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Writing in English

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育苗

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育苗

基督復臨安息日會

大埔三育中學



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FOREWORD

Over 400 years ago, Sir Francis Bacon said that writing made an “exact” person. As learners of languages, we can readily understand this statement because of the process involved. We have to find words that represent what we want to say and then work out how to string them together in a way that will effectively convey our intended meaning. Then enter the elements of time, number, word families, spelling and punctuation. Add to that the considerations – among many others – of text type, audience awareness, tone, creativity and style. Indeed, development of good writing skills will make us “exact” people because everything is deliberately crafted!

Who help our students learn this craft? As I read the beautifully crafted pieces of writing in this 2015–2016 booklet, my mind pictured parents reading to their little children, then a few years later parents and children reading together and discussing what they had read, and finally parents encouraging their children to express themselves in writing – for fun as well as for specific purposes. By the time they come to our school, these children have become well inclined to the art of writing. Congratulations, parents!

Again as learners of languages, we know first-hand that among the components, writing takes extra time and effort, motivation and guidance for the skills to reach a finely-crafted level. So the onus is on our teachers to craft tasks that attract young people’s interests, strategies for putting ideas and mental pictures into written form, and graded structures for their students to progress through. Crafting all these for a class is a gargantuan task. But because of mixed abilities in their classes, teachers go further in order to cater to individual differences. I might as well mention here the after-school Writing tutorials conducted by our teachers for S3–S6 students. Therefore, the quality of writing in this booklet is just rewards. Thank you and congratulations, teachers!

Let me now say a few words to our young writers. I am deeply impressed by your language level and the effectiveness of your written communication. I have enjoyed very much reading what you have written. The poems on our school’s 60th anniversary brought smiles to my face and warmth to my heart. The articles, reports, book reviews, various types of letters, speeches and short stories aroused pride and joy in me. Parents who read the samples displayed during our Open Day and Parents’ Days also expressed the same to me. Congratulations, students!

In closing, I would like to thank our school’s Publications Committee for placing this booklet in our hands. I invite students, fellow educators, parents and friends to read every piece of writing it contains, both in our mother tongue and in our second language.

**Happy reading.
Dr. Lawrence Yu
Principal**

序

因為更少，我們才擁有更多

Less is more. 這是當代日本設計大師深澤直人的美學原則——「少即是多。」

其實，人生也是這樣子吧，我們不給自己靜下來的空間，就無法思考自己活著的真正價值。這好比吃一碗白米飯從沒有用心咀嚼過一樣，即使天天在吃，連米的味道與質感也不大曉得。

當我們天天正為著手頭的工作、手機上數不盡的短訊而埋頭不見天日，日落日出、日出日落，一天就逝去了。甚麼時候我們才會放慢讓人暈眩的步伐，十五分鐘也好，願意去專心一意的看清自己？願意重溫、體察、感激身邊人的一點善意？願意慢下來靜靜的坐著，抬頭看看僅有的一角藍天？願意一筆一劃地為某個人寫一段真心的文字？如果能夠這樣的話，我們每天的生活也許將留下更多有重量的東西，而生命也不至於在瞬間即逝的短訊與光影中如此飛快的無聲隱退。

寫作，於學生而言，無疑是一種功課。而且，這種作業並不容易。這不單是遣詞造句的問題，更是面對自己面對周遭人事的一種反思自省、一種感情的沉澱。活在光纖的世界裡，資訊紛繁叫我們見到的世界彷彿更大，但認識自己的卻愈來愈少，能用心理解別人的人更顯得彌足珍貴，而誤解批評卻相應更多。所以每當要求學生去寫作的時候，總聽到學生會說：

「老師，我不會寫！我甚麼都沒有，寫甚麼啊？」

「老師，我想這樣寫，但我應該怎樣說起？」

對啊，同學，寫作，其實不是我們懂中文字就能寫的，我們需要學會靜下來，真心想想跟我們一起生活的人和事，我們要仔細重溫自己和他們的生活點滴。

作為一個喜歡寫作的中文老師，比起獲得高分數的方法，我更希望學生能通過寫作，努力地認識身邊的人、包括他們自己，最珍貴的地方。

十分鐘也好，放下手中的手機，請你騰出一點空間，讀一下同學們的作品。Less is more. 讓自己少一點忙碌，才能擁有更深遠的世界。

中文科科主任 李桂瑩

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韌，我的年度漢字

6T 鄧雪童

2015-2016「中國文學之星」(香港賽區) 徵文比賽 金獎

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漢字，一筆一劃，深深地鐫刻中華大地上，為中華民族寫下了一個「韌」字，而這個字，即使受盡了上下五千年濤濤江水的沖刷，仍毫不褪色，反而灌進每個炎黃子孫那用黃土和成的血肉裡，遒勁而堅韌。

每當我踏在故鄉那厚實的田埂上——那裡長著被黃牛踏過後仍堅韌生長的野草，仿佛跟我們的漢字一樣，縱使經歷了幾千年的烽煙，猶帶著那沉重緩慢但卻有力的心跳。當我在故鄉的泥土上踱著，我的血肉，便慢慢發熱，然後猛然從心底湧出一股豪情，似乎覺得自己即使遇上多大的困難，都不會折斷。閉上雙眼，自己似已化為黃土上那叢帶著碾痕的野草，十分堅韌。

於是，我誤以為自己早已學懂「韌」字是怎樣寫的。直到一年前，我才赫然明白我那個「韌」字是何等的草率，相比中華大地上堅忍遒勁的「韌」，我不過是邯鄲學步而已。

一年前，一座座高樓平地拔起，大片大片的黃土被水泥的灰白覆蓋，從故鄉遷出香港，因自幼庭訓，我早已習慣掛起燦爛的笑容面對不安與陌生，快速融入到新環境裡，活生生地割斷了血肉相連的思念，埋葬那叢暗淡的野草和故鄉的田埂。終日在蒼白而空洞的歡聲笑語中度過，於是，新環境的陌生感和別離的傷感都在歡笑中被強行驅散。

「我已經不是小孩子了，父親說我已經成熟起來，變的堅韌起來了。」我經常對自己這樣說。



但有時抬頭看天，眼角會突然濕潤起來，心裡空落落的。搖搖頭，甩掉那莫名的情緒，臉上重新掛起明媚的笑容，繼續向前方一步一步走去。

隨著時間的推移，我發現，自己的感情似乎麻木了，對催人淚下的場景即使想流淚，也不過是硬擠出一兩滴罷了。

我不知道自己哪裡出了錯，為了把心裡淡淡的不安驅散，暗暗對自己說：「我是一個堅韌的人，所以才不會輕易被這些情緒所動搖。」在睡過一覺後，便又是陽光明媚的一天。

我一直以為，「韌」字就是這樣寫的——我強壓著心底的感情與牽掛，小心翼翼的輕描出一個貌似「韌」字的符號，以封印故鄉一切跟我一起的人和事。

可當我在看到一張舊同學發來的照片後，我才猛然驚醒，我並不是真正堅韌的人，不過是失去黃土而乾枯的草葉而已。

那張是畢業典禮上的照片，每個熟悉的面孔都帶著未乾的痕淚在肆意大笑，帶著青春的不悔。

唯有我仍是那張燦爛至極的笑容，麻木而疏離，似乎是一尊石頭像，即使表情生動，卻仍是冷的——我強行割斷了自己與故土的聯繫，把那段童年回憶視作不可觸碰的別離傷痛，讓我成為了一個無根的人、失了過去的人。然而那些痛楚仍在，傷口也未曾止血，因為我的心被強自掩埋在了深淵之下，湍急的河流撞擊在高聳冰冷的石壁上，無法宣洩，直至積滿氾濫。我只是以「韌」的名義給自己套上了一層薄而脆的外殼，遮擋那些不會癒合的傷口。

我那個由乾草堆砌的堡壘，轟然倒塌，分離崩解。原來，我自幼一直認識的「韌」字，不過是沒有力量的符號，即使遇上的只是一場和風細雨，也會消融成一道模糊的墨痕。

刻意遺忘故鄉的我，就像失了黃土承載的草，無論它再怎麼努力的去迎合頭頂上的陽光，它的根也只能徒勞的在烈日之下蹣跚枯萎，成為一縷沒有重量的青煙，漸漸在世間銷聲匿跡。面對離鄉的不捨、對新環境的不適，都被我用一個蒼白無力的「韌」字所掩飾，失了力度和決心的筆觸，不過是一個脆弱得不敢觸碰鄉愁而偽裝堅強的墨點而已。

我再也不能壓抑那對故鄉如漲潮般洶湧的思念，便決定任性的要求父親帶我回去了那片還沒有完全被水泥覆蓋的黃土地，再次踏上那厚實的土地，看到這久違的景色，我的乾涸的眼窩酸痛起來，然後哽咽，眼角濕潤，最後無聲大哭。

原來，書寫真正的「韌」字，是需要一種面對現實的衝擊也能夠承受的勇氣，需要一種面對成長的痛楚也能夠前行的決心。因為，「韌」字所書寫的，是處於難以言明卻無比痛楚的我，在心中懷抱著鄉土上親友的溫暖和撫慰，勇敢的承擔自我，繼續前行的不屈不撓，就像祖國面對無數次炮火的沖刷和天人永別的哀愁，仍而敢直視血肉淋漓的傷口，挺起腰板，大步的奔向未來。鄉土所承載和孕育的，成為我源源不斷的力量，它是我無法割斷、更無法忘卻的根之所繫。

今年，我終於學會屬於中華大地那個真正的「韌」字，以黃土為根，無懼風雨的那株野草所揮墨而書的「韌」字。

逆襲

4D 陳子龍

2015-2016「中國文學之星」(香港賽區) 徵文比賽 銅獎

在久違的鄉土上踱步，腳下漸漸傳來混合著黃土和水流的搏動，在熟悉的故土上呼吸著熟悉的空氣，我深吸一口氣，又緩緩的吐出，用盡全力的在田埂上大聲的呼喊：「啊！」我愛這芬芳青草，我愛這無邊的田地，我愛這無拘無束的藍天，我深愛著我的故鄉。這種刻骨的思念和愛意無論如何掩蓋壓抑都無法消逝，而且我也無需強制自己忘記故土，因為它正是給予我力量前行的源頭，遑論是香港，即使往後的我走到何方遇到何事，只要我的心裡惦記著這裡，便會有更多的力量湧現出來。我的心重新炙熱起來，無論經歷多大風雨，仍巍然不動的堅持著心中那股炙熱的「韌」，這才是我真正應該秉承的道，銘刻於心版上的一個字！

心生根了人就踏實，願筆桿繫於心中，順鋒也好逆鋒也好；折鋒處，方也可圓也可，且以遊刃有餘的心，在自己漫長的人生路上從容不迫的寫成一個「韌」字。離愁，鄉愁，並不是束縛我前進的荊條，不是碾壓我成長的巨石，而是牢牢穩固我的根的黃土，「野草燒不盡，春風吹又生」，若沒有黃土，就沒有堅韌的野草。

這一年，我終於曉得，九萬漢字，唯獨「韌」，是黃土和野草所賦予我的，與我的血肉和靈魂融合在一起，深刻的鐫刻在我的前路上。



民國二年四月二十七日 星期六 雨

又到了四月二十七日，今天的天氣如同我的心情，濛濛細雨略帶哀愁鬱結。本月初，我將這個國家的前途交在那個人手中，如今的我，像是天空中的烏雲一般，灰灰沉沉的。那天也是像今天一般，只是那天的雨不及今天的朦朧，那天的雨中仿佛還帶著希望，希望的是那個人，能醫治這個千瘡百孔的病人，可惜啊！可惜！

自從被逼下臺，我整個人都頹廢了，感覺多年來的努力都付諸東流了，我不會喝酒，不然真的把自己灌個醉，也比想起這些煩心事要好呢。

每天都懷著一股惆悵的心情，加上近日的連綿的細雨，為這個日子添了不少傷感，每天睡下，起來，滿腦子都是傷感的事情，每日都盡量不去想，但是怎麼可能？

早上，帶著被雨水混合泥土沾濕的黑披風和悲傷的心情，我和慶齡去黃花拜祭七十二位義士。今天是義士們的忌日啊！三個鞠躬遠遠不足以表示對他們的敬意。一年過去了，但是宛如昨日一般，一幕一幕，能忘記嗎？那一滴滴為國家，為未來而流出來的寶血，那一個個年輕人，他們的面容還歷歷在目，他們生前的每一個笑容，都烙印在我腦海裡。你們在天上還好嗎？



其實我一直在想，為什麼我們經過了十二次失敗，但是卻從來沒有改變過最初的理想？從來沒有說過放棄？為什麼那些看似懵懵懂懂的年輕人，為了一個看似不可能的未來，不惜犧牲自己？我想，這就是我們中國人發自骨子裡的精神，什麼精神？就是不畏艱難，敢於創造奇跡的精神，就是敢於逆襲的精神，就是不管你是天下第一還是誰，我們敢於拼一次，敢於為夢想拼一次又一次！

中午，去了那家裝潢破敗的咖啡廳，咖啡杯子的瓷色磨蝕到斑白，苦澀的咖啡如同這剛出生的多災多難的嬰兒一樣。這裡是我和克強兄初晤的地方，一臉英氣，滿臉的鬍鬚卻沒給人邋邋的感，我曾經不只一次問過克強，是什麼在支持我們這群人，我們像是在為了一個不切實際的目標而努力，他說：「螞蟻面對比他強大百倍千倍的對手，尚且敢於迎戰，敢於逆襲，敢於創造奇跡，何況我們一班滿腔熱血的男兒？」對啊！我們泱泱中華，多少百年來就是這種精神，這種逆襲的精神！一杯苦咖啡喝下去，苦的不只是味道，苦的是我們革命黨多少人為了民國，付出了那麼那麼多，可是卻看不到開花結果；苦的是現在看來，他們的犧牲只是成就了一個軍閥，多可悲啊……

離開這個小小的咖啡館，迎著奚落我的太陽，我苦笑了笑，但是，為什麼會有眼淚？不是悲傷，一定不是！

回家路上路過一棟民居，一副大大的對聯顯得格外神氣，字體工整，有英雄氣概，引用的是蒲松齡的對聯，上聯「有志者事竟成，破釜沉舟，百二秦關終屬楚」，再看下聯「苦心人，天不負，臥薪嚐膽，三千南甲可吞吳」，多麼有含義的對聯啊！他提醒的是想放棄的人「有志者事竟成」，而我呢？以前多大的難關？還不是越過了？如今，這難關又算得了

什麼？我為什麼要在這裡唉聲歎氣呢？為什麼我不敢再站起來呢！我，孫文，為什麼不敢再像之前十二次一樣，在挫折中在再努力一次呢？

劉邦一直失敗，但是一直沒有放棄啊！我也一直在失敗啊，為什麼我現在要放棄？我憑什麼放棄？我失敗了十二次，重複的十二次，最後算成功了。而現在，我雖然再次失敗了，但是我，為什麼沒有勇氣站起來？孫文，站起來！為了自己，為了中華民國，為了民主自由，你怎麼能頹廢，站起來！站起來！不管你的對手是不是歌利亞巨人，你都要敢於戰鬥，完成這逆襲！完成這個華麗的轉身，你的身體，你的心，如這鋼鐵，堅不可摧！

雨兒拍打在我的窗前，我不再頹廢，雨兒拍打在我的窗前，我要站起來，完成這逆襲！

定，我的年度漢字

6D 洪東楠

2015-2016「中國文學之星」(香港賽區) 徵文比賽 優異



「定，安也。」——東漢·許慎《說文》。

這個「定」字說起來容易，就如同人生旅途中的無心感懷，或是在異鄉求學偶爾談起對故土的思念。可是要扎根某地或期盼一年順利，讓自己成為一棵堅韌繁茂的大樹來說，卻是真的不容易。

今年新春，我拖著行裝站在客來客往的月台上，這份感受來得十分突然。你會看見售票處外如我一般要回鄉過年的人龍，其中有幾人緊緊攥著最後幾張站票，卻遲遲未有檢票入閘。他們只是頻頻回首，扯著嗓子呼喚他或她的名字。明明四周人聲嘈雜不堪，我卻能聽到那聲音中對家的眷戀，硬生生的撼動著人的心。不遠處，有個人影飛奔而來，仿佛正是我，朝著中六開學前最後一次的鄉愁惦念，義無反顧的跑來。

當我乘上回家的列車，沿途的人事物呼嘯而過，唯有美麗的鄉愁沉甸甸的壓在心頭，而我願意承擔這份漂泊的滋味，仿若遊子身上衣，因為這是人生階段的過渡和考驗，離鄉，仿佛是一個顯微鏡，從這件普通的衣裳讓我看見它承載了家人平日難以察覺的關懷，使我心安。

其實，回家即是安定的另一種詮釋，老套卻真實。

回家後是暫時的休憩，而休息是為了向更好的未來進發。離開家鄉的初衷就是為了完成更好的學業，成長的步伐不會因而減慢。

可在今年的仲夏時分，我已伏在教室課桌上，望著密麻複雜的試題愁惱，心底又似乎在撥弄著、渴望著那份安定的感覺。因為我眼前的垂手可得的青春與未來，仿佛在剎那間成了不可言說之物。我跋山涉水去擷取鳳美果實，卻必須踩在人生的荊棘上。耳側傳來老師的諄諄教誨、如何預備高考、如何利用暑假，可我卻感到迷茫驚惶，心緒如篩子中的麥穗，如祭台上的羔羊，如倏忽的雷雨，沒有能喘息的地方，只渴求在兵荒馬亂的學習中還能有顆安定恬靜的心。

我愈發相信「知止而後能定，定而後能靜」。因為我自知自己是個喜歡胡思亂想的人，總像禪宗故事裡的那個小和尚，老向師傅嚷著：「我心不安，我心不安。」例如成績單上的分數和同學之間的暗地裡比較，這些都使我那得寸進尺的慾望，和藏在皮骨下的要強作祟著，逼得我步步緊退，惶惶欲逃。所以學會把握分寸，學會沉澱自己的思想，在平和的心態中成長，這何嘗不是人生考驗中精神與心靈的一次坐禪入定呢？

或許是「自古逢秋悲寂寥，我言秋日勝春朝」這句千古名言的激勵吧。我在胡思亂想中不知不覺走到中學生涯的盡頭，如今已成了幾個月前仍覺得戰戰兢兢的中六學生。我是一個平凡的人，但我曉得態度決定自身潛能的極致；我沒有豪邁遠大的豪情，但我有一份平實而理所當然對未來該有的期待，而內心的沉蘊使之前的焦躁不安逐漸消失殆盡，那是一壘自家安靜如山地釀造出來的酒。時間的淬煉是一塊磨石刀，它將我的鋒芒機鋒磨礪，融入生活的厚實之中，使我的心不再輕躁敏感，我清楚的感受到有股力撐起了蹣跚的脊梁骨，攙起了疲憊的身軀。這股力量源於我嘗試去承擔成長的責任：離家、求學、獨立、自足……這股力量就是「定」。

三育校園點滴

3H 司徒子浩
六十周年校內徵文比賽 初級組冠軍

它淺如對家人關愛的自足，深如對往昔的淡然和寬容。它沒有偉大的名銜和神效，但它卻用守護者的姿態，使我喜悅，即使在黑暗中也能無畏歌唱。這個「定」字，使我不再像「自西徂東，靡所定處」的失根之人那般淒涼，找不到一生歸宿。今年最後的冬天即將為我的一年、我肩頭上已承擔的責任，批下年終註示。我想，「定」教曉了我在成長中心不妄動才能隨處而安，它既是我的心之所得，也是我的心之所盼者。如果你問我，哪個字是你的年度漢字。那麼，我的答案是：「定，我的年度漢字」。



校園生活就如一個五味瓶，裡面百般滋味，有甘有苦，有喜有悲。校園也像我的另一個家，讓我一面學習書本上的知識，更讓我一面學習與老師和同學的相處之道。

古語有云：「學海無涯」。這句話不但道出很多同學的辛酸，更是我最大的心聲。我在每星期二、四、五放學後，都會出席學校游泳隊的訓練；星期六須出席前鋒會的活動；而星期四則要出席教會的主日聚會。在緊湊的時間表中能讓我擠出少許空間和時間應付學業上的壓力，實在不容易啊！可想而知，我的遊戲時間實是「難能可貴」！但是，我明白「吃得苦中苦，方為人人上人」。而且，我的校園生活亦讓我苦中作樂。

在學校裡，最讓我喜悅的時刻，莫過於上宗教課和體育課。尹老師生動地教授聖經的知識和故事，使我聽得津津樂道。在體育課，我能與好友一起玩耍，更讓我拋開腦袋中的苦悶和煩惱。

除此之外，在游泳訓練付出的心血和努力並非白費，儘管教練平日是多麼的嚴厲、訓練的時間是多麼的緊絀，每當想起在暑假前舉辦的水運會中奪得蛙式項目的金牌，我頓時回味當時的自豪和雀躍。

多姿多彩的校園經歷也包括我在中二的時候曾出任風紀。那時的我希望服務老師和同學，更渴望以身作則，成為中一學弟學妹的榜樣，教導他們遵守校規。當中最大的滿足感除了是能培養自己的領導能力外，更重要的是得到老師的欣賞，為我的努力作出肯定。

三育校園點滴

3H 歐陽紹銘

六十周年校內徵文比賽 初級組亞軍

縱使我現在只是一名中三學生，但在我中學的校園生活比小學的生活更要求自律和懂得珍惜。這兩年多的中學生活不但是學業上的追求，更是見證了我個人的成長。從前懶惰的我變成了現在懂得分配時間於學習和課外活動；從前不認真的我變成現在不想在中學生涯完結前留下遺憾。

所以，我期望自己能一方面在游泳上再創佳績，另一方面在學業上更上一層樓，讓這悲喜交集的中學生活成為未來寶貴的回憶及在未來用那些中學時犯過錯的回憶，時刻警醒及反省自己的行為，改進自我。



開始時懵懂無知，帶著盼望和激動的心情迎來了我的中學生涯，傻傻的為自己又成長了一步而興奮，卻沒有想過往後充滿荊棘的路途困難重重。

帶著期待的心情來到課室，面對一張張陌生的面孔，心裡有些激動。開始打鬧，便漸漸熟悉了。中一、中二時我們總是優哉悠哉的在校園裡「流浪」，漫無目的地漂流，課堂上大肆作為常常惹得老師火冒三丈，老師們總是一忍再忍，可我們還是一如既往，絲毫沒有悔改之意，更是膽大包天。課室如同市場，同學們不再竊竊私語而是放聲暢談……這些似乎已成了家常便飯。

時間流逝遠遠不及想像的快。中一、中二帶給我們的回憶是無限的，就像音樂盒，打開來總是讓人留戀又陶醉。

中三來了，真正的困難才來，老師不再對我們「放任自流」，而是嚴厲管教，老師每天都對我們做思想教育，一講有時就是半節課。

學校看似乏味枯燥，但事實並非如此。

學校是快樂的，早晨，操場洋溢著歌聲，整個學校沉浸在美妙的歌聲裡。上午，同學們聚精會神地聽講，汲取書中的營養，不時看見學生低頭做著筆記。到了中午，同學們在課室裡享受著他們的便當，臉上充滿笑容。美好的傍晚來了，熱鬧了一天的校園終於停了下來。

三育校園點滴

2H 吳忻珈

六十周年校內徵文比賽 初級組季軍

大埔三育中學，你還要伴隨我走過三年。我愛校園，不僅僅是因為你炫彩繽紛，還因為你是遨遊知識海洋的好伙伴。

你讓我懂得珍惜身邊的東西。這裡有太多的愛，使我在愛中成長，在愛中成熟，在愛中學習。



伴隨著我們生活的，是一場音樂會。能拼成一首歌曲的，是校園裡的音符。沒有校園，我們的生活，有甚麼意義呢？

「記住！面對考官要微笑，注意禮貌……」這些話已經聽上百遍了。選中學、面試、參觀，在我這個小船的漂泊的日子，卻冒然停在了這裡，叫大埔三育中學。

踏進這校門口的一步，看著陌生的面孔，說一個字、走一步路都要小心翼翼，生怕觸犯了嚴峻的罪行似的。時間漸漸地流逝了，大家也放開了，微笑了。開始觸碰校園裡的一草一木，一杆一梯，仰望著晨間的露水在樹葉上隨風飄舞，滴嗒、滴嗒……

這不是甚麼重要的事情，那些大型活動在我腦海中印象不深。每天早上，耳邊伴隨著老師的故事教誨，總會看見地上的紙屑，小如灰塵，毫不起眼。但總有老師彎著腰，拾起它，扔進垃圾桶。這個小小的舉動已經好比一堂課，教會了我們愛護是甚麼。老師沒有視學校僅為他們工作的地方而已。老師的以身作則是一劑良藥，驅走我們的不善良與幼稚。

印象中的那一天，陽光透過百葉窗的縫隙折射進課室，老師握著粉筆講解，我悠閒地坐在木椅上，前搖後晃。霎時間向後一折，重心不穩，摔倒在地，畫面慘不忍睹，腦海裡卻浮現了小學時同學們的放聲大笑……「你沒事吧？」同學們看見我摔倒，便幫我收拾好凌亂的書本，雙手扶我起來。眼眶不知不覺開始紅潤，但臉上情不自禁地掛上笑容。

走過了一年的春夏秋冬、四季炎寒。校園裡的點點滴滴，如精品店般琳琅滿目，不可勝數，不僅僅留在記憶的大海裡，更刻在了心裡。

三育校園點滴

IK 賴嘉燕
六十周年校內徵文比賽 初級組優異



經過兩個月的時間，我在三育校園中，已經認識了很多同學，學到了很多東西，經歷了很多事情。

在三育中學中，我在讀書方面還要努力一些，因為我覺得自己還不夠努力。我的數學成績強差人意，但我在上數學堂時十分愉快，因為我十分喜歡計算，我也十分努力，因為我想拿到理想的成績，能經歷到

我的成功經驗。

每天的早上，我們都要早會，每天的早上我們也要唱歌、禱告，十分有意義。我很喜歡音樂課，在每節音樂課中我們都要唱校歌，我十分喜歡音樂，音樂令我心情放鬆，精神愉快。在小息的時候大家一聽到校鐘響起時就立刻衝到樓下小食部買東西吃，有些就去了圖書館看圖書，有些就在老師在課室裡做功課、溫習書本……除了這些活動之外，學校還有很多課外活動，例如：田徑隊、游泳班、中樂團、羽毛球等等，而我就參加了學校的中樂團大提琴班，我十分高興可以參加到大提琴班，我雖完全不會拉，但我不會放棄的，因為我相信「有志者，事竟成」，我會在這一年把它學會。

在中一迎新日的那段日子，我十分高興，因為在中一迎新日那段日子經歷了很多，我還記得我們全班要參加歌唱比賽，老師在比賽的前幾天練習鋼琴伴奏，我還擔心老師能不能在比賽前幾天中練習完呢！最終我們在一起用心練習下奪得了獎。

我覺得在三育校園中生活，十分高興。我要從新開始，在個人成長方面，愛護校園、尊敬老師、立志要努力讀書，取得好成績；除了這些之外我還結交了很多新朋友，從而建立友誼，這就是我在三育校園的生活點滴。

三育校園點滴

3D 王漢揚
六十周年校內徵文比賽 初級組優異



時間猶如白駒過隙，不知不覺我已經在三育中學就讀了快兩年之久，難忘的事和日子數之不盡，猶如恆河細沙一般，有很多不能盡數的「甜」和「苦」，這些「甜」和「苦」也是培育我的肥料，令我成長不少。

我是在中二那一年插班進來的，由於三育中學和我原本就讀的中學，無論是校園風氣、教學模式和校規等也很不一樣，因此當我第一年進來三育中學這個大家庭時感到十分之陌生，很害怕自己無法適應。

不過，我卻出乎自己意料之外的，很快便適應了，這也得拜同學們所托，他們也十分的友善，只是偶爾有點貪玩、闖禍、被罵，也是常有的事。記得有一次我忘記了帶功課回來，結果欠了十多件功課，那時可苦了，欠交功課就像六道輪迴一般，無限地罰抄，這是我經歷過其中一種「苦」。但苦並不是一定不好，在這件事中，我從中領悟到做事要井然小心，在做完功課後要用心核對好，也要好好放進書包裡，盡責的交到老師手上。

既有「苦」，當然也要有「甜」來調味，不然校園生活則會變得苦澀不堪。最令我難忘則是聖誕聯歡會，我們一整班同學聚在一起共用大餐，有一起拍照，交換禮物，互換聖誕卡，把平日千百噸的壓力統統拋諸腦後，如同受陽光沐浴的枯林一樣，我們還在禮堂的活動中贏得了火雞一隻。平時受讀書和功課壓力所困，同學的交往也變得很少，這是一個很好的補給。

三育校園點滴

3H 侯倩妮

六十周年校內徵文比賽 初級組優異

我所經歷的「甜」為我滋潤了枯燥的校園生活，而「苦」卻在此警惕我不要樂極生悲，以此磨練我，甜和苦令我得到「甘」，在千錘百煉之中得到一點甜，令我回味無窮，一點一滴也是充滿意義的，正如湯羹一樣，要經過熬製才得煮出。這就是我的校園生活。



三育是孕育我兩年的地方，在這裡我經歷許多，亦留下不少珍貴的回憶，和同學嬉戲打鬧的歡喜、與伙伴爭吵時的惱怒、被老師責罵時的哀傷、還有大掃除時的樂趣……校園的點點滴滴讓我難以忘懷。

剛踏入初中校園的我，還是一個懵懂的孩子，對於未來的初中生活感到迷茫，加上初中的學業相對小學繁多。這個轉變使我感到有些不適應。在作業上許多不明白的內容，我會在放學後請教老師，而老師亦會為我一一解答。總算是苦盡甘來，在學期尾結束時，我終於取得了驕人的學習成績。我想這便是三育所給予我「面對困難，勇往直前」的勇氣。

還記得上一年我報名參加了普通話獨誦，原本我該額外找老師訓練我的朗誦。可是，三育卻為節省這筆開支，甚至安排了專門的老師去為我練習。每當星期五，老師便會放下她繁複的工作，抽出時間為我練習，直至比賽。這分三育所給予的恩情，我銘記於心。

更記得曾經有一次在上課期間，忍不住和同學談天說地起來。頓時惹來老師的一番「狂轟亂炸」，非但被「榮幸」的請到教室後面罰站，還要在放學後接受老師的一番訓斥。我自此以後不敢不專心上課了。我知道，老師看似無情的背後，卻是一顆嚴謹治學的心。

雖然以上所說的平凡事件，是校園生活中的滄海一粟，卻因為有了老師們幫助和關愛，讓我的校園生活變得甜蜜，而那種師生之間的感動，更鼓舞著我不斷前進。

當中學生活成為回憶

6T 鄧若霖

六十周年校內徵文比賽 高級組冠軍



中學的生活宛如一本書刊，很常見，很平凡。這書刊裡寫的都是一些瑣碎的小事，翻看時，心中卻暖暖的。這平凡的每一天，如今變成了我心中的寶藏，為我揚起風帆，向著未來遠去。

跟所有的人一樣，剛進入高中的我，腦內充斥著不解。不理解學校的規則，不理解老師的要求，一心想要逃離這充滿不合理的異次元。而對於同學，那更別說了。有的人性格潑辣，是在各個班級躡來躡去的交際花，以裝可愛搏人關注；有的人明明看起來呆呆的，上著課也連打呵欠，嘴上說沒有複習，分數卻總一鳴驚人。我不解，並且擅自給她們貼上了壞人的標籤，準備過上孤獨的中學生活。

花開花落，太陽也變得越來越害羞，不再願露面，而我卻漸漸看清本來雲裡霧裡的中學生活。我開始不再反感學校的規則，開始明白老師看似過分的要求背後的原因，竟然因為幾次無意的交談，默默撤掉了標籤。原來裝可愛和上課打呵欠都只是她們的一小部分，而背後的一大部分，雖然不敢相信，但大家都是一樣的。雖然嘴上不饒人，但在體育課跑完步沒帶水，會有人遞上自己的水；在臨考試前，一群人擠在一起，共看一分資料，毫不介懷。我漸漸明白人個體的龐大，光憑一小部分，便下結論是一件多麼愚蠢的事。

當春天再一次到來，我發現我被這原本不相信會有的羈絆，牢牢的綁著，並且沒有任何的不適，彷彿有才是原本的生活。中午吃飯把水瓶忘在小食部，一定會有同學幫我放在課桌上；說著外人聽不懂的笑話，一起肆無忌憚地笑上幾個月；老師們變得更真實了，同學變得更親切了。想必剛入學的我一定難以相信，一位本坐在訓導處，表情嚴肅的無情教頭，如今卻大膽地在課上喝著豆奶和我們開著玩笑。原來這些人本都是可愛的。

當我越來越墮入愛河時，十二時的鐘聲忽然響起，美好的時光終要過去，中學生活成為了回憶。

平凡的我，就平凡的要畢業了。但這本記滿瑣事的回憶書刊，卻讓一頭頭大身小的幼鳥成長為一隻羽翼豐滿的雄鷹。中學的生活雖是平凡，但也精彩，起初是漫長，最後是珍貴。而這分回憶教會我不能小視一切，不能過早下定論，教會我其實平凡也可以是一種奇跡，教會我人與人之間的可貴就在於相處後的理解，在於發現人人都有的可愛之處。

而這些回憶，為我在未來的人生中，揚起風帆。

當中學生活成為回憶

6K 張楸悅

六十周年校內徵文比賽 高級組亞軍



學生時代的回憶化為零散的碎片散落在時間的河流中，無聲無息，毫無蹤跡可尋，但有心之人定不會忘記那分珍貴的感情。

大多數人都經歷過中學時代，那是一段令人緬懷的青春。那個階段，我們懵懂、天真、快樂，對於未來或多或少懷抱著期待。希冀即使畢業後，知心的好友、好感的對象仍然長伴身邊。殊不知，畢業後面臨的前途與出路使人憂愁。隨著日月輪迴，你生命的時針不停轉動，為了生活你埋頭於這世俗紛擾中，向著未來的道路拼命衝刺。回眸一望，曾經陪伴你度過最熱血青春歲月的人，寥寥無幾。這正是回憶的殘酷之處，使你想起那段歲月會心一笑之時給你當頭一棒，提醒你時光遠去，你已是故人。

今天是母校六十週年校慶的開放日，望著舊景我準備故地重遊。最令我動容的教學樓，我經過每一層的走廊，望向教室內整齊的桌椅、乾淨的黑板，並沒有甚麼不同。昔日同學們的朗朗讀書聲、嬉笑打鬧的身影、老師諄諄教導的動作彷彿電影回放般出現在我眼前。畢業前夕，那些曾被我們奮筆疾書寫過的試卷、筆記足足堆疊了一座小山，它們壓垮了我們的書包。現在，卻壓在我的心頭。被我們厭倦透頂，感覺周而復始無窮無盡的試卷和課文，突然有一天，在我們猝不及防的時刻不再疊加，我們以為一切都結束了，其實只不過是開始。一場懷念的開始，一場回憶的開始。

母校並沒有變化，不斷變化的，只是其中的人，頗有一番物是人非的意味。走出校園，我想起最末一天上學日子的放學，大家如同往日揮手說再見。那句再見和未來一起同樣充滿未知，許多人的音容如同石沉大海無影無蹤，但曾經那些友情因為深刻而真摯已被我銘刻於心。

回憶之所以珍貴，是因為它回不去，卻也抹不掉，才令人懷念，令人珍惜，被人願意銘記，懷揣著它繼續向前。

當中學生活成為回憶

6T 周曼
六十周年校內徵文比賽 高級組季軍



「我懷念的是無話不說，我懷念的是一起走過……」

慵懶的晌午，熱浪一波又一波的湧湧而來，我躲在房間，吹著風扇，歌聲伴著我進入了夢鄉。

「趕快起床，你又要遲到了！」媽媽的高分貝就像火警的鈴聲般，震耳欲聾。再加上她在廚房孤身與早餐奮戰的悲鳴，活生生將如攤死在海床上的八爪魚般的我從床上震彈起來。

我閉著眼睛，習慣性從衣櫃裡抽出澄黃色的校服，一把從頭頂套下，把頭髮推到頭頂拿著皮筋綁上，不用三兩分鐘，就全身武裝好了，咬上一塊面包，悠然而出。

一邊吃著手中的麵包，一邊尾隨著澄黃黃的「小黃鴨隊伍」，吱呀吱呀的走在那條通往大埔三育中學的林蔭大道上。

校園的早晨，老師總會在門口等著「小黃鴨」回巢，臉上面帶的微笑，敏銳的眼神總不會放過任何一個違規的學生。這天，我又因襪子過短，被人收押了。

早會的鐘聲一響，散落在校園裡的「小黃鴨」從四方八面往操場聚攏，習慣性的攤開手中的經文紙，聆聽著讚美神的歌聲，吸收著神賜的清新空氣，在聖光下，進行著如植物般的光合作用，領悟著神恩。這個早晨是如此的美麗可人。

過後，我再次領略著老師的諄諄教導，每個老師的音色都獨具一格，有的激情澎湃，像黃河之水天上流下一般；有的像夜裡獨鳴的鶯讓人精神抖擻；有的就像兒時母親的搖籃曲，溫和的讓人渾渾欲睡。這些

陪著我走了將近四年的聲音，是如此的熟悉，就像刻在石頭上的音符，牢牢的記在我的心裡。

課後，當你剛要閉目養神時，班裡又開始七嘴八舌的奏起了屬於他們的交響樂。紛紛議論著昨日、今日，甚至明日之事，雖是胡扯荒言，但老師不進來不肯罷休。而我呢，當然也是混入其中，張旗鳴鼓了。

學校的高潮其實是在中午的一刻。平靜的校園隱藏著幾股暗流。同學們看似專心聽課，其實是蓄勢待發。只要午餐的鈴聲響起，整齊的步踏從六樓開始衝向校門口。一整日的養精蓄銳，只是為了這一刻，為了可尋覓一家餐廳來填補肚子的空虛。而老師們好像也是習慣了，一到鐘點，就跟「小黃鴨」們敬禮解散。

我正在吃著剛出爐的乾炒牛河，咀嚼著，牛肉的醬汁從嘴裡溢出來，習慣性用手一擦，那溫熱的醬汁直流不止。接著接著，一下子從床上驚醒，再看了看鬧鐘，下午六時。

原來這只是夢，我起身坐在書桌旁，看著離校的倒計時，只剩二百天。我擦拭著口水，望著，夕陽散落的窗外，我是委屈的呀！轉眼間，我這隻稚嫩的「小黃鴨」也要脫下這一身澄黃的校服，遠離母巢，向著迷迷糊糊的方向前進。

當這些習慣都要在夢中才能憶起時，我是不捨的呀。我怎麼只能在夢中才能再與無話不說的同學相見？我怎麼只能在夢中才能再見與我一起走過的老師？我怎麼只能在夢中才能在大埔三育的校園裡奔跑？

當中學生活變成回憶時，我只能懷念了。

當中學生活成為回憶

4T 朱可煊

六十周年校內徵文比賽 高級組優異



現在的我，已成為了一名高中生了，但是我常常有一種錯覺——我還是一名無憂無慮的初中小屁孩。初中的生活，我歷歷在目，每一個人，每一件事，都映在我的腦海裡，猶如放映電影一般，一遍又一遍地重播著。

還記得開學的第一天，我與一名小伙伴早早就來到了校門口，那時候校門依然緊閉著。我觀察周圍與我穿著一樣校服的人，望著那一張張陌生的面孔，卻不曾想他們將成為我生命中不可缺少的一群人。

過了一會兒，校門開了，一大群人蜂擁而上，我也不例外。進到了初一（二）班，我便一眼發現了我的小學同學，我興奮地跑到了她的面前，有說有笑地聊起天來。

不久，一名戴著黑框眼鏡的中年婦女氣勢昂昂地走了進來，她就是「盧老」。一下子整個教室都一改之前的「菜市場」，變成了寂靜無比的「圖書館」。

接下來，我們每個人便輪流上台自我介紹。有些女同學因為害羞，說起話來都面紅耳赤；有些男同學便毫不掩飾自己的屌絲氣質，搞得我們全班人哄堂大笑；有些人說話得體，落落大方……

我很快適應了學校的生活，便與其他幾個女生組成了一個小團體，一起上學、一起放學、一起去廁所，形影不離對於我們來說都是再平常不過的事情了。

最能讓我歡呼雀躍的課便是中文課了，因為真的好喜歡中文老師。他上課一點也不呆板無趣，就算我們逗他玩，他也不會不悅。他每次問我們說：「這個句子是甚麼意思呀？」然後我全班都會異口同聲地說：「你猜！」然後哈哈大笑，而中文老師只是玩笑似的翻個白眼。每天的中文課都是在歡聲笑語中度過的，令我感到充實且滿足。

每次體育課老師放我們自由活動的時候，我們幾個女生總會躲在食堂吃藍莓沙冰，然後好多次都被老師「逮捕」到，從而享受著老師給我們的「獎勵」——繞操場跑兩圈。

每天上午上完第二節課的時候，我們全校師生都會到操場做廣播體操；每個星期一和星期三放學，我們都有體鍛，也就是跑步；每天下午，我們都有眼保健操，我每次都沒有閉上眼睛，因為我想要看到其他同學做眼保健操時候的表情，每次都看得我大笑不已，因為他們的表情都做得十分到位，到位得讓我狂笑不止。

回憶總是美好的，好得讓我深陷其中，無法自拔。但現在的我，卻再也無法經歷那初中的生活點滴。

中學的生活、老師、同學都使我的生命變得多姿多彩，就猶如一顆小草，因為陽光的沐浴，而變得生機勃勃。

當中學生活成為回憶的時候，我只有慢慢地體會其中的美好。

當中學生活成為回憶

6T 鄧雪童

六十周年校內徵文比賽 高級組優異



天色微亮，我在莫名其妙的夢中驚醒，擁著柔軟的被子呆滯的坐在床上，把目光毫無焦點地投向窗外，路燈仍獨立在柏油路旁散發著暖黃的光暈，山丘連綿起伏，在將亮未亮的天幕下染上了一層靜謐的青黛色。

突然，一輛火車順著鐵軌隆隆的從山中駛出，那裝載著滿滿橙光的車廂，彷彿運送著陽光。目送著火車進站，我不禁憶起，透過學校的玻璃窗，也能看見這在山林中急駛而過的火車。

還記得當時我剛剛轉進這所學校，人生路不熟的我最愛的，便是在空閒的時候讓無限延展的思維順著鐵軌快意地神遊太虛。

後來，我也常常慶幸，我進了一間被宮粉洋蹄甲、黃槐樹、細葉榕圍繞的學校，每天上學都似乎是在清晨最美好的時間去春遊，還能在疲累的時候看到帶著無限幻想的火車駛過。

中學大概是少年人恣意揮灑青春和汗水的最佳場所吧，我們一同學習，一同吃飯，一同賽跑，讓紀錄回憶的葉子一片一片的在青春的樹幹上茂盛的長出，變成一棵高大而枝繁葉茂的榕樹。我們也如榕樹般深深的扎根在泥土裡，扎根在學校裡。

學校的節奏是活潑的，我們常常伴隨著它共同起舞，回想起那年的高年級合唱比賽，我們也參與其中，班裡的同學一同七嘴八舌的選歌，每個人都發表自己的想法，坐在喧鬧卻其樂融融的課室裡，心裡便泛起一股暖意，讓均速跳動的心更加大力的怦怦跳起來，洋溢著青春的快意和無憂。

在幾次的訓練後我們一同登台演出，雖然可能不是天籟之聲，也不是震撼人心的高級音樂廳中的演奏，但卻是飽含了無法磨滅的友誼和乾淨純粹的靈魂之歌。

我仍對上台前一位同學說的話記憶猶新：「讓我們大聲唱！」

對，大聲的歌唱，即使我們將要畢業，即使我們將要各奔東西，即使中學生活終要成為回憶，我們也要唱，把自己最純粹的靈魂用歌聲存放在向前進發的火車上，讓我們在人生的旅途中也不會忘記，曾經那個在中學時間開懷大笑的自己。

天下無不散的筵席，共聚中學舞台的我們也會迎來曲終人散的一天，但回憶將成為那不會褪卻的溫度，伴隨著我們走人生餘下還很長的路。

天色大亮，我忙不迭的起床刷牙洗臉，快步的趕向學校，遠遠看見攀在學校外牆上的三角梅，我想：「活在當下，才能保留更美好的回憶吧！」

當中學生活成為回憶

6T 林嘉瑩

六十周年校內徵文比賽 高級組優異



當初踏著輕快的步子走在往學校的道路上，陽光穿過樹葉間的空隙點點綴在路前方，像是指引我的方向，空氣中流動的是同學間的歡聲笑語，與枝上小鳥悅愉的叫聲融為一體。如今六年過去，仍能感受到當初初次踏入學校的那種興奮。

六年對我來說不多不少，而六十年對學校來說，卻是漫長的大半個世紀。我的中學，就安靜地座落在陽光與山影交織的地方，從教室的窗外往去，能清楚地看見樹上小鳥搭起的窩，遠處能看見火車長長的軌道，偶見一兩輛長長的火車經過，像是要把我的思緒帶向遠方，而我的回憶，也跟著來到了遠方。

當中學生活成為回憶，我所懷念的，必是稚嫩的我們穿著簡單而樸素的校服，在操場上奔跑的時光，我們將汗水盡情揮灑在地上，而當我累了，抬起頭仍能看見你們追趕前方的背影。每逢到我最討厭的體育課，嚴厲的體育老師必會強迫我們完成兩大圈環校跑，耳邊聲音彷彿靜止，安靜的只能聽見一步步踏實而重重的腳步聲，汗如雨下的我累得不行，體育老師總跟在我身後，叫我不放棄，繼續前行，我又能再次得到力量前進。

我所捨不得的，必是同學間純樸善良的情義。每個人的字體我都能一一辨認，熟悉，圓潤或鋒利或踏實的字跡，都代表著我們譜寫下的青春。我不能想象當我去到一個陌生的環境，面對一個個陌生的面孔與我擦肩而過時，我又能否在他身上找到和你相同的氣息，我更不敢想象當我離開了最要好的朋友，會是一種怎樣的無止境思念。

遇見、認識、熟悉、了解，是有過程的，六年的時光使我越來越喜歡這裡，給我的安全感，像是當你用手調皮地蒙著我的眼睛，我也能從手的溫度知道你是誰。然而時光流去之後，卻要面對令人難受的分離，成為了我人生中最可貴的回憶。

別人都說，我實在是個脆弱的人，我怕面對未來無法掌握的未知，或許以後沒有人再像中文老師在熟悉的課堂上一筆一劃地教我們中文書法，無法再次體會到，一筆一劃的節奏配合著全班一呼一吸的律動，這是我所聽過最好聽的旋律，感謝有人能把它交給我懵懂純真的年紀。

當中學生活成為回憶，時光請你溫柔地走慢點，不要讓它離我越來越遠，而我也能細細地去回憶。

當中學生活成為回憶

6T 湯家穎

六十周年校內徵文比賽 高級組優異



握著幾張相片，目睹了時光無情的摧殘。同學們老成了，臉上卻仍掛著個不老傳說的笑容。相片背後的每一個笑容，每一滴淚水和每一滴汗水，都凝合在今天的回憶裡，裹在六十歲母校的懷抱裡，把一切一切都交托給她了。

注視著第一張，聽見的是歡聲笑語。還記得剛轉校來的那年，心智還不成熟，活潑得仍像個三歲的頑皮小孩兒，沒有一絲顧慮，只有一分熱情。認識了新朋友、新老師，任何的一切都是故事裡的新一個篇章。那年我參加了合唱團，畢竟是所基督中學，每個人都用盡自己的笑容去招待我，我看到的是溫暖，是令人陶醉的微笑，彷彿是外婆熬的湯，暖和又親切。聽見的不只是美妙動聽的歌喉，更是每個人的歡聲笑語。就這樣一年過去，給母校添了一道皺紋。可現實總不是像童話故事如此美好。

於是我放下第一張相片，拈起第二張。在校的第二年，聽見的是淚水滴落在地板上發出撞擊的聲音。那年我們成熟了，不再是三歲頑皮的小孩兒了，在情感方面注重了，像是一個一直滾過不停的岩石撞到另一座岩石，往往停止了向前滾動的步伐。那年我情感上出了點兒小毛病。認識了同學，難免會有磨擦，畢竟把兩個火花石碰撞，火花也會不時出現。但由於年紀還小，在情感方面的經驗也不多，最終以悲劇收尾。我對她有感覺，她卻像岩石一樣冷峻，被拒絕的我像是掉進冰窟，從心頂涼到腳尖。振作不靡的我垂頭喪氣地過每一天，心裡仍放不下她。不僅是我這樣，班上亦有不少同學在情感上觸礁，那年是我人生中最頹廢的一年，又刻在了母校的額頭上。我竟為情而流淚，母校把我抱在懷裡，淚水沾濕了她的上身，可她一句話也沒說，只是沉默地聆聽我的哭泣。

我撇了撇嘴，嘲笑自己當年的幼稚和敏感，看了一會兒才放下。撿起最後一張照片，嘆了口氣，手汗像蒸汽似的不停地向外冒。看見的是額頭上流出來的汗水，嗅到的是奮發的氣味。那年是在學業上重要的一年，每個同學都開始在為高考而作準備。路經教室，望見同學們在埋頭苦幹，手裡拿的不是手機，而是一本本厚厚的教科書。路經圖書館，又一批同學在奮發向上，手中的筆從未停過，像是早已融為一體。我們肩負著父母期許、「社會棟樑」的擔子，再重也得背著。勤勞的汗水一滴一滴地流下，見證著母校欣喜的笑容。緊張的心情伴隨我們那年的成長。相片裡的回憶是一次又一次的掙扎。

故事未完。我放下手中的第三張相片，閉上眼，沉思。我的最後一張相片又會是如何？還能再瞧見往日的笑容、淚水和汗水嗎？母校啊，母校！今天我把我最後的青春交給您了，明天你又會給我一個怎樣的人生呢？

我給自己寫封信

2H 孟芷瀾



孟芷瀾：

我想給你寫封信，真心給你寫封信。你不是一個耐心的、愛聽大道理的人，可是我希望這封信可以教你成長，教你擔當。我想這封信可以見證你，用自己的努力和奮鬥一步步走向未來。

你要學會成長。你不再是父母懷裡寵上天的寶貝了，總有一天要長大。你會孤身一人，你會一無所有，你能依靠的只有自己。你只能在無邊的挫折中學會成長。請感謝欺騙你的人吧，因為他增長了你的戒心；請感謝傷害你的人吧，因為他鍛煉了你的心志；請感謝蔑視你的人吧，因為他喚醒了你的鬥志。請學會感謝，感謝一切教你成長的人。你會發現你被慢慢磨去棱角，磨去尖銳，變得沉穩，變得隱藏，那麼恭喜你，你真的長大了。

你要學會擔當。你不再是依偎在父母懷裡甚麼都不管的小女孩了，你有責任要背負的。在家人、學校、朋友面前，你有不同的角色，有不同的責任。你覺得責任很煩想要逃避嗎？你覺得責任很累很想要推卸嗎？不能的。責任是一種價值。責任會讓人變得勇敢，變得堅強。所以從某種意義上說，責任是人生的信念。它也許會使你很累，也許你會想放棄，可是我希望你能堅持下去。

孟芷瀾，也許你以後會遇見你從未遇見過的挫折，也許它們會把你打入無邊地獄，也許會讓你身處一片黑暗，也許會讓你遭受人間的冷酷。可請你一定要記得，記得以前那個跌倒了只會坐著揉揉傷口的自己；記得以前那個失敗了只會默默重新開始的自己；記得以前那個天真無畏，無畏到只有一腔熱血往前衝的自己。

孟芷瀾，將來的你一定會感謝現在的你。

祝成長愉快！

芷瀾

二零一五年十月二十九日

我給自己寫封信

2H 吳忻珈



吳忻珈：

給自己寫信？也真是別有一番滋味呢！你該害怕的都過了，該憂慮的也隨風而去了。你學會成長了嗎？能解釋「擔當」這兩個字了嗎？

打從生下來那天，你就是有壞習慣的，不喜歡的就顧一切放聲大哭，和父親鬧脾氣，你的優點也屈指可數吧？放縱不羈、我行我素的個性也是挺惹人討厭的。年復一年，日復一日，你也在學會成長，體驗著成長的滋味，多麼酸甜苦辣。無理取鬧的那次，縮著雙腳，躲在被窩裡捂臉低聲哭泣，直至父親進來和你百般勸諭，解釋著「子欲養而親不在」的道理，現在不應該左耳進、右耳出了吧。成長很麻煩，學會成長更困難。

那「擔當」呢？一個人怎樣也要肩負起責任。——它不是一個甜美的字眼，只如石頭般嚴峻，要經得起考驗，才能談論責任。你長大了，剩下你一人了，身旁陪伴你的是冷酷無情，責任也隨之而來，擔當也必不可少。的確，不是人人都喜歡負責任，完成任何事情後便隨手一扔，還要甚麼責任呢？想怎樣擔當呢？若整個地球上的人都不負責任，沒有擔當？那是極為可怕的。「能者多勞」是從小學便耳熟能詳的四字成語。越有能力的便愈多重擔環繞於你身旁，自己也要想想到底做個甚麼樣的人吧。

成長與擔當，總有一條無形的繩子聯繫著，兩者是相應的，人生會體驗成長學會擔當。現在十二歲的自己還在畏懼成長，時光卻一如既往地流逝，劃過我的筆尖，劃過我的驕傲自私。希望你能享受成長的一分一秒，因為「先苦後甜」。

祝生活愉快！

吳忻珈
二零一五年十一月二日

成長

4D 陳偉樂



「不經一番寒徹骨，哪得梅花撲鼻香。」今天，我站在台上，領受「學科進步獎」之際，心中默念著黃老師予我的贈語。憶起這一個學期我倆共同奮鬥的點點滴滴，心裡泛起的感恩之情，眼淚還是不爭氣地奪眶而出……

我自幼就十分討厭數學，只愛自顧自地沉醉在書海當中，樂此不疲，久而久之，導致嚴重的偏科現象，中文與數學此消彼長，兩者成績南轅北轍，這種憑喜惡與否的讀書模式，父母也對我束手無策。印象尤其深刻的是，小五時難得我對圖形一課頗有興趣，便舉手發問，數學老師見我如此踴躍積極，認為我改邪歸正，滿心歡喜地解答我的疑問。就這樣我認真了數堂，直到不知哪一堂，老師向我解釋一道進階題目時，任憑她費盡唇舌，我就是不懂，終於突破了她耐心的極限，拋下一句：「不懂就不懂吧！誰叫你沒有天分！」的氣話，拂袖而去。我當時委屈極了，求知的熱情像雞蛋摔向冰冷的石頭碎得一地。從此我便理所當然地頹廢下去，「努力」在「天分」二字面前簡直是螳臂擋車！

深秋時分，梅花蕾與落葉為伴。它非常嬌小，怯生生地閉著心扉，望著眼前的蕭條鬱鬱寡歡，彷徨於自己將何去何從。殊不知，它欠缺的，只是一場冰天雪地的洗禮……

升上中學後，我依舊我行我素，數學成績較之於小學有過之而無不及，但這於我無關痛癢，因靠著文科成績的優異得以「拉上補下」，排名竟也不錯，我為此自鳴得意好一陣子。當我上了三年渾渾噩噩的數學堂後，不知不覺踏上高中……

我的高中數學老師換作大名鼎鼎的黃老師，身為訓導老師的他，其高壓政策讓人不寒而慄。我懷著戰戰兢兢的心情上數學課，不敢有絲毫怠慢，恐怕觸怒龍顏。但即使如此，我卻發覺我的問題已經積重難返，初中忽略的基礎知識如債台高築，壓得我喘不過氣來，「悔不當初」在我腦海中不斷迴蕩著，無力感非筆墨可以形容。但我嘗試抱著一絲微薄的希望——直至期中成績派下來，希望才宣告破滅……

「萬念俱灰」之際，驀然想起陸游的「紙上得來終覺淺，絕知此事要躬行」聊以自嘲。曾聽不少師兄說，有不少優異的文科生因過不了數學這關，在往大學的路上夭折，我怕、我真的很怕重蹈他們的覆轍。從前那個「天份決定論」又再次爬滿我的心頭，我真的要絕望了。

黃老師叫我放學去找他。無緣無故的指令令我忐忑不安。我敲一敲門，黃老師略一點頭示意我進去。他抬起頭來，面無表情地看著我，瞳孔似要吞噬我的恐懼，幾秒後又忽然嘆了口氣，我被他弄得莫名其妙，平日嚴厲繃緊的臉換成一副語重心長的模樣，慢條斯理開口道：「一心，其實你有沒有想過改善數學成績？」我惶恐地點頭。「看你成績表，中文及兩科選修科成績都名列前茅，還是全班第二，可見你並非不讀書啊？為何數學科卻這麼強差人意呢？」我欲哭無淚，一五一十將我對數學的陰影和盤托出。「明白。」黃老師恍然大悟，頓了一頓繼續說道：「我看你也是典型的文科人，理科非你所長我了解，但若你數學文憑試拿不到三級成績，是斷難拿到大學入場券的，又談何文字夢呢？」「我知道，但是……」「但是你基礎太差，是不是？」「嗯……」我沉吟。「一心，記住，『不經一番寒徹骨，哪得梅花撲鼻香』，我相信你可以的，不要隨便妄自菲薄，從明天開始，逢星期二、四來找我，我幫你操練些基礎題目。」說著拍一拍我肩膀，以示鼓勵。受寵若驚的我退下了，關門之際他還給我一個「讚」的手勢。

成長

4D 潘慧鋸

從那以後我真的準時向黃老師報到，風雨不改。我不知哪來的一股堅持，堅持每日操練些單調枯燥的基礎題目，我跟自己說：我已經不再是那個只懂得逃避推搪的我了。聖經說：「舊事已過，我就是新造的人。」而黃老師亦對我付出了無比的耐心和包容，每每遇到些我不明白的題目，一而再，再而三地教導我，不厭其煩，我在心裡暗下決心：絕不要讓黃老師失望，以報答他誨人不倦的大恩。時間如在沙漏般流逝，期終考試愈趨迫近，我更加勤奮地操練題目，以衝過這考驗。終於，派卷了，我看著黃老師欣慰的微笑，用緊張發抖的手接過試卷，鮮紅的分數映入眼簾：六十一分！「一心，天道酬勤！」黃老師道。我知道我已經成長了，戰勝自己的缺陷，邁出成功的第一步。

寒風冷冽，從前那個嬌滴滴的梅花蕾經過寒冬的歷煉，含苞怒放。為這冷冷清清的冬天添上一幀生機勃勃的風景。

「我要多謝我的數學老師——黃老師，是他雕琢了我這塊頑石，他讓我克服自己的不足，成長為一個勇於面對困難、百折不回的人！」我說罷這番肺腑，彎腰躬鞠。台下掌聲雷動，久久不散。



槍聲一響，隨即落入水中，水便張牙舞爪地攻來一陣冰涼，一陣早已熟悉不過的感覺，手往前一伸，就像把「水」這種野獸馴服成家貓一樣柔和地環繞全身。如今有這種得心應手的感覺，完全有賴當天那個對游泳不抱期望的自己。

曾經，我渴望能穿上粉色，有著薄紗環繞，帶著閃閃的珠片的裙子和繫著絲帶的鞋子，在排舞室裡與同齡的女孩子一起跳芭蕾舞。那時五歲的我在排舞室的門邊，十分憧憬排舞室裡跳舞的姊姊們。可惜患有哮喘病的我身體弱，經常發作，父母都反對我跳芭蕾舞，更被兩位哥哥取笑，因為家裡的家規嚴格，不准反駁，因此我感到很失望，就在這時媽媽便提出：「不如參加游泳班吧，游泳可以治好哮喘啊！治好了就可以參加你喜歡的活動。」

雖說如此，要把我雪白嬌嫩的肌膚曬成黑黝黝、古銅色的皮膚，實在心不甘，情不願。「凡事起頭難，一時三刻不習慣。」加入了游泳班，知道了在水裡是不能呼吸的，第一天學習就能體會到鼻子吸到水的痛苦。從此十分抗拒游泳課，直至學會了在水中呼氣；但我還討厭游泳，討厭水的寒冷，每當上課前女孩們總是三五成群地嘰嘰喳喳說著一會兒在水裡玩甚麼、期待著一會兒上課的活動，我總是一言不發地跟在後面，期待著甚麼時候能下課。

四年級的時候，隨著兩位哥哥進入了泳會。這裡與游泳班有著截然不同的風景，使我更為萬念俱灰。泳會中練習多於學習，只要游錯了會被罵，不認真會被罰。以往在游泳班偷懶不會被發覺。在泳會的教練就像百目惡鬼一樣，艱辛的訓練，疲累的身心就像被折磨一樣，但我不能

給黃老師的一封信

4T 麥儉茵

犯錯！更不能被罵！因為不想被兩位壞心眼的哥哥向父母打小報告，也不想被父母訓話。得在每次的泳會訓練中打醒十二分精神，行事小心翼翼，不留哥哥們機會。忍耐刻苦的訓練，被迫參加九年人生中第一次的比賽，雖說是為取經而參加，但五十米的短途比賽就如五千公里一樣。哥哥們只專注在自己的比賽當中，對我置之不理，感到徬徨無助的我，比賽當然一敗塗地。

經過這次的比賽，得知競爭對手繁多，在泳會中也是。游得快便得到教練更多的關注、指導，慢的則少。令我知道了在將來的社會中競爭也是一樣的，努力的人能有優勢的道理。從此我便加強鍛鍊，努力練習，雖然放棄了最初的夢想——跳芭蕾舞，最後選擇當一名游泳選手。

如今我成為游泳校隊一員，更擔任隊長一職，帶領隊員在學界游泳比賽中獲取佳績，令人期待泳隊往後的發展。此時雙手伸前一碰已是牆壁，抬頭聽見無盡的歡呼聲中夾雜多聲「隊長」。



親愛的黃老師：

您最近好嗎？我卻過得不好，自從三年多前闊別小學的大門，就再也不能過著自由、歡樂的校園生活了。您呢？

聽說您在我那一屆畢業一年後都退休了，最近回母校探望老師也看不見您的影子，感覺酸酸的呢！畢竟也大約兩年沒有碰過面，心裡也有著絲絲的思念，希望未來有機會與您聚一聚吧！

自從升上中學後，便開始面對各種日益加深程度的家課和無比複雜的人際關係，再也拿不回從前的單純和由心而發的笑容了。中一時要學習的科目比小學時增加了不少，課題也相對變得深奧了，特別是數學科啊……話說回來，很懷念你當時用簡單易明的方式教我們數學呢。還記得有一次數學課的中途您觀察到有很多同學很睏在打瞌睡，要是其他老師，早就開罵起來了，而你卻截然不同，居然關上燈、拉下百葉簾來，然後讓同學伏案在桌子上睡覺休息！天下間這麼有心的老師去哪裡找啊！而且你不是那種只為掙薪金的老師，而是真的有教學熱誠、想把學生教好的好老師啊！

您給了我一件最深刻的事，那就是臨別時在我的畢業紀念冊上留下了一句：「希望你學會珍惜。」老師，我想告訴您，這句話我在幾年來一直惦記在心裡面，我一直在慢慢的憑著身邊的事和物學習著珍惜。

老師，直到現在，我只想跟你說一句：「謝謝您！」

祝生活愉快！

學生 麥儉茵敬上
二零一五年十月二十七日

半杯水

5K 陳芍玲



「碌碌碌碌碌……」

我睜開眼睛，新的一天又開始了。每天如是，都是這個倒水的聲音把我叫醒，它是我的鬧鐘。

照例起床、刷牙、換衣服，走到飯廳，習慣地拿起桌上的半杯水。這半杯水，是我和母親之間唯一的

溝通和聯繫。

自母親與父親離婚後，家裡失去了經濟之柱，而這個經濟之柱就由母親一力承擔。為了應付家裡的所有支出，母親便外出工作，自此每天都早出晚歸，無論是臨睡前或是起床時，都看不到母親的蹤影。

捏起手指算一算，這個情況已經持續一年多了，這段時間以來，我從來沒有看過母親的臉龐。母親在我心目中的形象，只停留在小時候的模糊印象。

記得小時候，母親都會叫我起床，待我刷牙換衣服出來後，她便會為我遞上半杯水。因為她知道我不喜歡喝水，所以她每天都只為我倒半杯水，然後叫我坐下吃早餐。

現在，由於母親工作繁忙的關係，在她早上出門前，甚至已經沒有時間為我準備早餐，只來得及給我倒半杯水。

就是如此，我們每天都擦身而過，而唯一與母親有溝通聯繫的，就只有那半杯水。亦只有給我倒半杯水這個習慣，是一成不變的。

每天上學、放學、回家，都是我孤身一人，回到家裡，就又只得四道牆。只有那半杯水，每天都提醒著我你的存在，提醒著我我不是孤獨一人。

「鈴鈴鈴鈴鈴……」

我睜開眼睛，新的一天又開始了。

我看了看床頭的鬧鐘，五點鐘。

我踏出房門，從我母親驚訝的眼神中幫她倒了半杯水。

「媽，這給您。」

她笑了，我也笑了。

是的，我也知道她不喜歡喝水。

恰當的拒絕

5T 張夏源



上星期有一位老朋友向我求助，我最初滿腔熱情，但知道事情原委後，便決意回絕。我認為助人應有分寸，拒絕才是恰當的。

這件事還得從他的一通電話說起。

「喂，思賢啊，有甚麼事啊？」放下手上的工作，接通老朋友思賢的電話，「允行，我就直話直說吧，能不能借我五萬元，我想投資一家新公司，聽說……」他話音未落，我便把話接過，「行，沒問題，等我兩天工資下來了我就給你打過去，放心好了。」彼此寒暄了幾句便掛了電話。那時心想：還差五千就能湊齊五萬，那這個月就所剩無幾了，實在熬不過就回爸媽家住吧……當時也只想怎麼能盡我可能幫助到他，沒想過其他。坐在辦公室裡，望著眼前堆積如山的文件夾，每天的工作用日理萬機來形容也不為過。出了社會以後便想重返校園時光，種種經歷，回憶已變成過眼雲煙，現在只有敲擊鍵盤的聲音最為真實，所以我也倍加珍惜這段回憶裡的友情。

當我完成手上的任務，天色已經黯淡了。借著路燈，點開手機想約家寶出來吃頓飯，只見手機上也有兩通他的未接電話，不禁感嘆跟他想到一處去了。「喂，心有靈犀一點……」未等我講完，電話那頭便傳來急躁的聲音，「你是不是借錢給思賢了？」從家寶的語氣中尋到了一絲不對勁，但還是回道：「是啊，他最近不是要接投資嗎？就當我入股也行吧。」「他是去賭博啊！投資賭場啊是不是？你問都不問清楚！」一聲怒吼把蒙在鼓裡的我拉了出來，心中像打撒了五味瓶一樣，五味雜陳，很不是滋味。聊了頗長一段時間後知道，思賢之前就因賭博欠下了幾十萬，抱著賭徒的心理想來一次「鹹魚翻身」，之前家寶也借過他十萬，思賢也沒還，這些都是家寶經過調查才知道的。

經過一夜的深思熟慮後，我毅然撥通思賢的電話，回絕了他借錢的要求，在一場爭論，討價還價中結束了對話。

到最後他也沒說出實話，而我也沒和他坦白，我不能看著他走進深淵也還要推他一把。有時拒絕人才是恰當的。

社交網頁的陷阱

3H 侯倩妮



近年來，伴隨著Facebook、QQ、微信等社交網站平台的出現，它們已經越來越普及，以令人與人交流更為便捷為目的，長期侵佔著中學生的生活。

社交平台為中學生開闢了一種另類的人際交往方式，他們可以單單靠文字建立「友誼關係」，這給予了人際關係更廣闊的想象空間。加上不必承擔現實生活中交友的壓力，這一魅力，使不少自主能力有限的中學生難以抵禦其驚人的吸引力，因此而沈醉於虛擬世界中，無限制文字交談，不願面對現實生活，嚴重的甚至會無心向學，荒廢學業。

正因為社交網站的流行，衍生出許多社會問題，例如：中學生在現實社會中人際關係淡漠，當中學生長期處於一個社交網站的泥潭裡，便會失去對於社交技巧的鍛煉機會。這些人往往在面對面的相處時，會顯得膽怯和不自在，不能自然地表達情感。整個社會隨著愈多人對社交網站的沈迷，陷入網絡上人人都是朋友，現實中與人的感情愈是淡漠，交流不暢的尷尬處地。

另外，在社交網站日新月異的今天，有人認為社交網站能夠拓展中學生的社交圈子，增長他們的見聞。可我卻認為，所謂拓展社交圈是建立在虛擬平台的基礎上，現實生活中並無益處，反而令中學生像一隻井底之蛙，目光所能看到的世界雖廣闊但不真實，因為他們並未有實地出外體驗，感受友誼的真諦。

社交網站能增廣見聞

3H 林情怡



社交網站的發展歷史並不長，但卻憑藉良好的社交功能迅速風靡全球。有人說社交網站導致中學生無心向學而沈迷虛擬世界，而我卻認為社交網站能夠拓展中學生的社交圈子，增長他們的見聞。

社交網站的用戶來自世界各地，橫跨五大洲四大洋，因此我們透過它交朋結友，不再局限於面對面的接觸以及自己所屬的地區，而是可以無遠弗屆地接觸世界上不同的人，建立友誼。

目前流行的網上交友渠道包括一些常見的社交網站，例如面書、微博、微信、博客等。這些社交網站的用戶可建立自己的檔案頁，隨時更新自己的狀況、照片等，與網友交流及分享近況，有助於建立個人虛擬的「人際圈子」。

網上交友為我們提供了一個不受地域阻隔的平台，讓人可以結交不同背景和國籍的朋友。亦可根據個人的興趣喜好尋找符合條件的朋友，通過交流，分享了解他們當地的風俗及習慣。而且社交網站的朋友間了解愈多，友誼也在互相了解中變得渾厚。

雖然社交網站有不少好處，但我們也不能忽略它背後的隱患。例如有許多中學生沈溺於社交網站，放學回家就狂對著手機，簡直是「機不離身」，因此便會漸漸地忽視了學業。

要發揮社交網站的好處，便要學會正確地使用。中學生應掌握時間管理技能，懂得分配時間，確保在瀏覽社交網站之餘，也不影響學業及正常的作息時間。如能正確使用社會網絡，其利肯定多於弊。

社交網站能增廣見聞

3H 李婷婷



隨著個人電腦和智能手機的普及，不同的軟件和網頁隨即應運而生，而當中的社交網站更是大受歡迎。許多家長都認為社交網站會令學生沈迷，只有壞處，其實並不是呢！

有人認為社交網站導致中學生無心向學，沈迷虛擬世界。我卻認為社交網站能夠拓展中學生的社交圈子，增長他們的見聞。

首先，社交網站的其中一個好處是提供了一個無邊的平台。在此平台上交流生活，擴闊自己的見聞。例如微博，你可以主動關注你喜歡的博主或是朋友。他們會定時上載和發表自己的見聞，文字描述加上圖片作修飾。閱讀後，你又增加了自己的知識財庫。儘管你只是關注一個美食博主，但你能從中了解到如何烹飪美食，也是增廣見聞。

其次，在社交網站更能比現實中輕易結識不同職業、不同年齡、不同國界的朋友。在此，我能認識到一位不論是年齡和資歷都比我大的女士。但在現實難以認識到比自己年紀大的人，而且她擁有許多就業經驗。每當我有這方面的困難，便會請教她。

最後，有的人認為社交網站影響中學生的學業。無心向學、沈迷虛擬世界，是因為他們自制力不足。只要家長加以引導，中學生適當利用社交網站是可以為自己帶來許多好處。在這個社交網站，能認識到不同領域卻有相同興趣的人，互相交流想法同時增進自己的知趣，是一件樂事。

因此，社交網站是能夠拓展中學的社交，增長他們的見聞。

社交網站利多於弊

3H 吳桑綺



有人認為社交網站能夠拓展中學生的社交圈子，增長他們的見聞；也有人認為社交網站導致中學生無心向學，沈迷虛擬世界。而我認為，社交網站對中學生而言，利多於弊。

首先，社交網站可以幫助中學生開拓視野。社交網站聚集了各種不同年齡、職業、身分的人。在現實世界中可能沒有機會去了解不同角度的看法，也許在虛擬世界能接觸到，同時也學會理解。不同的人身上會發生不同的事，在交流中，不僅能開拓視野，還能打發時間。俗語說：「多學近乎智，無知即無能。」了解多些事物，不是一件好事嗎？

其次，社交網站其實也是中學生在現實人際交往的補充。中學生正處於身心發展的階段，他們有些話或事情不想對父母、老師、朋友等身邊的人傾訴，社交網站為他們提供了場所，這樣的隱密性聊天，比當面交談更令人自在一點。有些網站甚至有提供分類性的交友服務，學生可以選擇自己的愛好或是要求，交到自己想交的朋友。當然，也有專開學習的類別，中學生能根據自己的學習需要，自行選擇。

但是，社交網站是一把雙刃劍，它在給我們帶來便利的同時，也帶來了不好的影響。比如，有不良分子會為了達到某些目的而在網站上行騙，中學生受到不良思想的影響，往往會出現道德淪喪。或是沈迷於虛擬世界，影響到學習生活和社會交往。

可我認為，這些問題的出現，原因都在於學生自己的身上，在於學生的自我控制力和自我防犯意識上。

所以，我們應該注意的是如何提高中學生的自制力和自我防犯意識，而不是阻止中學生上網。現在的科技世界，離不開社交網站。

珍惜傳統文化

3H 李婷婷



我們做人要珍惜許多人與事。老師會叫你珍惜學習的機會、父母讓你珍惜時間。在課本上也會寫上珍惜親情、友情、師生情的故事。除此之外，我更想珍惜的是我們中國的傳統文化。中國的傳統文化正在消失，物以稀為貴，既然中國的傳統愈來愈少，如此珍貴的國家文化，我們是不是應該更珍惜它呢？

甚麼時候會讓我有這種想法？大概是因為自己最近的所見所聞，讓我的想法愈來愈堅定。

我的大伯是教樂器的。上次的家庭聚會的時候，我坐在他的身邊碰巧聽到他和我爸爸說道：「你看啊，現在的小孩學的不是鋼琴，就是小提琴呀、大提琴呀！哪還願意學傳統樂器？我教二胡的班，人數也在逐漸減少。唉，到最後怕是沒有人要學了。」我不禁感到奇怪，難道這麼好的傳統樂器無人願意學習嗎？然後我聽到了更可怕的事實。他說一對夫婦找不到傳人，最後跑在大街上求徒，只怕文化失傳了。你能相信這是在現實世界發生的事嗎？其實還不只一次。我明白把文化傳承下去再保存不是一件容易的事，但看到這種事件的確讓人心寒。為甚麼不能學習鄰國一樣珍惜自己國家的文化呢？像是日本的茶道，他們十分珍重自己的文化，懂得宣揚文化，藉此甚至吸引了許多外國人去學習他們的文化。

不知大家是否有留意在農曆新年時發生了甚麼？原來在這期間，六小齡童老師換上美猴王的裝扮，在美國紐約的街頭耍起了金剛棒。許多中國的年輕人為此感到既驕傲又興奮，我和他們不約而同心情澎湃。他們紛紛寫信希望老師能上猴年的春晚。同時我也意識到中國年輕人其實也很「珍惜」。

我們要珍惜的事情太多了，為甚麼不把目光放在眼前迫切要珍惜的事情上？難道要等到一切重要的全部消失了，才來珍惜嗎？如同你的家人、朋友、時間一樣，過去了便沒有回頭的機會。若文化沒有了，「珍惜」也太遲了。

談整容風氣

4D 陳偉樂



整容手術，指受術者刻意通過手術改變自己的容貌外觀。近年來，整容風氣盛行，有人認為可透過整容來迎合社會潮流；但亦有人指整容手術有悖中國傳統思想，違反自然規律。不同人看法各異，我個人則認為整容手術始終弊大於利。

首先，整容之所以那麼廣受廣年輕人的追捧，是因為受日、韓整容風潮的影響。透過整容可使自己的外表脫胎換骨，與人接觸時增加自信，這令不少因天生相貌平平而自卑的人們找到了福音，可以擺脫昔日因外觀而受到冷嘲熱諷的陰影，再加上有不少韓國明星亦曾接受整容手術，在明星效應下，愈來愈多人效仿他們，以迎合社會風潮，此為利處。

然而，整容須冒很大的風險，而且有頗多後遺症，例如接受隆鼻手術後，需要避免鼻子受到碰撞，否則前功盡廢，更有毀容的危險。可見整容也不是萬全之策，再加上整容需要大量金錢，令受術者背負沉重的經濟壓力，更有甚者，有人可為了整容貸款，債台高築，此為其弊處。

再者，在價值觀層面上，在中國，整容有悖中國傳統觀念。《孝經曰》：「身體髮膚，受諸父母，不敢毀傷。」可見整容有違中國文化所重視的「孝道」，它不單破壞了身體的天然形態，也損害了父母予子女的身體和外貌。而在西方，《聖經》記載，人是按神的形貌所造，不能肆意破壞。可見無論中外，整容均不為大眾所接受。

最後，在社會方面，長遠與人交往，所看重的不是外貌，而是內涵。因此，若不能提升個人修養，即使相貌再姣好，亦只會受人排斥。可見，只有內涵修養夠高，才是真正「迎合社會潮流」。

總括而言，整容始終弊多於利，並不能迎合社會潮流。

沒有手提電話的一天

4D 梁建顥



三月二十八日（星期六）晴

今天我沒有帶手提電話外出，因而有不一樣的經歷和體會。

今天是星期六，我約了我最好的朋友一心外出。「遲到了！遲到了！」我倉促地整理儀容，然後迅速地跑出門口，接著趕上了巴士。我走到第二層，把手插入褲袋，翻了兩翻，心想：「糟糕了，沒帶手提電話！」過了一會，「算了，反正沒有忘記相見地址和時間。」我不禁安慰自己。

到了火車站，我看見一心的身影，他正靠在牆上，專心致志地看著手提電話的屏幕，我在遠處叫了一聲「一心」，他繼續看著屏幕，我再叫了幾聲：「一心！一心！」，他仍然因太過專心，而沒有在意我。於是，我走到他的面前拍了一下他的肩膀，他才反應過來，我不禁想：「我平時也像他一樣嗎？」

然後，我們到了電影院，買了一部最近上映的電影票。到了電影開播，我坐在座位上期待可以看到一部精彩的電影。電影進入高潮，男主角為救女主角而和反派角色打鬥。「快看！快看！真是精彩啊！」我向一心這樣說，但我發現他早就沒有注視電影，而是在玩手提電話的遊戲，我心裡突然有一份說不出的感覺。

到了中午，我們去了一間餐廳吃飯。在等待飯菜期間，我嘗試和一心談話，但他只以「哦！」、「嗯！」、「是的！」回應我，然後繼續玩他的手提電話。我心想：「平時我們在等待期間都在玩手機遊戲，沒

生命的價值

4H 顏榕慧

有了手機，我感覺我們的距離像隔了一個銀河遠！」我心感無奈，人人都說科技使人與人的距離拉近，但我反而覺得是科技把人的距離拉遠，而且只留下了一個可接收和發出訊息的物品，其中一方沒有就會像我和一心一樣沒有任何交接。



我認為人不是個體，人不能只為自己一個而生存，否則的話就太自私了。凡是只想到自己，不為別人著想，不夠團結，令人心寒。但若果認為自己不重要，認為少了自己也沒所謂，那麼世界還會有「人群」存在嗎？一個人認為自己很渺小，變得自卑，倒不如是行屍走肉。

我們不能一味為自己，但也不應一味看輕自己。一顆沙子無法堆成土堆，一滴海水也難以作出巨大風浪；但當一顆又一顆的沙子，一滴又一滴的海水聚在一起，沙也能堆成小丘、大山；海水也能波動，養育海洋生物。而這一切也源於一顆沙子，一滴海水，它們都是十分重要的。比起沙子、海水，我們作為獨一無二的生命，顯然是很重要的，要靠各位的團結才能成就這美好的家園。

我不認為「我很重要」，也不認為「你很重要」，因為「我們都很重要」。

如果沒有我們，就沒有文明；如果沒有我們，就沒有世界；如果沒有我們，沒有人類。重要的，不是你或我，而是大家每一個人。

石縫裡的小草

3T 梁雅勤



陰雨綿綿的天氣終於過去了，我這幾天都快悶的發霉了。剛好，去後院玩踏水坑！後院在下雨後總會有些水坑給我玩。

唉？石頭上面綠綠的東西是甚麼？我走近一看。啊！原來是一株可愛的小草。為甚麼它會長在這呢？應該是風姐姐把它帶來的吧！它怎麼能在沒有土壤而是在石頭中的石縫中生長的呢？它是如何在堅硬的石縫中扎下根，努力而又勇敢的生存下來的呢？我陷入了思考。

應該是它那求生的本能和對生命的渴望和執著才能在如此惡劣的環境下生存的吧。它在雨中，石縫中頑強地生存著，可我呢？我卻在雨天中浪費了生命，虛度了光陰，真是令人感到羞愧呀。

它那惡劣的環境中頑強的生長，不願向環境低頭，不願向命運屈服，自己主宰自己命運的勇氣真是讓人肅然起敬。

石縫裡的小草

3T 黃靖之



有一天行山時，一株石縫裡的小草吸引著我的目光。它挺直著腰，一點也不覺得自己小似的，傲視著驕陽。

它想必是一顆不幸的種子，被風吹了去，落在狹窄、冰冷的石縫中，孤伶伶的一個。但它等待著，它忍耐著。直到第一滴水落在它身上，一滴、兩滴、三滴，它便靠這幾滴水破殼而出！石頭把它與陽光隔開，但它仍有希望。一天中總有一點點的陽光灑在它身上，縱使可能只有短短數秒，它也緊抓住那數秒的能量，一點點的儲起來。終有一天，它衝出了石縫！甚至將石縫撐開了一點！在那天，它終能為自己的努力而挺胸昂首，自豪的對著陽光的照耀，自由地伸展四肢。連我這巨大的人，在它面前也顯得微小。它體形並不大，內心卻是寬大的；身形是短小的，志向卻比天更高……想到這，我拿出了相機，把它拍下。

玻璃

6T 鄧雪童



這都市中，玻璃能映照的彷彿都是微笑，而且那樣的一致，那樣的不冷也不熱。

它在晴空萬里的碧空之下顯得透明澄澈，那絲絲縷縷的陽光穿過毫無阻擋的玻璃窗直透進端坐於辦公椅上的人們心裡，這在玻璃中來回穿梭的光線如同我們平日裡的打招呼，隨處可見又親切可人。我們每日在如催命鈴一般的鬧鐘聲中艱難的起床，混混沌沌的洗刷過後出門，便在玻璃鏡子前自動自覺的調整臉部肌肉，以便能夠隨時擺出一副喜人的笑容來。

在電梯門口遇見只有模糊印象的鄰居，朗聲說聲「早上好。」然後在距離對方三米的位置，急急忙忙地微微翹起嘴角，露出八顆牙齒，擺出一副國際標準微笑來，顯出自己親切友好的一面來。這一套動作似乎是和我們與生俱來，見到熟人、陌生人、長輩、父母，我們都會如條件反射般整套照搬，和玻璃反射出的光線一樣規範迷人。

玻璃總是在微笑，我們也總是在微笑。

無論自己處於什麼境況，我們總是要微笑的，每天工作學習到疲累不堪，見到上司同學要微笑；聽著別人討論些自己所不認同的話題，還是要扯出一個應和的笑來；在自己鬱鬱不得志的時候，被別人問起自己的境況，仍要努力調動面部肌肉，擠出一個比哭還難看的笑來。

這可不就是大家所推崇的和諧社會嘛，彼此之間要和諧共融，微笑相待。把自己該有的哀怒用玻璃鏡子耳提面命起來，常常微笑，如同玻璃把燦爛的陽光折射到對方的身上，造出一個豁達通透如玻璃的自己來。

玻璃總是在微笑，我們也總是在微笑，然而玻璃易碎，我們的笑容還能夠承受多久？玻璃的通透，所以常常被讓我們忘了它其實只是一堵密不透風的屏障。我們總把外面的陽光折射到身邊人的身上，看起來溫暖親切，實際上玻璃牆外的溫暖絲毫未曾停留在我們的心裡。我們的內心也未曾主動散發出一絲有溫度的笑容。我們每天擺出一副笑容可掬的臉，親切的向每個人問好，和身邊人的關係看似打的火熱，但其實我們一直都秉承著一個淺嘗即止的精神，大部分關係都停留在「早上好，今天天氣真好啊，你家的狗今年多少歲了啊？」的層次上。就連在家裡和父母每天抬頭不見低頭見，也要套上這層玻璃殼，用國際標準微笑來客套應對。這還是我們所推崇的和諧社會相處模式嗎？這種脆弱的關係就如易碎的玻璃，稍稍一碰，便會支離破碎，飛濺的玻璃碎片會把自己和對方傷害得鮮血直流。

因為我們的微笑，缺乏了名為溫暖的感情因素，所以這種關係便僅僅停留於最表層的茅草屋上，風一吹就倒。我們一直把自己拘束在規範的社會玻璃房裡，內心的那個真我被深鎖在冰冷的玻璃面具中，清楚看得見五官臉容，卻不是真實的神色與感思。滿腔的情感無處可發，工作的疲憊、觀點的不贊同、陷於苦境的悲痛，都被微笑的玻璃面具所掩蓋。逐漸地我們的心便消融在冰冷的玻璃中，不再憤怒，不再悲傷，不再快樂，成為一個麻木冰冷的形式化玻璃軀殼。

玻璃雖然冷硬，但畢竟是脆弱的。終究有一天，我們發現自己要忍痛地擊碎那層讓人窒息的玻璃殼，從心底深處為我們所熱愛的所厭倦的來一聲劃破冰川的吶喊；我們的心雖正處於大雪紛飛的嚴冬，但我們卻可以期待，那個冰雪消融、草長鶯飛的春天，必然會到來。

感謝你為我留下

1K 冼俊平



「非常謝謝，今天我很開心，很開心。」我今天又看到他了。

本以為沒有人會因我的小提琴而停下來，但他卻停下來，成為我第一位，也是最後一位聽眾。

我患上了癌症，剩下不多的時間。剩餘的時間我本想在車站拉小提琴，叫人們欣賞我的琴聲，但原來這是很困難的。每天每個人都低下頭看手機，或因生活急忙沒有時間停下腳步來。

但，今天他終於停下來欣賞我的琴聲了，我原本是對著橋洞演奏的，但「時間」有限，所以我就直接面向這位聽眾演奏，表示出我對他的感謝和尊重。

直到三點我還向他表演，但他要走了，我也得告辭。走前，我還向他手中塞了我自己錄製的音樂碟。

這次是我最後一次的演奏，也是最特別的一次，因他一人的聆聽達成我的夢想，令我這平平無奇的人生能劃上完美的句號。

感謝你為我停留

1D 溫家美



「非常謝謝，今天我很開心，很開心。」

清晨的朝陽傾瀉到大地上，為其染上琥珀色的微光。在鐵路橋的橋洞，我照例地，一如往日的把琴放在左肩上準備拉奏。只是，今天與往日有些許的不同。

琴弦開始拉動，我沉浸在旋律中，專心去調節並拉動每一根琴弦，音節連成一片，奏出美麗的樂曲，有如潺潺流水般從指縫間、弦線間傾瀉出來，讓人聽了舒心。不知過了多久，我依舊沒有停下來，繼續演奏……

火車站中人影錯雜，匆匆復匆匆，沒有腳步為我停留，今天，依舊如此。就在我心裡這麼盤算著的時候，一雙腳，停了下來。

那雙穿著油亮黑皮鞋的腳，我忍不住將視線向上移，打量這個為我停留下來的人。當然，琴聲從未斷過。她是位女孩子，穿著淺藍色校服，左胸繡了一個校徽，我的眼睛已有好些時日了，也看不清是哪間學校的名字。她圓潤不顯胖的臉頰上戴著一副黑框眼鏡，五官清秀，碎髮服貼地垂在頰邊，後腦勺的小辮子尾端微微向內捲曲。她閉著眼，正在享受著我拉奏的樂曲。

一曲終結，我換了首女生比較喜歡的、柔軟纏綿如春風的曲目。看著那位女生更為陶醉的神情，我眼中浮現了笑意，剛好這曲完了，我帶著愜意的微笑望向她，她有些窘迫，連忙去掏手袋，掏出零錢和紙幣。在她還未掏出個錢來之際，我已開始演奏新一首曲子了，為了不讓音符漏掉，我只是隨著音符搖了搖頭，沒有別的代表。

一段美好的時光

1D 溫家美

耳畔回蕩的琴聲漸弱，我向她解釋，我在這裡演奏並非只是討飯吃的，她恍然大悟。我問她：「你喜歡嗎？」她極力肯定，兩個大拇指一齊豎了起來。我笑了，從未知道被人肯定是這麼的令人滿足和快慰。

我側轉身，正對著她，為這唯一的聽眾傾情演出。潺潺的雨聲伴隨著琴聲流瀉，餘音嫋嫋。接近下午三時，唯一的聽眾說她要告辭了。我卸下琴，向她鞠躬，算是謝幕。收拾琴後，我握緊她的手，向她道謝，有著為我停下來的一雙腳，一位忠實的聽眾，為此我感到無上榮幸。臨走前，我又向她手裡塞了張自己所錄製的小提琴曲碟。希望我在這個城市中那僅餘的時間裡，能有人為我停留，細心傾聽我所演奏的曲目。我將離開這個城市，繼續到各地的街頭演奏，嘗試讓更多的人為我停留。

天空的顏色帶著獨屬於黃昏時分的金紅，人們收起了雨傘，匆匆復匆匆，人影錯雜，踏上了地上那坑洼的小水窪中，驚起層層漣漪。我仰頭望著天空的深處，想著：我也曾為這個城市停留。



看著頭上一個精緻的髮夾，唇邊蕩開了一抹甜美的笑容，像是想起了甚麼美好的事似的。手撫摸著那雪花樣的髮夾，忍不住懷緬一下童年，那是我最為美好的一段時光——

正值寒假，窗外的樹葉鋪上了一層薄冰，街道上的人身穿厚衣，窗被寒風吹得碰碰作響。口中呼出了白色霧氣，我坐在椅子上，稍微整理一下行裝。今天我與我的家人回故鄉，準備探望外婆。母親的呼喊聲傳入我耳中，她叫我與姐姐可以出發了。

寒風呼嘯，雪紛紛落下，放眼望去，一片白色。我們剛剛到達了外婆家，看著一座座屋子，尋找了一會，輕輕按了門鈴。半晌，門開了，走出了一位暮朽的老人，她以慈祥的目光看著我們，滿佈皺紋的臉笑容正盛，我聽到這位老人家說：「歡迎。」她側開了身子，讓我們進去。

屋子裡的佈置是暖色系的，看著令人心感溫暖。我正與外婆聊天，她說的笑話逗得我咯咯直笑，外婆笑吟吟地看著我。然後外婆又問了問我過的怎樣，在學校辛苦不辛苦之類的，令我感到特別窩心，鼻頭有點酸。

之後幾天我們留在外婆家，我與外婆常常聊天、玩耍，特別是發現她喜歡書，同好的我馬上拉著她，問東問西，盡是問與書有關的。然而，又過了幾天，悠閒舒適的時間用盡了，是時候回港了。我泄氣的坐在外婆身邊，眼角紅紅的，顯然是不捨。外婆慈愛的撫摸我的頭髮，有一下沒一下的，她給我戴上了一個髮夾，她說：「送別禮，下次再

一場精彩的表演

3T 梁雅勤

見。」我收斂了不捨的表情，點了點頭，把自己喜愛得隨身帶的小書本送給外婆說：「回禮，下次再見。」

那是我最為愉快美好的一段時光，在外婆身邊彷彿有著令人安心的魔力，令我懷念極了，每次翻出記憶相冊看，總是忍不住勾起嘴角，心裡泛起愉快的感覺。



今天，媽媽為了獎勵我考試成績進步，特地帶我一起去欣賞我期待已久的孔雀舞——《雀之靈》。

我們剛到達會場，只看見會場外面已經人山人海，摩肩擦背的情景使我目瞪口呆，一條長長的人龍堆積在售票處。幸好媽媽提前買了門票，要不然真是不知道要怎麼入場了，更何況門票已經因為僧多粥少反應熱烈而停售了。我看到不少人因為來遲一步買不到門票而失望而歸，讓我再一次慶幸媽媽提前買了門票。

時間到了，人群裡發出了一陣歡呼聲，接著我和媽媽跟隨著人流逐漸進入會場，找到自己的位置坐下，期間我和媽媽都因為人太多而碰撞到了不少人，簡直是一路道歉到座位上的。我和媽媽坐好後，人們就慢慢安靜下來了，我心裡納悶，怎麼會這麼安靜呢？突然眼前一暗，舞台上散發光彩，我頓然發現原來是因為孔雀舞要開始表演了。

舞台上的燈慢慢亮起來了，在溫婉的音樂中，舞蹈演員出現在我們眼前。她穿了一身潔白如雪的長裙，長裙服順地貼著她的肌膚，塑造出了一道婀娜多姿的曲線美態。遠遠地看過去，她彷彿就是一隻不食人間煙火而又高貴優雅的白孔雀。

看，她隨著音樂舞動起來了，在她動起來的一霎那我彷彿看到了一隻孔雀的靈魂在她身後出現，她僅僅在一瞬間就把我們帶入了孔雀的如夢幻境中，彷彿她就是那一隻孤傲的孔雀，在她的領土上高視闊步。她時而急速旋轉，時而靜伏側臥，時而側身輕顫，時而慢移輕挪，時而跳躍飛奔……

珍惜此刻的幸福

3H 侯倩妮

音樂慢慢停了下來。在濃縮的光圈中，孔雀停止了牠優雅華麗的舞，靜下來，彷彿立成了一尊美麗又高貴的雕像，卻又在真實地輕顫著……

音樂停了，舞靜止了，孔雀也消失了，在耳邊的也只有轟然雷動的掌聲在迴響。



人總會犯一個慣有的毛病，一味所求，只想得到自己沒有的，卻毫不在乎自己擁有的，結果只剩下「總在失去以後才珍惜曾擁有」的嘆息。

一次放學後，我來到一家雞蛋仔小吃店用餐。這時，一位頭髮花白的老人吸引了我的注意。只見他蹣跚的來到小吃台前，出神地望著玻璃櫃裡那熱騰騰的雞蛋仔，然後緩緩翻出錢袋，細細點算著袋裡的零錢，反複兩次，確認無誤後，才將硬幣顫抖的遞給老板娘，接過雞蛋仔，老大立馬狠狠咬上一口。一雙失神的眼睛慢慢放出光來，透著一排滿足，彷彿在無聲地告訴人們，甚麼是幸福。

將這一幕盡收眼底的我，內心不禁泛起了陣陣漣漪。小小的一件小吃，竟使這位老人充滿滿足的幸福滋味。他比起日日忙碌於工作的城市人，多的不單是一分純粹，更是對現有生活的珍惜。

如今許多人只會怨天尤人，他們不滿足於現有，抱怨上天不公，終日活在痛苦之中。可他們又何曾想過，去珍惜現在簡單的小幸福呢？當親人老去，當所謂的物質也隨之離開，才彷徨的想起那遺失的珍惜？

未來還那麼遠，與其杞人憂天的擔心，還不如滿足於現有，從身邊的點點滴滴開始珍惜，抽點時間，找個安靜點的地方坐下來靜靜的想一想自己已失去的，現在還擁有的。在若干年後的今天，也能細細品味曾經那難能可貴的幸福滋味！

生活的價值在於珍惜

3H 吳桑綺



上小學的時候，小學老師會告訴你珍惜時間，不要把時間放在打遊戲上。上高中的時候，老師又會告訴你珍惜友情，因為畢業後也許大家都沒有機會再聚。長大了又會有人來告訴你要珍惜生命，因為人永遠預料不到下一秒會發生甚麼。可是，到底該如何珍惜？

我聽過這樣的故事：一位農夫向一位哲人抱怨他忙碌一生，卻依舊沒有錢，這一生是不是白活了？可是哲人卻對他說：「如果我用千萬財富換你的妻子兒女，你換嗎？」農夫堅定的搖頭。哲人說：「其實你並不是一無所有，得到更多也並非意味著幸福，珍惜自己所擁有的才是真快樂。」

還有小學老師經常講的故事：一個孤兒院的小男孩總覺得自己是被世界拋棄的人。有一天，院長給了他一塊石頭，讓他去市場賣，但條件是不管是出多大價格，都不賣。一開始沒有人來詢問小男孩，過了一會兒，開始有人向前詢問。第二天，院長讓男孩把這塊石頭拿到寶石市場賣，越來越多的人詢問，價格也一個比一個高，最後甚至被稱為「無價之寶」。其實，每一樣物品的價值都和這塊石頭一樣，不起眼，但因珍惜而提升了它的價值，生命也一樣。

很小的時候，母親就教導我要珍惜身邊的人，很多年後，我問她為甚麼那麼注重這些。她告訴我，有一年，母親的大部分親人朋友，在一天間都被隔離了，來不及告別，只因為那年有一個很嚴重的流感——非典。

我們永遠無法預知下一秒會發生甚麼，將會失去甚麼，所以在災難來臨之前，應該珍惜自己擁有的，珍惜身邊的人，對嗎？

哭與笑

5K 羅雅詩



人的一生，從自己的哭聲開始，在別人的哭聲中結束，而這中間的歡笑喜悅，便是幸福。不論哭與笑都是幸福的伴生物。

阿姨是我罕見的可以把一盆可口的食物做成黑暗料理的人物，鍋裡的清蒸鱸魚可以被她做成腌鹹魚。她有份穩定的工作，每逢周末便大宴親朋，我們家每月都經歷這樣一次苦痛。

記憶中，有這樣一個男人。他渾然失去味蕾，忘我的吃著阿姨的菜。我們吧咂吧咂的嘴，啞口無言。而他，笑咪咪地吃了個清光。

阿姨樂呵呵地看看他，兩人相視一笑。
後來那男人成了我姨丈，聽說，他們過得很幸福。
去年春節，阿姨去世了。

我們去阿姨家拜訪姨丈，死者已矣，希望姨丈可以繼續好好的生活。家中無人，姨丈在案上打字，我們湊前一看，竟是菜譜。

他努力拼湊著阿姨生前做的菜，但頭髮整齊鬍渣也沒長，比想象中安好。

看到我們，他笑得雲淡風輕。見他如此，我們鬆了口氣，我不識趣的問了句：「你吃阿姨做的菜，不怕鬧出人命？」

Happy Birthday, TPSY

3H Chan Po Shing, John

他還是保持和煦的笑容：「她工作忙，一個月就煮那麼幾次，我就當自己來月事了。真慶幸，我有個做飯這麼獨特的妻子。」

他走進廚房，炒了個快燒焦的雞蛋，加些飯，又倒了半袋鹽。

半晌，他嚐了嚐鍋中的蛋炒飯：「真鹹啊，但和她比，還差了點苦味。」吃著吃著，他哭了，眼淚掉落在蛋炒飯上。吃完後，他擦擦眼淚又恢復那個雲淡風輕的笑容。

現在，姨丈生活得很有情調。他說：「有一個人在我生命中留下溫暖，我留不住她的人，但留住了她的味道。令我哭過也笑過，我曾那麼幸福，有甚麼不滿足的呢？」

長大後，我漸漸明白：哭與笑不再是一個情緒，而是幸福的伴生物。



(Thanks to 'An Alien Ate My Homework', by Kaye Umansky)

An alien ate a school of 60 years
I assure you, Dad, it's true!
I know you think I'm faking, Dad
But, believe you me, it's true!

I'll tell you how it happened, Dad,
I was going to my school last night
To join its 60th birthday bash.
My school looked like a sumptuous cake
When suddenly a spaceship came
And mouthed it in one take!
It's true, Dad, the alien ate the cake!

"What's that you're saying, Boy?"
OK, OK, old bean, it's just a joke!
Now seriously, school turning 60's true.
"All right. So how if I join you?"
Happy Birthday, Tai Po Sam Yuk School!

Happy Birthday, School

3H Ng To Ying, Kelly



The things I learned in TPSY
Include me knowing good and bad
Play with schoolmates, make mistakes
Punished by teachers, but no regrets.
My classmate Kaifi leaving school
We all will miss him so!

TPSY open for 60 years
She's just like our mother
Caring for students through 60 years
O how we all love her!
So now we all greet her –
Happy Birthday, Mother!!!
You turn 60 years young.

Happy Birthday

3H Li Wing Chi, Gigi



At 12 years old
I read about this school.
I never will regret
The day I chose this school.
It gave me tons of happiness
It gave me lots of friends.

My school is now 60 years old
"Happy Birthday" we all can shout!
For me, it's more than that.
I thank my school for memories
I'll treasure them for life.

A Poem for TPSY

3H Kwok Lori Heaton



So sad today.
My school's birthday.
Wanna know why?
My birthday's on the same day.
You believe me?
I know you don't.

Is happy birthday good or bad?
I just want to lie in bed.

I don't want to see the school aging
And me too getting old
Teachers weaker and talking slowly
Make us sleep like piggies.

Ha, Ha! These are all just jokes!
Our TPSY School is truly good
Kind, nice, wonderful, like an angel.
All good things happen in this school.

My school gives me the friends I like
Our love for it will never end.

A Poem for TPSY

3H Hoe Sin Ni, Linda



When I'm in trouble
Which is quite often
You help me solve
You me together.

Thank you for 3 long years
You never leave
You're always kind
You're in my mind.

And now I'm sending you
My most sincere gratitude
And blessing from my heart
Happy 60th Birthday!
Happy Anniversary!

Happy Birthday to TPSY

3H Ching Yee Lam, Evelyn



It's my school's birthday
And it's a happy day!

We should all celebrate
We should all have fun
Lots planned in our school
We'll enjoy with schoolmates.

We should call our friends,
To celebrate till day's end.

Happy Birthday to TPSY

3H Cheung Tsz Ching, Bowie



Happy birthday to my huge school
The Principal is so very cool!

Reading, writing, listening, speaking
All strengths of our dear school.
Playing instruments, singing, marching
Also not a problem.

Teachers, students, all are smart
Talents in languages, science and art.

Teachers teach us how to bake
Bake a cookie, bake a cake
60th birthday to celebrate.

Happy Birthday to my school
May the best be yet to come.
Hope we're together for very long
And often we come back to see our school.

My Favourite Food

1H Khan Abdullah Rizwan



My favourite food is Lasagna. It has a very cheesy and creamy taste. It's a very famous dish and it can be found in many fancier restaurants. However, it requires a lot of ingredients. They are: Parmesan cheese, tomato paste, spaghetti sauce, some salt and black pepper, lasagna pasta and sometimes ground beef.

I usually eat lasagna at the weekends. Sometimes, I make it at home when my father is busy at work or when he is on holiday. I like adding a lot of Tabasco sauce on it to make it spicy. I think this is one of the best pastas and I really like the tomato paste that's in it.

There are many other ingredients for lasagna. However, I didn't want to add them because, I don't want this paper to be too long and boring. I hope you liked my report about my favourite food.

My Favourite Food

1H Lee Chun Hang, Kelvin



I love to eat and also to cook. Among the different types of foods, Pizza is my favourite. It is delicious and smells fabulous.

I love cheese pizza a lot. I think it is healthy food and it can make me strong. I love to make it at home.

My mom makes the best pizzas in the world. I always ask her to do it. Many times she bribes me with her yummy pizzas to get me to do some chores for her. I can do anything for her as long as I can get some slices of her pizza!

On every family get-together, we make pizza at home to celebrate the occasion. Especially when there is a birthday. We have pizzas for my brother's birthday, my grand parents' birthday and even for my mom's and dad's anniversary.

To have some fun, we also organize pizza races in terms of who can eat the maximum number of pizza slices. I can eat many of them so I am usually the winner. Pizza is not just delicious but also meaningful to me. I love it very much.

My Favourite Food

1H Ng En Yi, Elaine



I love eating Hong Kong egg puff. It is the long-standing popular street food in Hong Kong. The puffs come in a golden coloured honeycomb shape and give out a rich cake-flour aroma. They are in fact hollow in shape. When I take a bite of an egg puff, it has a distinct texture of a crispy shell with an inner softness.

An egg puff looks like many small round cells put together. It is golden outside. There is also a lot of choice of flavours such as green tea, chocolate and strawberry. However, the original flavor still remains the best one, in my opinion.

Egg puffs are delicious treats for everyone in Hong Kong, residents and tourists. If you have not tried it, you must have one soon.

My Favourite Food

1H Sinalubong Diana



I love eating macaroons because they are sweet and they melt in my mouth. They are so colourful and come in different shapes and flavors.

Macaroons are popular in France and other parts of Europe. Now their popularity is slowly spreading around the world, including Hong Kong. Many people here buy them.

My favourite Macaroon shop is called "Laduree", which is a Parisian store. Although the quality of the macaroons is not as good as those in the shop in Paris, they are still lovely. So I often go to this shop. Its address is Shop 211, Level 2, Landmark, Queen's Road, Central.

There is another popular macaroon shop called "Delifrance". The price is quite high, but I think the macaroons are worth the money. You can eat macaroons at McCafé too and they're quite cheap there.

Most people eat macaroons on special days. I buy it once in a while to give myself a treat. Macaroons can be made at home too. It may be hard, but you can try it! I will try to make some soon. I hope you will do the same.

My favourite food

1H Tsui Pui Ki, Angel



Dear Jackie,

Do you know what my favourite food is? It is cookies. I love them so much that I have tried baking them a few times. Let me tell you how I do it.

To bake cookies you need: 1 cup of butter, 3 quarter cup of sugar, 1 teaspoon of vanilla, one and a half cups of flour, 1 teaspoon baking soda, 1 teaspoon of salt, 3 cups of oatmeal, 2 cups of chocolate chips and 2 eggs.

You can follow this process. First, mix the butter and sugar. Second, add the eggs and vanilla, combine the flour, baking soda, salt and stir them all well. Then, add the oatmeal, chocolate chips and stir until they are well blended. Next, use a roller to flatten the mixture on a lightly greased cookie sheet. After that, use any cookie cutter or even a bottle cap to cut out round shapes. Then bake them for ten minutes at 180-degree Celsius. Finally, allow the cookies to cool for five minutes before you enjoy them.

Cookies are my favourite food because they are sweet and crisp, and easy to make. I hope you will succeed in baking them. I know your parents will like them too.

Your friend,
Chris

My Favourite Sport

1K Chan Ka Ying, Jenny



My favourite sport is badminton. I love this sport because it is fun and I can play it with my friends, classmates and family. We can play badminton in open places such as the playground, the park and a badminton court.

When I was four years old, I first played badminton using a small size racquet. I thought it was fun, so whenever I had some spare time I would ask my big sister to play with me. Now, I am a Hong Kong Badminton Club member. I play the game once a week. I think playing badminton can keep me fit.

My favourite sports person is Lin Dan. He is an excellent badminton player. In fact, he has gotten many awards in different international competitions.

I love Lin Dan because he is hard-working and when he meets difficulties he never gives up. Also, he practices badminton seven days a week. These are the reason why I love badminton and admire Lin Dan.

My Favourite Sport

1T Leung Tsz Ho, Marco



My favourite sport is football. When I was five years old, my brother always took me to play football in the park. I felt that it was very interesting. So, until today, I still enjoy playing it and get many awards in different competitions.

I think playing football can make our bodies strong and healthy. In my football team we always get awards. Also we can make new friends. I think communication is so important. We can talk about anything, especially about football skills. If someone doesn't tell us and we don't talk, how can we do better? Our team will be bad.

My favourite football player is Ronaldo. He is from Portugal. He is a professional football player. Now he plays for Real Madrid in Spain. He is very good and powerful! I can learn good football skills by watching him. He is so hard-working for football. He always practices and he has got many awards. I like him very much! One day I will go to Spain with my dad and mom to watch him play.

Finally, I hope I can be hard-working and do well for my football dream.

Environmental Problem

2H Mang Tsz Lan, Dorothy



The problem of waste disposal is getting serious. Write an article about the reason why a lot of waste is generated at school, its effects, and offer suggestions to help solve the problem at school. Write at least 250 words.

At present, waste disposal has become a big problem for humans. The world produces an average of 4.9 million tons of garbage daily, which is nearly 6 times higher than its renewable resources. This huge amount of rubbish occupies land as well as pollutes the soil, water and air.

How is this waste generated? With the improvement of living standard, more and more waste is produced at home, at school and in the business centres. To curb this problem, we must trace the source of the garbage. Waste paper accounts for about 10% of the total waste, plastic packaging takes up 5%, plastic bottles and cartons make up about 35%, while food contributes the largest proportion – 50%. At school, lesson or learning materials and documents create piles of waste paper, whereas food waste and disposable things like plastic utensils are from snacks and lunch.

Such a great deal of garbage has brought great harm to the environment. The landfills will reach their capacity soon. In addition, it pollutes the air. In the process of transportation and decomposition, organic matter produces a stench and releases a large amount of ammonia and other pollutants to the atmosphere.

Environmental Problem

2H Ng Yan Ka, Maggie

In order not to let these hazards worsen, we have to tackle the problem. The most important of all is to carry out the classification of garbage at the disposal point. Waste paper recycling rate should be raised to at least 80%. Since there are recycling bins in each classroom, we students must throw waste paper into them. In addition, plastic waste is difficult to deal with. So we should avoid using disposable tableware and plastic bottles. We should instead bring our own utensils and water bottles to school. Last but not least, the school can also hold regular talks to educate and warn students of the harm of thoughtless waste generation and improper disposal of it. The school should play a significant role in solving the problem of waste.

The earth is like our mother. She's now sick. So we should do all things possible to take care of her.



The problem of wasting energy is getting serious. Write an article to offer suggestions how to help solve this problem at school. Use at least 250 words.

Hong Kong is a small, busy city with over 7 million people. We can see cars moving quickly along the roads. The walking pace of people who live in CBDs such as Central and Causeway Bay is also much faster than in other cities. Therefore, the demand on energy use is constantly rising. But we know a serious consequence is coming. It is time for us to start saving energy. How can we do it? Let's have a look.

Firstly, we must save water, which will become even more precious in the future. We must treasure it and use it wisely. We can handwash our clothes instead of using the washing machine. Also, if you have some plants at home, you can water them with the water after washing rice. Furthermore, you may install controls at the taps that can help you save water. I also put one in my bathroom! Last but not least, we can take a shower instead of soaking ourselves in the bathtub like a lazy and huge hippo.

Secondly, in order to save electricity, we can set a fixed time to turn an electrical appliance on or off. For example, fans, air-conditioners and dehumidifiers. The weather early in the morning is of lower temperature so we do not need the air-conditioners on. Just fans at the most. Then at midday and early afternoon, it's enough to set the air-conditioning at

Rubbish

2H Mang Tsz Lan, Dorothy

25.5°C. As I see it, it's unnecessary to turn the fans on too. What's more, we need to make more use of natural light throughout the day, especially when the sun is shining brightly. I don't understand why we need to have the lights on when we have a big, natural 'bulb'! Besides, before the school or any of us buys a new electrical appliance, we may choose one that has a label for high energy efficiency level. According to figures from China Light & Power Company, a Grade 1 fridge saves 35% more electricity than a Grade 3 one! So, clearly, we must think twice before we act. The more energy we save, the lighter is our electricity bill. This is killing two birds with one stone.

We are citizens of our one world. We have an obligation to protect the earth. I think none of us wants our home to be destroyed.



This morning I took a walk around the school. When I visited the tuck shop and used the stairs, I saw rubbish that was not in the bins. This is a serious problem and we need to tackle it.

One of the most serious littering is around the tuck shop. Although five big rubbish bins are in the area, many paper cups, plastic utensils, and leftovers were on the ground. Around 30% of the waste was not in the rubbish bins! Now you can see how serious the problem is. Besides this, when I walked up and down the stairs I saw tissue and waste paper strewn all over.

Such a great deal of rubbish has lowered the quality of our school, which will bring much harm to it in future. Even worse is that it affects our health. The rubbish on the ground gives off a bad smell and lots of micro-organisms grow and multiply. In the long run, it will make us sick. Furthermore, if rubbish is around the school, I believe the students won't like it since it makes the surroundings dirty and ugly. In order not to let this happen, here are some things we should do to solve this problem:

Rubbish

2H Ng Yan Ka, Maggie

- Avoid producing too much waste.
- Avoid using too many disposable utensils and bottles.
- Finish all the food that we have bought.
- Clean our classrooms regularly.
- Throw all rubbish into the rubbish bins.
- Carry out classification of waste collection. Three-coloured bins are placed on every floor near the lift.

In conclusion, we all are a part of the school. Let's work together and build an environmentally friendly school.



This morning I walked around our school, including the tuck shop area and the basketball court. I saw rubbish that wasn't placed in the rubbish bins.

While I was walking around the tuck shop, I saw something terrible. The rubbish bins were full with cartons, bottles, plastic cups, aluminum cans and forks.

The soy sauce inside the plastic cup was spilling onto the rubbish that was on the ground! It seemed like no one took care of that corner. It was messy and ugly, dirty and smelly!

From there I walked in front of the basketball court. I could see that rubbish was everywhere, for instance, tissue paper, food wrapping and plastic bottles. All the rubbish was made by us. We are the ones destroying the image of the school!

I would like to share a negative effect of littering in school. Firstly, when parents and students from other schools come to visit they will get a bad impression of our school. They may even feel that we don't respect them. Since we are members of this school, cleaning up is our obligation. Why do we need to do such terrible things to the place where we have most of our experiences? We are not being responsible and reasonable students. Do you remember the '3Rs' of our school?

Here are some Do's and Don'ts:

Teen Problems

2H Mang Tsz Lan, Dorothy

Do's

If one garbage bin is full, we should put our trash in another bin nearby. Also, we should pick up rubbish that we see lying around, even if it is not ours. There are three recycle bins on each floor. The brown one is for plastic bottles, the blue for paper and all other rubbish goes in the third bin.

Don'ts

We must not throw our rubbish on the ground or any other place but the bins.



Dear Editor,

I am writing to tell readers about two biggest problems faced by teenagers, including myself. Firstly, I feel exhausted in my teenage life. I don't know what to do since I have strict parents. They pressure me a lot! Secondly, I am dissatisfied with my height. I want to talk to someone that I

trust and hope they can give me some advice.

Concerning the first problem, my parents ask me to study all the time. They don't let me play or go outside. I feel very tired and stressed out. They have high expectations of me. If I don't do well, they will be very disappointed. I know that they care about me and I hope I can have a good future but everyone has their own dream, right? I want to talk to my parents and I hope they can understand and support me. I think it's a good way to solve this problem.

The second problem is that I am dissatisfied with my height. At first I didn't think I was too short, but then as time passed by, my peers got taller than me. Even more unbelievable is that my younger sister will soon be taller than me! It's so embarrassing that I am the shortest. I think the main reason is that I don't do any exercise. If I want to be taller, I should exercise regularly. Besides this, I should get enough rest and sleep. Last but not the least, I ought to drink more milk.

Teen Problems

2H Ng Yan Ka, Maggie

Although I have some problems, I think my teenage life is good so far. With some advice, I hope I can solve these problems soon. Do you have any good advice? I will be very glad to read them in these pages.

Yours truly,
Chris Wong



Dear Editor,

There are so many reports in your newspaper about teen problems. I am writing to talk about these problems from a teenager's point of view.

Teenage life is the most relaxing time of human life but it is also a time filled with problems. Now that I am a teenager, I think we learn a lot at this age. We are no longer primary school students who always wait for parents in front of the school gate. This is a remarkable time in life but with significant problems.

One big problem is we are dissatisfied with our appearance. We all care what people think about the way we dress and how we look. We look at ourselves in the mirror and are not happy with what we see. We say, "There's something wrong with the shape of my body and my appearance." We do not feel confident and become pessimistic. Honestly, this isn't something we should say to ourselves. We should not let other people's opinion of us bother our minds so much. It's unnecessary to be as pretty as the K-pop stars we like.

The other problem is arguing with parents. When my parents come home, I just say 'Hi' and go back to my bedroom, pick up my smart phone and chat with my friends. There is a wall between my parents and me. This

Cyber Bullying

4T Mak Kim Yan, Joyce

is the attitude of us teenagers these days. We do not like talking with our parents and we do not enjoy having to meet with family members. This is wrong. We should take more care of our parents who are getting older. However, often times we are naughty. This is not what our parents want for us. Also in the future we would not like to remember ourselves that way either.

I hope that we teenagers can solve our problems. I believe that in time, everything will get better. When we are adults we will remember how happy we were in childhood.

Yours truly,
Chris Wong



Cyber bullying is a way to hurt people through the Internet. It is different from common bullying between real people through face to face confrontation like laughing at someone or verbally attacking them in front of others, and physically hitting them. Instead, cyber bullies use text or graphics to hurt or shame others. Such bullies usually edit or Photoshop someone's picture and circulate it among their peers. They may also post messages on social media like Facebook or Instagram in order to ruin someone's reputation and bring him or her down.

These days, cyber bullying is fast becoming a serious problem especially among teenagers. It affects its victims in different ways but seriously. They will feel ashamed to face others because their self-esteem has been affected. Aside from that, they start feeling depressed not knowing what to do next. This leads to crying spells for no apparent reason. Worst of all, sick of being bullied, some may harm themselves by cutting their hands; others even try to end their life. People who are victims of cyber bullying need help since the effects can be extremely serious.

In my opinion, we can help victims by listening to them. We can encourage them to share their feelings, talk with them and show empathy. Mostly, people who suffer this kind of abuse just need to be comforted. They need someone trustworthy. We can give them helpful advice such as how to ignore false information being spread about them.

Stress at school

4T Ngai Kwan Ling, Queenie

Besides talking to victims of cyber bullying, a more long term solution needs to be considered. I suggest that schools educate students about the consequences of cyber bullying. They can also share with students the common causes of bullying and be sure to punish those who bully others. In addition, students need to learn empathy. They should be taught to consider how they would feel if they were to become a victim of cyber bullying.

I hope people understand the seriousness of cyber bullying among teenagers and join hands to fight against it.



Recently there have been some news and articles mentioning that students are suffering from depression because of stress at school. There are some main sources of this type of stress that I would like to point out.

To begin with, I believe that getting lots of homework is one of the main sources of stress at school. Teachers are giving out loads of homework every day so students feel depressed when trying to finish everything late in the night. Students are tired after a long day of study; yet, when they go back home, they have to face a pile of homework. Research says that students in Hong Kong sleep less than 8 hours a day and that this affects their study the next day. This also supports my idea that homework is one of the main sources of stress at school.

Secondly, peers or friends are also a main source of stress at school. During adolescence, teenagers become greatly aware of their appearance and are self-conscious around their peers. They want to give a good impression at all times and try hard not to make mistakes or to reveal their weak points. This pressure leads to depression. Some care so much what their friends think about them that they become frustrated and depressed.

The third main source of stress for students is taking tests and exams. They want to get higher marks. The pressure to get good grades does not only come from themselves but also from their parents, teachers and even society! In Hong Kong and other competitive societies, people need to compete with each other in order to get into university. Furthermore, they need to compete for better jobs and living conditions. In this highly

Application Letter

5T Thong Joey

competitive society students have pressure due to external expectations and their own desires for a better future. The more pressure students feel, the closer they get to being depressed.

Above, I have enumerated three main causes of stress at school. I would like to suggest, however, that when students get homework and have to study hard, this serves to remind them to care more of their academic performance and results. This is the positive side of pressure. On the flip side though, too much pressure leads to stress and then to depression, which is a serious problem. News reports recently mentioned cases of students suffering from depression with some even committing suicide!

To solve the problems of stress at school, I think students need to practice good time management. This could include setting short term and long term goals or making a daily time table in order to control the time spent on studying, relaxing and recreation. This will help students to have a balanced life. Next, they should build their self-esteem. When someone has a higher self-esteem it means that they are confident. Students can speak positively to themselves by saying such things as "I am who I am" and "I can". They should not put too much importance on what their friends and school mates think and instead, go on being themselves. It is unfortunate that some students have lost their lives. I hope that this letter can help someone among my peers.

Yours truly,
Chris Wong



You recently heard that a major upcoming athletics event in Hong Kong is looking for volunteers to guide visitors to the event, staff the venue and fulfill any specialist duties, such as providing first aid in the medical room. Write a letter applying to be a volunteer. In the letter, outline your relevant skills and experience, and explain how you would benefit from the experience.

Dear Sir/Madam,

Recently I heard that you are organizing a major athletics event in Hong Kong and that you are looking for volunteers. I have read the job description and it made me very interested. So I am writing to apply for the work of a volunteer for this upcoming event.

Educationally, I am a graduate of Tai Wo Secondary School. Coming from a trilingual background, I am fluent in Putonghua, Cantonese and English. All my life, whether in curricular or extracurricular activities in or out of school, at home or anywhere, I have always been known as a hardworking person. I love working with teammates and I also enjoy working independently. Multi-tasking is something I like and I have always managed working under pressure, whether expectations, deadlines, high number of clients or any other source.



I am happy that I have been able to accumulate a considerable amount of experience. Last summer holiday, I was a helper in a kindergarten. My position required me to take over a class when a teacher was absent and to help teachers organize some school activities. Apart from these, if students got hurt accidentally, I had to help them and provide some simple first aid. This summer job taught me a lot including the importance of being patient, cheerful, resourceful and versatile.

There is another part of the service industry that I gained experienced from. I was a waitress in a restaurant. Through meeting and serving different types of diners every day, I learned the importance of being sociable and giving service with a smile. I soon realized that serving tables was actually a very challenging job as some customers would get angry easily and complain loudly even about little things. Many times a day I encountered instances that could have pissed me off, or even caused me to lose faith in the supposedly good part of human beings. Instead I focused on becoming an extra careful worker in order to avoid making any mistake. This was also a highly valuable lesson for me.

Another aspect of my personality is that I am very sporty. I enjoy watching sports competitions both on TV as well as in sports grounds. While in secondary school, I actively participated in track and field events of our annual school sports. So I am quite familiar with sports facilities and procedures of sports events. I understand how important it is for helpers to handle their duties properly and seriously. Therefore, with orientation and briefing, I know I can handle the work required of volunteers in your athletics event.

In closing, I believe that I am a suitable candidate to be a volunteer in your upcoming athletics event. As a sporty person, I have participated in many sports competitions which made me familiar with the set-up of sports events. I can multi-task, work under pressure and also independently. I hope that I can be considered for this position. I can be contacted at 9123-4567.

Thank you very much for your kind consideration. I hope to hear from you soon.

Yours faithfully,
Chris Wong

Complaint Letter

5T Deng Ranfei, Effie



Dear Sir/Madam,

I am writing to file a complaint about the harassment I, a resident, have suffered from the large number of dogs in our housing estate.

I moved into this estate five years ago. I made the choice because of my allergic rhinitis. Everyone I spoke to told me it was common knowledge that keeping dogs was not allowed here. It was a perfect fit for me!

At the beginning of last month, new neighbors moved into Flat 606. Then the harassment and conflict started: they came with eight dogs! Surely they were told that this was not possible in this estate? I am disappointed in your failure to fulfill your responsibilities and uphold the estate rules.

I would like you to understand how much inconvenience and stress the neighbour's dogs have caused, and are causing, to my family. My little sister is sorely afraid. She is irritated every day and does not want to return home from school or outing. When relatives and friends visit us, the dogs bark at them and make a noise throughout their time with us. They annoy our guests and make us, the hosts, stressed out. They bark loudly at night too! This is affecting my daily work and health. My allergic rhinitis, which came under control after I moved here, is now back in a worse state. It must be the dog hair flying around. When I went to see a doctor a few days ago, she suggested that I stay far away from dogs. This means that as long as my neighbour's dogs are here, I cannot get my health back.

My family and I are not alone in suffering from this harassment. The other neighbours are distressed too. Last week we had a talk about this problem. We all agreed that it was high time for us to take concrete action to stop our plight getting worse. That is the reason for this letter.

Dogs are innocent creatures. So who is to blame? Their owners, of course. And also the Management Authority. So I urge you to look into this issue of dog-keeping and solve the problem as soon as possible. I suggest that first you remind them of the rules of the estate and advise them to find another home for their dogs. If you do not get a response, you should issue a warning to them that they might need to move out of the estate. If they continue to show indifference to all these actions, you can levy a hefty monetary punishment on them and finally, issue an eviction notice to them.

I have always thought highly of the efficiency of your monitoring team. So I am disappointed that this incident was allowed to take place. I would appreciate a favourable response to my request. I can be contacted at 2345-678. I hope that this problem can be solved as soon as possible.

Yours faithfully,
Chris Wong

Flat 605, Block C
Green Hillview Estate
Tai Po, NT

Proposal Letter

5T Tang Siyue, Cici



Dear Principal,

Thank you very much for the information that the school is organizing a talk for the post-examination week in June and for inviting the Students' Union to give an opinion on a speaker to be invited. We, members of the Students' Union, have met to discuss who would be

the best invitee.

Our discussion was around the question: would a celebrity or a non-celebrity be a more effective as a guest speaker to our student body. Our final decision was to propose that you invite a celebrity. Below, I will explain the reasons for this proposal, the concerns to address, and which celebrities we would recommend.

Reasons

We believe that a celebrity will be the most suitable speaker to our students. There are many reasons. First and foremost, the students will be more willing to listen to a celebrity, especially if he or she is well-known to them. In fact, as soon as they know the name of the speaker, they will be not only excited but also interested. In the hall, they will pay close attention and be focused through the speech. Therefore, they will receive all the messages that the speaker conveys to them. Actually, words spoken by celebrities are more convincing to teenagers than those by people of other professions because most of them are already taken as role models by the youngsters.

Another advantage of celebrity speakers is that they know how to express themselves better than people in other professions. The reason is that they are always in the public eye, speaking to the media and interacting with their fans and the general public. They are highly used to being interviewed and holding press conferences. They know how to address a point and to hold the interest of their fans. So their skills of explaining and expressing themselves are well-developed, including their style. The celebrity we invite will be no exception. He or she will be calm and entertaining in his or her presentation and deliver the messages to our students very clearly.

Students are interested in celebrities not just for star-gazing, star-worship or gossip. We are interested in celebrities' lives because we know they are hardworking, positive and optimistic. These are excellent characteristics that all students should try to develop. So the celebrity we invite can tell us stories of their growing-up years, their hopes and dreams, and their development process. These can teach our students how to face challenges of study and life positively and optimistically, at the same time striving to become a good person. So if a celebrity is invited as speaker for our school programme, the students will not only be interested in 'who' they will see and hear but also in 'what' they will hear. We have no doubt that our students can learn a correct attitude to life from the stories and experiences of the celebrity. This will be highly beneficial to all of us young people.



Concerns

Everything in life has two sides – pluses and minuses, advantages and disadvantages, benefits and drawbacks. If the celebrity we invite has had some bad behavior, most likely our students have forgiven him or her. More importantly, they will learn from his or her mistake. In other words, they will know what pitfalls to watch out for and what to avoid in their own lives. So, such a celebrity should have an attitude of recognizing his or her mistake and show that he/she has already overcome it.

It is understandable that a celebrity should be chosen carefully. We want the most favourable influence on our students. So, stars like Jill Vidal, Kelvin Kwan and Jaycee Fong Cho-ming are not in our list. The reason is that drug-taking is a particularly bad behavior. Besides drug abuse, other types of bad behavior include alcohol abuse and promiscuity.

A top name

We think that Angelbaby is one of the celebrities we can consider inviting to our school. Although young, she has a large number of fans and is a good role model to teenagers. She has a positive attitude, is hardworking and charismatic. She fully meets our requirements.

To conclude, we propose inviting celebrities such as Angelbaby to be the speaker for the post-exam talk. We believe that with their charisma, fame and good character, they will be more suitable and effective than non-celebrities.

Please let us know your decision as soon as you can so that we can start promoting the talk and preparing the hall. If you would like to know the names of other celebrities in our shortlist, we will be happy to give them to you.

Thank you very much for your kind attention.

Yours faithfully,
Chris Wong
Member of Students' Union

Letter to Editor

5T Yu Miriam



The human desire to look attractive is universal and because of this, cosmetic surgery is now a multi-million dollar industry. Write a letter to the editor of the Hong Kong Express about the obsession with physical beauty. (HKDSE 2012)

Dear Editor,

The desire to look attractive is observable in the animal kingdom and even more so among human beings. It is universal and natural. Throughout history, people have shown great creativity in what they wear on their heads, their ears and in fact, all over their bodies.

But what makes me sad is that nowadays, there is a universal obsession with physical beauty. It must be achieved. Not just by wearing something or applying something but at any cost! It that includes changing natural features through cosmetic surgery or other risky procedures, it's OK. If it requires loads of money, no problem!

My opinion is that physical beauty is not that important. But why are people so obsessed with it? First of all, it is due to the strong influence of stars or celebrities. These entertainment personalities are seen almost daily on small, medium and big screens, billboards, glossy spreads and other avenues. All of them have almost 'perfect' appearance. They influence viewers to think that physical beauty equals attractiveness, goodness and success. Youngsters may think they can become popular, famous and

successful in school if they are pretty or handsome. For people in the 20–30 age bracket, they may be influenced to think that physical beauty can help them climb higher in their career or even assuage their relationships with peers and colleagues. Equally pitiful, those who are moving on in years find it hard to accept changes brought to their appearance by the passage of time. In their hearts, a desire arises to get back the looks they had. They look up to older stars who are seemingly successful in their fight against time through cosmetic surgery. Finally, nothing can stop them from trying to achieve this unnecessary goal.

Honestly, this phenomenon is negative and makes me worried. It has made cosmetic surgery common and socially acceptable. In turn, this has given rise to a serious problem – bogus doctors to meet the large demand for cosmetic surgery. Beauty clinics spring up, sometimes with no proper licence, staffed by untrained beauticians, nurses and doctors. Some may actually even be criminals! Cosmetic surgery involves an element of risk but in this situation, it is full of hazards. Stories are heard of people, young and old, being rushed from a beauty clinic to hospital where in the end, they lose their lives. What a price to pay for beauty that is skin deep! People should recognize how perilous cosmetic surgery is.

Besides the grave dangers to life, there are other risks that people must consider. Cosmetic surgery builds on people's desires, vanity, pride, dissatisfaction and hopes. It promises them the world. Yet, even when it is successful, it is never 100%. More importantly, unsuccessful cases can easily be seen or read about in the media. No artificial beauty, and natural beauty is already destroyed! Pity the people who will be negatively affected

Book Report

5T Florece Cherry

– physically, socially and mentally – through their entire lives. Cosmetic surgery is not just applying lipstick or make-up on your face to enhance your natural beauty. It brings changes, or disfigurement, to your face or body that will last a lifetime. Therefore, we must consider all angles carefully before we make a move towards cosmetic surgery.

Beauty is not just on the shape of eyes, chin or body. It is in a whole person who is physically healthy, and also healthy emotionally, socially and mentally. So it is my opinion that people should focus more on developing this internal beauty, which is the quality of our mind and character. Think deeply: if you have a good outward appearance but are impolite, treat others rudely and have bad personality, will you have a good relationship with your peers and enjoy a meaningful life? Certainly not. Conversely, if you are not 'pretty' but are friendly, polite, helpful and considerate, I am sure so many people will be attracted to you because of your awesome internal beauty. Such a life is indeed successful and pleasurable.

In conclusion, physical beauty is just skin deep. It is short-term. Internal beauty, on the other hand, lasts forever. It should be one's highest treasure for it will make him or her truly successful, liked, loved, and valued by everyone. Therefore, I urge people to be happy with their own features and innate beauty. We are born to be ourselves and not to copy celebrities. The direction that society is taking is wrong! It is time for all of us to re-focus on the beauty that comes from our character and minds. Let us not blindly follow the present destructive trend.

Yours truly,
Chris Wong



A Book Report

Roald Dahl's stories are well loved by children all over the world. 'The Twits' is no exception. It was published in 1980. In 2007 the story was adapted for the stage. Disney has plans to adapt it for a movie.

In this story the main characters are Mr. and Mrs. Twit. They both have ugly faces due to their ugly thoughts. Mr. Twit is one of the hairy-faced men. Aged sixty, he has a dirty and nasty beard which he hasn't washed for years. All the little leftover food can be seen on his straight hair that sticks out as his beard. On the other hand, Mrs. Twit has a wonky nose, a crooked mouth, a double chin and stick-out teeth. But she wasn't born ugly. She turned so because of all the ugly thoughts that inhabit her brain.

Mr. and Mrs. Twit have only ugly thoughts for each other as well. They constantly think about how to make fun of each other as well as trick each other. For example, one will put a glass eye in a mug, and Mr. Twit will slip a frog between Mrs. Twit's sheets. The result of all of this is that they have the ugliness reflected on their faces.

If I had the opportunity to add another character to this story; I would create a character that would be able to help them to change for the better bit by bit. For example, adding a child or a nice and generous man could achieve such. I would have liked to help Mr. and Mrs. Twit to change for the better, instead of just letting them vanish in the end. It may seem a little dull or plain to others, but for me it would have been a life twisting

Book Report

5T Hui Po Sui, Angel

event since it would probably help the readers. To actually think that no matter how bad or ugly they were they would still have the chance to make amends and not simply disappear at the end of the story is, I believe, a good thing.

My point of view of the story is totally different from that of the writer. In my opinion, I think the writer's point is that bad people on this earth should just disappear to make this world a better place. I, on the other hand, feel that bad people do exist on this earth and this is something that we can't change but simply accept. However, what we can do is to try different methods to help them to change and become better. Although it is a long shot, we still need to try because bad people are human beings after all, and we all make mistakes. But just because we may make a lot of mistakes, it doesn't mean that we are undeserving of forgiveness or unforgivable that we should simply be labeled as a bad person. This is what I learnt from reading the story of The Twits.



Title: The Twits
Author: Roald Dahl (1916-1990)
Genre: Children's fiction
Year published: 1980
No. of pages: 96
Illustrator: Quentin Blake
Publisher: Puffin Books

Roald Dahl was a British novelist who is best remembered for his 19 children's books. Children all over the world know his stories such as 'Charlie and the Chocolate Factory' and the recently-released film, 'The BFG'. For my book report, I decided to read 'The Twits'.

Summary

As the title suggests, this book is about a couple – Mr and Mrs Twit. They are hairy, dirty, smelly, rude and disgusting in every way. They also play terrible tricks on each other. The illustrator, Quentin Blake, did such a great job in the book that though the Twits are repulsive people, I like looking at his illustrations of them.

In addition to the negative characteristics mentioned above, Mr and Mrs Twit are very cruel to animals. They force the monkeys in their garden to stand upside down to be trained for six hours every day. Besides this, they place glue on the tree and when birds get stuck on it, they collect them, place them in a cage and later make bird pie out of them. Every day they kill a lot of birds and hurt the monkeys. Needless to say, all the animals hate the Twits.



One day, a bird flies all the way from Africa to communicate with the monkeys. It saves the birds and helps the monkeys escape. Before they all make their escape, they trick the Twits into standing upside down. Then they shrink and finally vanish!

Reflection

Roald Dahl achieved great success in making young readers like me hate what the Twits represented. After I finished reading the book, I told myself that I should treat everybody nicely and I must not hurt anyone, and that includes animals. I learned that we will pay for our bad actions, just like the Twits did. Thus, I will try my best to be a friendly, helpful and considerate person throughout the years of my life. I've also learned that what we think will affect how we look. If we always think of something bad, our faces will turn ugly. So I will focus my mind on something good and positive, and avoid the bad or the negative, be it in a thing or a person. I do not want to be an ugly girl!

I hated Mr and Mrs Twit a lot while reading the book. "How can they be so heartless?" I asked myself a lot of times. I hate them even more now.

An additional character

If I could add one more character to the story, I would give a daughter to the Twits. She would be called Ms Twit. Although she had parents who were dirty inside and out, she would not be like them. In fact, she would be the exact opposite of them. I would have her play with the monkeys and

talk with the birds. She would not play tricks on her parents or on anybody else. Gradually she would be able to persuade her parents to stop torturing the monkeys and eating the birds. In the end, she would be able to bring a total change to her parents' personality and appearance.

Ms Twit would go to school, but a lot of her classmates would call her ugly and dirty. They would be annoyed with her simply because of who her parents were. But Ms Twit wouldn't care and would just go on being the pleasant, caring and confident person she was. In the end, she would win her classmates over and they would ask her for forgiveness for being prejudiced against her.

Celebrities

5T He Shan, Dora



I think celebrities should always be a role model, especially for young people. Fans pay attention to them and follow their behavior as they think that their favorite celebrities always do good things. When celebrities behave badly, they will create a wrong impression on their fans and mislead them. Hence, I think celebrities can easily have a negative effect on teenagers.

In recent years, some classical musicians have adopted pop star image. So they have become more popular with teenagers and are seen as celebrities. Yundi Li is a famous young pianist and he can play the compositions of Chopin or any composer exceedingly well. If you want to be a good pianist, it is very challenging as you should play the piano 4 to 5 hours per day to practice a piece. Recently, Yundi Li participated in reality television shows. Because of this, he did not have enough time to practice and it led him to make an error during his concert in Korea.

When the concert ended, he became a hot topic of discussion among many fans. The discussion was about how Yundi Li did not prepare well before the concert as he did not focus on his job. Teenagers may have felt like he did not care about his job and that it is not important to prepare for the concert. This can lead them to think hanging around with friends and playing games are more important than their job as students. They will not prepare enough for their studies and examinations. This can seriously affect teenagers' preparation for their DSE exam and their studies.

What's more, Yundi Li did not apologize to the audience and his fans after the concert. He did not admit to any errors and said that he listened to the order from the conductor. He is not a good role model as he did not recognize his mistakes. His behavior will affect teenagers' values as they will learn how to 'pass the buck' and not take responsibility for their wrong doings.

In conclusion, celebrities are very important for teenagers. Most of them follow celebrities closely and look up to them as role models. They take note of celebrities' behaviour and learn from it. Perhaps this could place additional stress on celebrities. But because of their strong influence, they need to bear in mind that they have the responsibility to be good role models to their fans, especially teenagers.

Celebrities

5T Leung Wing Man



In modern times, people worship celebrities. These are highly attractive, especially to teenagers and ladies. But why?

There are many reasons for this phenomenon. Firstly, young people appreciate celebrities because of their talents. They have admirable ability in different areas of entertainment, such as singing, acting, sports, etc. Some of them are brilliant in one area and others possess multiple talents. In addition, people desire to be as charming and popular as celebrities, so they see their favorite star as a role model. They are willing to learn from them and even imitate their behavior.

Celebrities bring us entertainment. We can release our stress through watching their work. Nonetheless, they may also exert a negative influence. Teenagers regard them as role models in attire, hairstyle, speech and body language, and even of behavior. Consequently, if celebrities do some awful things, they will lead teenagers along the wrong path. I would like to give some examples to support my view.

Michael Joseph Jackson was an American singer, songwriter, record producer, dancer, and actor. He was called the King of Pop. His contributions to different areas along with his personal life made him a global figure for over four decades. Yet, he was not a favorable example to teens. He changed his appearance through multiple cosmetic surgeries and extreme

dieting, which later led him to suffer from anorexia nervosa. He did those things because he desired a "dancer's body". He attempted to change his appearance to make himself more successful. He was not satisfied with what he owned and placed a wrong value on beauty. That was the main reason he was so concerned with outward appearance and did those terrible actions, which had an adverse impact on his worshippers, especially the younger ones.

Leung Chun Ying, also known as CY Leung, is a Hong Kong politician who is the third and incumbent Chief Executive of the HKSAR government. All of us in Hong Kong recognize him. However, there are so many scandals about him. For examples, illegal structures in his house, questionable income from companies and using tear gas to settle Umbrella Revolution, which instead inspired tens of thousands of citizens to join in. Last month, he was involved in a scandal about abuse of power. He is not only a celebrity but also the leader of Hong Kong. He definitely should set a good example to citizens, especially to young people. Unfortunately, the one who is supposed to lead residents was involved in many disgraceful happenings, and sets a terrible example. How can young people be expected to play their part well?

Even though pop stars are attractive, teenagers should be concerned about what behavior we can learn from them. Most importantly, we must not blindly imitate and worship them.

Class Presentation

5T Cheung Yan Fong, Francis



Good morning, teachers and classmates. Today I would like to share with you my dream job. Can you guess what it is? Well, here it is.

My dream job is to be an astronaut. When I was young, I watched the TV news and saw an item about Yang Liwei. He was the first person sent into space by the Chinese Space Program. All the TV channels carried the same news! Every single reporter was talking about this first to venture into outer space.

A few years have passed and I am now a teenager. But I still imagine myself as an astronaut, the one who controls the Shenzhou spaceship. I also picture myself as the first Hongkonger to see the most unbelievably beautiful view – planet Earth, the blue ball, our home. Though we say ‘blue’, the colour of Earth from space is really the most unique one. Seeing it with my own eyes – that will be the most memorable experience of my life.

Now to another reason why my dream job is to be an astronaut and not a teacher, doctor, etc. It is to be transported to a totally different environment. I will be out of the force of gravity. So, everything I’ve learned and got used to will have to change. For example, the way of eating, drinking, brushing my teeth and sleeping. Then, when I return to Earth after exploring the universe, I will be interviewed by the world’s media. I will be famous!

So friends, these are the reasons why being an astronaut is my dream job. Let me emphasize the word ‘dream’. Not because it is impossible for me to achieve the academic level or the skills. Rather, it is because of something you all know: I am not a sporty guy! My body is not suitable for strenuous exercise or physically demanding jobs. So I can only imagine and wish it was true. Believe me, I will not stop imagining myself as an astronaut, captain of a spaceship flying through the vast outer space. You know what? I feel good just talking about it!

Thank you.

Success speech

5T Huang Jiaxin, Mandy



Good morning, Principal, teachers and schoolmates. Today I would like to talk about success. In one form or another, we all want it. But what is it, really?

There are a lot of factors which affect people's lives, some of which will lead someone to be successful. For instance, education, good work ethic, an attitude of self-motivation, a drive for efficiency, passion, good relationship with others, good character and so on. Everyone has different views of what defines a successful person. Although most of them include the ingredient of being rich, I am against the popular notion that wealth is a symbol of success.

Success can be defined in many ways. For starters, educational attainment is an important factor that defines success. In our society, the highest paid people are those who have a higher than average educational level and accomplishment. They possess a greater knowledge of critical facts, ideas, and information than the average person in their fields. As a result, they are able to make a more valuable contribution to a knowledge-based society and lead the best life possible. They are valued more, respected more and ultimately paid more and promoted more often. Therefore, educational attainment can be a standard by which success is defined.

Let me now move to self-motivation. Someone who is self-motivated tends to get a larger amount of work done in a shorter amount of time. In contrast, a person with lower self-motivation takes more valuable time to complete an assignment, which inevitably places him or her at a lower efficiency level. Furthermore, the former will execute better on their jobs than disorganized lollygagging people. They think before they act, they

make a list and set priorities before they begin. They consider the likelihood of consequences, the possible positive and negative outcomes of what they are doing. Therefore, as I explained earlier, good work habits with self-motivated attitude can be another standard by which success is defined.

Coming now to my last point, but certainly not the least, character is a crucial aspect of the life of a successful person. For instance, someone who involves himself or herself in charity work can be considered successful. They sacrifice their time and abilities to work for the good of the less fortunate. Then there are those who spend a lot of time and effort on their work, and are paid because of the sacrifices they make to fulfill their duties in the best possible way. In the end, instead of spending their income on frivolous, personal pleasures, they donate it to poor regions in order to support children who can't pay their tuition fees. Others donate on a monthly basis to help families in need. Society appreciates people who are materialistically successful but more so the generous, selfless people who are kind and respectful of all classes of society. Thus I would say that character is an essential criterion to define a successful person.

In conclusion, wealth should not be the definition of success. How much did Mother Teresa have to her name? Nothing worth mentioning. So, success does not belong to those who have thick wallets and massive bank balances but to those who are rich in character. It belongs to people with work ethic and possessing a fighter's mentality. It also belongs to those who make sacrifices to become a better person and a contributor to everyday life in our society. Therefore, these are the characteristics that should be looked upon as true symbols of success.

Thank you.

Graduation Speech

6T Pan Zihong, Patrick



Honourable Chief Guest, Respected Guests, Principal, Teachers, School Staff, Parents, Family members and Friends, and last of all, my fellow graduates,

This afternoon, I am greatly honoured to deliver this graduation speech before you.

When I received this invitation, I was elated, but when I picked up the pen to write this speech, I started to panic. What have I done? This is English paper 2 all over again!

Three hours later, I could only conjure up 6 letters: SPEECH

It is not that I have nothing to say, but that I have too much that I want to say.

I want to tell you about those precious moments during the sports meeting. I have to be honest that I have only participated in one track competition which was the relay race of the graduating students. As long as I close my eyes, I can still feel the excitement of that day. It was not because of the medals that we won. The reason is because when I was racing on the field, I could truly feel that my classmates and I were linked together. At that very moment, all of us shared one heartbeat. In a short 30 seconds the feeling was deeper than that of being family. It was a moment that will always linger in my memory and one I will truly treasure.

Lessons. We were here from 8:00 in the morning to at times 6:00 in the evening. Ordinary lessons like Mr. Tam's class I can recall just sitting there day dreaming. Other classmates, asking weird questions and Mr. Tam answering them patiently. Such an ordinary lesson, but I consider it as one of those important moments of my life. Why? Maybe it is because deep down I clearly know that years later if I try to recall my school life, the first image that will hop into my mind won't be exams or homework. The first thing that I will remember would be all those ordinary classes. Because those classes are part of our youth. And every moment of the classes are the reason why we are who we are today. Not just Chinese History but day in and out we went through gaining knowledge.

Suddenly it hit me, I was saying good bye.

Then I recalled the first time that I walked in this school. I felt nervous and scared. Yet its settings became slowly familiar to me. I felt comfortable here. I felt grateful for all the lessons that I have learnt. Most of all I felt loved. It may sound strange, but I felt like a child and our school was our mother. TPSY educated us. She allowed us to meet each other, trained us to be better people. All she ever wants is that we live our lives happily, righteously and with no regrets. It does not matter whether we become rich, famous or influential; what matters most is that we have learnt to be people who could better serve our community.



So fellow students, I don't have the right to tell you how to live your lives And I know that the second we walk out of the school gate, all of us are going to have a different life. But I just hope we will always remember that Tai Po Sam Yuk is not just a name. She is not just a place. She is not just a building. She is a part of who we are. It does not matter what we choose to do in the future. The only thing that matters is that what we choose not to fail her.

As classmates, when you are facing challenges or difficulties in the future, you should have the faith that we will always be ready to support each other. We are not just schoolmates. We are brothers and sisters who were raised by a single mother. We should also have the courage to face difficulties as our mother, our school will no matter where we are continue to watch over and care for us if we need her help.

Today, we are going to graduate. In my point of view, there is no need to be sad. Time is made of memories. So as long as we remember all the times we shared together in this school, time will never be a factor. As our future waits for us, let's face it with anticipation and courage.

As we leave, we thank you TPSY. Thank you teachers, thank you parents, thank you classmates for making us who we are today.

Bye for now! We'll see y'all again soon.