



2024年6月號



面紅耳赤的面孔，不知所措的動作；身旁不斷地傳來「不愛聽」的聲音，嘴邊同時也不甘示弱地回應著那些聲音。目光又回到這張高分的試卷，他們不知此時我心裡卻早已樂開花！努力抑制住激動的情緒，心裏的笑容始終綻放而不讓人偷瞞到。看似不耐煩的臉替我的內心向他們回應：「這分數哪裡算高呢？」

試以1001150字描述當眾被稱讚的感受。

3 B 陳金城



當一個人被當眾讚美，無疑是一種享受，就像是社會地位在轉眼高升了，好比站上帝皇的高位。人羣中投來尊重、驚訝、妒忌等眼光，那些就如來自天堂的聖光，不斷洗滌著你的肉身，彷彿與耶穌般重生；全身上下每一個細胞都在沸騰，就像打了興奮劑，全身燥熱；如成為了帥氣的郭富城，俯視眾生。

試以1001150字描述當眾被稱讚的感受。

3 B 鄭日嵐



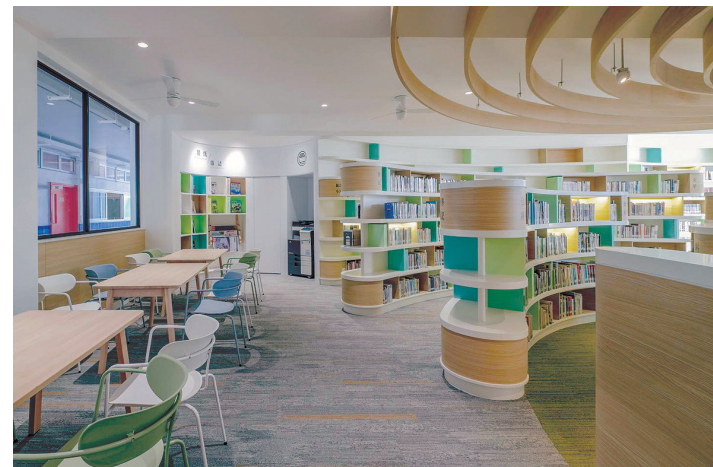
陳黃文采



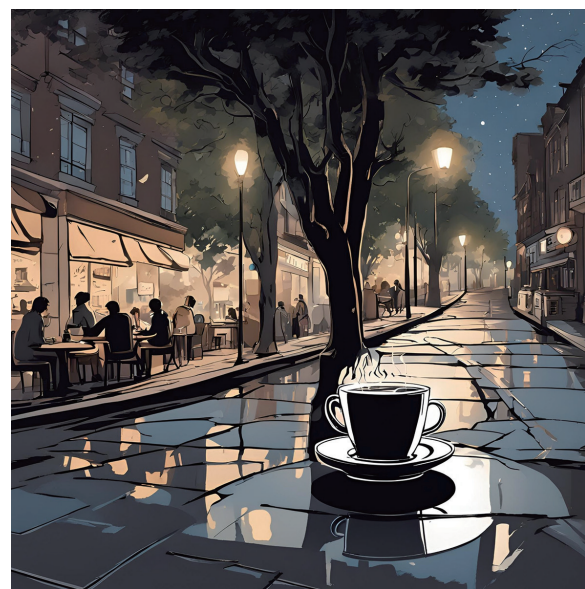
試以1001150字描述一個令你印象深刻的陳黃地方。

提起熟悉地方，在陳黃，那便是圖書館。有人就問道：「甚麼原因讓你對圖書館的印象那麼深刻？」

一次冬天的時候，跑完老師交代的任務，因為在樓層間上下來回跑，又是冬天，全身發冷抖顫，上到圖書館值日，一進去整個圖書館像在燒柴火，很暖很舒服，今天沒甚麼學生借書，正當往桌上一伏，有個東西撞到我的腳，低頭看見是個呆呆的掃地機器，之前慘被碰頭，踢到腦袋，差點掃著地把自己掃出去。其實不只是一件小事才對圖書館印象深刻，每天的光顧和故事對圖書館多一份認識。



5 C 楊佩雯



也跟著樹葉的擺動搖晃身姿，揉碎了那路人們的喜怒哀樂，摻雜進眼前的這杯咖啡中。

倒影裏，映出杯前人數清的情緒，端起咖啡，初嚐覺得苦澀，再飲竟覺得香醇，是已經習慣生活的苦，只希望透過這杯咖啡，舒解心中的結。

夜晚的街上，
人來人往，每一個
過路的人都埋藏著
各目的心意。窗外
樹影婆娑，路燈照
出的光綫從樹葉縫
隙間穿過，迷迷散
散，一塊又一塊的
光斑打在玻璃前，
隨著晚風吹過，樹
葉沙沙作響，光斑

Your teacher has asked you to write a one-sided argumentative essay on the topic 'Technology is good for students'.

3A Luo Jing Fang
Teacher: LHL

Technology: A Game-Changer for Student Learning

Is technology good or bad? Nowadays, technology is growing fast, and many students use it for fun, making their lives much easier. I believe that technology brings more benefits to students and can empower students in unprecedented ways..

First of all, technology helps students study more effectively and efficiently. For example, they can take notes on their iPads or computers, and there are numerous educational apps available to help both teachers and students in the learning process.

Secondly, technology helps students learn regardless of their time and location. There are apps that provide platforms for students to attend classes or participate in online discussions. This addresses the issue of learning disruptions when students are sick or unable to go to school.

Last but not least, technology offers the opportunity for students to create personalized learning methods and tailor their own curricula. Online institutions provide virtual lessons, allowing students to choose their preferred learning style, such as one-on-one sessions. Additionally, students can use technology to develop their own study plans, set goals, and track their progress on their iPads or computers, thus enhancing their study habits.

In conclusion, technology can significantly aid students in improving their study skills. When used correctly, the benefits of technology outweigh the disadvantages for students.



Write a restaurant review

Restaurant name: 1968 Bistro	Date of visit: 13 th April, 2024
Location: Sham Shui Po	Hours: 7 a.m. – 11 p.m.
Price: \$100 - \$150	Type of food: Western
Food: ★★★★★	Variety: ★★★★★
Service: ★★★★★	Price: ★★★★★



1A Law Tsz Pong
Teacher: CLW

I went to 1968 Bistro on my birthday with my family. We chose this restaurant because it served Western food and I'm crazy about pork. I heard the pork there was very good.

The menu offered a lot of options, and it was unique. The food sounded so savory. We ordered a U.S. Angus beef burger with pineapple, smoked salmon spaghetti with herb cream sauce, and slow-cooked Canadian pork rack. When the food arrived, we were surprised. The portions were very big!

I poured the sauce on my pork rack and cut it into small pieces. It was delicious. The taste was indescribable!

Overall, the service was great. The waiters and waitresses were friendly and knowledgeable. Although the food came slowly, it was worth it. We spent about \$700 at the restaurant. The price was reasonable.

I highly recommend this restaurant if you like pork or steak. I'd definitely go back again.

A recent survey has found that Hong Kong has the longest working hours in the world.

You are Chris Wong. Write a letter to the editor expressing your views. Describe the situation. Discuss the negative effects of the 'work till you drop' culture. Explain why it is important to maintain a work-life balance.

Dear Editor,

I am writing to express my views on the recent survey findings of Hong Kong having the longest working hours in the world.

The main reason making Hong Kong having the longest working hours is the 'work till you drop' culture in Hong Kong and the negative effects it brings. 'Work till you drop' literally means working till you collapse an unsustainable way of working.

Risking your mental and physical health for work is sadly a common occurrence in Hong Kong with the long working hours and heavy workloads. People sacrifice their lives for work to lead a better life, thinking that it will pay off in the long term. Making ends meet is also becoming more challenging for Hong Kong people with the rising inflation. The combination of factors might actually lead to people dropping dead left and right.

Overwork is not only attributed to employees' decisions but companies and employers' compulsion. Companies extend working hours for everyone. Bosses increase the managers' workloads, then managers push the employees to cope with the extra workloads, a cycle of never-ending workloads for everyone. Unfortunately, companies disregard employees' enormous workloads, they only contemplate maximizing their profits. If there is a drop in profits, the will increase the workload.

That is why maintaining a good work-life balance is a must for busy people in Hong Kong, defined as spending an equal amount of time on work and non-work activities. Work-life balance has proved to be beneficial to your physical and mental health.

Nevertheless, only thinking of a work-life balance is useless, you need to take the initiative and plan ahead. To leave work at a set time is good enough for a start, as overfocus on a good work-life balance is detrimental to your well-being.

Yours faithfully,
Chris Wong

5B Ng Tsz Kit
Teacher: WKK



You are writing an email to your friend in Australia about Hong Kong food. Write an email about some of the different kinds of food he or she can eat in Hong Kong.

2A Yeung King Hang
Teacher: CTF

Hi Torres,

How are you doing in Australia? Do you want to come to Hong Kong sometime? There is lots of delicious food here. Let me introduce you to some.

Here are some of my favorites: Dim Sum, it is one of our cultural dishes here in Hong Kong. It includes dumplings, steamed beef balls, siu mai, and more. We usually have these for breakfast.

When you're in a hurry but haven't eaten yet, try some of our famous snacks. Curry fish balls are savory and spicy snacks that are cheap and tasty. Also, have you tried stinky tofu? Despite the name, they are really delicious. They are fried and served hot, and they can be quite addictive. Another favorite of mine is wife cake. It is a soft bun filled with sweet winter melon paste, and you can find it in many restaurants in Hong Kong.

Now, onto the main dishes. Hong Kong is famous for its seafood. When prepared with the right ingredients, they are served fresh and aromatic. Steamed shrimp is a popular choice, and it tastes even better as you dig in. One of my personal favorites is spicy fried crab. It's mouthwatering and full of flavor. Another classic dish is steamed fish, simple yet delicious. Although it can be a bit pricey, it's worth it for a special occasion.

After a satisfying meal, if you still have room for dessert, Hong Kong has some fantastic options. Mango sago soup is a must-try. It may look plain, but the taste is exceptional. Another sweet treat is sweet potato soup, perfect for those with a sweet tooth.

That's all I wanted to share. I hope you can visit Hong Kong sometime and experience these amazing dishes for yourself.

Take care,
Alvin

Complaint about Poor Condition of Holiday Flat

4C Chan Ching Tung
Teacher: NYM



Dear Mrs. Lee,

I am writing to express my disappointment with the recent experience my friends and I had last weekend in a holiday flat. I took this photograph of the flat when I arrived. I feel compelled to bring this matter to your attention in the hope that appropriate actions can be taken to rectify the situation.

To begin with, I was shocked by the room condition of the flat. The flat was extremely filthy, and the place was messy. It was evident that the flat had not been properly cleaned for quite some time, and it made our trip unpleasant.

Furthermore, I was scared by the flat being filled with cockroaches. The flat was messy, with cockroaches crawling around, and the HVAC system was malfunctioning. The flat was not maintained.

To address this issue, I would like to suggest a few solutions. Firstly, it is imperative that your company conducts regular inspections and cleans the flat regularly. Secondly, it is essential to find a pest control company for cleaning.

I sincerely hope that you take my complaint seriously and take immediate measures to improve the quality of service provided by your company. I believe that by doing so, you will not only regain my trust but also the trust of many other dissatisfied customers.

Yours sincerely,
Chris Wong

You and your friends want to join some online fitness classes. You are going to write an article on online fitness classes. In your article, talk about advantages of online fitness classes, things to consider when choose an online fitness class, whether online fitness classes will continue to be popular

4A Tse Man Hin
Teacher: CC

Online fitness courses

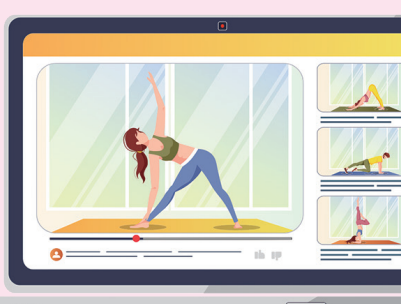
In this day and age, more and more citizens start valuing their physical and mental health. As a result, they may want to join some fitness classes in order to maintain a healthy body. With the advancement of technology, many online fitness courses have gained popularity among the general public. According to recent research conducted by the Consumer Council, over 70% of fitness course customers prefer online lessons to face-to-face approaches. Therefore, most of the bricks-and-mortar stores have been replaced. Meanwhile, online fitness classes have become a prevalent trend. Why are they willing to attend online fitness classes?

In the first place, online fitness classes bring a lot of convenience. Customers do not need to travel long distances to the training venue. It is so convenient that they just need to access online lessons via their electronics and communicate with coaches. Moreover, customers do not need to worry about whether bad weather will affect their courses. Despite adverse weather conditions sometimes, customers can join the lessons as usual. That's why online courses are more convenient than conventional courses.

On the other hand, so flexible are online lessons that customers can choose to participate in the relevant lessons according to their own preferences. It offers flexibility for customers to set up their individual schedule and make the most of their time. There is no limitation of joining courses, no solid location and no fixed time. Customers can attend classes anywhere and anytime. Therefore, online courses can provide diversity for learners.

In spite of a variety of merits, there is still something to take into consideration. When choosing an online fitness class, you have to be careful. Little do the public know fishy websites appear ordinary on the internet, so they may mistakenly click on the link to the fake websites and leak their personal information. Worse still, some may even fall victim to online scams, resulting in terrible suffering. Secondly, you have to be concerned about the cost and whether it is reasonable or not. You have to assess both the price and the quality of training. Thirdly, you have to refer to the relevant comments written by previous participants. Not only do they provide valuable and vital references for you, but they also help reflect the efficiency and quality of the courses.

Without hesitation, I would say that online fitness classes will continue to be popular. Living in a city of hustle and bustle, we have to race against time and make good use of every second. There is no point in wasting time. Hence, online fitness classes can not only save us much time but also help us keep a healthy body. Needless to say, nowadays, those who want to keep fit will definitely prioritize online fitness courses over conventional training.



假如我是小鳥

2 A 王傑杰

一望無際的天空，鳥兒正在無拘無束的翱翔著，牠們沒有世俗的束縛，沒有羈絆，沒有負擔。假如我是小鳥，我會過上什麼樣的生活呢？

假如我是小鳥，我將展翅高飛，在雲層之間來回穿梭，追逐陽光，伴隨著柔和的微風，感受自由的氣息。

假如我是小鳥，我會飛到姹紫嫣紅的花田中品嚐花蜜的甜美，飛過蒼翠森林去探索大自然的奧秘，飛越山巔俯瞰繁華且美麗的世界，當我感到疲憊，我便會站在枝頭停歇，并趁此高歌一曲，演奏動聽的旋律。

然而，作為小鳥的我將會面臨許多挑戰。我要躲避獵人的槍擊，我要避開人類的捕捉，我要小心貓頭鷹的追捕，避免失去性命。在這殘酷的叢林法則裡，只有適者才能得以生存。

到了寒風凜冽的冬季，我便會與同伴們往南方飛去，尋找溫暖的棲息地，躲避寒風的侵襲。

我們應勇於克服困難，當我們經歷了磨難後，便會涅槃重生。如果我是小鳥，我會珍惜生命，張開雙翅在蔚藍的天空中留下屬於自己的痕跡。



冬天

4 D 陶心言

我喜歡韓國的冬天，冬天會下雨，有刺骨的寒風，到處都是白皚皚的一片，很美像仙境一樣。冬天刺骨的寒風總能讓我躁熱的心平靜下來，而且冬天白雪能潔淨心靈，讓所有不快遺忘。看著大街上光禿禿的樹枝，冬天為它們披上一層又一層的雪白外衣。這時，我將為來年的春天長出新的嫩葉而感到欣喜，欣賞著這一片冰天雪地，又盼望著春天的來臨，有誰不喜歡韓國的冬天呢？



Green Club's activity: reduce food waste

4A Li Wai Kong
Teacher: TLY

Dear Editor,

Last week, the school Green Club held an event to reduce school lunch waste. We encouraged students to join us in this goal and the event was a great success. Since then, students have been reducing their lunch waste. Our Green Club's objectives are to encourage students to reduce lunch waste and raise their environmental awareness. To achieve this, we organized an environmental lecture to educate students on how to reduce lunch waste and why it is important.

According to a 2021 report published by the World Health Organization (WHO), 8-10% of global greenhouse gas emissions are associated with food that is not consumed, exacerbating climate change. Additionally, the report revealed that over 800 million people are suffering from severe malnutrition. Therefore, it is crucial to educate students on reducing school lunch waste. To achieve this, the Green Club designed events to raise students' environmental awareness.

To encourage students to reduce school lunch waste, we asked them to finish all the food in their lunchbox and then bring it to their teachers for inspection. If students wasted less than 35g of food within a week, they could receive rewards such as an exquisite notebook or an eco-bag. The event was a great success, with high levels of student participation. According to a questionnaire, over 80% of students enjoyed the event, even though it was mandatory.

According to data, our school used to produce 150 to 200 kg of food waste every week. However, after the event, this number significantly dropped to 50 kg per week. Furthermore, students reported feeling more motivated to finish their meals after realizing the importance of food. This event had a remarkable impact on reducing waste and creating a positive atmosphere at the school.

Due to the success of this event, we will continue to hold similar events every month. If you are interested in our future events, please follow us on Instagram or Facebook to receive timely notifications.

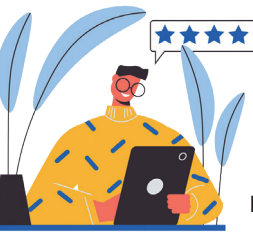
Yours faithfully,
Kong Li
Green Club.



In recent years, e-books are gaining popularity.

Write an article about what e-books are, the advantages and disadvantages of e-books and whether e-books can replace print books.

4D Lee Sze Wing
Teacher: WKK



Nowadays, a lot of students and teachers use e-books electronic books. With the development of technology, a lot of students have their own electronic devices. They use e-books to learn and do revision. Besides, teachers use e-books to teach. E-books have many functions. Teachers can use e-books to share their notes with students.

There are many advantages of using e-books. E-books are convenient to use. They are portable. Print books are very heavy. If students use e-books, they will not have to wear heavy backpacks to school. It is beneficial to their spine health. E-books are very useful because they have many functions. It is convenient for students to use e-books to do revision as they can access extra information more easily. Besides, e-books are environmentally-friendly because paper is not wasted to make textbooks. Students can download e-books using their iPads.

However, using e-books also has disadvantages. If you use e-books, you should buy electronic devices, which can be very expensive. Users should also pay the license fee. Besides, long screen time is bad for your health. It harms your eyesight and leads to short-sightedness. Moreover, using electronic devices around bedtime can affect sleep patterns. Users may not be able to sleep well. Worse still, electronic devices can emit radiation, which can be detrimental to health.

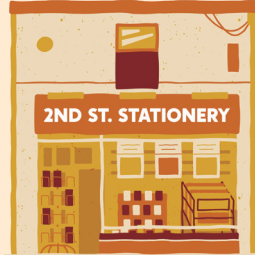
I believe e-books can replace print books. In this day and age, a growing number of students have their own iPads. It is convenient for them to use e-books. Students do not need to go to book stores to buy the latest edition of textbooks. Also, in order to protect the environment, more publishers will go paperless. If we use e-books, fewer trees will be cut down to produce paper for textbooks. As e-books are convenient and environmentally-friendly, they will replace print books.

In recent years, the number of small independent stationery shops in Hong Kong has fallen.

- Write a news report for the Hong Kong Post

- Explain this trend and discuss whether independent stationery shops can survive

4A Lam Tsz Ki
Teacher: CTF



The Downfall of Independent Stationery Shops

Over the past few years, there has been a drop in small independent stationery shops in Hong Kong. According to the Census and Statistics Department, chain stationery shops' market share is more than 70%. They are ubiquitous, but independent ones are nowhere to be seen nowadays. What is the reason for the current situation?

The first cause of the decline is the redevelopment of housing estates and the demolition of traditional malls. New malls, with significantly higher rents, require independent stationery shops to fulfil harsher terms so that they can operate there. In fact, many independent stationery shops shut down with the redevelopment of public housing estates. "New malls' rent is too expensive, and during the past 3 years, over 60% of the running cost goes to rent. I almost have no income to maintain the basic livelihood of myself!" said Sam, the owner of an independent stationery shop.

The second reason for the decrease is the change in shopping mode. Over time, independent stationery stores have become the second option for young people who prefer a better shopping environment. Therefore, chain stationery stores, which are more accessible and have better marketing strategies, become young people's first choice when they need to shop for stationery. The immense capital input for chain stores has made logistics more efficient and largely expanded the selection of products. This largely satisfies young people's need for a shopping experience.

The decline of independent stationery shops in Hong Kong is believed to continue due to urban renewal. First and foremost, the target customers are fixed in quantity, while stationery shops that look for ways to be profitable are in competition. Chain stores easily attract customers with their marketing budget. In contrast, independent stationery shops are obscure, with young people hardly noticing their existence.

Apart from the above reasons, young people's lifestyle and mode of shopping also contribute to the decline of independent stationery shops. Nowadays, online shopping has become immensely popular, especially after the pandemic. Unfortunately, it is costly to build and maintain a sustainable online shopping website. Therefore, it is alarming for independent stationery shops as their prospects in online shopping become pessimistic. It is for this reason that the need for physical stores has declined. Independent stationery shops will be eliminated and replaced in the long run.

All in all, it is expected that independent stationery shops in Hong Kong will continue to decline.

Should PE lessons be cancelled?

5A Mok Tsz Him
Teacher: WCY

Dear Editor,

I am writing in response to the discussion suggesting the cancellation of PE lessons to provide students with more time to study. As an ordinary secondary student in Hong Kong, I do not believe that this proposal would bring any benefits to students.

From a physical standpoint, students already struggle to get adequate sleep. They are burdened with countless tests, examinations, and a significant amount of assignments. It is common in our society for students to study late into the night, resulting in a lack of sleep. Consequently, their academic performance suffers due to fatigue during class. If PE lessons were removed from the curriculum, another academic subject would likely replace it, only adding to the students' academic stress.

Furthermore, engaging in sports is not only beneficial for physical health but also plays a crucial role in academic success. Research has consistently shown that regular physical activity has a positive impact on academic performance. It has been linked to improved memory, attention span, and problem-solving skills. When students participate in sports and exercise, they increase blood flow to the brain, which enhances cognitive function. This, in turn, can positively impact their ability to understand and retain information, leading to better academic performance.

In fact, having PE lessons does not have a negative impact on students' overall performance. On the contrary, it aids in better learning and leads to improvement in their studies. Therefore, PE lessons should not be cancelled.



Yours sincerely,
Chris Wong

校歌

在夏天相過，在春天告別。中六的師兄師姐們要畢業了，開始公開考試。

4 B 朱靜

前幾天，在走廊上可以看見很多師兄師姐在拍照，在相互寫校服，他們是在收集在陳黃六年的回憶。當然讓他們印象最深和最難忘的一定會是校歌吧！離開了陳黃就再也聽不到悅耳和代表青春回憶的校歌了。

從中一到中六，一定唱過無數次校歌吧？一定是中六快要畢業的那幾天，才會唱出最認真和帶有回憶的校歌吧！我們要好好珍惜每一次唱校歌的機會。我問中六的師姐：「現在對於校歌有甚麼感想呢？」她說：「自從中一來這裏，我用了好幾個月時間學會唱校歌，但懂得校歌的旋律和韻味卻是在中六最後一次，在即將畢業的最後一分鐘用校歌向母校、向老師和同學告別。」

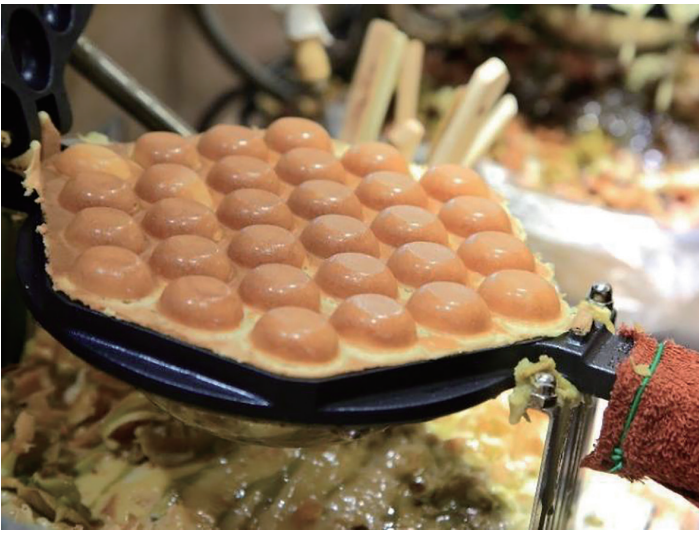


我們每周都會有唱校歌的環節，校歌不僅僅是校歌，它陪伴我們成長，記錄我們點點滴滴。畢業後聽到熟悉的旋律時，還會想起陳黃每一段早會時的經歷嗎？校歌承載著我們對未來的憧憬，激勵著每一位同學勇敢前進。

香港地道美食

3 D 羅俊銘

向大家推介香港地道小食——雞蛋仔。此小食發源於五十年代的香港，特點就是外脆內軟，其製作方法十分簡單，只需將雞蛋、白砂糖、牛油、麵和淡奶混和而成一團蛋糊，傳統的做法就會將蛋糊倒在鐵製模具上，再放在炭火上烘烤，但近年為節省成本及安全，大多改用電爐。迎年來很多商家推出了很多新口味的雞蛋仔，例如茶味、香芋味、伯爵茶味和香蕉味，更有商家別出心裁，推出雪糕雞蛋仔，真是創意無限。如果下次有朋自遠方來，親臨香江品嚐本土風味，可以建議他們試試雞蛋仔，喜歡懷舊的可以嘗試原味，喜歡試新東西的可以試試其他款式，也是一番體驗香港風味的飲食體驗。



生活需要足球

1 D 陳鈞灝



「波係圓嘅」香港著名足球評述員伍晃榮曾經說過以上一句說話。足球除了圓之外還走向我的生活，走向很多人的生活。我的生活需要足球。足球很重要的。每天我們這些學生都要面對很多繁重的功課壓力，在課餘時間大家都需要放鬆。我會建議足球這個選擇。你可以踢足球，也可以看足球，更可以玩足球遊戲。足球不單是個人的娛樂，更是一件有趣的社交聚會，參與足球比賽除了可以在競技過程當中提升大家的友誼，更可以強身健體，和朋友而觀看足球比賽，更是一個很好的聊天機會，大家也可以在看足球時大聲歡呼，發洩情緒。足球在我世界不單止是一種運動，還是我的一個夢想。我希望成為一個足球員，我對這個夢想努力訓練、努力學習、努力做人。如果沒有足球，只有死板的校園生活。幸好我兒時有了足球這個夥伴令我在學業以外的時間找到真正的樂趣，豐富了我的人生。

1A 李駿晞、徐傲汶



1A 姜雅瑤



1A 王梓恩



1A 方明希



1A 沙恩琦



1A 黃珮珊



1A 袁紫裴



1A 梁梓晴



1A 劉穎霖



1A 黃心頤



1B 鄭安晴



1B 梁卓超



1B 衛芷頌



1B 葉曉澄



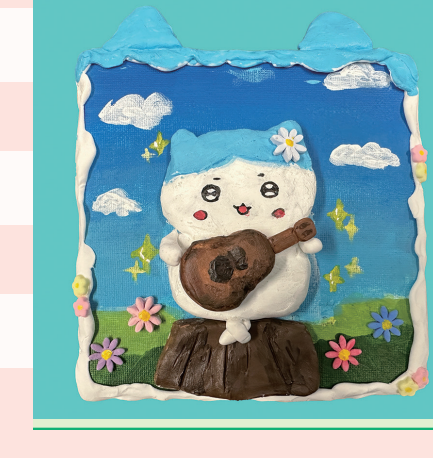
1B 郭穎彤



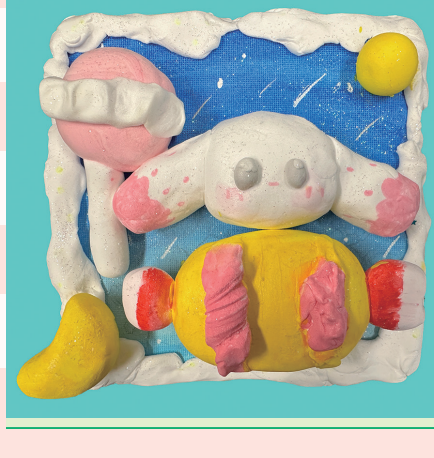
1B 凌心怡



1B 郭宛霖



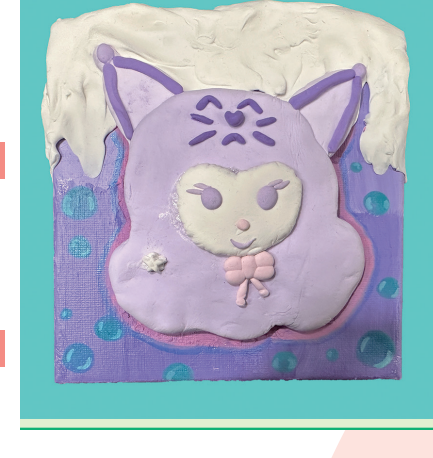
1B 何紫澄



1B 劉嘉綺



1C 盧卓悠



1C 尹穎澄



1D 陳諾欣



1D 陳鈞灝、蘇裕源



中一級視覺藝術科

《我的兒時玩伴》輕黏土浮雕創作

在這次中一級同學的《我的兒時玩伴》創作中，同學們通過輕黏土浮雕，向我們展示了他們對於童年最喜愛的卡通人物的熱愛與回憶。同學運用不同的手捏塑形技巧，精心細微地塑造出各自兒時喜愛的卡通人物造型，創作出充滿個性與情感真摯的浮雕作品。