of the wider selection available.

Good people, good deeds

2B 22 Wong Kam Ho Ken



Everyone has difficult moments and needs help. There are always strangers who offer help without expecting anything in return during these times. You may not even know their names, but they leave lasting impressions on you. Such examples can be found

in different parts of the world.

During the COVID-19 pandemic in China, a 14-year-old boy pretended to be 20 years old and volunteered to help without his mother's knowledge. Later on, when his ID was checked, his true age was revealed. When I saw this news, I was not only shocked but also reflecting on what I have done to help others. Sometimes, I may even ignore an elderly person in the subway, but someone of the same age has volunteered to help others.

In the US, a 7-year-old boy was praised for rescuing a woman with cramps in a swimming pool. There are also those who do good deeds without expecting anything in return, even if they are ridiculed by others. On my daily route to school, there is an elderly man in his 70s who buys food every day to feed stray cats and dogs on the roadside. One day, I asked him what benefit he could get from doing this. He replied that he did it so that the stray animals could survive and not starve to death in society. I asked him if he knew that some people might ridicule him. He said he didn't know, but doing a good deed was already enough. It turns out that in this society, there are people who do good deeds without expecting anything in return, even if they are ridiculed by others.

Kindness really knows no age, race or skin color. Good people and good deeds are everywhere in the world.

An Endangered Animal

2C 3 Fan Ho Lam

Last Sunday, I found a precious animal. It is called James. I think that we should protect it from extinction.



James has blue fur with purple spots. It has a long tail and fifty fangs in its mouth. It has horns to protect itself. Also, it has two big ears and three big eyes. Besides, it has three humps. It is odd and ugly.

Every morning, it likes painting its claws black because it wants to look scarier. Then, it roars to scare people.

Accidentally, we found it in Parkie Forest. Unfortunately, hunters kill it because of its fur. People cut down trees to build houses. Therefore, they destroy its home and food supply.

Thus, people should stop wearing fur coats. People must stop cutting down forests. We should increase the penalties for hunting James.

We should act together to save all these endangered animals, such as James. Let's act together and create a better future where people and nature can thrive harmoniously.

A Letter to Editor

2C 10 Mak Siu Hang Brian



Dear Sir/Madam,

I am writing to express my views on why and how to reduce the waste problems in my school, Yu Chun Keung Memorial College.

Needless to say, our life depends greatly on energy that comes from fossil fuels, such as oil and coal-based energy sources. All public transport runs on energy from them. Lighting, air conditioning, and even our food also need energy from them to produce. This causes serious pollution.

There are no exceptions in our school as well. Therefore, in order to save our school from various waste problems and pollution, we have taken up a carbon-free lifestyle. Firstly, we walk or use public transport to school. Secondly, we keep cool using paper fans and stay warm with a thick coat.

Besides, we reduce waste by reusing and upcycling. We set up some recycling bins near the tuck shop, so our schoolmates can throw away their rubbish into recycling bins and make use of this waste.

In conclusion, I strongly believe that everyone can start by taking small steps to reduce waste and pollution. As we know... small steps, big changes! Let's act together and make our school and our world much more beautiful.

Yours faithfully,
Brian Mak

Supermarkets vs Wet markets

2D 5 Cheuk Ka Wai



People like buying things in both supermarkets and wet markets. I will compare these two places in this report.

Both supermarkets and wet markets are in a convenient location. We can find supermarkets indoors. For example, we can find them in a shopping mall. However, we can find wet markets outdoors. For example, we can find them on both sides of the street.

Supermarkets have more goods than wet markets. For example, we can buy milk, rice, dishwashers, or paper handkerchiefs in supermarkets. In wet markets, we can buy meat, vegetables, or fruit.

The opening hours of supermarkets are longer than the opening hours of wet markets. Wet markets are usually open from 7 am to 8 pm. However, some supermarkets are open round the clock.

The environment of wet markets is dirtier than the environment of supermarkets. In wet markets, the floor is usually wet. However, in supermarkets, the place is usually tidy.

I prefer shopping at supermarkets because the environment is cleaner than the environment of wet markets.

Let your light shine on others

2D 12 Wong Yuk Hei



When we help others, we let our light shine on others. It is a beautiful thing to do. Is it difficult to help others? I would say the answer is no. We can help others anytime, anywhere.

Yesterday at lunchtime, something happened. I finished lunch and I was downstairs, walking around the school. I heard that a student had fainted so the school called an ambulance. The ambulance arrived at the school soon.

At that time, I was right in front of the elevator and I saw the first aiders from afar. They were coming to the elevator because they had to go upstairs to attend to the student. I didn't know why but I instinctively pressed the elevator button. So the elevator door opened and the first aider could get in.

After some time, I was still enjoying myself downstairs. The first aiders and the student came out from the elevator. They put the student on an armchair. One of the first aiders saw me. And he said, "Hi, little boy. Thank you for opening the elevator door for us before so we could get to the student as soon as possible."

I was surprised that he talked to me. And I asked him, "Is the student okay?"

"His blood sugar level is a bit low," he replied, "But he will be okay. Don't worry."

And so the first aiders and the student got into the ambulance and left. I understand that it was just a small thing that I helped the first aiders to open the elevator door. However, I still felt happy that I helped them. It does not matter how much we can help others. As long as we are willing to help one another, the world should become a better place for all of us.

If you became a millionaire, how would you spend wisely for your financial future?

1A 6 Cheng Sze Nor Natalie



If I were a millionaire, I would use my money wisely by saving. I would put aside most of my money into a saving account to earn interest and grow my savings. I would also open another bank account to maintain my daily living and enable me to budget for the following.

Firstly, as I am a secondary student and I need to improve my knowledge and learning through education, investing in education would do me good for sure. Like the rest of the world, it is costly to receive an education in Hong Kong. Textbooks, stationeries, school meals, school fees, tutoring and extra-curricular activities all cost money. That's why I need to carefully plan for these expenses.

Secondly, family is the major aspect which I would spare my money for since I have a strong and supportive family which have been my source of encouragement and guidance. My family members have always supported me when I need them. They have given up a lot of their time and money so as to back me up and give me new opportunities. We live in a medium-sized apartment. If I became a millionaire, I would like to buy a bigger place with a beautiful balcony and a huge garden. As my mother loves decorating and gardening, a huge garden would allow her to style her own garden and grow her favourite plants. As for my aunt, she loves travelling to different countries and eating delicacies, so I would take her to all the countries she wants to go to and try different cuisines. I would also buy her a car for transportation in Hong Kong.

Last but not least, spending my spare money on charitable purposes would be a rewarding experience. As H. J. Brown, Jr, who was a New York Times Best Selling author, had said before, 'Remember that the happiest people are not those getting more, but those giving more.' I totally agree with this statement. This gives me a strong reason to donate money to charities. For now, Turkey is

recovering from two successive powerful earthquakes and the death toll climbs above fifty thousand people. I understand that the money I could donate would only be a drop in the ocean for the earthquake survivors, but I believe that every cent would make a difference in their recovery. I have also decided that I would like to contribute at least ten percent of my savings interest to charity regularly, regardless of how much savings and income I have. If possible, I would like to help another child to receive education through my donation as well.

Finally, if I were lucky enough to become a millionaire, I would like to share my wealth with others, particularly those I love, I care for, and those who are in need. As the sayings go, 'sharing is caring' and 'great satisfaction comes from sharing with others'.

Colours of the Life

1A 11 Liu Isaac Sebastian



After the outbreak of COVID-19, many people have shifted to their new modes of life. Some people work from home, and some conduct online meetings and have online lessons and seminars more often. As for me, I started reading more books. However, during the pandemic, as I didn't have to go to school for lessons as before, I tended to sleep late for reading at night. I did learn a lot from reading different books during that period of lesson suspension and I also appreciated that I am one of the modern city people who can enjoy reading books at night when lights are available any time. Thank Thomas Edison so much for his great invention!

Do you know who Thomas Edison is? He is a famous American inventor. In his life, he invented many things, such as phonographs, motion picture cameras, electric light bulbs, and many other useful appliances. His inventions have brought benefits to the lives of many thousands or many millions of

people. He owned many companies and earned millions of dollars because of his inventions. However, he was also involved in many court cases with many people many times. His life was far from simple and was filled with many ups and downs. We can say that Thomas Edison had a really colourful life.

The most important invention of Thomas Edison is the electric light bulb. When he first invented the electric light bulb, many people had already made similar products. Nevertheless, all of them had the same problem. It was too expensive, and it could burn out very quickly. To make the electric light bulb that many people could afford to light up their homes and offices, the ingenious inventor realised that the materials used had to be cheap and long-lasting. He had tried over 600 different types of plant fibre and metal mixtures and had done over 1,600 times of experiments before he finally found the tungsten filament. Because of his invention, the lives of millions have changed; they can work for longer hours and enjoy life till very late into the night.

Some people asked Thomas Edison how he could be so successful in finding these particular materials that were the most suitable thing to make a light bulb. He answered, “I didn’t find only one material to make the electric light bulb work, I have found over 600 different ways to test it in order to succeed.” The big success of Thomas Edison is a perfect story for others.

From Edison’s story, I learnt that we will finally achieve our goal as long as we keep on trying and never give up. His tenacity brings colours to his every descendant. Without this great invention, people won’t be able to work or do any other things in the absence of daylight. Needless to say, I won’t be able to enjoy reading at night to keep learning during the darkest years of the decade.

Personal Description

1B 4 Cheng Nga Fai Ben

Hello, everybody! My name is Ben. I'm twelve years old and live with my family in Hong Kong. I'm tall, and I have a long face. My hair is short.



One of my new friends is Marco. He is short and he has a round face. He is interesting and funny. I like playing video games with him. We have many things in common. We both like playing mobile phone games, sports, eating, and reading books.

There are four people in my family – my older brother, my younger brother, my parents, and I. Everyone in my family is chubby! My mother is funny. We often travel together. We go to Japan, Taiwan, and mainland China. We will also go hiking in Sai Kung on Saturdays.

My younger brother is two years old. We have a good relationship, and we go to the playground together. We often play in the garden, run around, and play games.

We are a happy family!

My Crazy Chinese New Year

1B 11 Lai Yat To Vito

Every year, my family and I would visit my grandmother during Chinese New Year. We took a long journey to visit my grandmother. When we arrived, we said some Chinese New Year greetings. After that, my grandmother gave us some red pockets.



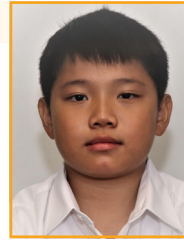
While we were celebrating, the doorbell rang. Then I went to open the door. It was an alien! I got scared by it and screamed loudly. My parents were shocked that I had frightened them. But fortunately, the alien was friendly and asked us politely if it could join

the party. We accepted it.

After a while, the doorbell rang again. When I opened the door, I saw it wasn't an alien...It was a police officer! I asked what the problem was. Then they said they wanted to join us too. It was the craziest thing ever!

Let your light shine on others

1B 15 Ng Tsz To



We learn from the Bible that we should always be kind to others and do good things. If you never do anything or hide from others or responsibility, you will not do anything important. When we shine our light, we show others our personality. We can do good things for other people. For example, the elderly, our family, or friends. Also, even animals or strangers.

I think I can shine my light by being positive and offering help. I help my teachers decorate the classroom. I tidy up my home and keep it tidy and neat. My family is very important, so I help them a lot. I can cook meals when my mother is tired.

Everyone should spread goodness, even if it is a small thing! You can be a light in their life and make them feel happy. If your friend is sad, you should cheer them up. I am always cheerful and happy. I am learning Magic at the school Magic Club, and I hope I can perform tricks to impress people. If we have a performance, I can invite friends and classmates, and they will laugh and have a good time. By showing my talent I will make everyone smile!

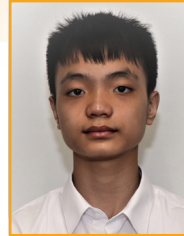
Helping others is rewarding and is a good way to spread kindness and shine our light!

Once, I was walking to school, and I saw an elderly person. I helped him cross the road. He was very happy and said thank you. I felt good too. Helping others is rewarding and is a good way to spread kindness and shine our light!

A Personal Description

1C 6 Liang Ming Hung Jack

Hello, everybody. My name is Jack. I am twelve years old. I live with my family in Mong Kok. I am tall and thin. I have a round face. I have short hair.



One of my new friends is Max. He is twelve years old too. He is cheerful because he always smiles and does funny dances. Also, he is funny as he always tells funny jokes.

My parents are sporty. I go cycling with my parents every month. We often go to Tai Lam Country Park. It is big and beautiful. There are many flowers, trees and big lakes. Many people like visiting this park.

My Mother

1C 7 Lin Qiuyan, Rose

My mother is Ally.
She is very lovely.
I love her so much.
She always hangs out with her best friend, Lily.



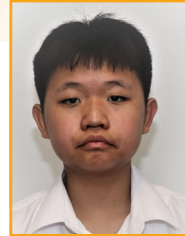
My mother likes cycling.
She has short hair.
I respect her very much.
She sometimes eats pear.
My mother loves me very much.

She takes care of me when I am sick.
I always admire her.
She can play good music.

By Rose Lin

Colours of the Life

1C 10 Ngan Tsz Shing William



Life is colourful. We experience different stages of life. For example, infancy is white that a baby looks as pure as a piece of white paper. Childhood is orange that their smile shines as the sun. Adolescence is green that teenagers are energetic as plants. Adulthood is brown that adults contribute to society as soil to nature. And old age is blue that the elderly need comfort and shelter as the blue sky nourishing the world.

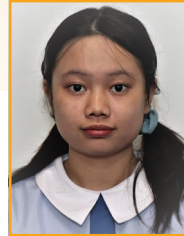
Life is not always easy. During my time at Secondary One, I encounter a lot of difficulties. For example, there are more subjects to learn. Most of them are very difficult. I must learn to make comments in Life & Society. I must memorize lots of historical facts in Chinese History. And I must complete lots of comprehension exercises and book reports in Chinese and English. I have more homework. In addition to written assignments, I have to complete plenty of Moodle exercises online. I will be punished with detention after school if I fail to submit the assignments punctually. I feel really grey because I feel a lot of pressure in my studies.

However, there is a bright side to life, too. I meet many new teachers and classmates. They are friendly and helpful. I learn to seek entertainment on campus. For example, I like buying snacks and sharing them with my classmates at the tuck shop. I love playing basketball with them at the school playground. And I also enjoy making jokes with them. Therefore, my school life is enlivened when we stay together.

I understand that life does not always keep bright colours. Sometimes, it turns grey or dark when you meet difficulties. However, life will brighten up again as you discover its joy. Therefore, life is colourful.

An unexpected stranger during the Chinese New Year

1D 5 Hui Sze Wan Scarlett



It was Chinese New Year! I went to my grandma's home in the morning. It was in Sai Kung. I went there with my parents.

After greeting my grandma, I ate sweet rice balls. I was really satisfied because it was delicious.

Then, we watched the dragon dance on TV. I enjoyed watching it, it's very exciting!

Next, we had a reunion dinner together. I was glad to meet our relatives and cousins.

Suddenly, a young man came!

'I am here to repair the pipes,' said the young man. My grandmother believed him. But I was confused because our pipes were perfectly fine!

I followed him quietly and I found that he was a thief. He stole the red packets from the drawer.

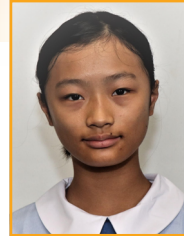
I was scared and cried out loudly, 'Help!'. Immediately, my uncles came to catch him.

At last, the policemen arrested the young thief and took him away.

I was relieved. I learnt that we must pay attention to strangers and must not open the door easily to strangers.

Let Your Light Shine On Others

1D 10 So Yik Tung Wesley



When we help others, it is as if we are shining our light on others. That means we can make someone else's life better. Or even more.

One morning when I was going to school, I ran into my classmate Ann. We had bickered over something trivial yesterday. When I was hesitating if I should go and greet her, she just walked past me. Focusing on her mobile phone, she did not see me or pay attention to other things at all.

I was disappointed. I thought yesterday's quibble was just nothing at all. I thought we were still friends. I thought we could walk to school together as usual.

I saw her crossing the zebra crossing, with her phone still in her hand. I plucked up enough courage to talk to her. Suddenly, I noticed that there was a private car running quickly towards her. Naturally, she did not notice the car and a terrible accident was about to happen.

I tried to scream at her but she could not hear. Hence, I rushed towards her, grabbed her arm and pulled her back to the side. It was only at this moment that she realised what happened.

"Thank you so much," she said, "I would have been hit by the car if you weren't here. You saved my life." "It's no big deal," I smiled, "But please don't use your phone when you are walking on the street anymore. It's really worrying." "Definitely! I won't do that again," she promised.

We can help other people in many different ways. We can open the door for the elderly. We can do housework for our parents. We can comfort our friends when they are unhappy. But above all, we should realise that helping others can make us happy as well. It is what I learnt from this experience and I will dedicate myself to helping others in the future.



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