

Abolition Or Addition?

(by Cheung Ho Ying F.5A)

Dear Editor,

I am writing to express my views on removing PE lessons from the curriculum so that students can concentrate more on academic subjects. With this in mind, I definitely disagree.

First, removing PE lessons does not mean that students can concentrate more on academic subjects. More academic lessons such as English and Mathematics only increase their burden in learning. They may even hate these subjects, so they may turn away from them. Also, they may nod off if they feel bored. Therefore, removing PE lessons is causing adverse effects.

Second, the original intention of having PE lessons is to provide a good period for students to relax. Doing exercise is a wonderful way for students to release their negative feelings such as frustration or depression. It is much better for them to release stress than bottling it up. Students always have a lot of tests and homework. Having PE lessons provides a chance for them to take a break and do more exercise. Subsequently, having PE lessons is beneficial for their health. It also helps to develop our new interest because students can choose what sports they like to play in PE lessons.

Third, PE lessons provide opportunities for students to meet more new friends. In normal lessons, students often work on their own. They do not work with others except doing projects. In PE lessons, they work as a team when they are playing basketball, football or volleyball. Consequently, they can learn team spirit and communication skills from it.

Some people claim that PE lessons are wasting time. It is very important for students to get high marks in the public exam in order to get into a good university. However, being involved in extra-curricular activities is one of the most important considerations when enrolling in university.

In my opinion, the disadvantages of removing PE lessons outweigh its advantages. I believe that we all can understand what is right and appropriate for students. We must not abolish P.E lessons, indeed, we should add more if we can.

Yours truly,
Chris Wong

Why Comic Books Are Worth Reading?

(by Chong Hon Paai F.5A)

Many people have read comic books before as they are not only a brilliant form of entertainment but also a platform for teens or even adults to escape from reality. However, I realize that the effects of reading comic books are actually even more beneficial. Comic books provide us with an interesting way to learn and expand our imagination.

Firstly, reading comic books can spark off our imagination. We often indulge ourselves in the world of comic books, where ordinary people are able to do extraordinary things and accomplish missions when reading them. This is always illustrated by some of the renowned superheroes, for example, Superman. This has captivated us with the ideas of possibility; no matter how crazy and impossible it is. It leaves us with imagination, which lingers in our mind. The best thing about this is that you will never be too old to read a comic book and immerse in your own world of imagination.

Secondly, comic books are indeed very entertaining to read. I personally find the idea of reading a book dull; this applies to any kinds of books, except for comic books. Comic books usually have very rich contents, which include the storylines, pictures and dialogues among characters. We are all visual creatures who like to see pictures that are more stimulating. When it comes to comic books, we often find ourselves being attracted to the visual stimulus of the comic books that can capture our attention. The pictures draw our attention and define a wondrous world of adventure and intrigue. We always anticipate to get the next ticket to enter this virtual reality.

Last but not least, reading comic books helps us to learn and embrace different cultures. Comic books always reflect our society, culture or a particular social issue. For example, the comic book, “Black Widow”, breaks down gender inequality and illustrates the idea of feminism: what men can do, women make no exception. We absorb and embrace ourselves to different ideas and cultures via reading comic books.

Comic books are worth reading, regardless of their contents and ideas. They are a great form of entertainment which painlessly teaches us important things since they usher us to learn outside the book. We should all pick up a comic book and immerse ourselves in the world of imagination and recreation.

A Day Without Air-con

(by Lee Wing Yee F.5A)

“May I switch on the air-conditioner?” You may always hear your friends ask this question in sizzling summer. Nowadays, we can cool ourselves down by pressing a button and switching on the air-conditioner. Meanwhile, we become the culprits of damaging our environment. Coal and fuel will be used up by us very soon. To alleviate the problems brought by the overuse of energy, our school took part in a “No Air-con Day” last month so as to highlight the importance of saving energy.

Both teachers and students took part in this event. On the “No Air-con Day”, during the reading period in the morning, students were taught to understand the grave consequences brought by overusing air-conditioners. However, they felt bored if the teachers told them that the ice in North Pole would melt and the polar bears would lose their habitats since they have heard that for many times but it does not have any direct impact on them. Through the event, students were taught to know the effects which they might not have known, such as the fact that Hong Kong would be submerged if the temperature increased by four degree Celsius, or the winter in Hong Kong might disappear due to the increase in temperature. These could raise the participants’ environmental awareness. Apart from it, each student also received a brochure in which the effective ways to save energy in our daily life are mentioned.

“No Air-con Day” provided an occasion for students to reflect on their daily life. Sometimes it is needless to use the air-conditioners, but they still use them because they feel hot. In order to satisfy our temporary craving, yet to endure a disastrous consequence, it is not worthy.

Apart from switching on the air-conditioners, students might discover that there are several ways that can help them to cool down too, just like the use of fans. Yet, the most natural way is being calm which can keep them cool. After having PE lessons, sit down and drink a bottle of cold water, you may find that you will not feel that hot in just a few seconds.

“May I switch off the air-conditioner?” You may hear your friends ask this question after the “No Air-con Day”. Hopefully, you can apply what you have learnt in your daily life. To save our home, Hong Kong and to save our environment, we need all your help.

Thank You For My Life

(by Li Man Fai F.5A)

Dear Sir/Madam,

I don't know how to express my gratitude to you and your family. Without the organ donation, I wouldn't be alive. When I faced the life and death situation last year, you saved my life with a suitable organ. Although I can never thank you in person, I still want to thank you and tell you how my life has changed dramatically. Tell you what; I have turned over a new leaf.

I was once a banker. In order to get a promotion and better salary, I devoted all my time to the new job. I slept three to four hours a day and I treated my house as a hotel and my wife as a maid. Admittedly, I was a cold-blooded and materialistic person. I lived for fame and fortune, sacrificing my health and time.

However, I was informed I suffered from cancer after a medical check-up. I was told I wouldn't survive more than a year without a suitable organ donation. I felt depressed and frustrated. Although death is the destination we all share, staring at death in the face is not easy! I didn't expect it would come so fast. I quit my treatment and waited for it to come an end quickly.

Every cloud has a silver lining. My wife never left me and she encouraged me to be positive. When you came up, I was saved. During the treatment, I reflected on what I had done for the last thirty years. I hardly found any happy moments. At that time, I made up my mind that if I survived, I would never waste my life again. Fortunately, you gave me a second life.

So, now I am healthy and enjoying my life. I quit my job in the bank and joined an NGO which is for charity. I find my job rewarding as I am able to help many people. I often do volunteer work with my wife. Being a volunteer to help others is a great experience for me. It not only enriches my mind and life, but also enables me to find my purpose of life. Regarding the relationship between my wife and me, we have become soulmates.

What I want to say is thank you!

You gave me a second chance in life physically, mentally and emotionally. You have changed my life. Thank you!

Yours faithfully,

Fred Li

A Day Without Air-con

(by Tam King Fu F.5A)

Have you ever tried to study without an air-conditioner? Can you imagine the dilemma when you are studying in the classroom without air-conditioner? Our school has recently taken part in an event called “No Air-con Day” to highlight the importance of saving energy.

The event was held in our school last week. It aimed at encouraging people to conserve our environment. Nowadays, our environment has been polluted heavily by our industrial activities and selfishness. Therefore, by taking part in this event, we can provoke public’s awareness of environmental conservation. So, it was just a simple event for us to switch off our air-conditioners for a day no matter how hot the weather was.

At the beginning of the event, most of us were soaked with sweat. The sweat was dripping from our forehead since the temperature that day was unexpectedly high. We all suffered under that high temperature and even could not manage to focus on studies. Some of us took out electric fans to soothe our discomfort while the rest of us were just swinging books instead of using fans. It was just a disaster. We were all like zombies, acting slowly and refusing to move anymore.

However, I could benefit a lot from this memorable programme, both physically and mentally. Compared with the environment, our pain is nothing. People are destroying the world every day. As a citizen of the global village, we have to shoulder the responsibilities to protect our environment. We have to advocate the significance of sustainable

development for the sake of our offsprings and the world. If everyone of us can take minor steps to reduce energy, we will give less burden to our environment. We can use fans instead of air-conditioners, take a shorter shower and so on. Protect our Earth, all of us can do!