



佛教大光慈航中學
Buddhist Tai Kwong Chi Hong College

破繭

中、英文集



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序

文章可以哄人，也可以責人；可以害人，也可以幫人！

校長經常需要執筆，自問也不十分害怕，可是寫的，大多都是計劃或報告，沉悶得很。因此，我較愛看別人寫的，能夠從文章中分享別人的悲哀與喜悅，是一件極美的事。以往，拿起每本學生文集，我一定把它看完；更難得是自己學校學生和老師所寫的，更藉得花點時間去閱讀，好讓我對身邊的你有更深入的認識。

這期《破繭》能順利出版，端賴各位老師、同學大力幫助，提供資料及文章，其中尤以中文科及英文科老師在策劃、編審等方面提供不少寶貴意見，謹此致謝。我想這本文集必定記載了很多大光慈航老師和同學的回憶，也成為同學餘閒時一份消磨時間的恩物。希望這期學生文集，不單提高學生的實用寫作水平，內容更能有助老師教學，也期盼同學們在未來的日子會漸漸喜歡寫作。



當我想起你

我是很少想起你的。

小時候你帶我上酒樓，看著那些喊破嗓子叫賣、拿著水壺跑來走去的人說：「你想坐著吃東西，還是站著服侍客人？」我拿起比我手掌還要大的包子，嘟起小嘴說：「坐著吃啊！」「那就好好讀書，長大後坐進空調房工作賺錢啊！」

於是，我用功了、畢業了也教學了。

我是很少想起你的。

你送我到校車站以前，總愛帶我到粥店，甫坐下總替我點上一碗「碎牛粥」，然後把報紙挺得直直，隔開了我和你的身體。我閒著無聊，看著報紙的背面朗讀起來，「本報訊，昨晚凌晨三時，長沙灣道發生一宗『害』人聽聞的交通……」「駭人聽聞，不是『害』！」「駭人聽聞的交通意外……」你的聲音就這樣從報紙的另一面響起。也不嚴厲。「中國人能學好屬於你自己的語言嗎？」「嗯。我明天可不可以吃『艇仔粥』？」「嗯。」

翌日，還是「碎牛粥」。

於是，我選擇了中國語文文學系。駭人聽聞。

我是很少想起你的。

媽媽在廚房準備晚飯，讓我把桌子收拾收拾，我敷衍地答應了一聲，然後繼續沉醉於遊戲之中，你一聲不響把桌子整理妥當，然後捧著我的臉蛋：「你能不能跟我一樣疼錫媽媽？我不喜歡她受累，家務很多，你幫著點行不？」

我看著你的眼神，震懾了。答應了一下便收起遊戲待在廚房外面等候辦差。

我是很少想起你的，爸爸。

不過，九年前開始我從大學畢業後，便學會賺錢養家，試著不再讓媽媽受累了。

我還是很少想起你的。

當我想起你

你和你…還有你，都是我童年的回憶。

我的童年是在「徙置區」中長大的。「徙置區」這個名詞，在上世紀的八十年代末，已成了香港的歷史。

記憶中，老屋位處七層徙置大廈的一角。現在看來，它只是一間小房間，平均面積只是一百多平方呎。然而，爸媽和我們家的六個孩子一家八口，卻擠在這狹小的斗室裡。這七層大廈沒有電梯，也沒美輪美奐的外表，它的設計十分簡陋，有的只是斑駁的外牆和經常剝落的油漆。然而我在此，卻渡過了一個愉快而印象深刻的童年。

記得小時候，我們總愛在門外的走廊和其他鄰居小朋友玩耍。門外的走廊，相比起屋內狹窄的空間，竟是我們心目中一片寬廣的天地。走廊的天花下給人晾滿了衣服，活像國慶節時斑斕的「旗海」。微風吹來，陣陣肥皂粉的氣味在風中飄揚。「旗海」下，卻是我們小朋友最佳遊樂場：捉迷藏、跳橡皮圈繩、「跳飛機」、「猜樓梯」「何濟公」……種種兒時的玩意，都成為了鄰舍間小朋友建立友誼的橋樑。

「徙置區」每戶的家裡都是沒有廚房和衛浴的，所有的設施都位處公共地方，鄰舍間的接觸因此也變得非常頻繁。可是說來奇怪，接觸如此頻密，但衝突卻並不多。我想，在那個「獅子山下」的年代，香港人掙扎求存，少了現代年輕一代的那股戾氣，多了的是幾分體諒和包容。

大廈的天台是我幼稚園的母校。還記得小時候上學，總要爬上那一道道長長的樓梯上課。大部分的同學都是認識的鄰居，在嬉戲和玩樂聲中，就渡過了一個個輕鬆的上午。

甚麼年代都有著它那個年代的特色。社會進步了，現代的小朋友無論在物質生活或居住上，都比較以往豐盛和豪華：他們有自己的房間，玩的是現代高新科技的產品。他們每天和網上虛擬世界朋友打交道，對著的是一樣樣了無生氣的玩物，他們彷彿成了一個個會行走的軀殼，把靈魂留在不知處沉睡。

社會愈見進步，都市人卻變得愈來愈疏遠，每家人都把自己關在小屋子裏，幽禁著自己的身、心和靈魂。記起了齊豫的一首老歌這種說：「天上的星星，為何像人們一般的擁擠呢？地上的人們為何，又像星星一樣的疏遠？…」

老屋的熱鬧已不可復見，當我想起你，就只有那一段段的零碎回憶。

當我想起你

每天一大早起床上課的動力從何而來？為家計？為夢想？

「爸爸，您昔日又是怎樣可以晚上十一時多兼職回來，清晨五時起床上班？您是鐵人嗎？」

小時候，您一有空就會帶我們四個「化骨龍」去公園玩耍和教我們騎單車。還記得我可以在單車上平衡時，您那種雀躍欣喜心情溢於言表。

雖然您學歷不高，但總愛閱讀，也樂於帶我們到書局買書。我的第一本童話——《木偶奇遇記》也是您買的。我和弟弟也因您影響而愛上閱讀。當您要依賴輪椅後，您總不想麻煩我們，活動範圍就止於將軍澳；在千篇一律的商場穿梭。以前您是多麼喜歡出外逛街，看電影；現在就只能看我給您挑的旅遊書和電影光碟。

我真不相信帶您出外是那麼困難！有一次好不容易您終於答應一起去參觀香港歷史博物館，沿途您在巴士車廂一邊看，一邊和媽媽說：「土瓜灣和尖沙嘴變成這樣，恐怕走在街上，我也會迷路！」看到您這個「鄉巴佬出城」，心裡頓時一酸。我立下決心，盡量抽空帶您和媽媽出去逛逛，去您長大的深水埗走走，去媽媽成長的西營盤逛逛，還有我們自小居住的觀塘看看。您知道嗎？這些區域已經開始被市建局「重建」了。我會趁您還能依稀地把地方辨認出現前，讓您給我們上一課口述歷史課。

當我想起你

當我想起你，我總不免心生感慨，人生若只如初見，你說多好呢……

你還記得嗎？我們從小就在一起。你住在我家隔壁，我們唸同一所幼兒園、同一所小學，同一所中學。我們每天一起上學，放學也一起回家。有你在的地方，總會看到我的身影。也許是習慣了吧，一切都自然不過，因此我沒想過有一天你會離開我，走出我的生活圈子。

當你告訴我你要去外國讀書時，我呆了，也許你也呆了。你沒有再說什麼，我也沒問。我忘了在你離開前發生了什麼事，我有拿到你的聯絡方法嗎？有到機場送你嗎？彷彿直至你離開了，我才回過神來。因此每當我想起你，我總要去那時我們常去的地方，走走、看看，盼望着能看到你的身影。

某年夏天，你有事回港一趟，我們見了一面，但感覺不一樣了。或許是接觸的人和事不同了，生活圈子變了，連思想也不一樣了。大家變的很生疏，說話也小心翼翼起來。我彷彿失去了什麼，卻又不知要如何挽回。臨別時，我們客氣地說有空再見，但我們都知道，這句話一點意義也沒有。

直到今天，我們也沒有再見。也許，等到我們年老了，一切也變得雲淡風輕了，我們可以再肩並肩一起坐着，聊聊我們這一生。

Fish Out of Water

Definition - Someone who is out of his or her normal environment.

I feel being a NET in Hong Kong is like a Fish Out of Water for all of us. When we first arrive, for most of us is a total culture shock! Most people around us have no idea what we are saying, also we have no idea what they are saying. However, we soon learn. We begin by, speaking slower and clearer, also, we think before we open our mouths, making sure we do not say any idioms or speak colloquial words or phrases. When we see a glaze over people's eyes, we quickly apologize and explain ourselves.

Around the schools for all NETs is the most challenging. School is our life that is why we are here – to teach! How do we teach when students refuse to answer our questions or even talk to us? How do we get students to understand us and our way of teaching? Talk about Fish Out of Water! In lower banding schools NET teachers

are both feared and hated. Students know that NETs do not understand nor speak Chinese therefore they avoid the NET like plagues. Students mostly dislike NET lessons because they could not understand and could not speak English. Fortunately for us, some students are curious and want to learn do really well in our classes. The good things is, when a NET has been in a school for a while students get to know the NET's style of teaching and the NET's character therefore, most times students accept us and do try to comply to our rules and our way of teaching. But for some they just put up with us grudgingly. Fish out of water for them as well!

I have taught in three different schools in Hong Kong. I came here back in 2002. I taught in Tai Po Sam Yuk for four years. After four years, I had enough of Hong Kong and I was extremely homesick for my children and family. I went back to New Zealand. After being at home for a little while, I felt I made

a mistake in returning home and wanted to come back to Hong Kong. The second time around was a lot better. I was accepted at Buddhist Tai Kwong Middle School and enjoyed my time there. Before that school closed down I was transferred to Buddhist Tai Kwong Chi Hong College and I have been at this school for nearly four years now.

I had my ups and my downs at this school. Fortunately I had more ups than downs. Once the students got to know me, most of them are very accommodating. My other up is the debate. I am passionate about it. Two years ago, we actually came second overall in our division. We were overjoyed about it! With debate, I can see students' progress from a very shy person into a powerful speaker or from someone who can hardly utter a full sentence of English to someone who sounds like and acts like a native speaker. It is very rewarding to me to see such extra ordinary changes in our students.

At least this fish is half way into the water after nearly 12 years in Hong Kong. Unfortunately all good things will come to an end sooner or later. I know when I leave this school I will take with me lots of fond memories of all the good times I have had here.

I would like to thank my colleagues for their support of me. My stay would have been extremely difficult without their warm support.



中文



情是故鄉濃

黃昏下，孤零零的身影佇立在城市的天橋中心，看着橋下來來往往的人群和川流不息的車輛，一股濃濃的思鄉之情漫上了心頭，思念的心情被西下的殘陽拉得好長、好遠。我曾經是那麼急切地想離開的故鄉，是因為它的貧窮。而今我身在這大都市裏，數着滿街的高樓大廈，心裏牽掛一草一木。細心回想故鄉的山山水水，才發現原來身在故鄉的日子裏，從未留意過故鄉的一切。故鄉的美，故鄉的純，故鄉的真，我都視而不見。

凝視窗外迷茫飄渺的雨絲，聽着優美動人的樂曲，我的心被帶回了故鄉的身邊。曾經觸摸到土地的靈魂，我知道，這時的我身處在一個小鎮上。在一鎮的空地上，我席地而坐，風從身邊吹過，吹走了我身上的塵埃，吹走了我全部的憂傷和歡樂，我開始靜靜地沉思，心靈便有了一種超俗的

意念。身處在原地的時候，沒有細心體會，那是因為心早就被輕風吹向遠處，可現在回想起來，心靈深處一片的平靜。

故鄉的河流，靜靜地擁着她歲月的安謐，河邊上的小林子，安穩地望着對面的小河。青青的河畔傳來頻頻蛙鼓的聲音，蜻蜓在河中央輕輕飛舞，一腳下去，點醒了正在沉睡的河水。河面上成群結隊的野鴨，在河水裡歡快地嬉鬧。兒時的我早已脫掉鞋子。進到小河的邊緣，等待上門來的小魚。小魚像是在和我玩遊戲，明明是在河邊上的，可當我伸出手一剎那，它早已逃到了小河的深處游得無影無踪。

我的故鄉沒有高樓，但它有一座座美麗的山巒和清飄飄的河流。在河流旁邊唱起歌來，唱出的音樂會更加優美。

我家附近

甫下樓我便看見等候的朋友。結伴到達附近的「綠色跑道」後，聽見幾聲清晰的鳥鳴。是的，這裏很貼近大自然。

我們開始沿着跑道跑步。風，迎面撲來，很清爽。跑道兩旁都是高大的、綠色的樹木。有些樹生命力很是頑強，樹杆斷了一半，但它們還是生存了下來，給人一股正能量，透過樹木，可看見對面的高樓，都是住宅來的。唯一一棟不是住宅的高樓就是酒店。我們早就看見那棟酒店了。磚頭顏色的牆壁，碧綠的窗，在這附近特別顯眼。其他的高樓都是白色為主的。我們愈來愈靠近它，發現其實它的構造不簡單。在大門口就分了好幾個不同的入口，有「宴會廳」、「大廳」等，我們不禁感到驚訝。

我們疲憊地從跑道向左轉，來到高樓樓下。各種不同的店鋪聚在一起，應有盡有。轉出「店鋪街」就看見許多早

點店，各式早點都有。我們買了幾個包，就開始狼吞虎嚥地吃了起來。那裏最熱鬧的是市場，市場雖小但卻很有人情味：「菜檔」、「肉檔」、「魚檔」、「燒肉檔」等都在這個小市場裏。入口和其它店鋪一樣大，但構造就大大不同。因為入口不起眼，所以一不小心就要錯過。

我們跑跑跳跳買了家長囑咐要買的菜後，很快就回家了。啊！又是美好的一個早晨。

清明

四月四日，清明節。在這個節日，人們按照傳統都會拜祭祖先。

天，落下點點細雨，映襯着人們此時此刻的心情。他們撐着傘，默默地往墓地走去。

把墓邊的雜草除去，鋪上新的草皮，給祖先清掃現居的家。祭品很豐富，有酒、有乳豬，還有家鄉小食等。把香噴噴的祭品往墓前一放，墓場立時增添了一絲生氣。點上幾枝香，俯身跪拜。用傘擋住將要落在香附近的雨滴，一滴一滴，像是上天在為墓主哭泣。把早已準備好的紙錢搭成一個幢樓的樣子，燒起來。每人手上拿着酒杯，往地上灑下半杯，剩下半杯自己喝，這就等於在和墓主乾杯一樣。雨，越來越小，變成一線線。

人們臉色並不好，眼神中帶着無限悲傷，嘴巴刻有一絲想要上揚的弧度。眼眶紅了又紅，淚水在裡面打轉，令人們

的眼睛變得晶瑩。胸前捧着一束黃色的菊花。小心翼翼的放在墳前，端詳着。菊花安靜地躺在墳前，似乎在仔細聽着墳主的喜與悲……

雨，停了。太陽也快回家了。收拾祭品，收拾心情，收起自己的悲傷，把它們都深深埋在心底，去迎接下一個美好的明天。

我家附近

一下來，到樓下，我們就能看見一段長長的小道，小道的盡頭有一個高高的斜坡，斜坡邊上有一些小花小草，屹立在那兒多年了。我們轉身往下望，能看見停在小道上，一輛又一輛的私家車，私家車旁有小孩子正玩着躲貓貓呢！

從坡上走下來，能看見一間一間的店鋪，每間店鋪都做着不同的生意，可能是這樣，每間店與店之間都關係良好。一直沿着店鋪往右邊走去，我們會看見保安亭。經過保安亭，前面便是一條較長的馬路，馬路的兩邊有着許多小販在做買賣，如水果、衣服、CD光盤、小吃等，應有盡有。到了晚上，這裏幾乎不是馬路，而是「步行街」。不過城管車輛一來，小販們都帶着貨物，爭先恐後地進入一道道黑暗的小巷裏。

從「步行街」走出來，就會看見「城市」該有的樣貌了。

大型商場、車站、地鐵站、學校、幼稚園、銀行、醫院等。我們往地鐵站的小路走去，那裏有一個花園，是我從小玩到懂事的地方。裏面有十棵樹，烙着我從小到大的回憶呢！

從花園的大路走到小巷，從小巷進入小區，從小區步行到小道，又從小道慢跑着通往充滿愛的家中。

我家附近，可以說是鄉下的道路，也可以說是城市的世界。只要你用平常的心去看待，其實「鄉下」和「城市」之間，有實在的距離。

給爸爸的信

爸爸：

我從沒有非常正式的給你們寫過什麼，可是我今天想把真正的自己告訴你們！不求你們贊同，只希望你們理解！

最近我明白到我的言行需要你和媽媽的費心。我的人生剛剛開始，難免有些彷徨，做事難免衝動無知，可這一切我會盡力控制，盡量保持清醒，然後繼續尋找我以後未知而又美好的一生。

爸，雖然我們常常談天，但是我只懂應付和耍賴，根本不想聽您的告戒和你的經驗，可能忠言逆耳吧！我們無法走進對方的世界，更想不到辦法真正溝通，以致造成現在這樣連見面都覺得有些陌生的感覺！我不該否定您對我提出的人生定義、生活理想，感謝您一直在關心我，在愛我！

還記得我們一家去公園玩的有趣一幕！這些事我不但沒有忘記，反而是會在不同的

時間，不同的地點都會不自覺地想起的事情！

我想今天我之所以選擇寫這封信，只是希望你和媽媽放心！雖然我笨了點，腦子反應慢了點，但我是知道世界上最愛我的人是你們啊！

祝
身體健康

錫年敬上
十一月十七日

我家附近

一起床，走出房間，看見天還暗黑，遠處卻泛起一點紅。紅和黑相交的一片天空很漂亮。走到陽台上，看一下馬路，有一些上班的人在上車。我真為他們可憐，星期六都要這麼早起床。看一下鐘，現在才六點二十分。又回去床上睡覺了。

醒過來，天已經完全發亮了。梳洗後準備下樓吃東西，很多攤檔都開店了，一路走過去，不知不覺到了街市，想起以前走過覺得很吵很臭，但是今天隨便走過覺得很熱鬧，很有氣氛。

穿過小巷，看見賣麵的店，走入去吃了一碗麵。回去時，覺得口渴，當時又不知道哪裏有水賣，我只好忍着。準備回家，看見左旁有間奶茶鋪，手裏還有錢，就走入去，買了杯奶茶坐在店裏，感到優閒自在。

所有的事情都來得那樣平淡，吃吃喝喝都是你和我常做的事，但今天是星期六……原來用另外的一種心情去看世界真的不同。



我家附近

在我家前面有一個噴泉。

早晨，噴泉噴出像柳條的、細絲般的水柱。風一吹，水變得彎彎曲曲的，一會兒像煙花，一會兒像弓箭，漂亮極了！到了夜晚，噴泉更加變化多端，燈光映照在上面更加美麗多姿，引人入勝。有時周圍小噴泉也放出來了，好像在跳水中芭蕾。

逢年過節，噴泉裏還放出五彩的光線，伴隨着動聽的音樂，讓夜晚添加了幾分色彩。

小區的花園在我家左邊。小花園分為兩塊，一塊是孩子們、婦女們和老人們休息健身的地方。那裏有座大假山，十分高大，遠看像一頭神氣的大象。另一塊是健身活動的地方，有各種健身活動器材，還有一塊草坪，是男孩子踢球的好地方。花園一年四季綠樹成蔭，鳥語花香，不時傳來人們的歡笑聲！

在我家右邊，有幾棵高大

挺拔的松樹。松樹旁還有幾株一串紅，遠看像一串串冰糖葫蘆，在陽光的照射下，顯得格外誘人。不時還會有幾隻小鳥飛過來，停在松樹上唱起歌，好像在說：「松樹爺爺，我唱歌給你聽，你歡喜嗎？」

在我家後頭，是一些小吃的地方，裏面的東西可美味了！我經常去裏吃個痛快呢！

我家附近是不是很美、很熱鬧呢？

情是傘下濃

今天，天正下着雨。我望着窗外的雨淅淅瀝瀝地下着。看着樓下五顏六色的雨傘，不禁想起了外公的那把傘，那把舊傘，那把普通至極而又令我難以忘懷的傘。

讀一年級的時候，我住在鄉間。小學離家很遠，外公每天都不辭辛勞地來接我放學。多少個雨天，外公的那把黑色大傘都在淡淡的雨霧中呈現在我的視野內。外公花白的頭髮被雨淋濕，被風打亂。那無力的手緊緊地握着傘柄。風雨交加的小路上，外公步履蹣跚地向我走來，一步，一步……

每次，我和外公擠在那把黑傘下面，踏着歸途，我的心裏都那麼溫暖，那麼幸福。

每到雨天，我總站在學校門口，等着外公。風兒夾着雨點吹在我身上時，外公總會把傘向我這邊靠。我和外公一同走在回家的路上，細細的雨點打在黑色的傘布上，發出「滴

答、滴答」的聲音。

那一幕幕溫情，彷彿又重新展現在我的眼前，那風雨中的歸途，給我帶來了溫暖和安

全。

雨停了，樓下人群也彷彿消失了，唯有我的記憶還不曾消失。那雨天的路，傘下的人，讓我感受到濃濃的情。

清明

「清明時節雨紛紛，路上行人欲斷魂。」每到清明時節，人們都會在心中默默地唸誦這首詩，來表達人們對先人的思念之情。

天剛剛亮，爸爸媽媽便叫我起床，一起去山中祭奠祖先。我和家人走進了鄉間，開始步行上山。當陣陣涼風拍打我的臉時，讓我感受到了初春的寒意。當走進崎嶇的山路時，我被路旁的景色吸引：紅磚壁瓦的矮房，搖着尾巴的象狗、搓着衣服的農婦。當走進深山時，那蔥郁碧綠的毛竹，整齊劃一的田地，連綿不斷的山峰，匯成了一幅生動的農家山水畫。當我路過家的花園，美麗的景色更是讓我驚歎。

「逝者已去不可追，請君珍惜眼前人。」墓園兩旁的大字，使我陷入了沉思。小路兩旁開着花，壓得花枝都彎下了腰，似乎是對先人的悼念。家人拿出了冥錢和供品。然後便

清除墓碑四周的雜草。當冥錢發出濃濃燒紙味時，無限傷感被抒發，祭祀者的淚珠串成一段段濕漉漉的回憶，春天的涼風抹不淨傷感人的眼睛，我們走前在墓碑前放置一束鮮花，表達我們對親人的思念和祝福，並在心中默默地為他們祈禱。

黃鶯在樹上發出鳴叫，似乎是哀號，蝴蝶在花叢中盤旋飛舞，依戀不願離去，彷彿是對先人的思念。

在四月的清明，萬千愁緒的細風中，沉思在逝去親人的墓碑前，哀思伴隨淚水輕輕流淌。

我家附近

我家座落在寶安南路，雖然在熱鬧的市區，但環境優美。

我家樓下有一家便利店，便利店給我留下的印象並不是很深。我只記得便利店只有礦泉水、牛奶，麵包和餅乾，這些能填飽肚子的食品，還有幾包花生、瓜子之類消閑時的零吃。便利店看起來似乎並不大，最觸目的就是外面的冰箱，飲品的種類繁多。在炎炎夏日之中，冰箱裏的冰棍，冰淇淋這些東西可以神氣地帶給我一陣陣涼爽。

從便利店往前去，便是一個停車場。數輛花五八門的電動車、自行車和汽車，壓壓擠擠地排列着。

在停車場的不遠處，便可以看出一個超市，裏面應有盡有，貨品琳琅滿目。

走出停車場，只見大街上各類車輛川流不息，有風馳電掣小轎車，悠然自得的自行

車，我像置身於車海之中。街上人流如潮，人人笑容滿面。年輕人三個一伙，五個一群地走在街上他們戴着耳機，聽着音樂，情不自禁地哼了起來。也有人說說笑笑，街上回蕩着他們的笑聲。孩子們蹦蹦跳跳的，老人拄着柺杖，靜靜地坐在長椅上，沐浴着那溫暖的陽光……

回頭一看，我家佇立在眾多房屋之中，和這附近構成了一幅和睦的畫面。

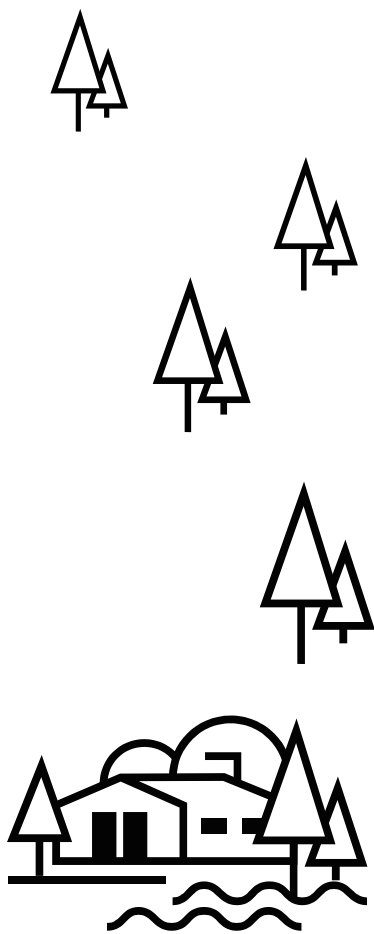
我家附近

我家雖並非大富大貴，但附近卻與世外桃源相似。那裏空氣非常清新，不像繁華街道般塵土滾滾，顯得非常清靜。

從我家出發，一直往上走可以見到兩旁有清澈的溪水在流淌，旁邊還有高大茂密的樹木。這條路的盡頭，還有一棵過百年的樹，我們都叫它許願樹。聽說，只要我們誠心許願，願望就會實現。每次走過都會見到這棵樹上的枝幹掛滿紅色的，長長的布。可見，這棵樹是多麼受歡迎，我們也為它感到自豪。

再往下走，就會見到一座山，山上有很多墓碑。每到晚上，那裡更靜得可怕。我從不敢獨自往後山去。我覺得那裏非常可怕，不敢靠近，但每到清明節，都會見人們上山拜祭祖先，偶而也會聽到鞭炮的聲音。

我家附近雖然平凡，但能住在這裏我感到非常高興，自豪。



記同學與我開啟時間囊的感受

還記得在中一的時候，學校舉辦了一個名為時間囊的活動，每一位中一的同學們都可以得到一個時間囊，大家可以在時間囊內，投放一些對自己意義重大的物品，到升上中五時再把時間囊開啟，在各個班別的時間囊，還會存放點名紙、班主任的信、一些班上照片和班會網頁留言等等。

終於到了開啟時間囊的日子了，我和幾個從中一開始認識的好朋友：一賢、家容、幼英和允行一起在校門旁的老樟樹下，準備開啟我們的時間囊，一賢和幼英也忘記了自己存放的是什麼東西，我還記得我放入時間囊的是一個中一時很喜歡玩的一個模型，放模型的目的是因為當時每天只有五元的零用錢，但十分喜歡這一個模型，但是模型的價錢需要儲半月的零用錢。我一直儲不夠錢，到我買了這個模型後，不到一個星期就放在一旁，所以把模型放進時間囊來提醒自己，買東西前要好好想清楚，但我看見大家的心情好像十分

緊張，第一位打開時間囊的是一賢，裏面只見到一張和家人合照，原來當時一賢和家人的關係很差，所以就把一家人的照片放進時間囊內，希望在中五時一家的關係會和好，一賢一開始是完全記不起放在裏面是什麼，因為一賢早已和家人和好了，早前還一起到日本旅行，真替一賢高興。第二位是，她把時間囊打開時，大家也奇怪了，為什麼時間囊內空無一物？原來幼英當時什麼也沒有放進時間囊，因為幼英當時認為很無聊，所以現在十分後悔。第三位到我了，我打開的時候大家都在哈哈大笑，因為這個模型是比較女性化……最後就是到允行了，他的時間囊內，放的是一張缺點紙，因為當時欠交家課，又不想被媽媽發現，所以收在時間囊內，經過了四年，發現大家都成長了不少，但只有我還是只得一六零厘米的原來高度……

親子活動有感

最近，學校舉辦了一個活動，活動名為「師生，親子烹飪比賽」，本來一直沒有任何意欲參加的我，因為媽媽是學校家長教師會關係，把我也拉進這個活動入面，成為其中一名參賽者。

這個活動定於放學後舉辦行，學生可以自由配搭與老師還是家人進行比賽，在比賽進行前的一星期，都有看到同學們紛紛和老師們組隊，感覺就好像打破了同學一直害怕老師的這個思想，就像一大班朋友，給別人有一種溫暖又窩心的感覺，但反而令我覺得自己要與媽媽一組，有種奇怪的感覺，但我一直以來都沒有想過認真地去參與這個烹飪比賽，所以過了一會兒便覺得沒什麼大不了。

時間一天一天地過去，終於來到烹飪比賽的日子，媽媽帶着我走到學校的家政室，看到同學們都好像做好了充份的準備，就只有我和媽媽是兩手空空的。這時候，媽媽跟我說了一句說話：「不用擔心，媽媽經過十五年『地獄式』練習，一定 有問題。」我再回想一下，原來媽媽說十五年地獄式練習，就是從我

一出世媽媽就要一邊工作，一邊去照顧我，每天下班回來，還要去趕着到超級市場，準備晚上的食物，但晚上媽媽準備的食物都一定會很豐富，味道還十分不錯，就是這一句像開玩笑的說話，令我想起，原來媽媽是一直都在為我付出，在我正在感動的時候，比賽開始了，家政室內早已準備好各種食物，例如：生菜、雞肉、牛肉等，比賽的規定，就是要煮一款家常小菜，一說到家常小菜，我想到了我最喜歡吃的蕃茄煮牛肉，媽媽就像知道我的心意一樣，到桌子上拿起各種要用的東西，然後分給我一點簡單工作，經過大約三十分鐘的激戰後，各位都完成了自己的食物，有菜心炒牛肉，水煮魚等等，作評分的是校長，不知道是不是校長喜歡吃蕃茄的關係，我和媽媽得到了冠軍，我突然湧起一股感動，是不是我一直擁有的，其實已經是上天最好的禮物，只是我從不發現而已？

教堂與寺廟

教堂與寺廟的共同之處是一個給信眾敬拜所信宗教的地方。人們可以聚集起來敬拜自己的信仰。

教堂主要分為兩種，分別是天主教教堂和基督教教堂。兩者都以敬拜耶和華為主，可是兩個宗教的教義不盡相同。天主教教堂內放置一個耶穌被釘在十字架上的雕像，而基督教教堂內只會掛着一個十字架。教堂不只是給教徒敬拜的地方，有些教堂則會租借給人作為結婚行禮的地方。在教堂內行禮是很多女孩心中的夢想婚禮，非常浪漫！

寺廟也分為很多種，安放佛像的，黃大仙、土地公公、天后娘娘……中國、日本、泰國也有不同類型的寺廟，而香港最有名的是黃大仙寺廟、連寺廟附近的地方也以黃大仙來命名、很多節日廟內必定會香火鼎盛，在年初一，市民也爭先恐後的走到黃大仙寺廟，為的是什麼？為的是上「頭注香」，盼望來年平平安安，順風順水、有些人會覺得這樣

做的人很迷信，而我就不認同了，每個人也有盼望，夢想，而入廟內參拜、許願，這就是他們宣泄的渠道。

世界有很多不同的宗教，現今平等和自由的社會，每個人也有宗教信仰自由。多年來，各個宗教的信徒也有着淚烈的爭吵，說對方的不是。我認為宗教是導人向善的，是大家的心靈依靠，所以大家不應互相爭吵，應尊重對方的信仰。這樣，才可以令社會和諧，令世界大同。世界才會安定，令每個宗教人向善的目的才能達到。

記同學與我開啟時間囊的感受

中一的時候，校長舉辦了一個很有意義的活動。這個活動是學生把一件物件放在防水的時間囊內，埋於校門旁邊的老樟樹下，四年後才可拿出來。該物件要能夠見證我們的成長歷程、校園生活與同學關係等。而校長舉辦這個活動的目的是要我們明白「逝者如斯夫，不捨晝夜。」的道理。

不知不覺間，時間匆匆而去，已過了四年，今天我們便要把四年前所埋下時間囊挖出來了，心情既興奮又緊張，因為連自己也不太記得埋下了什麼。

首先挖出時間囊的是一賢，原來他當年埋下的是中一時在校內運動會所贏的賽跑冠軍牌，連我也不記得眼前這個小胖子是當年非常威風的運動健將了，只能嘆惜一句歲月催人啊！接下來挖出時間囊的是幼英。噢！原來是中一時的首次旅行大合照，記得當時

全班的同學也不太熟悉，眨眼間，現在我們已經是非常要好的朋友了！到我挖出時間囊了，真是十分期待！是一封信呢……信內的內容是這樣的一「『你』好嗎？四年後的顧念生，『你』達到了目標嗎？我想你已經完成了，在準備公開試吧？我很有信心，『你』一定可以考進大學的！」看完這封信後，我臉立刻紅了起來，我覺得非常慚愧，當年的我是個有夢想、熱誠的人，可是今天的自己卻是個懶洋洋，做事很馬虎的人。當時的夢想和熱誠溜去哪裡去？不行！我一定要從現在起做回個有夢想、鬥志的人，要用功讀書，不讓當年我失望！

到現在我終於明白校長舉辦這個活動的用意了，他希望學生反思過去四年行為目達到了！

記一幢即將拆卸的建築物

隨着科技的發達，人類對生活的要求愈來愈高。一些破舊，樓齡大的建築物逐漸被淘汰，取而代之的是更高，更舒適的樓房。我要記寫的是一幢即將拆卸的建築物，在那幢建築物裡藏着很多回憶，有歡樂的、樂融融的、充滿人情味的……

這幢建築物在我的老家，我的老家並不是大城市，而是個鄉村小縣，雖然不如大城市那般發達、繁華，但樸實又可愛的鄉村小縣令人流連忘返。還是先說說這幢建築物吧。它的外表顏色並不好看，是慘白的、灰濛濛的，就像個上了年紀的人一樣。樓裡燈光昏暗，若在晚上走樓梯很有可能踏空。沒有電梯，整幢大廈只有七層高，裡面住有十二戶人家，和附近樓房相比，這幢大廈飽經歷史的洗禮。這樣說似乎缺點多多，可是住在這幢樓的人們就像朋友、親人一般親密。

記得在我小的時候，大半夜我發高燒，又嘔吐又頭痛。爺爺奶奶就跑到二樓，這裡住着一個醫生伯伯。最後他幫我開了點藥，又囑咐爺爺奶奶如果早上我還有事再去醫院。事後，總覺得不好意思，大半夜的叫人家給我診症，別人不但沒有怨言，還很關心地噓寒問暖。請吃飯以作答謝時那

醫生還說：「別客氣，都認識那麼多年，鄰居之間難道不該互相幫忙，看着長大的孩子難道還不管她的死活嗎？下次，誰病了就來找我！」就這樣大家都和樂融融地相處。

每次到了除夕時，大家都會在晚上相聚，一起在天台上吃飯過節，也一起放煙花，看煙火。新年早上，每戶人家的小孩都會在樓裡跑上跑下，為的就是拿紅包。只要會說好話可以拿紅包，油嘴滑舌的小孩可能拿得更多。在前幾年某個晚上，突然發生地震。因為這裡很少發生地震，所以我們並沒有反應過來。不過鄰居們在樓梯口喊：「快點出來避難，有地震。」整幢樓裡的人都跑去空曠的地方，雖然面對災難，可大家都吃着宵夜，暢談最近發生的事，像是不懼怕災難，無所謂似的。

還有更多更多的事情我也說不完，但這幢為我帶來無限回憶的大廈將要拆卸，令我覺得非常難過和不捨。大家都要各奔東西。那高高、設施好的大樓雖然比這又矮又醜的樓好，但卻也是那高高的樓將人與人之間的距離拉開，讓那濃濃的人情味消失不見。

記一幢即將拆卸的建築物

轉眼間已經有七年，我未曾見過它了，就連一張照片也沒有遺下，留下的只有記憶。記得它給我的溫暖，一直陪伴我成長，我時常會懷念它帶給我的歡樂，那是一段我最幸福的時間。

它是我家的祖屋，別人看來只會覺得是一間建於鄉村裡的一間舊屋，毫無特別之處，只因這裡的樓房都大致相同，不同的是我對它的感覺。我整個童年都是它陪我度過的，我慢慢地長大，它卻逐漸在衰老。

直到我十一歲那一年，它將要被拆卸了，因為它已經年老，很多石灰已經脫落，天井那裡也有塊石塊隨時會墜落，整間屋都潛在危機，它只是不想我們受傷才會在苦苦堅持吧！它是我曾祖父那一代建成的，全由石磚建成，沒有洋樓的豪華，但卻有古代的風味。它帶給我的是濃濃的溫暖。雖然已經很殘舊，它的外表卻依然那麼威武，灰白色的牆，由於是石磚建成所以可以清楚

看見它的結構，屋頂是由瓦片建成的三角形狀，所以冬暖夏涼，夏天只需一把風扇便十分舒適，冬天也不會覺得寒冷，因為地板不是由瓷磚建成，而是一種正方形的石磚，有一種保暖的功效，現今已經很少見。屋頂側面和門口上方都有獨特的圖案，更有些是立體的，但因為經過多年的洗禮，已經脫落了不少。雖然如此，只需細心觀察便能看出一些古代式的設計，像頂着一把黑色的大彎刀，有一種不可侵犯的氣勢。根據這些特徵便能想像到它是多麼的與眾不同。

我慢慢地回憶着過去的以往，雖然不舍但也滿足了，因為我有它陪伴我成長，有着別人沒有的童年，它保護着我健康成長了十一年，也算達成了最後的任務。拆卸重建後不久，我們一家也去了香港定居，已經很少機會回去。但它沒有離開過我，一直活在我心中。

記同學與我開啟時間囊的感受

轉眼間便已四年，當初那剛剛升上中學的小孩們，現在已長大了。如今與四年前的物件相見，才知時間流逝得如此快。大家已忘了當初埋下這些有着特別意義的物品那種心情，細想之下才能憶起那些往事，對當年埋下這物件的心態各有不同。

就如向羚，對此物百感交集，這是一枝筆卻有重大的意義，當年她剛升上中學，每天回校睡覺及逃學，老師們也放棄了她，唯獨一位年歲已高臨近退休的老師沒有放棄她，更以真心去教導她，老師當初那番話她如今仍然記得。每當她想放棄時便會想起——「一枝普通的筆也是有生命的，它燃燒自己的生命供你使用，這不是它的命運，而是盡責，它面對自己的生命逐漸流失也沒有退縮，因為它在善用自己每一點時間去幫助你，令你成長。一枝筆都懂得盡力，而你又怎

麼不用自己的知識去揮動它？盡自己之力去好好學習，不要再浪費光陰。」如今再次看見這枝筆，雖然歡喜但也遺憾，因為那位老師已不再教書。回望自己曾經的過錯及後來的改過，現今一切也過去了。

我埋下的是一封信，裏面記載了我當年的心態，以及夢想。如今再看卻發現以前的自己是多麼童真，想法也很簡單，一點也不像現在的我。當初埋下此信是想四年後的我可以看看自己漸漸成長會帶來多大改變，更問自己能保持以往的天真嗎？受到周圍的事物影響，性格和心態都會轉變。思想都會成熟，不再是一個孩童。而在少年時埋下自己重大意義的物件也可在往後年歲中提醒自己那些事物，不至於遺忘真實的自己。

親子活動有感

今天，是個頗特別的日子，因為學校將會舉辦「師生、親子烹飪比賽」，參賽者只要是師生或者是親子就可以參加，而我和班主任就是其中一對參賽者。

班主任是個樣貌普通，性格有點腼腆的人，她有一雙大眼睛，很是明亮，鼻子不高。但在今天之後，我明白她普通的外表埋藏着一夥堅強和永不放棄的心。

比賽快要開始了，我和老師今天要做的菜式是三色蒸水蛋，限時三十分鐘。比賽一開始，我們各自為政，我先把所有的蛋放在一個盤子裡攪拌，而班主任則開火燒水，水不一會就燒好了，我立刻把拌好了的三色蛋放進去，之後燒了大概二十分鐘，蛋就好了，我和班主任興高采烈地每人弄了一小塊水蛋來品嚐，但剛一入口我就呆了，因為味道很淡，淡得還有些難吃，這我才記得剛才原來沒有放調味品！但是我也沒多想，因為我覺得這個比賽也就是聯繫一下親子和師生間的感情，輸贏根

本就不太重要，而再也沒什麼時間再弄了，所以我就很心安理得地接受了失敗，但是，當我回想跟班主任嬉笑的時候，我就發覺有點不對勁了，因為班主任的樣子很明顯地是在思考，在她的眼角處，我很容易地看到了一抹倔強的眼神，於是我小心翼翼地問她：「我們是不是放棄，然後等比賽結束就算了？」果然，她回了我一句很堅決的話：「不行」。於是我苦笑了一下，問她那要怎麼辦，現在已經沒時間了，她看了我一眼，然後把鍋子裡的水倒了，再開火放油，然後毫不猶豫地將蛋扔進去炒了。最後，我看到的是一盤不知像什麼的「東西」上碟了，當然最後比賽還是輸了，但我卻可以看出班主任的開心。她還跟我說了一句：「這樣才輸得心安理得啊！」

在這次的烹飪比賽中，我在班主任的身上看到了堅強和永不放棄的精神，也從她身上學到了永不放棄，堅持到最後一刻，這樣就算最後輸了，也算是真正地輸得心安理得。

記同學與我開啟時間囊的感受

人間多變，世事無常，有時隨着時間的流逝，過往很多值得珍重的事，都會不復存在，或者被遺忘，就像蘇軾的詩裡所說的：「人生到處知何似，應似飛鴻踏雪泥，泥上偶然留指爪，鴻飛哪復計東西？」，當我和中學同學修端和思慈回到學校開啟四年前埋在大樹下的時間囊的時候，我們突然很想感謝當年學校的老師們，因為當年正是他們舉辦了這個活動，才讓我們今天能夠回憶起了過往種種都快要被遺忘的人和事，感情和生活。

在回到當年的學校裡，我們三人再次看到了那棵大樹，它比以前更大更壯了，找到了標記，我們在樹下用鏟子開始不停地挖，挖到大半米深的時候，鏟子下突然傳來了一聲清響，我們知道東西已經挖到了。打開時間囊，第一件拿上來的東西是一份成績表，看到了這份成績表，我呆了一下，因為我記得，這份成績表是我在學校裡考得最好的一份，還記得當時拿到成績表的時候，恨不得馬上宣告自己拿了多高分的事情，現在想想，還真是感到一絲感慨，因為在當年最能牽動我心情就是成績表啊！那種期待、緊張、害怕和失措的感情真是令人無奈啊！

第二件上來的東西有點特別，是枚指環，看到這東西我突然記起當年思慈和外校男生拍拖時的事情，我轉頭看向思慈，看到她拿着指環，眼中閃過了一道懷念的情，她突然對我們說，當年愛得死去活來，現在想起來，也還真叫人懷念和感觸啊！

第三件拿到的東西是一雙球鞋，是當年修端為了籃球而差點放棄學業的見證，看到了這雙球鞋，他不禁感慨道：「當時年少輕狂，認為自己永遠是對的，還差點為了興趣而放棄了父母對自己的期望。」但他也不後悔，還說這也算是年輕過。

我們都拿到了自己的東西，也回憶起當年的種種，驀然回首，過往的種種人和事不止讓我們更加認清了自己，也讓我們可以反思我們的價值觀和檢視自己的人生方向。

親子活動有感

親子活動是每個家庭最重要的部份，無論父母有多忙碌，他們都會抽空一家人出去玩樂。隨着年齡的增長，我長大後不喜歡和家人上街，節日也只和朋友們度過，不再像年幼時常常跟隨着父母，這次我和母親參加學校的「師生、親子烹飪比賽」，成了我和母親一個珍貴的回憶。

這次比賽讓我和母親的關係更好。平常我不會做飯，今次母親教我煮我最喜歡的一道菜——「西蘭花肥牛」，我們在家裏練習了很多次，母親很細心地教我每一個細節，她說這道菜很簡單，但只要是用心地做一道菜，味道會更佳。母親解說的時候，我就在她的旁邊當助手，並記下她說的每一個細節。

比賽當天，我和母親都很緊張。雖然我們練習了很多次，但到比賽時還是很緊張。場內很熱鬧，其他參賽者都在交談做甚麼菜式。緊張的時刻來了，評判宣佈比賽規則後就開始比賽了，我就好像在家裏練習一樣站在旁邊幫助母親，

但她突然說：「這次由你來煮。」這時我立刻呆了。母親說：「你行的，只要有信心，就不會害怕。」聽了母親的說話我馬上開始準備，因為時間緊逼的關係，我覺得很混亂，我首先把西蘭花煮熟，但母親說過不要煮得太久，因為要保持西蘭花清脆的口感。接着，我撈起西蘭花瀝乾水的同時，我開始炒肥牛。炒肥牛只要用猛火炒一會兒就可以。然後，我就把西蘭花和肥牛混合在一起炒。最後，加上一些調味料便完成。最後還剩下一分鐘，我看看其他的參賽者，他們的菜式很吸引，外貌已經十分可觀了，但母親說：「你能做出自己喜歡的一道菜已經很棒，一道菜不能被外貌騙了，味道更重要。」其實我心裏已經很開心，有想過自己也能做出一道菜。雖然比賽結果我有得到獎，但是我得到了我和母親的一個美好回憶。

經過這個比賽後，我學會了要珍惜和家人的相處時間，不要讓自己有後悔的機會。

親子活動有感

昨晚，我把我的獎牌弄丟了，一滴滴冷汗就像雨一樣落下，我找遍房間也沒有一點兒銀光。我忍着淚水，不禁回想起獲得獎牌的經過……

其實這獎牌沒有什麼特別，但對我來說，卻是意義重大，因為這是我和媽媽一同獲得的。

去年，我校的家長教師會舉行「師生、親子烹飪比賽」，自覺母親廚藝了得的我，當然不容錯過，於是懇求母親跟我一同參賽，媽媽初時並不答應，但最後仍敵不過兒子的請求，答應參賽。

比賽那天，我和媽媽預備好一切，對是次比賽充滿信心，一分一秒地倒數，隨時蓄勢待發。

比賽開始了，我們每組各自抽籤，按照題目取用材料。不幸地，我們抽中了「住家菜」，材料只有菜、牛肉、蛋和一些調味料。我頓時冒了一

滴冷汗，因為我們並不像其他組別，甲組是甜品，乙組是水果，都是容易製作的。但我看着旁邊的母親，只見她雙目炯炯有神，滿是有信心的樣子。

媽媽開始動手製作，我則從旁協助，但只是幫她遞材料。那時我只覺得自己十分無能，只能呆看着媽媽那不熟悉的動作，而不能出手相助。我看着她的樣子，不再是我認識的那個瘦弱、雙目無神的媽媽，而是充滿活力，十分強悍的媽媽。只怪我從前只顧打電玩，而沒有看見她煮飯的樣子。

突然，旁邊組別的一心同學不小心弄掉了我組的碟子，破了。笨手笨腳的我撿起那些碎片，不小心弄傷了手，媽媽看見了，立刻由女強人變回緊張的媽媽，其實弄傷手只是一件小事，何況只是無名指，但她卻看似我發生了交通意外受傷似的，不斷追問我痛不痛，

我頓時感受到了母愛，握着她那有點枯黃的一對手，我能感到她的手帶出的溫暖。

我說：「媽媽，你快去比賽吧，我一會兒回來。」

她回應：「不行！我要等你包紮好才去。」

我進行包紮後，繼續比賽，縱使我們十分努力，但由於時間所限，只能匆匆完成。

評判品嚐各款佳餚後，一致稱讚我媽媽的製成品很有住家餸菜的感覺，其中許老師更說：「我最近留校備課，每天都很晚才回家，只能吃街外的夜宵。我想今天早點回家吃飯了。」全場掌聲如雷。

即使有高度的讚賞，但始終品質不及鄰組的甜品，只能獲得銀牌，但我仍很滿足，因為我贏得了母親對我的關懷。這個獎牌對我和媽媽來說，真的很有紀念價值……

今天，我起床後走出廳外，聽到媽媽在說：「兒子，

你又把獎牌亂放了，我把它放到桌上，你自己拿吧。」我走到桌前，頓時耀眼生花，我跑到媽媽面前，擁抱着她，並對她說聲：「謝謝！」。



記同學與我開啟時間囊的感受

記得從前的我是個十分害羞的人。不懂跟人表達自己的想法，但幸好，自從我認識這班同，讓我開始懂得勇於表達自己，變得活潑開朗起來。

學校希望學生們在升上中五時看回中一的片段。回看從前所記下在學校所經歷的事、校園生活、同學關係或對學校、老師的感想，所以在我們中一時準備時間囊，將我們初中的點滴放在裡面。當年我放的是有好幾篇的文章和日記，就因為自己不懂表達自己的感想，十分害羞，所以會用文字來記下自己所經歷的事，這些其實已經非常難忘。

啊！想不到放進去的還有幾樣物件放進去，但都是跟全班分享的事，班主任寫給全班的感言、班會活動的照片及班會網頁留言等等，全部是非常有感情的東西，有同學回首，會覺得懊惱，責備自己當時為何那麼頑皮，不聽班主任的說

話，其實班主任真的很疼愛我們，現在才知道，後悔不已。

每個同學在打開時間囊後都不禁流淚，大家都非常感觸，而我卻沒有感想，我很多時都是這樣，所有感情都放在心裏，不表達出來，但是我對時間囊非常有感觸，好像有很多事想一次過說出來，可是開不了口。是的，就像校長在四年前說的話，人間多變，世事無常，隨着時間逝去，很多東西都要好好珍惜，不能就這樣遺忘。我很同意校長所說話，我們每個同學都銘記於心。

時間囊存放的東西，時間都是非常短暫的，要繼續成長，見證自己的未來發展，這個時間囊應該繼續存放在我們心裏，希望有機會再回味。

談傳統教學的存在價值

現時的「補習天王」大行其道，許多學生紛紛報名參加，他們只為了在公開考試時能夠放手一搏，能夠在考試中取得優異的成績而進入理想大學。

取得好成績，自然就是面向高分數，但是同學們有沒有忽略了其傳統的教學方式中的成效呢？是的，現在許多學生感到學校裡所教的知識，未能在公開考試中大展拳腳，完全不能滿足於學生取得高分數的要求。以傳統方式授課較「補習天王」在短時間內難以看成效，需要長期呆在校園內活動，對於「多動症」的同學來說，難免是有點難受。而「補習天王」打着「考試為先」、「分數至上」的授課方式，深受學生歡迎，無疑成為了眾多學生的寵兒。

傳統方式授課雖花掉了學生們的時間，需要他們長時間在一個完全封閉式的校園內學習，學生們難免會有些不自在。可是傳統的教學方式能讓學生取得高分之外，也着重從

教學中培養學生品德。校園內的教師，不僅教會了我們的知識，當我們遇到困難時，也會積極地幫助學生解決問題。我們在課堂所學的知識非常的多樣性，所涉及的範圍是廣泛的，能讓我們接受到許多不同層面的資訊，因此能開發學生的興趣。

「補習天王」授課方式深受學生歡迎，但隨之而來的問題就產生了。「補習天王」的教師着重如何取得高分，如何學習答題技巧，往往忽略了學生在考試中是否理解了文章中的含意，令到不少的學生在考試中取得高分卻難以適應外面社會的問題。因為學生在求學的過程中本能學習其他一技之長，一味只傳授着技巧和死記硬背的文字，失去了其知識的運用。

我認為教師不應改變傳統教學模式以配合時代，就算人類再怎進代，品德也是不可忽視的。

談傳統教學的存在價值

以傳統方式授課，着重從教學中培養學生品德的教師愈來愈不被學生重視，相反「補習天王」卻大行其道，「考試為先」、「分數至上」的授課方式深受學生歡迎。然而，我個人認為教師無需要改變傳統教學模式以配合時代，因為這種局面或多或少是由家長造成。

每位家長都希望望子成龍，能夠擠入大學門檻，但往往忽略了子女本身的品德，只顧及分數的高低。加上現時學生大多不太注重自己的個人品德，如果連教師也改變現時的傳統教學方法，只會令學生更加盲目地追求分數，以後所有中國詩詞當中關於品德操行的思想，令人反省的故事……我想都會因為教學方式的改變而變得毫無意義。為了令學生上課、聽書而令中國的瑰寶消失，我認為不值得。

另一方面，我認為學生現在只顧分數而忘記品德操行的行為，教師更應糾正他們，告訴他們品德操行的重要性。

即使分數高，進得了大學，但不懂待人接物，毫無品德操守的人是不會被器重的。以往很多能幹之人除了成績好之外，亦有高尚情操，才能成為成功的人士，但現在很多社會中的年青人都十分懶散，社會上愈來愈多大學生找不到工作，作為教師更應改變學生的錯誤思想，而非遷就學生，去改變自己一直以來的理念。

總括而言，我認為教師無需就時代的改變而隨波逐流，只要知道自己本身是正確的話就堅持，不要因為學生的問題而重整，因為本來教師就是為了教導我們成才才出現的，怎能因為學生而改變？雖然教師要改變這個「考試導向」的現象是辛苦的，但也得堅持，否則如何教導我們的下一代？品德操行永遠勝過分數成績，不要盲目求分數而忘記了更加重要的品德操行，這正是教師們現在要教導學生最重要的道理。

直升機家長

父母都希望自己的子女長大後有好的前途，因此現在很多父母都會安排子女參加一些興趣班，為未來鋪路。

可是，他們沒有考慮到子女是否願意去參加這些活動，只是固執地把自己喜歡，小時候完成不了的興趣，強加在子女身上，不論好壞，都要強迫子女參加，左右子女的思想。深怕自己的子女輸在起跑點，這種父母被人稱為「直升機家長」，他們就像直升機一樣盤旋在子女的上空。

在香港，大多數年輕人不願生育，即使生育也只選擇生一個，所以子女都是獨生子女。父母從孩子出生開始就毅然成為子女的終生褓姆和人生規劃師，孩子在學校被欺負，家長就去找老師興師問罪，每天上學「管接管送」，甚至替他們背書包。孩子稍微大一點也不放心，既擔心他們早戀，又害怕他們學壞。有的父母連孩子上大學也要全家出動，帶着行李和孩子一起到學校報到。更有趣的是，孩子大學畢

業了找工作，應聘面試的時候，父母也會站在後面替他回答問話。

這種「直升機家長」對孩子的過份保護，使孩子失去自由成長的空間，無法培養孩子的思考能力和獨立能力。有了這種「專機」，孩子用腳走的路少了，久而久之，步入社會後便難適應。如果僅僅擔心孩子遲到就動用直升機，那麼孩子長大成人，面對社會上種無法預料的險阻，他們又該如何應付和面對呢？

相比「直升機父母」，國外的教育理念倒能給我們啟發。他們很注重培養子女的獨立能力，子女要在學校住宿、自己找工作賺取生活費等。這種父母懂得放手，從小開始培養孩子的獨立能力，對子女愛得更深沉，更科學。

家長退一步，孩子進一步，這是學步的規律，也是教育的規律。家長懂得放手，培養孩子良好的品德和獨立能力，這才是他們終身的財富。

談談「家有一老，如有一寶」

古語有云：「家有一老，如有一寶。」顧名思義，是家中有一老人，就好像有一個寶。現今有很多年輕人與老人家的相處都會出現問題，甚至發生爭執。

有人說，老人家就像小朋友，有的要人哄，有的要人多關心，有的要人多陪伴。而我認為，與長者相處之道不外乎關心和有耐性。

關心。每個人都想得到別人的關心，誰會想自己孤單一人呢？因此，身為後輩的我們要多關心長者，雖然他們有時頗「嘮叨」，但我們也應該盡後輩的責任，多關心他們的身體及日常生活情況。還要陪伴他們做他們想做的事，有空便陪他們吃飯，飲茶、逛街等等。

耐性。很多人對長者都沒有耐性，認為他們很囉嗦，又經常忘記事情。長者年紀愈大，愈容易忘記事情。然而，就像我們小時候經常重複問同

一個問題，父母也會很有耐性地回答我們。因此當長者年紀漸老時，我們也應該耐心地、尊重地和包容地對待他們。

對長者，我們要關心和有耐性，讓他們快快樂樂地生活。而且，與他們溝通，我們也會獲益良多，何樂而不為呢？



自信與吹噓

曾經在書上看到一句話，從此成為我待人處事的座右銘：「別把自己吹噓得太大，因為小針一刺就會把你擊破。」把自己比喻為汽球，藉以諷刺一種把自己誇到無限大的人，一個小小的漏洞足以把謊言擊破，正如一個汽球，吹得越大越脹，一根很小的針便可以把它刺破。兩者所剩下的只有無法挽回的形象、機會。

《孟子·離婁下》中齊人把自己向祭墓的人乞討食物，偽裝成與城中富有之士交往，卻被妻子和妾發現，仍懵然不知，沉醉在自己謊言的世界中，令人心酸。

然而，現實中卻有許多人喜歡吹噓，吹噓自己的能力，吹噓家庭的富裕，吹噓朋友的數量，吹噓情人的愛慕……人越大，越會懂得吹噓，是因為競爭太大？還是因為太自卑呢？帶着一副面具示人，把醜陋的喬裝成美麗動人，把自卑喬裝成驕傲，都是源於人們害怕被別人看不起，被認為是弱者。

對於這種人，我理解且寄語同情，但並不贊同這種戴着面具的相處方式。

首先，我認為人與人之間應互相鼓勵，各取長處，而不是靠貶低別人來提高自己。正如在學習上，人總不能依靠誤導別人而取勝，而是應該努力溫習，公平競爭，有能者勝，才是真正的勝利。

其次，自信是應該來自自己的。想要成為一個有自信的人，應努力增值自己，正如齊人，他吹噓來掩飾自身的無能，寧願乞討也不願上進找工作，才是他可悲、失敗的地方。

努力把自己做好，積極學習，勤奮工作，然後以真材實料示人，這個社會才會不斷進步，勇於面對自己的失敗，加以改善，正是成功的關鍵。女士化妝，想白裡透紅，想淨白無瑕，那得靠個人努力，內外調理，持之以恆。難道我們真箇認為一層一層的妝容加厚，就會成就美麗嗎？

談傳統教學的存在價值

傳統教學着重培養學生品德，與政府所提倡的「求學不是求分數」同出一轍。惟學生及坊間否定政府說法，反問「不求分數，考試求什麼呢？」我認為品德重要，但考試的分數直接決定自身的前途。所以人不能不向現實屈服，故我認為品德其次，分數更重要。

首先，學校出現的目的是為了培育人才，讓其貢獻社會。所以學校需要跟時代一同蛻變，教授學生應試技巧，提升個人競爭力，在考試爭取佳績，考入心儀的大學和學科，實現理想。那些學生受過高等教育，讀過堆積如山的書卷，在多年學業生涯中參加多個課外活動，包括義工服務——賣旗籌款、老人服務、關心弱能兒童的行動等；課外活動如籃球隊、足球隊、田徑隊，老師亦有在過程中教授他們體育精神、培養應有禮貌和耐性。平日學校提供多元化的活動已滲入不少品德教育的元素；我認為這樣已經足夠，何須在課堂中一再強調學生應有的品德態

度呢？

其次，我們有必要明白學生上學的目的及意義。眾所周知他們上學大多是有一個終極目標——入大學，畢業後找到一份高薪厚職，所以人要從現實的角度出發，不斷增值，用自己的優勢取得好成績。美夢產生的先決條件是天資與悟性，後天的努力，以及老師的教導。學生想要的不外乎是自己暫時無法掌握的應試技巧；老師作為一個通過大考的過來人，經驗充足，能教授學生一套自家技巧，縮短學生溫習時間，爭取較多分數。若老師跟足傳統教學，只在課堂講品德涵養，只會令他們感到無聊，沉悶，甚至放棄學習。那違背了老師的教學理念。因此老師教授應試技巧也是與同學共同作戰，其實是為學生好，着緊他們最後取得的成績。

所以基於以上兩點，教師要跟世界潮流趨勢而變，改變傳統教學模式，令學生不致被其他學校的學生淘汰。

吃貓狗合法化之我見

在我個人看來，貓狗也是地球上的食物鍊中其中的一員，有意見認為應該合法地被宰食，我個人也覺得是無可厚非的。

吃貓、狗為何在現代社會裏會被視為是殘忍的呢？是因為社會進步了，很多人都會養牠們為寵物，因此和牠們的關係也密切了。我不禁問，難道殺豬牛羊來吃又不殘忍嗎？我想，對每件事的看法皆因人而異，同樣地對吃貓狗等寵物的看法也會人言人殊。

古語有云：「民以食為天。」這話說明了中國人追求溫飽的基本需要是強烈的，尤其是以往簡樸的農村社會。廣東人更把這種肆吃的文化推到最高層次，只要是人類以外的動物，都幾乎難以倖免，這便是廣東諺語所云：「背脊向天人所食」，也不無幾分真實反映了中國人的飲食觀：是追求舌尖上的快意。

現代人大多反對吃貓狗，是因為我們的物質條件比以往富裕吧了，因為除了牠們以外，我們還有太多太多其他食物的選擇。也有意見認為，貓狗的智商相對其他動物高，不宜殺食，我卻知道有些動物的智慧也不低，像豬便是，但也提供我們食用。而且，我們能為動物的智慧劃一界線，

智慧高就不宜食用嗎？

不難察覺，如把貓狗當作食物，那利潤絕對比用牠們賣作寵物的利潤低；而且獸醫的寵物醫療，也是一個龐大的商業市場。寵物給商品化，吃牠們便扣上了「殘忍」的帽子，我看來是十分不公平的。

從客觀科學的角度來看，任何動物包括人類，在地球上都可以是食物鍊裏其中的一環，人類只是位於最上層吧了。假使我們都在一原始森林中，又那管你誰吃掉誰？這正是「弱肉強食，物競天擇」的哲學。

總言之，貓狗普遍受到人類社會的特殊仁慈待遇，充其量只是一種特別恩賜。如勉強用「殘忍」來解釋或辯證，在邏輯上是並不成立的，除非我們全人類都茹素不殺生。所以，千萬不要再說服我吃貓狗是不人道的，相反，假若合法後，衛生和檢疫等都有更好的保障。



English



A reply letter

Dear Adam,

In response to your letter dated on 15 January 2013, I am writing to give you some suggestions about your coming trip to Hong Kong.

I'm happy to tell you Hong Kong is a Shoppers' Paradise. Does your wife like shopping? Remember to go to the Ladies' Market in Mong Kok, where she can buy Chinese handicraft and accessories for friends and families. Also, you can go to Sai Yeung Choi Street to buy digital camera and electronic products. You can go to Langham Place to buy fashion products. You can go to Harbour City to buy clothes. You can also go to Fa Yuen Street to buy cheap clothes.

You said you will be in Hong Kong on 2nd February, right? It will be a good chance for you to experience Chinese New Year in Hong Kong. There are a lot of activities in Hong Kong during the Chinese New Year. Don't forget to visit Tsim Sha Tsui. You can see the fantastic Chinese New Year parade at 8 pm on the first day of the Chinese New Year, and watch the beautiful fireworks on the second day of Chinese New Year. Also you can go and visit Wong Tai Sin Temple. You can pray for good luck for the New Year.

Don't miss the chance to visit Victoria Peak and the avenue of the stars. You can also take a walk in the flower market and the bird market to see some beautiful birds and flowers.

Lastly, the weather is cold and dry in Hong Kong during February. Bring some hand cream and face cream to moisturize your skin.

Have a nice trip! I hope you will enjoy your time in Hong Kong.

Yours sincerely,

Johnny

Chief Editor of Travel Magazine

Yummy wonton noodle soup

Hong Kong is a Food Paradise. There are different types of food.

My favourite Hong Kong food is wonton noodle soup. It has wontons and noodles. It tastes salty. The wontons are round. I eat it for breakfast. I buy it at a restaurant.

I can make the wonton noodle soup at home. The ingredients are: pork, oil, soy sauce, wonton wrappers, noodles and vegetables. First, chop the pork into mince. Then, mix the pork with some soy sauce and oil. Next, put a teaspoon of pork on a wonton wrapper. After that, make the wonton by folding it into shape. Put some water into a saucepan and bring it to boil, put the noodles, vegetables and wonton into the saucepan and cook it for five minutes. Put it into a bowl and eat. Yummy!

I like eating wonton noodle soup. It tastes salty and yummy. It is easy to make. I hope you will like it too.



A letter to the editor

Dear Editor,

I am writing in response to the letter from Lawrence Wong. I totally disagree with Lawrence Wong's opinion. I disagree that he thinks the problem of climate change is the responsibility of governments around the world.

Firstly, I do not agree with the idea that the environment is being destroyed by the governments and that the people do not have any responsibility. Since we are all living on the same planet, everyone is responsible to look after the earth. If we do not do something to save the earth, it will get worse.

Secondly, I believe that if we all conserve, all our small actions will add up to make a big difference. We can reuse glass bottles and turn it into a recycled vase, also we can limit deforestation. We can recycle plastic bottles and aluminium cans and the government can do something to encourage people to use reusable shopping bags to replace the plastic bags. Also we can turn off the air-conditioners when we are not in the room. We can use public transport.

Finally, we must act now to do something to protect the earth. We do not need to wait for politicians. We can do it ourselves, there is no time to lose. We all need to work together.

Yours faithfully,

Tina

Pets in Hong Kong

Why do I keep pets? Because pets are cute and fluffy. I can play with the pets and take care of them. There are a lot of things to think about before you get a pet. You have to think about its size, what it eats, how noisy it is, who will take care of it and where are you going to keep it.

I have two pets. They are typical pets, a cat and a rabbit. The cat is spoiled and full of mischief, it keeps the family from being bored. Unfortunately the cat likes to scratch things, such as sofa. The cat has a habit of clawing its claws. We have a claw mat for it, also we need to clean its litter every day. The rabbit is quiet and not noisy at all. Rabbit is easier to keep than the cat. The rabbit needs hay and water to maintain its health.

Whatever pet we keep we need to be patient and loving. Pets can keep us company for a long time if we take good care of it.

If you are not sure about having a pet, you can visit the Society for the Protection of All Animals (SPAA). Address is 88 King Bay Road, King Bay, Kowloon City. Telephone number is 13540011. Website is www.spaa.com. They need volunteers – to take dogs for a walk or to groom cats! Try before you buy, as they say.

A letter asking for advice

From: Robert

To: John@nelligator.com

Sent: Wednesday, June 22, 2011 11:15 a.m.

Subject: RE: Giving advice

Dear John,

Thank you for your email. I understand why you are so worried. You said that your brother has some bad habits which makes him unhealthy and his study is getting worse.

Don't worry. I'm here to give you some advice to help you to help your brother to develop good habits. I think your brother's test results are getting worse. The main reason is he often falls asleep in class, you also said he often chats to his friends on the phone. I think this is the reason why he doesn't get enough sleep. I think you should tell him the harm of not getting enough sleep and make a deal with him. Tell him if he can go to bed early on school nights, he will be allowed to go out with his friends until midnight at the weekends.

About the junk food problem, I think you and your family should buy less junk food. Buy more healthy snacks like banana crisps and tell him if he keeps eating junk food, it will make him unhealthy and will get fat. Also, you should take him for a walk after dinner.

I hope the advice can help you and your brother!

Yours,

Robert

Peter's Trouble

Peter is a basketball team leader. He is courageous and clever, but he is reckless too.

The basketball team has 6 people, Tom, Sam, Kevin, Jacky, Peter and Rick. They are all headstrong, so they always argue with each other.

This week, Peter's basketball team has a match. They know they need to win this match. If they lose, their grades will be down to B grade, even down to C grade. So they are all worried and concerned. They are afraid of losing the match.

Peter told them if they lose this match, he will dismiss the team. Sam told Peter, he can't dismiss the team, because the team belongs together...

Finally the match day is here! Today is the match. They win the match. So they don't need to dismiss the team. They learn that arguments and being impulsive are useless and ineffective to solve any problem. Only being sharp and brave can bring them to victory.

My School Hero

My school hero is Mr. Fung. He is a janitor. Most of the schoolmates like him because he is polite to us.

He is about 175 cm tall. He has short, brown hair. He usually wears a white or black T-shirt. I never see him wearing any other colours. I guess white and black are the colours he likes. And he loves wearing short trousers. Maybe it is comfortable for his work.

Mr. Fung is very thin and slim. He looks very sporty. Sometimes, he plays tennis with us during lunch time. We like him very much.

Do you know why Mr. Fung is my hero? Last year, I finished a PE lesson. I felt hungry but I forgot to bring my lunch box, he gave his lunch box to me. I felt so grateful. It impressed me a lot.

Finally, I want to say he is considerate and caring. He always takes care of the school and us from his heart. He is the best janitor in my opinion. I will never forget him.

My School Hero

My school hero is Emily. She is my social worker.

Emily is pretty and thin. She has big eyes and a lovely smile. She has long hair and so many people think she is really pretty.

She is a strong, caring, considerate, unique and sharp person. She always helps students solve their problems. She gives us some advice so we won't be unhappy any more. She listens to our problems. She always tells us to be happy every day.

She is my hero because she changed my life and made me feel good about myself. She also carries out good deeds. She also solves many problems for me.

Emily is my school hero. I am very grateful to her. I am proud of her. She impresses me very much.



My Favourite Comic Strip

My favourite comic strip is Doraemon by a Japanese cartoonist Fujiko Fujio.

There are two main characters, Doraemon and Nobita Shizuka Minamoto. Jyian and Suneo are the supporting characters of this series. The story is about Japanese lifestyle. It tells us about some serious environmental and social issues, such as global warming, homeless animals and pollution. It's my favourite comic book out of all other comic books.

Nobita is a kind but stupid boy. He studies in primary school. In every chapter he often comes home crying after school with problems such as he is being bullied by Juian and Suneo, Nobita's friends. The other problem is that he always fails in Mathematics tests and he is afraid of being punished by his mother, and then Nobita needs Doraemon's help. Also, he is useless because he never solves any problem himself. He only wants Doraemon to give him tools to solve his problems. Because he is lazy and stupid, he always gets poor marks and grades, it is such a bad habit. Nobita won't be able to study in university and wouldn't be able to have a good job and get good salary.

Doraemon is a clever robotic cat, who has no ears because they are eaten by robotic mice. He travels back from the 22nd century to aid Nobita to improve the circumstance of his great grandfather. If Doraemon helps Nobita to study hard, it can change Nobita's family destiny. Doraemon is special and different. He has a pocket full of gadgets, tools and medicines which are from the 22nd century. He often uses the time machine and the small propeller. The story needs the time machine to introduce Japan's history. The other thing is the small propeller, it's used like wings. When they don't want Nobita's mother to see them, they just fly into the sky and talk.

I like the comic strip Doraemon because the story is amazing and similar to my school life. And I love that it mentions about environmental problems because it can enrich my knowledge.

A letter asking for advice

Dear Mr. Lai,

It's been a long time since we saw each other. I just want to say that I missed you so much. I'm writing this letter because I had a terrible row with my parents again. The problem is, they are insisting that I go to Canada to further my studies but I just don't want to go. So I'm writing to tell you how I feel now.

I found myself really upset these days, because I just don't want to go to Canada at all. And I hate their 'Do this, do that' attitude. My parents just don't consider my feelings and my thoughts. I worried about it all day long. My life is in Hong Kong. How could I leave? Anyway, here are some reasons: I don't think the local weather is that nice. Also the food there might not suit my taste. I feel there're too many differences between Chinese lifestyle and Canadian lifestyle. And the most important thing is I have to make new friends in Canada. I don't think I can get use to the new lessons at all. I can't change my lifestyle that easily. I've got friends here and my mother tongue is Chinese, not English.

So, I want to ask you for some advice. You've immigrated to Canada several years ago. How's your life there? How did you get use to living in a new country? Was it easy? What do you think I should do? Should I say 'Yes' to my parents? These problems are driving me crazy to be honest!

I'm really looking forward to hearing from you. So please write back soon.

Yours,

Chris

A photography exhibition

I have visited JACAC, Shek Kip Mei to have a look at an exhibition by my favourite Hong Kong photographer Almond Chu. The theme of this series was “Future and Past.” It is of self-portrait photographs of Almond Chu.

Almond Chu was born in Hong Kong. He began his career as a professional photographer and artist in 1986 after graduating from Tokyo College of Photography. He set up his studio in 1993, in the same year; he was awarded Agfa Fellowship Young Photographer Award by Asian Culture Council and stayed on in New York for a while in the same year. Almond Chu worked as a commercial photographer and at the same time he created a lot of artistic photographs.

One can see how Diane Arbus had influenced his first self-portrait photographs in Tokyo with the tones and the colours. He used 120 films to capture himself; the quality was not so smooth. He created his own style after that exhibition.

I saw him in person the day I went to his exhibition. He shared with us his experience on how he had first started his career as a creative photographer. He was put in the category as existentialism in all his photographs because he believes that philosophical thinking begins with the human subject.

At the beginning of the exhibition, the first image was of his dream. He saw the future and the part of himself which exist through his pictures. I also like another one of his works. The photograph has two persons wearing the same suit. Take off the outfit from a person, we lose our personality. We become just skin and bone. There is nothing there to figure out who is who. We are all just bodies and flesh. He's so good at making people exist or not to exist.

He was exploring whether it was beneficial or not to have spent the past ten years of his life being a professional creative photographer and what the past ten years had taught him also would it be advantages to continue on this journey.

Students pressured from school, parents and each other

Nowadays, there are many students who are suffering from study pressure, relationship problems and family pressures in our society. That is why so many teenagers have mental health problems. I would like to mention three problems and will try to suggest on how to solve these problems.

First problem is study pressure: Students know that knowledge is power. They can use knowledge to succeed and to win people therefore they work extra hard in order to gain more knowledge. Many students study extremely hard and do a lot of homework because they want to have a good future for themselves. By putting so much pressure on themselves many students suffer from mental health problems.

Second problem is communication problem: Some teenagers sometimes do not know how to communicate with each other or their parents. For example, if a student is being bullied by others because of miscommunication, the student does not know how to fight back because he/she is too timid. At the same time the same student is afraid to tell the parents or the teachers because he/she is afraid of being bullied even more. All these stress could also cause mental health problem.

Third problem is family pressure: Parents put so much pressure on their children to work hard and to have things they were not able to have or do. Some parents push their children into doing extra-curricular activities such as learning a musical instrument, doing art or dancing. Some of the activities are too difficult for their children or they are not interested in doing it, but parents feel they must do it because they wanted their children to do it. This puts a lot of pressure on teenagers which also may cause mental health problem.

A personal note: I have a friend who suffered from parental pressure. She studied hard and always got high marks for her exam. She always got 100% for her homework. One day for one of the exams she got 99%. When her parents looked at the result they scolded her for not getting 100%. My friend was very unhappy and cried. She also has relationship problem. She is not good at communicating with others so others bullied her. She did not tell her parents, teachers or anyone else. Her parents wanted her to be a perfect girl, to do her best in everything. They pushed her into learning the piano, drawing and she also had to do swimming. She told me she is under so much pressure both from home and from school.

In conclusion I feel schools and parents should not put so much pressure on the students but to guide them and help them as much as possible. When students are under pressure they should ask for help from their teachers and parents and if they feel they could not communicate with them then perhaps they should seek help from social worker or tell their friends about their problems. Communication is so important. Schools should also give guidelines on how to relax when under pressure. If the students do not reduce their pressure, there will be even more mental health problems among the teenagers in Hong Kong.

A decorative graphic featuring a small butterfly at the top, followed by a trail of squares and a larger butterfly below it.

ESSAYS

Title 1:
“If I had 7 days left living in the world”



1A Wong Ching Yee

With seven days left, I know I can't do everything I want nor dream of doing. But even if there are only seven days, I will still dedicate all my time to my family because I love them. I have not been a good girl, but at least I hope I can make good use of the remaining time.

Day one: I would go fishing with my grandpa. Regardless of time, I would learn to be more patient because results don't always come quickly.

Day two: I would help my grandma to plant flowers. Regardless of time, I would learn to be more caring because I love my grandma.

Day three: I would go for walks with my dog in the park. Regardless of time, I would learn to be more responsible because my dog needs me.

Day four: I would volunteer at a homeless shelter with my sister. Regardless of time, I would learn to cherish what I have because I have been lucky.

Day five: I would work hard and get a full score in my school test. Regardless of time, I would learn to be more hard-working because I can do it.

Day six: I would go hiking to watch the sunset with my dad. Regardless of time, I would learn to be more observing because the surroundings can be really inspiring. The sunset is really pretty.

Day seven: I would prepare dinner at home with my mom for my family. Regardless of time, I would learn to smile more because I want to make my family happy.

It is my birthday and they would make me a birthday cake. I tell myself: Don't cry, because even though time has its limitation, it only matters how you make every moment count without any regrets. It is also because I love my family, and I always will.

1C Cheung Tin Yan Michael

If I had seven days left living in the world, I wish my family would stay with me. I love my family.

I would have a trip with my family. I would take a lot of photos with my family. I would eat delicious food with my family. I would buy special souvenirs for my family.

After the trip, I would stay at home with my family. I would not go out again. I would stay at home. I would see all the photos again and again. Also, I would write letters to every family member. I would thank them and tell them I love them.

I would make a meal for my family. We would eat and talk together.

If I had seven days left living in the world, I would not be afraid. Because I try my best to do everything. I love my family. Also, my family love me and stand by me.



2A Ng Tin Na

If I had seven days left living in the world, I would use them to realize one of my dreams.

I love my parents very much because they sacrifice a lot for me. I know they want to have a taste of Western cuisine but because of its high price, they do not have the opportunity to do so. My dream is to prepare a full set of Western cuisine consist of beef, soup, salad and dessert for them.

To implement my plan, firstly I would go to TsimShaTsui Peninsula Hotel to implore the well known chef Mr. Davidson to teach me how to make the cuisine.

Then I would go to the supermarket to buy all the food and ingredients such as lemon, beef, cabbage, spice, olive oil, onion, cheese, potato etc.

On my last day in the world, I would prepare a full course of Western cuisine according to what I have learnt from Mr. Davidson for my parents. I would also decorate the dining table with flowers and table cloth since my parents like flowers very much. On the table I would light up two candles and put all the dishes around them.

I believe that my parents would enjoy the food because this is the first time, also the last time, their daughter cooks for them.

2C Cheung Ka Man

God has given us life and it is a very precious gift. Life is not something we can control. We are just custodians of our lives. One day we need to give our lives back to God. If I had seven days left living in the world, I would cherish the time I have to do what I want to do.

On the first and the second day, I would go to my primary school to thank the teachers who cared for me so much over the past six years. Whenever I encountered any difficulties or was unhappy, they always helped me, comforted me and encouraged me. Then, I would walk around the primary school, reminisce the simple life we had with my classmates.

On the third and the fourth day, I would hang out with my friends. We would go shopping, eating, watching movies, etc. I want to dress up beautifully, eat contentedly and will watch movies that I had been looking forward to watching so I would feel satisfied leaving this world.

On the fifth and the sixth day, I would go home to be with my parents and all my relatives. I would give them all my savings. I would take them to travel so that we could spend warm and happy moments together. I hope they would live happily forever.

The seventh day is the last day. I would travel to Hokkaido, lying on a beautiful lavender flower bed. I could look at the blue sky and the yolk like sun during the sunset while waiting for the end of my life. My eyes would close when the sun sets slowly behind the hills.

3A Yang Yun Ting

One day, I went to see the doctor. She told me I had cancer. I only have seven days to live. So I decided to do something.

If I had 7 days left living in this world, I would do lots of things I haven't done before.

On the first day, I would like to go to the city where my idol lives. If I am lucky enough, I will go and see his performance. If I could, I would go and visit him. This is one of the things I would like to do.

The second day, I would go travelling and try to find happiness and experience different culture.

On the third day, I would like to go back to my hometown to spend time with my friends. I would try to find all of them because this will be the last time I would see them, talk to them and spend time with them.

On the last few days, I would do meaningful things such as spending time with my family, because I love my family. I want to spend my last few days with them, so I would not have any regrets.

On my last day, I would like to spend that day alone at home. I would like to remember all my happiness and all the bitterness I had.

People who have a long life should love their family, friends and themselves. They should not waste time on un-meaningful things. Maybe my biggest regret will be I would not be able to spend longer time with my family. To grow up, get married and have grandchildren for my mother and father.

4B Yang Pei Yi

If I had seven days left living in the world, I would feel disappointed, sad and overwhelmed by the negative emotions from my mind. These feelings all come up after the doctor tells me that I have lung cancer and it is incurable.

I am too stunned that my brain is empty and my face is as white as a piece of paper. It is like a big joke to me. I can't accept the reality. What did I do wrong? This question haunts my mind and I am so desperate for an answer.

Walking along on the beach alone, I stare at the waves thinking deeply "The sea has the waves, our life also has its ups and downs. Everyone needs to go through life and death. It's just a matter of time. Only this stormy wave of my life has come too early for me. Leaving my parents, my friends, my teachers and losing my 16-year family bond and friendship, I will be nothing."

I think I have a lot to make up in the next seven days for my past mistakes. In fact, I will like to thank my parents very much for their sacrifices. When I was sick, they sat beside my bed and took care of me day by day and night by night? They truly are good parents. They cooked for me and tidied up my bedroom every day. They love me more than I love them and I never showed my love to them. Now I want to repay them during the final days of my life by being a good daughter and being their servant.

After years in school, I buried myself in my studies, doing homework and preparing for my future. That was my whole life. I have seen the sun rise and set it was a matter of course, but I never appreciated it. I should wake up early to watch the sunrise for the every remaining day. I will take this treasured memory when I leave this world.

I am not afraid to die. I remember my mother told me when people die they will start a new life in the night sky. Surely, my grandfather will be waiting for me. So I will not be afraid. I regret that I would not be able to take care of my parents in their old age. What could I do without admitting about my miserable fate? I would be the brightest star as a guardian up in the sky for my beloved family, my true friend and my respected teachers.

God shaped the whole world in seven days. That is a whole week. Now I have seven days left to live. I search my soul as how to shape the last seven days of my life. I don't feel sad about this because I have had an amazing short life. However, there are few things I want to tidy up before I leave.

I need to apologize to people who had touched my life.

First of all, I need to say sorry to my parents. I feel I have been a disappointment to them. I know during my short life, I have frustrated them and angered them but they always forgave me. I am sorry to have to leave them. Again I feel I have saddened them by dying so young. I know both of them have always loved me more than anyone and have high expectations of me, but to no avail, for I have only seven days left living in this world.

Secondly, I would like to apologize to my teachers. They have taught me lots of things, not just from the textbooks, but also morals, values of life and also life skills. Besides teaching me, they patiently took care of me too. All the things they did for me made me a better person. I would have liked to return the favour, but it seems I couldn't do it because I have only seven days left living in this world.

Thirdly, I feel my friends also deserve an apology from me. They all have been there for me. Whenever I was upset, they lifted me up, they shared their joys and their funs with me, but I have not always been there for them. I wish I could make it up but I only have seven days left living in this world.

I also need to thank those who had touched my life.

I would like to thank my parents for being the best parents ever. They nurtured me and loved me no matter what. I would like to thank my teachers for cultivating my mind. I am grateful to my friends for being so good to me. There is also someone special I would like to thank and that is God. Thank you God for giving me a fantastic life.

No matter the length of time one lives, as long as that person was loved and had a full life. God gave me the best. He gave me the best parents, teachers and friends in this world. God let me be born in a wonderful family, grew up with great schooling and friends. I have extraordinary memories, I have nothing to regret or blame. I have had a really full life. That is the most important thing.

God took seven days to shape the world and he gave me seven days to be thankful for what he had given me. So, thank you for giving me a whole week to do all the things I wanted to do.

A decorative graphic featuring several butterflies of different sizes and shades of gray, along with a trail of small squares, arranged in a vertical, descending pattern.

Title 2: **Traditional vs. Western Culture**

5C Lam Chun Hei

I am sure this topic has mystified many people around the world for generations. We are not told which traditions to write about in this essay so I have decided to choose Hong Kong for my comparison. I am a typical Hong Kong person. I was born here therefore I feel I am in authority to comment on both Hong Kong and Western culture here in Hong Kong. I feel Hong Kong is a unique place because it was ruled by the East then the West and now back to the East again. Two completely different cultures.

In Hong Kong, we experience both Chinese and English cultures. In the past, there were lots of disagreements between Chinese and English cultures for us in Hong Kong. Some of us wanted to keep the Chinese culture and traditions, but some of us wanted to absorb all the English way of life, we had many conflicts with this, but in the end, no one culture won because Hong Kong people kept both cultures and blend them into a new culture. Therefore we have an amazing lifestyle. I will present to you three examples.

Firstly, how we Chinese celebrated our birthdays in the past, and how we celebrate our birthdays now. In the past most Chinese people did not celebrate birthdays until a person was mature around the age of 60. Then we would hold a party in a restaurant and invited many relatives and friends. Nowadays we celebrate every birthday. The foods we eat nowadays on our birthdays have changed as well. In the past, sometimes adults would have birthday buns and children would have a red-dyed egg for their Birthdays, which were traditional foods for birthdays in China. But nowadays in Hong Kong people would have the bun, the egg and also Birthday cake on their birthdays. As you can see we will preserve both cultures when it suits us.

There was another Chinese tradition and that was people's preference to sons. A man would be respected but not a woman. In

the past, men always walked in front of women, also women could not go to ancestral halls. Unfortunately there are some in Hong Kong who still practice this tradition these days. Luckily now most of us believe in equality for both men and women. We will change our culture if it is good for our society

The last point I would like to mention is the most celebrated Chinese tradition, which we do not practice much now, it is writing with ink brush. Chinese used the ink brush to write for centuries, it is our traditional writing instrument. The characters written with ink brush are very beautiful. But regrettably ink brush is not in common use now. Even if we do not use it much we have not lost this art of writing. We teach primary students how to write with it also it is popularized as a form of Art such as ink splatter and ink wash paintings. Because it is a great tradition we kept it.

There are many meaningful Chinese and English cultures. In Hong Kong over the years we had many conflicts between the two. Some liked the East and some liked the West. Over the years we felt that there are special characteristics in both cultures. We also felt that neither one of the culture should be lost therefore we blended the two together which is uniquely Hong Kong culture. Perhaps we can call it Honglish culture.

Easter Acrostic Poems

Eating Easter eggs is very happy.
An Easter egg is very yummy.
So everybody likes Easter.
They are going to buy flowers.
Enjoy eating the Easter eggs.
Rabbit is in the Easter basket.

1B Chan Chun Yin, Matthew

Eggs are for Easter
All things are colourful
Share joy and play
Teach you and say
Easter, Easter, Easter
Remember we all love each other

2A Ng Tin Na, Tina



Everybody likes to eat chocolate eggs
And everyone likes Spring
Some like lilies, some like tulips
Together come to enjoy Easter
Eat candies and eggs
Remember to keep fit



3B Chan Chun Ming, Kenny

Easter is a great time for children
As we all come together
Sit down to make Easter eggs with us
To make all the children have a smiley faces
Eat the Easter eggs with family
Remember how happy the Easter is with us

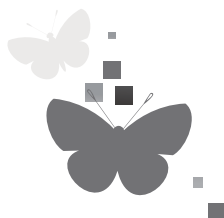


4B Chan Hoi Lee, Helen

Every day is a surprising gift
A celebration of God's resurrection
Spring is a wonderful time of the year
To meet someone new
Enjoy every single moment of life to
Reborn your life everyday



5C Lo Chun Er, Steven



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