

Tai Po Sam Yuk Secondary School
of Seventh-day Adventists

Writing in English

育苗

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育苗

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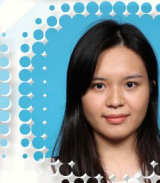
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FOREWORD

I am glad to hold in my hands the latest collection of our students' writing in Chinese and English. It would be naïve of me to expect it to contain the work of every boy and girl through the academic year, right? The samples it presents, however, are enough to give me a picture of what young people, rightly instructed and mentored, can achieve in language use. As I pore over the pages, I am amazed at how creatively and appealingly young people express themselves in the two languages most important for them and the community.

It is my pleasure to introduce this booklet to you. The pieces included here clearly show students' ability to generate ideas, to aptly choose words that inform, entertain and touch, and to meet the conventions of different genres. Keen observation, depth of thought, creative ideas and an analytical process are obvious to the reader. There is also logical organization and cohesion, beautiful vocabulary items and turns of phrase, and also unexpected endings. These written products can not only be enjoyed but even admired.

We all know that errors are not properly understood and overcome, nor good writing skills internalized without personal input and guidance from the teacher – in class or through conferencing one-on-one or in small groups, along the corridors, in the schoolyard or even over the phone. Our teachers have motivated all students to put their thoughts on paper. Some needed your help to string words together, and then a few sentences; others with vocabulary enrichment and language accuracy. Many others needed guidance regarding question analysis, text-type requirements, unity, and audience awareness. Thank you, teachers, for your persistence, time and effort. What a great job you all have done! Congratulations, language teachers of TPSY!

《給這世界買一份保險》

Through the years of my decades in this school as teacher, assistant head and head, there have always been budding writers and those on the cusp of accomplishment in this art form. I am so pleased and grateful that their numbers have grown exponentially in recent years. Congratulations, student writers of 2024–2025! Thank you for doing yourselves, your parents, and your school, proud. My fervent hope is that you will continue to learn from your teachers, persist in your effort, and continue to enjoy giving your thoughts beautiful and clear shapes for fruitful communication.

Students, parents, friends and fellow educators, I invite you to read every piece of writing in this booklet. I am confident that you will not only find enjoyment but also catch a glimpse of a bright future for every young person represented by their peer writers. Proficiency in both the mother tongue and the world's second language is one of the major goals of our educational system. It is highly encouraging and gratifying that our young people are progressing towards that end for their own good, for the benefit of the community, and for the glory of God.

Always truly yours,
Lawrence Yu, Ed.D.
Principal

「給這世界買一份保險」，這是日本某知名廣告的口號。

廣告短片中正處處呈現出這世界的不和諧，由家庭父子的吵鬧，走到學校的欺凌、公司的矛盾、社會的爭拗，總是不安處處危機滿滿。

稍微想一下，賠償只是最壞結果後的一種補償。世上真有甚麼保險能全然讓人安心？能讓無奈、怨憤、傷痛的心靈得到平靜的順服與安慰？

歸根究柢，彷彿是時候，我們得去深思人與人、人與大自然於衝突之中、在禍患以前該如何善待相處。我還是相信，一個美好和諧的世界，是用一顆顆有溫度之心去織成如蠶絲般柔韌的網，而非由一張張冰冷的契約構築起叫人難以喘息的圍城。

就如《育苗》中，可以窺見同學們對於人情的體味與感恩；對自然的欣賞和驚歎；對動物生命的憐憫及愛惜。請一起去細讀我校的文刊《育苗》，同學的文筆或許幼嫩，但當中的絲絲感懷自有真情至理。面對現實中種種不安之時，我們不妨靜下來從他們的視覺去感受美好的人情品性，給自己送上一份讓心靈變得和諧的保險。

《育苗》序 2025。李桂瑩

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手提電話裡的一張照片

三信 胡欣怡



我的手機裡，藏著的一張照片，不經意間被拍下，卻在我心中激起了層層漣漪，讓我時常回味。那是關於愛的溫馨回憶。

這張照片，是一次家庭聚會的偶然所得。畫面中、爺爺、奶奶、媽媽、姐姐和我，圍坐在老屋的院子裡，夕陽的金輝灑在我們身上，每個人的臉上都洋溢著幸福的笑容。那一刻，時間仿佛凝固了，家的溫暖定格在了這方寸之間。

記得小時候，每到夜晚，我總是難以入睡，是奶奶輕柔的歌聲伴我度過了一個又一個不眠之夜。她的歌聲像是有魔力，能讓所有的煩惱和不安煙消雲散。那時，我躺在小床上，透過窗戶的縫隙，能看到星星點點，而奶奶就坐在床邊，一邊輕輕地搖著搖籃，一邊哼唱著那些古老而又溫馨的搖籃曲。如今，每當我在外遇到困難，耳邊總迴響起那熟悉的旋律，那是家的聲音，是愛的力量。

還有一次，放學時突然下起了大雨，同學紛紛被家長接起，而我卻因為母親工作忙，遲遲不見她的身影。正當我焦急萬分時，一個熟悉的身影出现在了雨幕中是媽媽。他穿著雨衣，騎著自行車，臉上帶著歉意的笑容。那一刻，在我心中的委屈和不安瞬間化為烏有。坐在媽媽自行車的後座上，我們穿梭在雨中，雖然我全身濕透，但心裡卻異常溫暖。那場面，讓我深刻體會到了母愛的深沉與偉大。

回到眼前，這張照片不僅記錄了片刻那美好的瞬間。它提醒我，無論未來走向何方，家的溫暖和親人的愛，永遠是我最堅實的後盾。這張照片，雖輕似鴻毛，卻重如泰山，它連接著過去與現在，承載著愛與希望，是我心中最寶貴的財富。

手提電話里的一張照片

三望 鄧瑞寧燦



有一天，我偶然翻手機的時候，翻到了一張舊照片，仔細一瞅那是我小時候與外婆的合照。

照片里的我們站在了老家院子里一顆桂花樹前，一瞬間就勾起了我記憶中那些溫暖的時光。

兒時，我十分嚮往家門口的那棵桂花樹，星星般的桂花綴在點點青綠的葉旁，隨風輕拂，桂花散落，空中便彌散著一段清幽的芳香，絲絲縷縷，串進鼻子里，令人心曠神怡。

外婆總會輕輕的摘著桂花，而調皮的我也摘了些許多的桂花蹦跳著拋向空中，華爾洛夏灑在外婆的衣襟上，「你這小丫頭！」外婆無奈的笑了笑，輕輕地拍去肩上的桂花。令我印象最深刻的就是奶奶最愛親手做的桂花糕。溫暖的陽光落在我的身上，我便拿著竹蘭來到桂花樹下，惦著腳尖，小心翼翼的把新鮮的桂花放入籃子中，彷彿把滿滿的幸福也一並裝了進去。

採摘完後，我便將新鮮的桂花交給外婆，只見外婆又精心挑選的桂花放入碗中，讓一朵朵桂花在麵粉上打滾嬉戲，在將桂花入蒸籠里。沒一會，熱氣騰騰的桂花便大功告成了。外婆先上了一盤給我，笑著對說：「快尝尝吧！」我咬下一口，濃郁的甜味流入心中，桂花仍舊馥郁，久違的甜蜜在舌間蔓延，滑入喉中的，是外婆對我滿滿的愛，是季節的恩賜，是永遠難忘的鄉味。

秋風再次湧起，桂花垂在枝頭，其中那每一朵，開得最明顯，搖曳的最動人，氤氳著芳香。我想讓或許是外婆，他畫住一朵他最深愛的桂花，靜靜陪伴著我。

只能陪你一程（讀後感）

三望 鄧瑞寧燦



其實人生就像一場旅行，我們會遇到許多的人，但很難會有人可以自始至終陪伴我們走完。對於那些無法繼續同行的人，即使不舍，我們也該心有感激，然後揮手道別，將他們歸還於茫茫人海。

每個人都只能陪伴你走一段路，但遲早是要分開的。在慢慢前行的人生路上，我們往往要愈發深刻地意識到這句話的真確性。在小時候，我們身邊有父母有兄弟姐妹，長大後，我們身邊有朋友有愛人，每段故事都很溫暖。可每段故事都註定有未知的終點。這一生走去，我們遇到了許多人，也錯過了很多人。但是最終能完完整整陪伴著自己走完這一程的，一直都只有自己一個。

縱使心中有不舍，我們也不得不學著接受，然後繼續前行。要學會接受世事無常，也要接納生死離別；要接受遠道而來的驚喜，也要接受猝不及防的再見；接受孤獨挫敗，也接受自己，無論好與壞。每個人在經歷孤獨的時候，都是難推的，但總有些路，註定只能一個人走。雖然十分艱辛和難熬，但願永遠心向陽光，永遠赤誠善良。只有我們走過去，天亮了，就好了。

以前我總覺得好朋友就是能陪我到永遠，會分離的都不是朋友。現在我發現不是這樣的，朋友其實都是階段性的，他們只能陪我走某一段路。但這不能說明我們以前的友誼是假的，至少我們那時候是真的很快樂很認真，只是他們只能陪我走一段路而已。有時候，放手也是一種愛。當我們無法改變一些事情時，我們只能學會接受它。放下對離別的恐懼和焦慮，讓自己和對方都自由。

人生的路很長，我們會遇見很多人，有些人註定是只會陪你一段路，陪你看一些美好的風景，那些只能陪我們一程的人，我們要理解並且要學會坦然接受。

只能陪你一程（讀後感）

三望 黃欣茹



在忙碌的學業生活中，我讀到了《只能陪你一程》這篇文章，它像一股清流，讓我體會到生活的真諦和人生的哲理。文章中的每一個觀點，都像是作者對我們這一代年輕人的溫馨叮囑，讓我在讀後的沉思中，更加珍惜身邊的人和事。

這文章寫的是作者通過與好友告辭，堅持要送他到車站，好友說「送君千里，終須一別。反正你只能陪我一程，就在門口止步吧。」點題。每個人只是穿插在他人生活中的一個片斷，這註定永遠只能陪人一程，帶出人們在面對人生的情感上應該學會珍惜及放棄。

讀完這篇之章，讓我明白每一個陪伴者都是獨一無二的，他們的存在讓我們感受到溫暖和力量。無論是父母，朋友，伴侶還是兒女，他們的支持都是前行的動力。在人生的旅途中，我們需要懂得珍惜每一個陪伴，因為他們的陪伴讓我們得更加堅強和勇敢。生活中的每一次相遇都是一種緣分，讓我們珍惜眼前人，珍惜當下，珍惜每一段美好的陪伴。我深刻體會生活中的每一個細節都蘊含著無限的溫暖和力量，就像是一杯清水，平凡而簡單，卻能滋潤我們的心靈。在忙碌的學習生活中，我們常常被功課和考試所困擾，忽略了身邊那些默默支持我們的人。他們或許是老師的鼓勵，同學的幫助，家人的關愛。他們的陪伴讓我們感受到生活的美好，讓我們變得更加堅強和勇敢，因此，我們要珍惜每一個陪伴，感恩身邊每一個人，讓生活充滿愛和溫暖。

這篇文章教我懂得感受生活的真諦，在於接受和珍惜每一次的陪伴，無論它多麼短暫。因為，每一次的陪伴，都是生命中珍貴的禮物。我們不能期待他人永遠陪伴我們，但我們可以選擇用心去感受每一次的相遇，去珍惜每一次的陪伴。

我們只能陪你一程，但這足夠讓我們的生命變得更加豐富和有意義。

我最懷念的人

三勤 王梓涵



外公的荷塘裡，花香如炊煙裊裊，水波似綢緞般粼粼，魚兒像彩帶般悠哉游動。童年時，我總在夢中尋覓那片芳香，如今千里迢迢歸來，心中滿是期盼。

再次走上通往小院的那條泥濘小路，推開荷塘的門，跨過小鐵門的門框，卻沒想到眼前竟是如此景象：荷葉全都低垂著頭，一片枯黃，錯綜的花莖上布滿了蜘蛛網，顯得十分荒涼，頗有種「留得殘荷聽雨聲」的淒涼感。

小時候，外公的荷塘是我的天然教室。我和外公漫步在佈滿花葉的小路上，陣陣香氣從腳下傳來，飄過頭頂。我用力吸一大口氣，鼻腔中氤氳著那獨屬於蓮花的清香。外公用佈滿皺紋的手捧起一大朵蓮花，感嘆道：「真是出淤泥而不染啊！」我十分不解，好奇地問外公是什麼意思。外公笑笑，手指著荷塘，我順著他指尖的方向看去，外公說：「你看，池塘中的水十分清澈，但池塘底的淤泥卻一覽無遺。蓮花從污濁的淤泥中生長出來，卻潔白無瑕，絲毫沒有沾染上污濁。蓮花從污濁中生長出來，卻不與世俗同流合污，潔身自好，它有它自己的追求。」

外公的荷塘還是我心中閃耀的城堡。

夏夜，荷塘上彷彿灑落了一層糖霜。漫天的繁星倒映在水中，波光粼粼，熠熠生輝。荷葉在微風中搖曳，伴隨著蟬鳴聲，哄我入睡。外公坐在一旁，一手拿著竹扇，一手輕輕拍著我，就連夢中，都彷彿聞得到那片荷塘的清香。

秋天，荷花凋零了，外公拉著我的小手去荷塘摘蓮蓬。外公上半身埋在荷葉叢中，下半身穩穩地扎著馬步，在荷塘裡忙碌著，荷葉有時甚至將外公都遮擋起來了。我坐在池塘邊，只能看到外公的頭一上一下地動著。不一會兒，外公就像變魔術一樣，滿是泥土的手上捧著一個巨大的蓮蓬，綠油油的。我抬頭便看見外公慈祥的笑臉，外公笑咪咪的，我也笑咪咪的。

再長大一些，外公便帶著我去抓魚，荷塘裡的魚兒有著各種各樣的花紋，紅的、黑的、黑紅的……我們穿著防水衣，在荷塘裡走來走去。我走到哪裡，外公就寸步不離地跟在我身後，舉著被曬得黑紅的胳膊，護著我，根本不用擔心會摔倒。突然，我捉到一條紅色的小魚，兩手緊緊抓住，轉過身，驕傲地仰起臉，看著外公那雙含笑的眼睛。再往下一看，卻看到外公身上滿是泥點的防水衣，原來是剛才抓魚時泥水濺到了外公身上，而我卻毫髮無損。想到這裡，我不禁笑了起來，看著眼前搖晃的花莖，一陣微風吹過，將花莖吹得更加搖晃。

思緒回籠，眼前又變成了那一片荒涼的景象，一滴淚水劃過我的臉頰……

那一片蓮花別樣紅的景象，連同我的童年，一同逝去了。以後也不會再有外公的荷塘了，我的心中不禁泛起層層漣漪。外公的荷塘和外公對我的愛，將會永遠銘刻在我的生命長河裡。外公對我的愛，以及他教會我的道理，將會成為我最難忘的禮物，永遠珍藏在我的心中。



從小到大，伴我同行的一直是外婆。

兒時記憶中的陽光透過窗簾的縫隙灑進來的午後，我總是好奇地圍在外婆身邊，而外婆常常安靜地坐在她那把老舊的搖椅上開始編織。她的動作流暢而自然，無論是穿針引線，還是將毛線整齊地排列，都是那樣的從容不迫。臉上總掛著慈祥的微笑，眼神專注而柔和。她的手隨著針的運動時而停頓，時而快速，彷彿在與這團毛線進行著無聲的對話。

每一針、每一線，都像是她心中情感的流露，細膩而真摯，編織著一件件充滿愛與溫暖的毛衣。偶爾，她會抬頭望向窗外，嘴角勾起一抹微笑，彷彿在回憶著過去的點滴。這樣的畫面，散發著一種無法言喻的溫暖與寧靜，彷彿將我帶入了一個只屬於她與毛線的夢幻世界。這便是兒時的我最熟悉的畫面，無論發生什麼事，只要看見外婆編織的雙手，熟悉的場景總能讓我格外安心。

雖然喜歡觀察外婆織毛衣的模樣，但幼時的我卻仍然無法理解這種重複而單調的動作為何能如此吸引著外婆。於我而言，這似乎只是一種重複而古老的技藝，只能用於打發漫長而無聊的時間。她告訴我，織毛衣需要專注，不能急於求成，這一針一線的過程中隱藏著生活的智慧。但我想做的事數不勝數，或外出與朋友一同搗蛋，亦或是在戶外經歷一場刺激的冒險，總而言之，似乎一切的事物都比織毛衣要新奇好玩得多。

在外婆的勸說下我試著拿起針線，但在毛線之間穿行時不小心拉扯錯了其他的線，將毛線弄得一團糟，我感到無比的挫敗。外婆卻始終是那樣的淡定，面對我的失誤，她只是輕輕笑著告訴我：「每一次錯誤都是學習的機會。」然而，此時的我卻無法真正感受到她所說的耐心，反而因無法克服這些困難而愈加煩躁，心中默默想著這一切似乎永遠無法學會，也似乎沒有學會的必要。那時，時間於我，是漫長而永恆的，我渴望著快速的成果與即時的滿足，我總盼望著時間快點流逝，盼望著自己能更快地成長，得以接受更多新鮮的事物。外婆的細心與耐心對我來說，似乎是一種遙不可及的理想，而我在她的陪伴中，感受到一種難以言喻的矛盾。

隨著我逐漸進入青少年時期，心中對於未來的焦慮開始加重，學業上的擔子愈來愈重，畢業的日子也近在眼前。時間變得不像兒時般那麼漫長，轉而變得飛速流逝。我開始懷念那些與外婆共度的歲月，那些透過窗簾灑在她身上的午後陽光，彷彿是我生命中最美好的片段。她的身影如同安靜的港灣，總是在我需要的時候，給予我支持和安慰。我開始尋找可以讓我重拾平靜的方式，於是重新開始學習織毛衣。

外婆依舊微笑著，眼中閃爍著鼓勵的光芒，手中早已準備好了一團柔軟的毛線，並親自為我講解示範。我看著她嫺熟的動作，心裏暗自佩服，同時也感到一絲自卑。我試著握住棒針，卻發現自己的手指如此笨拙，連控制好棒針的走向都難以做到。每次失敗都讓我感到更加煩躁，甚至懷疑自己根本做不到。我深吸了一口氣，努力讓自己冷靜下來。心中告訴自己：這只是學習的過程，不必急於求成。可每當我重新拿起針線時，焦躁的情緒又如潮水般湧回，讓我心浮氣躁。手心開始冒汗，心跳加速，甚至感到一陣窒息，彷彿我真的無法做到。

就在我快像兒時般放棄時，外婆雙眸吸引了我的注意力，她的眼神依舊那麼專注而平和，帶著無盡的鼓勵望著我，種種愛意與回憶直擊我的內心，不安與急躁漸漸被撫平，我靜下心來試著去理解，理解這重複而單調的動作背後所暗藏的意義。外婆到底帶著甚麼樣的心態去編織呢？我好像有一點點懂得了。我努力控制著雙手，按著外婆記憶中的模樣編織著，一針針的毛線在我手中翩翩起舞，期間或停頓、或重來，但我的內心再沒有出現放棄的念頭，我的動作漸漸與記憶中外婆的模樣重合。一塊編織好的花紋出現，我成功了，雖然技藝尚不純熟，但足以讓我歡心雀躍，心中的壓力也隨之減輕。我漸漸開始理解織毛衣所隱藏的深意，這不僅僅是一項技藝，而是一種生活的哲學，教會我如何面對困難、保持耐心。

然而，這份喜悅中始終夾雜著對未來的憂慮。儘管我漸漸懂得了那份需要耐心的道理，但面對即將來到的獨立生活，我心中依然有著難以言喻的恐懼，無法再輕易地聽到外婆的笑聲，無法再立馬感受到她溫暖的擁抱，帶著傷感看著她的白髮和微微佝僂的身影，心中便會不自覺地感到一陣惆悵。沒有了外婆的同行，我真的能夠應對這一切嗎？我盼望著時間能慢一點，盼望與外婆能度過更多的時光。編織的過程雖然為我帶來了片刻的寧靜，但對未來的擔憂始終揮之不去。

隨著時間的推移，我完成了學業，在外地開始了我的獨立生活，四周環繞著陌生的街道和新的人群。每天的工作壓力如同一座無形的山，壓得我喘不過氣，無力與疲倦在身邊迴旋，我開始懷念外婆，懷念她的擁抱，懷念那灑在她身上的午後陽光，我無法像兒時一般隨意回歸外婆的懷抱了。

一次工作上的失敗，令我的心情極度低落，我無意中整理衣櫃時發現了外婆留給我的那件柔黃色的毛衣。毛衣的針法精緻，花紋如藝術品般排列著，線條和對稱的圖案交織成美麗的畫面。我彷彿又見到外婆的身影，她那雙靈巧的手，嘴角帶著微微的笑意，專注而祥和。指尖觸及的瞬間，我感受到一種無法言喻的溫柔，毛線的纖維在我指間滑過，宛如一縷輕柔的雲朵，帶來無比的安慰。當我將那件毛衣輕

輕披在肩上，瞬間感受到一股溫暖包圍著我，我彷彿又回到了那些童年時光，外婆的擁抱緊緊包裹著我，驅散了我的疲憊與不安。

「每一次錯誤都是學習的機會。」外婆的話又在我腦海中迴盪。縱然我與她相隔千里，但我知道如果此時此刻她在我身邊，她一樣會用同樣的語氣鼓勵我。

生活中不會一帆風順，挫折和失敗是無法避免，但生活就像編織毛衣，需要耐心和細心才能編織出美好的圖案。因此我不能放棄，我也不會放棄，無論前路多艱難，我也想將外婆給我的教誨實踐出來，並將這份愛與智慧傳承下去。

我深吸一口氣，閉上雙眼，雙手撫摸著毛衣，當中的毛線，跨越時間，連繫千里，傳遞著外婆對我深摯的愛。外婆從來沒有離開我，時間與距離永遠不能將我們分隔。

我不再擔心時間的流逝，也不再跟童年一樣覺得時間漫長。雖然每一個瞬間都在不停地流動，過去的回憶無法重來，未來的可能尚未揭曉，但外婆的愛與教導不會隨著時間消逝，它如同這件毛衣，永遠在我心中保留著溫暖與力量，真正值得我珍惜的，是當下的每一刻。

我微笑著，心中充滿了希望與勇氣。未來的路或許未知，但我知道，無論遇到甚麼挑戰，我都能夠堅持下去，因為外婆的愛始終陪伴著我，讓我在生活的每一步中，都能感受到那份不變的支持與力量。

時序難逆，愛意永恆，她永遠與我同行。

沒有錢包的一天

五信 霍天愛



烈日高懸，熾熱的溫度令身體不由自主地加快步伐，渴望能找到烈日下的「避難所」。兜轉中，一陣涼風撫過我的肌膚，身子驀然顫抖了一下，眼睛冒起閃星，嘴角更是揚起，一間有著空調的老字號映在我眼前，「真是天助我也！」我心中暗喜，二話不說便以迅雷不及掩耳之勢衝進去。

午餐以「嗝」的一聲結束，飽餐一頓的我坐在座位上，試舔著嘴角邊沾上的西多士。正欲結帳時，伸入口袋的手掌卻無聲地告知了一個事實，「嗯？」口袋彷彿成為了深不見底的黑洞，無助的雙手在深不見底的黑洞左右翻竄，縱使已出現陣陣殘影，卻都以徒勞無功為終，「我忘帶錢包了。」

現今香港最為聞名的是什麼？那必然是令人聞風喪膽的「服務態度」，儘管外面的炎熱無法侵襲於我，儘管頭頂上的空調冷風交替「呼呼」作響，此時此刻，額前的薄汗無端浮起。我暗瞥了端著菜的服務員，眉頭緊皺，似鷹般的神情都在警示著她的威嚴。更不合時宜的是，時針正直地指向十二，是午飯時間了。人群一湧而入，喧鬧聲此起彼落，滿腔的倉皇使我更加混亂，不知如何是好，獨屬於我的內心小劇場已開幕：服務員的臉上定會爬滿似蚯蚓般的青筋，指著我破口怒罵，我亦將在她的怒視之下，膽怯地哭泣。分針跳動時「嗒塔」的一聲，把我從混亂的思緒扯回來。隨著人數的逐漸增加，我心底似泰山般的壓力亦隨之增加，用手揉了一下紅了的眼睛，才驚覺淚水在眼眶中打轉。

「小姑娘，你坐在這裏好久了。」服務員前來提醒我固然是理所當然，我卻是熱鬧中的一塊冰，只能一言不發，與店外散發著的悶然氣息，顯得格格不入。

「我……我忘記帶錢包了……」我口齒不清地說出這句難以啟齒的話，接著便雙眼緊閉，束手無策地迎接接下來的審判。

待宰的羔羊靜等老鷹的捕咬，誰知老鷹颯來的，是溫柔的橄欖枝。

「哦！沒關係的哦！」這個話並沒有令我放下心頭大石，反而使我目瞪口呆。用手拍了拍我的臉頰，證實我沒聽錯。

「看你是新面孔，又緊張成這樣子，一定是住得遠又忘記帶錢包的孩子了！加

上你也道歉了，這飯錢就不跟你計較，就當是廣告費，幫我和你的朋友宣傳一下吧！」

可能是緊繃的情緒終於放下，可能是突然被諒解的感激之情，使我唇間的「謝謝」還沒說出口，雙眸的淚水卻率先表達感謝之意。這句話的聲線並不細綿，卻使我感到無比溫柔，像是比西多士還要甜的糖漿，更像是富有人情味的免費飯後甜品。

隨著糖漿的香甜味消散，一道來自道德感的苦澀驀然浮現，我竟用自己的刻板印象和外觀去判斷人和事物，簡直無比可恥和荒謬，假使那位服務員以外觀去判斷我，一口咬定我是吃霸王餐的犯人，那我的內心小劇場便會成為現實，束手無策的我叫天不應，叫地不靈，又該如何是好？

離開「避難所」後身後的暖氣隨著我的漸行漸遠而散去，而我決不以貌取人的決心必然比烈日的溫度更熾熱！

烈日仍然高懸，我加快了步伐回家，錢包靜躺在桌上，我沒有加以理會，而是用筆寫下這篇日記，將我今日所學的寶貴一課，銘記於心。

與時間的一筆一墨

二望 梁穎珊



夢彷彿還停留在那年冬夏，霧氣氤氳在回憶的小徑，直到尋得紙書上與時間的一筆一墨喚醒了我腦海中塵封的記憶，是那時不變的字跡和祖父慈祥的笑容。

青磚、紅牆與白瓦，餘暉殘霞帶着陽光在雲端織出一片殷虹，微倦懶的風穿梭在葉間發出微響。祖父輕提起筆，在紙上寫寫畫畫完又落下，放下筆後便舒展眉間，輕撫着下巴的白鬍子，口中唸唸有詞，我躲在書房的門後悄悄地窺視着房間裏的一切，待祖父走後，我溜進書房一探究竟。

書房裡總是蒙繞着一陣紙墨的香氣，我爬上祖父的書桌，桌上整齊地擺放着筆墨紙硯。我回想起祖父方才的動作，於是提起毛筆，在紙上有模有樣的寫下幾個龍飛鳳舞的大字，紙上的空缺被我的大字佔領完，我的目標就此轉變到桌子上，牆壁上寫字，在地上畫畫，往墨水瓶裏注滿水……

待祖父回來時，這裡早已被我弄得一片狼籍，他呵斥住了我，怒目圓睜，那時我就知道肯定少不了一頓挨打了。後來祖父花了整整兩天工夫才把書房清理乾淨，我經常躲在書房後凝視着他忙碌的背影，心裡酸酸的，卻不知如何是好。他似乎早就注意到了我的目光，轉過身來問道：「你是有事找我嗎？」我嚇了一跳，回過神來後隨口說了一句，「我想學寫字。」眼神有點飄忽不定。他撫了一下濃密的鬍子，笑咪咪地問我「是嗎？那進來吧。」

我小心翼翼地踏進書房，發現裏面已經整潔了很多，牆上與地板上的一筆一墨已經消失。祖父拿給我很多東西，一樣樣地解釋着：「這是毛筆，這個是鋼筆，這些是墨……」我專心致志地學習，在心裡默默地惦記着，他握住我的手在紙上臨摹楷書，我有時想偷懶，經常會將「口」字畫成一個圓形，這時他會揪着我的鼻子，開玩笑似的說：「你呀，真是調皮。」

自那以後，我每逢過節回祖父家都要練上幾遍字，祖父總是笑咪咪地站在一旁指導我。「你看，我們寫字時要注意橫平豎直，就像做人一樣要正直。」時光飛逝，帶走了那些無憂無慮的日子，留下的是紙上帶不走的筆墨。

我曾經問過他一句話：「長大後你還會教我寫字嗎？祖父輕撫着鬍子，莞爾一笑，在紙上寫下「沉舟側畔千帆過，病樹前頭萬木春」。那時的我還會皺着眉頭問他什麼意思，他還是會笑着回答：「等你長大了，自然就懂了。」

「沉舟側畔千帆過，病樹前頭萬木春」，祖父的笑容與字裡行間，無不展示着對生活的樂觀與豁達。長大後的我這才悟出祖父一筆一墨中的意蘊：經歷人生冷暖，看盡世態炎涼，人生如夢，還不如一笑置之的豁達。祖父的教導始終烙印在我的心間，我對他的思念也同樣無法磨滅。

如今，紙書上的筆墨仍舊清晰可見，娟秀中透露着溫情，那是我與祖父在時間裏的一筆墨，伴隨着我的思念同在。

團結就是力量

二望 梁穎珊



時光荏苒，歲月飛逝，回憶在名為「成長」的畫卷上勾勒出一筆一畫，有的波濤洶湧，有的平靜如水。而那次泛不起層層漣漪的小事，回首望向仍舊讓我記憶猶新。

清晨的初秋清風徐徐，帶走了酷熱的炎熱，湛藍一片晴朗萬里無雲，校園裏的同學個個精神飽滿，正是舉辦運動會的最佳時期。記得那年正值孩童精力充沛的年齡，整個年級無一例外都要參加拔河比賽，我們班高大的人不多，人數也不佔優勢，在各個群英集萃的班級裏處於劣勢，老師從始至終告訴我們：「團結就是力量，只有大家一起同心協力才能勝利。」

老師一番語重心長的鼓勵振奮的確大大提升了我們的自信心，也並不再畏懼。比賽的日子預期將至，那天的陽光逐漸猛烈，像是鼓舞。第一場比賽是雙方班上的所有男生。哨聲打破緊張的氣氛，雙方的同學都緊緊地拉著繩子往後扯去，另一班的同學一起喊著口號向後倒去，繩子中間的紅絲帶靜漸漸向他們飄去，也像在無聲地提前預示著對方的勝利。反觀繩子的另一端，我們班的男生們個個咬牙切齒，臉憋地通紅，繩子依舊不為所動，甚至就快到對方眼前了。我們這才注意到一個很重要的區別，對方班級的繩子筆直一條，開始比賽後即使一起發力，繩子也不會有太明顯的歪扭，而我們班的情況截然不同，繩子被拉扯得參差不齊不說，歪歪扭扭的還像條小蛇。

毫無疑問，這場比賽輸了，還有兩場會在10分鐘後舉行。收到打擊的男生下場後紛紛嘆息，抱怨東埋怨西：「我鞋帶開了……」「唉，我剛才沒用盡全力……」說什麼的都有。老師見他們一個個的都像失魂落魄的鬼魂一樣遊蕩，立刻為我們覆盤：「看看，發現你們的區別了嗎？老師指著方才拍下的照片，同學們面面相覷，問了許久也沒有得出答案。老師用食指放大圖中的畫面解釋道：「你們的繩子東倒西歪，另一班的繩子筆直，說明你們用力的方向不一致。團結是需要所有人向統一方向，明白嗎？」短短一句精簡易懂的話點醒所有人，這才如夢初醒般意識到問題所在。

接下來的一局中，女生們吸取男生的教訓，而對面班級視乎得意洋洋浸在上一局的勝利當中，這一局很快結束了，我們贏下這局。最後一局中，場上所有人都緊繃著，生怕一刻松懈，而最後一局誰輸贏早已不重要，而重要的是「團結就是力量」這句話烙印在我的心中，無法磨滅。

團結就是力量

二信 羅泳珪



生命往往就是這樣，團結才能創造出更好的結果，獨當一面卻好像沒有什麼。

那天，陽光透過窗戶的縫隙透出了一絲溫暖的陽光，我只趴在陽台上觀望着窗外的一切。正當我被陽光刺得睜不開眼睛時，一低頭正正看見了一個螞蟻正在悄悄地想翻過「一座」石頭。石頭對於我們人類來說也許只是一粒小小的石頭，但對於螞蟻們來說一粒石頭彷彿如同一座高高的大山。螞蟻在我們面前也只是一粒微塵，也正如我們人類在世間萬物面前也顯得就像一粒微塵。

好在這螞蟻是有同伴幫忙的，他們首先互相疊起在對方的身上，然後再快速地从對方的身上爬去，同心協力，團結就是力量的一部份。但一轉頭望，發現他們有不少夥伴落單了，這落單的小螞蟻她想爬上那座「大山」，奈何螞蟻只有自己一個，力量太少了。就在不遠處的那群螞蟻們這時也回來了，也許是聽到了這位落單螞蟻的呼叫了？有了螞蟻同伴的幫忙，他也很快便翻過了那座大山。落單的螞蟻也曾失敗過，焦急得像熱鍋上的螞蟻，但他也沒有放棄，反而更勇敢地翻過了那座大山。

即使我們只是在一旁看着這一切微小的事物，但團結也在這些螞蟻們的身上顯露出非常重要，「團結就是力量」也在那隻落單的小螞蟻身上形成了對比，而螞蟻們的幫助也正就是團結的力量！

我們也要像這些螞蟻們一樣團結，遇到困難也不可輕易放棄。

螞蟻的團結力量

二勤 董悅嘉



一個人的力量很少，但是一旦把所有人的力量凝聚在一起，便能匯成一股強大的力量。這句話在我們的生活中有很多事情是能夠證明的。

記得一個秋日的午後，我在家附近一旁的公園散步，太陽高高掛起在天上，卻不猛烈，陣陣微風拂過，帶來清鮮的空氣，一旁的小樹飄落數片樹葉，伴隨幾個飛舞的蝴蝶。

我坐在長椅上，享受着秋天的氣息，低頭時，無意間發現一群螞蟻在搬家。是一隻螞蟻發現了一根木棍，嘗試自己搬走，但是牠那麼小的身軀，怎能搬動比牠大幾十倍的東西呢？於是牠叫來了兩三個夥伴，但是木棍像是嵌在地面上一樣，紋絲不動。後來路過的螞蟻看見了，都趕來幫忙，從開始的一隻螞蟻，到後來數不清的成百上千隻。木棍也不再那麼固執，像是被這股團結的力量打動了，它開始隨着螞蟻的腳步漸漸移動。

後來牠們要上一層台階，這無疑是難上加難的挑戰，牠們需要保持團結，一同把這條木棍推上樓梯。可是再多的螞蟻也抵抗不住木棍掉落的情況，螞蟻只能一次又一次地嘗試。最後經過了若干次的運輸後，終於把木棍搬上了樓梯，再慢慢搬回螞蟻的家中。

螞蟻搬運木棍整個過程，我注視了許久，竟不知天色已暗了下來。走在回家的路上，我默默地思考着。螞蟻多渺小，有多偉大啊！自然界的現象證明了「團結就是力量」，一個人的力量也很渺小，但團結起來就會產生無比的威力啊！

站在時間的河邊

三信 蔡萬聖



時間好同一位不停歇息的行者，始終堅定地朝著前方邁進。而我們，從誕生的那一刻起，就注定要與時間同行，在這漫長名短暫的旅途中寫下屬於自己的故事。

小時候，時間似乎過得很慢，每一天都充滿了無盡的新奇和期待，我總希望時間能再快一些，也會渴望能快點長大，去探索這神秘而廣闊的世界。然而當自己真的長大後，才驚覺原來時間過的如此之快，稍縱即逝。

與時間同行，我學會了珍惜。珍惜每個清晨的陽光，珍惜每一秒每一分，珍惜每次努力奮鬥的機會。因為我深知，時間不會為任何人停留，錯過了便不再擁有。

在成長的道路上，時間是我們最好的見證者。它見證了我們的歡笑與淚水，見證了我們的成功與失敗。每一次的挫折，都是時間對我們的磨力，每一次的進步，都是它對我們饋贈，正在與時間的同行中，我們不斷積累經驗，不斷成長，逐漸變得堅強和成熟。

時間也是公平的，它給予每一個人都是一天二十四小時。然而，如何利用這有限的時間，卻決定了我們人生的高度和寬度。有人爭分奪秒，讓每一刻都充滿意義，但有些人則在時間長河中渾渾噩噩，虛度光陰。

在與時間的同行中，我們要學會合理分配，制定明確的目標和計劃，讓每分每秒都發揮最大的價值。同時，我們也要懂得在忙碌的生活中，停下了，欣賞並感受生活的美好。

回首過往，那些與時間同行的日子，如同一副幅畫，呈現在眼前。過去已成歷史，未來仍可改變，在有限的生命中，發揮無限的價值。

無論在學業或是在生活中，遇到什麼困難，我們都要堅定地走在自己道路上，與時間同行，不負韶華，令生命綻放。

珍惜

三仁 黃洛琳



小的時候，吃飯時總是吃剩很多飯菜，最嚴重的一次甚至是吃剩了半碗飯菜。媽媽便說：「你這樣不行啊？要珍惜糧食，光盤行動。」這句話圍繞著我整個童年，可是我仍然不懂，直到一天和朋友出去吃飯。

那天考試後，朋友小美便高興地約我出去吃飯。到了餐廳，點完菜後，菜沒多久便上齊了。我點了一份揚州炒飯，而小美點了份紅燒肉和一碗熱騰騰的湯麵，我被小美點的美食所吸引，我絲毫不顧及自己能不能吃得下便多點了一次和小美一樣的餐。小美已經吃完了，我雖然已經吃飽，但是還剩下一大碗湯麵。

小美是個表裏不一的人，她外表和打扮看起來生人勿近，但內心正義，沒有任何雜念。她看見我這樣，便生氣道：「你明知道吃不完卻還要點？……」沒等她說完，我便反駁道：「食物哪裏都有，我浪費一點怎麼了？」她氣壞了，將餘錢拍到桌子上便離開了，我不明所以。

回到家後，發現小美在和我的聊天里發了一個視頻，我點開了視頻，從此我就再沒有浪費過糧食。視頻裏是香港廚餘的數量，竟然高達幾百萬每年，這麼多的廚餘不能全都當養分揮發，只能丟到垃圾山上占佔著空間。這些廚餘有一部分是我從小到大所浪費的糧食。

我的心中升起一股羞恥，一直以來我任由自己繼續錯下去，不斷地浪費食物。從今往後，我再不會浪費糧食了。

與時光漫步

三仁 廖心如



時間落下了秋葉，揚起了塵土，留下歷史的倒影，成為歲月的昇華。在這條路上，時間伴隨世人走了一程又一程，它常伴人們的身邊看慣了紅顏化作枯骨，它一路伴隨我們，塑造了我們的記憶，送我們走完所有的路。它默默注視著我們，帶著平淡，帶著祝福。

時間貫穿了韶華。

人生最美的時刻，隨著時間走了，對我們毫無牽掛。人生過客千萬，都如過眼雲煙，我們想要抓住時間，抓住的卻是記憶。而時間呢？它永遠在我們前方不遠處，卻又是那麼遙不可及。到這裡，我依稀見到了故人的模樣，卻是越來越淡，被抹去。時間它如一位哲人，它附在我的耳邊，它輕輕說道：「但往事都丟在風裡。」一語便驚醒夢中人。

我便繼續向前走著。走到前方，又是諸多過客，又是一個三年。我似是埋怨的對它說：「你走得越來越快。」它又是一如既往的平淡：「我只希望你幸福。」罷了，多年好友一場，便由它去吧！況且它並未說錯，它只是想讓我幸福罷了。但旅行終歸是無趣的，我便想尋找可以結伴的人，於是也便做了。它終於不再平淡，似是告誡似的悲傷：「那些都是過客，還沒有那樣的人。」是麼？但我卻也只是想擺脫它罷了。我對它咆哮，然後便冷靜下來，我開始沉默，不說一語。「不久後你便明白」它冷冷地說。我心中亦然明了，天下無不散之席，走的路多了，便會看的平淡。這並非規律，但人心卻是如此。

但人心的另一個奇妙之處，便是讓我們產生對自己的抗拒。時間它既然是我們的朋友卻也要擊碎我們心中的幻想。這時我又渴望走回程了。我心中突然有了一種強烈的恐懼感，因為無人知曉過去，時間也不能。

但時間永恆，會陪伴無數人走過，逐漸便會有些麻木。而我卻不能。我悲傷的問它：「你明白麼？那隻是你潛伏在內心的脆弱！」它笑了，笑得如沐春風。「那怎樣抵制呢？」它無言，沉默了許久。它終究沒有給我答案，畢竟它只是看透了塵世，看破了歷史，但不能洞徹人心。

這一刻我才釋然，它雖未能洞徹，而在這一刻我卻已經懂了。

但路總是有限的，我彷彿看到了路的盡頭。我看見它露出悲傷的神色，它已經知道了該是道別的時候，它默默轉過身，想要離開：「老朋友，其實我的答案就在這裡，你已知曉！」我已無力，卻大聲喊道。神采飛揚。它卻笑了，一切盡在不言之中。這一瞬間，天地便釋然。

我睜開眼，兩袖含淚。今宵酒醒何？楊柳岸，曉風殘月。醒時如夢，靈魂卻帶給我真實之感，我彷彿聽見它在向我喃喃：「這是我的答案！」

再回首，一切恍然如夢。

事與願違，我卻獲益良多

四勤 夏偉涵



這次鋼琴比賽的經歷，讓我深刻體會到失敗的意義和成長的力量。

鋼琴比賽結束後，我靜靜地站在一旁，臉上沒有太多表情，內心卻波濤洶湧。周圍的選手和觀眾們，有的興奮地討論著剛剛的精彩表演，與我的沉靜形成了強烈的反差，彷彿戰爭後無助的難民一般。我感到一種深深的失落和沮喪，彷彿整個世界都在嘲笑我的失敗。

這場鋼琴比賽，我曾滿懷期待。賽前，我日夜苦練，只為在舞台上綻放光芒。然而，真正比賽時，緊張的情緒打亂了我的節奏，連續彈錯了好幾個音符，我的手從自信漸漸變得猶豫。比賽結束那一刻，失望如影隨形。我覺得自己日日夜夜的努力都白費了，心情低落到了極點。走在空曠的大廳里，燈光顯得格外清冷，仿佛在映襯我的失意。大廳裡的燈光昏暗，牆壁上的陰影像是無數雙冷漠的眼睛，注視著我的失敗。

我走著走著，一個瞬間改變了我的想法。

我看到一位頭髮花白的老人，他坐在鋼琴前專注地彈奏著，溫暖的陽光灑在他的身上，像金子一樣閃耀。他的眼神中滿是對音樂的熱愛。那一刻，我意識到，失敗其實並不可怕，真正可怕的是缺乏再次拼搏的勇氣。著名解說員賀煒曾說過：真正的成熟是不停地從失敗中重新面對，直到戰勝。

反思這次比賽，我確實太過緊張，心態沒有調整好，這是注定失敗的。我決定吸取教訓，在未來更加努力地練習。我會制定一個更科學的練習計劃，並且學會在比賽前放鬆心情，調整心態。

這次的經歷讓我明白，拼盡全心去做一件事，即使結果不盡如人意，也不會有遺憾。因為我們可以在失敗中成長，為下一次拼搏積蓄力量。這場鋼琴比賽，雖然未達我所願，卻讓我懂得了堅持和努力的意義，讓我在成長的道路上又邁出了堅實的一步。

讓我們以熱愛的心態去拼搏各種各樣想做的事吧！

事與願違，我卻獲益良多

四勤 何港藍



命運如同頑皮的孩童，總愛與人開玩笑。我每次滿心期待的事情，往往落空，而那些未曾預想的事卻在不經意間降臨。回首過往，我多次經歷事與願違，但在挫折中成長，從中收穫的寶藏卻數不勝數。

猶記得小學時期，代表學校參加全港普通話朗讀比賽。那次比賽，我精心準備，對朗讀反覆雕琢，對著鏡子練習表情和儀態，甚至走路時都念念有詞。牢記著，背錯一個字就強迫自己重頭開始，追求完美，渴望在舞台上大放異彩，收穫掌聲和讚揚。

可是在比賽當天，我面對一百多名觀眾，緊張情緒如惡魔般纏繞，我在舞台上發揮失常，忘詞、結巴、身體發抖，狼狽不堪。最終結果，我與獎項無緣。那一刻，我覺得全世界的天塌下來了，滿心期待如泡沫破碎，未來的道路彷彿變得灰暗，只留下深深的挫敗感。

雖然這次朗讀比賽失敗，但它如一束光，照亮了我內心深處的懦弱。我開始反思，意識到自己過度追求勝利，忽視了心態的調整。於是，我嘗試參加一些小型朗讀活動比賽，在一次次鍛鍊中克服緊張情緒，學習如何在壓力下保持沉著、冷靜。如今，面對觀眾發言，我不再畏懼，自信從容。那次事與願違的朗讀比賽，當時覺得天塌下來了，回過頭看，全都化成了泡沫。在挫折中成長，我找到了屬於自己的天空。

事與願違並非命運的惡意，更像一場精心安排的考驗。它讓我們在失敗的苦澀中品味甘甜，在失去時懂得珍惜，在挫折中成長。當我們回首時才發現，那些看似偏離航線的經歷，其實是通往更廣闊無邊美好世界的通道，讓我獲益良多，塑造了更好的自己。

人生感悟

四勤 鍾雨伶



每個人都是獨立的個體，無論是親情、友情還是愛情，都只能陪伴我們走過一段短暫的旅程。我們能做的，唯有順其自然，珍惜當下。

回想起我前兩年的生日……

我有一個無話不談、志同道合的知心朋友。比起說是好朋友，我更願稱她為家人。我邀請她與我共同慶祝生日，卻見到她欲言又止的神情。她說：「今年似乎沒法一起過了，我參加的科學研究會議，剛好是你生日那天，我無法出席你的生會會，對不起。」聽完，我收起了笑容，不由自主地質問她：「你明知道那天是我生日，怎麼不推掉？還是你根本忘掉了。」我心中充滿了失望和傷痛，覺得她不再重視我們的友情。

半晌後，我愧疚地握住她的手，說：「對不起，我話總是說在前頭，沒有經過腦子思考。我應該站在你的角度想，這是難得的一次機會，生日可以補過。」她不斷撫慰我的情緒，宛若哄著寶寶般輕聲地回答：「沒關係，我懂你，總是把友情放在首位。」我的眼淚再也藏不住。

到現在畢業後，想起這件事，我都心存歉意。即使我們現在已經不再聯繫，隔著千里過著各自的生活，但我依然記得，她耐心喊我的模樣，我們曾經的點點滴滴。我明白了，真正的友情是不需要強求的，過度強求只會將朋友越推越遠，反而導致這段關係提前結束。

當時只道是尋常，再好也是從前，逐漸離開是常態，珍惜當下已足夠。任何人都只是階段性和流動性的。我強迫朋友與我共同慶祝，導致我們之間產生了隔閡。通常朋友對我八分熱情，我便以十分回應，但有些事情是不宜強求的，需要時間沉澱。人與人之間的緣分和關係是注定的，不斷失去和獲得新感悟和新體驗。

任何時候，隨緣便是最好的選擇。漸漸地，我也養成了接受事與願違的習慣，不再強求任何事和人。

與時間同行

四信 張太嘉



時間，是一位無聲的旅人，悄然地穿梭於歲月的長河之中。它看不見，摸不著，卻又無處不在，以一種恆定的節奏推動著生命的進程。我們無法阻止時間的流逝，卻可以選擇與它同行，在有限的時光裡，書寫屬於自己的精彩篇章。

記憶的時針撥回到童年。那時候，時間仿佛是一條緩緩流淌的小溪，清澈而寧靜。夏日的午後，陽光透過樹葉的縫隙灑下斑駁的光影，我和小夥伴們在院子裡嬉戲玩耍。捉迷藏、跳皮筋、打彈珠，那些簡單而快樂的遊戲，讓時間在歡聲笑語中悄然溜走。我們不知道時間的寶貴，只覺得日子漫長而無盡頭。每天都充滿了新奇和期待，期待著下一次的冒險，期待著長大的那一天。

隨著年齡的增長，時間的腳步也漸漸加快。上學後，繁重的學業讓我開始感受到時間的壓力。每天背著沉甸甸的書包，往返於學校和家之間，日子變得忙碌而充實。課堂上，老師的講解聲如同一首激昂的交響曲，引領著我們在知識的海洋中遨遊。課間休息的短暫時光，是我們放鬆和交流的時刻。我們會談論著最近看的一本好書，分享著自己的小秘密，或者一起憧憬著未來的夢想。在那些日子裡，時間是一本厚厚的教科書，記錄著我們的成長和進步。青春是人生中最美好的時光，也是時間流逝最快的階段。十七八歲的我們，懷揣著對未來的無限憧憬，踏上了人生的新征程。考試的壓力如同一座沉重的大山，壓得我們喘不過氣來。我們每天早起晚睡，爭分奪秒地學習，只為了能在那場決定命運的考試中取得好成績。圖書館裡的燈光常常亮到深夜，教室裡的讀書聲此起彼伏。在那段緊張而忙碌的日子裡，時間是一支燃燒的蠟燭，照亮了我們前行的道路。

終於，我們迎來了文憑試的那一天。當最後一科考試結束的鈴聲響起，我們如釋重負地走出考場，心中既有解脫的喜悅，又有對未來的迷茫。那一刻，我們才真正意識到，時間過得如此之快，三年的高中生活就這樣匆匆結束了。我們即將告別熟悉的校園和老師同學，踏上新的人生旅程。

大學的時光如白駒過隙，轉瞬即逝。在大學校園裡，我們有了更多的自由和選擇。我們可以參加各種社團活動，拓展自己的興趣愛好；可以泡在圖書館裡，閱讀那些經典的文學作品；也可以和朋友一起去旅行，領略不同的風土人情。在這個階段，時間是一幅絢麗多彩的畫卷，描繪著我們豐富多彩的青春歲月。然而，美好的時光總是短暫的。轉眼間，我們就要畢業了，面臨著就業的壓力和人生的抉擇。



快點兒

四信 劉思豪

在人生的旅途中，我們會遇到各種各樣的人和事。有些人會陪伴我們走過一段漫長的路程，而有些人則只是匆匆過客。但無論如何，他們都是我們生命的一部分，都在時間的畫卷上留下了獨特的印記。我們要學會感恩那些曾經陪伴過我們的人，珍惜那些美好的回憶。同時，我們也要勇敢地面對生活中的挑戰和困難，不斷地超越自我，創造更加美好的未來。與時間同行，是一種態度，也是一種智慧。讓我們在時間的流逝中，不斷地成長和進步，用我們的努力和汗水，書寫出屬於自己的輝煌人生。活出精彩才是生命的意義。



「快點兒！」這或許是許多人從小到大聽到最多的一句話之一。在成長中，耳邊總能響起那句熟悉的「快點兒」，從父母催促著我們起床、上學，到老師提醒我們要抓緊時間完成作業，最後可能到工作時上司對效率的要求，感覺這句話於我們生活中無處不在。

在小時候「快點兒」作為我們成長道路上的激素，往往意味著一種積極向上的態度。當我們被要求「快點兒起床」、「快點兒穿衣服」，其實是在培養良好的生活習慣以及自我管理能力。隨著年紀的增長，「快點兒」的含義逐漸豐富了起來。它不再僅僅是關於日常瑣事的效率提升，更成為了追求夢想道路上的動力源泉。面對學習壓力或是個人發展中的挑戰時，「快點兒」提醒著我們要時刻保持緊迫感，勇於突破自我限制，在有限的時間內創造無限可能。

進入初中後，「快點兒」的含義變得更加豐富。不僅限於日常生活中的提醒，更多是指精神方面的成長。「快點長大吧」這句話有時也會出現在長輩的口中。他們期待著我們能早日成為一個獨立自主的人，能夠承擔起屬於自己的責任。同時，這樣的期盼又讓我產生一絲焦慮，成長的過程真的可以加速嗎？還是說每個人都會有自己與眾不同的節奏呢？

到了高中，「快點兒」則更多變成了對學業成績的要求。面對日益激烈的競爭環境，我們都希望自己能夠突飛猛進，快速掌握知識並取得理想的成績。尤其是在準備考試的日子裏，每一天都很煎熬。「快點復習」「快點完成作業」，這些話時刻都提醒著我們學習對前途的重要性。長輩也常說，學習好能改變一個人的前途，可以讓前路有更多選擇，所以迫不及待的想更快掌握學習，這不禁讓我擔憂了起來。我真的能改變到我的前途嗎？

然而，並非所有的「快點兒」都是正面積極的，高中的「快點兒」越來越豐富，要承擔的事越來越多，背起的包袱越來越重，一味的想快點，壓力可能就越大。這樣反而就造成了一些煩躁的心情，令自己陷入困境，沒法專心地學習。所以當過度強調速度而忽視品質時，這種壓力反而會成了導致學習成效低下的導火索。比如在某些需要深思熟慮方能得出結論的情景下，盲目地追求快速完成也可能會造成錯誤的結果。又或者長期處於高強度的學習狀態下，不僅影響身心健康，也會降低自己的學習動力。正所謂「寧可枝頭抱香死，何曾吹落北風中」，寓意寧願追求自己重視的原則和標準，也不能隨便決策，草草了事。

談談現今的師生關係

五信 李予涵

此外「快點兒」也教會了我們懂得感激別人。在那些看似平凡的日子裏，正是因為有了師長和朋友的支持與鼓勵，才讓我們有了能夠堅定面對挑戰，不斷向前邁進的意志。故此，當別人對我們說快點兒的時候，請不要將其看作一種命令或指責，而是要從中體會和感受到那一份別人對我們的期望和關心，並以此作為動力，成為更好的自己。

那我們又應如何恰當地使用和理解「快點兒」呢？這在於找到一個合適的平衡點。一方面，我們應該鼓勵自己和他人珍惜時間，充分利用每一刻去完成自己的目標。另一方面，也需要注意不要讓這種緊迫感變成壓倒自己的稻草，建立健康的生活節奏。區分哪些事情值得投入更多的時間和精力，更不要讓自己有更多的負擔。正如諺語所說「欲速則不達」急於求成往往會適得其反，只有腳踏實地地穩紮穩打才能達到目的。

總而言之，「快點兒」這兩個字雖然簡單，看似是催促卻包含了深刻的意義。它既是外界對我們提出的要求，也反映了內心深處渴望成長的願望。通過合理地對待每一個「快點兒」，我們可以學會更有效地管理時間，理解每一聲「快點兒」背後蘊含的意義與期許，並且感受那承載著人們對美好生活的憧憬。



自古以來，「尊師重道」便是中華傳統文化中重要的一部分，古有「程門立雪」，在寒冷的雪天中等待老師；今有給老師送「敬師卡」的活動，雖不及古人那般嚴肅，但也在這飛速發展的時代中顯得難能可貴。

對於學生而言，學校無異於「第二個家」，畢竟每天待在學校，與老師與同學相處的時間比和家人在一起的時間更長。於是，學校賦於老師更多的責任，不僅是教書，更重在育人。學生與老師，好比子女同父母，雖沒有血緣關係，但學生的品行，甚至於人格的塑造，都與老師息息相關。

如今，隨著社會的進步與變革，長存與中國傳統社會中的上下級關係被逐漸淡化。現代人的思想更加開放與活躍，不再願意被束縛於嚴肅的「尊師重道」的關係之中。如此一來，學生與老師發展為好友，彼此間的分寸感幾乎不復存在，也不足為奇。這本身不是壞事，可如果這樣的情況不受控制，卻不利於學生的培育。

無疑，師生關係日漸融洽，可以使環境更加和諧。但學生與老師，都需要遵守規則，才可保持分寸，一種恰當的距離。互相尊重，互相感謝，互相學習，才不會使師生關係變得畸形。

風雨

五信 李予涵



常言道：「人生如風雨」。在寄予願望，或送出祝福時，我們總說：「希望來年風調雨順」，「祝你順風順水」。本是虛無又飄渺的抽象之物，人類既抓不住風，也捉不了雨，卻總是對其飽含著無比的期待，賦予其耐人尋味的含義。而我們頗愛晴朗的日光，畏懼狂風暴雨的侵襲。

人類害怕風雨，但人類離不開風雨。有風帆船才能起航，有雨莊稼才能存活，生物得以滋養。憶起小時候，我因轟鳴的雷聲不敢入睡，最後却又在雨的催眠下昏沉過去。人生亦如此，倘若日日都是大晴天，又怎會感受到陽光的溫暖和珍貴呢？偶爾的「風雨」能讓人更懂得珍惜當下，懂得「未雨綢繆」。因此風雨其實是一位重要的人生導師。

其次，面對風雨，我們雖微小，但並不弱小。放眼古今，在挫折來臨時，我們總能被激發出一種韌勁。這種韌勁，好比蘇軾在仕途不順，一波三折後寫出「一蓑煙雨任平生」的曠達。越是經歷過風雨，便越能與其和解。這種和解並不是承認自己現況的無奈，而是一種發自內心深處的平靜。好比挫折總伴隨著成長，伴隨風雨的，還有學會撐起傘的人，學會在風雨中淡定自若地行走的人。困難固然可怕，重要的是我們是否有尋找解決方法的能力，是否有迎难而上的勇氣，是否有重新再來的魄力。

彷彿不是「人生如風雨」，更像是「無風雨，不人生。」經歷隨著年歲一同增長，一路從「不惑」到「知天命」，意味着不再為事情所驚訝，無論怎樣的風和雨都經歷過了，才會真正感受到生命的滋味。哪怕我們早早就明白了這樣的道理，也仍無法避開挫折帶來的打擊。只有任由這漫長時間的流逝，親身去感受每一場狂風，每一場暴雨，每一個晴天。我們能做的，只有在停滯不前，陷入泥濘不堪時，盡量放下難過的情緒，擁抱當下每一刻，無論悲喜，儘管以「也無風雨也無晴」的心態去體驗這風雨的人生。

談談現今的師生關係

五望 朱雨湘



《師說》中寫道：「師者，所以傳道，受業解惑也」。古往今來，社會對老師的期望都是近似的。但現代社會的老師已有了極大的變化，他們心地教書育人，亦變成了亦師亦友。

還記得，初來香港上學的我對於粵語，繁體字及英語學習都有極大的缺漏，成績單上常常是篇科嚴重。我一愁莫展之時，班主任們竟主動地用他們的個人時間幫我分析弱項，並自己熱心地為我探索英語的學習資料，鼓勵我使用將英文融合到日常的方式鍛鍊我的聽說讀寫能力。他們中大部份並非我的選科老師，主動地輔導我，自己的個人時間幫助提升。不只是班主任，其他科目老師明白我學習上的困難與優勢，都會給予我參選競賽的資格與精進班的培訓。不局限於上學日，甚至包括假期，他們總是有耐心地有問必答，毫無架子。線上線下的一聲聲「加油！」「你可以的。」老師看好你，背後承載著沉澱的關懷與信任。

在現代的師生關係中，學生可以以輕鬆隨和的態度與老師求教，老師亦會平易近人，熱情地鼓勵學生，以助他們全面發展；而古代的師生講求「嚴師出高徒」，學生需恭敬謹慎地發問，彼此溝通也因此有隔閡，生分。

兩種師生關係各有得升，若師生間過分親近亦失了分寸，導致懶散；若師生間過分失分影響了主動發問，導致有所缺漏。我理想中的師生關係，應是師長「恩威並施」，在教授學生書面知識的同時亦傳授為人之道。助學先建立正面價值觀，全方面發展；而學生對師長，應敬而不畏，親而有度，已成為品學兼優，德才兼備的棟樑。

與當下同行

六信 嘉澤軒



夕陽西沉，餘暉染紅了天空，為雲霞橫上一層金邊，暖色的路燈亮了起來，如雄獅壯碩般的男人與我同路，我們一路說著話，走進深秋的黃昏，一巷燈火深照夜歸人，日落在等黃昏，黃昏在等歸家的人，「不必在意夕陽的落下，因為他遲早會再次升起，你只需要記住當下這輪紅日」，父親總是喜歡調侃我對未來的擔憂，無心的話語卻使我內心觸動，樹蔭下，夕陽倒映眼眸。

小時候，父親總喜歡繫著我遊山玩水，打著「欣賞自然」「見多識廣」的名號，其實本意只是樂於出遊罷了。一日天公不作美，出門前仍是晴空萬里，出門後烏雲伯伯便現身施咒了，咒語一滴滴打在我的身上，倒是令我好不自在，父親皺眉擔憂，拉著我於屋簷下躲雨，對面是馬路。好受了些，我站直欣賞「煙雨美景」昏暗的街道，尋不到一絲光亮，灰濛濛的街道上，卻隱隱約約看見一位老人，推著車，向我們走來，老人身影若隱若現，我看見他裝束邋遢，彎腰駝背，緩緩推著一車小食，父親擔心我受餓，上前問價，三十塊錢一包，老人見有人光顧，倒也並沒有非常熱情招待，彷彿只是平常唏噓的客人一般。

「老大爺，這麼大雨還出攤呢。」父親接過遞過來的小食帶著幾分善意問候。

我只想到不是甚麼美食，但此時難得的美景，也增添了情趣。老人算好價，接過錢。

「若是沒生意，那豈不是白跑一趟？」父親直勾勾的望著老人。

「人生在世短數十載，何必捨近求遠，區區數十塊，倒也不會阻礙生活，活在當下，按照自己性情來就好。」老人不鹹不淡的開口，說罷便離開了。

我的目光一路跟隨老人直到走遠，才拽了拽父親衣角，「為什麼他這麼灑脫啊？」我半知半解問道。

父親收回視線，低頭望著我笑了笑：

「因為他活在當下。」那是我第一次聽到這句話。

當時的我卻未曾真正了解這句話。中考接踵而至，我深陷自我內耗的漩渦已久，彷彿無形的枷鎖束縛住我的靈魂，那時候的我，因模擬考試失利而氣急敗壞，淚流滿面，彷彿整個世界失去了色彩，對於未來的恐懼與不安讓我在每個夜晚輾轉反側，我擔憂成績下滑，害怕失去優勢，努力學習，卻總是在成績上得不到應有的

回報，我不甘於平庸，卻不敢直視自己的不足。我更了解到父親公司業績不足，面臨裁員，父親的同事各個忙前忙後，但父親依舊按時回家，彷彿事不關己，陽光踏進窗台，灑在床邊，我詢問他為何如此不緊不慢，他只淺笑回答：

「今天還沒結束呢，何必憂慮明天。跟當下的人事好好相處便是。」

這句話猶如一把鑰匙開啟了枷鎖——「或許這些看似不可逾越的困難，遲早於不經意間化為過往雲煙。」

中考上榜，我獲得不錯成績，那一刻我再望見父親，才明白到原來人生中的每一次挫折與失敗，都是成功的墊腳石。

我開始學習放下內心的焦慮，不再為過去的事糾結，也不再為未來的事擔憂。我開始專注於當下，享受生命的每一瞬間。

時間與我賽跑，慢慢的，我也嘗試趁著假期打工，臨近年假，我已收拾行李準備回家，同事興奮找到我說：

「今年聽說過年加班業績增加，升職加薪機會就在眼前！」

我收著行李，頭也不回平常心的說到「確實不錯。」我起身背上行囊，拍了拍他的肩頭，「只是不必執著得失，當下，還有更重要的人等你。」說罷出門，不久前還人來人往的大道顯得些許蕭條，我漫步走在前往火車站的路上，心中不自然浮現李白的那首詩「暫伴月將影，行樂須及春」，在這條大街奔跑的人們，又是否見識過這朵晚霞，是否欣賞過這片樓宇，是否細看這條街道，跟當下的人分吃過屬於這城的美食。回到家中，我看見父親躺坐在椅子上，一擺一擺的，璀璨的月光，撥開樹葉灑在小溪上，再由水流帶他們前往銀河。父親眼也不睜，只是懶散問了句「回來了，怎麼這麼晚？」我笑了笑緩緩開口：

「急什麼，今天還沒過呢！」

父親聽到這句話也是睜開眼與我對視，他看著我突然大笑起來，父子對視，默契自在其中，腦海中不禁浮現那句話，「人生不是要等待暴風雨過去，而是在暴風雨中起舞」。我想，我已經學會活在當下了。

或許我們真該做一個像向日葵一樣的人，朝著太陽升起的方向，微笑著看待每天的日出又日落，青春當然易逝，但只要心懷勇氣，寥寥幾許青春，卻比年少時更珍貴，過去與未來太過遙遠，現在，卻觸手可及。

最難忘的一節課

一望 曾淵鵬



每天我們進入學校，上過許多節課，可能有些課我們只是一略而過，並沒有留下什麼印象；但有些課，就會給我們留下深刻的印象，而且是難忘的。今天，我就來說說我最難忘的一節課——體育課。

記得那是小學五年級的一個早晨第一節課，體育課。一上課，肖老師就說：「今天，我們要考一個一千米跑步的考試，及格的完成時間是4分30秒。」我當時就納悶了，一千米本來就很多了，還要用這麼短的時間跑完，這怎麼可能啊！

我迷迷糊糊地做完準備活動，就準備開跑了。第一次跑一千米，我很是緊張，生怕無法通過，又得重新跑了。果然，如我所料，前期還有點力氣，可以跑一會兒，後面就愈發體力不支，光是走兩步就很難了，更何況是跑步呢！所以我在後段跑程非常無力，艱難地一步一步跑著，六分鐘才跑完這一千米。

因為我剛才沒有通過考試，所以我只能重考，休息了幾分鐘後，我就繼續跑步，這次我加快速度，卻還是沒通過，不過這次成績是五分鐘。就在這時，其他人都通過跑步考試，可以自由活動了，就我們還待在這裡跑步。

我焦急地就問老師：「為什麼我不能通過啊？老師，到底怎樣才能通過啊？」老師就耐心地跟我說：「你不要一開始就用盡全部的力氣，要放穩速度，在後期才開始加速。」於是我就開始按照老師說的方法跑。就這樣我又開始跑了一千米，雖然還沒過，但是有明顯的進步。

在我跑第五圈的時候，我感覺沒力氣了，耳邊響起老師鼓勵我的話：「加油！堅持就是勝利。」於是，我咬緊牙關繼續向前跑，我一開始就沒用盡全部的力氣，但因跑了許多，我感到自己身體像被掏空了一樣，沒了勁兒。這時，耳邊又響起老師對我的吶喊：「加油！你一定能行的！堅持住，不要慢下來。」老師的鼓舞瞬間給我無比動力。對！要堅持！不要停下來！終於，我通過了這次跑步的考試。

這次難忘的考試，這節難忘的課，不僅讓我掌握了長跑的技巧，更讓我明白了一個道理：只有堅持不懈，才是勝利的真諦；也更好地印證了「世上無難事，只要肯登攀」這句話。多麼難忘的一節課啊！

最難忘的一節課

一勤 劉芯彤



「叮鈴鈴……」上課鈴聲響了，伴隨著小學最後一次的鐘聲，班主任緩緩走進教室。「同學們好！」「老師，您好！」這一次的問候語，我們一個個都特別認真，因為，這或許是最後一次全班向老師問好。

教室裏逐漸安靜下來，班主任轉過身，在黑板上寫下「 $1+1=?$ 」的大字，隨後轉身說道：「同學們，你們知道一加一等於幾嗎？」教室裏立刻傳來幾聲竊竊私語和竊笑。老師微微搖頭，面帶笑容地說：「不，這不是數學題。」教室裏的同學們都開始議論紛紛了。不是二，那是什麼？

正當同學們滿腹狐疑的時候，老師將平時最愛惹事生非的張思賢叫了出來，讓她站在講台旁。「好的，現在，有沒有誰願意和張思賢面對面，和對方說一聲謝謝？」班級裡的議論立刻停止了，你望我，我望你，似乎沒有一個人願意上去，因為張思賢平時在班裏總愛打人報告，得罪了不少人呢！這時，班主任輕輕在我耳邊說：「你是班幹部，應該給大家做個好榜樣，對不對？」無奈之下，我只好起身，磨磨蹭蹭地往講台走去。她可是我的「死對頭」！居然還讓我跟她說謝謝？這怎麼可能呀！

縱使心裡有一百個，一千個不願意，但面對老師的要求，我還是得乖乖去做。我站到講台旁，往下面一瞟，同學們看我的眼神都好像很複雜，半是疑惑，又透露出一點敬佩。在他們的注視下，我轉身面對張思賢，盯着她的眼睛：「謝謝你！」我看見她笑了，我也對她報以微笑，她的笑容是那麼真摯，也包含着欣慰。她向我鞠躬了：「謝謝你！」，她說道，眼中閃動著淚光：「對不起。」「沒關係！」我答道。最後，我們相視而笑。我知道，我已經原諒她了，從內心深處真正地原諒她了，而我們都已經重歸於好了。教室裏傳來一陣熱烈掌聲，我欣慰地笑了。老師重新走上講台，大聲說道：「同學們，我相信你們已經知道 $1+1$ 等於什麼了！現在，就請你們把它寫下來吧！」

是的，老師，我明白了，一加一還可以代表團結與友愛。這，就是我最難忘的一節課。他不僅告訴我，不要因為一點點小事就和別人結下仇怨；也告訴我為人處事的道理：有時，成功並不只靠一個人，只有團結，才會像「 $1+1$ 」一樣，有一個清楚、圓滿，成功的答案。

一件受委屈的事

一勤 劉芯彤



一天週末，我像往常一樣在寫作業，殊不知那天一場誤會即將來臨。

我媽媽有個習慣，我只有在規定時間或特殊情況下才可用手機，而這件事就是由手機引起的。

寫完一項又一項作業，正當我奮筆疾書之時，媽媽突然衝了進來，挑起眉毛厲聲說道：「把手機拿出來！」手機？什麼手機？正當我疑惑之時，媽媽將音量調高了一倍：「拿出來！」我回頭望了一眼氣極敗壞的媽媽，鼓起勇氣小聲問道：「什麼手機？不是收了嗎？」「還敢狡辯！那我放餐桌上的手機怎麼沒了？趁我休息時你又出來幹什麼？」這下可說不清了，我又沒拿，更不知道手機剛才在餐桌上，我剛剛還去客廳了，真是啞巴吃黃蓮，有苦說不出啊！我一遍又一遍為自己辯解，媽媽的臉色也越來越難看。終於，媽媽罵道：「你小子還敢狡辯！今天晚上之前給我寫篇五百字檢討書！再把手機交出來！不然你明天別想吃飯！」我被這一段問責嚇壞了，媽媽已經氣得發抖了，眉毛都快立到天花板上了。媽媽也不想理我，走了出去。

我心傷透了，我是清白的啊，媽媽為什麼就是不相信我呢？

過了幾個小時，正當我準備交出那張檢討書時，我驚奇地發現手機原來就放在窗上！只是不太容易發現。「媽媽！你看手機在這兒呢！」我喊道。

真相大白了！雖然我被罰寫了五百字的檢討書，但心裏還是萬分高興，我開心地接受了媽媽的道歉，只要她以後不要再這麼不信任我就行啦。

我深刻反省的一件錯事

一勤 劉芯彤



從小到大，大大小小的事也經歷過不少，但都如煙霧般早已忘卻，但總有一件錯事讓我每每想起時，都能讓我深刻反省，那是一件小事，不足為奇，或許父母早已忘記了，但我卻時常想起。小事雖小，但它卻讓我改過自新。

那是冬天周日的一個下午，我正在寫作業一切都安靜得出奇，暖暖的陽光從窗戶折射進來，灑在牆面上，書桌上，金色的薄紗就這樣布滿了房間，一切都是那麼的舒適。

媽媽去臥室休息了，走進臥室前，已再三叮囑我要將作業做完，我埋下頭，一聲不吭，做著做著，面對這些無聊透頂的作業的我漸漸變得不耐煩起來，我突然想玩手機了，可是媽媽一定又把它收起來了。唉，這多無聊啊！可是，如果她沒有收呢？想著想著，我輕輕地走出書房，朝餐桌上一看，呀！手機正靜靜地躺在午後的金色的陽光裏等著我呢！

我心裡一陣竊喜，這機會實在是太難得了！但轉念一想，我還要寫作業呢！我作業本上還沒寫幾個字呢，我回到書房，但思緒根本不在作業本上，而是飄到那部手機裏了。我越是不讓自己想，我越想玩手機，我早已無心寫作業了。最終，我還是抵抗不住這誘惑，悄悄拿起手機，刷起了視頻。

手機中的短視頻在我開始看的那一刻起，已將我拉進了一個只有歡樂的世界，在這世界，我已完全忘記了時間，更是把作業的事忘得一乾二淨。

時間就這樣，在陽光的腳步裏悄悄消逝了，當陽光從牆面上悄悄爬到手機上時，我終於清醒了。一抬頭，呀！怎麼已經看了四十多分鐘了？完了！這手機太燙了，媽媽一定會發現的，怎麼辦？這時一個聲音說誰叫你要玩手機的？另一個聲音說大不了就被罵一頓唄，怕什麼！聽了這兩個聲音，我更是進退兩難了。

正當我絞盡腦汁之時，媽媽出來了，她和平時一樣，準備在餐桌坐下，她看似隨意的準備拿起手機，這一刻我已失去了知覺，不要，不要，不要……完了！她手已經碰到了！不過令我驚訝的是，她居然裝作像是沒發現的樣子。用平常的語氣問我：「作業寫完了嗎？」我支吾著答道：「還有一點……」「是嗎？」媽媽的語氣又突然變嚴厲了，說實話！我……我……我不知道該說甚麼了，只好承認了。

夕陽西下，今天有難得的火燒雲，但我已無心欣賞了。我靜靜地等著一場暴風雨來臨。

奇怪的是，媽媽並沒有罵我，也沒有罰我，而是靜靜地看著我，我突然感到很對不起她，我不僅沒有完成承諾的事，還欺騙了她。「對不起，媽媽，我知道錯了……」

我深刻反省的一件錯事

—勤 莊雅琪



在那一個春意盎然的季節里，我犯下了一個至今令我追悔莫及的錯誤——因為期中考前分心沒有複習，那是一個陽光明媚的下午，本應是我埋頭苦學，備戰即將到來的期中考試的時刻，我卻讓外界的誘惑輕易地俘獲了我的心。

當時我拿出書本準備開始複習，我被窗外絢麗多彩的燈光秀所吸引，那五彩斑斕的景色讓我心神蕩漾，我忘記了時間的流逝，沈浸在這美景當中，書本靜靜的躺在桌上，彷彿在無聲地嘆息，而我卻視而不見，任憑寶貴的時間變成了薄公苦，因一吹就飄向了遠方，再也回不來了。

當夜幕降臨，星辰虎綴著天空，燈光秀也就此結束了，我才如夢初醒，意識到了自己的疏忽。那一刻，心中充滿了無盡的懊悔和自責，我深知，每一分鐘的鬆懈都是對知識的褻瀆，每一刻的放縱就是對未來的不負責，我錯過了複習時間，就像錯過了一場滋潤內心的甘霖，讓乾涸的知識大樹無法在考試中發芽和成長。

結果顯而易見，這次考試是我六年中考得最差的一次，這次的反思如同一面明鏡，照出了我心中的浮躁與不成熟，它教會了我一個寶貴的道理：「自律是通過成功的橋梁，而分心則是通往失敗的深淵。」從此以後，我要靠我堅強的意志，打敗所有外界對我的引誘！

正如古人說：「業精於勤荒於嬉，行成於思毀於隨。」當我將這句話銘記於心，時刻提醒著自己要珍惜學習的每分每秒，用勤奮鋪滿未來的道路，我也相信在不久的未來自己的努力與勤奮終將得到回報！

記一件暑假期間發生的事情

—勤 劉芯彤



那是在暑假裏平常不過的一天，天氣照樣非常炎熱，在那天發生了一件雖小但有意義的事。

走出小區，我看見路邊站着一個小女孩和她的媽媽，他們手裏拿着一個黑盒子，一動不動地站在那裏。我正覺得奇怪，忽然，小女孩對我說了一句「早晨」，我很詫異，因為我不認識她，而且她又彷彿不是在對我，我不禁下意識地加快了腳步，將媽媽甩在了後面。

這時，媽媽突然叫住了我，正在我滿腹狐疑的時候，只見她掏出了一兩張紙幣，放進了那個黑色盒子裏，我心底突然冒出了許許多多疑問，我並不明白媽媽為甚麼要捐錢，如果換做我，恐怕早已逃之夭夭了吧！

媽媽走了過來，好像對我說這是每年都會舉行的捐款，還問我願不願意當志願工。啊？我嗎？我才不想在太陽底下站一個下午呢！可是，捐給有需要的人哪怕是十幾二十塊也好啊！我甚麼時候變成這種人了？我被我剛剛的想法嚇到了，我不禁對我剛才的想法感到羞愧，這真的是我嗎？

天氣似乎更加炎熱了，我麻木地走着，一邊想，為什麼我會變得如此冷漠？難道我正在和大多數人一樣，正漸漸變成冷漠的旁觀者嗎？

記一件暑假期間發生的事情

—勤 鍾樂瑤



我最印象深刻的事情就是暑假回去內地的表妹及外婆家暫住幾天，為什麼呢？

第一天，我起床到處跑，絲毫不知道今天要做什麼。直到媽媽叫我換衣服後，她迅速給我收拾小書包，然後我們便急急忙忙地出發了，直到看見表妹站在我面前才知道我們要在這裏住一段時間，知道後我當然十分開心，因為我們好久沒一起玩了。

我們第一天整理好房間後便躺了下來，因為我們太睏了。第二天吃完早餐後，我們便一起外出了，我們一起自製飲料，味道和賣出奇地好，然後我們一起在秘密基地聊天，一起分享趣事，我們一直聊到吃晚飯呢！不得不說飯菜味道是真的好吃，我吃了大半碗飯呢！

每次回來，我們都會在某天晚上去奶茶店，大人在一邊聊天，我們五個小孩當然在外面玩了，木頭人、捉迷藏、叮捉、過家家……有的是玩，外面有一片廣闊的地方，有很多停泊的汽車便是我們捉迷藏的絕佳地點，既安全又完全不用擔心，因為汽車不會常常駛過來，甚至沒有車會經過，而地面有些雜草可作屏障，簡直是玩耍的絕佳地！

第二天早上我們便要走了，雖然我們都很捨得彼此，不過，放假過去，來回頂多兩小時，偶爾小假也可以一起玩呢！

長大一些就好了

—勤 黃朝欽



每一個人都要經歷長大，從一個天真的小孩慢慢變為成年人，心中可能會有一種恐慌，但又十分的期待。

從兒時到現在，成長的路上總半隨着家人的陪伴一起渡過，從幼兒園到小學，我覺得自己在慢慢的成長，但離長大還差一大截。

當我在小六時我時不時就會向父母開口要生活費，並且我並不懂什麼叫做理財，所以在花錢的時候我總大手大腳的，也因此讓我的生活捉襟見肘。考試差時還會被父母削減生活費，那時我心裏，就時常盼着：長大一些就好了，長大我就可以自己掙錢自己花，經濟獨立了，想去哪裏想買什麼由自己作主，那自由別提多麼起勁了！這種想法現在也與日俱增。

回到家裏也不能鬆懈，常常要寫很多作業，也有很多時候早出晚回，我也時不時抱怨這學習給了我太多的壓力，我十分羨慕正在外面工作的男子，因為他們給我們帶來的反映是十分的輕鬆，他們也是十分的外向，有些可以時不時的出去走走，有些在和同學、朋友們在外面用餐、有些在下班後可以和同事們一起去娛樂，但是讀書的就都要在學習，根本沒有放鬆的機會，放學回家後還要寫作業，根本就不能做自己想做的事情，所以我十分希望我可以快一點長大，把自己想做的事情全部都做一次。

我十分的希望長大一些就好了！長大了之後我就不必再為學業成績感到擔驚受怕。到色彩斑斕，長大是成張，是蛻變，長大是把責任，擔當和愛，扛在自己的肩

長大一些就好了

二勤 董悅嘉



在人生的長河裏，我們總是不斷地成長，從蹣跚學步到健步如飛，從牙牙學語到口若懸河，成長過程中的每一個階段都伴隨著不同的挑戰與收穫，而長大一些就好了。這句話彷彿是對我心中最大的慰藉，它存在著對未來的期許，對當下困境的釋然。

在我四歲那年，外公患病嚴重，全家人都忙得七上八下的，我一臉茫然地看著忙碌的家人們，不知發生了什麼，也不知道當時的我應該做什麼。我坐在病房的一角，看著躺在病床上的外公，我似乎明白了外公生病了，我走到病床旁，握著外公的手說：「外公，你怎麼了？」外公眼裏閃爍著淚光說著沒事，雖然我小，但是那時候的我看過動畫片裏的小孩子生病了都會去醫院，躺在病床上，想到這一切的我含著淚水問道：「外公，您是生病了嗎？」外公哽咽了，眼淚也流了下來，點了點頭，那時的我就想，如果我長大一些就好了，就可以照顧外公了。

白天父母上班，只有我跟姐姐在醫院，比我大十歲的姐姐已經如此成熟，可以幫外公端茶倒水，提醒外公按時吃藥，對外公的照顧無微不至，而姐姐照顧外公已經那麼辛苦，還要照顧我，慶幸的是當時正處暑假，姐姐不用每天處理學業上的事情，當時的我又是在想那句話——如果我長大一些就好了，就可以幫姐姐分擔，姐姐也不用照顧我了。

到了晚上，父母下班來到醫院，那時候我多希望自己能長大，就算是只能幫外公捶背，幫父母倒水也好。大家都忙得不可開交，要叫護士換藥，媽媽更是要回家做飯帶到醫院。忙了一天的父母晚上還要在醫院陪床。依稀記得那是一個月黑風高的夜晚，那晚的月亮很皎潔明亮，月光透過窗戶灑在病房的地面上，我被月光喚醒，我看著房間裏的一切：沉睡的父親、母親、姐姐和外公，父親和母親坐在凳子上，趴在床上，姐姐蜷縮地躺在沙發上，外公則是躺在病床上。我不禁哭了，驚醒了母親，母親帶我走到走廊，俯下身子親問我怎麼啦？我依偎在母親懷裏，哭著說：「現在的我也幫不上忙，只有每天呆呆地坐著……」媽媽摸著我的頭說：「等你長大一些就好了。」就這樣，我依偎在母親的懷裏入睡了。慢慢地外公的病也在漸漸好轉，這句話也伴隨我整個童年，使我期待長大的那天。

當我回望過去才發現原來「長大一些就好了」這句話並非空穴來風，也確實有著深刻的道理，如今的我，和當年的姐姐年齡相仿，我也會告訴自己，當遇到困難和挫折，要相信自己的力量和潛能，努力成為更好的自己。

一次演奏經歷

二勤 周慧美



「意志堅強的人，能把世界放在手中，像泥塊一樣任意揉捏。」

這是一個特別的暑假，演奏比賽失利，心情曾經仿似天上黑壓壓的烏雲，不見一絲光芒，直至我聽到我給自己的掌聲……

這次炎熱的暑假，我每天日以繼夜地練習，深信努力一定可以帶來好結果。樂曲「將軍令」流動的琴聲，在我彈撥間仿佛變成了萬柄劍……我暗自下定決心：「我一定要刻苦練習，拿出好成績，讓所有人認可我！海口我來了！」

到了比賽場地，海南的天氣像是沸騰的油鍋，可是賽場像一個冰窟，就像這兒評委的表情一般，冷冰冰。明明很冷，我卻緊張得冒汗，差一些讓今天的妝容融掉。我先是鼓勵一下自己，再做一個深呼吸，希望緩解一下自己的緊張情緒，但似乎沒有什麼作用，馬上到我了，只能硬著頭皮，強制讓自己冷靜。

「下一位，該你上場了！」工作人員對我說道，我檢查了一下自己佩戴的假指甲，便匆忙上場。「評委老師們好，我演奏的曲子是『將軍令』。」說話時，老師們面無表情地盯著我，想泰然自若是不可能的了，每吸一口氣都享有玻璃碎片刺進鼻子。第一段，搖指，像是士兵們吹響可開展的號角，緊張又神秘。隨著我的抬手，一個呼吸間便開啓了第二段，面前彷彿出現一個智勇雙全的大將軍，只是這將軍似乎在我的手下碎倒了。一陣激進的琴聲響起，風呼呼作響，兩軍對壘在沙場廝殺，號角齊鳴，最終得勝回營的情形。一曲結束，我並沒有如釋重負，因為我很明顯感覺到自己失誤了，用餘光瞥見臉色不太好的評委，我低下頭，灰溜溜地離開賽場。

走上海口街道，看著喧鬧歡騰的人群，他們為好風景好食物好旅程等各樣的事情而開懷大笑。啊！我不是也要為自己長期的努力喝彩嗎？雖然暫時未得到評判的認可，但有錯誤就要改進，多了經驗就會淡定啊！自我肯定，永不放棄，我就是第一個為自己拍掌的觀眾！

籃球比賽的精彩瞬間

二勤 蔡仁凱



在暑假的某一天，我在手機上訂購了一張高鐵票，準備去看我人生中第一場近距離的籃球比賽，此時我的心情忐忑不安。

到了比賽場地我掏出了門票，就走進空調冷風嗖嗖的室內籃球場，冷得我直哆嗦。一轉眼間整個籃球場變得人山人海，突然間燈光聚焦在一個地方，正是球員出場的地方，隨後只見一個個球員威風凜凜地出場，這時我才發現這場比賽是香港金牛對上海，只見每位球員都默默地注視自己要防守的球員。

噹！比賽奏起戰鬥的號角，進攻方球員都十分有默契，只要互相對視一秒，便把球傳給對方，雙方把比分拉到一致，比賽時間將要耗完，在最後時刻，港隊投出了最後一球，大家都屏氣凝神地看著這球進不進，突然「刷」的一聲，籃球空中入網，全場沸騰了起來，歡呼聲震耳欲聾！這次比賽看得我膽戰心驚而又歡喜若狂。

這場比賽告訴我，無論比賽時間剩下多久，哪怕是幾秒，也要堅持到最後一刻，永不放棄！

長大一些就好了

三望 劉嘉恆



小時候，總覺得時間過得太慢，盼望著快快長大，彷彿長大就能擁有無盡的自由與神奇的力量。那些荒誕的言行，思想，如今想來，卻如同一顆顆閃爍的星辰，點綴著童年的天空。

依稀記得那是小學五年級的一次課堂上，老師正在認真地講解習題，而我正被窗外的一隻鳥吸引著注意力。它歡快地跳躍著，嘰嘰喳喳地叫著，彷彿在向我訴說著外面世界的精彩。我忍不住悄悄伸手，想去抓住它，結果引得全班同學哄堂大笑。老師無奈地看著我，搖搖說：「長大一點就好了，就能專心聽講了。」那一刻，我羞愧地低下了頭，心裡下定決心要改掉這個壞習慣。

隨著年齡的增長，我漸漸明白了專心的重要性。然而，成長的道路上總是充滿各種誘惑，讓我時不時又陷入那些荒誕的行為。國中的一次考試，成績出來後，我看著那慘不忍睹的分數，心情低落到了谷底。我開始懷疑自己的能，甚至覺得自己一無是處。回到家，我把自己關在房間裡，不想面對父母失望的眼神，媽媽輕輕地推開門，走了進來，坐在我的床邊，撫摸著我的頭說：「孩子，別難過，長大一點就好了，你會變得更堅強，更懂得如何面對挫折。」

回顧從前，那些荒誕的行為彷彿是成長的足跡，每一步都記錄著我的青澀和懵懂。而現在，我雖然已經長大，但還是有許多需要改進的地方。我開始學會自我反思，每天晚上都會回顧自己一天的行為，找出那些不足之處，並努力改正。我也明白了，成長是一個不斷自我提升的過程，沒有終點，只有不斷前進。展望未來，我依然有著「長大一點就好了」的期望和自我安慰。我希望自己能更成熟穩重，能夠在面對困難和挑戰時，保持冷靜和理智。我希望自己能夠擁有更廣闊的視野，能夠看到更遠的地方，追求更高的目標。我知道要實現這些目標，需要付出更多的努力和汗水。

在國中的學習生活中，我每天都在努力讓自己變得更好。課堂上，認真聽講，積極回答問題，不再被外界的事物所干擾；課後，認真完成作業，主動學習課外知識，拓寬自己的知識面。我也參加了各種社團活動，鍛鍊自己的組織能力和溝通能力。這些經歷讓我逐漸變得自信和堅強，也讓我更加明白自己的優點和不足。

然而，成長的道路從來都不是一帆風順的。有時候，我會遇到挫折和困難，會感到迷惘和無助。但是，我從未放棄過，因為我清楚，只有經歷了風雨的洗禮，才

能見到彩虹的美麗。每當我遇到困難時，我都想起媽媽的那句話：「長大一點就好了，你一定能克服困難的。」這句話就像一盞明燈，照亮了我長大的道路，是一個不斷學習成長的過程。在這個繁雜的過程中，我們會遇到各種各樣的人和事，會經歷各種挫折和困難。但是，只要我們保持一顆積極向上的心，不斷努力，不斷自我完善，就一定能夠讓自己變好。就像那隻曾經被我追逐的小鳥，在經歷了風雨的洗禮後，變得更加自由和堅強。

我相信，未來的我一定會更加優秀，更加成熟穩重。我會帶著對未來的期許，繼續前行，不斷追求更高的目標，讓自己的人生更加精彩。因為，我知道，長大一點就好了，只要堅持不懈地努力，便可實現自己的夢想。



茶盞溫情，孝道長流。

「孝」這個字承載著很重的分量，給我的第一感受就是嚴肅又沉重。這個字眼承載著中華上下五千年的傳統美德和評判標準。在這個變化迅速的社會裏，「孝」也不斷被賦予新的內涵，新的意義。前幾天與一朋好友議論著「孝」這個話題，大家對傳統的「孝道」文化也有著不同的理解。我認為「孝道」如茶，茶湯色澤棕紅、暗沉，香味醇厚但又十分淡雅，入口時苦澀難咽，隨後苦澀慢慢褪去，只在舌尖留下那一抹淡淡的甘甜……

兒時，常常坐在外公的陽臺上。記憶中，閒暇時外公常常會邀請眾多好友來家中品茶、讀報。外公的陽台總是被香氣縈繞，暖洋洋的，那是安心的味道。外公坐在茶几前，茶几上擺著不同的瓶瓶罐罐，各種顏色的茶壺，形狀各異的茶杯……外公的陽台對兒時的我有著奇妙的吸引力，當時特別好奇那些罐罐裏面都裝的是什麼？為什麼每次香氣都能傳到那麼遠的地方？因此每次外公泡茶時，我都在一旁瞪大了眼睛，仔細看，生怕漏下了什麼重要步驟。外公那雙佈滿皺紋的手拿起精細小巧的紫砂壺，打開一個小罐，一股馥鬱的茶香味立即湧了出來，用手撚一把褐色的茶葉放進壺裏。再倒滿滾水，乾癟的茶葉舒展開來，慢慢在壺中舞動著。片刻後，外公將紫砂壺中的茶倒進我面前的茶杯中，我學著外公的樣子，輕抿一口，苦澀在口中散開，咽下後一股甘甜慢慢覆蓋了上來。

外公是嚴厲的。因為父母工作繁忙，我是被外公外婆帶大的。孩提之年，經常淘氣，犯下一些錯誤，每當被外公發現後就會有一次嚴厲的說教。時間一長，對外公就開始疏遠起來了，也不再像小時候那樣黏在外公身旁、寸步不離了，甚至開始討厭起外公的說教來，每次外公批評我，我心中便生起一抹酸澀，隨後眼淚就傾瀉出來。當時父親對我說：「你還是太小，很多道理都不懂，外公這樣做都是為了你好，等你長大後就明白了。外公年紀越來越大了要孝順外公，不要惹外公生氣。」那時年幼不懂父親的用心良苦，只一味的認為自己十分無辜，也沒有把父親的話放在心上，甚至認為父親是為了外公才這樣說的。

隨著年紀的增長，學業也漸漸忙碌起來了，不知不覺間我離外公的陽台越來越遠，不知最後一次踏進外公的陽台是什麼時候了，也許是那天含淚奔出外公的陽台，也有可能是更早，已經記不清了。那些熟悉的茶香，暖進心扉的茶，外公的嘮叨早已被時間沖洗掉了。一天夜晚，因為考試失利而心中滿是煩躁的我推開房門走

了出去，門外漆黑一片，抬頭望去，沒想到走廊的盡頭竟還亮著暖黃的光。走向前去，發現外公還坐在陽台。一輪明月掛在上空，萬里無雲，陽台上的頂燈照得外公銀色的髮絲亮亮的，外公的頭髮什麼時候變得這麼白了？伸手拉開陽台的門，外公還是像幾年前那樣坐在茶几前帶著老花眼鏡讀報，好像一切都沒變，但又確確實實的變了。

我拉出籐椅坐在外公身邊，相顧無言，夏季的夜晚十分寂靜，只有偶爾幾聲蟬鳴。我看著外公的臉，佈滿了歲月的痕跡，眼角的皺紋又多了幾條。我不由自主的留下了眼淚，我現在才意識到自己做了什麼，我開始反思自己的行為。我忘記了小時候那個疼愛的我的外公，而我卻在成長的過程中忽略了外公的感受。

我學著外公泡茶的样子，煮水，溫杯，放茶，沖泡。在那熟悉的茶香再次飄起來時，外公笑了出來。我將滾燙的茶湯倒進外公的茶杯中，伸手遞給外公。外公輕抵了一口茶，看著我，我們不約而同地笑了。

那天晚上，我明白了孝道其實離我並不遙遠，對於我們青少年來說盡孝並不是一句空洞的話，而是真心的陪伴，一次傾聽，一次分享，甚至一杯溫熱的茶。

在當今忙碌的社會，我們忘卻了那個小時候陪伴我們長大的人，只顧忙於自己的各種事情，卻忽略了那個最親近的人。時間不等人，作為新時代的青少年，我們應該傳承並延續中華民族的傳統美德——孝道。

在那之後，我每天都會在外公的陽台中和外公一起品茗，和外公一起分享我生活中的點滴，聽從外公對我悉心的教導。外公為我沖泡的那杯茶的味道我將永遠難以忘懷……

时光荏苒，歲月如歌。



午後的陽光透過窗戶撒了進來，照在試卷的一角，桌上草稿紙被風輕輕吹動，翹起邊來。頭上吱吱作響的風扇伴隨著窗外叽喳的鳥鳴聲，構成了一首以「青春」為名的交響樂。

藏在心底的苦，初中校園。我是中二下學期才轉來香港讀書的，之前一直在深圳上學。剛開始的時候，對這裡的一切事物都感到十分新奇。這裡跟深圳相比輕鬆多了，沒有繁重壓得人喘不過氣的功課；也沒有為中考緊張的氛圍；也沒有像大陸那樣嚴肅的師生關係。在這裡好像都在「快樂學習」。記得剛來的時候，由於聽不懂廣東話走了不少彎路，上課聽不懂老師講的話，再加上教育體系的轉換，讓我不禁對未來感到十分迷茫，就像在走一條未知的路。

既然已經選擇了一條一眼望不到頭的路，可是開弓沒有回頭箭，既然已經選擇了這條路，咬著牙也要走下去。於是我開始在課後自學，努力補足上課落下的知識，趕上大家的腳步。就這樣一步一個腳印慢慢地就趕了上來，在第一次的期末考試取得了還不錯的成績。在我的這個階段，我成長了很多。我認為成長如同雨後春筍，必須經過一場大雨，經過雨的洗禮後，筍才能破土而出，奮力向上生長。當時很多人認為我是很輕而易舉地拿到成績，但是這一抹苦澀我一直埋藏在心底。成長的路好不好走只有自己知道。

字掛在嘴角的甜

中三開學，因為語文成績還不錯的我進了中文第五組，幸遇良師姜老師。姜老師十分友善，待人也十分真誠，經常會給我們準備各種的小禮物鼓勵我們。我們的每一次進步都會被她看到。我每次最期待的就是派卷的日子，不管是大考還是小測，她都會表揚做得好的同學，可能是因為小小的虛榮心，為了能考取好成績，我都用了很長的時間去溫習，結果當然也沒有讓自己失望。每次受到表揚時我的嘴角都微微上揚，心中猶然升起一種成就感，甜滋滋的。

眼框泛起的酸

數學像是一塊我邁向成功路上的絆腳石。剛剛認為自己好像成功了便十分激動，但數學就像一盆冷水潑過來讓我瞬間清醒。每次學數學可謂是我最痛苦的時刻了，數學算是我花費最多時間的一科了，但卻怎麼學都學不透，始終隔著一層捅不破的窗戶紙。經常學著學著，眼角就溢出了淚花，但我也沒有放棄，就算再難也一



初中生活點滴有感

三望 許藝涵

定要學懂。這一場戰役我不是一個人，有老師的教導，有同學的幫助，就算學數學的路是酸澀的又如何呢？我不是孤軍奮戰的。

仰望與回首

回顧我的初中生活是十分充實的，「酸甜苦辣」也都嘗過了一遍，這份記憶會永遠的存在我的心中，是獨家的青春記憶，未來的路也一定會一路生花，輕舟已過萬重山。



在人生的道路上，我們每個人都行跡匆匆，但初中時光好似一盞路燈，使我駐足停留；在記憶的銀河中，存在無數顆明亮的星星，但初中生活彷彿最耀眼的恆星，令我印象深刻。指尖輕拂記憶上的灰塵，似乎我又回到了剛踏進校園的那一天。

那是個陽光明媚的早晨，晨光熹微，我手足無措地坐在自己的座位上，身邊的同學們正聊得熱火朝天，而我彷彿與世格格不入。我茫然地望著四周，心底生起一股寂寞。這時，一只友好的手伸了過來，做出握手狀，是她，她笑臉盈盈地對我說：「你好呀，新同學，很高興認識你。」我呆呆地將手伸過去握手，一股暖流從手心一直傳遞到心窩。我支支吾吾地做完自我介紹後，她又笑了，笑得是那麼燦爛：「那我們以後便是朋友了！」她就像人間四月天那般溫暖美好，將內向不自信的我從深谷中拉起。在她的幫助下，我逐漸地融入了這個班集體，感動與感謝溢於言表。

初中生活裡，不僅存在如此暖人的事，同時更有使我堅強、鍛鍊我成長的機會。

一年一度的班級歌唱比賽前夕，同學們與老師都十分重視，精心策劃著演出，甚至將課程取消來到禮堂排練，我們每一個人都十分努力地投入演出。老師將我分到了第一排正對觀眾，但我一直有些怯場，一站上舞台便會緊張得直冒冷汗，更不用說當台下坐滿密密麻麻的觀眾了。好像黑壓壓的烏雲，令我喘不過氣。

於是我給自己做了充分的心理準備，想象著身旁空無一人，想象著台下無人，又想着不能辜負老師的期望與同學們的刻苦努力。就這樣，我們站上了最終表演的舞台，並幾乎無失誤地完成了表演。當主持人宣布亞軍時，班級中充滿了喜悅，而我有幸能夠代表班級站上台領獎，拿著證書拍照時，充斥在我心頭的感受，不僅有欣喜與驕傲，更有著對老師同學們辛苦付出的感動和克服自我的激動。

心若向陽，必生溫暖，我愛著歲月裡的桃紅柳新，愛著人生道路上的每一處風景，但論起最喜愛的，仍是初中生活。是它帶給了我溫暖與成長的喜悅。回顧我的初中生活，有失意，有沮喪，有愛，有溫暖，更是它教給了我做人的道理，使我沐浴在春光下，向陽而生。

挫折令我成長

三勤 王梓涵



「滴答，滴答。」偶爾有幾滴雨水打在窗子上。我坐在書桌前，看著桌上擺放的數學統測卷上那醒目的紅叉，腳邊垃圾桶中被我揉成團的草稿紙已快堆滿，我卻如何都解不開那道題目，抬頭望去，看見窗台上被風吹雨打的三角梅，花朵在風的摧殘下只剩下了枯枝爛葉，失去了往日的朝氣。我還記得，那花，曾開的爛漫。

看著看著，心中不禁生出了一點煩躁。看著窗外的雨夜是那麼寂靜，我便推開房門打算出去走走。

雨是千變萬化的，有讓人喜愛的春雨「隨風入夜，潤物細無聲。」有讓人難過的「寒雨」「寒雨連江夜入吳，平民送客楚山孤。」；有美得讓人心旌蕩漾的雨「南朝四百八十寺，多少樓臺煙雨中。」但是最出名的雨便是蘇軾筆下的《定崗波》中的雨「一蓑煙雨任平生。」

還記得那也是一個雨夜，那天我驚喜於超常的數學小測成績，看見父親在泡茶，便將這一喜訊告訴了他。父親看到卻只是微微點頭，並沒有我想像中的表揚我：難道父親不應該為我感到高興嗎？我心中頓時泛起層層漣漪，正準備轉身離開，卻看見父親招招手示意我坐下。只見父親慢悠悠的從罐子中抓出一把乾癟暗綠的茶葉，丟進紫砂壺中。再不急不緩地倒上沸水，倒滿。將壺蓋蓋上，沸水變從壺嘴和壺蓋側滾溢出來。

「看吧，水加得太滿就會溢出來，學習也是一樣，爸爸希望你戒驕戒躁，不要自滿。」爸爸將壺蓋打開，將沸水倒了出來，一縷縷的白煙從壺嘴竄了出來，父親再加入熱水，本來蜷縮的茶葉慢慢舒展開去，剩下半壺開水沸騰著……

思緒被拉的回來，現在想想當時自己的不以為然，悔不當初……

只穿了一件襯衫的我在寒冷的冬夜裡早已手腳冰涼，道路兩旁的樹被風雨摧殘的搖搖晃晃，此時的我只想盡快回家。

平時熟悉的街道不知為何變得如此漫長，雨也漸漸越下越大，雨點重重地打在傘上快要把傘給打穿。這時一滴水從我的臉上劃過，涼涼的，不知是雨水還是淚水。恍惚間看到了一個熟悉的身影像我走來，那個人影漸行漸近。走進一看，竟是父親。看著父親慈愛的笑臉他遞給了我水杯。他遞給了我水杯，給我穿上了衣服。

打開水杯，濃香的茶葉味瞬間衝了出來，輕抿一口，一股瀰漫至指尖，髮絲。茶香留於齒頰，溫暖地流盪在心中。「是不是沒有考好啊？」父親關心道，我看著他卻怎麼也說不出口。父親似乎看出了我的心思，寬慰到：「人生中遇見挫折是很正常的事，只要積極面對，就沒有什麼克服不了的，過不去的坎。」

是啊，就像柳青曾說：「沒有誰的人生道路是筆直的，沒有岔道的。挫折是很正常的事，克服了，就過去了。沒有什麼好害怕的，找出自己的不足之處再加以改正，在下次再遇見的時候勇敢的克服就好了。」

在兩週後的數學統測，我不再害怕，而是勇敢面對。在取得了不錯的成績後，我也不再沾沾自喜。在後來的學習和生活中我不再逃避，害怕挫折，每當我遇到挫折時，我心中都會想起那個雨夜和父親的話：「竹杖芒鞋輕勝寫，誰怕？蓑煙雨任平生。」



站在時間的長河邊，發覺時光洪流綿延不絕，回顧歲月往昔，耳邊竟響起悠揚綿長的琴聲，這琴聲是中華傳統文化的見證，更是我過去歲月中的甜蜜回響。我與琴聲同行，琴聲亦與我同行。

疫情期間，我總是在網課後，百無聊賴刷著短視頻消磨著我的精力。一陣琴聲透過手機揚聲器，猶如洪水闖入我心，樂師手中彈奏的那一曲《豐收鑼鼓》打開了我心中嚮往的大門：古箏的聲音帶著濃厚的地方特色韻味撲面而來，伴隨著中國上下千年歷史的民樂文化緩緩向我走來，原來中華民族傳統樂器竟有如此大的魅力令人魂牽夢繞，心曠神怡嗎？心臟因激動而「砰、砰、砰」撞擊著心室，我流淌著華夏子孫的血液已經替我做了一個決定——學古箏。

終於到了第一節古箏課，我學著老師端莊地坐在琴前挺直脊梁，緩緩地將佩戴著義甲的手指觸向琴弦，嘗試著將基本的指法融入彈琴之中。然而，刺耳的聲音從我無法控制力度的手指尖傳來，恍如晴天霹靂一般撕破了我心中的興奮期許。沮喪之餘，老師又耐心的演示了一次。這首江蘇民歌《茉莉花》是最基礎的入門曲目，沒有什麼晦澀深奧的技術含量，但老師的指下彷彿真的長出了純白的茉莉，流淌的音符似乎攜來了陣陣花香，帶領我走進了中國的江南水鄉、紅牆青瓦、小橋流水的美景。如詩如畫、淡雅飄逸。短暫的沈醉之後，老師鼓勵我再慢慢彈奏一遍：同一首《茉莉花》，我的彈法更像是破碎的花在一驚一乍地漂流，不僅跌跌撞撞，時不時還撞上障礙物，如鯁在喉、如芒在背、如坐針氈。嘆息之餘，我想我還應該多多練習。

於是，我在無數個不為人知的日夜，默默練習、反反覆復。艱難的日夜中，唯有琴聲與我相伴，我近乎癡狂或者說是麻木，一次次機械般的聯繫只因演奏出優美的樂曲，是我追求卓越技巧的目標。為了在演奏台上發光發亮，不知煎熬了多久，我終於能夠彈奏出的流暢樂曲，琴聲似乎也略顯悅耳。

到了我第一次站上演奏的舞台，這是一場大型的樂器演奏比賽。我的級別雖然低，但為了拿獎我卻主動要求報名，慶幸我的級別剛好可以參加比賽。想起我無數日夜不斷練習、努力平穩心態，但還是稍顯緊張地演奏了一曲《春苗》。那時我的心中所想，便是取得一個好成績，以回報父母老師，給自己的練習交上滿意的答卷，腦海中努力記憶著自己反反覆復背誦的樂譜和指法。縱使緊張，在聚光燈一亮一暗下，也不知不覺一曲畢。我想，我應該做到了。

我莽莽撞撞且興奮地跑下台，詢問了同樣參賽的選手我的表現如何。卻見他們欲言又止。我信心十足，並保證只想聽實話絕不生氣。

「缺少情感。」

「好像只是在機械地彈，而不是在演奏。」

「像白開水一樣寡斷無味。」

「我還是別說了，你肯定不愛聽的。」

我震驚於這些評價，但也不得不清楚地認識到這些質疑都是實話。最後我只拿了參與比賽的安慰獎。我不甘，我難過，我困惑，分明我不捨晝夜地練習，練習得幾乎麻木，直到滾瓜爛熟，但為何如今的成績卻給我當頭一棒？我忍不住質疑自己，沒有天賦的人注定不配成為一名好的演奏者嗎？

賽後我去請教了老師，並將當天比賽的視頻發給了她。她看完後，心下瞭然，道：「你缺少了古箏的靈魂，才會顯得略生硬乾澀。」我一時語塞，不明所以，道：「靈魂？這是什麼？」老師用琴聲予以我答復：「遠古的樂聲似乎從遠方響起，先是靈動清脆的一段引子，彷彿展現出了王安石所寫『春風又綠江南岸』的春暖花開，生機勃勃充滿著『興奮』；接著樂曲變得流暢優美，更加舒緩，如同白居易筆下『春風吹又生。』的春風拂面，萬物復蘇，讓人感受到春天正在蘇醒，充滿著『喜悅』；隨著樂曲進行，接近尾聲，漸漸抒情婉轉，似乎像範成大說的『萬草千花一飢開。』春苗已沐浴陽光雨露，茁壯生長，已初出長成，於是一切歸於泛音之後的『平靜』。」也是一曲《春苗》，我卻從琴聲中領悟了古箏的靈魂——情感。我的心太過浮躁，目的性太過強烈，因為我過去在意的只有功名利益，學習古箏也只是一時興奮，我意識到我從未真正瞭解過這些古鎮曲目，它們經過歷史雕琢，都是中華文化中璀璨生輝的明珠，不應單純作為獲得成績排名的途徑。其背後的每一個音符都儲藏著非遺傳承人的情感，這些音符伴著這些情，匯聚成川流，流入聽者的心中，喚醒每一個聽者對於中華傳統民族音樂的熱愛，激起能觸動人內心情感的漣漪，動人心弦。

我懂得瞭解作曲家的創作背景，應更著重樂曲中的情感，調整自己的心態，挖掘自己對於中華非遺音樂的真正發自內心的熱愛，剔除內心深處的好勝躁動，不為爭名好利，一心一意做一個純粹的音樂傳承人。晨曦初露，我便坐在琴前，反復練習基本功，「勾」「托」「抹」「托」的指法交輪中，我卻無知覺時光在音符中悄然流逝；夜幕降臨，孤燈下的我反反覆復翻看樂理書，將每一行音符、節奏，努力刻入腦中，一次次練習指法，一遍遍背誦曲目，反反覆復不曾停歇。當彈奏到豪邁的段落，我便會加重力度，彈出蘇軾的「大江東去浪淘盡，千古風流人物。」的氣勢；當彈奏到悲情的段落，我便會放緩速度，放輕力度，彈奏出李清照的：「物是人非事事休，未語淚先流。」的如泣如訴；當彈奏到狂風暴雨的段落，我便會加

強強弱對比，令強更強，弱更弱，彈出許渾的：「山雨欲來風滿樓。」的變幻莫測。日復一日，即使在漫長的時間長河邊，也可見我從未停歇的身影與延綿不絕的琴聲。我以守護中華傳統文化的毅力為盾，以傳承非遺民族音樂的信念為劍，我的練習之路披荊斬棘。

正如劉禹錫所寫的：「千淘萬厲雖辛苦，吹盡黃沙始到金。」我又一次站上了舞台，這次的比賽是國樂之聲比賽的初賽，雖然眼前耳邊都是不同的民樂之聲，但我不再有任何的顧慮和憂愁，因為大家都只是為了弘揚歷史悠長的民樂而相聚一堂。我的心中只回憶著即將彈奏的《瀏陽河》所展現的情感。聚光燈打在了我身上，似乎給了我與古箏共同渡上一層金紗，我心下坦然，我的底氣已經在平日練習中根植。琴聲里，宏利壯觀的瀏陽河水滔滔不絕，悠揚綿長，帶著湖南民歌特色的同時，跟如同我國的千年文化在時間的長河中奔騰不息，樂聲中流傳著悠久璀璨的中華文明。快速的節奏和激昂的旋律映射出情感的爆發，展示出了河流的澎湃和湖南人民的熱情與活力。最後一個小節，曲聲漸緩，聽者彷彿置身於河水溫暖柔和的擁抱中，在心靈深處透過音樂找到了自己對於民樂的歸屬感，內心歸於平靜，台下無聲似有聲，接著便是掌聲雷鳴，其中台下不僅有中國人，更有慕名觀賽的外國友人，接受了震撼的文化輸出下他們臉上浮現的沈醉與動容，映襯著瀏陽河水也將川流不息地將中華傳統音樂帶出國門……琴聲回音止，人們意猶未盡，台下掌聲雷鳴，我心中的石頭終於落地。我想，我做到了！

站在時間的河邊，悠揚的琴聲伴我同行。它教會了我堅持努力，頑強不屈。人不是為了失敗而生的，不經歷風雨怎會見彩虹？我並不是天賦異稟的人，所以我選擇用時間來證明一切，時間的長河會沖淡一切失敗淚水的痕跡，光明終將水到渠成。要知道，時間是公平的，他不會丟棄任何人，但不堅持不努力的人，必會自己迷失在時間的長河中，消磨一生碌碌無為。琴聲便是無時不刻提醒著我心中的熱愛，在我想放棄的時候喚醒我努力與堅持的精神，引領我看見花開萬里，苦盡甘來。它教會了我銘記歷史，傳承文化。中華民族的歷史悠久而燦爛，中國文化更是源遠流長，博大精深，是我們民族的靈魂和精神支柱，身為時代的接班人，我應放下對於成績排名的執著與盲目，沈澱自己，放棄浮躁，要傳承文化遺產，弘揚中國民樂文化，令國樂在世界的舞台上更加璀璨奪目，令文化的時間的長河邊如古箏悠久回響，綿延不絕。

站在時間的河邊，我與琴聲同行，琴聲亦與我同行。



在我心中，有一片被時光溫柔以待的土地，那裡是我魂牽夢繞的家鄉。它如同一幅細膩的畫卷，緩緩展開在我記憶的深處，每一筆一劃都浸透著兒時的歡笑與無憂。如今，雖已離開熟悉的家鄉，但對於家鄉的思念卻如同陳年的酒，愈發醇厚，令人回味無窮。

記憶中，我和弟弟妹妹一起在田間穿梭奔跑著，感受著清風拂面和濕潤的泥土所發出的田野獨有的氣味。雨天過後，原本泥濘的道路越發難走，我們就在小巷中追逐嬉戲，雖濺起的泥水弄髒褲頭，但那種純真的快樂是無法言喻的。

秋天，是收穫的季節。稻田裡金黃色的稻穗低垂著，父母忙碌地在田間穿梭，而我們就在田埂上等待，撿拾著被遺漏的稻谷，空氣中也瀰漫著一股稻香，這是家鄉獨有的味道。「哎喲，這孩子可真懂事呀！」旁邊的阿姨說道，我邊笑邊收著，儘管被太陽曬得黝黑發亮的臉上掉下豆大的汗珠，嘴角也壓不住地往上揚。

我一路走到了村後的小溪邊，那可是孩童們嬉戲的好去處，那裡的水清澈無比，只見水草輕輕地搖蕩，水底中的石頭也被沖洗得光滑圓潤。不禁讓我想起從前與夥伴戲水的回憶，我們互相潑水，水花飛濺，河面閃閃發光，笑聲如溪水般清脆悅耳，每一個人的笑臉都洋溢著幸福和滿足。常常有婦女來河邊洗衣服，她們一邊洗衣一邊拉家常，還提醒我們：「別把衣裳打濕，小心回家被父母打。」說著便笑起來，真不知道是怕我們被收拾還是想到了小時候的自己。我們光著腳在石子路上奔跑，汗濕了我們的衣服，但卻澆不滅我們心中的歡樂。

歲月如梭，我們也漸漸長大，離開了童年的小天地和家鄉，曾經熱鬧非凡的院子可能已經空了也可能倒塌了，但家鄉的記憶永遠都會鐫刻心底。鄉情是那田野，鄉情是那泥濘的道路，鄉情是那清澈的小溪。家鄉是記憶中美好的時光，也是那回不去的從前。

讓我成長的一位老師

三仁 岑明湘



回想起小時候，真的還很懷念那些時光，有一位老師一直影響著我。

那是我小學的補習班老師，她是一個很不一樣的老師。她很喜歡穿長裙，長長的頭髮散落在背後，遠看像一個仙女，她帶著一副圓形框眼鏡，但遮擋不住她一雙明亮的眼睛。她每次跟我說話都會認真回答我，我特別喜歡他。有一次，學校要我們寫日記，我很苦惱，因為我不知道要寫什麼，爸爸媽媽要工作，並沒有時間陪我出去玩，我到了補習班找姚老師，她就說週末可以帶我出去。我當時開心極了，想著可以出去玩，又可以和老師一起。

到了週末，我應約在公園等她，她和以往一樣穿了長裙，就像我認為的仙女一樣。我開心的跑過去，她便帶我開啟今天的行程。她帶我到一家甜品店，我們一起吃了蛋糕，又帶我去公園玩，那是我非常開心的一天，我那時真希望時間可以永遠都在那一刻。那次我的日記寫得滿滿當當，是我寫過內容最豐富的文章。

可是時間過得很快，一轉眼我就快要小學畢業了。在那之前我非常害怕，我怕新的學校很難適應，但她給我寫了一封信，上面有許多鼓勵我的話。她跟我說了許多，讓我以後遇上不開心的事都可以找她聊天，但總不能經常見面，我需要成長，要放下以前的孩子氣。我聽得很想哭，但我要成長，總不能經常哭。

到現在，我總是會懷念她。我們雖不能經常見面，但她對我說的話，我會一直記得。

老師，謝謝您

三仁 陳栢樂



蔡老師，謝謝你！如果沒有你，便沒有如今的我，十分感謝你無微不至的照顧！

蔡老師是我小學生涯中十分重要的老師。小學四年級那年，我犯了一個大錯，我冒簽了考試卷的簽名，只因成績不理想，害怕家人會把我痛罵一頓。被發現後，班主任便通知了我家人，我頓時驚慌失措。這件事交給了蔡主任處理，我對她的第一印象是一位氣勢洶洶的老師，她不像其他女老師有一對目光和藹的雙眼，她而是有一對充滿殺機的眼神。不只如此，她還有「順風耳」，不管我在課堂上如何用比蚊子聲量還小的聲調聊天，還是會被發現。

她上來就質問我試卷為何要自己冒簽，本來我還想狡辯，但看到她那一目了然的眼神，便灰溜溜地解釋起經過來。她看我知錯能改便不再追責，而是苦口婆心地跟我說一大堆大道理。而她也知道我的父親十分兇惡，所以便一直為我解釋，說這次考試十分困難，成績不理想也是正常。日後，我便不斷在小息請教蔡主任很多不懂的問題，她也會一一解答我心中的疑惑。說她是老師，我更覺得她是朋友，我十分感謝她。

直到畢業多年，我仍十分捨不得她。蔡老師，謝謝你的教育之恩！

感恩有您，造就不一樣的我

三仁 李珞彤



想到小學六年級，我曾有一位恩師。張老師同時是我的班主任和數學課老師。還記得呈分試將近，同學們都格外緊張和努力，為了在這次重要的考試中獲得好成績，考上心儀的中學。在這背後誰不是面對著巨大的壓力呢？

那時距離呈分試還有十天，心急如焚的我在上課的時候溫習著其他科的練習素材。當我抬起頭來，跟她對視了一眼，眼看沒有讓我收起來的意思，我覺得他應該沒有發現，便繼續寫。老師在教學時都會邊走動、邊觀察、邊講書，當張老師走到我身邊時，我便會有一種心慌的感覺，但我依然沒有收起來，面對著時間的壓力，我迫不得已花費這些上課的時間去溫習。

一直在寫無關課堂上的作業，但他並沒有在多人面前揭穿我，沒有讓我覺得難堪，其實再往深一層想，老師沒有義務不去揭穿我們，錯的是我們。在下課之後，老師主動找我，輕聲細語地跟我說：「珞彤，有什麼不會的嗎？我可以教你。」這瞬間讓我感動得眼眶不禁湧出淚水，內疚的感覺湧上心頭。經過這十天來老師對我無微不至的教導，最後，我考上了心儀的中學。

我很感謝這一位盡心盡力教育學生的恩師，就因為他的善良，而讓我的人生出現了一點小轉折，如果當初沒有他的教導，我想我應該不會有好的成績，更不會考上好的學校。

感恩有你，造就不一樣的我

三仁 林姿瑜



在我生活中，有一位讓我感到尊敬的老師，他就是我小學六年級的班主任，黃老師。我十分感謝他把長時間生活在自己世界的我，變成了如今開朗的我。

灰暗暗的開學日，因為疫情剛結束，那時的我還不是很會跟別人社交，算是班上的一個小透明，心裏十分渴望能有朋友陪伴我過這段小學生涯，像電視校園裏的女主就好了……每次小自己一個人站在窗邊看著操場上的同學們個個有說有笑，十分羨慕。這時，一個溫柔的女聲從身後傳來，「怎麼了？自己一個人呆在這裏，是不開心嗎？」看我的班主任，黃老師，我從未仔細端詳過他的相貌，長髮及腰，臉色慈祥，眼如秋水，十分動人。「嗯……什麼。」我答道，但他仿佛知道我有秘密藏在心裏似的，便回道：「有什麼不高興的事可以說出來哦，老師會幫你的。」說完便走開了。到家之後，黃老師那句老師會幫你的，一直在我的腦海裏揮之不去，深深地印在我的腦海，我要不說出來吧，說不定呢？我心想。

「老師，那個，請問我是不是很孤僻啊？」我說，「為什麼這麼說？」她說道。「因為我沒有朋友，好傷心。」「要不你多多跟同學交流？我想他們會接受你的。」老師語重心長的說。

「你好，我們可以做個朋友嗎？」「好啊！」這是我第一次交到知心朋友，我小學最寶貴的經歷。

感謝黃老師，讓我懂了很多人情世故。

我人生中的路燈

三仁 許芯媛



老師像一盞盞路燈照亮著學生，在分岔路口教導以及幫我們選擇正確的道路，不讓我們誤入錯路。每個人的人生中都會有自己的路燈、自己尊敬的老師，而我的心中，我人生中重要的那盞燈是我小學時的語文老師——夏老師。

夏老師是個特別溫柔，永遠不會發脾氣的老師，她只會輕輕的，用著她婉轉動聽的聲音與你講道理。當她給我們上課時，就會用各種有趣又可以讓我們學會知識的小遊戲。

還記得有一次，我正在認真上著她的課時，有個同學因為生病的緣故不停咳嗽著，夏老師也注意到了默默記了下來。一放小息，夏老師便回到自己的工位上拿了個喉糖給那位同學，還對那同學說：「如果還不舒服就要跟老師說，老師送你去醫務室休息。」

我認為這不是甚麼大事，卻能看出她對同學的關愛。我現在已經升上初三，我依舊與她保持聯繫，向她傾訴不愉快的事。她便是我人生中的路燈。

因您，伴我成長

三仁 黃洛琳



在我從小到大有一位恩師，小學二年級和認識她——余老師。

他是我的音樂老師兼學校老師，是他令我在音樂方面產生了強烈的興趣。在學校，他的氣質總是和別人很不一樣，水靈靈的眼睛，高鼻梁，總是帶著微笑對待別人。

我最初開始參加合唱團，並不熟悉這位老師，他也是我的啟蒙老師，我認識了音樂——這個特別的藝術。他總是默默無聞的為同學付出，在其他學生的眼中，認為他總是很凶，但我的眼中他是一個充滿藝術的一位老師。

我還記得第一次去他的工作室，一進門口就見到一臺鋼琴，掛著很多角寫著「ZU」的畫，當時的我並不知道是他畫的，在我瞭解過後，這些話都是他所創造，因為我大受驚訝。每一幅都十分生動細節，原來他不僅會鋼琴在繪畫天分也是超凡，真是一位「藝術家」。

它教會了很多大道音樂技巧，小到家中凡事，都教導我如何解決，思考，可惜的是自此我小學畢業後，就再也沒有見過他。當我知道他已經離開教師這行業的時候，我先是驚訝在是坦然，我自認為現在的我還沒做好他當初所教。但我很想告訴他，我一直在堅持唱歌，不忘他所教，也不忘當初的自己。

最後，我很感激，當時他一直鼓勵我堅持，也感謝他的諄諄教導，無論我之後是否會從事藝術的行業，我也會感謝這位恩師——余老師。

讓我成長的劉教練

三仁 梁雯詩



訓練結束後，我就和球員們聊著訓練的內容，我要治療著就搖到了教練們。我們都在感歎以前打比賽的時候，教練在一旁指導我們。真的好懷念那時。

那年，我剛進籃球隊。我來得早，所以見到的第二個人就是劉教練。他長得很像熊貓、眉毛很濃、有一頭烏黑色的頭髮，我們以為他很凶，結果她對我們很溫柔、還很有耐心。在此刻我對他的第一印象改觀了。他便走過來跟我談話，問我是不是剛進來的新隊員？雖然剛開始會有一些尷尬，但是到後面居然有點親切的感覺。訓練的時候，教練教我們上籃。但是我不會啊，我又不好意思去問教練。就在這時教練把我叫到一旁，教我上籃。

他看我好像沒有聽懂，於是又耐心的教我幾遍，並且還示範射一遍。到後面我已經能熟能生巧了，我很感謝他教會我。不止這一個片段，時間又跳轉到我到最後的半年。到了那天，經過半年的訓練。雖然打的不是很好，但是也能勉強去當個替補。我十分緊張！因為這是我第一次的學界比賽，我有教練帶我們去比賽。他一直在跟我們說不要緊張、放鬆一點，比賽途中，我們和對方處於水深火熱之中、不分上下。但是我發現我們隊有個缺點，就是防守不認真。一下子就被對方過了，當時教練叫我上場，但是我很緊張！突然他拍了拍我的頭，跟我說不用害怕、放輕鬆！我又不負眾望，認真守好每一球，並且勝利了！

我很感謝教練這麼耐心、溫柔地指導我訓練和比賽，雖然你離開這個球隊，但是我們很想念你。謝謝你無微不至的照顧我們！

手中的禮品

三仁 羅涵月



落葉輕輕飄落在我手上，這是一份讓我回憶的珍貴禮物。

後園的棕櫚樹下，片片落葉隨風飄舞，秋天悄然而至。在我幼時，爺爺總是在這棵樹下陪伴著我。每逢秋天，爺爺喜歡邀請三五好友在這棵樹下聚會，我和小夥伴們則在一旁嬉戲。爺爺總是慈愛地呼喚著：「一心！快過來！」我們跑過去後，他便開始和老友們追憶往事，講述他們年輕時的趣事。「小時候我們偷吃涼糕，被長輩追著跑呢！」他總是這樣敘述，我們也聽得津津有味。從前的歡聲笑語似乎還迴盪在耳邊，可如今望向樹下，卻只見一張孤零零的椅子，孤獨地與落葉相伴。我走上前，撥開落葉，坐了上去，不禁閉上眼睛追憶往事。夏天時，爺爺總愛在傍晚帶我到樹下玩耍。他經常坐在躺椅上，一邊泡茶一邊和我說話。我說：「夏天的晚風最涼爽！我們小時候可沒有風扇。」我一邊聽著，一邊在地上玩玩具。忽然，我感到一絲涼意，一陣秋風吹來，不知不覺，我身上又多了幾片落葉。如果不是這陣風，我幾乎忘了，秋天已經來了。

秋天時，爺爺總愛在樹下的躺椅上小憩，微風輕拂，不一會兒，他身上便會佈滿落葉。直到晚餐時間，媽媽叫我們吃飯，他才起身，一邊笑著抱怨落葉太多，一邊去洗手吃飯。

然而，有一次，我卻沒在餐桌上看到爺爺。只見爸爸臉色陰沉地跑到後園，隨後和媽媽帶著我匆匆上了車，只留下哥哥催促我快吃完飯去睡覺。

我拾起一片落葉，仔細端詳著。媽媽的呼喊聲傳來：「吃飯了！」我帶著那片落葉回到屋內，留下那張躺椅與落葉相伴。

那天以後，我再也沒見過爺爺。他雖然離開了人世，卻留下了這份讓我無盡回憶的珍貴禮物。每當秋風吹起，我總會想起爺爺慈祥的笑容和溫暖的話語。這片落葉，彷彿是爺爺對我無聲的訴說，訴說著他對我的愛和關懷。爺爺的愛，像這片落葉一樣，永遠陪伴在我身邊，給我無盡的溫暖和力量。

給諸葛亮的信

四望 羅嘉敏



尊敬的諸葛亮：

當您看見這封信的時候，您已經出征討伐戰爭了吧。寫這封信的原因是什麼呢？主要是因為劉禪獨自一人掌管蜀國政治的事情，他雖心地善良，為人老實，但太愛玩了。不懂得辨別是非，讒言和忠言，身邊的小人數不勝數，劉禪被擾心境而忠臣卻很少有進言，劉禪還不一定相信。

以您的聰明才能，讓後人崇拜，把您看作智慧的代表，再加上您盡職盡責，鞠躬盡瘁，為國為民偉大的心懷，我們也一直在學習您的精神，讓人民團結起來。有許多後輩對您十分敬仰，成為心目中的完美的人的模範楷模。

您對君主的責任和照顧，我們都看在眼裡，您在蜀國危難之際毅然出征，為的是保護國家安全，為了人民的幸福

您的智慧，您的精神我們一直都在追隨您的腳，現在人民幸福，國家安全，我們這些青少年都積極向上，為國爭光。

敬祝安康

羅嘉敏敬上
二零二五年一月七月

油甘子的聯想

五勤 周可婷



凹凸不平的斑駁紋絡覆蓋在青綠色上，外形酷似迷你版的青蘋果，乍一看只有我兩個大拇指大小，吃下前是個不可預測之物，我並不知道接下來會有什麼奇遇。踏出那一步后，銳利的牙鋒穿過略硬的薄外皮，發出脆爽的聲音，苦澀的外皮雜夾著讓我眉頭一緊的酸，好似在考驗我有多少能耐，是生活的挑戰、是無處可釋壓的人際關係、又是學業上的壓力……就像是身體透支、肌肉用盡所有力氣酸澀、早已精疲力盡的我，就在想放棄之際，被碾碎的果肉釋出的汁水漸漸在口腔中回甘、發甜，細細地品嚐甘汁，仿佛是已翻過的山頭、放下沉石的喜悅，幾秒前的苦澀早已過去，只留下甘甜與清香在口腔中蔓延，那甘，是發自心底的甘甜，越過萬千難關和血汗得來的成功，淡淡清香，讓我反覆回味。

自此以後，找到了人生方向

五望 朱雨湘



我靜靜地坐在窗邊的桌台上，聽見窗外淅淅瀝瀝的細雨聲，月影孤燈下，飄來一縷難辨的暗香。望向窗外的朱紅色花盆，純白的花苞上凝結著晶瑩的露珠，在煙雨中，似乎含苞待放。記憶的月光寶盒悄然打開，提醒我憶起那找到人生方向的路……

那年，剛搬到新家的我同樣坐在書桌前，新學期發的習題冊東倒西歪地堆在桌角的陰暗處，顯示出主人的漠不關心，而我卻沉迷於手中的懸疑小說，樂在其中。那時的我，心中充滿了對新環境的陌生感和對未來的迷茫，彷彿一切都失去了方向。

「吱」的一聲，木門被輕輕推開，媽媽端著熱牛奶來慰問一向刻苦勤奮的女兒，卻只看見我倉皇掩飾的窘迫。她溫和而耐心地詢問：「女兒，怎麼啦？」在媽媽的輕聲細語下，我看似貪玩偷懶的偽裝出現了裂痕。「我好累啊，媽媽，我真的覺得自己很普通……」話說出口，眼眶已然濕紅。在無人知曉的角落，一個剛升入高中的小女孩，本懷著中考大捷的自信與驕傲進入校園，但僅僅一周，她的自信便被踐踏一地。天之驕子的學霸同學、堆積如山的功課、不苟言笑的老師……我引以為傲的學習成績和學習效率全都破碎了。我的學習思維陷入了泥沼，思維的羽翼被束縛，進度停滯不前，步履維艱。

媽媽看著默默流淚的我，先溫柔地環抱了我許久，待我止住抽泣，她才緩緩鬆開，起身從客廳拿來了一樣東西。她將一個朱紅色的花盆擺在我的窗邊，問：「這是什麼花？你覺得怎麼樣？」我看著眼前大片像芭蕉葉的植物，葉子邊沿有枯黃的痕跡，要仔細端詳才能發現葉尖上有緊緊閉合的花骨朵。沒有任何特別之處。「我一般不把鐵樹和花苞擺在房間裡裝飾，有點拉低我的房間品味。」我搖頭苦笑道。

「甘於平庸便會繼續平庸。」媽媽說著，便將這盆看似平庸的植物擺在我的窗台，「普通的人配普通的花嗎？」我一時被媽媽的教育方式感到無語凝噎。夜幕已至，窗外下起了小雨。我躺在床上仰望天花板，只覺得我的學習完蛋了，要不就休學算了，省得在學習上墊底。月光透過窗紗撫上我的眉眼，飄渺的雨絲繞過紗窗飄落我的床頭。涼意讓我一激靈，我起床決定趁夜色悄悄把這盆植物扔到樓道的垃圾桶，畢竟平凡的東西只配在垃圾桶裡自生自滅。然而，我定睛一看，一股耐人尋味的甜蜜花香在煙雨中悠然瀰漫，月光輕撫花苞，純白的花瓣一點一點展開，只在一瞬之間，花苞舒展成了明艷動人的曇花。翹起的花蕊挺立在花瓣中央，閃爍著金黃與粉紅。曇花只在雨中盡情綻放她的光芒與璀璨，比百合雍容，比蓮花妖媚，似乎

用怒放演繹出燦爛而盛大的美。無聲的曇花一現造就了永恆的瞬間，月下仙子用時間沉澱，積蓄全力向我展示了她的平凡只是一時的，因為她不甘平庸。

看著眼前美不勝收的震撼花開，我頓時醒悟。曇花為了一夜的瞬間綻放，積蓄了無數個日夜，即使人們說她平庸，她也不會停止蓄力。正如媽媽所說：「甘於平庸只會繼續平庸。」她放這盆花不為別的，只為告訴我：求學路上的一路失敗與失意，都不應讓我甘於平凡。若是因一時自認平庸普通而放棄求學，才會使自己失去了蓄力一戰，曇花一現的機會。正如徐霞客所說：「無人扶我青雲志，我自踏雪山巔。」

求學之路不為別人，只為自己。前路漫漫亦燦爛，困難與失敗都是求學路上的風景。這些挫折和挑戰，正是我成長的養分，讓我在未來的某一天，能夠如曇花般綻放出最燦爛的光芒。求學之路只有堅持下去，才可見萬里前程。我定當沉澱自己，關關難過關關過，昂首前行。

曇花一現的瞬間，令我自此以後，找到了人生方向。

寫在畢業前

六信 孫千雅



時光荏苒，轉眼間就到了畢業的那年，期待著未來全新的人生階段，也對此感到不安，我的心中充滿了對過去歲月的不捨。那些年裏在教室裏歡笑、爭論、學習，而在這所有的時光中，最讓我銘記的，便是我的老師。

您是那樣默默無聞，卻始終堅定地耕耘在三尺講臺上。每一次上課，您都用心準備，細緻入微地講解每一個知識點，運用自己的方式讓課堂變得生動有趣。您不僅傳授我們書本上的知識，更用自己的行動告訴我們什麼是責任、堅持與愛。您常常在課後留下一段時間，耐心解答我們的問題，無論是書本上還是生活上或者是與人相處上的疑惑，您總是認真對待。

您那無私奉獻的精神讓我對此感到深深的敬佩，您為了我們的未來，放棄了自己的休息時間，甚至犧牲了許多與家人朋友相處的時光。每當看到您在辦公室裏伏案工作的身影，我都感受到一股強烈的責任感與使命感，激勵著我不斷前行。

還記得有一次我因為考試失利而感到沮喪，甚至動搖了自己的信心。雖然我表面上如往常一樣跟同學們打打鬧鬧，想用歡聲笑語掩蓋自己心中的難過，但還是漏出了破綻，因為您注意到我那拙劣的掩飾，並輕聲地對我說：“失敗並不可怕，重要的是從中學習，繼續努力。”這句話如同一束光，照亮了我前行的路。您的關懷不僅僅在於學業的教導，更在於對我們的生活給予溫暖和鼓勵，以及為人處事的態度。您用無私的愛心，滋養著我們每一個心靈，讓我們在成長的路上，學會了面對困難與挑戰。

隨著畢業的臨近，我的心中充滿了對未來的憧憬，但更多的卻是對您深深的感激。在這段跌跌撞撞懵懂的青春歲月裏，您是那位指引我方向的照明燈。您的教誨將引導著我走向更廣闊的天地，成為我人生旅途中不可或缺的一部分。

老師，您就像春天的雨露，滋潤著每一顆幼苗，讓我們在知識的沃土中茁壯成長。您無怨無悔的付出與關愛，讓我明白了何為無私的奉獻。在未來的日子裏，我會將您教給我的道理銘刻在心，努力成為一個有責任感的人，回饋社會，像您一樣，用心去關愛他人。

在這個畢業的前夕，我想向您表達我最誠摯的感謝。謝謝您，我的老師，感謝您給予我的一切教導與關懷。無論未來的路途多麼崎嶇，我都會牢記您的教誨，勇敢的去追尋自己的夢想。在人生的每一個階段，我都將以您為榜樣。

畢業不是結束，而是新的開始。我會帶著您的期望與教誨，一直勇往直前。再次感謝您，我最敬愛的老師，願您永遠健康快樂，繼續為莘莘學子播撒知識與愛的種子。

熱鬧過後，我卻感到失落

六勤 黃子熙



「明年的假期，一定要回來，不要錯過難得的機會。」母親溫暖的道別聲在耳邊迴響，我離開了居住十多年的香港。成績不理想，只能到國內一所普通學校就讀，能否回來也是個未知數。

到了這邊，雖然和他人溝通順暢，但我總覺得自己像個外人，無法融入他們的圈子。幸好，我認識了幾個朋友，本以為找到了歸屬感，卻總覺得還差那麼一點。每當夜深人靜時，我總會感到一絲孤獨，心中那份對家的思念愈發強烈。

記得有一次，學校裡有一份學期末作業，突然提早了截止日期，本來約好了明天要回去和家人過生日，但現實總不能盡如人意。

「媽媽，今年可能不可以回來了，對不起。」

聽著媽媽一句句不在意的話語，如同往常一樣的叮囑，我也明白她的難受。媽媽在電話那頭輕聲說道：

「沒關係，學業要緊，媽媽理解你。」她的聲音中透著一絲無奈和心痛。

直到十二點，我終於完成了報告，拖著沉重的身體回到學校宿舍。

「一心，生日快樂，我們記得的，來我家慶祝吧，大家都在等著你呢！」

到了那裡，打開門，牆壁上貼著「生日快樂」的字樣，各種特色裝飾映入眼簾，音樂隨之響起，營造出熱鬧的氛圍。不同班級的學生都在，雖然只是有過一面之緣，但或許因為我的到來，大家都來了！我很感動，食物、朋友、氣球和滿地剛開過炮的紙屑，構成了我人生中難忘的第一次。大家隨著音樂跳動起來，場面盛大，更讓我看到在香港看不到的滿天星斗。因為我的生日和聖誕節在同一天，所以不單為我慶祝，使我更加興奮，但時間不早了，我也只能吃完蛋糕就離開這個派對。五彩繽紛的燈光閃爍，映照出每個人臉上的笑容，整個房間充滿了歡聲笑語。隨時間流逝，聽著背後派對中傳來的微弱音樂聲，我向相反方向漸漸離開，他們竟沒發現我已遠離。

無疑，熱鬧過後，我卻感到失落。如今，空蕩蕩的街上，只剩我一人，路上的街燈為我指引回家的方向。叮！我不禁看看手機上的一條訊息：



「媽媽：生日快樂」

一股暖流從心而起，我頓時醒悟，原來能填補心靈失落的空洞，不是跟你鬧鬧哄哄的朋友，而是長期為伴無私付出的家人。我相信，在遠處，在家中，有一直支持和為我祝福的人。在遠方，可以依靠的人，可能只是電話那頭的她，遠方的她吧。一切在熱鬧之後，即使只有那一瞬間的安靜，才會知道自己真正需要的。

「女兒：感謝你的陪伴，我也期待再見你。每當我感到孤獨無助時，總會想起你溫暖的笑容和無微不至的關懷。」

指頭觸碰在冰冷屏幕上的一刻，熱鬧過後的失落，我感受到一絲的撫慰。

一次暑假之行

一信 許行遠



我和父親趁暑假一起去了重慶玩，那裡的景色讓我至今難忘。

我們從深圳開車到重慶要十幾個小時，途中經過貴州，湖南等地，我們先開車到了貴州，品嚐了當地的許多美食，然後我們去了湖南的長沙，在那裡看到了許多高山，綠油油的高山連成一片，美妙之極！

最後我們來到了重慶，我們在酒店簡單休息之後，來到了著名景點解放碑，這裡人山人海，好不熱鬧！隨後我們又來到了洪崖洞，在這裡我看了夜晚的嘉陵江是多麼的美麗，向著一處神秘的地方流去……

重慶這個地方太美，好像每一處地方都是一位仙女在跳舞，可惜我還沒看好這裡的景色就要走了。一開始我並不覺得這裡的景色有多好看，但當我真正來到這裡體會到了以後，我才知道這裡的景色目不暇給，真是太好看了，以至於我到現在還流連忘返。

人這輩子有太多後悔的事了，我們要好好看看這個世界，從自然美到人間風景！

「虛擬實境」技術體驗

二勤 方思語



在這次的暑假中我經歷了許許多多的事，其中有不少事情我都已經忘記，唯獨有一件事情讓我歷歷在目。

記得那一天，老師帶我們前往青山精神病院體驗精神病人的日常。

印象深刻的是機構透過「虛擬實境」技術，重塑精神病患者病發時所出現的幻聽、幻覺的情景，讓我瞭解到他們生活的困境。

剛開始時我並沒有覺得精神病患者有什麼生活困難。我體驗後才漸漸理解他們面對生活的挑戰一點都不容易，我代入他們的角色走進菜市場，接著就出現很多的幻聽、幻覺。賣魚阿姨的頭變成了魚，賣雞叔叔的頭變成了雞，心中如一張蜘蛛網罩在心頭，壓抑的氛圍令我喘不了氣。

這次的體驗讓我領悟生命的脆弱和堅韌，提醒我要更加珍惜當下的每時每刻。

古鎮風情

三勤 黃梓茵



在繁華城市的喧囂中待久了，內心渴望一份寧靜。在一個陽光明媚的假期，我走上了樂遊古鎮的旅行。剛走進古鎮，一座古老的牌坊吸引了我的目光，它高大而莊重，歲月在它身上留下了斑駁的痕跡，增添了歷史感。牌坊上的雕刻精美絕倫，每一道線條都在訴說著過去的故事，彷彿穿越回了古代，感受到了先輩們的智慧和勤勞，心中湧起對傳統文化的敬意。

沿著路直走，一座古老的鐘樓出現在我眼前，鐘樓的建築風格獨特，莊重古樸。鐘樓上的大鐘鏽跡斑斑，卻依然能想像出曾經準時敲響的聲音。站在鐘樓面前，彷彿能聽到歷史的回響，心中不禁感慨時光的流轉和歲月的漫長。

再往前走，是一片熱鬧的集市，攤上擺滿了各式各樣的商品，有手工製作的精美飾品，還有香氣撲鼻的特色小吃，以及當地的特色紀念品。人們穿梭其中，挑選著自己喜歡的物品，臉上洋溢著滿足的喜悅。

右拐直走，就到了古鎮最多人去的地方。那座橋上，清澈的河水與待放的花相擁，橋上有許多樹葉落下，人們很配合、安靜地走過。微風吹過，樹上的葉子落撒在橋上，橋上的行人無不被樹葉打到。橋上側邊有許許多多的花兒，時不時會掉落在河水裡被沖走。晚上，還會舉行許多的表演，與早上的寧靜截然不同，讓我的心中感到寧靜與美好。這座古鎮的古老牌坊、古老鐘樓、熱鬧的集市和橋，讓我看到了歲月的沉澱、歷史的韻味和生活的多姿多彩，讓我陶醉其中，無法自拔。我希望未來有更多的機會，再次走進這座古鎮，感受它的美好。

重遊小學校園

三望 黃欣茹



在這個不尋常的週末，我重返那熟悉又略顯陌生的小學校園，漫步於這曾培育我成長的園地，每一磚每一瓦都似乎在訴說著往昔的故事，勾起我無限的記憶與感悟。回到小學校園是因為我想重溫曾經的美好時光，感受那份曾經的快樂和成長。小學校園是我心靈的家園，每一處角落都充滿著對美好未來的嚮往和憧憬。在這裡，我彷彿可以找到曾經的自己。

穿過那條悠長的林蔭道，兩旁依舊是高大的梧桐樹，它們好似歲月的守望者，見證著每一位學子的歡笑與淚水。我輕撫著樹幹，感受著那粗糙而又充滿生命力的質感，心中湧起一股溫暖的懷舊之情。陽光透過葉縫，灑下斑駁的光影，像是時間的指紋，輕輕地在我心湖上撥動。

走進那曾經的教室，一切佈置依舊，只是多了幾分沈靜。我坐在角落窗邊的位置上，望著那片桌面，思緒飄向遠方。這裡，是我夢想起航的地方，每一次發自內心的朗讀課文，每一場激烈的辯論和飛花令，都如同珍珠般串聯起我的記憶。我閉上眼，彷彿還能聽到那朗朗的讀書聲，感受到那份對知識的渴望與追求。小學校園，是我心中永遠的明燈，照亮著前行的路。

漫步至操場，眼前是那片見證了無數運動會、課間歡樂的場地。籃球場邊，那幾棵老槐樹依舊佇立，它們似乎在低語，講述著關於過去的故事。我站在那裡，望著那片曾奔跑過的土地，心中湧動著對那段純真歲月的無限眷戀。是這裡，教會了我團結與協作，讓我學會了在失敗中汲取經驗。

站在這片熟悉的土地上，我感受到了小學校園的溫暖和力量，它如同一座堅實的燈塔，照亮著我前行的道路，讓我充滿信心和勇氣，去追尋自己的夢想。它永遠是我心中的家園，是我成長的搖籃，是我堅強的後盾。感恩小學校園，感恩這片土地，讓我在這裡收穫了友誼，收穫了知識，更收穫了成長和堅強。

離開時，我回頭望了望，小學校園在夕陽的映照下，顯得更加溫柔而莊嚴。

回到小學校園，心中湧起一股感悟，小學校園是我成長的搖籃，是我夢想的起點。每一次回到這裡，都能感受到那份深深的眷戀和期待。我知道無論將來走到哪裡，母校的教誨和關愛將永遠伴隨著我，成為我前行路上的堅實支撐。永遠懷著感恩之心，傳承小學校園的精神，讓自己在未來的道路上綻放出更加耀眼的光芒。永遠懷著對母校的眷戀，勇敢地向前，不忘初心，砥礪前行。

樂遊萬綠湖

三勤 王梓函



1 初一的十月，學校組織了一次秋遊。記得那是初中的第一次秋遊，大家都十分興奮、激動。我們此行的目的地是河源萬綠湖，路途遙遠，一路上老師給我們講解著萬綠湖的前世今生、業界美名，更讓我們對這次的旅程有了無限的期盼。三小時後，我們便從學校到達了萬綠湖——一個美麗又多彩的「新世界」。

2 萬綠湖風景很好，藍天白雲，綠水沃土，好似五湖四海的美景都聚集在這裡。抬頭放眼望去，一行行大雁正在天上飛翔；低頭放眼望去，一條條魚兒正在水中遨遊。一時之間竟沒有人打破這份寧靜，周圍全是小聲的驚嘆「哇！」聲。陸地上的青草翠得奪人眼，河岸旁的野花正在爭相綻放。我們一行人步行上船，坐在船上，在湖的中央細細地看著，不想讓任何美景從眼中溜走。

3 水是多麼清啊！湖底下的石子都看得一清二楚，石子旁有小魚小蝦在那裡藏匿，這天然的環境造就了它們隨意玩耍的樂園。這時，我們班的同學玩起了冒險遊戲，誰輸了誰就喝一口湖中的水，引起了大家一陣哄笑。同學們坐在一起，笑笑鬧鬧，好不歡快！空氣十分新鮮，草香、花香混著泥土的味道飄進了我的鼻腔，淨化著我的心，洗去我在城市的喧囂。我也不再為生活中的點滴感到煩悶，得到了短暫的放鬆。這裡與繁忙的大城市完全不同，我好像徜徉在陶淵明筆下桃花源的世界裡。

4 上了湖中的小島，彷彿又進入了另一個人間仙境。樹林環繞的山坡腳下，有一塊塊石板，石板路的盡頭是一座老房子。房子是由木頭搭建的，在城市中我從未見到這樣的木屋，到處都是高樓大廈，每個人都十分繁忙，就連腳步都下意識地加快，我也不敢掉以輕心，只好努力追趕上這輕快節奏的生活。木屋雖然簡陋，但十分淡雅。房子的角落裝飾著花草草，屋後是一大片高挺的竹林，而小溪就從房子的門口流過，石板橋在上面靜靜地躺著。小溪流速很慢，這裡的一切都顯得十分平靜，在急速節奏生活中的人們也終於能在這鬧中取靜，忙中偷閒了，能在這裡好好的充電，放鬆身心。我的心情也不自覺地雀躍起來了。我想，在這裡居住的一定是高雅卻樸素的人，它像極了劉禹錫所描寫的陋室，留給人們的只有與世隔絕的寧靜。

5 河源的萬綠湖雖不及四大名湖，但秋天的它卻勝過大名鼎鼎的西湖。青山環抱綠水，綠水滋養青山，互相映襯，造就了萬綠湖這美如畫的風景。這時我才真正意識到習近平主席的那句：「金山銀山，不如綠水青山。」漫步在萬綠湖，與身邊好友共享這美景。大家有一搭沒一搭地聊著天，再次感嘆到國家的良好發展，政府的良好治理，偉大的地球母親，造就了萬綠湖這樣一個人間仙境。其實生活中並不缺少美，只是缺少一雙發現美的眼睛。所以在閒暇時間，在急速節奏的生活中，不妨放慢腳步，忙裡偷閒，仔細地觀察著這世間的美好，也許會有不一樣的收穫呢！人間萬綠湖。

If I Had a Superpower

2H Arthanayaka S. M. Prashadie



Sitting in class, I've finished all my work, the classroom feels stuffy and the hum of chatter swirling around us. This isn't pleasant; I want to disconnect, and I can. Welcome to my personal realm, the reality of illusion, Pocket Dimension.

While the allure of traditional superpowers – such as flight, super strength or invisibility – capture most with the fun or the never ending amount of tricks to show off, the power to be able to seal off the world or keep adding to the universe sounds more

appealing to me, and definitely more useful and convenient in day to day life.

My pocket dimension isn't just a storage space. It's where matter can be produced endlessly, the laws of physics and time can be rewritten, and Reality is a concept, a choice. Within its embrace I shall create the sight of water in the desert, or the tranquillity of a moonlit lake in the bustling city. Each visit becomes a chance to make my thoughts come true, an endless ground of soil to plant the seeds of my dreams without the limitations of life.

But the true power of my pocket dimension is not in the ability to escape, but in its ability to relate. The world seems designed to be overwhelming and dangerous, but not frustrating. Imagine living in a buzzing city, lacking the fresh air that all of us know we subconsciously crave for. Yet as you link arms with your loved ones and look up, suddenly it's not the city's cloudy canopy, but instead the break of dawn rises from behind the glistening waters of the sea. The thought of sharing my joy with the ones who bring me up, is exciting.

However, possessing such a power isn't without cons. There can be thoughts such as "I refuse to let such power be used as storage, every single piece of information I obtain shall only be with me, every single thing I find useful or not shall be kept by me, every word shall only praise my being!" The higher you rise, the harder you fall, heavy is the head that wears the crown. But when the head that carries it bloats, the crown falls and smashes what it hits. It's tempting to get carried away and abuse superpower, to place yourself on a throne higher than you can reach. But true power lies in balance and unity, not overusing it. I must remind myself that while my pocket dimension offers shelter and a universe to control, the real world demands engagement.

Lastly, my pocket dimension is an open gate to boundless possibilities, a reminder that even if life builds walls to confine us and maps to keep us in check, it never hurts to let loose and come out every now and then. And even if Pocket Dimension as a whole wouldn't be reality, a lot that is deemed as a superpower could happen if we stop perceiving useless, restricting, self-imposed boundaries and that with an open-mind, we can break those boundaries down one by one.

As I snap myself back into the chaos of the world, the lingering powers of my pocket dimension strives with me, a gentle reminder that the ability to make isn't impossible.

In the end, Pocket Dimension is more than a superpower; it's a declaration to the vast nature of our imagination, encouraging us to dream, to explore, reminding us that even in a frantic world, we have the power to shape our realities.

We all have a superpower – our innate gift. The way we use our gift to uplift and support one another can make a profound difference.

Life without the Internet

3H Calaycay Liam Michael Paton-og



In today's fast paced world, there is no doubt that the Internet has become a vital part of our lives and that the majority of people call it their main source of entertainment. Besides the numerous benefits it offers, it's definitely a life saver. But let us imagine a world without it. How would the world look like? How different would communication between people be? Would that free up more time for us? The most importantly question for me is, what would I do with the extra time in my hands? Well, the first thing that comes to mind is that I would have more time to spend with my closest and dearest. This actually benefits everybody, since as communication significantly improves, family members will build stronger ties with one another and.

Apart from that, there will also be more time for me to try many new things such as reading, solving puzzles, learning how to play a musical instrument, and baking something delicious. Trying new things can actually be very beneficial since it builds courage, improves our mental health, helps overcome fears, and multiplies our skills. All this made possible by living without the Internet!

With technology now available to everyone, face-to-face socializing has slowly been decreasing. What has been on the rise is virtual socializing, which has more disadvantages than we think. In fact, many dangers lie just beneath the surface, such as cyberbullying, social anxiety, depression, and exposure to content that is not age appropriate. So in a world without the Internet, I would have more time to socialise and have actual contact. Socializing offers a ton of benefits such as boosting mood and self-worth, reducing stress, decreasing the sense of loneliness, increasing social skills, improving mental capacity, and enhancing overall life satisfaction. In today's fast paced and high pressure world, I believe socializing plays a central supportive role in our life.

Of course, life without the Internet will also have many drawbacks such as limited access to information and entertainment. Without Wi-Fi, you may have to rely more on old media like newspapers and magazines, radio and television broadcasts. However, I do not think these are insurmountable challenges but rather, ones that young people can easily get used to.

In conclusion, there can be so many more things that can be done without the Internet such as strengthening family bonds, trying many creative things, and socializing.

A Day in the Life of a Street-food Vendor

3H Lam Yik Hang, Anson



The alarm buzzes at 4:00am, long before the city is awake. Bleary-eyed but focused, the street food vendor begins the daily ritual – hauling the weathered metal cart through the narrow alleys, guided by the flickering streetlights. The first stop is the wholesale market, where practical hands select the plumpest fish balls, crispiest vegetables, and fragrant curry paste that will define today's menu.

By sunrise, the stall comes alive. Propane flames hiss under well-seasoned woks as golden fish cakes sizzle in boiling oil. The air fills with aromas of star anise and soy sauce, drawing in the breakfast crowd of hurried office workers grabbing steam buns, students sharing skewers of squid, and elderly neighbours savouring slow-braised turnip cakes.

Noon brings a relentless rhythm: orders shouted over clattering ladles, quick hands assembling bowls of noodles slick with chilli oil, sweat oozing on brows despite the winter chill. Between servings, there's just enough time to wipe down the counter and count coins – each one a small victory.

When the last customer leaves at dusk, aching feet shuffle home past glaring convenience stores. Tomorrow will be the same, but never identical – new faces, new stories exchanged over steaming plates. This is the unglamorous yet beautiful grind of a street-food vendor that keeps the city's heart beating, one satisfied customer at a time.

Dream Job (Dessert Shop Owner)

3H Lau Wing Lam, Chloe



From a young age, I have been captivated by the world of sweets and desserts. My dream job is to become a dessert shop owner, a role that combines my passion for baking with my desire to create joy through delicious treats. This aspiration stems from my childhood experiences, where I would spend hours in the kitchen, experimenting with recipes and documenting my findings in a little recipe book I created.

Dessert shop owners play a vital role in the culinary world. They are responsible for crafting a wide variety of sweet treats, from cakes and pastries to cookies and confections. Their work involves several key areas that are both creative and demanding.

Recipe development is at the heart of what dessert shop owners do. They experiment with different flavours, textures, and the presentations to create unique desserts that delight customer. I remember watching countless YouTube videos of talented bakers, inspired by their creativity and the magic they created in their kitchens. This ignited my own desire to explore flavours and develop my own signature dishes!

Running a dessert shop does indeed require strong business management skills. This includes managing finances, marketing, and staff to ensure the bakery operates smoothly and profitably.

Since having my own dessert shop requires some business skills and tons of creativity, I've decided to choose business, accounting, and financial studies and visual arts also. This combination will help me with dessert presentation and the business aspects of running a shop, allowing me to create visually stunning treats and manage my shop more effectively in the future!

In conclusion, my dream of owning a dessert shop is rooted in my childhood passion for baking. I am very excited to turn this dream into the reality by blending my culinary ambitions with my interest in visual arts.

Dream Job (Writer/ Teacher)

3H Tse Tin Yan, Self



My future career path is something I've always pondered on ever since I was a small child. However, who knew it would soon be time for me to choose my electives that will surely impact my life in a thrilling yet stressful way?

For my electives next year, I'm planning to choose something I find interest in yet also have the ability to do. My first choice would be Biology, as I find studying living creatures' anatomy and different body functions extremely fascinating and intriguing. My second choice would be VA as I've always viewed art as one of the many ways one can express oneself without being too brash. My choices may change but this is what I have in mind for now.

Of course, academics should also be paired with passion. Writing and philosophy has always put me at ease. Poems are a special way of expressing my feelings, for they are written with metaphors and other figures of speech to paint indescribable emotions. Some may find that confusing while some may understand in their own way, or maybe even both. I often enjoy mixing writing with philosophy as each and every work I create allows me to seek and understand the fundamental truths within myself. It allows me to discover who I truly am without anyone else's assistance, because nobody can understand you better than yourself. Therefore, learning to grow and accepting yourself personally is a vital contributor to maturity and the ability to face the realities around you.

It may be somewhat obvious that at the moment, my dream job is a writer or a teacher. They both allow me to connect with other people with my work which gives me an opportunity to express myself to an audience, as well as guide them with whatever knowledge I'll have by then. Showcasing a variety of creative works that can let them discover themselves depends on their reactions. Of course this is all just a dream. Will I achieve it? I am not sure! Perhaps future me would rather do something completely different. All I know is, there is still a lot for me to look forward to.

Wildfires in Recent Years

4T Chu Michael Allen Manzano



In recent years, the number of wildfire cases has increased rapidly. In fact, 40 hill fires have been reported within the last five years, causing vegetation to be devastated and wildlife to be forced to evacuate. Such wildfires are usually caused by campfires built by careless hikers and campers. I am writing to discuss the causes, impacts, and solutions we can implement to mitigate wildfires.

There are numerous possibilities regarding the causes of wildfires. However, the root of the problem lies with travelers who lack education on camping in our fabulous countryside. Many uneducated campers misuse their lighters when trying to start campfires. Another reason is the habit of smoking at campsites. Some campers who smoke do not properly dispose their cigarettes ends, just one of which can ultimately cause a vast and deadly fire. The consequences are devastating: a wildfire in Australia burnt for 210 days, and nearly three billion animals were harmed or killed. Images of grand mansions in California reduced to ashes, lines of people being evacuated, animals being rescued, wildlife killed and firefighters injured or even losing their lives to hill fires make anyone's heart bleed. Climate change has also increased the likelihood of barbecue or campfires turning into disasters. Many places around the world have recorded astonishingly high temperatures, making everything tinder dry, attributing to the higher frequencies of wildfires.

Though the results are already frightening, it is still not too late to come up with solutions. For example, new legislations were introduced by the government to temporarily ban camping and campfires in country parks and increasing the penalty fee. Clear signs are being displayed at entrances of country parks and at campsites, and educational materials are also made available at many points. These solutions can inform travelers and campers on how to manage fire in the countryside, how to take care of flora and fauna, and will also discourage rule breaking.

In conclusion, as wildfires are occurring with greater frequency and with more destructive effects to nature, wildlife and people, we need to tackle them with stronger measures and more effective solutions. In one tragic incident that happened 30 years ago at Fairies Hill, a wildfire broke out and killed three secondary school students and two teachers who tried to rescue them. The fire was started by a traveler who built a campfire nearby. It is cases like these that loudly proclaim the need for preventive measures to be implemented.

Delaying School Start Time

4T Wong Sze Nga, Sylvia



A delayed school start time will be highly beneficial for students. In this essay, I will argue that delaying school start times would improve students' overall wellbeing, thereby improving their attentiveness and productivity.

Most schools believe that even if they pushed back the schedule, students would still behave similarly, for example, sleeping during classes, and zoning out. However, many studies in a number of countries have shown that sufficient sleep can lead to increased productivity and attentiveness in students. Their brains will be more active in response to changing situations, hence streamlining the thinking process.

Based on the findings stated above, some schools have taken the initiative to implement this policy of a delayed start. They have reported fewer student absences on school days, with reduced fatigue and improved results. That is because of longer sleep time made available to them. In contrast, if students do not get enough sleep, the development of their T cells, which are responsible for helping the immune system grow, will be severely affected. Which means that if there is a lack of T cells due to long term sleep deprivation, the body cannot defend itself against certain strong pathogens. In contrast, with adequate sleep, students' emotions will be more balanced and steady. They will also have positive attitude as they appreciate the school's thoughtfulness and pay back by being more responsive and receptive to their studies, thus improving their learning experience.

Meanwhile, some might argue that delaying school start time would make students stay up later, knowing they have more time to rest in the morning. I would like to counter that. Nowadays, students place their resting time as a top priority. Teachers often reprimand students for sleeping during class, so in defense, they consume caffeine to stay awake. However, overconsumption of caffeine in the long term will just make students more tired as the caffeine is flushed out of their bloodstream. The longer the duration of usage, the more it accumulates, and students' reliance on caffeine grows.

In conclusion, I believe that there are many compelling arguments to support the delayed school start time, since not only does it help the students improve their productivity and attentiveness in class, but also their physical and mental health because it allows them to have sufficient sleep.

Social Media App and Healthy Communication

5K Cheung Chun Cheung, Benny



There is a social media app that has been gaining popularity. It is called Threads, and it's trending everywhere in the world. This social media app allows the users to view and share public conversations. Based on Google Play's app store, it currently has 100M+ people who are downloading it. One major reason for its fame is Instagram as they are linked together. So, the first benefit is you can interact with "old" friends as you've always done, yet getting fresh opportunities to make many new ones.

Secondly, people can exchange their opinions about certain topics that pique their interests. But, there are some drawbacks in this. Should they be angry about something, they would be triggered to express eagerly and plainly, which may lead to taking things too far, to the point where they are having heated arguments over something that is not related to the original issue such as attacking someone's appearance or something random. Some of the fans may get very upset or even crazy, then they will stalk you to determine the best location where they could throw at you eggs by the dozens. This sounds unbelievable, but it happens in society more frequently than we would like.

Thirdly, some of the users' comments are misleading at times. There is the news of events and personalities, but users like trying to control the narrative, making it to fit their perspective. However, everyone has a blind spot, which means we cannot see the full picture of a situation. Even worse, people can choose to be blind, content to see just what they want to see, thus making their perspective starkly limited.

Last but not least, to promote healthy communication, we should take a deep breath to calm ourselves down. We must think twice before we comment about a situation or personality. We should check our opinions and words on the topic to see whether or not they are insightful, or if they could be misleading, or even understood as nonsense. To make ourselves doubly sure, we can also talk about these topics to our family members and see what they have to say. The knowledge and experience that they have had will make their input and perspective highly useful to us as we strive to share information in the most balanced and helpful way.

Upcycling and Second-hand Clothes Become a Fashion

6D Tsang Hei Tung, Sandra



Have you ever thought that upcycling clothes could become a fashion in society? Well, sustainable fashion is one of the biggest trends these days. Therefore, upcycled clothes have become particularly fashionable. But there are some people who think that wearing upcycled clothes is ugly. I am, therefore, writing to express the possible reasons for this fashion trend and how it impacts on the environment.

I think the first possible reason is that the upcycling of clothes is special: using old garments to make new clothing! What it means is that you can make new clothes by yourself. Using old garments to make new clothing not only shows your creativity but also makes your new clothes special. They may be the only ones in the world, because they are made by you using different pieces.

Second, we have many choices of clothes. There are many types or styles of clothes in second-hand shops and charity shops because people will donate a wide variety of clothes. When we shop at these two places, we can find different types of clothes. I believe you can find your own sense of style.

Finally, the cost of buying clothes is lower because second-hand clothes are cheaper than those in shops or boutiques. Therefore, you can spend much less money to get new clothes. Upcycling clothes is free, because you use old garments to make new clothes. So, you do not need to spend any money to buy new clothes.

From the above points, we can see that the use of upcycled and second-hand clothes outweighs the advantages of buying and wearing new clothes. We can use less money to get new and special clothes. Let's try this special fashion trend together!

Lend a Hand

6D Wong Tsz Hau, Miles



Two weeks ago, I helped a person in need in the MTR. Honestly, I never thought that it would be filmed and posted online because I think helping people in need is a simple thing that we should do every day and it can make you smile from the bottom of your heart.

I remember that it was a rainy day. Everyone was running to get indoors due to the sudden and heavy rainfall. I too ran from the school to the MTR station because I forgot to bring my umbrella. Fortunately, I got a seat when I got on the train. In no time, the compartment got crowded. Then a blind person entered. I saw that he was carrying two big plastic bags so he had no free hand to hold the handlebar.

Initially, I didn't pay too much attention to this passenger because I thought he would be alright. But when the train arrived at Sha Tin station, he suddenly fell down because he lost his balance. It seemed that the fall injured his ankle! I was disappointed that people around him did not lend a hand to him. So I went to help him get up slowly and then led him to my seat.

Pausing for a moment, I realized that people around us were taking videos of us. At that moment, I was a little bit angry as well as disappointed. It was hard for me to understand how people had time to take a video of what I did but not a heart of sympathy and care to help the person in need.

After some time had passed, I came to appreciate the people who filmed the little act and posted it online. I knew that the video had gone viral and many people complimented me on my good deed. However, lending a hand to the people in need and trying your best to help them is the most important thing that I care about. I hope that people can help each other when we see someone in need or in trouble. This will create a city that is full of love and peace.

Gang Leader for a Day

2H Arthanayaka S. M. Prashadie



Title: Gang Leader for a Day
Genre: Biography / Memoir
Author: Sudhir Venkatesh
Pages: 302 (including index)
Published: 2008

Plot Summary

The author, a graduate of Sociology from UChicago, conducts a study on the predominantly African American lower class urban society. He kicks off his book by describing a trap house in the projects on the south of Chicago, while he's observing people selling, buying, and doing drugs. As an outsider, Sudhir was sure to draw attention to himself, unwanted attention. Getting caught in a brawl between gangs, Sudhir finds a local, who also happened to be a gang leader, to help him call a friend.

Analysis

'Gang Leader for a Day' provides insight into the first-hand experience of the criminal underworld. Like many of us, Sudhir comes from a financially stable family, having food on the table, a roof over his head, and a place to feel safe in. From where he hails, the criminal 'underground' actually does stay underground, hidden from the public eye, away from the radar of the police. But in lower income areas it's a completely different situation. To learn more about life in the projects, Sudhir chooses to investigate the lives of gangsters, fully preparing to be smacked in the face with chaos. Instead, he's greeted with the underworld of crime being orderly and balanced.

To put it in an understandable way, the criminal operations run in a way similar to large businesses or governments, just in a not so legal way. The gang leader plays the role of a CEO, having utmost authority over underlings, and economic authority over business opportunities.

Self-reflection

So, what exactly separates gangs from the big businesses and governments around the world? It's a vast grey area. While businesses and governments are deemed acceptable and even praised for their ways of doing things, gang operations are frowned upon, shunned and put behind bars for over-priced products, unfair labour, side hustling, advertising and having business rivals?

Matilda

2H Lai Yui Yin, Alyssa

In my opinion, businesses and governments are just big gang corporations that are legalized and over-hyped.

Quotes

Sudhir Venkatesh: "But as alien as I was to these folks, they were just as alien to me."

Everyone – from different races, cultures, religions, beliefs – has some type of difference from each other. Some might think it's weird, others fascinating. What's important is that we learn to accept it and move on.

S.I.: "You always take the sure bet in the game. The person who tells you he's going to have a product a year from now is lying. He could be in jail or dead. So take your discount now."

This could be applied to multiple situations, whether it's choosing a friend or making an important decision.

Ms. Bailey: "Be careful when you help people. They'll take advantage of you, and you won't know what hit you."

We should interact with others, have dealings and develop relationship with them, and be ready to help anyone in need. But we should never drop our caution. Not all people have intentions as pure as the words that are said.

Conclusion

'Gang leader for a Day' is hands-down one of the best books I've ever read! Sudhir's writing style is very straight to the point. None of his characters are 'good' or 'bad', yet there's always something that falls in between. Nothing exactly black and white yet somehow easy to understand and have genuine stories that are often overlooked. Amazing book! I recommend it 10/10.

The world is inherently imperfect and chaotic, shaped by individuals prioritizing their own interests. This creates a significant challenge for us in deciding whether to go with the flow or resist.



Title: 'Matilda'

Author: Roald Dahl

Genre: Children's novel

'Matilda' is a children's novel written by Roald Dahl and published in 1988. The story talks about an extraordinary young kid named Matilda Woodwarm. She is a girl who possesses remarkable intelligence and telekinetic powers. The book explores themes of empowerment, the importance of kindness, and the value of intelligence.

Matilda Woodwarm is a talented child with a love for reading, but her neglectful parents and unkind brother fail to recognize her talents. Instead of encouraging her, they ignore her brilliance and would rather that she watch TV with them. Matilda later finds solace in books and quickly becomes an avid reader.

When she started school, Matilda meets Miss Honey, a supportive, kind and respected teacher who recognizes Matilda's potential. However, they both face the terrible headmistress, Miss Trunchbull, who is rude and cruel to the students. As Matilda discovers her telekinetic powers, she uses them to stand up against injustice and help her classmates, ultimately leading to a confrontation with the school head.

This book is an inspirational and delightful read. Roald Dahl's writing and imaginative storytelling make Matilda's character relatable and empowering. The book encourages readers to embrace their uniqueness and stand up against evil and injustice. It also beautifully illustrates the importance of education and the positive impact a caring adult can have on a child's life.

I would highly recommend this book to people who are interested in empowerment and resilience. 'Matilda' is not just a story about a gifted girl; it is a celebration of intelligence, kindness and bravery. Roald Dahl's enchanting narrative and memorable characters make this book a classic that continues to resonate with readers of all ages.

Will you read it?

Room

2H Lui Ka Kei, Kylie



Title: Room
Author: Emma Donoghue
Genres: Novel, Suspense, Psychological Fiction, Domestic Fiction
Pages: 336
Year published: 2010

Plot Summary

The story starts with the perspective of a five-year-old boy named Jack who lives with his mother in “Room”, which is a secured area containing basic facilities such as a kitchen, a bathroom, and a bed. Jack believes that only Room and the things it contains are real, while the rest of the world only exists on television as stated by his mother to not disappoint him with not being able to live a normal life. Besides his own mother, Jack has seen one other person who he refers to as “Old Nick”, a man who visits Room at night when Jack and his mother are asleep, with Jack sleeping hidden inside a wardrobe. Old Nick brings them food and other necessities from time to time. Jack is unaware of the fact that Old Nick had kidnapped his mother and kept her imprisoned for the past seven years. Furthermore, Old Nick regularly rapes Jack’s mother, and Jack is the product of the countless times he sexually assaulted her.

A week after Jack’s fifth birthday, his mother learns that Old Nick is in danger of losing his home. She makes an assumption that he would kill both her and Jack before letting them go free, so she comes up with a plan to get the two of them out of Room by convincing Old Nick that Jack is severely ill. Although Jack is unable to process the idea of going to someplace outside of Room, he is eventually convinced by his mother to follow through with her plan to escape. When Old Nick refuses to take Jack to a hospital, Jack’s mother then breaks the ‘news’ that Jack has gotten too sick and died. Because of this, Old Nick takes Jack and wraps his “corpse” in a rug. Jack wriggles out of the rug and escapes, running away until he manages to find a stranger who then contacts the police. Despite his inability to converse properly, Jack describes to one of the officers the route to Room where his mother is still located.

Jack and his mother are both taken to a mental hospital, where they are able to recover under the caring hands of multiple doctors. Old Nick is eventually found and charged with abduction and rape, which lead him to prison. While in the hospital, Jack’s

mother is reunited with her family and is happy to be able to return. Jack, on the other hand, feels overwhelmed by the countless new experiences and interactions, resulting in him wanting to return to Room, the only place he is familiar with. Meanwhile, the case gains lots of attention from the public, making it even harder for Jack and his mother to start living a normal life. Jack’s mother is then invited to join a television interview which ends poorly, resulting in her attempting suicide. While she is back in the hospital, Jack is with his grandparents. He becomes even more confused by his surroundings without the presence of his mother. His new family has trouble understanding Jack’s behavior which is caused by his very limited experience.

When Jack’s mother is discharged from the hospital, she and Jack move into a new residence and begin making plans for the future. Then one day, Jack asks to visit Room for the last time. They both return to the area, but Jack is now able to let go and say his goodbyes before he and his mother finally leave Room.

Reflection

I think that ‘Room’ is a very interesting book telling a really deep story. Seeing Jack’s perspective and how he views the world and thinks of Room as the entire world in a literal sense is so amusing and disturbing yet touching. I do feel bad for Jack’s mother as she goes through so much pain and suffering, and I respect her endurance especially with the addition of Jack in her life. The story itself is fictional, but knowing how there are people who go through an experience similar to that of Jack’s mother really saddens me, and I can’t help but ponder about life after reading this book.

Showboat: The Life of Kobe Bryant

2H Ng Pak Lam, Levi



Title: Showboat: The Life of Kobe Bryant
Author: Roland Lazenby
Genre: Biography
Pages: 368
Year Released: 2019

Kobe Bryant, an American professional basketball player, unexpectedly passed away on January 26, 2022, at 41 years of age. This book was written before that. It talks about the life and career of this legendary sports person, and the things he had to do to reach the heights that he did.

Kobe was introduced very early to basketball by his father, and then soon he fell in love with the game.

The story continues about Kobe's journey to the NBA as a teenager, and he would rise to prominence in every league and pick-up game. Any player who had to play against Kobe Bryant was horrified because of his attitude towards the sport. His never-give-up attitude sent chills down the spines of all opposing defenders. This attitude or approach of his was later given a name: "The Mamba Mentality". Many players in and out of professional leagues looked up to him, wishing to play like him. This book really tells the story of what he had to give up in order to be able to play like he did.

When I read the book, I also got a lot of advice about how to play basketball and I was really intrigued with the story. I never knew all of the things that Kobe had to give up. I had always thought it was all just pure talent. I really enjoyed the way the writer portrayed Kobe's personality in this book. Usually all we know about him is his seriousness towards basketball but this book shows the other side of him that we never saw or knew before.

I highly recommend this book to sport lovers. It can teach you how to have a better mentality in your sport, no matter what it is. You can learn so much from Kobe Bryant. The book is an absolute masterpiece which taught me a lot.

Rest in Peace, Black Mamba. Kobe Bryant, Fly High!

Application for video game tester

3H Dong Ho Lam



Ms. Sarah Lee
Dreaming Games
Unit 3, Peking Rd.
Sha Tin

Dear Ms. Lee,

Application for video game tester

I am writing to express my keen interest in the position of Video Game Tester that was advertised on the school Careers Week board. As an enthusiastic Secondary 3 student I am eager to combine my passion for playing games with my wish to take part in the development of exciting games.

Having grown up surrounded by various games of different genres such as action-adventure games and strategy games, I have developed a critical eye for detail and also deepened my appreciation for game design. This experience enables me to be more efficient in identifying bugs and issues while gaming.

I have always been fascinated by those well-designed games and I always wish that I can be the best player of those games. The opportunity to work as a video game tester would be a dream come true for me.

As a recent school graduate, I may not have direct work experience in this position. Yet I believe that as a quick learner and reliable person, I have the ability to adapt to new environments in a short period of time.

I am attracted to your company because there is a great quantity of video games, which I like and enjoy gaming with, being tested there. I am excited about the opportunity to learn more about the game development process. Thank you for considering my application. I welcome the chance to discuss with you and other department heads how my abilities align with your company.

Yours faithfully,
Chris Lam

Advice Letter on career

5T Liang Ye Amy Ying Xin



Dear Jordan,

Thank you for reaching out and sharing your thoughtful reflections on this important career crossroads. It is completely understandable to feel torn between the security of a full-time job and the excitement of pursuing your passion.

Starting with the potential for career advancement as one of the advantages of doing a full-time job, a structured environment allows you to gain valuable experience, develop professional skills and build a network of contacts in your field. Add to that the significant financial stability with those experiences. It can open the door for future opportunities and enhance your resumé and career trajectory. Over time, this can contribute to your professional growth without piling on you the anxiety of uncertain income.

However, the pressure associated with full-time employment also leads to burnout. Balancing work responsibility with personal interest can be challenging and the exhaustion from a demanding job may diminish your motivation to create content. It may also affect your job performance and creative endeavors, making it difficult to find joy in either area.

On the other hand, it is understandable that being a YouTuber provides a powerful outlet for creative expression. By creating nature content on YouTube you can express your own idea through the videos and share your passion to like-minded individuals who appreciate your content. With those platforms, you are able to more deeply explore the natural knowledge that interests you for sharing with the audience, which will make you gain the satisfaction of realizing your dreams.

At this juncture, let me mention the major drawback of pursuing a YouTube career: it is financial uncertainty. Income from video making can be unpredictable, especially in the starting stage when you are still building up a stable audience. The uncertainties can bring about both physical and mental stress which may then diminish your passion for creating content.

As you weigh the benefits of stability of life against the attractions of creative freedom, I encourage you to reflect on what matters most to you. Given these

considerations, you may explore ways to balance both paths initially. Many famous creators start their channels as a side project which allows them to build an audience and refine their video creating skills without sacrificing financial stability. You may consider doing the same. As your channel develops and your influence grows over time, you will be better positioned to transition fully into a YouTuber.

Let me end by saying that there is no one-size-fits-all answer. Remember that you always have my support you as you navigate these uncharted waters towards your decision.

Yours truly,
Chris

Advice Letter on career

5T Shea Shang Xi, Nicholas



Dear Jordan,

Thank you for reaching out to me during this pivotal moment in your career. I completely understand how it feels to be torn between the security of a stable job and the endless possibilities of pursuing one's passion. As a career counsellor myself, it is common to see such situations, and here are a few objective opinions I can offer you on this.

Indeed, having a full-time job does offer financial stability and benefits such as health insurance and paid time off. It also establishes the position of one-self in a society, where you are open to more opportunities to promotions which boosts your social status and income in the long run. Even better, it allows you to establish new relations in the work field and learn from experienced professionals, which can foster a healthy social life. However, working long hours and having tight deadlines for consecutive days in a week could be straining. Compounded with the life outside of work, it would potentially cause burnout, where you would feel tired and demotivated at all times.

On the other hand, creating nature content on YouTube does not require a deadline or being sedentary at your office desk. You are your own boss! Whether you have an idea and the motivation for your next video, you can always take your time to have a rest and plan for what's coming. This is the perfect opportunity for you, a graduate in Environmental Science, to share your knowledge of nature through videos with people around the globe. And with the introduction of short form videos such as Instagram reels, videos are a lot easier to make. With that said, do note that the algorithm does not always stand on your side. On some days, you may have your peak seasons, but so do off-peak seasons. That is the cost of working as a content creator, having to face the endless possibilities coming at you.

It is essential to choose a path that aligns with your long-term goals. However, we must navigate this situation rationally. Income is one of the major factors in making your decision. It goes without saying that we need money to support our living. Creating content might not earn well for beginners. Alternatively, I would suggest you to first take a full-time job while creating content during your spare time. It may seem overwhelming at first, but you must trust the process. Have you ever heard of Ali Abdaal, the productivity

expert that was once a full-time doctor? In fact, he faced similar dilemmas as yours. At the start he managed to balance creating content with his full time career. Once he began gaining public attention and started earning higher incomes from his content, he shifted to fully pursuing content creation. I believe you can adapt this method as well. Once everything is settled, you may pursue the path of your long-term goals.

I understand that as a recent graduate, having to make decisions which could affect your life in the long-term is intimidating. But there's a first to everything. I'm here to support you as you navigate this situation. If you have further queries, please feel free to ask me. Best wishes for your journey ahead!

Yours truly,
Chris

Advice Letter on career

5T Suhban Ali



Dear Jordan,

I appreciate you reaching out for guidance during this pivotal moment in your career. I understand you're having a hard time choosing between a full-time job that pays you well and a job that is in line with your dream.

Firstly, a full-time job can bring a lot of benefits as you can earn a stable income which can provide you with a house, food, and daily necessities. You can also get additional financial security from your job through health insurance and retirement plans, which can help you budget your expenses and plan for your future with greater ease. Other than that, you will also have access to paid time off, allowing you to go on vacation without the fear of losing income.

However, there are some downsides to having a full-time job. As a full-time worker, it means that you will work from 9am to 5pm. You will spend more time at your job than with family and friends. Also, as you will be a full-time employee, you will be more prone to work related stress because of your extensive time commitment to the workplace.

About your other option, becoming a YouTuber also has quite a lot of benefits. The job doesn't need a lot of fancy equipment and also it doesn't take a lot of time to make content. As you make more and more content about nature, you will start to build a community of loyal followers, which can then increase your incentive to do what you love. Moreover, YouTube has millions of people, so when you vlog content about nature, you will get to meet people with the same interest. As you meet more people, you can vlog with them or collaborate with other famous vloggers to increase your audience. Vlogging can be a great way to discipline yourself by regularly posting new videos. As your subscribers want more of your content, you will be able to work even when you feel lazy.

However, sometimes you may feel overwhelmed and burned out from the relentless schedule, negative attention and criticism from online haters. Unlike a 9 to 5 job, being a YouTuber means that you will have to manage your time by yourself. Sometimes when the weather is unpleasant or you are not in the mood, you will have to change your schedule. Also, sometimes you might get negative comments or criticism, which might discourage you from continuing the content that you used to love and ultimately affect your mental health negatively.

Other than the pros and cons, I think that you should consider which job interests you more. If you take up a full-time job but you don't like it and you do not have any alternative offer in hand, it will take time to find another one. As for income, you should consider taking up a full-time job that pays a fixed salary or becoming a YouTuber with no fixed income. You will have to consider these factors before choosing what to do.

As you weigh the benefits of stability against the allure of creative freedom, I encourage you to reflect on what matters most to you. I'm here to support you as you navigate towards the decision.

Yours sincerely,
Chris

Advice Letter on career

5T Tsui Lok Yin, Vincent



Dear James,

Congratulations on your graduation! Reaching this milestone is a significant step in one's life. It is natural, and in fact common, to feel torn between the security of a full-time job and the excitement of pursuing your passion. It is truly commendable that you are taking the time to thoughtfully consider your options, and I am honored that you reached out to me for help.

It is important to recognize that both options have their own merits, and neither is strictly better than the other. It all depends on your personal values and situation.

For starters, a full time job would provide financial stability, as well as several other life benefits such as a pension plan and healthcare coverage. In addition, it would provide a structured working environment, a clear career path, and opportunities for skill development and networking with other organizations. However, a full time job would provide limited flexibility and would grant you little to no creative control over your endeavors.

On the other hand, being an independent content creator on YouTube would give you complete creative freedom and flexible work hours. Furthermore, you would have nearly unlimited growth potential as you could theoretically gain a global audience and become massively wealthy as a result. Unfortunately, success on a platform such as YouTube is highly dependent on luck. Even if you have a consistent upload schedule and create great content, it could still take years of persistence and dedicated commitment to gain a significant following. And during that time, your income would be wildly unpredictable, and you would most likely have to depend on sponsorships to earn a living from potentially shady companies to earn a living.

It is essential to choose a path which aligns with your values and long term goals, so before you make your choice, please reflect on where you see yourself in 10 years. Does this vision align more with the full time job or content creation? More importantly, would you truly be happy to monetize your passion, considering all the stress it would cause? Consider what matters most to you, and then make your choice.

Finally, it is worth mentioning that if you truly cannot decide on your path, it is not impossible to simultaneously have a full-time job in addition to content creation. Many successful creators have started out working full-time job as well managing a YouTube channel. You could take the employment offer while dedicating some of your free time to building your YouTube channel. Although it would undoubtedly be stressful, this option would provide a stable income as well as the opportunity to pursue your passion. Moreover, if your channel begins to generate significant revenue, you could switch over to full time content creation as your sole occupation.

Ultimately, there's no one-size fits all answer, and your journey is uniquely yours. If you would like to speak in further detail, please do not hesitate to give me a call. Remember, be patient with yourself, stay adaptable, and keep your passion alive.

Best wishes,
Chris

Proposal Letter

5T Shea Shang Xi, Nicholas



Dear Sir,

For some time now it has been a major concern of our school that many students and teachers were reportedly unable to be productive at school. Therefore, I am writing this proposal with the aim of boosting the productivity of students and teachers.

To begin with, it would bring tremendous benefits to the school's productivity by improving the Wi-Fi systems. The current issue that the teachers are facing is that they often couldn't teach the materials effectively and spend a lot of time waiting to load certain websites to teach during class. Some teachers even reported having to wait half of the lesson for the videos to be loaded! Another issue is that teachers are unable to communicate with one another through text messages when an emergency occurs due to the poor Wi-Fi connection. It would be beneficial to both students and teachers if the school could use a part of its funds to improve the Wi-Fi system by purchasing new Wi-Fi routers. Teachers can teach more content in a lesson as well as being able to send messages quickly through text messages in the event of emergencies.

To add on, schools should consider using a portion of the funds to open a study room for students after school. Considering the fact that many students have insufficient study space at home and that there are plenty of empty and spacious rooms at school, I think that it would serve the students well by opening a study room stocked with study materials. This will provide precious productivity time and environment for students who are in need. To further support my suggestion, it has been shown by a research conducted in a school that 70% of students were able to get things done more efficiently in a study room than at home. Another benefit is that it would be a lot more convenient for students to ask teachers questions that they do not know. Since both teachers and students are at school, it allows face-to-face teaching which is better than through text messages. The former is not only easier to do but also allows students quickly understand explanations and grasp concepts easily, which will significantly improve their academic performance.

In conclusion, it would make a tremendous difference in the productivity of students and teachers if the school is able to improve the Wi-Fi system by purchasing new Wi-Fi routers and opening a study room. If there is any need for further discussion, please feel free reply to this letter or to call us at a time convenient to you. We look forward to your response.

Yours truly,
Chris Wong
Chairperson of Student Union

Proposal Letter

5T Tsui Lok Yin, Vincent



Dear Principal,

Thank you for extending to the Student Union the opportunity to propose potential usages of the government grant towards improvement of school facilities. We are deeply honoured that you are willing to entertain our suggestions and we hope you will find our proposals not only reasonable but also valid.

Our first suggestion involves the school library. Union members unanimously agree that its facilities could do with some major improvement in multiple areas. This is why we are proposing a complete overhaul and renovation of the library and its facilities. The renovation would include replacement of the aging school computers with more modern counterparts so as to provide students easy access to information. In addition, we would also like to create a dedicated reading area which would also double as a study area, giving students a quiet place to concentrate and do revision or homework.

Our second suggestion is the installation of new equipment in the Chemistry and Biology laboratories since we believe that the amount and quality of engaging experiments being carried out in them is less than it could be, and we would like to realise the full potential of both facilities. The inclusion of fume cupboards and new glassware would allow safer handling of chemicals in the chemistry laboratory, and the purchase of proper surgical tools would allow dissection experiments to take place. For safety purposes, medical equipment like first aid kits and eye-wash stations should be placed in every laboratory.

To sum up, it is generally felt that in their present state, the school library and the Chemistry and Biology laboratories are not as beneficial to student learning as they could be. So it would be wise to spend the grant on improving them. Should there be surplus funds afterwards, a renovation of the school toilets and stocking them with 3-ply toilet paper would be very much appreciated.

Thank you for considering our suggestions and giving us the opportunity to be heard. We hope our proposals are feasible enough to be implemented, and we look forward to being invited to discuss the aforementioned ideas in person.

Yours truly,
Chris Wong
Chairperson of Student Union

Love at first visit

1H Okorie Samuel Chigozie



The restaurant that Mr. Biggs opened on New Year's Day of 2025 has gained the attention of tons of people from all around the Mediterranean to the African coast. It has a range of affordable food and brings a twist of joy to foodies from all around the world by selling big portions of food for unbelievably small prices! From appetizers to desserts, there is no shortage of big servings! This restaurant is also well-known for its chefs – from those who are just starting their culinary journey to 3-Michelin starred ones. It is also remarkable that it serves good African food and exotic dishes.

I visited this restaurant on the second day of the New Year. The mood inside was ecstatic! People were lining up at the counter to order their meals, but the nice thing was that in just 2 minutes, it was already my turn! So I ordered a chicken salad for appetizer and their signature 'Spicy chicken fried rice' as main course. For dessert, I ordered their Exoticolo gelato, which in English means "very exotic ice cream", and a drink called Delushafrutaya, meaning "delicious shaken fruit sundae punch". I'm sure all of you are curious to know how much this all came to. Well, it might come as a shock to some that everything cost me just 45 Hong Kong dollars. Can you believe it?

I took my seat at the table and a few minutes later, the appetizer arrived. I received it with a greeting, "Good morning, Sa." 'Sa' means 'Sir' in Nigerian language where I come from. I said "thank you" and dug into the meal. As I did so, each bite of the salad was perfectly balanced with chicken and the vegetables. There was a small pinch of citrus in the latter, which gave the dish a little tangy and sour taste. It took the item to another level of deliciousness!

I was still scraping the salad bowl when my main dish, the signature Spicy Chicken Fried Rice was served to me in a cloche. As I opened the cloche, it let off the most amazing smell to ever hit my nose! I hurried to take a bite of the chicken and some rice, and surprisingly, the rice reduced the heat of the chicken because the chefs had added tons of tomato slices and onions. I thought it was genius! The serving was big but I kept eating more and more. The taste was simply luscious!

After I finished the fantastic main course, my dessert came, and boy, did it come in breathtaking style! When the waitress presented me the dish, she took out a bottle and

when she poured something out, immediately a kind of smoke was formed. Soon I realized exactly what it was ... liquid nitrogen! This made the dish visually avant-garde and naturally my mouth started watering. I picked up my spoon and took a small portion of ice cream and put it into my mouth. As soon as it touched my tongue, all my taste buds started doing the Snoopy happy dance! The taste was heavenly! The ice cream wasn't too sweet but it was so fluffy that it felt like I was eating a cloud or something.

Finally my drink arrived at my table where I was sitting with a mascot action figure holding 2 discount coupons worth HK\$200 each! Both children and parents are going to be happy with that, right?

So, what are you waiting for? Go and check out Mr. Biggs' place. I am now a regular and highly satisfied patron of it. I have no doubt that you will become one too.

Wonderful first impression

1H Wong Cheuk Fung, Jason



A new restaurant has just opened across the street from my house, so I am reviewing it as usual for you, my followers. In its few short days of existence, it's been gaining a lot of attention since there aren't many ramen shops in this part of Wan Chai. Ichiran is an authentic Japanese restaurant offering mostly ramen. Looking at customers' reviews online made me extremely excited about my visit. They all said they had an incredible dining experience.

I visited the restaurant last Saturday. Just past the entrance, I saw that the way led downstairs with ramps and two lifts to take customers to their seats. Upon arriving salivating, I smelt a strong aroma of beef bone broth. Immediately, I was salivating from every corner of my mouth and got a really strong desire to eat. I saw that people were lining up not for picking up orders or to pay their bills but to get to a vending machine that had pictures of food items on it. That's was the ordering queue – press on the pictures to indicate selection, then pay.

The dining environment is much enhanced by a few pots of plants around the restaurant. The dim lights also create a romantic atmosphere and the mellow music played makes the mood calming and relaxing. The seats are comfortable and have small TV screens next to them.

I walked up to the vending machine and saw that there was a wide variety of food to choose from. For example, Set A is made up of a mini salad bowl, miso soup, a free juice of your choice and the main, ramen with beef slices, seaweed, corn and handmade ramen noodles. If that doesn't suit your taste, you can order Set B which consists of limited edition noodles with cheese, chicken replacing the beef and lettuce instead of seaweed. There's also a side dish of tropical fruit. I ordered Set A, and the price was cheap – only \$30 for so much food!

From the machine I went back to my table to wait for my order while watching "The Future Diaries" on the small TV. A short time later, the aroma was so intense that I just couldn't help popping my head into the kitchen beside my table to see if it was coming from my ramen. To my great surprise, the kitchen was full of robots! One of them brought the food to my table. The dishes looked unimaginably delicious. Without a moment of

delay, I dug into the flavourful ramen. I felt like there was an explosion in my mouth! On one side of my mouth there was the taste of warm and silky ramen, and on the other side, the perfectly cut beef slices graced my mouth with impeccable texture. The salad too was very fresh and the special salad sauce made it absolutely perfect.

Ichiran is a clean and cozy restaurant. If there were a tad fewer customers, I would've enjoyed it more. But overall, I loved the food and enjoyed my dining experience. I'd recommend this restaurant to quiet and reticent people in particular because of the calm and chill vibe it radiates.

One subject that I have found challenging

3H Lau Wing Lam, Chloe



Good afternoon, teachers and classmates. I would like to talk about one subject that I have found challenging.

Mathematics has always been a mixed bag for me with certain chapters presenting significant challenges that often leave me feeling frustrated yet motivated to improve. One of the most daunting topics is calculus, particularly the concept of derivatives. Understanding rates of change and applying the rules correctly can feel abstract, making it difficult to grasp how to relate to real-world applications. Similarly, algebra poses its own set of hurdles, especially when it comes to solving complex equations and factoring which often require a deep understanding of various techniques and practice to master. Statistics also challenges me, particularly in areas like probability and data interpretation, where the nuances can be overwhelming.

To tackle these difficulties, I've found that consistent practice is essential, along with utilizing various resources such as online tutorials and math-focused study groups. Collaborating with peers has proven invaluable, as discussing problems often sheds light on concepts that I struggle to understand alone. Ultimately, my goal is to build a solid foundation in these challenging areas, as I know they will play a crucial role in my studies and career aspirations.

Thanks for listening.

Living with no Internet

3H Lim Sui Hang, Jason



Teachers and classmates,

I'm sure you will agree with me that the Internet has become an essential need for most youngsters nowadays. Their 'needs' can't be fulfilled without electronics. For example, smartphone, laptop computer, television, to name just a few. These items had completely dominated the daily life of youngsters. The greeting between people changed from 'good morning' to complete silence, since they are all attracted to their electronic gadgets and neglect their beloved family. Despite the fact, they are interacting with each other every day.

What if, in an alternative world, there's no Internet, no phone, computer or television? Wouldn't people have more time to be in the company of their family? Think about it: how often do we find ourselves scrolling through social media and wasting much time in the endless rabbit holes of the digital world? Hours slip away without us noticing. But without the Internet, those hours would be freed up and be greatly used for sitting with parents, sharing stories or simply enjoying the presence of each other. Isn't life more meaningful in this way?

I remember when my parents would tell me about their wonderful childhood, their passionate dreams and lessons they've learnt over the years. Those conversations can only be stored as fond memories for they will never happen again since the Internet has occupied the biggest part of our life. From early morning to late night, people are on their gadgets. They scroll through the Internet almost without ceasing, sharing information left and right, no matter useful or useless. The time to love and cherish each other is becoming shorter and further between. What about the birthday of your mother? Or the age of your father? These are pieces of information that you truly need. So a world without internet would bring these moments back like it was yesterday. This would give me an opportunity to truly listen, understand and appreciate the love and wisdom family members and friends have to offer.

Please let us prioritize the ones we love, whether or not the Internet exists. Put down our phones, close our laptops and spend significant time with our families. After all, it is not the number of likes and followers that matter, but the love and memories we create with the people who mean the most to us.

Thank you.

End of term speech

3H Tse Tin Yan, Self



Good afternoon, teachers and classmates.

We are coming to the end of this academic year. Knowing that it is also my last year being a junior form student, I have many mixed feelings. Part of me feels somewhat excited, while part of me feels quite nervous. Just thinking about it gives me a surge of uncertainty! I'm aware that next year will be a new chapter of my teenage life. I'll have to meet new class teachers, get used to a new classroom or even need to meet new classmates! Another part of me also feels quite sad. I share some of the most wonderful memories with you all and have grown so much during my junior form years. However, this is just how life is ... people come and people go. We can't avoid change; in fact, it's the one constant in life.

That said, I believe I'll miss my class teachers the most. They've watched me grow from an immature Form 1 student to who I am now. Anyway, I'll try to stay optimistic even when I face a ton of stress and pressure. I'll continue to keep my chin up no matter what!

Thank you so much, everyone.

On Dream Job (Pilot)

5K Tse Kwan Ting, Quentin



Good afternoon, everyone. I am Chris Wong, a professional pilot with Cathay Airlines. It is my honour to stand before you. Thank you very much for the invitation.

The responsibility of my job as captain is flying passengers around the world every day and night. I need to ensure that the flight goes smoothly, along with the first officer who checks all the instruments and other important calculations and plans. Flying an 89-ton aluminum bird at 800 km/h up to 80,000 feet in the skies while having to read 80 gauges and communicate with your co-pilot may sound like a tough thing. And actually, it is! But that's exactly why I'm here today.

It all started when I was young, back in junior secondary school. I had a dream of flying, but believe it or not, I believed that it was an impossibility for me. As the months and years passed, my passion for aircrafts grew and grew. I imagined soaring in the skies with complete freedom, the awesome view and surreal feeling of flying was truly amazing to think about! And I learned that the pay was quite good too.

This dream at that distant time was, quite frankly, my only goal in life. I didn't have any interest in romance, fame, money, merchandise, or any other hobby. I was a neet, a shut-in who only really gamed all day. I thought that to become a pilot I needed to learn physics. But when I got to higher forms, I felt my math would certainly drag me down. I also understood that becoming a pilot required skill, time, knowledge, and money, all of which I lacked. To add to that deficiency, I was known for being forgetful and sometimes plain dumb. My family's financial standing was quite good, but it sure wasn't enough to let me move to Australia for a whole year. So I turned the little dream off.

The introvert that I was, I played a handful of games and one of them was a flight simulator. I wasn't particularly good at it, but one day, my father told me a thing I will never forget: 'Son, you fly pretty well in that game of yours; why don't you try it out for real? There's no point in shutting a bird within a cage if it can fly. Worst case scenario, it'll fall while flapping its wings. I'll support you in your dream.' Of course I was skeptical of my old man, but I was encouraged nonetheless. I joined my school's aviation club, trained regularly, and I slowly but surely memorized all the instruments. Then, I participated in an aviation competition and surprisingly, I came close to first place! This made me realize that I did have potential but was just too blind to see it.

Speech for Graduation Ceremony

6T Chu Sheila Mae Manzano

That night, I spent the entire night gathering details of pilot cadet training programs. I realized my fault and misunderstanding of the requirements, then my plan clicked into place, as if God destined me to take the slot. Well, so I did. I rose up from my class, becoming one of the Top 10 in the span of months. There was much hard work, and tears poured in abundance. After graduation I took a gap year. I found a retail job, did flight simulation training in my spare time and talked to pilots to understand more and more about the line of work. A year and a bit later, I moved to Australia and started my actual flight training. It was quite tough and far from smooth sailing, but in the end I made it through. I am where I am today thanks to my father and everyone around me.

Life doesn't need a perfect start nor a smooth sailing to reach your destined dock. You should understand what you firmly want in life and start off on your path, even if it seems impossible. Take the shot before you miss the time and regret it. Because at the end of the day, even hawks and eagles need to take a leap of faith to earn their wings. Will you put faith in the fall, or will you stay on in the cage? Don't let the turbulent wind or fear stop you, as you are capable of so much more.

Thank you, young people, for your time and attention. Remember, you have one life to live, so try to live it to the fullest every day!



Honourable Chief Guest, respected guests, Principal, teachers, parents, ladies and gentlemen, good afternoon. I would like to express my deep gratitude to each and every one of you for attending this ceremony today.

I am truly honoured to stand before you as a representative of my peers, a graduating class packed with diverse talents and skills, a class full of amazing individuals.

Years ago, we were not even teenagers when we began our studies here. Now, I speak on behalf of a group of people who are approaching adulthood or are already adults. As kids, we did prioritize fun over education. Some of us still do, but nonetheless, growth is inevitable. Together we matured, we discovered ourselves, and now, we are standing taller than ever here in the hall of Tai Po Sam Yuk Secondary School.

Through the 6 years, this school provided more than ample resources for knowledge. The wide selection of subjects and extracurricular activities it offered gave us lots of opportunities to explore our personal interests, so that many of us are able to develop the potential to be something we never thought possible. For example, one of us started off as very weak in Math, but is now preparing for a career in aviation! Here we received training, not just in academics, but in cultivating our character as well – to not just be equipped for further studies or the workplace, but to be fitted for the local community and the world. This school is to us much more than just a foundation for learning; it is a home that we can flourish in.

To you, our dear teachers, we want to express our heartfelt tribute. You were major contributors to our development and success. Through in-class and out-of-class interactions, we have been able to form excellent relationships with you all – because you were exceptionally good at your jobs, and because you're the friends and counsellors we needed at different points of student life. Even at times when we may not have had the best experiences with you, you only had our best interests in mind. In your strictness, you served to remind us that life is not always easy, showing us that roses have thorns so we must be careful when picking the flowers. On the other, gentler hand, your easy-going side provided a safe haven for us when we were struggling. You came prepared with a box of band-aids when we were hurt. Thank you very much. I must also express gratitude to

Forgetting the unforgettable

3H Lam Yik Hang, Anson

our school staff for always making sure that every facility is well-maintained and ready for use, such as this hall for this momentous occasion.

Now I'd like to speak to the ones who are nearest and dearest to us. A very warm thank you to, our parents. You pointed to us the way to this school and afforded us joy through the years of our study here. We couldn't have made it without your love and comfort, your guidance and assistance in raising us to be the best version of ourselves. We rejoice in the divine providence that we have such a family to look up to. So, thank you for always being there for us, and for setting an example of what we should strive for.

My fellow graduates, this school is a place where we connected with people, especially with each other. We've made numerous friends and smaller circles of tight friends. Most importantly, we made memories, some mundane or chaotic, but generally sweet and precious ones. Of course, it wasn't always perfect, but we are here, aren't we? Despite those moments, we endured and we thrived. We miss those who should've been graduating with us today, for, what fun it was to have been a student in this school! Now it is time for us to go our separate ways, moving on to the next season of life. I wish you all success and happiness in every endeavor you choose to pursue.

In closing, on behalf of the 2025 graduating class, thank you, Tai Po Sam Yuk School, thank you very much.



A few years ago, I made a critical mistake on an important team project. My error jeopardized months of hard work, and the disappointment of my team was overwhelming. I felt immense guilt and couldn't stop replaying the moment in my mind.

I am so glad that I have gotten over it. Let me briefly state the path I took. The first step toward healing was acknowledging the mistake. I realized that ignoring it only made things worse. Accepting it as part of my journey allowed me to start learning from it.

Next, I reached out to a close friend. Sharing my feelings was difficult but liberating. Building on this positive experience, I soon had a circle of good friends. We did things together and went places together. We played games, joked and laughed, and talked about any topic relevant to our lives. Their support reminded me that everyone makes mistakes and assured me that I wasn't alone.

I also found solace in writing. I kept a notebook in which I wrote about my feelings – positive and negative – and about any topic that caught my interest. I wrote in my English lessons, at break times, and even when travelling. I wrote in school, at home, in the day and in the night. Expressing my emotions on paper helped me process what I couldn't say out loud. It turned my mistake into a lesson and personal development rather than a failure.

Focusing on the present was crucial. I immersed myself in activities that brought me joy – spending time with loved ones, pursuing hobbies like volleyball and setting new goals. These moments helped me shift my focus away from the past.

Finally, I learned the importance of forgiveness – forgiving myself as well as others. Letting go of guilt and resentment freed me to move forward.

In conclusion, forgetting the unforgettable isn't about erasing the past, but to find inner peace with it. Through acknowledgment or acceptance, the right kind of support, new interests or hobbies, and forgiveness, we can find peace and move forward with a new spirit.

A day in the life of a singer/songwriter

3H Lau Pui Yan, Acalia



I am a singer by profession. How does my typical day go? I dance around, compose songs, practise my vocal cords, and enjoy a nice cup of green tea.

At the start of my day, I would have questions for the universe, like, will my worries ever melt away? As I keep thinking, my thoughts are interrupted by the delicious smell of breakfast made by my best friend downstairs. It draws me down and there I see my friend singing along to my song, a remix, that I made of the song “Just Like Chet” by Laufey. The song was inspired by one of her favourite musicians, Chet Baker. I really love it too; that’s why the remix.

As my day continues, I recall spots that I used to go to when I was around 13 years old. I really wish I had told my 13-year-old self some things. Would there have been a silver lining then? I wonder, but my thoughts are again interrupted by yet another smell – delicate and delicious! Where’s it coming from? A cafe? I find my way there and am immediately greeted by the scent of different pastries and the aroma of freshly-ground coffee. Yet, while it’s truly captivating, I go for a cup of green tea! My friend takes funny photos of me and her together and we laugh along. As I leave the café feeling joyful and satisfied, I hear the sound of birds. If they’re bluebirds, what a lucky day! I look. Yes they are! They are in the sky but flying rather low, low enough for me to see their feathers which are as blue as the sky. I wave them goodbye and make a wish deep in my heart: bluebirds of spring for everyone! Then I continue my walk towards home.

When I get back home, the sun is setting. I’ve had so much fun through the day! I prepare for the night, then sit idly in my comfortable bed with fluffy blankets and cute stuffed animals. I gaze out of the window and see the starry sky. Suddenly I get the urge to compose a nocturnal piece! So I turn on my night light, start humming and making notes on my pad. The clock strikes twelve. I finish my composition at midnight! So I tell myself, “I shall name this piece, ‘Nocturnes!’ Some changes may be needed before studio work, but as of now, it is perfect to my eyes and ears. I’m sure my fans and the general public will like it too. Fingers crossed!

I put the music things in order and lay myself down. I close my eyes and wonder what tomorrow would be like. I stop wondering as the eyelids get heavier and sleep starts to kick in. OK, I’ll wait to find out about tomorrow right from the start.

The worst day of my life

3H Pak Lok Him, Marcus



On any given day, my life has its highs and lows, like a roller coaster going up and down. But the worst day of my life was miserable! Let me tell you about it.

At the start of the day I woke up, brushed my teeth and got ready. Then it was time for breakfast. I got a bowl and poured cereal into it. But then, the carton of milk was empty! My breakfast was ruined. It’s a day when I had inter-school football competition so to get my body ready, I went out for a little run. On my way back, as I was entering my home, I felt very sick! It turned out that I had a temperature of 39.2 degrees Celsius. I quickly undressed and went into the shower to cool down. Right after that, my body temperature dropped to 38.5 degrees so I decided to take a short nap, with the hope that it would make my fever go away. When I woke up, I took my temperature reading and it was 37.2 degrees. The fever was actually gone! With much excitement I got ready and went to the football ground and join my teammates for our match.

When I arrived at the pitch, I found everyone waiting for me. No one greeted me and instead, I got yelled at by the coach for my lateness. Soon the game got underway, and after a few short and quick passes, we scored! An early goal, 1–0 up! I was filled with joy. The whole team was in high spirits and we were looking for a second goal. I had the ball at my feet and then something unimaginable happened. I slipped! Our opponents got the ball and scored!

At one-all, the game was rather balanced though we enjoyed more possession and we were also pressing. Having the ball, I looked at the field and made a decision as to which teammate to pass to ... and I miskicked, thus giving the ball away. It resulted in my team going behind! I looked at our coach; he gestured encouragement to me. I was grateful for this and decided to make up for my costly errors. I took the ball forward and dribbled past a few players and then ... one stole it from me and sent it up the field. I ran back as fast as I could, but only to see the ball go into our goal. I expected the coach to take me off the field, but no such communication was made. My teammates’ body language showed disbelief, but I still wanted to do my best. The opposing captain won the ball at a good distance from our goal, and I knew I had to act. The referee blew his whistle and pointed to the penalty spot! We ended up losing 1–4. I was directly or indirectly responsible for such a bad defeat.

Every cloud is silver-lined

3H Tsui Curtis

After the match, I walked home with my mom, and I felt my leg hurting pretty badly. Right there she decided to take me directly to the hospital. After some examination and X-Ray, the doctor told me that my leg was fractured. I had to stay in the hospital for 2 weeks for treatment, and after discharge I would have to give my leg a rest, meaning no sports activity for 3 more months.

So on this one fateful day, my breakfast was rushed and incomplete, I got a fever, I caused my team to lose our football match badly, and I fractured my leg bone. It was the absolute worst day of my life!



The worst day of my life occurred when I was ... in school! It came about because of a special English class! Actually, when I first found out that I was selected for it, I was silently cursing to myself because I didn't want to take extra classes. But I knew I didn't have a choice except to join it. I reluctantly went to the designated classroom and opened the door to enter. I knew this was for the top ten students overall in English. Usually, people would feel honored or lucky. But for me, this felt like a hindrance, another loaded weight on my shoulders.

Even if I wanted to leave and go home, I knew I would receive an unforgettable punishment that would be deeply engraved into my memory for eternity. When I saw what time the class would start and end, I was silently screaming in faux pain since I knew I should feel lucky yet not understanding the true meaning behind these arrangements. I had no choice but to silently suffer and finish a ton of work. It was so much that it was worse than 8 normal classes combined. I was desperate to find a silver lining but under the pressure and the mountain of workload, it felt impossible.

Education has a high value and is sacred to the children in less developed countries. To those in more developed ones, especially in the urban areas, it is a basic privilege, often taken for granted. So when I thought about this, my dislike for the class grew and I silently criticized the work the teacher had assigned for my group.

Suddenly my mind suddenly clicked, like a switch that turned on a light bulb. I spotted the silver lining I had desperately needed to see. Right then and there, I decided to forget everything and focus on positive values. I shouldn't let my education go to waste while I know others are dreaming of one. I must think of countless number of children who don't have what is necessary to pay the fees and other expenses. This was the silver lining I'd been looking for, and it came about because of one key point in my mind – patience. I realized that during the lessons I had been impatient, bored and silently mumbling to myself. So even without understanding the meaning of patience, I started organizing my thoughts and composing my entire self. It helped me figure out my value and to realize that anything I do could mean a lot.

So on the worst day of my life, I discovered 'patience' deep within me and spotted the 'silver lining'. I saw that everything, including an initially unattractive lesson, was worth my time and effort.

On Dream Job (Idol)

5K Li Pak I, Curtis



I am a recent Form 6 graduate and I have just decided to discard my plan for further studies in favour of pursuing my dream. However, the process seems so tough and there are tall barriers for me to scale and overcome.

As a background, my dream is to be an idol, quite like the members of BTS or Black Pink, but my parents think this is grossly impractical. Thus, they are against my intention of chasing this dream.

The truth, however, is that I really want to be a celebrity. Dancing is my only hobby. So I have come to the conclusion that I should take a gap year to develop my singing and dancing skills. But training by myself is low efficiency and may not yield any significant fruit. Hence, I am planning to take up a part-time job, save as much of my earnings as possible so that I can have the funds necessary to enrol in a professional training course in Korea. Honestly, it will be very tough for me. I have to work hard to earn money every day and keep up my own training simultaneously.

To meet the challenge, I have planned a time-table to manage my daily and long-term journey effectively. Moreover, I am trying my utmost to persuade my parents to accept my dream of an ideal occupation. Please bless me with your thoughts and best wishes!

In conclusion, I hope all of you can pursue your dream bravely. If your parents are against you, like mine were, I suggest you have a communication with them. Be careful, though! Your attitude should be nice, loving and respectful. Otherwise, a conflict may occur. Finally, before you decide to take a gap year, take time to consider it deep and wide. It has the potential of affecting your future positively or negatively. Try to be as sure as possible that it will be the former.