

鳳溪第一中學

校訊

Fung Kai No.1
Secondary School
2021-2022



GOOD WORK
中文佳作
通識佳作

佳作園地

學生成就

第73屆香港學校朗誦節詩詞獨誦—普通話
北區青年節設計比賽
粵港澳大灣區數學競賽預選賽
北區青少年室外射箭公開賽
北區室內賽艇錦標賽
全港公民青少年田徑賽

*When we were young, we were always attracted to characters in movies or comics.
If you can become a character in a movie or comic,
what do you want to become?
Describe the role you want to be and why.*

When we were young, we were always attracted to characters in movies or comics. If I could become a character in a movie or a comic, I would probably want to be Saitama from the anime One Punch Man.

Saitama in theory has limitless power which includes strength, speed and of course, the power of the shiny twinkling bald head. This makes him basically immortal and he would only die of age perhaps. However, there are a lot of questions about Saitama. At what age will he die? Or will he be completely immortal? Will he meet an enemy who is on par with him? These are the most common questions, and we won't know until the author confirms one of the theories or explains them completely.

The main reason for me wanting to be Saitama is probably because I won't get hurt, and I could protect anyone I want easily, or the opposite. Do you get what I mean?

Humans hate pain, and being weak. But Saitama is basically a deity. His powers are definitely the strongest for a "human". And he doesn't even feel pain from anything excluding mosquitoes, which is probably what most of us humans want: godly powers. So they won't feel pain because they hate it and that they can basically just do whatever they want with infinite strength and durability, including, very likely, myself and the person reading this, no offence intended to those who do not.

A reason that you can ignore! I surely want to be a protagonist!

IA CHEUNGJADEE CHULAWAT, Jadee



Give a speech during the morning assembly about how to fight plastic pollution

2A Ma Cheuk Yin, Michael

Good morning, Principal, Vice Principals, teachers, and students. I am Ma Cheuk Yin from class 2A. I am the Moral and Civic Education Ambassador. Today, I am going to talk about the impact of plastic pollution and how we can slow down the pace of the polluting, so that larger organizations can clean it before change is impossible.

Everyone knows plastic pollution is a problem. Plastic is not biodegradable, and it stays on Earth for hundreds if not thousands of years. The amount of plastic waste thrown into the oceans is too much. There are large patches of micro-plastic in the Pacific Ocean, most of which is located in the Great Pacific Garbage Patch. It is estimated that in 2050, the total weight of marine plastic will outweigh that of fish.

The plastic waste in the ocean is a deadly hazard to marine life. Plastic bags are misidentified by many animals, such as sea turtles, the ocean sunfish and jellyfish. This leads to the animal choking on the bag after ingesting it. 6-pack rings also impose a great danger to marine life. If an animal gets it/them on around its neck, it will choke to death, but if it's around another body part, the rings will cut off blood supply to the part and it'll misused. Other rubbish can be ingested by large animals, such as sea birds, cetaceans, sea turtles, sharks, etc. However, the worst type of plastic is micro-plastics. These little bits will be eaten by zooplanktons, which are eaten by small fish, squid, and clams, which are eaten by bigger and bigger fish—it keeps making its way up the food chain until it reaches us. This is not good for us or the fish.

Everyone should be responsible for protecting the Earth. As students, there is much we can do. The most important of all is to reduce the use of plastic products. How will we do this task? We can stop using plastic straws and plastic cutlery. We can reuse plastic bags. Some of the more pessimistic students may think that it would be ineffective, seeing that even if one city were to stop producing plastic waste, the effect would be manicure, which is where the second part comes in, raising awareness. With the rise of the Internet, spreading ideas of something has never been easier. So spread it far and wide. When enough people demand for a change, it will come.

We have started this fire and we must stop its destruction. We may never have a plastic free ocean, but we can reduce its effect to the point where it becomes a harmless spark. We are the arsonist, but it's time for us to be the fireman. We have created the problems and we will have to get them fixed. Thank you for your time. It is a delight to deliver my presentation here.

Write a letter of advice giving tips on secondary school life

Dear Bill,

I'm sorry to hear about your problems. You must be very stressed and worried. But, fear no more. There are several things you can do to solve the problems.

Firstly, if I were you, I would ask my classmates to stop bullying me. They may think they are just making fun of you. They don't realize that actually, they are abusing you. If you don't ask them to stop, they will go too far. As a result, the problem will only get worse. So, it is important to say no.

Moreover, it would be better if you start doing exercise regularly. I think jogging is the best way for you to lose weight because you can do it anytime and you don't need to bring a lot of equipment. Perhaps you can go jogging around a park or footpaths for 30 minutes every day. Remember, it's not just about your appearance. It's more about your health.

Last but not least, I suggest you tell the adults about your problems such as teachers and parents. You can tell them after school. You can always trust your teachers because they are helpful. Also, I think the bullies will feel scared of teachers. If you tell the issues to your parents, they will help you by encouraging you.

I hope my advice can help you. You are not alone. I'm always with you. Please write to me again if you need more help.

Best wishes,

Chris

3A Liu Yee Lee, Elaine





A Terrible Experience

Last night, I watched a drama show performed by Hong Kong Academy of Performing Arts with my friends. It was the worst show I'd ever watched. I was so disappointed and upset after watching it.

We went to a school in Mong Kok at 8:30 pm. We were so excited to watch the show because it was written by our favourite writer, Chris Wong. We started to discuss how amazing it could be when we heard the show for the first time. However, the show didn't go as what we expected and everything about the show such as the poor acting and plot made me disappointed.

I was so surprised when I saw the actors. It's not because they are famous, but because the costumes were so ugly. One of the actors was wearing a chicken costume and another one was trying to be a tree. Even my mum can design better costumes than those they were wearing on stage. When the show began, I thought the actors' amazing acting can make me forget how ugly the costumes were. But once again, it let me down. Their acting was so poor that I thought I was watching a group of primary school students acting. I'd never seen someone acting so terribly. Also, they laughed and they forgot their lines. How unprofessional they were!

Besides, the plot was boring and it didn't make sense. It was talking about a girl who was sick first, but then it started talking about a boy working in a farm suddenly. I was so dissatisfied about that. I saw most of the audience fall asleep before the show finished. I would say the drama in my secondary school is so much better than this. At least, the audience who watch the drama show performed by my school drama team won't fall asleep.

At 10 pm, the show ended finally. I was exasperated that it wasn't just a waste of money but also a waste of time. I swear that it was the worst show I'd ever watched.

4A Liu Hiu Yan, Yannis

*You are Chris Wong.
You have received a letter from your brother,
Ricky, who is studying in London,
telling you he has taken up skydiving as a new hobby.
Write a reply letter to him to explain why you are worried
about his new sport and try to persuade him
to take up a different sport instead.*

Dear Ricky,

How's your life in America? I'm sorry that I haven't written to you for a long time since you left home to study in the United States. Our parents and I miss you very much.

In the letter, you mentioned that you have taken up skydiving as your new hobby. As far as I know, it is a sport in which a person jumps from an aircraft and falls for as long as possible before opening a parachute. I know your life in America may be boring so you want to pursue excitement right? But I think you should think about your personal safety.

Accidents happen when you don't expect them. In daily life, you can reduce the loss to yourself and others by trying to make up for your mistakes. However, you won't have a second chance during skydiving as you will probably die if your parachute bag breaks. You might consider having two bags but I can tell you that not all the equipment is manufactured well. That's why we often hear bad news of skydiving accidents from time to time. So how can you get the thrill without being too in danger?

The answer is to take up a different sport. Have you ever heard of indoor parkour? I'm sure you'll like it because I remember you once told me that you liked running and climbing very much but you didn't have time to learn parkour. For this reason, I believe indoor parkour is very suitable for you because it combines running and climbing. Through this sport, you can use different movements and techniques to get where you want to go indoors. Also, indoor parkour can exercise your agility, fitness and strength during climbing over obstacles and walls. Moreover, indoor parkour can develop your confidence, problem-solving and spatial skills because you have to think about how you can get from point A to point B safely and how you move your arms, legs and feet.

Apart from the benefits that you can get from indoor parkour, it's safer than skydiving. You don't have to worry about injuries because soft carpet tiles are used. And I know there are many professional courses and specialized facilities provided in America. Let's browse the internet for more information, shall we?

Ricky, I know it's hard to change the hobby you've just taken up, but we would appreciate it if you could take our advice. Please remember that we all love and support you my dear brother. Take care!

*Yours,
Chris*

Technology does not benefit all

Learning English through Debating

During the English lesson, your teacher discussed the effect of technology on people. Write an essay arguing against the saying that "Technology benefits all people".

There is no denying that technology brings a lot of advantages to human beings. In this day and age, everything keeps on changing and the technology has got improved faster and faster. Walking on a crowded street, it is not uncommon to see that everyone is holding a smart phone, calling friends and family anytime and anywhere. Listening to the sound surrounding you, cars' horns and trains are non-stop, sending people to everywhere. This is our technology which brings conveniences to us. However, it does not benefit all people and some people may even be suffering because of the advanced technological development.

Economically speaking, there will be fewer job opportunities because humans will be replaced by technology in the coming decade. The advancement of technology improves the function of farming machines. Things used to be humans' work, like ploughing and picking produces, are now replaced by machines which do not stop. They would not get tired as an ordinary farmer, but finish ten workers' work in one hour, and here is the reason why artificial intelligence becomes more and more popular. Everyone who gets stable supply of food should thank technology. It is what technology benefits us. However, it was not the case for some people: technology does not benefit all people. What is behind is that numerous farmers lose their jobs, facing the problem of getting poorer. Companies would not hire them anymore because of the benefits of technology, so where can they go? Worse still, cleaners in shopping malls are replaced by robots while workers in the factories are replaced by perfect, accurate, productive automatic machines. It seems countless low-skilled members will lose their jobs because of automation, instead of benefiting from it.

In terms of entertainment, technology hurts people's mental health. Thanks to the popularization of technology, everyone could share their own views on the Internet. For example, social media like Instagram, Facebook and WhatsApp can connect people all over the world. All of us can download what we need and it is user-friendly to people of different ages. Lonely elderly could 'facetime' with their friends in other districts, or lonely parents could see their children's faces through the screen. Technology warms people's heart and connects people. Unfortunately, technology could also push someone into the endless tunnel of darkness, or the deepest hill in which no one could help. Anonymous strangers could judge your body shape and appearance in a hurtful way but you will never know who they are. Famous stars even commit suicide due to the depression caused by the stress and devastating judgments from the Internet. Spreading rumors and fake news is too common that teenagers who are immature may be affected adversely. Even worse they become victims of mental illnesses like anxiety or depression. Moreover, being addicted to online gaming may lead to low-concentration at school. The lack of face-to-face contact may also develop poor social skills amongst our impressionable teenagers. Those people are surely not gaining any benefit from technology.

Last but not least, technology may reduce human physical exercise due to the over dependence on transportation. People would rather take a bus or taxi instead of going on foot. Furthermore, people become lazier. They would like to stay at home watching television, Netflix and online movies instead of hanging out with friends and family. Yet, we could not deny that technology brings diversified types of entertainment and fun to our tedious life, but in the long term, it really does not benefit us. The physical health of all ages is deteriorating because the convenience of technology makes our life sedentary. It is no wonder why people are prone to poor health and chronic illnesses like obesity, high blood pressure, to name but a few.

Judging from the points mentioned above, it is clearly shown that technology could not benefit all people. Having a clear mind when facing the ever-changing technology is very important. Using technology as your sword fighting for a better future or as a sword killing yourself depends on the you. It is right to give assistance to those who are from humble background and guidance to the impressionable young minds.

6A Li Yongqi, Betty



WHAT IS THE BEST THING ABOUT YOUR NEIGHBOURHOOD, AND WHY?



Published: 12:51pm, 2 Jun, 2021

There's a snack shop right below my apartment that has every treat you could imagine. Most importantly, the shop stocks my personal favourites, such as spicy dry tofu, potato chips, ice cream, candy, and more. It is a place of joy, and is the best thing about where I live!

5A Tsang Tsz Ching, Jenny

Published: 12:51pm, 2 Jun, 2021

There is a nursing home near my flat that looks a bit old and run-down, but every time I pass by, I see the elderly people smiling inside. Their smiles seem to show that they are enjoying themselves, so I guess that nursing home really deserves its name, Happy Home.

5A Yu Heung Ying, Celine

BEST FRIENDS FOREVER: FRIENDSHIP, LEVELLED UP



Published: 13:04pm, 7 Jun, 2021

I've known my best friend Lillian for nearly eight years now. We have similar interests, such as singing. We once went to a karaoke bar together and had so much fun singing our hearts out.

But for more than a year, we haven't been able to meet because of the pandemic. Although we talk on WeChat, I still really miss her.

5A Fang Yu Ki, Tina

WHICH SONG IS THE ANTHEM OF YOUR LIFE?

Published: 16:59pm, 8 Jun, 2021

Try Everything from the film Zootopia. In the movie, officer Judy Hopps fights for her dream; the song inspires me when I'm sad because I've received poor grades. It tells me not to give up even though I'm facing difficult times, and to always believe in myself.

5A Chai Wan Huen, Teresa



Published: 16:59pm, 8 Jun, 2021

Every time I hear You Raise Me Up, I pick myself up and continue doing what I love. What's more, this song makes me feel stronger, and pushes me to surpass everything I've already achieved.

It also reminds me of my family standing by my side and supporting me all the way.

5A Tsang Tsz Ching, Jenny

Published: 16:59pm, 8 Jun, 2021

My Whole World by Joey Yung. I've been listening to this song since I was in primary school. It makes me realise how hard life can be for mums, and reminds me how my mother is a very important part of my life. We should all respect our parents and repay them for their efforts by being good children.

5A Lui Yan Hei, Helen

SHOULD SCHOOL SYLLABUSES INCLUDE QUEER HISTORY, TEACHING ABOUT THE STRUGGLES AND ACHIEVEMENTS OF THE LGBTQ+ COMMUNITY?

Published: 15:58pm, 14 Jun, 2021

It may be 2021, but members of the LGBTQ+ community still have to overcome many difficulties in society, such as discrimination and prejudice, verbal and physical abuse, and so on.

I think that understanding the community's struggle to find and assert their identity will deepen other people's understanding of them. Queer history lessons would also remind us society is not homogeneous, but diverse and ever-changing.

5A Chan Chun Hin, Paco



Published: 15:58pm, 14 Jun, 2021

Such struggles and achievements are not "queer history", they are history: thought-provoking accounts of right and wrong. If you blindly avoid discussing these things, people will repeat the same mistakes in the future. So yes, we should learn queer history at school.

5A Cheung Hing-Yin, Crystal

Published: 15:58pm, 14 Jun, 2021

No, since Pride month is not a common issue, but something that has only become popular recently. Some people think that the LGBTQ community deserves special respect. But that is unrelated to the purpose of going to school. Moreover, for some Christian schools, they oppose discussing these topics as it is against their beliefs. So Hong Kong schools should not teach the topic.

5A Liang Mingji, Ken

Published: 15:58pm, 14 Jun, 2021

No, I don't think school syllabuses should include queer history. At school, you might have some Christian or homophobic classmates. Talking about the LGBTQ community in class won't change what they think about it. The topic shouldn't be discussed at school.

5A Jian Lai Sho, Lisa

WHAT DOES A HONG KONG SUMMER TASTE LIKE?

Published: 11:01am, 15 Jun, 2021

The smell of barbecue at night in a street stall. The smell of grass after the rain and a cool wind blowing outside the window. The smell of a leaky air conditioner. And the taste of watermelon, peaches and purple grapes.

5A Lam Cheuk Ying, Cathy

Published: 11:01am, 15 Jun, 2021

The taste of bananas because they can be eaten all year round. It's a miracle fruit that's especially suitable for the summer heat in Hong Kong.

5A Yu Heung Ying, Celine

Published: 11:01am, 15 Jun, 2021

It tastes like ice. In Hong Kong, air conditioning is switched on almost everywhere, whether it is shopping malls, schools, or the MTR. It's as cold as ice. I usually have to wear my coat indoors during summer!

5A Ye Chak Man, Lily



WHAT'S SOMETHING YOU'D DO IF YOU KNOW YOU'D GET AWAY WITH IT AND NO ONE WOULD EVER KNOW THAT IT WAS YOU?



Published: 11:33am, 17 Jun, 2021

One time during Spring Festival, I was setting off firecrackers with my friends when a scary incident happened. A firecracker fell on the dry grass and it started a fire. The fire was getting bigger, and I was very alarmed. But one of my friends put out the fire by heaping more grass on it! Thankfully, nobody found out about the messy affair.

5A Ye Chak Man, Lily

Published: 11:33am, 17 Jun, 2021

I wouldn't submit my homework, which is the most annoying thing students have to do. Normally, you would have to give a lame excuse for not handing it in, such as "The dog ate it". But in this case, I don't need to do that because no one would know it was me.

5A Ip Sin Man, Sammi

Published: 11:33am, 17 Jun, 2021

If I have committed a crime, I would surrender myself to the police and start a new life. We should all be punished for our mistakes, but in this instance, no one would know that I was involved. So I would be able to get away with it and get back on the right path.

5A Fang Yu Ki, Tina

Published: 11:33am, 17 Jun, 2021

I would choose to "steal" a small amount of money from rich people and give it to the poor. This is illegal but I could still get away with it if no one knew I was involved.

5A Yu Heung Ying, Celine

Published: 11:33am, 17 Jun, 2021

I would choose not to do my homework because I have to stay up late every day, and as a result, I don't get enough sleep. I would be so happy that my teacher wouldn't be able to punish me.

5A Lam Cheuk Ying, Cathy

Published: 11:33am, 17 Jun, 2021

It would be cool to help others but make sure no one knows that it was me. It would be a proud moment to hear others praising me although they wouldn't know I had done the good deeds.

5A Ngai Cheuk Yi, Cherry

BEST FRIENDS FOREVER: ALWAYS WITH YOU

Published: 8:00am, 24 Jun, 2021

My BFF Kevin is gentle and quiet. We love playing basketball together, and we usually go to the courts at least three times a week. Also, we have similar opinions on things, so we love talking with each other about everything we dislike!

But we only have one year of secondary school left. Hopefully, we both do well in our exams, so that we can get into the same university and continue our friendship there.

5A Chen Man Ho, Mango

Published: 8:00am, 24 Jun, 2021

My classmate Cherry is my BFF. I like that she is always calm when faced with problems. Most importantly, she is very sincere with others. Whenever someone is talking, she listens quietly. Even if they interrupt her, she lets them continue talking.

But she doesn't just have a kind personality - she does well in school, too. I ask her for help when I don't understand something, and she is always patient with me. Hopefully, we can stay best friends forever.

5A Lui Yan Hei, Helen



IF YOU WERE STUCK ON A DESERT ISLAND, WHAT'S THE ONE THING YOU'D WANT TO HAVE WITH YOU?



Published: 12:41pm, 23 Jun, 2021

The only thing I'd want to take with me is a sleeping bag. This is because I wouldn't know whether it would be hot or cold at night.

What's more, I'm prone to the common cold, so I need to put my health first. I would try my best to maintain a comfortable body temperature by bringing a sleeping bag.

5A Tsang Tsz ching, Jenny

Published: 12:41pm, 23 Jun, 2021

A dog would be very loyal and keep me company all the time, so that I wouldn't feel so bored. I could play with the dog, and it could even help me hunt for food. The dog would not only be a great ally but also my greatest friend.

5A Ye Chak Man, Lily

Published: 12:41pm, 23 Jun, 2021

A solar-powered flashlight would be easy to carry, and after it stores power during daytime, I would use it at night to search for food and water. A beam of light from such a flashlight can be seen from long distances so I could use it to seek help from passing ships or boats.

I would also appreciate knowing it would last a long time, as its batteries don't need to be regularly replaced, making it environmentally friendly, too.

5A Ngai Cheuk Yi, Cherry

Published: 12:41pm, 23 Jun, 2021

I would love to have good luck. It is the most important thing to have during a difficult situation.

5A Ho Ngok Shing, Vesna

SHOULD WE RELY ON AIR CONDITIONING TO STAY COOL IN THE SUMMER?

Published: 12:33pm, 24 Jun, 2021

Yes, we should. Air conditioning was invented to help us stay cool. If you are worried about the environmental problems, you can keep the temperature above 26 degrees Celsius or buy an air-con with a green label.

5A Cheung Hing Yin, Crystal

Published: 12:33pm, 24 Jun, 2021

It is an indisputable fact that human beings develop technology to make their lives better. There are regions around the world where the temperature is so high or so low that, without air conditioning, people living there would feel really uncomfortable. Although relying on air conditioning can have a negative impact on climate change, it does improve our quality of life, so it's worth it.

5A Chan Chun Hin, Paco



Published: 12:33pm, 24 Jun, 2021

No, I don't think so. Air conditioners consume large amounts of electricity and contribute to global warming. If we don't protect the Earth, we would need to find another planet to live on.

5A Wong Nok Ki, Noki

Published: 12:33pm, 24 Jun, 2021

It is very hot and humid in Hong Kong now. There are two ways to cope with the sizzling heat: air conditioning and swimming. However, we can't stay in the water all day. So we should stay cool by using the air conditioners in our homes.

5A Chai Wan Huen, Teresa

WHAT'S THE BEST THING TO DO ON A SUNNY DAY IN HONG KONG?

Published: 8:00am, 30 Jun, 2021

Spend time at the beach from morning until night. You'll feel happy as you bask in the sun and swim in the ocean.

You can lean back in a chair and watch the beautiful scenery change from the intense midday sun, to the evening dusk, and then to the starry night.

5A Tsang Tsz Ching, Jenny

Published: 8:00am, 30 Jun, 2021

A sunny day should mean a picnic with friends or family. Choose a location that has both the shade of the trees and a scenic view of the city or of nature. The atmosphere should be calming, so that you can take a break from the busy city as you spend time with your loved ones.

5A Yu Heung Ying, Celine

Published: 8:00am, 30 Jun, 2021

Shaved ice is the perfect treat on a sunny day: flaky ice, sweet condensed milk, and an assortment of colourful fruits. This frozen dessert definitely makes any summer day more comfortable and refreshing.

5A Wong Nok Ki, Noki

Published: 8:00am, 30 Jun, 2021

Staying at home is actually the best thing to do. Think about what it's like to go outside on a sunny day: within a few minutes, you're already sweaty and smelly. It is such a pain. Instead, if you stay home, you can enjoy the air conditioning and have a cold can of Coca Cola.

5A Zhao Hoi Ming, Mason



BEST FRIENDS FOREVER: WHERE WOULD I BE WITHOUT YOU?

Published: 13:03pm, 1 Jul, 2021

I remember meeting my BFF Mason when we were both on the track and field team of our primary school. Before the events started, we sat near each other, and I heard him talking about an anime that I also watched. I thought their comments sounded interesting, so I went over to him and joined the conversation.

As we kept talking, I told Mason about some running tips I had. During the rest of the competition, we kept chatting, and now, we are best friends.

5A Poon Tsz Hin, Andy

Published: 13:03pm, 1 Jul, 2021

When it comes to best friends, mine has to be Emily. She's friendly, and I'm grateful for how much she has helped me with my studies.

For example, I remember studying math problems with her for four hours in our school's study room before we had a maths exam. She helped me better understand the topics. And when I felt sleepy, she encouraged me to keep studying.

This is only one of many reasons why I am so grateful for my best friend Emily.

5A Tsang Tsz Ching, Jenny

Published: 13:03pm, 1 Jul, 2021

I met my best friend Jeffery in primary school, and he is a great friend in the good times and the bad. If I have problems, I talk to him to get advice. As he has a kind heart, he never gets angry, and I love that about him. He is also quite funny, so our conversations are always filled with laughter.

One time, I did not have enough money to buy an MTR ticket, but he lent me a helping hand and some money.

Jeffery, thank you for your companionship and support.

5A Tsang Tsz Ching, Jenny



MY SUMMER BREAK: WHAT I WOULD DO IF MY PARENTS GAVE ME A 'YES DAY'

Published: 12:00pm, 13 Jul, 2021 (Fang Yu Ki, 5A06)

I would take my family on a holiday because my parents work very hard to save money for my university fees, and they have never visited any cities outside Hong Kong. I'm grateful to them for how they have raised me and given me the best in life. Especially during the pandemic, it has not been easy for my parents, and I can see their anxiety over making sure they can continue providing for me.

Just a few days ago, my father said he hoped to go to the resort city of Sanya, on the mainland's Hainan Island. I would use my "Yes Day" to bring my father's dream to life, and I think it would make both my parents quite happy.

Mom and Dad, I love you.

5A Fang Yu Ki, Tina

Published: 12:00pm, 13 Jul, 2021

For the past year, I've been attending online classes in the mainland, and haven't been physically present in school. So for my Yes Day, I would like to go back to Hong Kong. Despite my teachers expressing that they really want me to return to school, my parents still believe that online learning is adequate. But, sadly, not attending face-to-face classes has taken a heavy toll on my academics.

Therefore, moving back to Hong Kong would be the best choice for my education. This is urgent because I only have one and a half years left to prepare for my Diploma of Secondary Education exam – and my entire future depends on this. If I don't improve my academic performance, going to university will feel as likely as going to the moon. So, if my parents gave me a Yes Day, I'd choose to go to Hong Kong.

5A Chai Wan Huen, Teresa

Published: 12:00pm, 13 Jul, 2021

I want to go to Ocean Park with my parents. Since they are always working, I'd want to give them one day that can make them happier. They usually don't have much time to spend with me or to help me solve my problems. But on my Yes Day, we could visit the animals and go on some rides, and hopefully, we would improve our relationship by getting to know each other better.

5A Wu Kwok Chin, Justin

MY SUMMER BREAK: WHAT I WOULD TAKE WITH ME IF I COULD TRAVEL BACK IN TIME



Published: 3:00am, 17 Jul, 2021

My grandfather died in 2015, and I would go back to that time to retrieve the last gift he ever gave me, a crystal ball. At the time, I lent the ball to my good friend, who accidentally broke it. I didn't think it was important, so I wasn't upset. But a week later, my grandfather passed.

Now, I regret letting my friend borrow the crystal ball because it was the last gift I would ever receive from my grandfather.

5A Jian Lai Sho, Lisa

Published: 3:00am, 17 Jul, 2021

Five years ago, I accidentally lost my wallet, and if I could go back in time, I would return to the scene of the crime and bring back my money.

On that day, I went to a restaurant with my parents and brother. I didn't have a bag with me, so I put my wallet under my brother's pram. But after lunch, I found that my wallet had gone missing. It contained pocket money I had saved for a long time – it looked thick because of the piles of banknotes inside. I remember my parents scolding me, too.

If I could get my wallet back, I would be able to use the money to buy lots of things.

5A Cheung Hing Yin, Crystal

MY SUMMER BREAK: IF YOU COULD SPEND A DAY IN SOMEONE ELSE'S SHOES, WHO WOULD YOU CHOOSE?

Published: 9:00am, 25 Jul, 2021

If I had the chance, I would choose to spend 24 hours as a journalist because I find the work meaningful. Reporters have the chance to hear and understand many people's opinions, uncover the truth behind things that happen, and simplify information to share it with more people. I also admire journalists who improve themselves by learning from their interviews and investigations.

For my day in the shoes of a journalist, I would interview people about recent events in their lives. I believe that news related to people's lives will strike a chord with readers.

5A Chan Chun Hin, Paco

Published: 9:00am, 25 Jul, 2021

I would choose to spend a day in my father's shoes. He always works late, and when I ask him about his job, he tells me it is easy because he has nothing stressful to do. But I always feel miserable when I see his expression.

I want to see what my father's job is like and experience the world of adult work. In the future, I hope I can help reduce my father's burden.

5A Tsang Tsz Ching, Jenny



Published: 9:00am, 25 Jul, 2021 (Wong Nok Ki, 5A30)

I would choose the life of an orphan – they have no parents to take care of them and must survive on their own.

This experience would teach me to appreciate what my parents do for me. As a result, I would show more filial piety, which is the respect children show to their parents to thank them for their work.

After learning what it would be like to care for myself, I would try to reduce the burden on my parents by helping with housework and taking care of my siblings.

5A Wong Nok Ki, Noki

IF YOU COULD GO ON A DATE WITH A MEMBER OF THE BOY BAND MIRROR, WHO WOULD YOU CHOOSE, AND WHAT QUESTIONS WOULD YOU WANT TO ASK?

Published: 9:00am, 31 Jul, 2021

I would choose to go on a date with Anson Lo Hon-ting because he is the most handsome Mirror member. I would want to ask, if he had to choose between singing and acting, which would he choose to continue? I know he enjoys both forms of entertainment because he sings as a part of Mirror, and he starred in the TV drama Ossan's Love.

Also, I want to know what future dramas he would want to act in, since this is something many of his fans will want to know as well. Although he was quite funny in his most recent performance, I hope his next series will be even better.

5A Hau Chun long, Terrence

Published: 9:00am, 31 Jul, 2021

If I could go on a date with a member of Mirror, I would not choose any of them. It is because I know none of the members, and I don't think I would enjoy going on a date with a stranger.

However, if I could change this question to be about going on a date with someone who doesn't know me, even though I know him, I would choose Alkaid Lu Chen, a character of a video game. Yes, he is virtual, but I wouldn't mind going on a date with him in the game.

5A Ngai Cheuk Yi, Cherry

Published: 9:00am, 31 Jul, 2021

If I could go on a date with a member of Mirror, I would choose Frankie Chan Sui-fai because he is such a good dancer and rapper – and he is handsome.

But I could easily lose count of all the questions I want to ask him. I would ask when the next album might be released. As a fan, I can't wait to listen to every new song and watch every music video.

What plans does he have for the future? I want to know more about how I can support him to achieve his goals. I hope I can do my part to help one of my favourite idols.

5A Tsang Tsz Ching, Jenny



WHAT WEIRD FOOD COMBINATIONS DO YOU REALLY ENJOY?

Published: 7:00am, 18 Sep, 2021

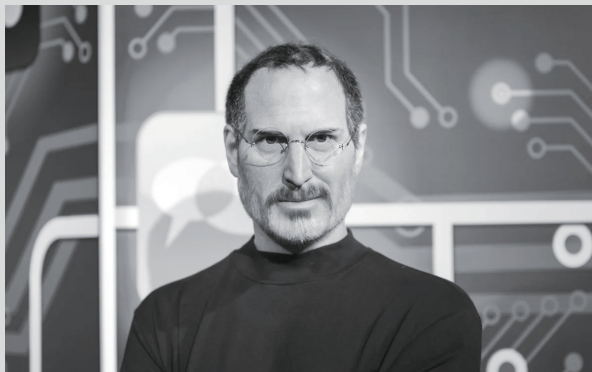
The Mid-Autumn Festival is just around the corner. You can celebrate the occasion any way you want, but mooncakes are a must. So how about some "steak mooncakes"? This kind of mooncake may look very strange but it is delicious. While containing all the usual ingredients of a beef dish, it cleverly maintains the classic shape of a traditional mooncake. These juicy treats will definitely lift your festive spirits.

5A Fang Yu ki, Tina

Published: 7:00am, 18 Sep, 2021

Mangoes blend well with soy sauce. It's my favourite combination. It may not be mainstream, but it is very tasty. The sweetness of the soy sauce neutralises the sourness of the mangoes. Some say it is good for digestion and helps prevent allergies.

5A Ip Wing Yi, Winnie



IF YOU COULD MEET ANYONE IN THE WORLD, DEAD OR ALIVE, WHO WOULD IT BE AND WHY?

Published: 7:00am, 25 Sep, 2021

I would like to see my former teacher, Miss Lee, who was as kind as an angel.

Once, I forgot to take my lunch so she gave me hers. Also, when her students had difficulties, she would do her best to help them. Everyone loved her. However, she died in a car accident. My greatest wish is to see her again. I miss my guiding angel very much.

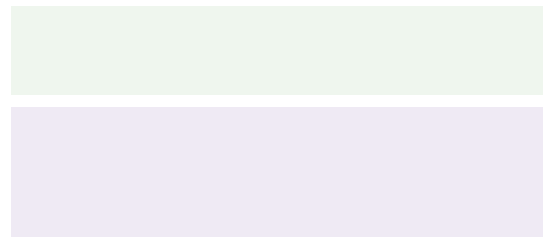
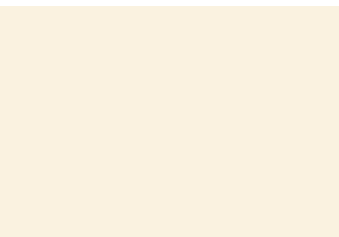
5A Ngai Pok Hoi, Flippy

IF YOU COULD HAVE ANY JOB IN THE WORLD, WHAT JOB WOULD YOU CHOOSE?

Published: 7:00am, 2 Oct, 2021

I want to be a YouTube star. Being a YouTuber is a common job which can give me the chance to enjoy more freedom. I can choose a topic and make a video whenever I like. I can even travel and charge my employers for that. It is an interesting and challenging job because I need to think of some gimmicks to attract more viewers.

5B Tai Heung Yu, Angel



BE MINDFUL OF YOUR MID-AUTUMN CELEBRATIONS

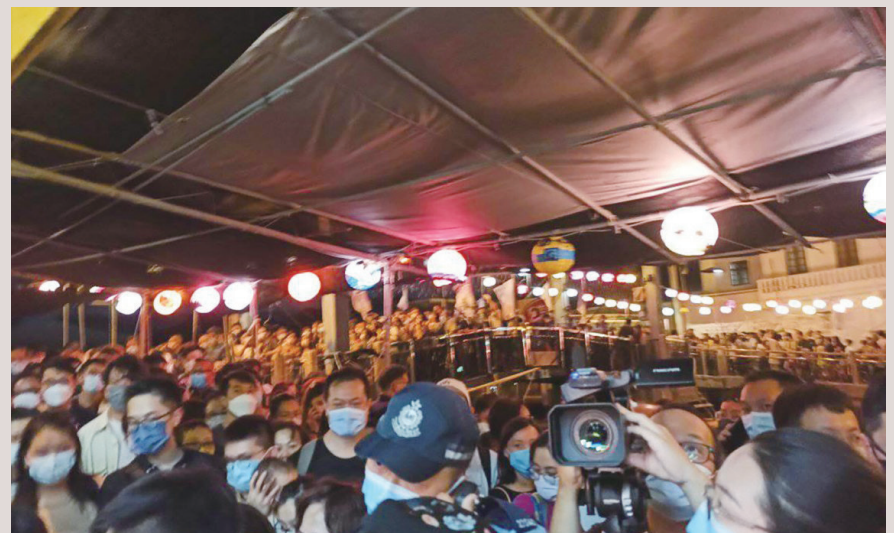
Published: 11:00am, 25 Sep, 2021

More than 2,500 hand-painted lanterns lit up Tai O on Lantau Island to celebrate the Mid-Autumn Festival. While this gathering may seem like a great event, there were more negative than positive outcomes.

The decorations for this festival were posted all over social media, attracting people from all districts of Hong Kong to flock to this small area. But this made it difficult for local residents to get home. Because of the crowds of tourists, people faced traffic jams and long queues at the bus terminal.

We need to remember there are always two sides to a story. While we should enjoy celebrating holidays like this one, we should not do so at the expense of others.

5B Cheung Chi Hin, Frankie



Best captions from last week's contest

Published: 7:00am, 27 Sep, 2021

WHEN YOU'RE TOO LAZY TO DO MAKEUP BUT STILL WANT TO GO.

Kim Kardashian showed up at The 2021 Met Gala in an all-black Balenciaga bodysuit. This year's theme was "In America: A Lexicon of Fashion," and all attendees had to dress according to the theme. Photo: AFP

4A Li Lok Yiu, Yoyo

WHAT IS THE ONE FOOD YOU COULD EAT FOR THE REST OF YOUR LIFE?

Published: 7:00am, 16 Oct, 2021

Ice cream is my comfort food, and I could eat it for the rest of my life. There's so many different flavours, such as strawberry, banana, chocolate and milk tea. Whether I'm feeling happy or down, I want to eat ice cream.

4E Ling Yat Nok, Ling



WHAT IS THE ONE THING THAT TEENAGERS DO BETTER THAN ADULTS?

Published: 7:00am, 9 Oct, 2021

Teenagers can handle stress better than adults. This is because they don't have to worry about their daily needs and have many friends to talk to. Also, they have plenty of time to do different activities which help them to relax. On the other hand, adults have to work very hard and have no way to release the pressure. So most teenagers are happier than adults. Even if teenagers are stressed, it won't last for a long time.

5C Cheng Ka Yiu, Katherine



Best captions from last week's contest

Published: 7:00am, 18 Oct, 2021

SUPERMAN SHOULD ALSO ABIDE BY CORONAVIRUS PREVENTION REGULATIONS. PLEASE PUT ON A MASK!

This photo shows a statue of comic book character 'Superman' upside down outside Parliament Palace in Bucharest, Romania.

4A Wong Wing Yiu, Candy



Best captions from last week's contest

Published: 7:00am, 8 Nov, 2021

THE RACE BETWEEN HUMANS AND TURTLES BEGINS NOW.

5A Ho Ngok Shing, Vesna

Best captions from last week's contest

Published: 7:00am, 8 Nov, 2021

OH NO, SHE THINKS WE'RE FOOD. RUN! FASTER!

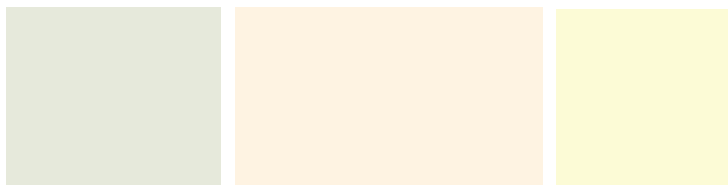
5A Huang Tsz Yiu, Jenny

Best captions from last week's contest

Published: 7:00am, 8 Nov, 2021

TURTLE: YOU'RE IN MY WAY. CAN YOU GET OUT OF THE WAY, PLEASE? THANK YOU.

5A Tsang Tsz Ching, Jenny



WHAT IS YOUR FAVOURITE LETTER OF THE ALPHABET AND WHY?

Published: 7:00am, 7 Nov, 2021

My favorite English letter is 'U', because it means "you." I like "you" the most. That sounds sweet and romantic, right? It's what every girl likes. If a boy said something like this to me, it would make my heart beat out of control. People would be happier if they could hear lovely words like this every day.

5A Wong Nok Ki, Noki



WHAT WAS THE BEST GIFT YOU HAVE EVER GIVEN OR RECEIVED?

Published: 7:00am, 18 Dec, 2021

A handmade photo album my best friend gave me about five years ago. It was a very meaningful gift which featured some of our best memories. I can imagine her working on it for many nights. The album is filled with her drawings and photographs. She even describes the wonderful times we had together at the bottom of every photo.

5A Ho Suet Yi Zoey

WHAT IS A SECRET YOU KEPT FROM YOUR PARENTS?

Published: 8:00am, 12 Mar, 2022

Sorry, Mum, I lied to you. I should have told you that your cooking is not very good, and I don't really like the clothes you buy for me. Sorry for wasting your money and time. But I think I should let you know and give you more advice from now on.

4A Zhang Yuk Ting, Tina



WHAT'S THE MOST REBELLIOUS THING YOU'VE EVER DONE OR WANT TO DO?

Published: 7:00am, 13 Nov, 2021

Go to a place where no one can find me. I want to stay away from all the things that don't go well for me. Studies are one of the very big obstacles. So I want to run away from home and avoid going to school.

5B Wong Lok Man, Jamie



THE EXTRAVAGANT HOPE OF PEACE

Published: 11:10am, 12 Mar, 2022

Recently, the war between Russia and Ukraine has shocked the world. Although I don't live there, I could see the horrified eyes of Ukrainians through photos and videos on the internet, which left me heartbroken.

This is the first time I've seen a war that is not through history books and films. I cannot believe that there are still wars in 2022. Watching people panic there is a very unpleasant feeling.

I thought we lived in an era when people no longer have to be afraid of wars, but I did not expect that world peace would turn out to be such an extravagant hope.

We cannot change anything, but we can cherish what we have and show our love to those around us.

5A Lui Yan Hei, Helen

THE MISERY IN UKRAINE MUST END

Published: 11:15am, 19 Mar, 2022

We all know that there is a war in Ukraine, and thousands of people have died so far. The Russians are shelling residential buildings and hospitals and innocent people are suffering. Moscow's invasion of Ukraine is a tragedy. This cruelty must stop and the two nations must agree to a ceasefire.

Western countries have imposed harsh sanctions on Russia. Will their actions stop Moscow from advancing deeper into Ukraine? Or will those sanctions only hurt the Russian civilians? I hope Russia pulls back all its troops from Ukraine and the West lifts all sanctions.

I want to quote some lyrics from the song, One Day, to describe my feelings: "It's not about win or lose, 'cause we all lose when they feed on the souls of the innocent."

5A Ip Wing Yi, Winnie

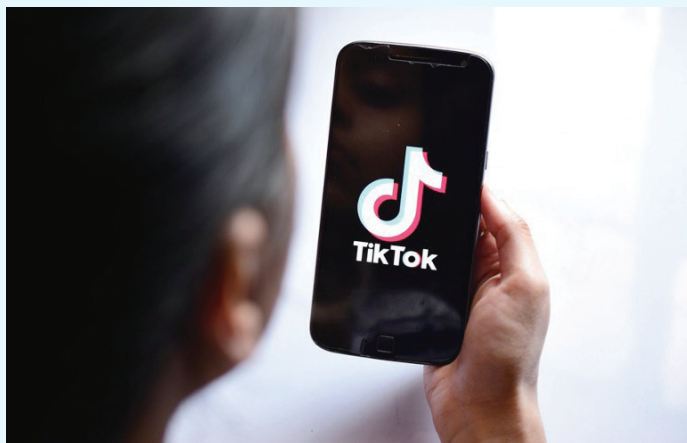
END THE WAR AND SUFFERING

Published: 11:00am, 5 Mar, 2022

When Russia invaded Ukraine, the atmosphere felt like the end of an era. Regardless of Russia's reasons, invading a sovereign country by force is a violation of the principles of international relations based on the UN Charter. Over the past few days, news about the war has flooded the internet: ruins, gunfire and refugees. The US and European Union are among countries that have placed sanctions on Russia to limit the country's access to capital. Ukraine's wounds have saddened many. These sufferings have awakened a lot of people around the world. I hope the war ends as soon as possible, so that people can return to their normal, peaceful lives.

5A Wong Nok Ki, Noki





BEWARE DANGEROUS VIRAL VIDEOS

Published: 11:15am, 19 Mar, 2022

Short-video platforms, such as TikTok, have become very popular among netizens. These videos help people to relax but they can also bring harm. Such apps are addictive so don't spend a lot of time on them.

Apart from that, some teenagers will try to imitate the content of those videos. Dangerous stunts like rooftopping, or climbing structures like buildings or cranes, have become popular on streaming platforms. Some encourage children to participate in "challenges" to avoid being cursed.

Short video platforms may be a great form of entertainment, but remember to use these apps wisely.

5A Huang Tsz Yiu, Jenny

TRAGEDY OF CHINA EASTERN AIRLINES CRASH

Published: 11:15am, 26 Mar, 2022

Black box may help unlock mystery

Last week, there was a heartbreaking news story: 132 people died following the crash of a China Eastern Airlines flight in a mountainous area in southern China. Orange debris believed to be from one of two black boxes on the aircraft was recovered on Friday morning.

Can you imagine the pain of the parents, relatives and friends of those who died in the tragedy? I saw a video in which a father cries about three children who were on that misused flight.

I hope the black box will help unlock the mystery and offer some clues to the families of the victims. Accidents happen suddenly, and there is nothing we can do about them. I hope people will pray for the souls of the victims of this disaster.

5A Pang Pui Yiu, Yoyo



WHICH YOUNG ARTIST DO YOU WANT TO INTRODUCE TO YOUR PARENTS?

Published: 7:00am, 9 Apr, 2022

It must be figure skating star Yuzuru Hanyu. He sees his passion for the sport as an art and a way to express himself. He infuses his personal temperament and emotion into his moves so that what we see is no longer a simple competition, but a resilient soul that speaks through the piece. Meanwhile, his sportsmanship and perseverance was evident at the recent Winter Olympics in Beijing. He reminds us to keep challenging ourselves and pushing the limit.

5A Tsang Tsz Ching, Jenny

HONGKONGERS ARE TIRED OF COVID RESTRICTIONS

Published: 11:15am, 9 Apr, 2022

Hongkongers are exhausted

Many Hongkongers are leaving the city because of the government's strict anti-pandemic policies.

For example, the current social-distancing rules limit the number of people who can gather together in public and at home. At the beginning of the pandemic, people could still accept these restrictions. But after such a long time, people are exhausted, and they want to resume normal life again.

For three months, I have not exercised because sports facilities and courts have not been allowed to open, and my body is suffering the effects.

Some people have already moved abroad to countries such as Britain, Canada or the United States. People in those places are allowed to travel easily and meet their friends.

5A Chen Man Ho, Mango





《一件令我感恩的事》^{1E} 魏川凱

放學時突然下起傾盆大雨，路上的行人紛紛走避。我正要過馬路的時候，發現旁邊有個陌生人跑到樹蔭下避雨，狼狽不堪。於是我走到他身邊為他撐傘。他錯愕地抬起頭，小聲地向我說：「謝謝。」我愣了一下，這個熟悉的情境讓我瞬間想起，曾經也有一位善良的阿姨在大雨中為我撐傘。

那天早上起床的時候，媽媽說天氣預報會下大雨，叮囑我一定要帶雨傘出門。我換好校服走到窗前一一看，我心想：外面陽光普照，不可能下雨。所以我吃完早餐，沒帶傘就直接出門了。

前往車站的途中，天色突然變得昏暗，我加快腳步，一邊懊悔自己為甚麼不聽媽媽的話，一邊祈禱著千萬別下雨。可惜事與願違，傾盆大雨從天而降，我被淋得全身濕透，只好拼命地跑向車站。忽然，我聽到有位阿姨從後面叫住我。我好奇地回頭，只看到她跑過來幫我撐傘擋雨。阿姨問我說：「你去哪裡？我可以撐著傘陪你過去。」我正想婉拒她的幫助，卻聽到她吁吁的喘息，我心裡一陣溫暖，只好把話吞回去。我心想：一個陌生人為什麼會對我這麼好？

到了車站，阿姨看我全身濕透，便細心地給了我一包紙巾，讓我擦乾身體，我非常感動。巴士到了，我向阿姨道謝後便準備上車。阿姨忽然把雨傘遞給我，並說：「這雨應該還不會停，你先拿著上學吧。」

上車後，我腦海一直回想剛剛發生的事情。阿姨與我只是萍水相逢，本可以對我視若無睹，但她卻熱心地為我撐傘，為我在冰冷的大雨中帶來一股暖流。我將來一定也要像阿姨一樣，只要有人需要幫忙，就會盡力而為。

我回過神來，綠燈亮起，我對那位陌生人說：「別客氣，你要去哪裡？我可以撐著傘陪你過去。」



《舊地重遊》

2C 陳祉希

疫情過後，除了迎來期待已久的夏天，還有許久未見的老師和同學。盛夏的日光灑滿人間，為大地披上一層金紗，照亮了鬱鬱蔥蔥的樹木，也讓我對老師與同學的思念變得更炙熱。我坐著計程車，一路上看著這熟悉又陌生的道路，勾起對往昔的懷念。今天小學舉辦校友會活動，我回到了母校。

下車後，我第一時間走到學校門口的小賣部。以前每逢小息我就會和好友飛奔至此買吃的。我掏出零錢，想買一包從前愛吃的五彩繩糖，卻發現這裡的老闆換了，不像以前那般親切，食物的價格也貴了不少，而那包糖也早已沒有了。

略帶失落地轉身離開那陌生的小賣部，走著走著來到了曾經和朋友一起玩耍的操場，發現這裡也變了。回憶中的操場是凹凸不平的石頭地，稍不注意就會摔傷，現在已鋪上了平坦的塑膠地墊。我走到操場旁邊，看到精心裝飾過的草地，當眼處擺放了幾盆鮮豔奪目的花卉。仔細一看，竟發現其中一個花盆還刻著我的名字！我呆住了，這是許久以前我跟老師和同學一起種下的花，我沒想到這盆花竟然還活著，想必少不了老師平日的悉心照顧吧！我想起以前，老師不時會請我們吃東西，還會主動送禮物給我們。只可惜大部分教導過我的老師已不在這間學校任教了。

最後，我來到了禮堂，我愣了一下，這裡的變化是最大的。以前禮堂的牆面還是鏤空的，只有一盞盞小風扇吹著，每到夏天就會悶熱極了。那時的我因為近視，常常為看不清禮堂的投射影像而煩惱。現在禮堂早已改頭換面——鏤空牆面變成了水泥牆，小風扇變成了空調，低像素的投影變成了高清大螢幕。我不禁羨慕起師弟妹，想不到短短兩三年，母校已改變了這麼多。

我們因為疫情錯過了許多，甚至連小學畢業禮也被迫取消。現在我跟好友們已各自升讀不同的中學，這令我們比以往更少聯繫。雖然網絡通訊發達，但只憑螢幕上文字和表情符號的交流，始終比不上面對面相處的真切。我趁著夕陽，默默地離開母校。回望校門，希望師弟妹們能不帶遺憾地度過六年的小學生活。



台燈，一件普普通通的小傢俱，陪伴了我十年有餘。雖然它早已因為太舊而不再發光，可它依舊是我的心愛之物。

在我很小的時候，太奶奶送了我一個小玩具，由於會發光，所以我用作台燈。那是一個粉色小星球，表面凹凸不平。與其他台燈不同的是，按動開關後，它會發出粉色的光，而不是一般台燈的昏黃色。小時候，我非常喜歡這份禮物，所以我每天都會為它充滿電，讓它可以時刻陪伴我。

很不幸的是，在我收到這份禮物後的第三個月，太奶奶不幸離世。太奶奶出殯那天，天空下起微雨，雨點與我的淚混合在一起。對於小時候的我來說，生與死是甚麼，我並不清楚，我只知道我以後都不會再見到經常給我糖吃、每天陪伴我入睡的太奶奶了。我哭得很傷心，家人拿起我的粉色小台燈在我面前晃動，跟我說太奶奶只是去了另外一個星球，我不理解。當晚，我看見平日只能亮四、五小時的小台燈，竟然亮了一整個晚上，我好像明白了。

從此以後，這小台燈一直陪伴著我，上課、睡覺、外出玩耍，我都會帶著它，它好像太奶奶般陪伴我度過了許多個春夏秋冬。

當我長大了一點、明事理的時候，它突然不亮了。我對那個下午印象深刻。那時下著小雨，小雨應是浪漫的，但看著窗外的景色，我不由自主地感到悲傷。我如常開啟小台燈，想讓它陪伴我入睡。可過了幾分鐘，台燈卻自動關掉了。我拿起小台燈，給它充電，可它依舊不亮。一股難過湧上心頭，我知道，太奶奶該走了，不能再保護我，也不能在黑夜中為我照明了。那個晚上，我好像夢見她了，她對我說：「囡囡啊，如果想我了，就來夢裏看看吧。」

我不知道人死後會不會以另一種形態存在世間，但我相信萬物皆有情。太奶奶守護了我的整個童年，她的存在對我而言是永恆的，因為我對她的記憶不會因為形體消散而磨滅。



在金色的童年中，我時常在天馬遊樂園無憂無慮地玩耍，這片小土地埋藏著許多美好的回憶。今天，我再一次來到這裏，想找回我失去的童真。

秋風陣陣，我不禁感到一絲涼意。地上枯黃的落葉被吹得「沙沙」作響，我走在熟悉的街道上，如今竟感到陌生：在這空蕩蕩的大街上，只有幾輛停靠在路邊的小轎車，誰又會想到這裡曾經人來人往、車水馬龍？

獨自走過寂靜的街道，我來到了天馬遊樂園。生鏽的大門沒有上鎖，招牌也搖搖欲墜。我推開大門，隨着一聲「吱嘎」聲響，入眼的破敗景象令我大吃一驚：雜草叢生，落葉堆積，售票亭頂上的小球也掉在了地上。在遊樂園尚未廢棄時，售票亭總是人山人海，我曾經還因為買票排隊的時間太長，在眾目睽睽之下大哭大鬧。那時，媽媽在一旁輕聲安慰我：「乖，不要哭了，媽媽待會兒給你買冰淇淋吃。」每當媽媽說完這句話，我就會馬上擦乾眼淚，安靜下來。現在，看著這破舊不堪的售票亭，我開始意識到自己再不是那個可以無理取鬧，被大人悉心呵護的小孩子了。正如這售票亭一般，經歷了歲月的洗禮，它不復以往的熱鬧，我再也回不到幼稚的從前。

走在浮現裂紋的紅地磚上，地板上標示的箭頭已然褪色，取而代之的是點點苔斑。我仍清楚記得遊樂園的每一個地方。旋轉木馬一直是我從前最愛玩的項目，如今卻變成了破銅爛鐵，我不由百感交集。走近一看，雖然木馬早在太陽的曝曬下褪色，但我還是認出了那隻我經常騎的木馬，那一段回憶瞬間湧上心頭……

從前，旋轉木馬總是最多人排隊的項目，我也是其中一員。經過度秒如年的等待後，閘門終於向我張開雙手。我和其他小朋友迫不及待地衝了進去，不幸的是，我衝得太快了，結果整個人仆倒在一隻木馬上，撞掉了兩顆牙齒。我當場哇哇大哭，媽媽見狀，馬上跑來抱起我，到醫院細細檢查了一番，好在醫生說牙齒還會重新長出來。這次慘痛的教訓讓我再也不敢橫衝直撞了。從此以後，每當我坐旋轉木馬時，我都會坐上那隻木馬，仔細一看，上面還可見我留下的牙印呢！

可惜時光荏苒，當初的旋轉木馬，現在已然破舊不堪，而我也從一個行事魯莽的小孩，逐漸成長為穩重的大人。小時候的我受傷了，有父母悉心眷顧，帶我去醫治。長大之後，父母也漸漸年老，再沒有旺盛的精力如往昔般照顧我。從此，我每走錯一步，也只能靠自己收拾殘局。想不到時間也漸漸將我的魯莽，埋藏在這片土地之下。

夕陽西落，天空即將拉下帷幕。我默然回望，獨自回味，與逝去的童年道別。

重遊舊地，不料看見眼前一片破敗之景，我的心裏像打翻了五味瓶一般，五味雜陳。日月如梭，人人都會有長大、變化之時，更何況是平凡的事物呢？重遊故地總是能喚醒人們內心深處的回憶，並為那不復返的時光而唏噓。然而，人生便是如此，我們總不能停滯不前，否則人生將會變得毫無意義。也許，我們在成長的路上，總免不了失去，失去了童真，換來了成熟。既然如此，那便帶上成熟，帶上故地的回憶，不斷在人生的道路上前進！



《誠懇道歉的重要》

5A 黃子堯

我們在不同成長階段會有不同的想法，處事情的方法亦各有不同。犯錯是隨處可見的，幾乎沒過多久就會有人犯下錯失。只是，不論過失大小，最重要是我們以怎樣的態度來解決問題。曾經的我，總是礙於面子而不肯承認自己的錯誤，或是但求息事寧人而草草道歉了事。經過這件事，現在的我才明白了做錯事必須誠懇道歉，並承認自己的錯誤。

今天，我拖著疲倦的身體走在回校的路上。湛藍廣闊的天空中不見雲朵的身影，只有早起的鳥兒在自由自在地飛翔，而太陽正欣欣然地注視著匆忙的人們。這樣的天氣不由使我心情愉快。不遠處，學校映入眼簾，迎面吹來的微風吹走了我最後一絲睏意。我期盼著今天會是美好的一天，殊不知接下來發生的事情會給我帶來這麼大的改變。

上完一節課後，迎來的第一個小息是我和朋友的一個「小狂歡」。我們互相追逐打鬧著，穿梭在課室桌椅之間。無奈課桌之間的空間過小，一本有著可愛封面的本子就這麼被我弄到了地上，還被我不小心地踩了兩腳，封面上全是髒黑的鞋印。我拿起來一看，原來本子屬於我們班最文靜的女生——一心。「她一向脾氣好，應該不會怪我吧。」我心想著，隨便拍了拍本子上的灰，也沒管我有沒有拍乾淨便又繼續去和朋友嬉戲打鬧了。

當一心回到教室，看到本子上面髒兮兮的，那一瞬間，她的眼睛紅了。我不以為然，認為不過是個本子而已，所以沒打算主動去向她道歉。「啪嗒、啪嗒……」黃豆般大小的眼淚從她濕潤的眼眶中流了下來，雖然她沒有質問是誰幹的，但她的眼淚讓我感到心虛，又讓我對這個本子充滿好奇。

我悄悄地問身邊的同學那個本子的「來歷」。從他們的口中，我得知那並不是一本普通的本子，而是她在外地工作的媽媽專門寄給她的生日禮物，裏面還似乎有她媽媽寫給她的話。最重要的是，本子的封面是她媽媽親手畫的。由於疫情的原因，一心和她媽媽快兩年沒見面了，所以一心才會如此看重這本本子。了解了本子的來歷，我雖覺得對不起一心，但礙於面子，我仍然沒有勇氣去道歉。

「叮噠——」上課鈴聲響起了，大家都回到了座位上。看著一心失魂落魄的樣子，我的內心更加愧疚了。在糾結了一節課後，我終於下定決心向她道歉。

我鼓起勇氣來到一心面前，向她陳述弄髒本子的經過，又將身子彎成九十度，向她道歉。她似乎很驚訝，又或是感到生氣，遲遲沒有說話。大概沉默了半分鐘，一心終於開口，她因為我誠懇的態度而原諒我了。我心中的大石頭終於放下了。

再回想一次這件事，我發現道歉不丟臉，也不是甚麼難事；說出「對不起」三個字，是犯錯之後必須做的事情。曾經，我總認為自己不過犯下小錯誤，不會有人計較。現在想想，那些事情很有可能會帶給別人很大的傷害，只是他們不計較而已。就像一心的本子，我以為那只是在文具店隨手買的，但對一心來說，那個本子卻是意義非凡。做錯事情要認錯，這是理所應當的，我為曾經不欲道歉的自己而慚愧，卻無力回頭，只能警誡自己以後要坦然面對過失，承認錯誤。

而且，道歉也不是隨便一句「對不起」便可，一旦決定道歉，那便不可以再為了面子而隨便了事。道歉的態度良好，不僅僅是為了讓他人原諒自己，更是要讓他人知道自己明白錯誤，這樣既給他們一個交代，也是給自己的交代。我想：如果我只是對一心草草說句「對不起」的話，或許很久都不會得到她的原諒吧。

回到家中，我感慨著自己明白到的道理，亦為自己曾經的想法感到羞愧。我拿出手機，編輯了一段文字，在社交網站上發佈了新帖文。

「嚴以律己，寬以待人」我站在一家字畫店裏輕輕地重複着字畫上的八個大字。此時，店主一邊踏着輕快的步伐從我身邊經過，一邊嘴上念念有詞地說著：「對自己有嚴格的要求及規限，卻對別人抱有寬容的心態……小姑娘，你不會不知道是什麼意思吧？」我聽完後連忙搖頭，表示自己明白這八個大字的意思。店長看著我搖成撥浪鼓一樣的頭，輕笑着說：「那麼你舉個例子給我聽聽？」說完，他便走去泡茶，讓我好好思索一番。

過了一會兒，只見他捧着茶壺走回來，一臉慈愛地要聽我的分享，而我也喝了口茶後，開始分享自己的見聞。

在記憶中，我的父親總是對人溫溫和和，即便是面對自己的學徒亦從未大聲喝斥，只會耐心地教導着對方該如何彈奏出正確的旋律。我總在一旁看著他，又在他靈感出現時故意打斷他的思路，他卻從未責罵我，反而抱著我，一邊教我彈鋼琴，一邊繼續尋找靈感。每當我彈錯時，他也會不厭其煩地和我說明該如何做得更好，即便是我突然想休息一會，他也只是點點頭，然後在十五分鐘後繼續教我彈琴。他對我，甚至對別人的要求都從不嚴苛，只是希望我們能夠體會到彈鋼琴時的那份喜悅，便滿足了。

但，每當琴房只有他一個人時，他便彷彿變了另一個人，每每都要求自己做到最好，無論是演奏的技巧，還是演奏時的情感。好幾次，我在門後偷偷地聆聽，總能聽到他突然間停下來，用冷漠的聲線自問為何彈不出樂曲要表達的情感，即便是完全正確的樂段，他也會一遍又一遍地彈奏，直到他認為自己可以與樂曲共鳴，帶出當中蘊含的情意。

有一次，我試着找出樂曲中所帶有的情懷，卻發現這是一件比登天還難的事情，因為我根本就無法理解作曲者的心情。

我當時去尋找父親，希望能知道他是如何領悟當中的情懷。而當我去到琴房時，他正正就在教導一名學徒該如何理解作曲者的心境。那名學徒看著父親交給他的資料，不禁有些驚訝，一手揭開資料，只見裏面密密麻麻，全都是手寫的作曲家生平，以及對樂曲情感的理解。學徒對父親問道：「這是您手寫的嗎？這太厲害了！」而父親只是回了句：「是啊，希望能對你的理解有所幫助。但請記住，能否理解並不是必要的，不要為了能夠理解而傷害到自己的身體」，學徒聽完後便連忙道謝，帶着資料走了。

而我則順勢走到父親身邊，帶着崇拜的眼神看着他，詢問他是否有了充足的資料，便能夠了解作曲家的心情。只見父親搖搖頭，告訴我其實只有極少數的人才能真正與之共鳴。我疑惑地歪了頭，正想問父親該如何共鳴，他卻說自己也只能領會到皮毛，當初決意要成為鋼琴老師時，為了盡可能以專業的一面教導學生，而不睡不喝連彈了三天琴才理解。

這一刻，我才知道對別人寬鬆的父親，原來會為了讓自己做得更好，而對自己這麼嚴苛。「嚴以律己，寬以待人」，這句話不正是說他嗎？

店長聽完後，細細品味了一口茶，輕輕點頭：「這真是難能可貴啊！沒想到你的父親是如此嚴以律己，寬以待人。」

最後，我對店長點頭微笑便走了。是的，父親能做到「嚴以律己，寬以待人」，的確非常可貴。在這社會上，大多數的人都只會對別人要求高，諸多批判，卻忘了自身也是做不到，也有很多不足。所以，如果只是看到別人的不足，卻不好好審視自身，只會讓自己停滯不前，永不進步，同時也會讓身邊的人倍感壓力，喘不過氣。

我想，我的父親該是因為明白這道理，才能堅守「嚴以律己，寬以待人」吧。



你認為提供經濟誘因是否比教育宣傳更能有效減少香港固體廢物的問題？

5A 方裕琪

我認為提供經濟誘因比教育宣傳更有效減少香港固體廢物。

第一，在時效性方面，經濟誘因能夠起到即時減少香港固體廢物的作用，而宣傳教育的即時作用較低，故經濟誘因比宣傳教育的成效性高。現時，香港已有相關減少固體廢物的政策，如膠袋徵費。在該條例之下，消費者購買物品時如沒有帶備環保袋，可即時支付額外的膠袋費以獲取膠袋。政策令消費者需要承擔即時的經濟代價，這使人們為節省支出而停止購買膠袋，主動帶備環保袋購物。因此，經濟誘因能即時改變人們的生活習慣和行為，成效甚高。相反，宣傳教育缺少即時作用，成效性不足。一直以來，香港都以宣傳教育的方式傳授環保的知識，例如海報、明星推廣、大型宣傳（大咗鬼）、或展覽等。但在過去30年裏，各類宣傳教育並沒有為社會帶來太大的影響力，對實施環保的長遠發展沒有明顯幫助。近年來，本港都市固體廢物量大幅持續上升，尤其是家居和工商業所產生的，這些廢物全部都送往堆填區，使堆填區的負載力加重，引致飽和狀態。所以，透過宣傳教育手段難以引起人們即時減少固體廢物的行動，需要政府長遠的政策支援和持續發展才能見效。這反映宣傳教育的成效並不顯著。由此可見，在時效性方面，經濟誘因比宣傳教育更有效紓緩香港固體廢物問題。

第二，在約束力方面，經濟誘因是強制推行的政策，而宣傳教育的強制性較低，因此經濟誘因比宣傳教育的成效性較高。就我所知，香港的宣傳教育近年來都有持續實行，例如宣傳運動（大咗鬼）和公民、常識、通識課堂等，但宣傳教育的強制性不足，市民未必會付出實質行動。在教育宣傳下，消費者可自願、自行選擇個人的生活習慣，像是一些生活水平較高的中產和富有階層，或是部份追求生活方便的市民，他們可能不願意改變自己的行為，不願為環保出一分力，忽視大眾利益。相反，經濟誘因具備約束力，能有效減少固體廢物。政府通過頒布政策，以強制性的法例迫使人們作出行動，以減少固體廢物。以膠袋徵費為例，如商戶或消費者違反規定，便會受到罰款的代價，具有阻嚇性。由此可見，在約束力方面，經濟誘因能起到強制性作用，而宣傳教育的強制性較低，故經濟誘因更有效減少香港固體廢物。

第三，在影響性方面，經濟誘因能吸引港人減少固體廢物，而宣傳教育的吸引性較低，故經濟誘因的成效性較高。往年，政府極力推行宣傳教育，在互聯網、媒體、社區、學校等進行宣傳教育，但多年來的固體廢物問題並未得以改善，固體廢物的總量依然持續上升。這反映宣傳教育的影響性不足，沒有實質回報或吸引力，未能引起人們對固體廢物嚴重惡化問題的關注。因此，宣傳教育的成效較低，不能吸引受眾作出實質的行動，無法減少固體廢物。相反，經濟誘因能夠吸引港人進行減少固體廢物的行動。政府能夠為相關的業界提供資金援助，鼓勵回收商家、超市等配合減廢，例如「綠在區區」的計劃，市民可以透過積分卡換領日常用品（乾糧、毛巾、廁紙）等。這親民的推廣方式會更受市民喜愛，令市民在回收固體廢物時也能從中獲益，使人們開始培養回收和減廢習慣。由此可見，經濟誘因更具影響力，吸引市民進行減少固體廢物的行動，而宣傳教育影響力小，故經濟誘因更有效減少香港固體廢物。



你認為「戶外燈光約章」抑或「立法規管」更能有效紓緩本港光污染問題？

5A 葉倩雯

處理香港光害問題時，我很大程度上認為「立法規管」是較「燈光約章」有效的政策。

第一，在強制性方面，「立法規管」比「燈光約章」有較大的約束力，以更有效處理香港光害問題。「立法規管」是一個硬措施，當法律實施推行，全港的商戶都要強制執行有關條例，而商戶都要依照法例對燈光實行規管。政府可以強制立法監管及約束商戶，迫使商戶必須根據法例在適當時間才可開啟燈光裝置，可見「立法規管」能有效推動香港光害問題的處理。相反，「燈光約章」缺乏約束力，難以推動香港光害問題的處理。就我所知，環境局於2016年推出《戶外燈光約章》，以鼓勵商戶自願於晚上11點至早上7點關閉燈光裝置。「約章」只通過「承諾」方式推行，此為軟措施，非強制性執行，依賴商戶自願和自律地參與，可見「約章」欠缺約束力，難以有效改善光害問題。由此可見，在強制性方面，「立法規管」比「燈光約章」有更大的約束力，能更有效處理香港光害問題。



第二，在接受程度方面，「立法規管」比「燈光約章」有更大的接受程度，以更有效處理香港光害問題。就我所知，香港屬於光污染非常嚴重的地區，商戶強烈且刺眼的燈光長期影響市民、大眾的日常生活，市民長期飽受光害的滋擾，生活素質大幅度下降。而「立法規管」屬於硬措施，強制執行針對處理光害問題的規管，並對違規者有罰則。而市民大眾因長期受光污染影響，有需求及迫切想得到對光害問題的處理，從而對「立法規管」有更大的期望與支持，接受程度更大。相反，「燈光約章」只是商戶所謂「承諾」在晚上11時至早上7時關閉燈光裝置的軟措施，商戶未必會自律執行。就我所知，自2016年推行「燈光約章」，環保處接獲有關的戶外燈光裝置投訴不跌反升，反映市民大眾對不具約束力的「約章」的不滿。市民鑒此批評「約章」的成效低，未能有效解決其需求，未能處理光害問題。由此可見，在接受程度方面，「立法規管」比「燈光約章」有更大的接受程度，能更有效處理香港光害問題。

第三，在時效性方面，「立法規管」較「燈光約章」更能即時地處理香港光害問題。「立法規管」能有即時作用，在立法後，對有關燈光裝置的法例將即時生效。而商戶基於此即時生效的法律，便需遵從法律的規管，可見立法能有效處理香港光害問題。相反，「燈光約章」自2016年推出後至今未能可觀成效，而香港的光污染一直持續。由於「約章」是一個依賴商戶自願性的軟措施，處理光害問題全靠商戶的意識，因而難以在短期得到成效、進展。「約章」所承諾的晚上11時至早上7時關閉燈光裝置可能會影響商戶的利益，但改變商戶營商手法與「利益為重」的觀點、以及提升商戶的社會企業責任均需要長時間。由此可見，「燈光約章」的零約束不能夠短期見效，未能有效處理香港光害問題。

綜合上述，我認為「立法規管」較「燈光約章」有效處理香港光害問題

空轉車輛引擎禁令是「無牙老虎」？

5A 簡麗莎

我在很大程度上同意「空轉車輛引擎禁令」是「無牙老虎」，以下將從阻嚇性、根本性及操作性上作出分析。

首先，從阻嚇性方面，執法人員甚少發出警告或罰款通知書，顯示禁令的阻嚇力低。相關禁令是指司機若停駛車在一小時內運轉引擎合計超過三分鐘，即會被罰款港幣 320 元。然而，相關資料顯示，部分司機可能基於重視生活的方便度及舒適環境，在炎熱日子下等候時不會關掉引擎，反映對於中產或上流階層的駕駛者而言舒適和方便更為重要，他們或會認為 320 元的罰款微不足道，並不會因罰款而順從政策。此外，新聞報導指出部份司機當看到警務人員靠近時，才會立即關掉引擎，反映市民有方法及輕易逃過檢控。而警務人員每年發出有關警告的次數甚少，且很少發出禁令的罰款通知書，代表禁令並沒有在執行，而警員只作出口頭警告，市民認識口頭警告並沒有法律後果，因此市民並不擔心警務人員巡查，最終對這禁令不作理會。由此可見，市民並不擔心空轉車輛引擎禁令的罰款及執法，認為阻嚇力極低，因此不會順從此禁令。

其次，在根本性上，此禁令無法改善由車輛帶來的道路污染問題，無法解決香港的環境問題。資料顯示，空轉車輛引擎禁令在 2011 年 12 月 15 日生效，在禁令生效後旺角花園街晚上比較禁令未生效前，平均一氧化碳含量及最高一氧化碳含量分別有近三成及八成的增幅，這反映出政策推出後，一氧化碳的水平不但沒有改善，反而還惡化了，反映禁令沒有解決道路污染的根本問題。此外，有司機表示在炎熱的日子、車上有小孩的情況下不可能關掉引擎，加上禁令獲豁免的情況太多，例如「的士站持續有乘客登車，等候的車輛不斷要往前移動」的情況可獲豁免、「站頭載有至少一位乘客的小巴及隨後的一輛小巴」的情況可獲豁免、及因天氣問題亦可獲豁免，反映市民或許會根據個人情況違反禁令，及政府在設立禁令時設立大量可獲豁免情況，令禁令難以執行，形同虛設。由此可見，此禁令無法改善車輛因停車不熄匙引起的道路污染問題，無法改善環境。

不過，有人認為該禁令的操作性高。資料顯示，旺角通菜街和銅鑼灣駱克道在禁令實施後，兩個地區的平均及最高一氧化碳的水平都下降了，這反映出在實行禁令後車輛對環境的污染有所減少。加上大部份司機每當看到警務人員靠近時，即會關掉引擎，因此反映禁令具有效力。但我不同意這看法。有司機表示禁令可改善空氣質素，但執行上有困難，因為禁令存在很多豁免因素，令禁令的成效降底。此外，的士小巴權益關注大聯盟表示禁令的三分鐘規定會造成司機與執法人員出現大量爭拗，因為交通督導員和的士小巴司機對三分鐘的概念可能不同，例如對於交通督導員來說可能在司機停下來的时候就開始計算，而的士和巴士司機可能在其三分鐘的前期在上落乘客，因此發生不必要的爭拗，令其操作上出現問題。除此之外，警員和交通督導員執法的次數極少，可見該禁令的操作性低，未能達到減少空轉車輛引擎的情況。

綜合以上所述，可見空轉車輛引擎禁令其實是「無牙老虎」。



獎項名稱

得獎學生

班別

Appreciation of Participation (Junior)	Ma Cheuk Yin Michael	2A
Appreciation of Participation (Junior)	Yau Kang Lung	2A
Appreciation of Participation (Junior)	Cai Ka Ming	2B
Appreciation of Participation (Junior)	Fan Chin Ting	2B
Appreciation of Participation (Junior)	Au Yeung Chun Ling	2C
Appreciation of Participation (Senior)	Ho Ngok Shing	5A
Appreciation of Participation (Senior)	Huang Tsz Yiu	5A
Appreciation of Participation (Senior)	Ni King Yiu Kevin	5A
Appreciation of Participation (Senior)	Wong Nok Ki	5A
Appreciation of Participation (Senior)	Lam Cheuk Ying	5A



Wall Street English Experience Program 2021

舉辦機構: Wall Street English

獎項名稱

得獎學生

班別

First Prize	Ye Chak Man	5A
Second Prize	Ip Sin Man	5A
Second Prize	Jian Lai Sho	5A
Second Prize	Kong Po Yi	5A
Second Prize	Tsang Tsz Ching	5A
Second Prize	Wong Nok Ki	5A
Second Prize	Yu Heung Ying Celine	5A
Third Prize	Ni King Yiu	5A
Third Prize	Poon Tsz Hin	5A
Third Prize	Lam Cheuk Ying	5A



Best of the Month

舉辦機構: The Young Post

獎項名稱

得獎者

Most Engaged School (October 2021)

Whole school

Best of the month

舉辦機構: The Young Post

獎項名稱

得獎學生

班別

The most creative student (November 2021)

Wong Nok Ki

5A



TV News 2021

舉辦機構: the EDB

獎項名稱

得獎者

Best Participation Awards for Schools for Phase 3 and the Whole Year

Whole school

73rd Hong Kong Schools Speech Festival – Secondary Five Girls'

舉辦機構: Hong Kong Schools Music and Speech Festival

獎項名稱

得獎學生

班別

First-runner-up	Lam Cheuk Ying (Solo Prose Reading)	5A
Second-runner-up	Ip Wing Yi (Solo Verse)	5A

MI Young Writer Awards English Writing Competition 2021

舉辦機構: Magazines International and Live ABC

獎項名稱

得獎姓名

Certificate of Participation

whole school

第73屆香港學校朗誦節
詩詞獨誦 - 普通話

舉辦機構: 香港學校音樂及朗誦協會

獎項名稱

得獎學生

班別

中一、二級女子組冠軍

鄭珮華

1C

粵港澳大灣區

數學競賽預選賽 2022 (香港賽區)

舉辦機構: 奧冠教育中心

獎項名稱

得獎學生

班別

中一級 三等獎	張昊陽	1A
中一級 三等獎	謝太安	1A
中一級 三等獎	李靈兒	1A
中一級 三等獎	林琳	1A
中一級 三等獎	廖苑君	1A
中二級 三等獎	朱鴻銘	2A
中二級 三等獎	馮靖茹	2A
中二級 三等獎	黃志龍	2A
中二級 三等獎	伍梓茵	2A
中二級 三等獎	張煒兒	2A
中三級 三等獎	陳沛薇	3A
中三級 三等獎	陳寶兒	3A
中三級 三等獎	張愉斌	3A
中三級 三等獎	江欣桐	3A
中三級 三等獎	孫聖汶	3A
高中組 一等獎	梁銘基	5A
高中組 一等獎	倪敬堯	5A
高中組 二等獎	陳雋軒	5A
高中組 二等獎	彭貝堯	5A
高中組 二等獎	潘梓軒	5A
高中組 三等獎	張嘉誠	4A
高中組 三等獎	廖苑晴	4A
高中組 三等獎	莫宇申	4A
高中組 三等獎	余紹婷	4A
高中組 三等獎	連麗霏	4B
高中組 三等獎	萬敏儀	4B
高中組 三等獎	齊靈萱	5A
高中組 三等獎	陳文灝	5A
高中組 三等獎	張慶妍	5A
高中組 三等獎	黃子堯	5A
高中組 三等獎	葉倩雯	5A
高中組 三等獎	葉泳怡	5A
高中組 三等獎	簡麗莎	5A
高中組 三等獎	李睿	5A
高中組 三等獎	伍傲	5A
高中組 三等獎	魏卓怡	5A
高中組 三等獎	曾芷晴	5A
高中組 三等獎	徐秀雯	5A
高中組 三等獎	黃諾琪	5A
高中組 三等獎	吳國展	5A
高中組 三等獎	葉澤雯	5A
高中組 三等獎	余香凝	5A
高中組 三等獎	余若琳	5A

消防安全 WhatsApp 貼圖創作比賽

舉辦機構: 北區民政事務處及北區防火委員會合辦

得獎學生

班別

林詠珊

6C



北區青年節設計比賽

舉辦機構: 北區青年活動委員會及民政事務總署主辦

獎項名稱

得獎學生

班別

中學組 (季軍)

朱洛蒞

3C

第七屆中學生傑出作品展 2022

舉辦機構: 香港城市大學

獎項名稱

得獎學生

班別

入圍嘉許獎

胡佳成

6D



獲獎記錄冊

全港公民青少年田徑賽 2021

舉辦機構：公民田徑會

獎項名稱	得獎學生	班別
男子丙組 標槍 季軍	林茂增	2A
男子丙組 1500 米 殿軍	吳煒軒	3F
男子丙組 鐵餅 殿軍	張子傑	4C
男子乙組 鐵餅 季軍	蘇紹泓	5B
男子乙組 標槍 第 5 名	陳行順	5B
男子乙組 200 米 第 7 名	吳梓杰	5D
男子甲組 400 米 第 6 名	施孟虎	5D
男子甲組 標槍 殿軍	施孟虎	5D

2021 泰國國際數學競賽初賽 (香港賽區)

舉辦機構：奧冠教育中心

獎項名稱	得獎學生	班別
高中組金獎	梁銘基	5A
高中組銀獎	曾芷晴	5A
高中組銅獎	連麗霏	4B
高中組銅獎	陳雋軒	5A
高中組銅獎	陳文灝	5A
高中組銅獎	何雪怡	5A
高中組銅獎	葉倩雯	5A
高中組銅獎	伍傲	5A
高中組銅獎	倪敬堯	5A
高中組銅獎	彭貝堯	5A
高中組銅獎	潘梓軒	5A
高中組銅獎	黃諾琪	5A
高中組銅獎	葉澤雯	5A
高中組銅獎	余香凝	5A
高中組銅獎	施成城	5B
高中組銅獎	鄧德華	5B

大埔及北區田徑賽

舉辦機構：學界體育聯會

獎項名稱	得獎學生	班別
男子甲組 200 米 冠軍	吳梓杰	5D
男子甲組 鐵餅 季軍	林家良	6C
男子甲組 110 米欄 殿軍	陳行順	5B
男子甲組 跳高 殿軍	鄺杰臻	5D
女子甲組 跳遠 冠軍	賴社瞳	5D
女子甲組 鐵餅 冠軍	顏凱瑩	6A
男子乙組 鐵餅 冠軍	張子傑	4C
男子乙組 400 米 亞軍	高田	3F
男子乙組 800 米 季軍	吳煒軒	3F
男子乙組 100 米 季軍	金天	4E
男子乙組 三級跳遠 殿軍	李梓謙	3D
男子乙組 鉛球 殿軍	廖子軒	4C
男子乙組 跳遠 殿軍	廖向榮	4B
女子乙組 200 米 亞軍	林禧縉	4B
女子乙組 100 米欄 殿軍	吳依藍	4B
男子丙組 跳遠 冠軍	韋昌樂	2A
男子丙組 跳高 冠軍	劉冠宗	2C
男子丙組 鐵餅 冠軍	梁舜	2E
女子丙組 400 米 季軍	李希怡	1D

獲選為北區代表
在稍後代表北區出戰全新界田徑賽

2A 韋昌樂、2C 劉冠宗、
2E 梁舜、
3F 高田、3F 吳煒軒、
4C 廖子軒、4E 金天、
5D 吳梓杰、4C 張子傑、

北區室內賽艇錦標賽

舉辦機構：北區體育會及北區區議會合辦

獎項名稱	得獎學生	班別
男子 U19 組別團體季軍	李家楓 (隊長) 張子傑 黃宏彬 趙梓巽	4E 4C 4C 4D



北區青少年室外射箭公開賽

舉辦機構：香港射箭總會

獎項名稱	得獎學生	班別
男子公開初級組冠軍	朱信磊	4D
男子丙組亞軍	舒汶耀	2A
男子乙組殿軍	梁凌	4D
男子乙組第十二名	招慶然	4A
男子乙組第十三名	吳子鐸	3D
男子乙組第十六名	鍾尚賢	3B
女子公開初級組亞軍	鄭泳桐	5B
女子公開初級組季軍	楊溢晴	5D
女子公開初級組殿軍	廖雅媛	5C
女子丙組殿軍	曾梓琳	2C
女子丙組第五名優異	邵慧琳	2A
女子乙組第五名優異	黃晞桐	3A
女子乙組第六名優異	鄧靖琳	3D
女子乙組第十名	馬瑞彤	2D
女子乙組第十六名	卓家如	3B



「翻轉教學」先導計劃之 「自學不求人 夏日不停學」獎勵計劃

舉辦機構：香港賽馬會

獎項名稱	得獎學生	班別
卓越表現獎	朱鴻銘	2A
卓越表現獎	黃志龍	2A
卓越表現獎	陳沛薇	3A
卓越表現獎	周乘風	3A
卓越表現獎	江欣桐	3A
卓越表現獎	王咨忒	3A
卓越表現獎	呂梓慰	3A
卓越表現獎	孫聖汶	3A
卓越表現獎	詹佳浩	3A
卓越表現獎	黃雅鈺	3B
卓越表現獎	許籽靈	3E
卓越表現獎	萬敏儀	4B
卓越表現獎	林禧縉	4B

