

The Finest Shawarmas in Town!

(by Ho Hou Ching F.1C)

Last Tuesday noon, my pal Muhammed and I were walking down the street until we reached *Ahmad's Shawarmas*. We haven't eaten yet so we decided to take a visit.

The place was very welcoming. As soon as we went in, the smell of shawarma and falafel filled the room. We also heard some traditional music. We were filled to the brim with excitement as we looked at the menu. Everything made our mouth water. I was surprised that the place wasn't busy at all.

We ordered two medium chicken shawarmas. The staff was very nice. They told us we could look at the shawarma-making process. The shawarmas were made with butter, chicken, onions, turnips, pickles, and garlic sauce and served with fresh French fries.

Muhammed returned to our table, and I followed. After a minute, the cashier called our names. As soon as we got hold of the shawarma, we took a bite. The shawarmas were steaming hot, and a big burst of juice and chicken stormed into our mouths. It melted in our mouths like butter. It was magnificent. The French fries were crispy yet soft and well seasoned. The chicken was tender yet juicy. Furthermore, the turnips and onions were fantastic.

Ahmad's Shawarma is a family-operated business, but it is worth visiting. If you like Middle Eastern food, it is definitely the place for you.

Students Should Be Allowed To Wear Trainers On School Days

(by Guo Yu F.2B)

Recently, a group of students have written a proposal to request permission to wear trainers on school days. They believe that it is more comfortable to wear trainers. Also, they can save money by not buying leather shoes. Personally, I think students should be allowed to wear trainers on school days.

Firstly, if students wear trainers on normal school days, they can save money. In fact, leather shoes are very expensive, with some pairs exceeding HK\$500. If students are permitted to wear trainers on school days, they only need to purchase a single pair of trainers. This pair of trainers can be worn daily, from Mondays to Sundays. As some poor families cannot afford to buy both leather shoes and trainers, this can reduce the financial burden on families.

Secondly, it is more comfortable and healthier for students to wear trainers on school days. At present, students are required to wear leather shoes throughout the entire school day, which they often find uncomfortable and tiring. However, trainers are a healthier option for students. In general, they are specially designed to provide protection for the feet, while cushioning is included to absorb vibrations. When students play ball games during recess or lunchtime, the trainers help to reduce the risk of injuries. Hence, students' physical health and well-being can be ensured.

In conclusion, trainers are a better option for most students. Wearing trainers at school is more comfortable and healthier. Moreover, students can save money by not buying leather shoes. Therefore, I strongly believe that students should be allowed to wear trainers on normal school days.

An Unexpected Transformation

(by Tsang Ka Wai F.2C)

15th February 2024

Sunny

Dear Diary,

What a day! Just as I was about to go to bed, my dad excitedly woke me up and led me to the window. We witnessed a stunning shooting star together. I was absolutely amazed, as it was my first time seeing one. As I was returning to my room, the shooting star accidentally crashed into the rooftop. Out of curiosity, I went closer to where it had landed and found out that it was actually a UFO!

An alien came down from the UFO. He seemed very scared and started dashing around. He hid behind our television and scolded us, saying, "People on Earth are so barbaric. You want to kill me, right?" I pulled my toy gun out, trying to scare him. He was intimidated by my toy and shot a beam of peculiar light at my dad. My dad transformed into a child. I was freaking out and mistakenly pressed a button on the remote control. The television was then switched on, and the alien was paralysed with terror as it saw the woman on the TV screen. In return, he shot another round of light at my mum, turning her into a kid, too.

As the alien made a desperate escape, I urgently implored him to assist in restoring my parents to their usual state. He replied, "After 25 years, they will grow into adults." I did not want to wait for 25 years, so he suggested that his dad might be able to help us out. However, his dad was nowhere to be found. I decided to help him locate his dad the next day. Hopefully, we will find his dad so that my parents can recover soon.

Stress Relief Strategies

(by Shi Ching Hei F.4A)

Kevin's World

Post 1: Dealing with stress from diverse sources

16th October, 2023

Welcome to my blog. Recently, I have been suffering from one thing, and that is – STRESS! I believe that everyone is familiar with stress which is inevitable in our lives. I'm concerned about the amount of stress coming from diverse sources and the examination pressure that my classmates and I are facing. Therefore, I'd like to share with you my personal experience and some effective ways to deal with them.

I think the major cause of stress for students is the uncertainty about the future. Remember, it's normal to feel uncertain about the future, especially as a student. Here are some strategies to help us fix this problem. Instead of worrying about the future, it's better to focus on the present. If we focus on the present moment, we can act right away to improve ourselves. If our feelings of uncertainty and stress become more and more overwhelming, we have to consider seeking support from mental health professionals who can provide guidance to help us cope with stress and navigate the uncertainty. By adopting these methods and maintaining a positive mindset, we can better manage the uncertainty and build resilience for whatever lies ahead.

Also, exam pressure cannot be overlooked. Every time when the exam approaches, I'm very nervous and worried about my academic performance. I'm so afraid that I can't do well in the exam. Do you guys feel the same as I do? Let me tell you what I did last time before the exam. Initially, I started by creating a study schedule so that I could manage my time effectively. If

I could not stick to it, I would give my phone to my parents for safekeeping. I also broke down each subject into manageable topics and allocated specific timeslots for each. It helped me stay focused and allowed me to revise the topics effectively. Then, I looked for a quiet and comfortable place to study where I could concentrate without distractions. Having a designated study area helped create a conducive atmosphere for learning. During revision, I allowed myself to take regular breaks because short and frequent breaks could rejuvenate my mind and prevent burnout. In addition, sometimes, I get small rewards for achieving study plans to motivate myself. It's essential to find what works best for us. Using these study tips consistently and adapting them to our own needs will help us reduce exam stress.

Apart from exam pressure, most of us may face stress resulting from high parental expectations, which can be challenging. Once, I failed the exam. As my parents had high expectations for me, they scolded me furiously when they knew the results. At that moment, if you were me, how would you face them? Would you be scared and become unwilling to listen to them? For me, I opened up to my parents. I shared my feelings and thoughts in a calm and respectful manner. This could lead to a better understanding between us. Besides, I assessed my abilities and interests to set realistic goals. By setting achievable and meaningful goals, I could navigate a path that combines my aspirations with my parents' expectations. I told my parents my goals so that they would adjust their expectations for me as well. It really worked! That process may take time, so it's important to be patient when talking with parents.

Hopefully, you guys can try out my suggestions to relieve the stress and relax. Good luck, everyone!

Meditation For Inner Peace

(by Ng Chun Man F.5B)

Dear Diary,

What is your first impression of YouTubers? Gamers? Travelers? Food tasters? Well, just today, I became a particular type of YouTuber and started to promote a healthy practice. I thought it was uninteresting but instead, I found peace by doing it — it's meditation.

Even as a student of a Buddhist school, I find it hard to realise how meditation can be relevant to YouTubers. Nevertheless, I uploaded my first video a day ago. Before editing, the video was just recording fragments of me doing meditation and, at most, photography from particular angles. After clipping, there were thorough instructions on how to do meditation properly. Here are examples: the back should not be reclining against the chair. Participants should be dedicated to continuous breathing “in and out”; they are required to be engrossed in the observation of the environment around them, the flowing air current, and the sounds of rubbing objects... The process of meditation that I did and recorded was a familiar one, similar to any other form of meditation. And if there's a difference, it would be the interference of the lighting fixture during shooting. Unanticipatedly, my video received thousands of views, and the opinions of viewers were two extremes.

I was inspired by the school's mini-project, which was to do healthy practice. In the beginning, I was not supportive of it, and I disliked doing any healthy practices. However, moments of meditation were a sheer joy to me as I was obsessed with the state of peace and tranquillity. On the other hand, I could obtain a sense of accomplishment through the process of guiding others, and

I have felt more passion after viewing the supportive comments from viewers. All of these were causative for me to feel that all the things I have done are worthwhile.

Challenges existed, too. Preparation was painstaking. I spent a weekend searching and researching to confirm the process and the method of meditation. Another weekend was spent learning how to make a video. It was more challenging to accept the negative repercussions. It was just like public scrutiny: viewers scrutinised my video and reached their own conclusions. Some reactions were friendly, whereas some were intimidating. Those critics were unsatisfied due to the overly descriptive video, or some thought the information on meditation they received was unreliable. It was frustrating, and my way of dealing with it was to do better in my work and consider constructive advice. If there were any moments I felt impulse-driven, I would do meditation as a healthy way to eliminate it.

Being a YouTuber and promoting meditation are just like two elements. There would be a great chemical reaction when the two elements are combined. The career of YouTubers is meant to be impatient and restless, and meditation is an excellent way to solve the problem. One truth is that I'm fond of meditation. Thus, I'm really, fervently and patiently into this healthy practice. While YouTube is the greatest video platform and internet community in the world, it's easy and liable to be a "missionary" to spread and propagate the meditation practice. Hopefully, one day, there will be a community of meditation for all like-minded individuals.