



筲箕灣東官立中學

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薈思

學生作品集

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前言

賴炳輝校長

「薈萃藝文，思溢才情」，本學年《薈思》學生作品集已昂然刊行第42期。

疫情反覆，過去逾兩個學年令莘莘學子無法進行正常的實體學習，一下子得適應全新的學習模式，更遑論校園彼此相交互動的校園生活；教師也需要立時提速增補，與時並進，全面運用電子教學指導學生網上學習，關顧他們的情緒和身心健康，持續培養學生全人成長。際此艱難時期，我們一群抱有教育熱誠的教師們依然緊守崗位，群策群力，鍥而不捨，尋縫訪隙，抓住每個機會，又或親自搭建平台，舉辦各項活動和比賽，提供發揮創意的空間，激發學生潛能，展現他們優秀的一面，從而提高他們的學習自信心和自我形象。

回歸四分之一世紀，誰能想到自1997年運動健將李麗珊女士為香港取得第一面奧運會風帆項目金牌後，二十五年後的香港精英運動員已在不同項目上取得超卓成績，甚或世界冠軍。更令人驚歎的是祖國在短短數十年間在不同範疇各已取得驕人成就，不單接連舉辦夏、冬季奧運會；更能獨力建造太空研究中心，駐留星空，探索宇宙。

誠然只要我們繼續躬身自勵，教化導引，默默守護莘莘學子，他們定必會隨日成長，有所改變；將來信可成就自我，回饋社會，貢獻國家，改變世界。願意今期《薈思》學生作品集就是記錄他們展步人生的起始點。

My School

S.1A (5) Lin Sau Wai



Hello Hebe,

How are you doing? I am writing to tell you something about my new school.

My new school has a tuck shop. I can buy some food to eat such as fish balls and cupcakes. They are yummy. The most popular snack is curry fish balls. Many students like eating them.

My favourite subjects are Music and Science. The music teacher is very funny. In the Science lessons, we can do a lot of experiments in the science lab. The science lab is clean but it is too small.

The school clubs I want to join are the Dance Club and the Photography Club. I want to learn hip hop, because I think it is very cool! I also want to learn to take beautiful photos. Next time I can show you some photos.

What about your school? Can you tell me something about your new school?

Best wishes

Chris

My Best Friend

S.1A (8) Yang Sum Yi

My best friend is called Amy. She is 13 years old. She studies in Shau Kei Wan East Government Secondary School. She lives in Shau Kei Wan. She has a fringe, a ponytail and wears black glasses. She is of medium height. Amy is also an energetic and talkative person. She enjoys all kinds of sports. She shares things with her classmates.

Amy likes playing basketball because it is interesting. She also enjoys taking selfies every day. She and I like going to the basketball court on Saturdays. Her favourite person is her father. She loves eating chocolates and sweets. She likes cats because they are very cute.



My School

S.1C (7) Wong Ka Yan

Hello Jace,

How's everything going? I'm writing to introduce my new school. It's very traditional and unique. The teachers are very kind and helpful. They are friendly.

I study in Shau Kei Wan East Government Secondary School. It's located in Shau Kei Wan. There are two playgrounds next to the science lab and the assembly hall is near the entrance. We have PE lessons there. I study a lot of subjects such as Chinese and Chinese History. My favourite subject is Chinese because our Chinese teacher is fun. We have some tests in the lessons, but we also have some games before we have the tests. I'm weak in Science and I am weak in Maths too!

The school club I want to join is the Art Club. I like drawing as it makes me feel pleased. I will draw some fruits or animals. It's challenging. I also want to join the Badminton Club as I need to do some sports, I don't want to be fat.

One thing I like about my school is the library, but I don't know why there aren't many people there. There are many books and some newspapers. I like acquiring more knowledge. However, I don't like my school's vending machine as the food is so expensive. There are limited choices as well.

That's all for now, I hope I can meet new friends in the school and adapt to my school life as soon as possible.

Love,
Jenny



Tom Chan

S.1C (18) Lam Cheuk Kan, Jonathan

My best friend is called Tom. He is 12 years old. He lives in Chai Wan. Tom is tall. He has a round face and a fringe.

He is kind and cheerful. He is sporty too. He likes playing tennis. He plays tennis with me every Saturday. He likes singing too. He always lets me listen to him singing because he wants to know whether he sings well or badly.

His parents like singing too. Whenever I talk to him on the phone, I hear his parents singing. Maybe his whole family likes singing. I think he sings too. He has a cat. His cat is called Ryan. I sometimes feed some cat food to the cat when he meows.



Addiction to Computer

S.2A (1) Chan Ching Yi

Dear Tom,

Thanks for your email. I'm sorry to hear that you are addicted to computer, not having meals, sleeping in class, and having no friends. It sounds like you're going through a tough time. I've got some tips to help you.

In your email, you said that you are addicted to computer. Don't worry, Tom. Many teenagers have similar problems. I suggest you find other interests.

Besides, you mentioned that you skip meals and sleep in class. Don't feel like you are on your own. You'd better draft a timetable. For example, you can eat at 7:00 p.m. and sleep before 11:00p.m.

Also, you wrote that you have no friends. Don't give up! You can join more school activities like the Basketball Club and Science Club and share food with your peers.

Good luck! I'm sure things will get better soon!

Best wishes,
Chris



Guess what I did?

S.2A (16) Ko Tsz Ho

COVID-19 is still affecting our lives in Hong Kong. There are still cases reported every day. However, the whole situation is a lot better than before. Therefore, students are allowed to have half day face-to-face classes at schools. I have more free time to learn new skills such as cooking.

I cooked at home because I want to be a chef and it is my interest. I cooked with my mum after school. I cooked very badly, I treated sugar as salt.

There are many meaningful things you can do at home. For example, you can play table tennis at home because it can train your reaction time. Besides, you can also sing at home because it is interesting.

Although it is fun to stay home, I still want to have lessons at school because I can spend more time with friends.



Letter to Nancy

S.2B (24) Ng Wai Yin, Bosco

Dear Nancy,

How are you? I am really glad to hear from you.

The weather in Hong Kong is cool and dry. I did quite badly in my first term test because I did not study hard. My worst subject is Chinese History. I think I should study harder to get better grade in the coming half-yearly exam.

We celebrate different traditional Chinese festivals here in Hong Kong, like Chinese New Year, Mid-Autumn Festival, Dragon Boat Festival and Spring Festival.

I am so happy to hear that you can come to Hong Kong during the Easter Holidays. There are many places in Hong Kong that are worth visiting, for example, Ocean Park and Hong Kong Disneyland. Ocean Park is a good choice if you like exciting rides because there are many choices. Tell me more about what you want to see in Hong Kong so I can tailor-make an itinerary for you.

I hope to hear from you soon. Best wishes to you and your family

Best wishes,
Chris



Letter to the Editor- Food Waste

S.2C (8) Li Ka Man, Joyce



Dear Editor,

I read in your newspaper about food waste in Hong Kong last week. I was shocked about 3000 tons of food is thrown away and ends up in landfills every day in Hong Kong. Moreover, food waste leads to Green House effect and wastes the water and other resources it takes to grow. There are some ways that we can do to solve the problem.

Firstly, how can we reduce food waste when we eat out? I suggest when we eat out, we just order the portion size that we can finish and we can also ask for a take-away box to take the leftovers home.

What's more, how can we reduce food waste when we go shopping? People buy a lot of food that they do not really need and leave in the fridge, so we can always make a shopping list before we go to the supermarket.

Last but not least, how can restaurants and supermarkets help to reduce food waste? Restaurants and supermarkets should donate the uneaten food to food banks and charities in Hong Kong.

In conclusion, we should reduce food waste to help protect our environment. Everyone in the city is responsible to help reduce food waste.

Best wishes,
Chris

My life under the coronavirus

S.2C (24) Tu Wa Ting



I think coronavirus is terrible for someone who does different sports like me. Now I can't do sports every month.

Some people think coronavirus is good because they think during coronavirus, they don't have to go to school. They can have online lessons instead, but I think online lessons are not good because using electronic gadgets for a long time is not healthy for our eyes.

During coronavirus, I have more free time in the afternoon. Therefore, I always do sports at home, for example, skipping or sit-up, so that I can have a healthy body. I often do housework at home as exercise too.

There are a lot of other meaningful things I can do. For example, I can play board games with my friends, so that I can advance my communication skills to make friends. I can also go to the tuition school, so that I can improve my Maths result. Moreover, I can study all of the subjects so that I can pass the quizzes and exams.

Actually, COVID-19 is not as bad as you think.

I am in trouble!

S.2C (13) Yu Hoi Nam



Dear Pat,

Thanks for your email. I'm sorry to hear that you have become a computer addict. It sounds like you're going through a tough time. I've got some tips to help you.

In your email, you said that you spend too much time on computer. Therefore, your grades have become worse. Don't worry, Pat. Many teenagers have similar problems. You should study in a self-study room because it is quiet there. I suggest you spend less time on computer games and spend more time on books and homework.

Besides, you mentioned that you sometimes skip meals and you don't sleep well at night. Don't feel like you're on your own. I suggest you set an alarm clock on your phone to remind you to have meals.

What's more, you're worried that you have no friends to talk to you and play with you at school. These are common problems for many teenagers. You can meet more friends on social media. Why don't you join a school club to make friends with the same interests? You can also improve your communication skills to make more friends there. You need to be more active!

Good luck! I'm sure that things will get better soon.

Best,
Chris

Letter to the Editor- Air Pollution

S.2C (22) Sze Chi Wa

Dear Editor,

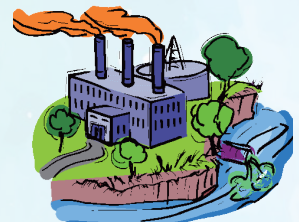
I read an article about air pollution in your newspaper last week. I am shocked that air pollution damages our intelligence. I believe that the government must do something to reduce air pollution.

First, air pollutant from the roadsides is a problem we need to tackle. The government can promote the use of electric cars, which reduces the exhaust air from traditional cars. The government can also plant more green plants on the sidewalks, which absorb carbon dioxide and give out oxygen. It helps to clean the air on the road.

Second, it is important to reduce emissions from power plants. The government needs to promote the use of renewable energy like solar energy, wind energy and hydropower. Switching from fossil fuels to clean energy helps to reduce the emissions of greenhouse gases.

We have already done enough harm to the environment. Let's do something to protect the environment and build a better future together with clean air.

Yours faithfully,
Michael Sze



Letter of Advice on Computer Addiction

S.2D (10) Chang Siu Fung

Dear Tom,

Thanks for your email. I'm sorry to hear that you're feeling lonely. You've become a computer addict and you also skipped meals. You also said that you felt asleep easily while having class. It sounds like you're going through a tough time with the problems. I've got some tips to help you.

In your email, you said that you're feeling lonely and haven't got any friends. Don't worry, Tom. These are common problems for many teenagers. I suggest you talk to your peers that you are feeling lonely. If there is none, you could be more proactive and talk to them during recess. You'd better join a club since there are a lot of new friends to make and they may be very enthusiastic. You could join them while they're playing games at school. You could ask them, 'Could I join you guys?' Also, you could play computer games with them if they have computers. Don't sit at the corner on your own.

Besides, you mentioned that you were addicted to computer. Many teenagers have similar problems. You'd better discover and develop other interests like playing volleyballs, rugby or joining scout. If you couldn't discover any interests or hobbies, I suggest you ask your own classmates for what clubs or activities to join. I'm sure you will not be addicted to computer.

Moreover, you always skip meals and you fall asleep easily during class. I understand because I have been through this problem when skipping meals, you feel tired and you fall asleep easily. I suggest you create or draft a timetable to remind you of the time to eat so you won't skip meals. Another problem that you are facing is that you fall asleep during classes. You can sleep early or set a timer for bed. If you couldn't sleep very well, you could listen to music to relax and you can fall asleep faster. Hope you will feel better soon.

Good luck! Things will get better!

Best wishes,
Chris



Hong Kong Festivals

S.3A (20) Lo Lok Him



Hong Kong has many festivals. Among all of them, which festivals do you like most? Personally, I love Mid-Autumn Festival and Chinese New Year most.

First of all, let me tell you why. I love Mid-Autumn Festival because I love eating moon cakes. It is also a day for family gathering. Other than this, I can worship the moon and carry lanterns with my family and friends.

What about Chinese New Year? I love Chinese New Year because I can eat reunion dinner with my family. I can receive red packets, enjoy fireworks displays and watch lion and dragon dances. It is a good time to visit my relatives as well.

Charity Concert

S.3A (8) Ng Ka Ching

My classmates and I held a charity concert and we invited a lot of principals, teachers and students to join this grand charity concert.

In the charity concert, I especially invited some classmates and teachers as volunteers to sing and play musical instruments on the stage. Part of the money raised would be donated to the people in need, such as the elderly and the homeless, and part of it would be given to the performers.

Soon at night, the principals, performers and audience all arrived one after another. As the organizer, I decided to give everyone a big surprise. I decided to perform and sing a song on the stage. The performance began after the seats were slowly filled. When I was about to perform on stage, I was very nervous, but I remembered the encouragement from my classmates, I slowly regained my confidence and sang boldly on stage. Finally, there was great applause when I finished my performance. I was so excited.

At first, not many people were willing to donate, but later, more were willing to donate as they thought that it was meaningful and significant. Finally, we have reached \$15000 in donations. The charity concert was perfectly held.



A School Trip to Australia

S. 3B (17) Lee Cheung Chun

Dear Ms. Wong,

I have chosen three activities I am interested in. First of all, I like to learn English because I can meet some Australian students, and I can learn more Australian cultures.

Next I like to go swimming. When I go to Australia, I can enjoy sunbathing on the beach and I also like to go to Gold Coast most as I will go diving and surfing. I enjoy everything in Australia. I can see some strange animals not available in other countries, for example, kangaroos or koalas which I can only see in Australia.

At last, I can taste some Australian food, such as chicken parmigiana, barbecued snags and lamingtons. These are all I like to eat in Australia.

Hope my ideas can help you.

Kind regards,
Jackie



Film Review on "The Present"

S.3C (8) Pong Wing Sze, Tina

The Present is an animated short film created by Jacob Frey. Frey's short film is based on the artist Fabio Coala's equally emotional comic strip titled "Perfection" originally published in 2012.

This animation is about a young boy and his new dog. The boy is addicted to playing video games. One day, his mum decides to get a little surprise for his son which makes it hard for him to concentrate on his video games. He gets a box and opens it. The boy sees a dog without a leg. The dog wants to play with the boy and keeps asking him to play with it outside.

I love The Present because it is a meaningful story. I think this story is interesting. It teaches us the disabled should not hide themselves but go out and explore more. I also love the dog because the dog helps the boy learn to love himself and accept his dilemma. I think this story teaches me a lot. I know I have some defects but I should have the courage to face them.

I'd recommend this film to everyone. It's fun and meaningful. You can't ask for more than that from animations, can you?



Proposal of an Exchange Trip

S.3C (11) Wong Hoi Man, Zoie

Dear Ms. Wong,

I have chosen three activities I am interested in.

Firstly, we should visit a zoo to meet famous Australian animals like kangaroos, koalas, Tasmanian devils, emus, laughing kookaburras and echidnas. I have seen these animals on TV and they look so cute, they can be seen in Australia only. We can also take photos with the animals.

Secondly, I suggest going to a beach because we can do many things like swimming, playing with water, building a sandcastle, sunbathing and taking beautiful photos. We can enjoy different beach activities.

Finally, we should go shopping to buy some souvenirs for our relatives and friends. I believe they will feel happy when they receive the gifts. I heard that there are a lot of shops in an Australian street. In addition, we can try local food there. Perhaps, we can try kangaroo hamburgers and ostrich steaks. We haven't tasted such food in Hong Kong. I guess it will be a new experience for all of us!

I hope you will consider my suggestions. Thank you.

Yours sincerely
Jackie



Blog Entry

S.4A (19) Li Ka Chun



Dear Anson,

I watched your show last week and it was awesome! However, a picture about you calling an audience member out for videotaping your live gig went viral online and caused a big debate.

Nowadays, people want to take photos and videotape everything because they want to post the videos on a streaming platform, such as Instagram or Snapchat.

However, I don't think that's right in a live gig because it is illegal and this behaviour does not respect the entertainer.

It is even sadder to see that many people blamed you for the call-out. In my opinion, you are right since you can raise public awareness of the problem of copyright infringement and artists like you deserve respect for the hard work.

I believe it's important to respect entertainers because they deserve respect for their new creative work. We should stop them or inform the security guards to drive them away if we see the audience record live gigs. You have my support!

Love,
Chris

Videotaping without permission should be prohibited

S.4D (14) Wong Mei Yiu

Dear Steven,

How are you recently? I would like to congratulate you on your show. It is no doubt that your performance was fantastic. It amazed me. Everyone waved the light stick and the banner which had your name on it. Everyone enjoyed your entertainment. I could understand how thrilled you were, when you were performing on stage. However, somethings happened during your show and affected this electric atmosphere. I want to share my views regarding the incident.

A man stood up and started videotaping your performance without your permission. At that time, you were shocked and irritated. You stopped him immediately and asked him to delete what he recorded. Nevertheless, he kept videotaping and refused to delete the videos. The hall was consumed with whispering and dissatisfaction. The audience forced you to continue your show. They claimed that they would complain you if you refused to continue.

In my opinion, videotaping without permission is unacceptable and prohibited because it is illegal and deprives the entertainers of their privacy. It also distracts other audiences from appreciating the show. Therefore, this action is disrespectful. I felt miserable that the majority of people blamed you for the call-out. You are right because all the audiences should follow the rules and protect the right that creators have over their literary and artistic works. The entertainer has his right to ask everyone to stop videotaping his show.

I reiterate that videotaping without permission is not allowed. It is unethical. I hope that we can hold more events that tell people more about copyright. Moreover, we can have tougher law to raise concern over the issue of copyright infringement. It makes people more aware of the problem and prevents a tragedy from occurring. I urge everyone to have strong self-discipline. If you see someone take photos and record a live performance again, you should stop him or report it to the staff. Therefore, we ensure everyone can enjoy a remarkable performance.

Yours truly,
Yoyo Wong



Letter to Tony

S.4C (21) Huang Yeung Tai



Dear Tony,

I watched your show last week and it was brilliant! However, a picture about you in the show calling an audience member out went viral online and caused a big debate.

Nowadays, people want to take photos and videotape everything because they can record what they see and share with their friends to show off. However, I don't think that's right in a live gig because people spend money to go to the show to support the entertainer.

It is even sadder to see that many people blamed you for the call-out. In my opinion, you hold a concert not just to make money, but also to feel the support of the audience and gain motivations. I believe it's important to respect you because the audience paid to see the show to express support. We should stop recording live performances. You have my support!

Best wishes,
Oscar

Letter of Advice

S.5D (4) Fong Tsz Ching, Jessie

Dear Betty,

I have heard you want to get fit and are considering taking a diet pill that has been heavily advertised. However, I've watched a video of some experts saying against a new diet pill called Zelafix. It is because lots of patients have started showing signs of deficiency in vitamins A, D, E and K.

From my point of view, taking diet pills is a bad idea as there are a plenty of side effects to your body. A recent statistic showed that users will be addicted after taking Zelafix for a long period. Moreover, over 35% of patients felt anxious and depressed when they stopped taking the pills. The situation was terrible. Some of them would suffer from headache after use. You must stay alert to these problems before taking it.

Furthermore, many nutritional experts said that the pills, especially Zelafix, had affected people's immune system. It is said that users feel excited or tired after taking a pill. Users never get enough energy. I guess, these people have frequently gone in and out of hospital. I'm afraid you will become one of the victims.

In fact, I think that you could try doing a sport instead. I know you are good at playing badminton, so why don't you join the badminton club at school? It is a full-body workout. Playing badminton can burn a plenty of calories. You know, I was a fat girl when I was 10 years old. I started playing badminton at that time. Finally, I lost 5 kilograms in 3 years' time. Playing badminton can help you lose weight significantly, so I highly recommend you to play badminton.

Indeed, taking diet pills may help you lose weight rapidly, but it's not healthy to your body. Hope you can enjoy playing badminton and get fit happily.

Love,
Chris

Letter to the editor - A 9am Start To School

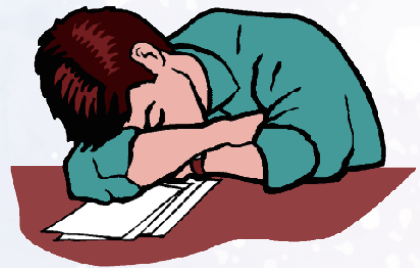
S.5A (6) Ng Cheuk Lam

Dear Editor,

I am writing to express my view of a recent article in Young Post. The writer, a secondary school student, thinks the schools in Hong Kong start too early and therefore make Hong Kong students feel so tired. He suggests that schools should start at 9am. It is essential that we pay attention to the opinion of our future generation. I will explain why Hong Kong students feel so tired and why his suggestion will not solve the problem.

To begin with, one main reason why students feel tired and sleepy is that they face heavy workload. Nowadays, secondary school students have at least five to six types of homework every day. They need to work on their homework for many hours. Some industrious students may even burn their midnight oil to finish their work and do revision. A study from South China Morning Post has shown that over 60% of students sleep after midnight just to finish their work. As a result, they have insufficient rest. Therefore, students will feel tired and sleepy due to their heavy workload.

Apart from the heavy workload, another reason is the mental health condition of students. Hong Kong is an exam-oriented city. Students have to face a lot of obstacles in their learning process. If they cannot get good grades, they will feel stressed or even get mental disorder like anxiety and depression. Therefore, they lack sleep and feel tired. Some are even suffering from insomnia. On top of that, the pandemic may also make students suffer from mental illness which leads them to feel sleepy and tired.



To alleviate the problem, the writer has suggested that starting school at 9am will be a way to make students more energetic for schools. However, he has neglected the root of the problem. Starting school at 9am cannot solve the problem mentioned. If schools start at 9am, lesson time will end later accordingly. Students may sleep even less than before. This will bring more side effects. Instead, more should be done about the workload of students and their mental health.

In conclusion, the problem of students feeling sleepy and tired cannot be ascribed to the early start of schools. More importantly, all stakeholders need to shoulder the responsibility of helping the adolescents. It is hoped that the root problem will be solved in the foreseeable future.

Yours faithfully,
Chris

A Horrible Day

S.5C (28) Ng Tung Ming



Last Saturday, I went to a jewellery shop with my friend, because Sunday was her mother's birthday. When we arrived, the shop assistant showed us many beautiful items and he was friendly.

Suddenly, we were startled by loud noises and shouting. When we turned our backs, three masked men dressed in baggy clothing walked into the shop and started to pull down the metal shutter. Then, they took out some weapons from their bags. We were shocked.

'Keep quiet!' one robber ordered us. He told us to lie on the floor, and other robbers went to check other areas.

Next, the robbers pointed their weapons at us and warned us not to move. We were as quiet as mice. We were helpless and frightened. My friend was crying, so I tried to comfort her. I said to the robber, 'Don't shoot her! She is my friend! I just told her to keep quiet.' Fortunately, the robbers accepted. When I stayed with her, I saw other people trembling. They were pale and terrified.

After that, the robber pointed his gun at the shop manager and ordered her to unlock the display cabinets. She pressed the silent alarm button secretly when the robbers were filling their bags with jewellery.

When the robbers took all the jewellery, they ran out through the small doorway. When they went out, they found out that they were surrounded by armed officers because the jewellery shop manager had pressed the silent alarm button and alerted the police. The police responded to it immediately and the robbers were caught red-handed with their heavy bags of loot.

No one was seriously hurt. The stolen goods were returned to the shop. My friend was suffering from horror for a few days. I think it is a bad day, but I have learnt a lot of things, such as the shop manager's bravery. She is our heroine.

Interact club Installation Ceremony

S.5D (8) Lau Hiu Ching

Good afternoon, Mr Cheung, Mr Tiu, Mr Cheng, Mr Kong, Mr Au, Mr Tsoi, Mr Lai, Mr Yeung, Ms Li, teachers and fellow interactors,

I am Lau Hiu Ching Melody, the President of SES Interact Club this year. It is my pleasure to see all of you in this special occasion. Thanks for attending today's ceremony.

I wholeheartedly deliver my thanks to our mother club, the Rotary Club of Hong Kong North, for your unconditional support. Without your help, our club could not be run so smoothly.

We would also like to thank Alan Lam, our president last year for guiding us to assist in all major events and bringing us an unforgettable experience last year.

This year, we have 15 committees. Their names can be found in the booklet. We are grateful to have such a strong, passionate and energetic team to commit ourselves to spread the spirit of Rotary Club "service above self". I look forward to working with them to create wonderful experiences and grasp every meaningful learning opportunity together in the following year.

Now, let me talk about the events we consider organizing or joining in the coming school year. Firstly, depending on the pandemic, we will organise a cookies workshop with our school English Society. We will make gingerbread men cookies. Our hand-made cookies will then be donated to a charity to show the needy our care and love during the festive season.

Secondly, we may participate in a 3D-product design competition. Last few years our school did a great job. The purpose of the 3D-product design competition is to provide members with a chance to make a product with creativity and imagination.

Another highlight of this year is Music@Youth which we all look forward to every year in high expectation. It will be held hopefully in mid-March next year if it is allowed during the pandemic. The aim of the event is to provide a platform for teenagers to show off and demonstrate their music talent and we will do our best to assist in this activity. Besides, we will have lots of online activities and joint-school activities.

Lastly, thank you all for coming and supporting us over the years. I look forward to the activities we are going to organize or join this year. We will also keep close contact with our mother club and I firmly believe, with their support, we will have another fruitful year ahead and spread the spirit "service above self".

Thank you!



The Rise in Popularity of eBooks

S.6C (14) Cheung Siu Hin

Should students use e-books in education? It is a controversial question to society. Since we have entered into an information age, the use of e-books becomes popular in the globe. It can increase the efficiency of students' academic performance. Therefore, I think the use of e-books is on the rise and the impact of this change can do more good than harm.

Firstly, in terms of convenience, e-books is much more accessible. In Hong Kong, students are required to bring a lot of textbooks, exercise books and worksheets which increase the weight of students' school bags. It is harmful to their backbones and body growth. Because of this, using e-books helps decrease their school bags' weight and keep the teaching materials easily.

Secondly, as far as environmental protection is concerned, e-books are eco-friendly as it reduces the consumption of paper. A few decades ago, people used to receive information and knowledge by hard copies, such as newspapers, magazines and printed books. However, it produces a large amount of paper waste. Millions of trees have been deforested for paper. Although many countries have encouraged citizens to reuse and recycle the wastepaper, the paper waste is still a severe problem. Therefore, the progress of technology and e-books can definitely solve this issue as it does not need to rely on paper for printing books. The problem of deforestation can surely be subsided.

Thirdly, e-books provide an opportunity of multi-sensory learning which is rather entertaining. E-books are no longer limited to traditional learning way. It can be combined with multi-media, such as audio and visual aids. Thus, e-books help enhance students' learning motivation and effectiveness.

However, some may argue that using e-books will pose a problem of hierarchy between upper and lower classes. The lower class usually earns the least and they may not afford the extra expense of installing e-books and cable network. Nevertheless, I am convinced that the government and social welfare organizations will give them enough technical support, such as paying them e-book and network fees. Besides, the school authorities will offer help to those grassroots students, for example, organizing after school learning support programmes to help those students to adapt to the e-learning mode.

To conclude, since e-books are convenient, eco-friendly and entertaining, we should make good use of them to widen students' horizons and adapt to the new technological trend.

No-Exchange And No-Refund Policy

S.6D (2) Chan Ka Wing, Hailey

Dear Sales Manager,

I have recently received some complaints from customers that they are not satisfied with our no-exchange and no-refund policy. Thus, I think we should make some changes so that our company can be more alluring among consumers. Below are some of the reasons and advice.

Firstly, no-exchange and no-refund policies are no longer the appropriate way to run an online business. Many people wish to have a wonderful shopping experience and get quality products and service while they are shopping. In order to satisfy the consumers, many companies are providing perfect services in today's society. To be one of them, we, our company, should not set up too many restrictions. We should be aware about our quality of services and serve them genuinely. We should then remain competitive in our online business.

Secondly, our company should also understand that accidents may occur during the time of production. For instance, clothes with fading colour, breaking holes and sewing errors. These should not be the fault of consumers. Thus, they all should get compensation from receiving any defective products. Otherwise, consumers are prepared to boycott our company.

For the above reasons, I think the policy should be changed as the no-exchange and no-refund policy leaves a lot to be desired and it is adverse to the sustainable development of our company. In order to remedy this, we can make some changes in our current policy.

In the first place, our company should find out the reasons why consumers request to exchange their products. If the fault pertains to the quality of products, we should apologize and replace the products immediately. There are also complaints about purchasing an incorrect size of clothing. What we should do is to show understanding as people cannot try on clothes online. We should never refuse any arrangement of return. At the same time, we should also pay for postage so as to promote satisfactory services.

I understand that there will be a doubt if our new policy works. However, with reference to our counterparts, refund policy has become a standard policy. Besides promoting refund and return policy, we can offer discount, say fifty percent off or twenty percent off to customers concerned. This can attract repeat customers who become our regulars. We can also present free gifts, such as other clothing or exquisite key chains to express our apology. I am sure that our customers welcome our new policy.

To prevent customers from taking advantages of our new policy, I think that customers should shoot a video while they are unpacking the parcels sent from our company. This kind of action can assure consumers that it is not their fault when the product is found with any damage. Our company should also set a deadline for making any exchange and refund requests. For example, we can upload a reminder on our official website as well as the receipt so that people get to know our new policy.

To conclude, I think the new policy offers a consumer-friendly and powerful marketing tool for our business. It is hoped that my suggestions can be accepted and we can provide customers with a safe and an enjoyable shopping experience.

Yours faithfully,
Chris Wong
Sales Department



How to Maintain A Healthy Life

S.6D (3) Chow Pui Yu, Jasmine

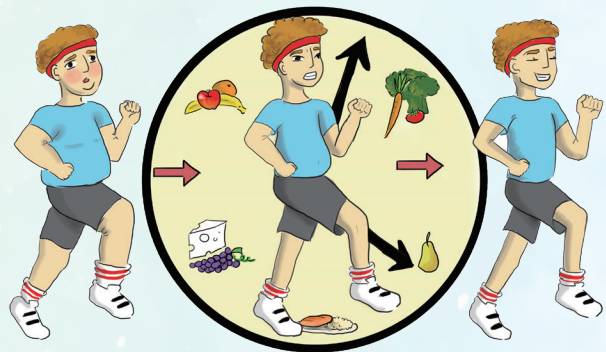
Good morning Principal, Assistant Principal, teachers and fellow schoolmates.

I'm Jasmine from class 6D. I'm sure we all dream of achieving success and having an enjoyable school life. A healthy life is, in fact, the key to success. This morning I'd like to give you some advice on 'how to maintain a healthy life'.

First and foremost, it is your diet. Keeping a healthy diet doesn't have to be complicated. What we need is a balance of food. A balanced diet is a diet that contains various kinds of food in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequately met. Yes, the key word is 'balance'. Water is necessary. Drink plenty of water a day. Water helps flush our systems of removing waste products and toxins, as well as boosting other metabolism. If you do not drink enough water, it may cause tiredness, low energy and headaches. If you feel exhausted in class, you should drink water. It does help! You'd better avoid eating junk food as it carries sugar, fat and salt. Constant intake of junk food will cause overweight or obesity. You may wonder what are the benefits of it? Healthy eating not only supports your growth, as a student, eating healthily is also linked to higher grades, better memory and faster information processing.

Besides, doing regular physical activity is important to maintain a healthy lifestyle. It's good for your physical health and mental state! Exercise helps your brain get rid of chemicals. According to a medical research, chemicals make you feel stressed and anxious. It is like blocking negative thoughts or distracting you from daily worries. I've noticed that some of my classmates may suffer from sleeping problems. And guess what? Exercising can improve your sleep patterns. Being a student in Hong Kong, life is quite stressful. We have to deal with school tests and exams, or even the DSE. The way to relieve your stress is through regular exercise. So, take part in sporting activities to strengthen your physical and mental health.

A healthy lifestyle not only strengthens your body, but also enriches your school life. Under COVID-19, our daily routine is clearly disrupted. Stay strong. Reset and establish a new lifestyle. I wish you all a fruitful year ahead and would like to leave you with a William Londen's quote, "To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." Thank you!



Letter to Editor- Heavy School Bag

S.6D (5) Ho Wing Tung, Chloe



Dear Editor,

I am writing to express my views on Hong Kong students carrying heavy school bags.

Carrying heavy school bags is an important issue for students as they affect students' health in a very bad way. Students are at puberty. However, carrying heavy school bags possibly lead to bad posture such as hunched back. Having hunched back or bad posture may cause low self-esteem. Their unusual appearance may result in bringing unhappy school life for students.

To tackle the issue, I have a few ideas that might help. First of all, schools could consider using e-books to replace traditional books. E-book is not only a user-friendly tool that makes learning convenient and easy, it is also weightless. In other words, students no longer need to carry heavy and large amount of printed books to schools.

Besides, schools should install lockers in classrooms so that students could put their books inside the lockers. This could help decrease the weight of school bags as students can put books which are not used on the day inside the lockers and need not carry heavy books around.

To conclude, I think that carrying heavy school bags is a significant issue to students since the effect is tremendous. Why don't we adopt different solutions such as e-books and lockers to remedy the issue?

Yours faithfully,
Chris Wong

The Figurine

S.6D (18) Cheung Wai Yin, Vincent



Today Tody was on night shift with his pal, Reeze. They were assigned to post a plate '16514919' onto Bridge Ezer and station in the guard room nearby.

'Hi Tody, how's everything going today?', said Reeze.

'Fine for now I guess,' Tody replied.

'There's a storm coming to our island. I'd better go out and see if there's anyone still out there,' said Reeze as he headed out for patrol.

After Reeze went out, Tody decided to take a quick nap before Reeze came back. Unfortunately, his nap was suddenly intervened by a loud noise. The loud noise sounded as if it was coming from the direction of the bridge, so Tody decided to investigate what made that sound.

Tody walked out of the room and headed towards the bridge. Reaching the bridge, he started searching if there were any animals around.

Moments later, Tody found a small figurine below the bridge. The figurine looked like a gargoyle without its head.

'Hmmm. This is certainly interesting,' Tody thought as he picked up the figurine and inspected it closely. As Tody was inspecting it, he felt someone smacked his head in the back. Unconsciously, he fell to the ground.

When Tody woke up, he found himself in a dark basement and tied up. He managed to stand up with his arm tied behind him. He tried hard to loosen the rope with his hand. He did it and got out of the bindings. Tody immediately started to find a way out of the room he was in...but there were no keys lying around. Without any tools at hand, Tody could only bash the door with his body. Luckily, he wasn't hurt when the wooden door turned into pieces. He slipped away of the basement but he then noticed something was wrong.... The house he was in was very similar to Reeze's! Tody immediately knew something was wrong as he suddenly saw a shadow by the window. He decided to go upstairs to hide in a room with a curtain covering himself.

Unfortunately, the shadow seemed to have noticed and dashed at him. Tody heard cracking sounds. It quickly reached the room where Tody was hiding in. Just then, the door was open. Tody peeped through the curtain. The 'person' who just came in the room was Reeze.

'Well, not exactly,' Tody thought and tried to calm down. The 'person' was like the gargoyle whose neck and eyes were red. 'Emmm Reeze....What happened to you?' said Tody in fear, 'BLOOD!' Tody said with a shivering body

The monster discovered Tody and attacked him. Tody managed to dodge and hold off a few hit before being knocked out of the window. Tody landed on the street and was severely injured by the fall. Right as Tody thought he was going to die, sirens appeared on the horizon. It was the local police patrolling squad. The monster quickly flew towards the source of the sound, and few gunshots were heard shortly after.

The winner was not the monster. The police discovered Tody lying on the ground and he was sent to the hospital immediately. Tody was taken care but Reeze was never seen again. Tody was traumatized by the event and wasn't able to utter any words anymore.

Advice on Video Blogging

S.6D (26) Ng Yu Hin, Elvis

Dear student,

I have received your email! I am really happy that you want to improve your videos. Fine! Let me share how I started making videos and how being a video blogger has affected my life.

Firstly, I started making videos when I was a student. This is because I watched a lot of funny videos and I thought the video bloggers were very hilarious. To bring the positive impacts on others, I started to shoot and edit some video clips and then upload them onto the Internet. Luckily, many people love my videos, so I keep making them till now. When I see some positive comments, they can encourage me to make more interesting ones and polish my shooting skills, so I really love my job.

However, there are also some difficulties to be a video blogger. For example, it is not easy to think of so many interesting topics. You need to be imaginative. Also, you need to handle many problems. The toughest one is to cope with unfriendly remarks by netizens. When I become famous, some haters give me a lot of negative comments and bully me. I felt very harassed at the beginning, and I wanted to give up, but, you know, my inner me reminds me of my dream. My target of being a video blogger is to bring positive influence on my audience. So, at last, I tried to ignore them and do my best.

It is hard to come through all sorts of obstacles, but you can make it with your determination. In fact, there are ample of advantages to be video bloggers. For example, making videos has changed my life. When I was young, I did not have friends. But now I have met a lot of audience and other video bloggers. They have shared a lot of suggestions, so now I can make a lot of funny videos. Besides, I have tried many new things which I have not done before. It is because I keep exploring things around me so that I can show something special to my audience.

Well, to improve videos, I suggest you add some background music in your video because a piece of music can make people feel relaxed. Also, you can add English subtitles in your videos. You can gradually attract more audience from other countries to watch your videos. Don't forget to read the comments from your audience. Some of them will give you some useful suggestions, but I highly recommend that you should ignore the haters' comments because they just make you feel depressed.

In conclusion, I think video blogging is a very challenging and meaningful job, because you learn to face and tackle many issues and you can make others feel happy. I hope my advice can help you to make good videos.



I am looking forward to seeing your videos but don't forget your first priority is to study hard. You should keep a balance between making videos and having good academic results. Wishing you happiness always!

Best regards,
Chris

Upcycling Fashion Projects

家政科、英文科跨科組合作計劃



設計：3A 蘇羚
3A 范清霖
3A 唐皓雪
演繹：3A 楊曉藍



設計：3D 蘇雅詩
演繹：3D 蘇雅詩

設計：3B 洪嘉宏
3B 柯錦康
演繹：5D 張佳豪





設計: 3D 陳凱琳
3D 李軍銳
3D 余曼羲
演繹: 3D 陳凱琳



設計: 3D 陳凱晴 3D 薛旨晴
3D 朱慧喬 3D 譚韻兒
演繹: 3D 梁凱琪



設計: 4B 梁嘉琪
4B 劉欣彤
演繹: 4A 吳灝璇

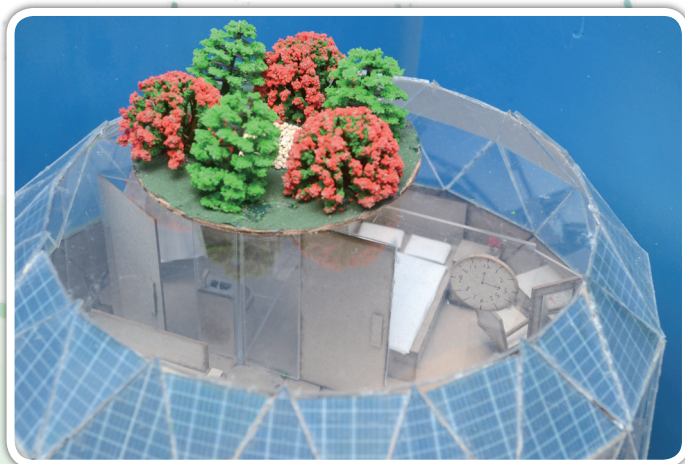


設計: 4C 鄧樂瑩
演繹: 4C 黃恩欣

環保家居模型設計比賽



5C 卓芷瑤 5C 朱詠忻 5C 葉翠雯 5D 黃美瑤



4D 陳芷盈 4D 梁家璇 4D 顏浩鈞 4D 李晉然

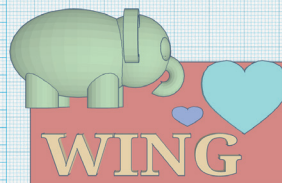


主辦機構	教育局 STEM 教育中心及藝術與科技教育中心	
優異獎	4D 卓芷瑤 4D 葉翠雯	4D 朱詠忻 4D 黃美瑤
優異獎	5C 陳芷盈 5C 顏浩鈞	5C 梁家璇 5D 李晉然

中二級 名牌設計



2A Fan Shing Him



2B Lam Wing Fong

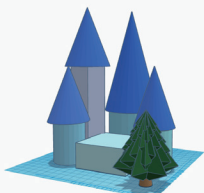


2D Kwok yui hang



2D Ma Ho Yin

中三級 紀念品設計



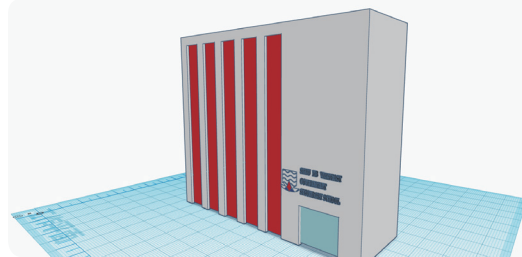
3A Ng King Pang



3C KoTsz Hang



3D Cheung Chung Ching



3D 石朗峰

視覺藝術科學生作品

中二級 彩砂畫

2A 黃文傑 2B 黃靜婷
2C 張嘉怡 2D 旋素嫻



中四級 玻璃畫

4C 黎芷晴 4C 李嘉怡 4C 郭蔓嫻
4D 鍾曉穎 4B 蔡煒瞳 4D 卓芷瑤
4C 馮彥豪 4C 楊凱瑩 4A 王淼鈺



3A 于文正



3D 梁美美

中三級 中國畫

3A 于文正 3D 梁美美

交換人生

4C 郭藝姍

你相信平行時空是真實存在的嗎？說到平行時空，大多都人想到的是「一個事件不同的過程或一個不同的決定的後續發展是存在於不同的平行宇宙」的說法吧，假如給你一個和平行時空的自己交換人生的機會，你會接受嗎？

「加奈，你有沒有聽說過最近很流行的都市傳說？」

「什麼都市傳說？難不成是狐仙？」

「那都多久以前的傳說了，我是說最近大家都在說的『交換人生』啊。」

「交換人生？是說我可以和任何人交換人生嗎？」

「當然不是，是可以和平行時空的自己交換人生哦，怎麼樣，是不是很刺激！」

「真的會成功嗎？」

「這個倒不是很清楚，不過我是聽說附近某學校有個學生性格突變，就好像換了一個人似的。」

「肯定是假的啦，估計是中二期爆發了，別想那麼多啦。」

雖然我是這麼說的，但對於和平行時空的自己交換人生還是有點好奇的，畢竟誰也幻想過要是自己出生在很有錢的家庭，或者出生在有魔法的世界吧。

放學後抵不住好奇心的驅使，我打開了電腦搜索「交換人生」的都市傳說。

傳說青木樹海有座無名神社，裡面有塊鏡子，對著鏡子說「我們來交換人生吧，我們來交換靈魂吧，我們來交換肉身吧」，如果鏡子裡的身影變得模糊就代表成功了，這個時候就可以和平行世界的自己交流，必須雙方同意才可以交換人生，交換後如果 24 小時內沒有換回來，那麼就要永遠被困在另一個世界。注意！神社只會在晚上十一點到一點間出現。

「反正能換回來，要不.....試試吧。」

我向父母說了我去朋友家玩，到了十一點我便去了青木樹海找那座神社，晚上的青木樹海一片漆黑，哪怕開著手電筒也只能看見一點點，我一直向前走，看到了碎石路，順著路一直走，我看見了一個鳥居，鳥居上本來應該寫著神社名字的牌子卻空空如也，我環顧四周，神社破舊不堪，就像廢棄神社一樣，我走進神社，內面的房間也與其他神社不一樣，一進去就能看見一塊能照到全身的鏡子，鏡子旁貼著一張紙，紙上寫著：

對鏡子說出「我們來交換人生吧，我們來交換靈魂吧，我們來交換肉體吧」便能和平行世界的自己交換人生，交換後的24小時內兩人可以通過任意一塊鏡子交流。

回去的方法則是對著原來的鏡子說出「我把肉身還給你，靈魂還給你，人生還給你。」

我站在鏡子前說出咒語，看見鏡子中的身影變得模糊「成.....成功了？」

「你就是平行時空的我？」從鏡子中傳出了與我相似的聲音。

「是吧。」

「你的世界是什麼樣的？」

「就很普通，家庭啊人際關係啊成績都很普通，你呢？」

「我的家庭還算有錢，人際關係很好，聽見這個都市傳說很好奇，所以才來試試的，要不我們交換一下試試？反正能換回來。」

聽見她的提議，我想了想就同意了就像她說的那樣，反正能換回去。

交換人生的感覺很神奇，首先感覺到一陣暈眩，然後他轉眼間就交換了，我們透過鏡子交換了彼此的個人信息，便離開了神社，我走向了她的家，但那是個老舊的房子，根本不像她口中所說的有錢的家庭，我按了按門鈴，出來開門的一臉憤怒的男人。

「你這小畜生還敢回來，知道現在什麼時間嗎！」

「對.....對不起」我終於意識到，她根本就沒有說實話！我被那男人拽了進屋，我有些慌張的跑向了房間。

「怎麼辦，她騙了我.....鏡子，對了！我可以用鏡子問她！」我坐在房間自言自語道，我在書桌上找到了一面小鏡子，我著急的對著鏡子問話，但完全沒有回應，也許是她周圍沒有鏡子吧，我決定明天晚上去神社換回來。

我後悔了，我不應該玩什麼交換人生的.....我看著學校裏被堆滿垃圾的鞋櫃，我默默清理掉垃圾，穿上鞋走向了課室，課室內有一張角落的桌子被寫滿了字，那是我的桌子，我覺得很委屈，我在我的世界從來都沒有被這樣對待過！我默默祈禱著今晚能換回來。

到了晚上我急不可耐的跑向神社，我看向鏡子，照出的是模糊不清的身影，我對著鏡子說「你在的對吧，我們快點換回來吧！」

「哈？白痴嗎你，你還不知道我在騙你嗎，我才不要換回去。」

「不.....你怎麼可以這樣，那是我的人生！」

「不，現在是我的人生了。」

我著急的和她爭吵，甚至沒有發現時間快到一點了。

「你就永遠待在那個世界吧！」

我沒來得及說話便發現神社不見了，而自己正站在樹林中。

「難.....難道我真的要永遠待在這裡嗎.....」我開始低聲哭泣起來。

我冷靜下來正準備回家，突然感覺一陣暈眩，我看見美惠站在我的面前「美惠？你怎麼會在這？！」

「是加奈嗎！太好了加奈你回來了！」

我問了美惠才知道，美惠發現了今天我很不對勁，然後想到了和我說過的都市傳說，於是對我說了句「你不是加奈！」因此我才能回來，真的.....太好了。

那天之後，我再次去到那間神社，我打碎了那面鏡子，並撕了那張紙便離開了神社，我在網上寫下我的經歷和警告，希望不會有下一個像我一樣的事情發生。

「鏡子的詛咒永遠不會消失，下一個鏡子會在哪裡呢？」

狸貓

4C 郭藝嫻

世界在搖晃，入目的是顏色的扭曲，紅色、綠色、白色、黑色，各種各樣的顏色在現在的我眼中，已不再是往常的模樣，現在的世界無比的艷麗，是宛若仙境，宛若昆蟲眼中的世界，文字在空中飛行，花草樹木在竊竊私語，在聊著什麼呢？在聊著什麼呢？在此刻，我不再認為自身是人類，此刻我是什麼？是昆蟲嗎？是小鳥嗎？是植物嗎？肯定如此吧！若不是如此，我又怎會看見如此景象。肯定如此吧！若不是如此，我怎會覺得自己越發渺小。此番景象哪怕世外桃園也不過如此吧。若現在有誰跟我說這乃黃泉比良坂的景象，那即使要我拋棄現在所擁有的一切，前往三途川來一場有去無回的旅途，才能真正到達，我也必定會前去。

哦哦，我一定是吃了毒蘑菇吧！我一定是被毒蟲咬了吧！我看見了愛麗絲的白兔，「白兔先生白兔先生，請問你要去哪裡？是兔子洞嗎？請帶領我前往仙境吧！」

正當我蹦蹦跳跳的跟上巨大的兔子先生，我怎料，那竟是狸貓假扮的兔子，愉悅變成了猛烈的悲傷與憤怒，這該死的狸貓怎能如此歡耍我，我帶著滿腔的怨恨沖向狸貓，「這一切都是你的錯！」

我使勁掐著狸貓的脖子，狸貓發出尖銳的叫聲，並劇烈的掙扎著，我使勁掐著，怒目圓睜的盯著狸貓，狸貓的掙扎逐漸停止下來，直至狸貓完全沒有了動靜，我才冷靜下來，我向後踉蹌了幾步，我不敢相信，我竟然真的殺了它，「不.....不.....我不想的.....我沒有想過要殺了它的.....」眼前的視野再次晃忽了起來，原來的狸貓屍體變成了一塊木頭，看見這個場境，憤怒再次沖上心頭，我左右張望，終於，我在不遠的地方看見那該死的狸貓。

狸貓在向著太陽升起的方向一直奔跑，我一直奔跑，我一刻不停的奔跑，我跑進了深不見底的海洋，跑進了陰暗的兔子洞，跑進了七彩的森林，奔跑的過程，我並不知道我跑了多久，也不知道跑了多久，我只知道我要追上那隻狸貓，因奔跑而帶來的疲憊讓我的視野忽明忽暗，世界也一時變大一時變小，狸貓的身影也時隱時現，這導致我有時看不清狸貓的位置，害我差點追丟了！

我跑出了森林，入目的是漆黑的惡獸，惡獸發出了嘶吼聲，這惡獸充斥著讓我恐懼的氣息，我已經開始思索著離開此地，但當我看見那給狸貓時，我便暫時遺忘了對惡獸的恐懼，向狸貓的方向踏出一步，惡獸突然變化，變成了一隻只醜陋不堪的猴子，可惡的猴子，不過區區猴子，竟敢欺騙我！我抄起身邊的重物，用力打上那些猴子的腦子，猴子們的血液讓地面變得血紅，散發著噁心的腥臭味，大多猴子尖叫著逃竄，除了一些圍在猴子屍體邊的猴子。我並沒有理會那些猴子，我隨手丟下重物，繼續向著狸貓的方向奔去，奔跑的過程中，我的身體在不停變大，在我眼中的世界在變小，猴子小得快要看不見，天空離我越發靠近，狸貓就在前方！我一直在奔跑，但正當我要跑到狸貓的面前，我又再次變小了，變小伴隨著失重感，天空的距離再次回到原點，停止了縮小，同時猛烈的疼痛讓我從幻境中清醒過來。

並不存在什麼狸貓，也不存在什麼猴子，往來的方向看去，原先躺著猴子屍體的地方，變成了與我相同的人類，而在屍體邊的也是人，他們流著淚，嘴裡喊著我不認識的名字，是屍體的名字吧。身體隨著血液的流逝而越發冰冷，是要死了嗎.....口袋掉出一件東西，當我看清那件東西時，我也永遠的閉上了雙眼。

那東西上寫著三個字「海洛因」。

中國中學生作文大賽

總主題：追尋那一束光

信念的光

3C 梁子盈

「吾願吾親愛之青年，生於青春死於青春，生於少年死於少年也。進前而勿顧後，背黑暗而向光明，為世界進文明，為人類造幸福。以青春之我，創造青春之家庭，青春之國家，青春之民族，青春之人類，青春之地球，青春之宇宙，資以樂其無涯之生。」這是李大釗《青春》裏的號召，我看到他的信念正在文字裏閃閃發光，想要我們一眾青年都仰視這遙遠的北斗星，熱燒生命去追求。

這篇文章於 1916 年在《新青年》雜誌上發表，那年春天，李大釗先生才 27 歲，正值他筆下「青春」的年紀。在那個水深火熱的時代，一個人的春天再明媚，也不及為政治驅走寒冬，渴望中國能夠擺脫腐朽衰頹的局面而重新找回興盛的春天。於是李大釗提筆寫了《青春》一文，對當代青年而言是多麼的振聳發聵，對今時的我們同樣猶如暮鼓晨鐘！愛國與救國的衝鋒號，甚至喚醒了整個時代，中國在黑暗中迎來黎明，青年為國家的重生奮鬥。

時至今日，李大釗、韓麟符、趙世炎、李裕智等中國共產黨早期倡導者的犧牲或已不被理解，他們不圖錢不求名，到底心中要存有多堅定的信念，才甘願背負顛覆政權的指控？面對絞刑，這 20 位國共人員沒有想過躲藏，他們昂首招了罪狀，都不怕為正義而死。我明白到黑暗後必有黎明的盼望，讓他們苦苦堅持！雖然局勢不見天日，黎明何時到來無法預知，但正是那個黑暗的世界，總要有人奮不顧身，總要有人為迎來黎明保駕護航。

我佩服這些前人，也崇敬每位來者，每個黑暗的時代，總有人用自己的身軀和信念化成驅散黑暗中第一束光。他們燃點的一絲信念，確定了你我渴望迎接的未來。他們就像晨光、又如星光，刺破了黑暗，又帶領著人民，連結每一位愛國主義者把天空照亮。感謝每一位衝鋒陷陣的士兵，每一位妙手回春的醫護，每一位盡忠職守的公僕，沒有前人無私的付出，就沒有美好的現在。

黑暗不再，城市進步，信念反而輕易動搖，青年人也紛紛失去生活目標。幸而在這繁忙的都市之內，也有著為自己的夢想默默耕耘的明星，讓我去佩服，讓我去追隨。奧運圓滿結束，香港運動員的體育夢卻加倍閃亮。單車運動員李慧詩尤其令我景仰。她自小於牛頭角長大，生活並不富裕，但正因為得來不易的機會，令她自小熱愛運動，自從得到香港

單車聯會的提拔，她就決心以無比的毅力成為全職單車運動員。別以為她得天獨厚，患有貧血症的她，體力恢復較常人慢，又曾在公路練習時摔斷手骨。就是教練也勸她退役了，但李慧詩卻憑信念堅持下去，最終於倫敦奧運會自由車女子凱琳賽中奪得第一面銅牌。其後無論勝敗，她也在場內場外展現著強烈的信念的光芒，讓所有香港人為之動容。

多少香港人不怕吃苦，堅毅不屈的精神同樣打動了我！在這個彈丸之地，無數並不富裕，甚至滿有障礙的小市民，憑著對生命，對生活的熱愛，幻化出畢生堅持的信念，讓他們最終為夢想努力堅持，在每個角落成就令自己驕傲的光芒。

萬家燈火同樣燦爛，點點信念，每分堅持，為我們點亮了美好的未來。我也決心為自己帶來榮耀，發揚這份信念的光，讓這顆東方之珠加倍耀眼。

推開窗，陽光正好

3D 李軍銳

面對高中選修的抉擇，與其說是我選科，倒不如說是看看自己喜歡的科目會否選上我。為了提升修讀心儀科目的機會，我整天焚膏繼晷，承受著書山題海的沉重，抵抗著四方襲來的壓力與鞭策。學業的金鐘罩令我無法抽身，學業以外的一切都成了奢侈，我必須自律地與正常的生活絕緣。

又是一個只能埋首書堆的周末清晨。尚在昨夜夢魘中驚魂未定，已要著眼於面前那恐怕愚公也無法移平的太行王屋。唉！多不可能也要在今天內把它們「搞定」，這意味著「休息」必遙遙無期。沒錯，書桌上堆積著各科老師不約而同佈置的假期作業，還有甚麼補充練習、課文預習、專題探究……一想到今天的「節目」是跟這些乏味非常的作業「培養感情」，我不禁羨慕別人能在周末和家人共聚天倫，與朋友聯誼共歡，現在我必須修心養性，把它們狠狠排除在外。

別浪費時間自憐自傷！我毅然跳進這片書海，奮力在這望不到邊際的汪洋中苦苦掙扎。時鐘的指針偷偷加快腳步，一蹦一跳就轉了幾圈，只有幾近窒息的我未有為意。突然「呼」的一聲，我惘然的抬頭，才看到盛怒的母親氣沖沖的走來罵道：「吃飯了！怎麼連叫好幾聲你也毫不回應？」看著媽媽緊皺的眉，我的肚子「咕嚕咕嚕」的響起，我這才驚覺早已過了午膳時間。

時間被誰偷走了？我兩眼空洞的凝望時鐘，久久未能對焦。當我好不容易再與母親四目交投，只見她的眉心擰得更緊了。語氣卻換上了擔心：「女兒啊！為了選修科目，的確要努力學習，然而想成績進步，擁有眼界和閱歷也至關重要。現在你閉門造車，與生活完全隔絕，壓力已達頂點。不如先打開窗接觸一下外面的世界，稍稍欣賞風景讓心情放鬆下來。馬不停蹄的溫習，千里馬也會累壞，更何況是你呢？」

語畢，媽媽一把拉開我房間的窗簾，再把本來牢牢緊閉的窗戶推開，刺眼又亮麗的陽光馬上照了進來。也許我真的太久沒有接觸過窗外的世界了，感覺是既熟悉又帶點陌生。正午的大陽是天空的主角，耀眼得令人目眩，藍天白雲紛紛前來為它陪襯，構成了暖洋洋的明媚。在熾熱的太陽下嬉戲玩樂的，有無憂無慮的小孩子，他們不也同樣需要為學業苦惱？但「工作有時，遊戲有時」，趁著假日的美好，他們不會讓樓下的公園感到寂寞，我清晰的聽到他們的喧鬧，嘴角不由得微微上揚起來，心也感染到一絲活潑。再看看各種樹木，它們那閃閃發亮的青綠隨風沙沙作響，仿如熱切地訴說著自己在陽光下有多享受，有多暢快！還有反射著燦爛的陽光，讓片片金彩在身上閃爍跳躍著的蔚藍海洋，海風彷彿也吹到我的面上，清涼涼的驅走我的煩憂。

窗外的一事一物經太陽一曬，似乎都得到治癒，而窗內的我也同時得以重生。回應它們的呼喚，我趕緊打開心窗，用雙眼、用身體、用心靈一起追尋那來得正好的，給予我無窮動力的希望之光。這束合時的陽光，重新溫暖我那想要實現夢想卻遭遇挫折的心。追隨著它的炫麗，我告訴自己，我要追尋的不是一時的成敗，而是圓滿光輝的燦爛人生。心中的枯燥乏味如豔陽下的積雪消融，一切豁然開朗。沒有迎來窗外的光明，我仍把自己牢困在陰暗中一蹶不振，卻誤以為這就是追尋理想的唯一方法，我為過去的自虐自苦笑。

當下的我，明白生活不能避免地充斥著種種壓力，內心或會佈滿了焦慮與忐忑，然而不把外面的繽紛世界阻絕，我的世界總能照進那一束為我打氣、令我振作的光。於是我決心追尋著這一束光芒，歡迎它進駐我的心靈，讓我的希冀在奮發的夜空中閃閃發光，生命熠熠生輝。

追尋與邂逅

4D 王乙達

於千萬人之中遇到你所遇見的人，於千萬年之中，文字的無涯的荒野裡，沒有早一步，沒有晚一步，剛巧趕上了，那也沒有別的話可說，惟有輕輕地問一聲：「噢，你也在這裡嗎？」

你要記得，那年那月，垂陽紫陌洛城東。

唐詩

酒入豪腸，七分釀成了月光，餘下的三分嘯成劍氣，綉口一吐，就半個盛唐。唐代的律詩、絕句，講求對仗、平仄的音律、整齊的字句、明亮的音調，是唐詩在形式上的美。內容有寫景詠物、山水邊塞、詠懷詠史等……「日暮鄉郊何處是？煙波江上使人愁。」思鄉之情溢於言表；「國破山河在，城春草木深。感時花濺淚，恨別鳥驚心。」則展現亡國之痛、離別之悲。唐詩的狂，「天子呼來不上船，自稱臣是酒中仙。」裡滿是洋洋灑灑的自信。唐詩的傲，傲在「黃河之水天上來，奔流到海不復回。」她是王翰筆下的「美酒夜光杯」，是孟郊慈母用愛縫製的「遊子衣」，是李白及汪倫的「桃花潭水」般的情誼，也是王昌齡筆下出塞的「龍城飛將」。

宋詞

宋詞是江南恬靜溫柔的少女。明眸皓齒，粉雕玉琢。撐著傘漫步在蘇堤上，看那灑落滿城的煙雨，凌亂了西湖的風景，嫵媚了江南的初秋。詞又稱長短句、詩餘。唐代的李杜是詩壇上的兩座高峰，東坡居士、辛棄疾及李清照等大家也自有屬於他們的風格。於是宋詞在「明月別枝驚鵲，清風半夜鳴蟬」裡，在「醉裡挑燈看劍，夢回吹角連營」裡，也在京口北固亭「人道寄奴」曾住過的長滿草樹的尋常小巷裡。宋詞除了雅致，更有「蘇風」。淘盡千古風流人物的大江、陰晴圓缺的明月、那年年腸斷的明月夜和短松崗更包含了蘇軾數不盡的人生感悟。

溫婉若水的江南姑娘也有她堅毅不屈的一面。若說北宋詞訴說著清秀婉約之美，令人柔腸百轉，那麼南宋詞就完美詮釋了崢嶸傲骨和忠義的含義了。社會變革、亡國之痛成了南宋詞人抒發之主旋律，大家記得張元幹、岳飛、陸游等多位愛國詞人嗎？一首《滿江紅》道出了岳飛對中原淪陷那說不盡的悲憤，對前功盡棄的痛惜，「饑餐胡虜肉」與「渴飲匈奴血」更是表達了對金人那深如海的仇恨。

元曲

「斜陽萬點昏鴉，西風兩岸蘆花，船系潯陽酒家。多情司馬，青衫夢裡琵琶。」元曲的特點在其民間性、廣泛深刻、典型、曲折，充滿藝術感。吳仁卿的《南呂·金字經》「圓，

月圓人未圓。朱顏變，幾時得重少年？」說出了青春難返的感慨。馬致遠的《天淨沙·秋思》最廣為傳誦，一句「夕陽西下，斷腸人在天涯」將遊子濃重的鄉愁和憂思刻劃得淋漓盡致。

流光容易把人拋，紅了櫻桃，綠了芭蕉。在這個節奏急速的時代，唐詩、宋詞、元曲的身影早已在我們的視野裡漸漸淡去，取而代之的是短片視頻及各種直播大行其道。噫！你要知道，唐詩、宋詞、元曲，他們都已是上了年紀的高齡老人啊！怎能與那些當紅小生相比？又怎麼能夠跟得上健步如飛的時代的腳步？他們惟有繼續將自己的內涵深深地隱藏在文字裡，靜待有緣人。

偶然在街角處看到一本《唐詩三百首》，輕輕地、輕輕地將它拾起，又輕輕地拍走它身上的灰塵，隨意翻開一頁，輕聲誦讀著詩句，仿佛與多年不見的老朋友相遇，撫摸著對方的手悄聲低語般。

也許，在多年後的逆境和懷疑中，你會想起陸放翁的「柳暗花明」和詩仙的「天生我材」；也許，在與朋友告別，想到從此分隔兩地時，你會忍不住來一句：「勸君更盡一杯酒，西出陽關無故人」；也許，離鄉的遊子在異國他鄉看到蘇軾的「明月幾時有？」一詞時，會禁不住淚流滿面。是的，他們就在我們身邊，從不曾離去。隔著厚重書本，我與詩人詞家重聚。

我們不曾忘記，那年那月，歐陽修的「垂楊紫陌洛城東」。

影子的聯想

5C 冼韻晴

任何光源都可把事物照亮，日常生活中的太陽、燈泡或蠟燭都是光明的例子。明亮的光線照在任何物體之上，部份光線必然會被遮擋，也就不可避免地會產生灰暗陰沉的影子了。光往往勇往直前，但遇到障礙物卻一籌莫展。無論它如何猛烈，遇上無法穿透的物體，就只無奈反射原處。每次穿越失敗，就會形成深沉的陰影，而影子的深淺，除了光源本身的強弱，也取決於阻礙物的透光程度，這不是光本身所能夠掌握。

影子的形成不需苦心經營，光源倒是人們一直著意發明與應用的，因此我們都著意追求生命的光芒，甚少留意影子的隨形。小時候我卻對影子特別好奇，不變的是它任何時候都緊貼我的身旁，但有時它會在前方帶領我前進，有時躲避在我們身後，有時與我結伴同行。它與我們根本絲毫沒有距離，一直緊貼的腳步，手舞足蹈的配合，實在有趣！可是也許只有天真的我有興趣低頭注視，細想它的奧妙，成人卻只會教導我仰視光明，對我的痴傻並不鼓勵。難道人生的價值只在於「追光」？令我不由得感到困惑。

母親總想令我成熟的邁步。每見童稚的我和陰影玩個不亦樂乎，她定必一臉不悅的對我說：「抬眼前方，那管腳下零亂？」結果一蹦一跳的我又一次被牽著鼻子走，但我的潛意識仍念念不忘影子的好。難道我跟它不是孿生兒？我們本來共生，影子卻被排除在外，我就是不明白這天與地的差別從何而來。

見我大惑不解，師長語重心長的告訴我：「光代表正面思想，是我們畢生追求的目標和希望；無時無刻被光明包圍，是人生的成功。而影子只有失敗者才看得見。」

儘管他們費盡唇舌，我卻不能苟同。且看多少名成利就的公眾人物，他們都如明星閃閃放光，長期活在璀璨的鎂光燈，以及崇拜者的豔羨目光之下，然而我卻深信，只要他們低下頭來，必然會看到揮之不去的，如影隨形的代價。難道人真可以自高自大得只在意頭上光環，忽視成功背後遺在腳底下的各種失敗？因此我不羨慕別人的風光，雖然成功之光同樣是我的追求，但為了它，我不可能無條件傾盡所有，因為我深深意識到那當不上主角的影子，正時刻提醒我要衡量利害，在成敗中取得平衡，不至因強光眩目而迷失。這才是我的竭力追求的成功之道。

我又視陰影為把我推上光明頂峰的功臣，它和我他日的成就相輔相承，沒有它象徵的失敗，又怎會有將來成功的我？在追尋光芒的路上，誰沒有經歷過絕望？仙人掌知道腳下泥土貧瘠，才加倍努力開花；林肯在競選州議員中落敗，也才放棄一直的夢想，與影子一步一腳印。拖著重重失敗並不可恥，重要是切實的面對著它作出反省，再轉過頭來奔向驕陽，讓影子漸變模糊，自己則更有血有肉。

想徹底驅除影子的牽絆，是對成功的一知半解。美國流行語「你只會活一次」，正鼓勵人們多走彎路，多吃點虧，多見識不一樣的風景，才能成就一個更完整的自己。我深信要趁年輕接納自己的缺點，擁抱著斑斕的影子優化自己，才能走進豐碩多彩的光明。《左傳·宣公二年》有言：「吾知所過矣，將改之。」儒家先哲也常強調：「人誰無過？過而能改，善莫大焉。」我不會欺騙自己，影子時刻警醒我認清是非黑白，他的尾隨不捨正要體現亦師亦友的存在，比任何外人都信實可靠。它帶我看清每個不切實際的幻想，走過每個人生的岔路口，渡過每個尚未春回大地的嚴冬，經歷人生大大小小的高山低谷。我欣賞這齣人生的皮影戲，影子必定能在這個屬於它的舞台，以它的方式令我與它一起發光發亮。

影子的聯想

6C 羅卓敏

是誰揮筆潑墨抹黑了晴朗的藍天，模糊了巍然聳立的高樓？濃稠的墨汁和著綿綿細雨暈染開遠處只依稀可辨的山峰，令倚窗臨摹的我筆下盡是一言難盡的消沉。低頭發現今天的你似有還無，心情大概也如我一般糟糕吧！我已經分不清包圍著我的，是你的哀怨，還是陰雨的無情。我竭力捕捉住令樹梢微微顫抖的那一縷秋風，想藉著它的蕭瑟將內心的淒然與你分享。絕望的陰霾令同樣漆黑的你彷彿不復存在，然而我卻感覺得到，我跟你永遠都跳不出生活為我們設定的無形束縛——我們都被它牢牢的捆綁，慢慢地窒息。

早已入秋，聒噪的蟬鳴卻硬要拖著夏天的尾巴，我不理解牠們為何還要費力地苟延殘喘。話雖如此，我也亮起桌上檯燈，裝模作樣的想要振作。光影相隨，你頓時在我腳畔窸窣窸窣地抖動，那昏黃的散光不足以將你的參差錯落照得清晰，除了窗櫺外亂顫的樹枝，只剩下你伴隨筆尖磨擦紙張而舞動的身影，才能證明你的確與我同在。你就是耐不住那徹底的黑暗，那個無窮盡的深淵，你告訴我那是宇宙中最孤獨的一角，你討厭無人察覺你的努力，你害怕自己將成為在天際留不住痕跡的一道閃電。不！你害怕自己甚至燃不起那一瞬間的奪目。你蜷縮在桌下低泣，我聽到了；你正在不甘心的掙扎，我看到了！我小心翼翼地調節著燈光的強度和角度，你也急不及待鑽出桌面，輪廓是多麼的堅定清晰。我輕歎了一口氣，看著你執著的死盯著這僅有的一點光亮，還有窗外的夏蟲仍然不肯沉默，你們的執迷不悟令我益發地煩躁。其實暗黑中的你很是自由吧！即使跑到十萬八千里外躲懶，我也絲毫不會察覺。我不能理解，永遠躲藏在無人注目的黑暗有甚麼不好？雖失去光明的未來，卻有著陰暗將我蔭庇，如果可以的話，我也想一直像你，呆呆的隱身在桌子底下！我害怕夢想之光太過熾熱，會把我灼傷，你卻偏偏忍不住想要觸碰！我還是帶你到殘酷的世界走走吧！願秋風能撫平我眉峰上的憂愁，秋雨能叫不安份的你清醒。

原來屋外驟雨已霽，皎潔的月亮還如你所願為你到來。「月亮是太陽的影子！」我彷彿聽到你喃喃向我低訴。沒有豔陽高照，月亮的柔光，正如慈愛的母親想要撫慰我久經挫敗的心。我心不在焉地踢著路邊的石子，碎石劃過地面，劃破夜空的寂靜，也揭破了我傷痕累累的心正在淌血。我知道自己蹉跎著光明，於是乞求上天能給我一個答案。如果想要追尋那一束屬於我的光，是否就必須讓它熔穿自己最寶貴的中心？你踩著枯葉，利用它的私語安慰我的猶豫。「其實你是知道答案的！你想要追尋那束光，卻又不敢越雷池半步。」看著月光悄然無聲的穿過雲層，穿過錯錯綜交錯的樹葉，傾瀉在一個不起眼的水窪上。那束銀光毫不耀眼，卻又是那麼強烈地照射在你的心頭。夜晚回復了寂靜，我的耳際卻迴響著你的呼喚。你迫不及待地在水窪中投下身影，立馬泛起了層層漣漪，月光隨水波漸漸增強，你的倩影逐漸擴大。我知道，是你讓我心動了……

檯燈再次亮起，我故意把它的光亮調高了幾度，看看自己能否適應格外的明亮的世界。我稍定了定神，嘗試奮筆疾書，這一瞬間，我和你齊心集中精力，把未來放在筆尖上，眼睛裏浮現出對美好前途的嚮往。我似乎找到了自己一直不敢追尋的光束，源源不絕的力量像泉水般湧進我的身體，連影子也不怕在光明中無立足之地，我還在害怕甚麼？

此時蟬的聒叫不再枯燥，牠沒有乞求生命的延續，而是用盡一分一秒去吶喊，去燃燒青春的火光，光耀在自己生命中轉瞬即逝的仲夏。「我決心踏上追尋光的旅程，你呢？」影子柔柔的對我呢喃。而我沒叫他失望，輕輕的自語：「秋風起了，今晚的月色很美。你知道的，我為你心動了。」

追尋與邂逅

6D 陳卓希

一段天荒地老的友情，一個共度一生的知己，一道驅走陰霾的友誼之光，是你我夢寐以求，日夕追尋的念想。人生漫漫，行人如鯽，眾裏追尋這一段尤其珍貴的感情，對你而言是否必有所得？緣來緣去，自有安排，無心插柳的邂逅，又是否來之不易？

有人說，人的青春伊始在於中學生涯的開展。中學時期個性漸趨鮮明，六年憂患與共，建立起來的感情和回憶最為刻骨銘心。無論是曾經苦苦追尋，或是不經意的邂逅，若友誼自中學開始算起，直到撒手人寰，也是涵蓋了人生大部分的光陰，彼此的憂感相連彌足珍貴。

我與她，就經歷了這命中注定的邂逅。同為中一新生，同時響應老師的招募，這位素不相識的同學和我不約而同的站了起來，同步走到老師面前，一起報上了自己的名字。自此刻起，我倆在命運安排下相識相知，她成了我中學生涯的第一位新知，也是那青葱的六年中，唯一形影不離的知己。更神奇的是，我們的友誼不必費心經營，整整的六年裏，我們從沒有意見不合，從未吵過一次架，朝夕的相對如空氣般平常自然，教人無比安心。正所謂「朋友如鏡」，我們不只互勵互勉，亦時刻互相砥礪，在落後時自發迎頭趕上，在領先時鞭策對方追逐自己步伐，結果我們在學習路上一起閃閃發亮。

中學畢業為這段友情帶來無止境的考驗，過去是一見如故的邂逅，今日是百忙中刻意地覓尋。面對截然不同的人生路向，我們必然地分道揚鑣，各奔東西，臨別前一句「友誼永固」，就能讓彼此間的友情長存，毫不變質嗎？

結果曾經平衡的路出現了岔路，我們各自選擇了能通往人生目標的小徑穩步前行，彼此的路再沒有了交匯點。說句心底話，我一直都杞人憂天，總擔心一年半載的無暇相見，足夠讓昔日知己把我徹底忘了。於是大腦裏的一個小人殘酷地對我說：「放棄吧！大學裏何愁沒有一起玩樂的朋友？人家早不願再理睬你了！」然而另一個死心不息的小人卻安慰我說：「這才多久，知己怎麼可能輕易忘記？你不也還對他念念不忘？」於是，我一方面為升學後幾乎沒再聚首，信息屢次「已讀不回」而苦惱，一方面又深信彼此的牽絆不會說斷就斷，默念著只要心中還願意為對方堅持，昔日的友愛總能尋回。

一次偶然的機會，中六班難得獲安排聚首一堂，我為此興奮莫明，然而卻得知有人選擇缺席了。即使故人現身眼前，人面卻盡已全非，有人濃妝豔抹，有人西裝畢挺，有人穿上長裙和高跟鞋.....幾年的不見，外貌已認不清了，更難避免的是必然的生疏。我肩膀一沉，為自己一直堅守和追尋那捨不得放下的友誼始終在指縫流逝而感到無奈。正在此時，耳邊響起一聲無比熟悉而親切的「老陳」，看著剛成功「眾裏尋他」的好友，我霎時放下心來，

不論世事如何變化，只要相互尋求的心不變，我也堅持繼續守護著這份友誼。此刻我明白到，友情最讓人安心的，大概是一句「老陳」足矣。

分別能消磨人與人之間的友情麼？或許可以，或許不可以.....但我深信，「海內存知己，天涯若比鄰」，答案全在主觀的心，不在客觀的事。「情深深幾許，白首不分離」，當歲月回歸平靜，回想曾邂逅過的幾許好友，多少成了過客，能在身邊留下的又有幾人？友情也講求「兩情相悅」，最終能留下的，無疑是我們自始至終都同樣把對方視為生命中最要緊的人。我們沒有經歷大風大浪，沒有闖入刀山火海，沒有踏步荊棘叢生，只是彼此為對方散發著一股微光，在有需要之時給予一絲暖陽，或成為指引對方前進的一點星光。

每一種感情都來之不易，但友情的美正在於彼此都不願捨棄的追尋與邂逅。隨著年紀漸長，我們「出門靠朋友」，朋友成了我們最佳的傾訴對象，隨時依靠的港灣，因為他們往往能站在最直觀的立場上，感受自己那渴望被認同，一起同行的需要。這是我對友情的解讀和希冀，也是我最想在世間追尋的永恆。

邂逅也許並非一場巧合，我們得以邂逅全因死心不息的追尋。願世人別怨艾知己沒不知不覺為你降臨，只撫心自問你有否堅持「執子之手」。

優秀作品獎

在他身上，我真正體會「捨己為人」的精神

2A 楊雅茜

時光總是過得飛快，當我們對冬天還戀戀不捨，春天就已到來。我所以留戀寒冬，全因在那嚴寒的晚上，我終感受到捨己為人帶來的溫暖。

在一家飯館裏，我們一家三口正享受著難得的家庭樂。今天是爸爸好不容易才一次的休息日，他為了我們終日不辭勞苦，現在又為了陪伴我們，不肯留在家裏休息。起初我雀躍萬分，但面對美食爸爸卻不舉箸，一直只喝溫水，令我有點奇怪。在媽媽的追問下，臉色早已發白的爸爸才告訴我們他胃痛得受不了。這可把我們嚇壞了！我們匆忙地結賬，要帶爸爸到醫院去。可問題又來了，爸爸渾身乏力，母女倆要把他攙扶起來已不容易，更何況醫院離這兒可遠呢！於是，我們打車前去。在凜冽的寒風中度過了令人焦急的十五分鐘，好不容易才攔住了一輛出租車，可更嚴峻的問題又出現了。

我們家境本來貧窮，今日外出也沒帶多少錢。結果左翻右找，把三人身上的錢都加起來，也只剩一百多塊錢。我偷偷一瞥出租車司機，他看起來很兇，但性命尤關，我們只好請求司機先趕快送爸爸到醫院去。想不到這位司機一句「不必在意」，最終只收下五十塊錢，而且還幫忙扶爸爸進醫院去。經初步檢查，醫生說爸爸的胃炎十分嚴重，得先墊支昂貴的醫療保證金。我們身上何來有錢？一轉身，見出租車司機原來還在原地，媽媽只好硬著頭皮向他借錢。我心想：媽媽準要被拒絕了！畢竟我們素不相識，我們早已耽誤了他好一段時間，又付不起全額車資.....

想不到司機毫不猶豫，一下子就答應了。看著他遞來的一疊鈔票，媽媽來不及道謝，接過就為爸爸籌謀診治去了，只剩我站在寒風呼呼的路上，傻傻的看著熱心腸的他。看著看著，那張本兇巴巴的臉變得溫柔，爸爸的命全憑這位偶然相遇的好心人，才有望救活過來。我要把這位恩人的臉記中腦裏，記在心中.....

事後我們找回這位出租車司機，好不容易把欠他的錢給還清了。這時再看見他，他在我眼前忽然變高大了，全因在他身上，我看到了捨己為人的無私精神，令我欽佩不已。

請以「關心別人」為主題，寫出身邊的小故事

3A 吳珈晴

孔孟兩位先哲皆認同「仁者愛人」，故關心別人一直是中國的傳統美德。在我們生活周遭，永遠有一群需要你我關懷的小眾，其中包括獨居長者、患病幼童或其他弱勢社群。關心別人，是與生俱來的一種美好情操，因著人的善良，同時也讓社會變得祥和幸福。更何況成長至今，我們何嘗沒受過別人的關懷和照顧？因此我們更應該學會珍惜，學習不吝付出。

幾個月前的一天，我和朋友在回家路上，就遇上一個蹶了腿的老人。只見坐在輪椅上的他在行人如鯽的地鐵站外瑟縮著，看似坐了蠻久的樣子。他胸前緊緊地擁著一個破碗，儘管碗裡面什麼都沒有。朋友說：「他應該是乞丐吧！」我的心突然被觸動，馬上從口袋中拿出剛才買東西剩下的零錢，輕輕地放進他的碗裡。他第一反應是抬起頭驚喜的看著我，然後用既低沉又模糊的聲音對我說了一聲「謝謝」。這一刻，我覺得自豪又害羞，雖然錢著實不多，但心裡還是暖洋洋的。幫助別人就會產生難以言喻的滿足感，引領你日後再次義不容辭！

我也愛作為旁觀者，把別人的善行看在眼裡了。一天晚上，我和我朋友買了晚餐，就站在店外等待。忽然聽見馬路傳來一聲巨響，轉頭一看，一位叔叔已昏倒在馬路旁邊了。正當我們不知道該怎麼辦的時候，突然在圍觀的人群中出現了兩個熟悉的身影，原來是我小學的班主任和英文老師。只見班主任馬上把那位叔叔扶起，讓他靠在馬路旁邊休息。因為她是體育老師，所以對這種危機處理早以駕輕就熟，適切的反應令我十分佩服。與此同時，英文老師則在一旁指揮交通，避免有車輛撞了上來，同樣是處變不驚。那一刻，我覺得他倆就是英雄，實在太偉大了！事後我突地向老師發個短訊，說出了埋在心裏的讚美，而她只語重心長的告訴我：「你以後也可試著幫助別人。」我決心遵守對她作出的這個承諾，有了這次經驗，我有信心自己一定能夠辦到！

幫助別人就是一種值得承傳並發揚光大的美德。正所謂「施比受更有福」，幫助別人的同時，自己也會有著成功感和自豪感，因此千萬「勿以善小而不為」，熱心助人值得由你我做起，讓世上有需要的人都能得到我們的幫助。

請以「關心別人」為主題，寫出身邊的小故事

3B 陳嘉臻

如果世界是一間小屋，關心就是小屋的一扇窗，引進種種美好；如果世界是一艘船，那麼關心就是茫茫大海中的一盞明燈，為我們指引方向。被人關心是美好的享受，與此同時，關懷他人是一種高尚的品德。

很久以前，在我身上發生過這個溫馨的小故事。那天我正打算探望公公、婆婆，那路程可遙遠呢！慶幸剛擠上了公共汽車，前面就出現一個空座位，於是我馬上加快腳步，坐下來後還對此沾沾自喜。過了一會兒，公共汽車再次停站了，一下子許多人蜂擁上車，不要說座位，連要站立也不容易了。此時，我卻看到一位白髮蒼蒼的老奶奶，她腳步蹣跚，在擁擠的車箱中好不狼狽。我心裡想：我們的呂老師曾教導我們在公共汽車上應該要給老爺爺、老奶奶讓座的，可是我一旦讓座了，自己不就要承受路程的顛簸嗎？但是回心一想：給老爺爺、老奶奶讓座是身為少先隊員應該做的事情。想到這裡，我顧不得辛苦，馬上站了起來對老奶奶說：「老奶奶，我把座位讓給您！」老奶奶也疼愛孩子，看見我年紀小，竟和藹地對我說：「小朋友，還是你來坐吧！奶奶我依然健壯，站着就行了。」聽到老奶奶為我著想，我更是非讓不可，誠心誠意地對老奶奶說：「那怎麼行呢？禮讓長輩是我們的義務，您還是請坐下來吧！」老奶奶見我再三堅持，這才滿帶笑容地坐上了我讓出來的座位，並親切的對我說：「小朋友，你真懂事，謝謝你。」說完，還滿慈愛的用手摸了我的頭。於是我得到了鼓勵，自信滿滿的對老奶奶說：「不用客氣，這是我們少先隊員應該做的事情。」說出這話時，我是多麼為自己感到自豪！

這件事讓我深切的明白到，人的本質是仁，人們因著愛而相互存在，彼此的關愛構成種種和諧。關心別人，就是先考慮他人的處境，並甘願作出犧牲。於是人人都能將心比己，隨時堅守道義，從實際行動讓有需要的人能得到關心和幫助。盼望這個小故事能令你知無論處於何種境地，我們都需要給予別人理解和關懷。

在她身上，我真正體會到「捨己為人」的精神

3D 楊棋泰

二零零三年五月十三日凌晨四時，謝婉雯醫生離世了，離開了自己一直保護著的香港市民。香港人知道這消息後無不感到惋惜，醫護人員們更忍不住傷心落淚，而我在她身上，真正體會到「捨己為人」的精神。

謝醫生是第一批主動到前線工作的醫護人員之一，亦是第一位在工作期間因感染沙士病毒離世的醫護人員。沙士令市民人心惶惶，醫學界尚未確認有效治療方案，當最危險的隔離病房急需人手時，剛考獲呼吸系統科專科醫生資格的謝婉雯醫生毫不猶疑地自薦了。不是為了追求名利，不是要博取大家關注，更不是為了得上司讚賞；她挺身而出，只為不忍病人受苦，只想戰勝疫症，只因維護病人的福祉。

當朋友問她會否擔心受到感染時，她只說：「病人需要得到適切的照顧。」她那義不容辭、捨己為人的精神，讓我想起孟子的《論四端》來。孟子認為「人皆有惻隱之心」，然而能把它發揚成「仁」卻非人人都能做到。謝婉雯醫生正是把與生俱來的一點同情憐憫，擴充為為大眾的幸福犧牲自己的精神，我馬上明白到這就是「捨生取義」。

謝醫生是勇敢的戰士，能做到因公忘私。為了讓沙士病人得到照料，她願意放棄回家與家人相處。留守隔離病房意味著犧牲自己的決心。由於還未拆解病毒源頭，醫療界未找到適切的醫治對策，大家都明瞭謝醫生與其他前線醫護人員在打一場沒有勝算的仗。

你能夠像謝醫生般拋下一切投入拯救工作嗎？謝醫生沒有違背許下的承諾，身體力行讓愛護她的家人、彼此扶持的摯友都明白她意志的堅決。她沒太多時間考慮，沒空間猶豫，卻作出了對她而言最正確的決定。

然而，大家的憂慮真的發生了，謝醫生受感染了。

謝醫生犧牲了自己，盡心竭力照料病人。如今她走了，但為香港人留下奮力堅持、不言放棄的精神。這位勇士與病魔拼搏到最後，留下的不只是弱小的軀殼，還有那崇高的精神，以及謝婉雯醫生留給大家的愛。

「捨己為人」不是一句口號，要實踐出來又談何容易呢！

二零一九年，全球迎來另一場大戰，醫護人員又再謹守崗位，日以繼夜地照顧確診者。我在你們身上看到謝醫生延續的光環。我衷心祝願疫情快點結束，在此向各位醫生、護士，以及所有協助抗疫的工作人員，衷心的說聲「多謝你們」！

請以「捨己為人」為主題，寫出身邊的小故事

5C 顏浩鈞

子曰：「志士仁人，無求生以害人，有殺身以成仁。」這是一句千古不滅的金石良言，也是人們應要遵行的座右銘。

仁者，是甘於犧牲一切成存仁德的人，而他們最可貴之處，就是能做到捨己為人。在日常生活中，無論親近如身邊的親人、朋友，或是素不相識的陌生人，都會有著不同的難處，有尋求別人協助的需要。這時候，捨己為人與否成了人品修養的放大鏡，而「仁者愛人」也就是成就社會的重要基石。

捨己為人往往值得尊敬。八仙嶺山火中的周老師和王老師在危急關頭就選擇了捨生取義。他們在被大火圍困的時候，捨命為三十多名學生開闢生路，把自己的生死置之不顧，這份事事為以學生為先的精神，證明他們是愛人的「仁者」。試想想，如果在危急之時，兩名老師選擇自個兒逃命，棄同學們於不顧，那麼這場突如其來的山火，將無情地吞噬三十多條年青的生命。兩位老師無私地奉獻，完成了生命的教育，拯救的不只是同學們的生命，還有多才香港人的心，讓我們向兩位老師致敬！

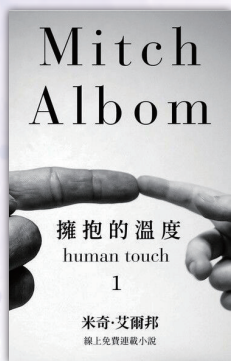
捨己為人能成為超人，足以拯救世界。零三年沙士肆虐香港，無數人喪失了可貴的生命，其中包括為病人捐軀的謝婉雯生。對病毒束手無策，人人害怕感染之時，謝醫生選擇挺身而出，主動前往最危險的隔離病房搶救病人，結果染疫不幸離世。軟弱的她倒下來了，卻成就了不滅的精神，在她的激勵下，香港人團結一致渡過了疫症的難關，我們都明白自己要效法謝醫生保持著愛人更勝自己的精神，時刻盡忠職守。她的不幸逝世，為絕望中的香港點起了一盞希望的燈，為沙士病人帶來一絲曙光。現在新冠病毒席捲全球，醫護人員秉承謝醫生的精神，人人挺身抗疫，他們都成了超人，為我們無私奉獻，為疫情力挽狂瀾，令全校市民為之感動。

或曰：「要成全仁德不一定要犧牲性命，為何不能兩全其美？」然而世事又怎能盡如人意？不貪生怕死者，為了不肯棄仁德，往往把自己處於風高浪急。消防員進入火場救人，又豈能瞻前顧後，因懼怕犧牲而畏首畏尾？警察追捕犯人，怎會因對方荷槍實彈而裹足不前？凡此種種，不是證明了「捨己為人」的仁者精神，已成了你我心中堅實的愛的基石嗎？

常言道：「先天下之憂而憂，後天下之樂而樂。」盼望大家都能以「捨己為人」、「仁者愛人」共勉。

《擁抱的溫度》 米奇·艾爾邦

1D 李芯兒



《擁抱的溫度》的故事背景設在美國密西根州的小鎮，小說描述住在同一街區上四個家庭的生活。當前所未聞的新病毒在美國蔓延開來之時，一群本來相處和諧的街坊的關係開始變得緊張，出現裂痕，鄰里變得疏離。他們本來在週六有固定聚會，但這個傳統因疫情而打住。但亦有部分人變得更加團結緊密，他們相信只要有愛和信任別人，就能帶來溫暖，關係也會由疏離變得親近。

在這個故事中，我最深刻印象的情節是醫生必須做出重大抉擇，在重症患者蜂擁而來時，他們只能選擇性搶救病人，為此醫生承受沉重的壓力。當時醫院人滿為患，重症監護病房早已飽和，萬不得已，醫生必須在重症患者中做出沉重的選擇。當時醫生面臨重症床位不足的狀況，有些病人只能在家隔離或自行醫療，我看到這段情節，實在感到傷痛。「醫者父母心」，沒有醫生想見到病人死亡，但在不得已的情況下，他們只能盡力而為，無助之下也是更大的無奈。作者在這本書呈現了真實的景況，反映人性的脆弱，我們面對生離死別，只能無奈接受。但是，即使是不可改變現實情況，醫生亦用盡精力和時間，我們應感激他們的付出。

看完這本書後，我對這次新冠肺炎的疫情加深了認識。這本小說的故事情節具體，細膩地展現疫情蔓延時人們的內心變化，有人抱團取暖、有人默不作聲，有人驚恐不安。人與人之間因是次疫情而發生種種變化，即使是牧師，他們也在信仰和法規之間掙扎，實在令人感慨。書中亦寫到超級市場的消毒洗手液被人們搶購一空，完全寫出我們生活中各大超市的現狀。

我十分喜歡這本書，這本書寫出人性的光輝。疫情肆虐之時，作者相信只要擁抱大家的溫度，人們一定能攜手度過難關。疫情下我們的確需要重建鄰里關係，我想起香港一首深入民心的經典歌曲《獅子山下》，值得我們思考。我希望面對困難時，香港人更要同心努力，一起走出「疫境」。

作者曾說：「我對全人類深具信心。誠心祝福，有一天，當我們再度感受擁抱的溫度時，每個人都會有自己的故事可以分享。」《擁抱的溫度》是一本十分溫暖的書，能治癒人們的心靈。

《善惡魔法學院》 蘇曼·查納尼

2C 溫樂好

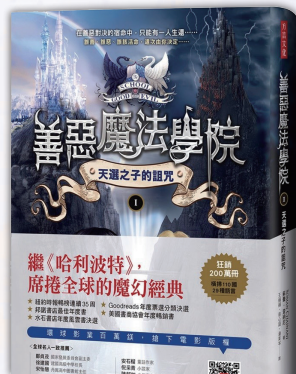
被無盡森林包圍的小鎮，每四年就有兩名孩子同時失蹤，居民找不到線索，百思不解，視之為詛咒。很多年後，人們終於發現真相，他們在鎮上的一間書店裏找到了一本書，這本書描繪了失蹤孩子的宿命對決，勝者幸福快樂，敗者則面臨悲慘的命運。這本書敘述了蘇菲與阿嘉莎的精彩故事，值得我們細讀。

讀完這本書後，我明白到我們眼中的好人不一定是善良，惡人也不一定是邪惡的。書中描寫了兩個造型分明的角色，讓人一眼就認定誰正誰邪。但外表打扮能反映出人性嗎？蘇菲擁有美貌、待人熱情、喜歡粉紅色；阿嘉莎外表陰沉、行動詭異、喜歡的顏色是黑色。不知什麼原因，我們總是很容易被人們的外表欺騙，結果以有色眼鏡去判斷別人。

蘇菲和阿嘉莎的打扮正正符合了我們對正派和反派的刻板印象，但外表打扮能代表人的全部嗎？蘇菲和阿嘉莎的經歷，讓我明白到在生活上，我們很容易以偏概全，並且容易被某些人的外表打扮所吸引，甚至被蒙騙。其實我們的確需要好好瞭解一個人的真性情，不應該被外表影響與他人的接觸。

蘇菲和阿沙拉的友誼也因為人們的觀點而發生變化，他們的友誼亦經不起大浪。在我們的生活中，我們面對生離死別，很容易會作出選擇。但是面對利益衝突，我們的良心會容易受到扭曲。這本書正正說明人在權力和利益之前，我們會暴露人性的弱點。

這本書令我明白到，在我們的生活中，我們的確很容易被利益影響自己的初心，友誼也經不起考驗。因此，面對考驗的時候，我們必須要堅持自己的意志力，並本著良心去做事。這本書亦讓我看清現實，就是好人也會做壞事，壞人也不是只會做壞事。善不是只有善，惡也不是只有惡。童話故事裏的公主都有美滿的結局，反派只能接受悲慘的命運，這是不現實的。我們更不能直接根據外表判斷人的善惡，我們要聽其言、觀其行，才能真正瞭解一個人。



《幸福窮日子》 作者：阿濃

2D 邵嘉琪

這個故事講述在廣東佛山的一家四口，他們由中國大陸移民到香港的家庭生活，內容講述他們如何面對及克服來到香港生活的種種困難，學會如何樂觀地面對窮困，在貧窮中快樂地生活，真正做到「幸福窮日子」。

本書的主角叫黃志芬，是家中長女，她在佛山一間中學讀中二，成績普通。爸爸叫黃自立，在佛山獸醫專科學校畢業，從事保健、醫療、衛生等工作，但來到香港後，因沒有在香港掛牌的專業資格，以致找工作時處處碰壁。媽媽在香港出生，十歲時父母病逝，於是回佛山隨外祖母在鄉間生活。

媽媽認為到香港讀書比較有前途，將來有機會升讀好一點的大學，找更好的工作，於是打算移居香港。媽媽在香港出生，又連續在香港居住過七年以上，所以很早就拿到香港身分證，做「先頭部隊」到香港謀生。媽媽到港之後，先在一間酒樓做洗碗工作，工資低、十分辛苦，後來找到一份清潔公司的工作，情況有了改善。作者的爸爸和作者的家人申請來港定居的過程漫長又艱辛，最後還是靠人事關係才終於拿到來港的單程證。

主角一家初來香港時曾遭到歧視，被人叫作「大陸妹」、「蝗蟲」等，還經常招來憎惡的眼光，令主角感到難堪。我十分同情作者的遭遇，在 20 多年之前，的確很多人對來自中國大陸的同胞抱有偏見。即使現在，他們都會認為內地來的人不文明，認為他們沒有禮貌，行為惡劣。但是我覺得我們不應該以種族來判斷人的善與惡，我們對一個人的印象也不應該來自其國家或者種族，我們不應該受偏見影響，武斷地判定那個人的品性。因此，當主角一家來到香港受到歧視時，我實在感到十分難過。

幸福是甚麼？是快樂、滿足的情緒？亦或是看不見、摸不著，難以尋獲的珍寶呢？這本書講述了一家人在一起，就是真正的快樂。即使一個人得到名譽地位，但是沒有親人在身邊，這也是枉然。因此，我十分認同這本書所說的道理，物質上的供應，並不是快樂的泉源，只要一家人能同心同德，知足常樂，即使生活貧窮，幸福就在我們的身邊。不知你有沒看過，於海浪聲中落寞的夕陽、綠林裏隨風搖曳的花草、天空中列隊整齊的材海鳥。那些畫面拼湊而成的，就是幸福。我認為幸福一直圍繞在我們身邊，不論是多麼瑣碎的日常，都可稱為幸福！所以說，幸福無處不在。



《杏林小記》 杏林子

3A 蘇羚

我十分喜歡杏林子所寫的書籍，尤其這本《杏林小記》，書中記述杏林子醫院的所見所聞，敘述了她治病的經過和體會，真切地寫出她自己、家人及朋友日常生活的所思所感。這本散文集內容充實，用字淺易，文筆又輕鬆幽默，文字簡潔易明，不但帶出正面的人生觀，亦向世人展示她超凡的毅力和堅強，發放正能量，引人深思和自省。



杏林子十二歲時，不幸患上「類風濕關節炎」，需要入住兒科病房，從此「以院為家」。她全身的關節因受破壞而日漸變形、僵化，最後更轉動不靈，身體不由自己控制。面對這種情形，一般人都會埋怨上天不公，為甚麼這些事會發生在自己身上。但杏林子並沒有自怨自艾，她堅持寫作，以自己的經歷寫成書籍，勉勵其他人要自強，最後成為知名作家。

人生在世，難免會遇上挫折困難，正所謂「人生不如意事十常八九」。杏林子的經歷讓我明白，人要活得精彩，必須要積極樂觀，消極的態度只會讓人走上絕路。現時我們生活在資訊發達，瞬息萬變的時代，我們在生活上面對很多不同的挑戰，打開新聞報紙，都會發現現時有很多青少年因抵受不住壓力，面對困難的時候不懂面對，他們抗疫能力低，結果自暴自棄，甚至走上吸毒、輕生的情況。這些人實在應該看看這本書，通過杏林子的經歷，就會明白，我們這些四肢健全，頭腦精神的人，更加應該要珍惜生命，不可浪費自己的青蔥歲月。

俗語有云：「天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身」，孟子認為，歷史上許多肩負重大使命的偉大人物，都曾經飽經憂患，走過一段艱難困苦的人生旅程。孟子敬佩古代傑出的歷史人物，對那些從艱難困境中奮起的英雄賢人作出衷心的讚美。我十分同意孟子的看法，杏林子的親身經歷正告訴我們在逆境時更能激勵自己，即使身體飽受折磨，但只要努力解決問題，人生總是有希望的。勇於面對困難、在挫折時不屈不撓，才是正確的人生態度。雖然生命短促，但活得精彩，雖然身體飽受折磨，但活得有意義。

在「生死之間」這篇文章中，記述一位老太太在前一分鐘還愉快地削蘋果，和我們談笑風生，但下一秒，她突然頭一歪，心臟病發作。這篇文章讓我體會到生死只有一線之隔，「年年歲歲花相似，歲歲年年人不同」，我們應該珍惜眼前人，不要認為時間會等人，日復一日，時間不留人，如果我們不好好把握時間，到最後一定追悔莫及。

所謂「樹欲靜而風不息，子欲養而親不在」，很多時候，我們往往忽略了身邊疼愛自己的人，例如父母、朋友。杏林子生病的時候，父母不離不棄地照顧她、支持她，讓她得到鼓勵。我相信杏林子能積極活下去的原因之一，是因為不願看見疼愛自己的人傷心。所以我們面對人生的種種磨鍊，一定要堅持到底，並應該珍惜眼前人，不要「身在福中不知福」，認為一切理所當然而不去珍惜。大家應多幫助父母做家中瑣事，努力學習，孝順父母，否則便會「我生待明日，萬事成磋跎」了。

總括而言，《杏林小記》以輕鬆幽默的文筆，記敘了杏林子與病魔奮戰時的感悟，寫出生死之間的歡樂與痛苦、期待與絕望，是一本淚中帶笑、笑中有淚的人生小品，我非常推薦這本書。

《射鵰英雄傳》 金庸

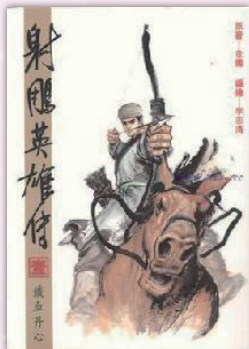
3C 蔡澤華

《射鵰英雄傳》是一部武俠小說，故事講述南宋末年，金兵入侵，朝廷奸臣當道。郭嘯天和楊鐵心兩戶人家慘遭滅門，倖存的郭嘯天妻子前往蒙古，期間山下郭靖。郭靖得到江南七怪、洪七公、一燈大師等人的指點，經過刻苦的訓練，又經歷重重波折，終於成為一流武術高手。

我十分喜歡這本書的主角郭靖，郭靖自小失去父親，他在單親家庭長大，他的樣子傻乎乎的，但是因為沒有機心，為人厚重，所以很多人都喜歡他。雖然他不是一個聰明的人，但他十分認真學習，具有慎思刻苦的求學精神。我最印象深刻的是洪七公教他降龍十八掌一節中，他每天練習，練到手都腫了，但他沒有放棄，持之以恆，終於成功練成絕世武功。郭靖在成為高手之前得到不少高人的指點，例如一燈大師、洪七公、周伯通等人，如果郭靖不抱著刻苦求學的學習態度，這些高人會傳授他功夫嗎？恐怕不會。在郭靖身上，我學會做任何事，只要不怕吃苦，堅持到底，一定能夠成功。

與他相反的是女主角黃蓉，她樣子美麗，聰明伶俐，就像三國演義中的諸葛亮一樣能夠審時度勢。她有很多鬼主意，她沒有運用自己的聰明去害人，反而利用她的聰明才智解決難題，幫助郭靖衝破危難，我認為她是郭靖的好朋友、好知己，人生能夠遇上這樣一個人，知足也。

除了人物之外，我十分欣賞這本書呈現的武俠精神。在正邪不定的世代中，我們實在很難判斷是與非。郭靖出生在南宋時期，國家混亂，他為國為民，盡忠報國的精神在書中展現得淋漓盡致。郭靖自小就有報國之心，他感激蒙古大汗的養育之恩，在進退兩難之中，他選擇了精忠報國。在沙場中，他面對結義兄弟，內心一定備受煎熬，但是在此種情況下，他面對國家危難之時，他沒有背棄自己的信念，沒有欺凌自己的同胞，沒有放棄自己的良心，我覺得這種精神難能可貴。這本書講出了郭靖善良、正直、勇敢、慷慨的精神，亦呈現儒家所說的重視友情、誓死報國的愛國精神。在現今社會，我們更應該有這種俠義精神，為國為民，拯救國家於危難。



《古聲》 倪匡

3C 徐嘉駿

《古聲》講述衛斯理收到了美國考古學家黃博宜寄來的一盒錄音帶，上面記錄著神秘的哀樂和一個女子的尖叫聲。可是，王博宜遇到車禍死去，留下錄音帶的謎團。衛斯理推斷錄音帶記載了邪教組織的儀式，於是親赴一個邪教的大本營，並利用催眠的方法去嘗試從那些人口中探出真相，結果沒有任何發現。衛斯理沒有因此放棄，反而轉為研究王博宜車禍的原因，但最終卻證實與錄音帶無關，之後他再接再厲分析錄音帶的語言，卻都不得要領。最後，他透過分析王博宜的研究檔案，找到了安小姐，終於證實錄音帶上的聲音來自黃博宜研究的一隻中國戰國時代的花瓶，它以錄音原理記載著一名楚國女子被獻祭的情景。

作者以人類對聲音的保存方法為構想，寫出一部構想奇佳的小品之作，實在令人驚嘆不已。我認為在科幻世界中存有很多的可能，以人類的智慧，我們實在未能在這個無垠的宇宙中，解釋各種奇特的事情，我們只能夠憑著不斷進步的科學與科技，探索宇宙的無邊無際。這本小說讓我感受到世界上其實有林林總總的奇怪事物，例如這本小說所提到的古代花瓶，它以錄音原理記載著一名楚國女子被獻祭的情景，實在太新奇了。

此外，我更從書中學到一個道理——做人不應輕易放棄，要勇敢面對，向前望，就可解決一切困難；即使眼前看似已是盡頭或絕境，也不可以放過最後一絲希望。衛斯理在調查過程中，不管經歷多少挫折，仍然堅持探求真相，認為只要努力尋求答案，必定能夠找到線索和證據。他抱著一個真真正正的冒險家應有的決心，凡事親力親為，實事求事，面對一切磨鍊都不恐懼，這種精神令我十分欣賞和敬佩。



《天藍色山的彼岸》 艾利克斯·希爾

4C 鄧佩婷

「如果人生可以重來，我想抱抱你，好好和你說聲再見。」這句是出自一個純真小孩的口，化成一個生離死別的故事——《天藍色的彼岸》。這本書的開頭講述主角哈利與姐姐吵架，並脫口而出說道：「等我有一天死掉，你會後悔莫及。」說完便衝出家門。哈利卻在那天因一場車禍不幸離開了人間，去了另一個世界，等著前往「天藍色的彼岸」。可是，哈利卻因為仍有心事未了而遲遲沒有前進。不久，哈利碰巧遇見一名男孩亞瑟，亞瑟帶著他偷偷地返回人間，讓哈利能夠跟姐姐說聲對不起，並和大家好好道別。

當哈利返回人間後，他先回到學校，他以為自己的死會讓全班感到悲傷，但同學們卻和從前一樣的上課，哈利突然意識到大家的生活不會因自己而改變。生命中有太多的過客，這些人可能是我們的朋友、同學，但隨著時間過去和命運的捉弄，他們對我們的記憶也只是一個名字而已。接著哈利來到電影院，並看到一堆鬼魂，他們選擇賴在那裏，不願離開，是因在人世間或有眷戀之處。最後哈利回到自己的家，他走了家裏一圈，不禁走進了姐姐的房間，他集中注意力好讓姐姐手中的鉛筆在紙上寫下一些話，姐姐看見哈利的字跡，便與哈利進行了一場人與鬼魂的短暫交流，哈利在了結心事後與亞瑟一同奔向「天藍色的彼岸」，故事就此完結。

這本《天藍色的彼岸》讓我對哈利的遭遇充滿同情，年紀尚小的哈利突然在一個無法預料的意外離世，這對於哈利來說，是莫大的遺憾。哈利原本可以擁有很多時間做自己想做的事情，但老天爺卻在這時為他安排一次「旅行」，讓他離開人間。除此之外，雖然死亡好像對我們來說是一件遙不可及的事，但我從這本書中不但明白到死亡並非一件遙不可及的事，而是一件無可避免的事。人生在世，太多事未能掌握，因此在我們擁有生命的時候，我們必須加以珍惜。生活是上天給我們最大的禮物，一旦失去生命，我們一定會後悔莫及。

這本書讓我明白正面樂觀的態度是何等重要，我們害怕死亡，但如果真正面對死亡，我們也要積極面對。我從哈利的身上領悟到其實死亡並沒有我們想像中的那麼可怕，也不是意味著終點，我們只是在「另一個世界」裏生活，並非在地獄受苦，或成為鬼魂流離失所，我們只是少了生活的樂趣，例如不能再感受到微風細雨吹過自己的面龐，聽不到小鳥清脆的叫聲，記憶也會慢慢消失。如此想來，活著是一件多麼幸福的事，即使我們無法預測或改變自己的死亡時間，但我相信我們唯一能做的是：在自己活著的時候，珍惜生命中的每一分每一秒，學會關心身邊的每一個人，不要讓自己的生命留下遺憾，只因我們不知道上天在何時也安排了一場「另類的旅行」給自己。



《朝花夕拾》 魯迅

4C 許珮欣

《朝花夕拾》記述作者童年和青年時期的生活片段，形象地反映了作者的性格和志趣的形成經過。前七篇反映作者童年時代在紹興的家庭和私塾中的生活情景，後三篇敘述他從家鄉到南京，又到日本留學，然後回國教書的經歷。這本書抨擊了當時的社會狀況，讓我們知道當時中國的過去，讓我們深思傳統禮節及文化思想。

現今的孩童生活在電子化的世界，在魯迅的時代，沒有電視手機，他們有的是與大自然相處的樂趣，例如與蟋蟀玩耍、在大海捉魚，在樹叢裏捉蜈蚣和斑蝥，這些都是一些有趣的小玩意，一玩就是一整天。生活在現代社會，我相信很多孩童假日時都會玩電子遊戲，或者玩社交網絡程式，很少人會到郊外玩樂，我們已太少機會接觸大自然，不能像古代的人們一樣，通過大自然，尋找快樂的真趣。

這本書不但記述了作者童年的回憶，亦記述作者青年時期的遭遇。作者深刻揭露了舊社會種種醜惡的不合理現象，同時反映了有抱負的青年知識份子在新中國的茫茫黑夜中，不畏艱險，努力尋找光明的歷程。其中我最印象深刻文篇是《父親的病》，這篇文章記述魯迅的父親病重，最後死於江湖庸醫手中，反映了當時人們迷信的思想，他們不信科學，凡事不求甚解，甚至醫生也草菅人命，但政府無能為力，受苦的只有百姓。

我很慶幸能夠生活在香港，因為醫學比較昌明，現時我們受疫情的影響，很多人只能夠被迫留在家中，但是我們常常能夠在新聞聽到醫學專家的提醒，讓我們知道應該如何保重身體。現在中醫西醫都能夠幫助我們減輕痛症，我很希望未來醫學更加昌明，能夠救治更多百姓的性命。

《二十四孝圖》是一篇十分獨特的文章，批判了封建孝道的虛偽和殘酷。「孝」是儒家倫理思想的核心，是千百年來中國社會維繫家庭關係的道德準則，是中華民族的傳統美德。但是，中國古代的所謂「孝」，很多是愚孝，《二十四孝圖》提倡的孝行不合常情，難以實行。例如「郭巨埋兒」的故事令不但令作者反感，我看的時候也認為郭巨所為不合人情及不合人性。

《朝花夕拾》創作於洋軍閥統治期間，魯迅面對嚴重的迫害而寫下的，這是一本具諷刺意味的書本。這本書寫出人性的虛偽，人們為了奉承，做出一些埋沒良心的事。現代社會，很多人都勇於表達自己的意見，有些人正正如魯迅一樣，他們面對不公不義，不平則鳴，不會同流合污，魯迅的精神值得我們效法。



《梁實秋文集—雅舍談吃》 梁實秋

4C 鄭皓熙

《雅舍談吃》是一本十分獨特的書本，這本書收錄了作者在老北京各家吃過的招牌菜以及小吃，文風自然親切，彷彿都是信手拈來，毫無矯揉造作，令人看過後感到十分有親切感。作者雖不是像美食家對於美食如數家珍，但他對食物的描述，更多的是一份文人對於生活的感悟。

「民以食為天」，食物能夠讓人感到美好，而作者在字裏行間亦都寫出他對食物的喜愛。作者寫的大多數都是老北京的家常菜，例如：窩頭、火腿、咖喱雞、醋溜魚、魚丸，也寫飲酒、喝茶、康乃馨牛奶，這些食物，我不是常常接觸，只看文字已覺得十分獨特。看著目錄就像看著一份份豐富大餐，已忍不住食指大動。

在書中，作者不但描寫了美食，亦寫出人與人之間的感情。中國的飲食文化源遠流長，博大精深、各地美食各有特色，梁實秋走到哪裏就吃到哪裏，這本書介紹了很多不同的美食，我只是看文字，已令我垂涎欲滴。我在看這本書時，不禁令我回想起小時候的經歷。每一年過年，我們一家都會到北京旅行，我記得那一次，我們很晚才到達北京機場。辦好手續後，我們乘車到一所餐廳吃晚飯。人們說，我們到達的這所餐廳最著名的是燒鴨，燒鴨並不是間間餐廳都好吃，獨特的烤鴨是會將鴨片放入青瓜絲、蔥花和醬料，然後放在薄薄的餅皮上，最後把它捲在一起吃。我第一次吃烤鴨，覺得十分好玩和新奇。我還吃了獅子頭，每一粒都用料十足，我們吃得津津有味。我發覺北京的美食實在眾多，能夠有機會遊覽，實在令我感到十分高興。

我十分欣賞梁實秋先生的作品，他的作品平易近人、優雅風趣，讓人一看就著迷了。這本書不但寫出各種各樣的美食，亦寫出北京街頭的民情風俗，這是平凡生活的趣味。



《豐子愷文選 II》 楊牧編

4C 黃桐桐

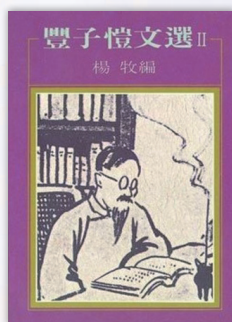
《豐子愷文選 II》是由楊牧編選，編集了豐子愷所撰散文隨筆約四十篇。這本書內容豐富，廣泛涉獵各種題材和風格，包括小品、隨筆、童話、美術等等。每篇散文的故事都以作者日常生活的所見所聞、發生的趣事為起點，從而逐步揭示作者對當時政府、人民生活的態度，甚至文化社會的影響等，提出獨特的見解。

在這本書中，我最喜愛《貪污的貓》這篇散文。《貪污的貓》一文講述作者與家裏養的五隻貓的一場「明爭暗鬥」。在他人眼中，貓兒是多麼溫馴乖巧，卻不知原來牠們十分淘氣、頑皮得很，例如貪嘴、偷食，牠們是把爛污撒在每人的牀腳底下的一羣「貪污的貓」。每次魚一到家，不論藏在哪，都被一隻隻尖利的爪子給五馬分屍，一啃剩魚骨。作者認為照顧牠們是一件麻煩透頂的事，好比只看見團體照相的冠冕堂皇，而不悉機關內容的腐敗醜惡。作者巧妙地將這羣貓暗諷為當時貪污的官吏，反映政府的腐敗無能，令人厭惡。

貪污，或在更廣義上稱為腐敗，是指身在特定職位的人員為了謀取不正當利益，利用職務上的便利，實行不誠實的、甚至是違法犯罪的行為。當時中國的腐敗問題頗為嚴重，常見的腐敗情形包括：買官賣官、行賄受賄、官商勾結，有的官員還非法私藏槍枝。腐敗的形式多種多樣，既可能是直接觸犯法律法規的行為，如貪污罪、受賄罪等；也可能是表面上沒有違法，但實際上損害了公共利益的行為。

時至今日，貪污問題如長在身上的小瘡，若不加以理會，含膿日深，終成大疾。我認為貪污是不公平和不合理的事情，間接令市民的生命財產受到威脅。香港有廉政公署維護社會廉潔公平，我真希望在熱鍋上熟睡的人們能有朝醒覺，不要再犯法，令社會更公平進步。

看完這本書，我十分喜歡豐子愷先生運用日常生活發生的種種趣事，以淺白易明的文句，解說他對當時政府、社會及民生的看法。看他的散文，發現他的思想和見解緊緊追貼時代的巨輪，至今不斷重演人民最敏感和緊張的社會議題，是一本值得推薦的書籍。



《在天堂遇見的下一個人》 米奇·艾爾邦

4D 黃美瑤

安妮和丈夫保羅在新婚夜不幸遇上意外，意外發生後，安妮開始了只屬於她自己的天堂旅程。

在旅程中，她會遇見五個人，他們都對安妮產生了某種影響，都會教她一些知識或道理，但她未必認識或記起那五個人。記憶互相交會，生命互相相連，一環接著一環，有喜、有悲……

在這個故事裡，安妮在天堂遇見了她的媽媽，她們把一直埋藏在心中的秘密和想法都告訴了對方，解開彼此內心的不解、憎恨。或許每一個人都有一些不想告訴別人的心底話，可能怕這些話會傷害到他人，或令別人反感而沒有說出來。然而，在一段關係中，這些秘密最終會成為一面又高又厚的牆，慢慢地分隔開大家，關係漸漸變得疏遠。

讀小學階段的我很膽小怕事，「沒所謂，你們喜歡就好」這句話語經常掛在我的嘴邊。但其實有時候我並不是真的感到沒所謂，而是怕讓大家覺得我很麻煩而討厭我、疏遠我，所以一直裝著沒事罷了。過了一段時候，我開始忍受不了，我真的非常不想再陪她們逛街，逛街實在太費神、太費體力了。記不起自哪天起，我隨便找了個藉口缺席逛街活動。不知不覺，我們的共同話題慢慢變少，升中後彼此再沒有聯絡。

幾年後，其中一位小學好友邀請大家一起返回母校探老師。途中她們問我當年不再跟她們一起逛街的原因，原來她們早已看穿了我的謊言，只是不想令大家尷尬，因此沒有說出來。於是我跟她們道出真相，她們先是靜默不語，三秒鐘後一起對著我大笑，她們不停地笑，使我摸不著頭腦。待終於止住笑聲後，她們跟我說真正的朋友應該互相遷就。那一刻我釋然了，回想當初如果自己能勇敢一點，我便不會錯過與大家一起相處的時光了；如果我不那麼怕事，可能大家會有更多美好的回憶了。



有些事看似只是一件微不足道的小事，但我們要明白事情總是環環相扣，一件小事情的結果能夠影響另一件小事情的發展走向，背後總存在著微妙的因果關係，縱然你看不見。事情的結局是好是壞會影響大家的心情，大家對未來亦有不同的看法。

我們沒有時光機，時間走了就是走了，我們也不能夠改變歷史，正如書中的安妮也不可能回到乘坐熱氣球之前。人生從來沒有如果，我們也不敢保證或認定每一次的選擇都是最正確的決定。不能回到過去，同樣我們也不能預知未來，究竟死亡離我們還有多遠？不知道！因此，我們應更珍惜你現在所擁有的、珍惜那些珍惜你的人、珍惜一切，活在當下。

我希望自己努力學習，成為一個勇敢追夢、懂得表達、有勇氣面對各種挑戰的學生。安妮的故事讓我再次反思自己過往的態度，不是凡事理所當然，我為未來的人生許下一個承諾：珍視一切人、物、事，把握每一分每一秒，盡力完成每一項任務，擁抱美好、希望擁有一個豐盛的人生！

《寫在救援側面——無國界醫生的故事》 龍欣欣

5D 梁蔭豐

無國界醫生是一個人道組織，在世界的另一端拯救數以萬計的生命。這批醫護人員都是志願者，他們來自不同國家，有各自的背景，年紀不一，連所說的英語也夾雜著各種口音。即使他們來自五湖四海，但是他們的目標一致，就是在人道毀滅災難中發揮人性的光輝，幫助當地有需要的人群。這本書的篇章由不同國家的無國界醫生撰寫，我們可以讀到不少印度災難的實況，也讀到這批自願醫護人員的苦與樂。

每一個無國界醫生的工作都殊不簡單，他們擔當的不是簡單的義務工作，不像我們去賣旗，或者去老人中心探訪，他們都要離鄉別井，遠赴自己不熟悉，甚至語言不通的國家提供醫療服務。其中有一位無國界醫生很值得我敬佩，她的名字叫余德靜，余德靜本來是香港明愛醫院的助產護士，她毅然到西非國家服務當地難民。在當地服務的日子，她感到孤單無依，人在異鄉，一雙手似乎也無能為力，看到很多人失救，她感到生命的無助，有時也感到沮喪。

余德靜每天以淚洗面，深受打擊，幸好遇上當地的翻譯人員，為她帶來安慰，這些翻譯人員讓他明白善良是能夠打破一切的障礙，因此種族之間的隔閡打破了。雖然大家的語言不通，但心意相通，他們的目標都是為難民努力。有時候我們也會有這種感覺，面對困難，很容易迷失自己，但是在我們面對困難的時候，總有人肯伸出援手。我們是萬物之靈，正所謂人禽之別，因此善良的特質能夠跨越種族語言，只要能夠有惻隱之心，我們就能夠解決一切的問題。

除了隔閡，無國界醫生也會面對很多不同的挑戰。劉蘊玲是香港註冊護士，她決定參加無國界醫生的組織工作，卻遭受家人的反對，因為參與這份自願工作就意味著要放棄高薪厚職。當年香港經濟走下坡，要離開原本的工作環境，改為到外地服務難民，犧牲甚大。劉蘊玲面對家人的壓力，但無改她捨己為人的精神，因此她毅然到南蘇丹幫助當地難民。《魚我所欲也》曾說到，人能夠捨生取義，我相信人為了正義和理想，能放棄金錢地位，這就是人類的高貴精神。在這本書上，我看到人性的光輝，這些人不是英雄，他們並不能得到任何的名銜，他們為的只是希望能夠幫助有需要的人，讓他們的生命能夠解救。

這本書講述了無國界醫生的種種故事，每一個故事都令我動容，讓我看到黑暗中的曙光。面對世界的不公不義，我們好像無能為力，但是只要我們有助人的心，我們只需要盡一點綿力，我相信一定能夠讓世界發出光芒。我們未必可以好像無國界醫生一樣遠赴他鄉，但是在香港，我們也可以伸出我們的雙手，幫助貧窮人，解救身邊有困難的人，為這些人的生命帶來希望。



古詩書籤設計比賽

中一級			
冠軍	1C	吳希敏	《相思》
亞軍	1D	蔡烙銘	《山中》
季軍	1C	葉博文	《靜夜思》
優異獎	1B	梁湘玉	《官倉鼠》



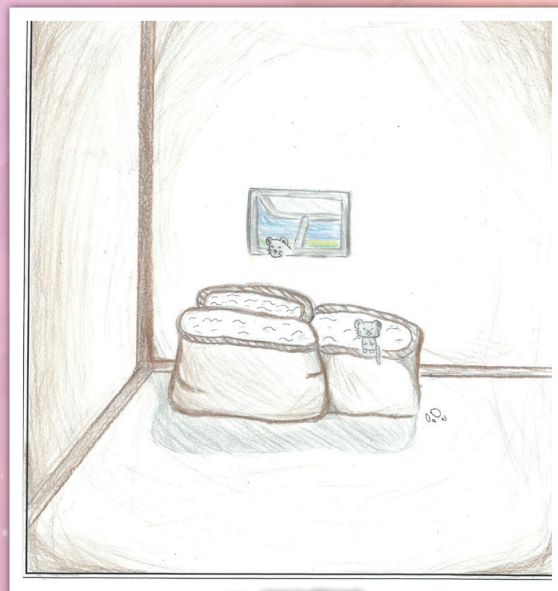
1C 吳希敏



1D 蔡烙銘



1C 葉博文



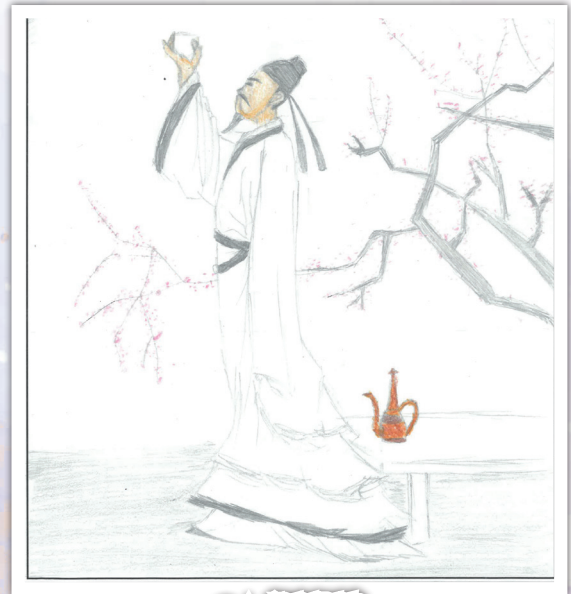
1B 梁湘玉

中二級

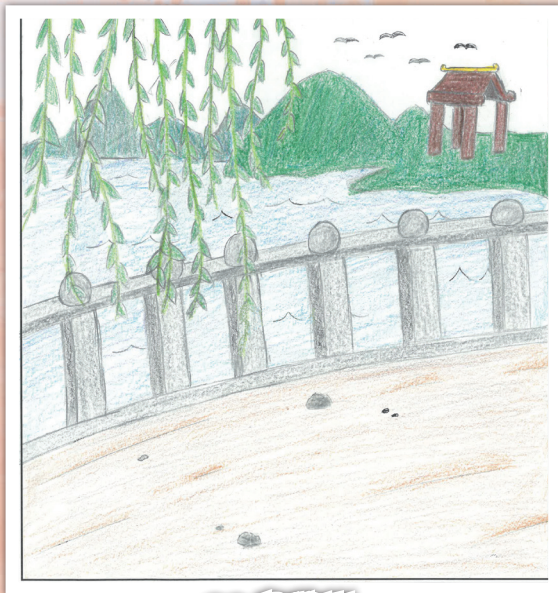
冠軍	2B	林穎芳	《短歌行》
亞軍	2A	劉澤鋒	《將進酒》
季軍	2C	余凱嵐	《詠柳》
優異獎	2A	陳文傑	《杜秋娘》



2B 林穎芳



2A 劉澤鋒



2C 余凱嵐



2A 陳文傑

教育局「校園·好精神」計劃 —— 「每天好精神」標語創作比賽



校內協作科組：中國語文科、學生會、家長教師會

中一級		
冠軍	1D 梁國鋒	面對困難莫悲觀，積極抗逆便心歡。
亞軍	1C 尹子鴻	正向信息齊發放，健康快樂由你創。
季軍	1D 潘君睿	雜亂心房要清掃，鬱悶盡消齊傾訴。

中二級		
冠軍	2D 莫家晴	精神奕奕，齊心協力。戰勝困境，為生命添上顏色！
亞軍	2A 陳文傑	健康精神快樂滿分，一起擁抱幸福人生。
季軍	2B 鄭子軒	呵護美好心靈，擁抱健康生命。

中三級		
冠軍	3A 盧偉諾	互相尊重，包容常存於心；以愛相繫，建立快樂人生。
亞軍	3D 楊曜丞	抗逆攜手同行，齊變身快樂人。
季軍	3B 林思瑩	友愛和平快樂滿足，齊奏和諧愛心樂曲。

中四級		
冠軍	4D 莊楠	齊心抗逆，風雨無阻。高山低谷，陪你走過。
亞軍	4C 馮彥豪	擁健康心靈，得樂觀心情，壓力自然減輕。
季軍	4C 郭藝姍	精神健康不可忘，拋開煩惱向前望。

中五級		
冠軍	5C 麥海琪	面對困難不怕挫敗，培養堅強良好心態。
亞軍	5D 周采儀	抗逆路上不孤單，攜手與您渡難關。
季軍	5A 翁佩璇	不要害怕陰影，雨後總會天晴。



《薈思》編輯團隊

顧問：賴炳輝校長、楊昌俊副校長

編輯：方穎音老師、錢皓文老師

攝影：張仲偉老師、張善祥老師