

# FUSION



# FUSION

## Message from Chief Principal



Fusion, one of the many publications of A-School, provides a platform to exhibit students' creativity, thoughts and talents. Word and picture, as the most common media of communication, carry magical power beyond our imagination. With guidance and teaching from the teachers, students in A-School are always encouraged to transform their thoughts and feelings into words and pictures. Acting like a chef, the students combine widely different ingredients, styles and techniques to fuse their thoughts, words and colours.

Fusion is one of the important platforms which demonstrates the writing and visual arts of our students. To mark A-School's 15th Anniversary, Fusion 2021 specially selects the outstanding English essays and artworks by students in the past fifteen years. It presents a record in words and images of how our young people interpret for themselves. You can see from this fruitful collection how our students have developed the skills that allow them to translate their mind freely and smoothly into writing and artworks.

Fusion not only offers beautiful words and stunning visual effects, but most importantly, it allows readers to experience the creativity, energy, and the feelings of our young generation. I hope you will have an extraordinary reading experience with Fusion 2021!

**Dr. Benjamin Chan Wai Kai**

## The Kings

YIP Chung Hin  
Jones  
2014 Alumni



## A snail with wings

7C | CHANG Sze Long (2010-2011)

Once upon a time, the snail got strong wings and could fly very fast. It was the fastest flying creature among other insects.

One day, a flying competition was held in the forest. Many insects joined the competition, and the snail was named the champion. They gave a trophy to the snail, and it was really proud of itself.

The snail always carried the trophy on its back. It carried the trophy everywhere to show off.

As time went on, the trophy was attached to the snail's body. Its wings disappeared, and it couldn't fly anymore.

In the end, the snail had to live with its trophy and walk on his tummy. That's why snails now have shells.

## When you thought Paul wasn't looking

7D | SIU Bernard (2009-2010)

When you thought Paul wasn't looking,  
he saw you sweating in the kitchen preparing dinner,  
and he learned that you spared no effort to feed him.

When you thought Paul wasn't looking,  
he saw you tucking him in to keep him warm,  
and he learned that you sacrificed your sleep to take care of him.

When you thought Paul wasn't looking,  
he saw you helping him get up even though you felt sick,  
and he learned how responsible you are.

When you thought Paul wasn't looking,  
he saw you getting weak,  
and he learned that you are reaching your limits.

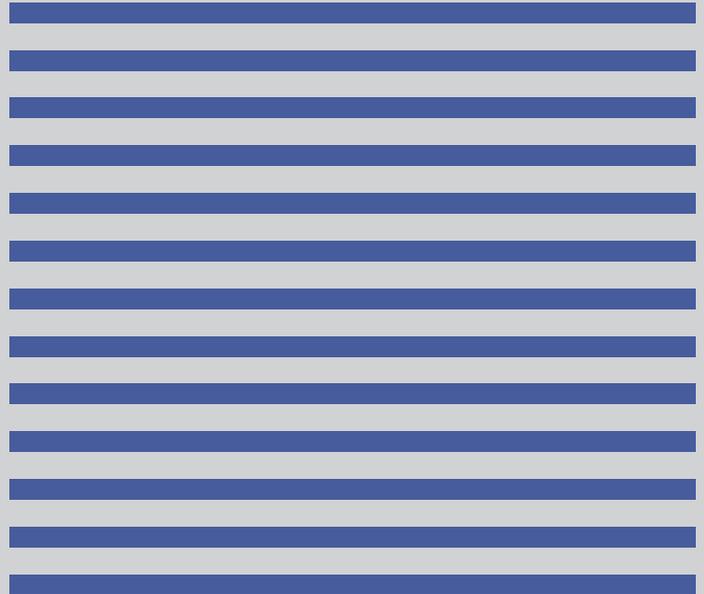
When you thought Paul wasn't looking,  
he learned that looking back in life,  
he should know how to shoulder responsibilities.

When you thought Paul wasn't looking,  
he looked at you and wanted to say,  
'Thanks mum without you, I wouldn't be me.'



Stupety  
Bottles

IP Cheuk Tung  
2017 Alumni



# LOST IN TRANSLATION

8E | TAM Victoria Alissa (2012-2013)



Searching  
for  
Happiness  
Through My  
Suffering

Choi Chun Wai  
Kelly  
2014 Alumni

**A**bout 100 years ago, there was a little  
**B**oy who came from a strange  
**C**ountry. No one knew where it was; besides, he spoke in a  
**D**ifferent language other than  
**E**nglish. He had to learn English in order to make  
**F**riends. He finally met a  
**G**irl who could understand his poor English, but  
**H**e always mixed up a lot of words like  
**I**ce-cream and snowballs. One day, his friend bought a cup of  
**J**asmine ice-cream. He said, "WOW! A  
**K**ing-sized snowball!" His friend explained to him. "It  
**L**ooks like a snowball but it's actually ice-cream." From that  
**M**oment, he thought that snowballs were ice-cream. One day, he had  
**N**othing to do, so he went to a supermarket and bought some  
**O**ranges. He saw a jar of ketchup. When he was going to  
**P**ay, he thought it was blood and shouted, "Blood! Supermarkets sell blood!" The manager came and said, "Please keep  
**Q**uiet! You are disturbing others! Besides, it's ketchup, not blood!" He just  
**R**ealized that blood was ketchup. He told his friend about it, and she said, "How  
**S**tupid you are! I think I have to broaden your mind by taking you everywhere.  
**T**oday, let's go to the zoo!" "What is a zoo?" he asked. "It is a place that  
**U**sually has animals. Don't always think of something that is not real like  
**V**ampires, okay?" Unluckily, it was Halloween! All the staff in the zoo dressed up as vampires and  
**W**alked around. He didn't know what to say when it's Halloween, so he said, "Merry  
**X**'mas!" All the people around him laughed and  
**Y**elled, "trick or treat!" in order to tell him what to say. He thought that was a greeting sentence and started to say "trick or treat"  
to everyone. When they were leaving the  
**Z**oo, they witnessed an accident. He called the police station and said, "trick or treat? An accident happened in a place with  
animals. A boy, who was eating snowballs, was knocked down by a car, and there was a lot of ketchup. Please come as fast as  
you can!"

# The Paleolithic and Neolithic Era

## (Technology during the Stone Age)

9B | CHEUNG Matthew (2014-2015)

Technology plays a huge part in our lives. But for technological improvement, we wouldn't have had video game consoles, i-pads and computers. Over the years, technology has improved vastly, but what did people use before they got all these spiffy machines? Stone, of course!

Now grab your wooden clubs and find your nearest cave because we're going back to the cavemen era!

### When stone was the old awesome

When God created Earth, he probably didn't think of bringing the technological equipment we have now to the world, so the cavemen back then used stone equipment, marking that era as the Stone Age.

Mine craft is the representation of the Stone Age. A sharp edge is produced on the core stone and one the flakes, either of which could be used as tools, primarily in the form of choppers and scrapers. These stone tools greatly aided the cavemen's hunter-gatherer style of living. They performed a variety of tasks including chopping wood, racking open nut and even forming softer materials with bone and wood. They used those tools to butcher animal carcasses and extracted their hides.

### Fire and what it does for cooking

When cavemen developed fire back in the days, they were happy. The discovery and utilization of fire was a turning point in the technological evolution of humankind. Then, they would probably be happier with fire than acing all the exams.

Fire, fueled by wood or charcoal, allowed early humans to increase food's digestibility. (It probably tasted bland back then since seasoning didn't exist, so consider yourself lucky you're not a caveman now.) Aside from digestibility, fire also improved food's nutritious values and broadened the variety of foods that could be eaten.

### Clothes and crops

First of all, how clothes are considered technological improvements, I will never know, but at least the cavemen, after the discovery, weren't naked.

As the Paleolithic era progressed, dwellings became more sophisticated. Humans constructed temporary wooden huts. Clothing, adapted from the fur and hides of hunted animals, helped humanity expand into colder regions. They migrated out of Africa and into other continents, such as Eurasia.

In the Neolithic era, also known as the new Stone Age, a more polished version of stone axes was invented. They allowed forest clearance on a large scale which helped create farms.

The discovery of farming allowed a larger population and a transition to a sedentary lifestyle, increasing the number of children that could be simultaneously raised. Additionally, children could contribute labour to the cultivation of crops more readily than they could to the hunter-gatherer lifestyle.

With this increase in population and availability of labour came an increase in labour specialization. What triggered the progression is not exactly known. However, the emergence of increasingly hierarchical social structures, the specialization of labour, trade and war amongst other cultures and the need for collective action to overcome environmental challenge, such as building dikes and reservoirs, are all thought to have played a role.

### Energy and transport

In the Neolithic era, humans began to harness other forms of energy. An example is wind energy, and the earliest known use of it was the sailboat. The earliest record of a sailboat is shown on an Egyptian pot, dated back to 3200 BC. According to archaeologists, the wheel was invented around 4000 BC.

The invention of the wheel revolutionized activities, such as transportation, war, and the production of pottery. It didn't take long for humans to discover wheeled wagons could be used to carry heavy loads and fast potter's wheels could enable mass production of pottery. Nevertheless, it was the use of the wheel as a transformer of energy, through water wheels, windmills and even treadmills that revolutionized the application of nonhuman power source. This marked the end of the Stone Ages.

Technology has been playing an important role in our lives for centuries. It is through technology that mankind has developed society and created a better world.





# popular culture

9C | LIM Natalie Joan (2016-2017)

**POPULAR CULTURE IS DEFINED AS COMMONLY KNOWN INFORMATION THAT BRIEFLY HOLDS PUBLIC INTEREST. IT IS TYPICALLY DISCUSSED IN VARIOUS MEDIA INCLUDING TV AND THE INTERNET, AND HAS BECOME A TOPIC OF EVERYDAY CONVERSATION. ONE EXAMPLE OF POPULAR CULTURE NOWADAYS IS "MEMES".**

Memes are images, videos or extracts of text that are copied and spread rapidly by Internet users, often with slight changes. They are mostly found on social networking platforms such as Facebook and Youtube; they are humorous in nature, and often aim to publicly ridicule human behaviors. Most meme contents are brief, simple, and to-the-point. In the case of images, people usually take hilarious photos or scenes from movies and shows, then insert creative captions to give people a good laugh.

The "One Does Not Simply" meme is a viral image meme spreading widely on the internet. The photo is taken from the film "Lord of the Rings: The Fellowship of the Ring". It consists of Boromir holding up his right hand in a "C" shape. The original line is "One does not simply walk into Mordor", but people tend to replace the latter phrase with various other words, spreading the meme in numerous fandoms. A newer trending meme in 2017 is the "Salt Bae" meme. It's a nickname given to a Turkish chef who recently broke the Internet with his cooking skills and his unique way of sprinkling salt on steaks.

For video memes, one example is "Rickrolling", which refers to a prank involving an unexpected appearance of the music video for 1987 Rick Astley song "Never Gonna Give You Up". This meme is in the form of a disguised hyperlink, which people will click on, believing that they can access their intended information, but end up being pranked instead.

Although internet memes are usually fleeting and short-lived, they play a crucial role in providing entertainment to our daily life.



Specimen

CHAN Choy Yan  
Sabina  
2018 Alumni

# TAPIR

10C | CHAU Hoi Tik (2009-2010)

THEY TRAVEL NEAR WATER HAPPILY,  
AND A HUNTER IS COMING CLOSE SECRETLY,  
PICKING UP HIS GUN AND PREPARING TO SHOOT,  
IMAGINING HE WILL BE RICH AFTER HE SELLS THEIR FUR.  
RUN AWAY TAPIR! BREAK HIS SWEET DREAM.

# SAVING JACOB

10D | WONG Kui Kwan Brian  
(2017-2018)

I was once a soldier serving in the British army during World War II. It had been years since I lost my dearest comrade, Jacob, in the land of Normandy. A bullet shot through his chest right in front of my eyes, but I could not save him. Father said that men could not control their fates, that God had a plan for all our destinies.

I thought he was right, until the day I dreamt about the war.

Deafening noises of jets filled the sky and hails of bullets rained on the battlefield. Yes, it was the first day of invasion in Normandy. Jacob and I landed, got rid of the parachutes, and ran for our lives under the heavy fire of the French army.

Suddenly, my left leg was shot; I tripped and lost my balance. Without any hesitation, Jacob turned around and tried to pull me to safety. But wait, I thought, it's different from my experience. I was not shot before. We both reached the trenches eventually. But then, another bullet flew across the battlefield and shot Jacob right in his chest.

The terror woke me up from my dream. At this moment, I realised that I could no longer move my left leg, and I knew that it was not a dream. I kept having this recurring dream, and in each version I tried every single method to save Jacob, but they did not work. This would be the last time I come back to see you, Jacob. This would be the only way to save you.

I landed again and loaded my gun. I dashed forward and dodged the shot to

my leg proficiently. I knew that the bullet was going to hit Jacob, so I made my choice. "Sorry, my friend." I murmured to myself. Then I timed the shot and blocked it. The bullet pierced through my waist and I fell into a coma.

Two months later, I woke up in the military health center after the surgery. Both of us survived the battle.

**But now what? Jacob's death was the trigger to wake me up from this dream; now that he is alive, will I be trapped here forever?**



The Big Screen 1

YIU Tung Ni  
2018 Alumni

The Big Screen 2

YIU Tung Ni  
2018 Alumni

# A letter to myself

10D | WONG Wing Lam Tania (2015-2016)

Dear Young Tania,

You little coward! How's life as a primary school student? You couldn't believe that I'm writing this to you as a student who has been studying in A-school for ten years. I'd love to share my innermost feelings with you, showing you how life is a bittersweet journey filled with various shades of colours.

Are the admonitions from Dad still scaring you out of your wits? Trust me, Dad has always been a man of words, and his wise words would be a part of you as you live. I guess you find the earnest guidance and advice of Mom and Dad annoying, but you know what? Every decision they make is informed and for your own good. They are the ones who are committed to nurturing you and supporting you through thick and thin. With their effort, you, after ten years, will become a person of integrity and wisdom. Be filial and grateful, and you ought to cherish the quality time you spend with them. You should also reciprocate their love and sacrifice whenever you can.

I wonder if you are still the little kid in kindergarten who is withdrawn from social settings. Meeting dozens of children at school, you could hardly avoid communicating with others. Don't hesitate and pluck up your courage to make new friends! It may not be as daunting as it appears. Your friends would truly brighten your life. Don't squander the chance to appreciate their strengths and learn from their mistakes. To be honest, you are somehow blunt and self-opinionated, but don't worry, you would better yourself in terms of interpersonal and communicating skills through your experience with friends. Guess what? Being more sociable would make your life easier when you are working with new people in the future.

One more piece of advice for you: open your world to new possibilities. Life of a coward is often filled with boredom. Try to discover a plethora of activities for yourself, such as swimming, playing the piano and joining a club. In the coming ten years, you'll find yourself devoting all your time to schoolwork. I am not sure whether it's surprising news for you but there is one thing you have to know. Being a dedicated student, you are going to bite off more than you can chew. You'll have mounting stress and have little, if any, time for your hobbies and relaxation. Time and tide wait for no man, so take your time and enjoy your thrills and excitement in life. Don't take it wrongly – I am not encouraging you to be sluggish in learning, but rather than living a monotonous life, shake up your world to make it more remarkable, fascinating and adventurous!

Bear in mind that failure is a fact of life and pain is inevitable. If you ever happened to stumble and fail in your life, you ought to embrace the pain and burn it as fuel for your journey. I hope these words will be a part of you for however long you live.

Love,  
Older but wiser Tania

# PHONES ARE BEING FUSED INTO TEENAGERS' BODIES

**10E | WONG Tsz Ming Jimmy**  
(2016-2017)

Smartphones are being fused into teenagers' bodies. Well, not literally, but it may happen if this situation keeps deteriorating. Teenagers these days are getting addicted to their smartphones, from constantly checking their phones to having 3.5 hours of screen time with 221 messages per day on average. This is a real issue in society which has to be addressed.

First of all, the addiction to smartphones is more likely to be an issue for people who frequently experience depression, loneliness or stress. People who tend to be shy or unable to form relationships may also be victims of smartphone addiction. Some may also use smartphone engagement as a method to avoid social interaction when being left alone in public places such as canteen and restaurants. Even for teenagers who do not have any of the symptoms mentioned above, they could also get addicted to the sheer amount of new information they get from social media sites as the human brain is made to be attracted to novelty.

Smartphone addiction can be a serious problem to teenagers' personal growth. Such addiction can lead to back problems as using a smartphone means you have to look down, exerting a large amount of pressure onto the back and neck. Some statistics show that nearly half of youngsters aged sixteen to twenty-four suffer from back pain due to the constant pressure on their spinal discs. Studies have shown that texting can exert up to fifty pounds of pressure on a teenager's spine in relation to the angle when the person is texting. The

addiction to smartphones can inflict stress. When people keep expecting updates and messages from friends and news outlets and receiving none, they can get anxious and develop anxiety in the long run. Every minute dedicated to a smartphone could mean less exercise and social interactions. Having less real-life interaction is detrimental to people's mental health. Based on the same concept, a lack of physical activity could lead to weight gain for the teenagers, undermining their health.

Sleep can be severely disrupted by smartphones. Teenagers these days frequently sleep with their electronic devices such as a smartphone or tablet in their beds. Blue light exposure to the eye at night will alter their biological clocks, which can potentially shift their regular sleep schedules by three hours, leading to sleep deprivation. Direct exposure to blue light can cause damage to the eye, especially the retina. Not only does it cause discomfort to the eye, but also the loss of central vision.

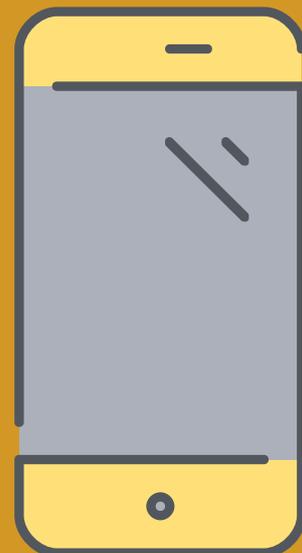
Smartphone addiction is surely detrimental, but how do we end this? To prevent and stop smartphone addiction, it is recommended that you turn off your smartphone at least an hour before bed. This will allow your brain to relax and wind down as well as prevent blue light from affecting your sleep pattern.

You should also limit and regulate the habits of checking your smartphone by setting specific and certain times of a day to check your phone. For example, limit yourself to checking your phone for an hour and then work on something

else instead. This will reduce distractions and increase your productivity and efficiency.

We can also distance ourselves from our smartphones and engage in human contact instead. By meeting friends and family in real life, you can chat and interact with them instead of texting and voice messaging.

To conclude, smartphone addiction can only bring negative impacts to teenagers' personal growth and health. With the ever-expansion of social media, it is difficult to prevent teenagers from being addicted to it, but there are definitely possible ways to mitigate it. We should halt the deterioration of this situation by raising teenagers' awareness of the usage of smartphones.





Artifi-  
natural

JIN Peihao  
2018 Alumni

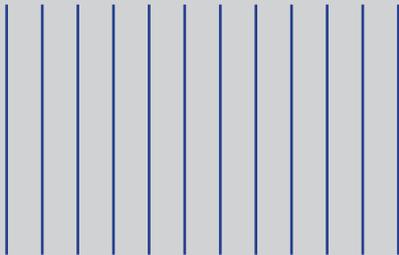


**Weight of Life**

*Cheung Kin Wang*  
2018 Alumni

# Canaan – the gates beyond dilemma is the land of hope

11B | LEUNG Wing Sum Crystal  
(2010-2011)



'Alas! How ugly is our world!  
Oppression, Hatred,  
War, Sickness,  
Poverty, Aggression!' The inhabitants grumbled.

'Let's change it!'  
'Let's change it!'

The builder said,  
'There'll be a world of perfection,  
A world totally free from grief and solitude.'  
The right way to the dwelling of light  
Solely revealed to those who are able to  
Catch the world of all its greatness and wealth.

Hundreds of years,  
People found no world of perfection

'Endeavour has spent, but we've got nothing.'

But people do remind themselves  
Of their dismay from failure.

Has the pursuit of the world of perfection ended?  
Probably not!

People who carry on  
Are near the land of hope – Canaan.

The New  
Biographies

LIN Ka Ching  
2018 Alumni



Dad-Truth  
Reflection

HO Yu Sum  
2019 Alumni

# Is it a paradise or a rubbish dump?

11C | CHEONG Lok Yung Jenny (2013-2014)

I have recently read an article titled 'An Island in Paradise Choking in Rubbish'. The article begins with the introduction of the beautiful and natural scenery of azure seas and coral-fingered islands with rows of palm trees in the Maldives. These are all expected, right? However, have you thought that the whole fantastic scenery is simply an illusion?

All of us know the Maldives is renowned for its impressive scenery, but actually, the industrial development and human activities have already caused huge damage to this wonderful place. Worse still, the health, especially the respiratory system, of employees and residents who have stayed there for a long time are adversely affected.

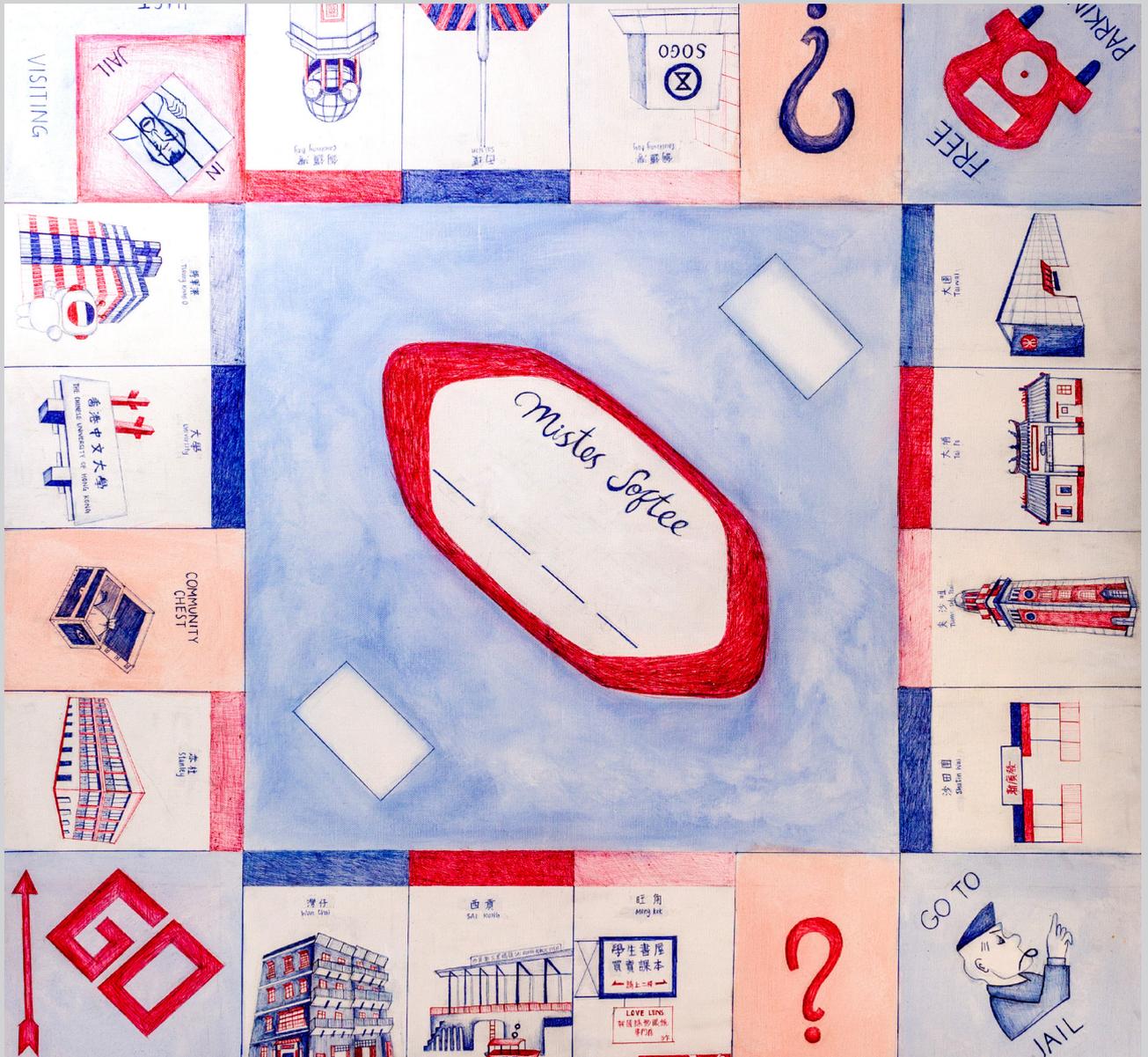
Do we always have to sacrifice the natural environment for better economic development? Why do humans always use up resources given by the environment? How long should the environment wait for human beings to start feeling regretful?

What concern us most nowadays is economic progress. We sacrifice a lot for economic growth and, of course, self-satisfaction. However, we never notice our desire and ambition is constantly growing and becoming unacceptable. There is no doubt that human beings have to rely on natural resources, but we are actually abusing the environment, turning a paradise into a rubbish dump.

Taking the Maldives as an example, it is originally a place where people go for vacations. Being violated for a long time with lots of human activities, the Maldives has long exceeded its carrying capacity. Visitors are not reminded to protect and preserve the beautiful environment.

In fact, attempting an appropriate approach towards the balance of environment and economic development can let the two benefit each other. What I suggest is establishing ecotourism. Ecotourism is practiced in several tropical rainforests as well as the savanna of Africa. It aims at leading visitors to appreciate the beauty of the environment and have fun as well. The local economy will therefore be boosted, allowing a perfect balance of environmental conservation and economic progress.

I sincerely look forward to developing ecotourism which will raise environmental awareness and minimize the impact caused by development. I hope all countries can strike a balance between economic development and conservation.



MOW Sum Yee  
Rachel  
2019 Alumni

# HERMIT

# TEENAGERS

11C | YEUNG Hiu Ching Karis (2018-2019)

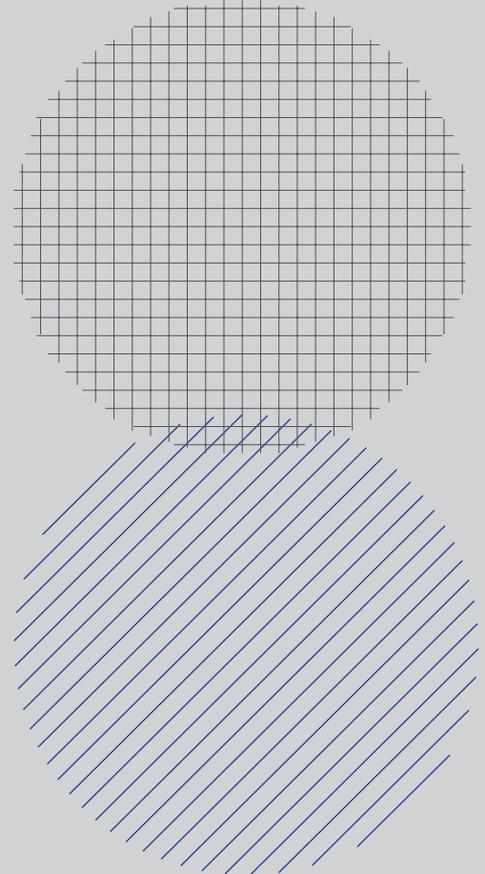
In recent years, the number of socially withdrawn teenagers, or hermit teenagers, has been growing due to the rapid development of various forms of entertainment in Hong Kong. They generally are apathetic to their surroundings and engulf themselves in their own world. They usually spend their time surfing the Internet, watching TV dramas and listening to pop music. However, getting addicted to these ways of relaxation will lead to obsession, which in turn will have negative influences upon teenagers.

Songs can affect both listeners' emotions and their views. If teenagers are upset, they may identify with the lyrics of lovelorn or angry songs and believe in the distorted ideas about relationships. For example, they may believe that cheating and loneliness are common in interpersonal relationships. As a result, they may feel more insecure and self-conscious about themselves.

Apart from music, visual entertainment like watching TV appeals to hermit teenagers. Some find it more favourable to spend several hours or even a whole day watching sit-coms or Korean soap operas than meeting friends. For young people who do not have a critical mind, this pastime is like brainwashing – they believe all that is shown in TV programmes. Even worse, to attract more audience, some TV programmes encourage vulgar popular tastes. For example, local game shows design harsh games to make fun of the guests. They may not deliver any meaningful messages, but they are welcomed by many young people whose minds have been corrupted, and they may believe that it is acceptable to embarrass others.

The internet is widely considered as the main culprit of turning teenagers into hermits because of its great influence. The convenience of online communication favours the use of short chunks of language and emotions to express themselves. Therefore, teenagers who always communicate via the internet often lack interpersonal skills for face-to-face communication. Enjoying the freedom of clicking into different websites, teenagers can enter a virtual world and escape from reality. Those young people may often detach themselves from the real world when facing difficulties in their daily life.

Under the influence of these types of entertainment, some young people may gradually become hermit teenagers. Having an idle and futile life is never the only choice for them. It is important for young people to spend more time interacting with others in the real world and lead a balanced and mentally healthy life.



# MAKING FRIENDS IN AN UNFAMILIAR PLACE

11D | HO Ming Yui (2017-2018)

Dear Jessica,

I am sorry to hear about your problem in England. Here are several things you can do to make some friends, I really hope you can enjoy a happy life in England.

It's very common for students to have problems making friends, especially in a new environment. I think you could start by talking to classmates who sit beside you. They are the easiest to start a conversation with, because all of you are studying the same subject. Another place where you can meet new friends is the canteen. I know that it might be pretty challenging, when everyone is already in their "squad", but you can try asking the classmates you have talked to before. Trust me, it will be easier. When you meet new friends, be nice and polite, and try not to be someone you are not just to please others. Remember to be your own true self. Don't try so hard to find a topic or subject to start a conversation. Let things flow, and you will start talking to people gradually.

Finding a good friend is not an easy task, and I think you should find someone with whom you can be yourself. Being yourself is very important because you shouldn't change who you are to fit into a group. If someone doesn't accept who you are, it is not worth it for you to have a friend like that.

You should find a trustworthy friend, because friends are supposed to be there for you and share with you almost everything. Friendships are important relationships, and trust is the most important thing.

As there is a time difference between England and Hong Kong, when you call your friends in Hong Kong after school, they will be asleep, or when you call them before you sleep, they are probably at school or busy with their work. I understand that it must be really hard for you not to be keeping up in touch with your close friends, but don't be upset, because it is nobody's fault. To solve this problem, firstly, text them and tell them that you really miss them, and you want to keep in touch. Then, plan a date and time and have a 'friend date' on the internet. I suggest you choose a weekend, because it is way more convenient. It could be hard, but if you really miss a friend, they would be happy that you want to keep in touch.

I really hope my advice is helpful. Please write me again if you need more help. I'll be here for you.

Best wishes,  
Agony Aunt

# NO ONE IS BORN EXTRAORDINARY

12C | CHEUNG Hei Yin Caleb (2014-2015)

I was asked to write a passage, to pass on what I have learnt in the past six years at school. Just when I was trying so hard to search through my fragments of memories, I found that there was not much to write about.

I am one of the ordinary students. Though my marks were not particularly outstanding, I didn't get myself into trouble. In fact, before being promoted to Grade 10, I was comfortable with my ordinariness.

When I was at Grade 10, I was unexpectedly elected to be a Chamber leader, and it was a very enriching experience for me. Being a Chamber leader changed me a lot, literally. What I want to share is not what I have done to become a Chamber leader, but how I have grown from a nobody to a successful leader at school.

Why would a student be a useless nobody? It happens because the student presumes they are useless. This is exactly what happened to me when I was in the junior grades. Only until two years ago did I make my first attempt and take up this important role at school. I started to believe in my own abilities. I was truly amazed to discover what I am actually capable of.

My friend: at your age, you should always dream about your future. No matter how high you aim hoping to be an accountant, a lawyer, a doctor, or simply a bus driver or a janitor the most important thing is that you regard what you do as important.

Some people believe that success depends on hard work, while some say success depends on talents. They are both right. But I am here to tell you, success also depends on your definition of success. It is your own decision how you define and interpret success, and when you have realized your dreams, you know that you are successful.

It is not for the world to judge you who you are, but it's you to decide who you truly are.

## No one is born ordinary.

My Clock of  
Ping Pong

POON Yin Hei  
Felix  
2020 Alumni



# MATH DAY

7B | CHEUNG C Ron Ronald

In Europe, a thousand years ago, there was a mathematician who was eating snacks when the crumbs of the snack created numbers. He then made food-shaped numbers and challenged his family members by asking them numerical and algebraic questions. If they got it correct, they would live, but if they didn't they were out of the game. The last one standing got to eat all the snacks in the house.

However, this tradition has changed over the years. Instead of creating number shaped foods and eating them, people go to other people's houses to play math games with other children. Adults will give the children ten questions each. If they get all the questions correct, they will get 10 pieces of candy! The number of candies received will be equal to the number of questions answered correctly. Then, at 11 pm, there are fireworks which explode in numerical equations, and people in the city will shout out the answers. Also, people wear sportswear which has their names and their favorite numbers.

After the feast, the mathematician spread these traditions across the world so that everyone can be happy and enjoy Math. He once said, "The main reason why I created Math Day is that I want everyone to think that Math is a fun subject. If you just give it chance, it can actually save your life out there."

# APPLE DAY

7B | HO Siu Lun Karsen

Imagine if you could create your own holiday, what would it be? For me, I would create a day called Apple Day.

Apple Day is to celebrate the day an apple fell onto Mr. Issac Newton's head, thus making him discover gravity. Without that 'magical' apple, we would still be swimming in confusion about gravity.

People celebrate Apple Day by doing activities related to apples like apple picking, apple archery, cycling while eating an apple and more!

If you're sick and tired of doing those activities, you can visit an exhibition about apples. You can learn about the history of apples and have a photoshoot with Apple-Man. This exhibition will be near your City Hall and will be open to all visitors for free for three days.

Of course, there will also be special traditions and food. Eating an apple before meals will be considered as one, while the catchphrase "An apple a day keeps the doctor away" will be heard and seen everywhere. The special foods of this holiday will be apple recipes like apple fondue, roast turkey with apple sauce and apple pudding.

**In conclusion, I expect that everyone of us will eat at least one apple that day. I hope people will realize the importance of the apple falling on Mr. Newton's head and appreciate the nutrients of a juicy apple.**

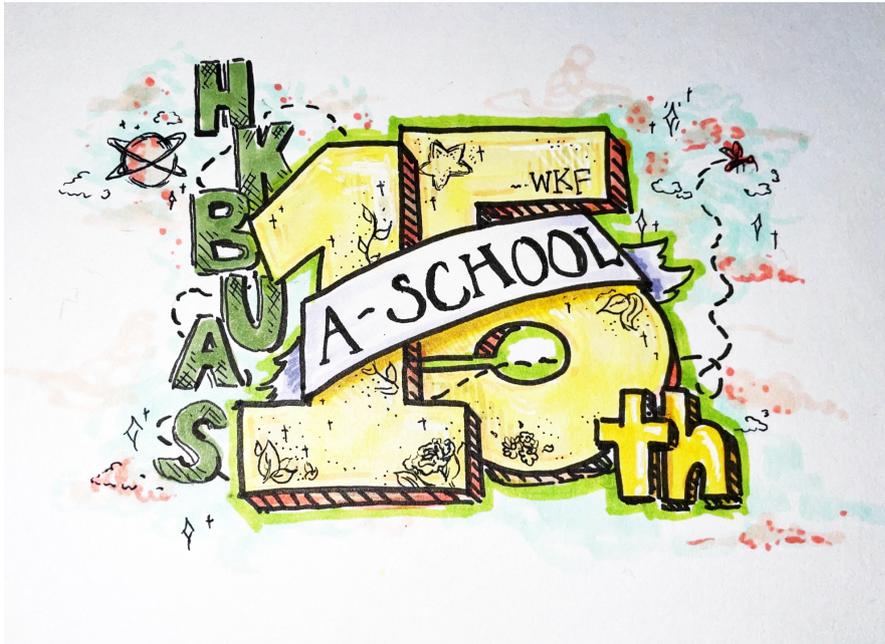
# National Appreciation Day

7B | YUEN Yi Eires

Have you ever thought about what would happen if you didn't have anything you have right now? What if you were an orphan, and you were sick, with no loving parents or enough money? What would you do if you had no one and nothing? For me, it would be tremendously hard and bitter, which is why I would like to create National Appreciation Day.

This special day would be held on 20 May every year. When we write the date in number order, it is "520" which sound like "I love you" in Putonghua. The day would acknowledge and celebrate all the wonderful things God has graciously given us all, even the littlest things. People would celebrate it by giving thanks to everyone for all they have done. For example, you could say thanks to your mailman for delivering you letters every week, you could say thanks to your parents for raising you despite the difficulties, or you could even say thanks to a stranger that walked past you for being a part of your life! Saying "thank you" isn't a hard thing to do at all, but it could truly make someone's day, so why not give it a try? There are so many things we all take for granted just because we experience them every day, but they do not have to be given to you.

I hope on 20 May every year, I'll see you giving thanks to everyone who has been nice to you.



15th Anniversary  
Doodle Drawing

7C CHAN Hiu Ki



15th Anniversary  
Doodle Drawing

7C WONG Jiyu Vanessa

## NATIONAL LOVE YOURSELF DAY

7E | CHENG Tsz Yin Nicole

Have you ever thought that your self-esteem is low but you don't know what to do about it? Well, National Love Yourself Day is just for you. It originated from an ancient Greek goddess, Flaunta who is the Goddess of Confidence. She wasn't always confident; in fact, she was ashamed of her body and had an introverted personality. Her cousin, Aphrodite, Goddess of Love, gave her a lot of pressure. Flaunta wanted to prove to her family that she was beautiful too. Day by day, she started walking more confidently, making eye contact and emphasizing her personality, so people could acknowledge that being introverted wasn't a big deal. Aphrodite was proud of her and made her Goddess of Confidence to influence not only women, but mankind, to embrace their imperfections. Thus, National Love Yourself Day was born. This day is about being who you truly are. It is to help you express your feelings. Just like Flaunta, people should embrace their imperfections and have an open mind towards others. This day is mostly about self-acceptance and appreciation, and more importantly, it is about breaking the beauty standards in others' eyes.

National Love Yourself Day falls on the last weekend of the year. It lasts for the whole weekend. People see it also as giving themselves a pat on the back and rewarding themselves for making it through the year. There aren't any special traditions,

but they do have an annual parade on the first day. The parade is held all over the world with different styles, with beautiful floats, models, decorations, you name it. On top of the parade, people celebrate it through one common thing - fashion. The models wear what brings out their personality; random people on the street might just be wearing what screams, 'THIS IS ME!' One more way to celebrate this day is to buy something to treat yourself because people say, "You know yourself the best." They can choose to buy new clothes. After all, fashion is a big part of the celebration. Some might buy sports shoes for the new year, and some might buy a congenial candle for sleep.

In conclusion, I personally love this day because it's a time when people don't judge you for being yourself. It allows people to embrace who they really are and step out of their comfort zones even just for a day. Just make sure you aren't too confident to a point you become narcissistic. You might just run into someone who shares the same interest and personality as you, who knows?

# PILLOW FIGHTING DAY

7E | FUNG Jing Hay

If I had a chance to create a day, it would be Pillow Fighting Day!

How did this day come about? About three thousand years ago, a person named Bob McBobson invented a pillow. At that time, everyone used it, including the president. When Bob's brother first got his hands on one, Bob looked closely at his brother and his brother wacked him in the face with a pillow. And that's how Pillow Fighting Day started.

On this day, when people go out, instead of wearing casual clothes and accessories, they have to wear a pillow armor that wraps around the whole body. They also need to carry a pillow as a weapon. Every family sets up a tower, and there will be a battlefield.

All store owners set up their shops based on a pillow theme. The whole street would be decorated. It would be very jubilant and lively. People may wonder about the food. Well, no need to worry! There would be luscious marshmallows and savoury cotton candy. What is so special about these kinds of food? Marshmallow and cotton candy are very fluffy, just like pillows. You can sleep with them, play with them, and do whatever you want with them! Parents arrange a pool of cotton candy just for the kids to swim in! Also, there is a Pillow Fighting Championship! The best and strongest wrestlers would compete. There would be a huge convention and everyone would watch it. There would be a special program on TV! The winner would get fifty thousand dollars and a one-year supply of cotton candy!

The Pillow Fighting Day would be an amazing holiday to bring people together to eat and have some fun. You may think people might get hurt. Well, there is a great team of medical assistance and a SWAT team standing by. I really hope people will realize the importance of playing, hanging out and being together.

# International Landscape Photography Day

7E | LI Wei Li

*Do you ever enjoyed a photo of a beautiful landscape? Or a photo taken when the sun is setting?*

If yes, then you might be asking why there is not a day for celebrating these kinds of amazing photos. Well, you are lucky because I have created a special day of the year called the 'International Landscape Photography Day'. This day is celebrated on 28 June. Do you know why? It is because that day is also my birthday!

On that day, people will get a day off from school and work. They will celebrate the day by bringing a camera or a mobile phone to take some beautiful landscape photos. Besides photo-taking, there are also exhibitions for displaying wonderful landscape photos. Also, there will be a photography competition to see who takes the most magnificent landscape photo.

There is a story behind the reason why I create this day. As you know, I like to take pictures of the beautiful landscape, and I will go to different places for photos. Whenever I have taken beautiful photos, I will share them with others through social media. Unfortunately, not many people know about these beautiful photos. Throughout my photography journey, I have met some people who like taking landscape photos too, and they also agree that not many people know about these beautiful photos. At that moment, I had a great idea. I thought I could create a special day to celebrate such pretty photos.

I wish you all a happy 'International Landscape Photography Day'. Don't forget to go outside and take some pictures of our wonderful landscape.



# The Importance of Kindness

8A | Chi-yin Sophia FUNG WOBER

Henry James once said, "Three things in human life are important. The first is to be kind, the second is to be kind and the third is to be kind." Today I will be talking about the importance of being kind.

Kindness is contagious. Witnessing an act of kindness can warm people's hearts and make them more selfless and kind-hearted to others, creating an endless loop of people being kind to each other. Therefore, just being kind to one person can have a huge impact!

Besides, kindness can decrease anxiety. A study by the University of British Columbia showed that when a group of highly anxious individuals performed around six acts of kindness a week for a month, there was a notable increase in positive emotions, relationship satisfaction and a decrease in social avoidance. This shows that being kind overall can improve our life.

The fact is, being kind can benefit everyone in a lot of different ways! It can be anything from genuinely complimenting someone or even just by offering a hug! If you aren't already expressing kindness, why not start now? It's never too late!

Thank you.

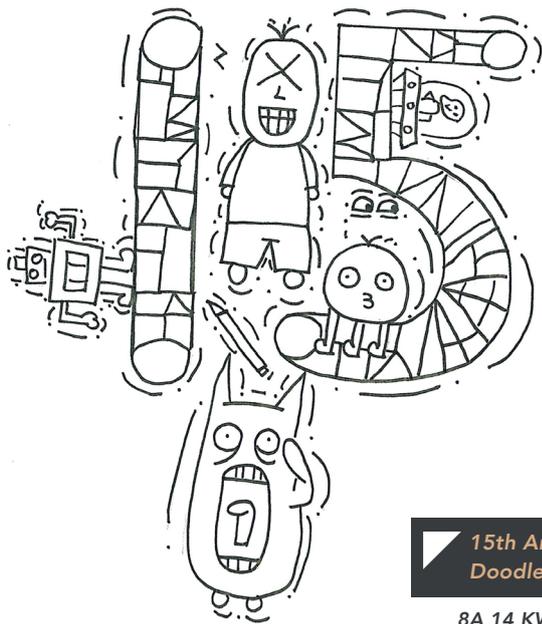
15th Anniversary  
Doodle Drawing

8A TANG Hau In

15th Anniversary  
Doodle Drawing

8A KWOK Chin Yu  
Alison





15th Anniversary  
Doodle Drawing

8A 14 KWOK Cassie

## Self-Kindness

8B | FONG Hannah

Once there was a selfless girl. It was a rainy day, so she lent her only umbrella to her friend and walked home as the rain drenched her. She ended up catching the flu the next day. That girl was me.

Hello everyone, I am here today to talk about self-empathy and self-kindness. I hope you all here, after listening to my speech, start to act more kindly to yourself while at the same time spread your kindness to the world.

As mentioned, I was once a person who prioritized others before myself, and ended up living in a state of fear and misery. That was when I had insomnia and had to talk with social workers. After weeks of conversations, I finally attempted to listen to my heart and decided to think more about myself before thinking for others. Then my mental health improved. This crisis made me perceive the importance of loving myself more than anyone else. Another thing I discerned was that self-compassion isn't selfishness, and it should be cherished, for you cannot be kind to others until you know how to treat yourself compassionately.

Starting now, please give yourself a pat on your back every day, and listen to your inner heart. Give yourself a break from time to time, too. Most importantly, accept your imperfections. Being kind to yourself only when you deserve it is like watering a plant only when it rains. Therefore, please water yourself twenty-four hours a day so that the kindness inside you will bloom into abundant flowers which you can spread to others in the world.

Thank you for listening!

# How kindness makes the world a better place

8B | CHUI Isabel Dede

During the pandemic, people all around the world have been doing different acts of kindness like apportioning masks and hand sanitizers to the poor or donating a tremendous amount of money to charities that buy pivotal supplies for doctors and scientists.

Today, I'm here to talk about how kindness can make the world a better place. The power of kindness is unimaginable and can definitely change the world if we all cooperate and work together.

Firstly, kindness brings people together, and it unites people. When we do acts of kindness for someone, we form a connection and succor each other. How do we connect with someone? It's simple: hold a door for the person leaving the shop after you, say good morning to the person next to you in the elevator, thank the security guard when you see him/her, etc.

Secondly, kindness is contagious, and an impact of a small gesture of kindness is ginormous. It makes us considerate, attentive and compassionate people. Imagine you paid for the person behind you on the bus, then the person saw your wallet on the ground when you were getting off the bus. What do you think the person would do? The person would most likely pick it up and return it to you. This situation reflects how kindness is contagious.

Scott Adams once said, 'Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.' Do you want to live in a better world? Start doing acts of kindness while believing you can change the world; you never know the impact of kindness.

# BEING KIND IS MORE THAN WHAT YOU THINK!

8B | WONG Yat Tung

When the word "kind" pops into your head, what do you think of? Helping someone in need? Being thoughtful? Or sacrificing something? According to the dictionary, the definition of "kind" is "having, showing, or proceeding from benevolence." Kindness can happen anywhere, in some small acts of life. Good morning everyone, my name is Tung Tung. Today I would like to talk about why we need to be kind.

Firstly, kindness brings positive energy. Have you ever tried to help someone? How do you feel? Being kind is easy. It can be as simple as offering a seat to someone in need. Let's refer to an example in the book "The Happy Prince". The swallow felt better after helping the seamstress, as shown from "But I feel quite warm now, although it is cold". As seen from that, offering kindness brings positive energy.

Being kind reduces stress. Stress is everywhere in our city. Compassion and kindness also reduce stress, boost our immune systems and help reduce negative emotions such as anxiety, anger and depression. Also, it enhances both physical and mental health. Many physical ailments are precipitated by stress.

In conclusion, being kind can bring positive energy and reduce stress. Much more can be gained when we practise random acts of kindness. "Sometimes it takes only an act of kindness to change a person's life." Why not be kind from now on? Bits of small things turn the world into a better place.

Thank you very much for listening!

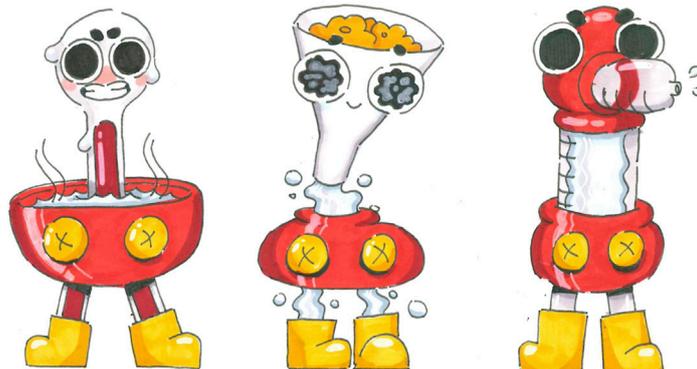


15th Anniversary  
Doodle Drawing

8A05 CHOI Tsz Wan

Character design

8B CHAN Erin Yuet Kiu



8C | LIN Jane Jing-wen

"Kindness is a language that the deaf can hear and the blind can see." So, what is kindness? Kindness is a language that everyone in the world can understand, even the blind and the deaf. It is a language for all. Everyone understands it.

I am here to talk about why we need to be kind. First, what is the meaning of kindness? Kindness is being friendly, generous, and considerate. It is also doing something kind to others without expecting anything in return.

Why should people be kind to others? It is important to be kind because it makes you feel good about yourself. It also makes others feel warm too. If you want respect, then you must give respect to others first.

We need to be kind because kindness spreads love. We use kindness to share love with others. For example, we smile to others, we care for others, and we show our love for others. When we share kindness to others, they feel happy and blessed. We give them hope; we give them love.

We also need to be kind to others because kindness changes everything. Kindness can change a person's life. Kindness gives them hope. It can change the future by making the world a better and kinder place.

To make a world a better place, we should do a lot of kind things. For example, we should smile to others, help others whenever we can, and we cannot be angry at other people. If we don't do these actions, our world will be full of anger and filled with negative feelings. Therefore, we must be kind in order to make our world a better place.

15th Anniversary  
Doodle Drawing

8A KWOK Lok Yao



**“Kindness starts  
with us: Loving  
oneself, living  
with integrity, and  
knowing right from  
wrong.”**

8D | WANG Jingqiu

Kindness - “a type of behaviour marked by acts of generosity, consideration, or concern for others, without having an expectation of praise or reward.” We all understand how to be kind. We all can be kind, after all, and kindness starts with us. Loving oneself, living with integrity and knowing right from wrong - that is my topic today.

Let’s start with ‘loving oneself’. I firmly believe we have to respect and love ourselves and love someone else. Some may complain and rattle about how those who are deeply in love never care about themselves, but my friends, that is not loving someone else. That is an obsession.

One of the most important things is distinguishing between things that are acceptable and those considered to be downright immoral, unethical, or just plain wrong. Everyone can understand and change their own actions to a positive way, even if it’s as simple as helping an elderly cross the street. I highly encourage everyone to do so.

Once we are in the right mind, we, knowing what is acceptable, should act accordingly, then help others around us.

If you are clueless about where to start, here are a few examples:

- Thanking the bus driver when you leave the bus
- Lending your stationery to a classmate

**BE BRAVE AND GO  
WITH IT: KINDNESS  
STARTS WITH US.**

My Digital Life

9C CHEUNG Yan Ting

## Seluna's Masterpiece

9B | FU Cheuk Yiu Tiffany

Bronze Award – Hong Kong Budding Poets (English) Award (The Hong Kong Academy for Gifted Education)



On the warm, grassy land lived the Masters of Creation,  
Each Master had one masterpiece, except Seluna, who had none.  
Desiring greatly to create something cordial and of admiration,  
Seluna collected rays of sunshine, then began the fun.  
Late at night, Seluna fused the sunshine with a hawthorn leaf,  
Added two charcoal pearls shaped just like the bulbous full moon,  
Affixed it with the subtle drops of spring water she had retrieved,  
Poured it into a bowl and yearned for success soon.  
The next morning, she was awakened by the sunlight,  
Which shone on the bowl, now broken and bent.  
A dainty creature stood on the table, look at Seluna with delight,  
Seluna named it "homo sapiens", and to the Masters' homes she went.  
The Masters were bewildered of this curious masterpiece,  
And made Seluna its guardian, so she thanked them with graciousness.  
Intending to let the kind-hearted creature spread more moral values and peace.  
She added one more ingredient to the creature, not knowing its maliciousness.  
The creature grew and duplicated itself every single day,  
Soon there were hundreds of homo sapiens, all looking adorable.  
The homo sapiens were benevolent at times, most often when they played,  
But acted as barbarous as a beast when they were bored and were truly despicable.  
Seluna became aware of this situation and realized her mistake,  
She tried to remove their vanity, yet she failed.  
Quarrels on their benefits have the homo sapiens started to make,  
Soon grew to violation and bloodshed, let alone being assailed.  
The homo sapiens split into several countries,  
And battled each other ferociously for every few years.  
Very soon, Seluna caught them slashing down trees,  
And hunting down innocent animals for leisure, leaving the herds in tears.  
The Masters blamed Seluna for such exploitation, her thoughts intertwined,  
For who knew that the ingredient had torn away so many creatures' lives,  
Yet she knew that humane qualities were not removed from the creatures' mind,  
And quickly figured the perfect solution that could solve the strife.  
"Be grateful and respect Nature, my little creatures," she pleaded,  
"Treat each other with courtesy. Thrive with your utmost honour.  
Your heartfelt obedience to my message is needed,

And my only wish is for all of you to prosper."  
Did her masterpieces listen to her? Did they gladly obey?  
We are the masterpieces, and we will listen to her starting from today.

# Human Meatballs

9B | JIM Wing Sum

## “Knock! Knock!” “Come in!”

“Sir! The city will be running out of supplies in two days, what should we do?”

“Keep calm! Go to the storeroom and grab whatever is left there and put them in my safe, OK?” answered the Mayor.

“But ..... what about other people in the city ... ?” Matt the secretary replied.

The Mayor answered, “Don’t worry, I won’t forget about your share of resources, I will think of something after finishing this game, now leave!”

“OK ... Sir” mumbled Matt weakly.

Outside the Mayor’s office the sun was shining brightly, lighting up the city’s sky just like any other ordinary day, but the bright vibe was not for Owen, as he hadn’t eaten anything for three days already.

Owen belonged to the lowest class of this society so he couldn’t afford an apartment

or even the basic needs since food and resources were running low; as a result, their price had gone up a lot.

The sunlight shone into a dark alley where Owen was lying. He woke up and realized that he was late for work, so he immediately stood up and ran through streets and alleys. Finally, he arrived at the construction site.

He ran up to his boss, Mr. Benz and said “I am so sorry! I won’t be late next time, please don’t fire me, please!”

Mr. Benz slowly took out a document from his pocket and answered sadly, “No, it is OK, Owen. The construction site will be shut down today since the city was running out of supplies. I guess sooner or later we will all starve to death. I am sorry but you can leave now.”

Owen looked shocked, but he couldn’t really do much, so he slowly dragged himself back to the dark alley where he lived.

As he sat down, he saw a piece of newspaper lying on the floor. The heading was, “Will the city come to an end?” Goosebumps immediately popped up all over his body, as

he was wondering what the Mayor was doing and what he should do without any money at all.

The next day, Owen was woken up by some loud beeping sounds from the cars in the long traffic lines. Many people decided to abandon the city and start off fresh somewhere else. Owen sat in the city’s square and quietly looked at the mad drivers honking.

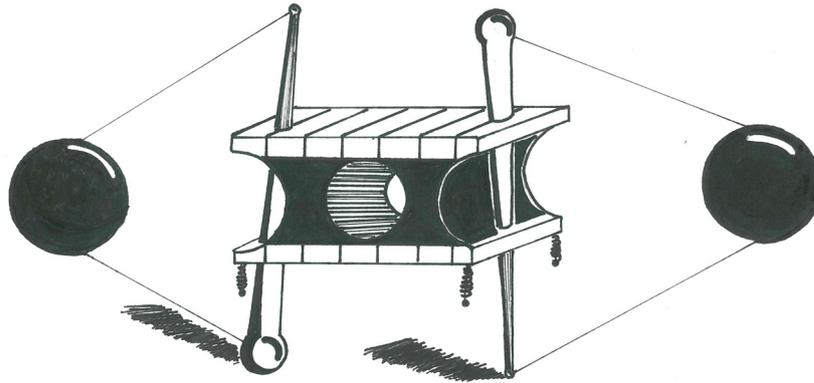
A few more hours passed, but cars were still honking noisily.

Owen sighed, “This city is hopeless. I should just end my life sooner or later .....”

Suddenly, Matt handed Owen a piece of paper and said, “The Mayor decided to shelter the city’s homeless people. If you are interested, come here at 8 p.m. tomorrow, and we will gather you all there.”

Owen nodded his head smiled, thinking that it must be his lucky day.

**The next morning, there were thousands of people in the city’s square. Everyone lined up and got on the truck. It drove towards the dark**



### My Digital Life

9A | KAM Jason Tsz Shun

and inner part of the city, but Owen didn't really get bothered by the dark, dirty and smelly alleys since he had been living here for most of his life. He only remembered that he once lived inside a yellow room full of soft fluffy toys when he was really young. Life was perfect at that time. He enjoyed playing with his parents, but one day they didn't come back. For the next fifteen years, Owen hadn't seen them anymore. He barely even remembered what they looked like.

"Get off the bus!" the bus driver shouted. Owen's flashback stopped, and he realized he had come back to reality. He hopped out of the bus, and a guy wearing a military uniform handed him a blanket and a toothbrush, then he sent him inside a small dark room. The room was only 30 square feet, and he had to share it with a roommate, but Owen thought it was better than nothing since at least he had a roof on top of him. He was really tired after all of the travelling so he lay down and closed his eyes.

The next morning, there was a young man sitting next to him. He waited for him to wake up and said, "Hi! I am Marko, I am your new roommate. Do you want some bread? We can share it if you don't mind." Owen was a shy guy, so he nodded his head and ate his share. They were boys of the same age, so they quickly became friends. Owen started to enjoy his life as he always had Marko by his side.

Months passed, and they had been trapped in that locked apartment for so long.

Marko asked, "Hey! Have you wondered what this place is?"

Owen answered, "No, it is very mysterious here, and it seems that once we enter, we won't be allowed to leave. I only remember that there was some bloody smell when I first arrived, but then I guess we've got used to it already."

"Maybe we can explore this place. We can climb through that air vent on the ceiling tonight," suggested Marko.

"Yea! Let's go!"

When nighttime came, the boys climbed through the air vent wondering where it would lead to. Their hearts were pounding heavily.

After a few minutes they heard someone saying, "We will put the homeless inside the meatball machine first tomorrow, sir!"

"The boys looked at each other, surprised and scared. They decided to lean closer to look at what was happening. They realized they were on top of the Mayor's office.

The Mayor replied, "Great! We are about to run out of meat soon. Those people are useless anyway. At least they will have some contribution now. Ha! Ha! Ha!"

Owen whispered, "Oh! No! We have to get everyone out of here by tomorrow. What should we do?"

Marko answered, "I don't know bro, maybe we should go back to our room first." Then they quickly climbed but they didn't realize that the screw of the air vent fell off so both of them fell down into the Mayor's office.

The Mayor and the other people in the room were shocked.

The Mayor shouted, "What are you two doing here? Call the guards!"

The boys quickly got up and tried to escape but it was too late, because the guards already tied them up.

Then they were locked inside a room full of red stains all over the wall. The boys were frightened and speechless.

The Mayor said with a wicked laugh, "You guys seem to be very interested in my project huh? Then why not be the first bag of human meatballs. Ha! Ha!"

Marko answered angrily, "You crazy man!" The Mayor yelled, frustrated, "Shut up! You will be human meatball first, little boy!"

Then the guards dragged the boys to the front of a weird shiny machine. They put Marko on top of it.

Marko shouted, "Run! Owen!"

A few seconds later, the machine whirled and boomed, a little meatball popped out in the bottom, Marko disappeared. Owen was frightened. He knew that he had to do something or else he would die, so he bit the Mayor's finger. He shouted so the guard looked away. Owen made a run. After running past many doors, he finally found the exit but then the guards were getting closer and closer, so Owen ran faster and faster.

He ran towards a forest and realized there was nowhere he could run anymore as the guards were only meters away. He saw a lake in front of him and held a heavy rock and jumped inside. At first, there were some bubbles in the water, and then it became very peaceful. The guards found nothing.

Owen closed his eyes and thought of all the happy moments in his life then he smiled, sinking deeper and deeper into the lake, and at last —

# SAD BUT BEAUTIFUL

9B | LIU Tin Yat

"..and please remember, in the city of Monopolis, everyone is beautiful. Thanks for your time." said the reporter, reading from a script for the public service announcement.

The year was 2050 when everyone was finally beautiful. They weren't just beautiful objectively. Everyone was beautiful in every way. No one looked ugly. Nobody was unusual or weird. Everyone was normal and equal. This was all due to the wonderful management by our great government. Although this was the case, there was still uneasiness in the air.

Last month, some government agents came and took away Amy and Matt James' thirteen-year-old son, Tom, away. Yeah, it was tragic, but nothing could be done about it. They couldn't mull over it, since it was ugly to be stuck on thinking about something that was sad.

Matt was a normal person who worked at a normal office full of other handsome individuals. Everyone was perfect and no one was ugly. Amy was a dancer. She looked beautiful when she danced gracefully across the stage during performances. She practiced until she perfected her dance moves.

Matt and Amy were leisurely enjoying their time at home. They were both watching the television. They were enjoying the performance of a dance that was choreographed perfectly, with pretty dancers dancing perfectly and gracefully.

"Doesn't that look great?" asked Amy, who was fully immersed in the dance. "I wish I could dance for the television show."

"You can definitely do that someday!" replied Matt, whose words encouraged Amy very much.

Suddenly, the dance program was interrupted by a news bulletin. "Tom James, aged thirteen," said the handsome male reporter, "has just fled from jail. He is a hideous individual that looks fat and ugly. If any of you beautiful folks see this creature, please contact the government. Please help us and rid this city of hideous creatures like that thing." A picture of a young boy was shown on screen. He looked obese and had ugly features.

Realization kicked in for them both when they realized it was their own son the reporter was talking about. Although they had already moved on from the disappearance of their son, their hearts felt weird. It was the first time they felt this emotion... Was it anger?

Matt's usually happy face twisted into the face of anger. With a clenched jaw, he screamed in an enraged voice, "How dare they say that about our son!"

Amy, influenced by the love of her life, said, "Yeah. What is wrong with these people!"

In that moment, both of them decided to be the first to find their precious son. They wanted to save him from this horrible government and all its brainwashed citizens. They wouldn't be the sheeple that the government wanted them to be. They had to save their son.

They walked out of their house, determined to find Tom. Suddenly, they got knocked out by a group of men in black suits...

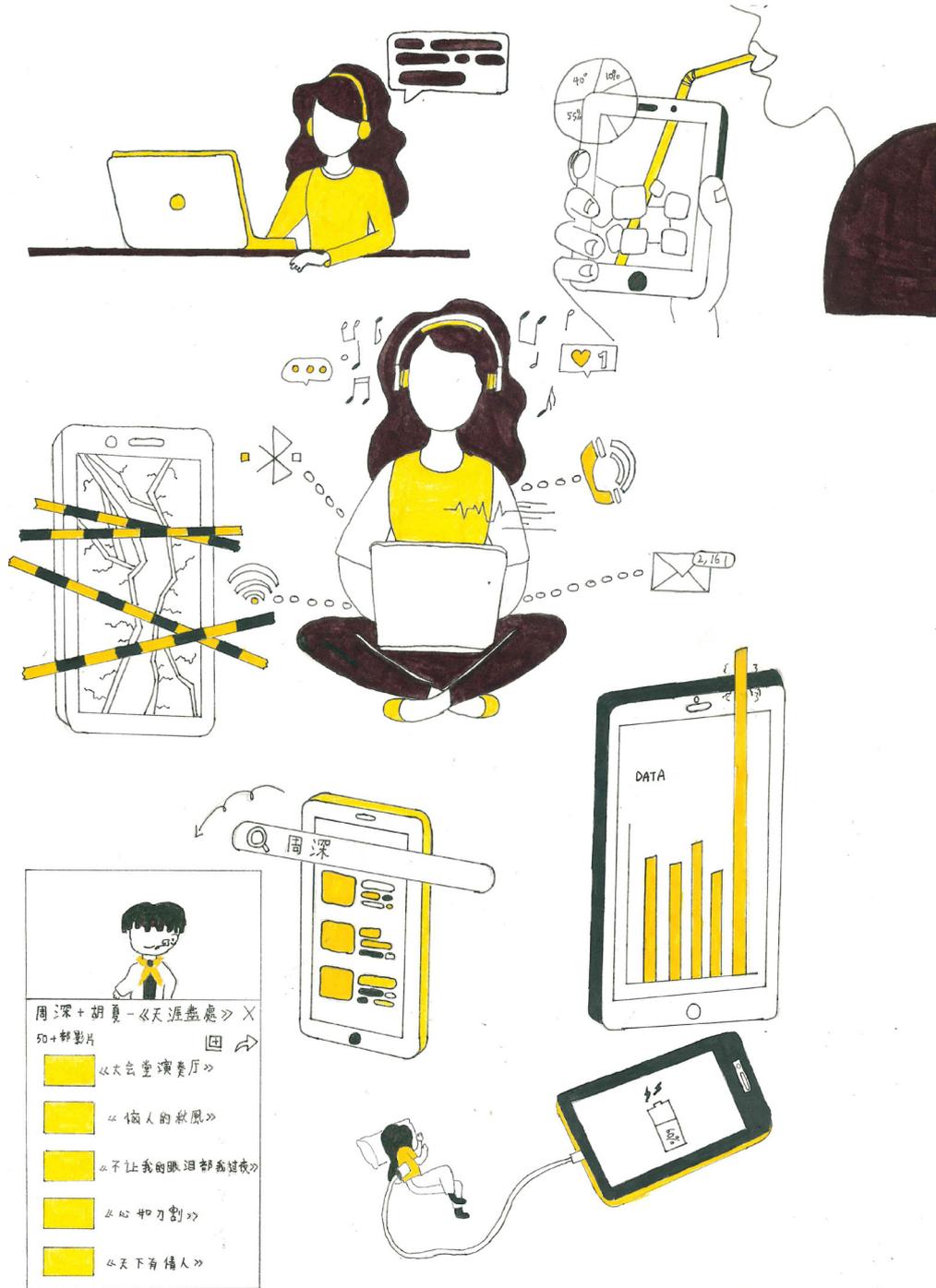
Matt and Amy were back in their house watching a dance again. It was as if nothing had happened. Matt asked, "Amy, why do I feel like I forgot something sad?"

Amy replied, "Isn't that great? We should forget sad things to stay beautiful."

"Haha, you're right."

My Digital Life

9B LO Yuet Yi Sophie



# date of death

9C | CHENG Wing Man

In this country, there were enough basic necessities for everyone. The government would prepare public medical service for people who gave birth to new-born babies. But the only thing that was unreasonable was that at birth, everyone had the date of their death marked on their arms. People believed that everyone was born to have the mark, and it was God who made the mark, so no one was curious about it. The government told the citizens that the outside world was dangerous so no one was allowed to leave the country. The government built walls to prevent them from leaving, but everyone was satisfied with their life so no one wanted to leave at all.

Justin Louis Anderson was born on the twenty-seventh of July 2000 and the date of his death marked on his arm was the fifteenth of October 2020. His life was peaceful over these 20 years. On the day of the marked date, he went to a market to buy some food for dinner.

"May I have two carrots, please?" Justin asked.

"Sure! That will be 24 dollars." The shop owner said.

While Justin was buying carrots at the shop, a flower pot suddenly fell and killed a person on the street. Everyone was terrified and screamed. Justin was scared and quickly rushed back home.

When Justin got home, he turned on the TV and saw the news talking about the accident that just happened.

"A flower pot fell and killed a person in Fresh Food Market. The police checked the dead person, and the person died before his death date. No one ever had this situation before." The news reporter said.

The news reporter played a video clip of the accident, and Justin found himself standing near the flower pot.

"I was so lucky. The flower pot could have landed on me!" He shouted.

Then the news showed the name and the picture of the dead person. The name of the dead person was Justin Louis Anderson, and he looked exactly like Justin. Justin was shocked, and he had no idea what happened.

On the next day, Justin woke up, and he was surprised he was still alive. He thought

the accident happened yesterday was weird, so he decided to look into it. He found an underground organization through the Internet and told them what happened. After he explained everything, the organization asked him to join them. They sent him the address and told him to meet them the following morning.

"Welcome to our organization. Please have a seat." Carlos, the leader of the organization said.

"Three years ago, I had gone through the same situation. That's why I set up this organization. We are trying to find out why we have the dates on our arms." Carlos said.

"I will help you." Justin quickly answered.

After three weeks, they finally found a way to enter a public hospital, and they planned to hack into the government's computers. "We will be entering the public hospital by the vents. Here is the map, just follow the route. And at the same time, I will be hacking into the government's computers. We will do it tomorrow morning." Simon, one of the members of the organization said.

"Let's go into the vent now," Carlos said.

They crawled into the vent and followed the route of the map Simon gave them. They were in the vent of a room with doctors and a baby. They looked down through the vent and saw the doctors mark a death date onto the baby's arm. Carlos and Justin were both shocked. At the same time, Simon hacked into the government's computer and discussed a department called the Population Control Department. Every day, the department would drive drones to stage accidents to make people die, and this was how they controlled the population of the country. Justin and Carlos came back to the organization and discussed what they saw with all the members.

The organization used the mass media to spread the truth. People overthrew the government with the help of other countries and broke the walls the president made. People finally had freedom, and no one could control their life.

# AFTER THE PERISH YEAR

9C | LIN Wing Chin

In the 22nd century, robots were widely used in service industries such as manufacturing, nursing, housekeeping and transportation etc. As humans started to over-rely on robots, they slowly became lazy and neglected work.

In the year 2237, AI was out of control, as they developed and learned a lot in the past few years. Therefore, they started to kill humans to create and rule the new world. At that time, the human population decreased rapidly, and almost faced extinction. Then God appeared. One day, the sky was shrouded by bright white light, and all humans fainted and robots stopped. God gave humans 300 years of life and some of them special powers. This year was then called "the Perish Year" in human history.

200 years passed quickly. Humans built new cities underground and gathered some people who had special powers to protect and fight with robots and find resources on the ground. Fia was a girl who was born after The Perish Year. Her parents were the survivors in that incident; both of them were in the resources team and had very strong special powers. When Fia was born, she also had a very strong special power of fire and was very talented in technology. Fia was so strong that when she was at the age of 80, she already joined the resources team and went on the ground to fight robots and find resources, while the average age of the team was around 200 years old.

One time, when Fia was out for a mission, she found a place that was hidden. She went in with her teammate, Theo, a boy who was 120 years old and was also very strong. They went into the room and found that the room was a technology lab. They fought the robots inside the lab and found many signs that showed that a human lived there. They turned on the computer and saw many recorded files about a scientist recording himself about the plan of using robots to take over the world and create a new world only with robots.

Fia and Theo were shocked at what they had found and were so angry about what the mad scientist had done to cause the Perish Year to happen. When they went back underground, they used the new technology they brought back from the lab and finally successfully made a machine that could eliminate the robots. This machine could only work when it was connected to the main controlling computer, so they started planning.

Two weeks passed, Fia and Theo were out for a mission again. They went to the supermarket for some daily necessities. When they were heading home, they ran into a bunch of robots. Since there were only two of them, they were defeated and brought back to see the mad scientist by the robots. Fia and Theo were injured and were blindfolded when they were brought to the base of the robots.

When they finally arrived at the base, they saw the mad scientist. Theo was so angry, asking why he wanted to kill all humans when he himself was a human too. After the mad scientist heard this question, he laughed. And he told Fia and Theo his story. When he was young, he was bullied so badly that he had wanted to die for a few times. As his classmates and colleagues thought that he looked so ugly, his personality was weird, and he was so talented in technology, they were jealous of him. Nevertheless, his mother was always there for him and told him not to give up. He didn't commit suicide. One day when he came home from work, he found his mother in the bathroom with blood all on her wrist. He called the ambulance and sent his mother to the hospital, but it was too late. His mother passed away, he then knew that because his mother heard so much about him getting bullied and felt so powerless that she couldn't help his son. She finally couldn't help it and choose to kill herself. At that moment, he had a grudge against all the people who bullied him, as well as all innocent humans. Then, he took revenge on all humans. He wouldn't ever believe anyone except robots, and wanted to create a new world without bullying.

**After hearing the mad scientist's story, Fia and Theo had one second of sympathy, but after they remembered how many people had died in the Perish Year, they took back their sympathy. Fia told him that shouldn't be the reason he killed so many people. The words just fell, red lights and loud noise went on. This happened when the mad scientist was talking about his story, Theo secretly connected the machine which could eliminate the robots to the main computer. At this moment, the mad scientist finally realized that he had fallen into Fia's trap. And at the moment that the mad scientist was stunned by the alarm, Theo killed him.**

These were traps Fia and Theo planned. They first pretended to be defeated by the robots, but actually they only had minor injuries. Then they were brought to see the mad scientist, and they found something to distract him. They waited for an opportunity to connect the machine to the main computer. The plan worked really well, and they defeated the mad scientist and the robots all at once. Lastly, humans won and ended this war which continued for 200 years.

Humans finally could come back on the ground. And this event was recorded in the "the Glorious Event". Fia and Theo fell in love at last because of this event. They knew each other so , and they got married. They were the king and the queen in the new nation that humans built on the ground after the Glorious Event.

# The Apple Pies



9C | MAN Hiu Yu

There must be others who were immune like me. My family, whom I no longer knew, had transformed into a distorted version of themselves and started to speak a certain unknown language. They didn't seem to recognize me anymore. It all started when a strange being from out of town arrived and started selling apple pies.

The person had a rather pointy nose. Other than that, he was average looking and would be hard to identify in a large group. It was any other Tuesday when he arrived. We never had visitors because of the complicated procedures one must endure to successfully come here, so he was the hottest topic of the day.

He set up a stand in the park, which was a small piece of land with one lonely slide. He also put up a sign that said "Apple pies for sale! \$10 each!" in enormous red letters. We rarely got any food of this kind here, as we usually had vegetables. On lucky days, we might have a small chunk of bread.

I discovered that I had a serious allergic reaction to apples after an incident in the past. We had a batch of apples because of the nice weather throughout the year. I had never seen such food since I was 7; it was red and round. I took a bite and immediately rashes started forming on my face and on my arms. My mother took me to the local doctor, and she said I should stay away from apples.

My parents and my brothers used all their earnings that month to buy 5 pies and all I could do was watch them enjoy them.

"You sure you don't want some?" My younger brother asked. I shook my head.

Anyway, I must find a way to get out. Now, I'm scared of what my family might do to me. Before I walked out of the door, I turned back to get one last look at them. They seemed to be in a trance, waiting for me to come to them. I ignored their movements, took a deep breath, and walked out. I walked past a normally dynamic street near my home. I didn't even know where I wanted to go at that point. I wandered around town, hoping to find some answers. I could see through the windows of shops and homes and it was a strange sight. Most of the people seemed to look the same as my family, distorted. The only difference was that they looked shocked as I walked past their property. I didn't think much of it.

As I continued walking along the street, a man wearing sunglasses and a facemask was driving a truck. "You're one of the survivors too? I've been rounding up all the people who aren't infected in my truck. Climb in." Finally! I was safe. I looked out the window on his truck, as we drove past rows and rows of neat buildings. We drove past the landfill, and that was when I saw it. The sign. The sign that hung on the pie seller's stand. That was when I noticed under the big red block letters were small letters saying "Magic effects included" with a cheeky face next to it. I had a hunch that the pies were weird. It was what turned everyone crazy. That would also explain how I managed to stay the same. All of these survivors must not have had the pie either!

"Have you guys had the apple pies that the guy sold a few days ago? Are you also allergic to apples?" I asked. "I haven't had the pies, but I'm not allergic to apples. I'm allergic to flour."

"I'm allergic to eggs."

"I'm not allergic to anything but my family is poor. We can't afford the pie." A discussion about why each person couldn't eat the pie broke out. I was getting more suspicious every second. All of it fit perfectly like a puzzle. I got up from my seat and ran down the aisle, slowly approaching the driver's seat. I pulled down the driver's facemask and I tumbled back in shock.

My suspicions were confirmed; it really was the pie seller. Now he seemed to have been infected too, as he started to look distorted and I could not understand his speech. Suddenly, he stopped the truck. He pressed a button that turned the truck 90 degrees. The other survivors, along with myself, got dumped into this forest looking place, with lots of fog and trees, and everything looked so dreary. Most of it had a greyish tone to it. The pie seller quickly drove away and disappeared into the distance in a matter of seconds.

I looked around in confusion and quickly saw a sign popped up against a tree. "Greetings to you, the unlucky chosen few. You would've eaten the pie if you knew what fate has in store for you. But you don't have to be blue, for what you've done has helped us with population control, it's true. Look around as we have put up mirrors. You will see that you have grown hair, claws, horns, and feet so big that won't fit in any shoe. We have set off a poisonous gas, and the protection pill was in the apple pie. You're rather unlucky that for some reason or two, you didn't eat the pie. We'll send you food and stew, so you'll be able to survive. But who can you blame? For not eating the apple pie? No one but you."

There was another tiny note next to the big sign, and it read "This is from the government. You won't notice that you have changed by looking at your hands and feet, or the others who are infected. Your minds are deceived to think that you're still the same old you, just trust us, look at the mirrors."

I looked into the mirror and nearly passed out. There it was, staring right back at me, a disgusting, hairy monster, with claws and horns. That's why everyone else stared. I thought they were the weird ones. Turned out

## FOOTSTEPS

9E | CHU Wing Ting

I am running out of breath but the creature is right behind me. I keep running, looking around and yelling for help but people only respond with their screams. I feel desperate since the road in front of me is a dead end. I try to change my direction but I am surrounded by scary creatures and dead bodies. I feel helpless.

"Dad, Mom, just wait a moment, your daughter is coming." Suddenly the creature behind me screams loudly. I look back and see that the creature is shot through the head by an arrow. I fall to the ground instantly and cry continuously.

"The local government has announced that they will carry out a program called 'Human Reduction'. This plan will divide humans into two categories: useful and useless. Humans considered to be useless will be sentenced to death. Citizens should receive their verdict within this week," the news reporter said.

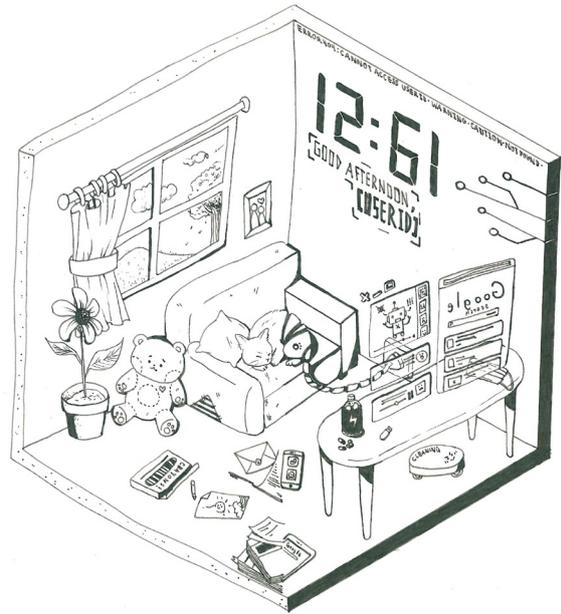
My father laughed when he saw this report and said "Today is April Fool's Day. The government wants to play the Resident Evil game with us?"

When my mom and I watched the news, we were scared but we both laughed loudly because of what my dad said.

After a few days, there was a report about a person being bitten at home, and this made people in the town anxious.

In the next few days, these strange things kept happening, and one of the victims was from my family. I still remember that it was at night and the doors of the house were locked. Suddenly we heard the sound of smashing things. I won't go into the details because it makes me feel sad. The result is that my parents sacrificed themselves to protect me.

And now I feel hopeless as no one can save me. I hear footsteps, and my whole body shakes with fear. As the footsteps get closer, I become more and more frightened, but when, I look up, I see a man. I am relieved as the man reaches out to me...

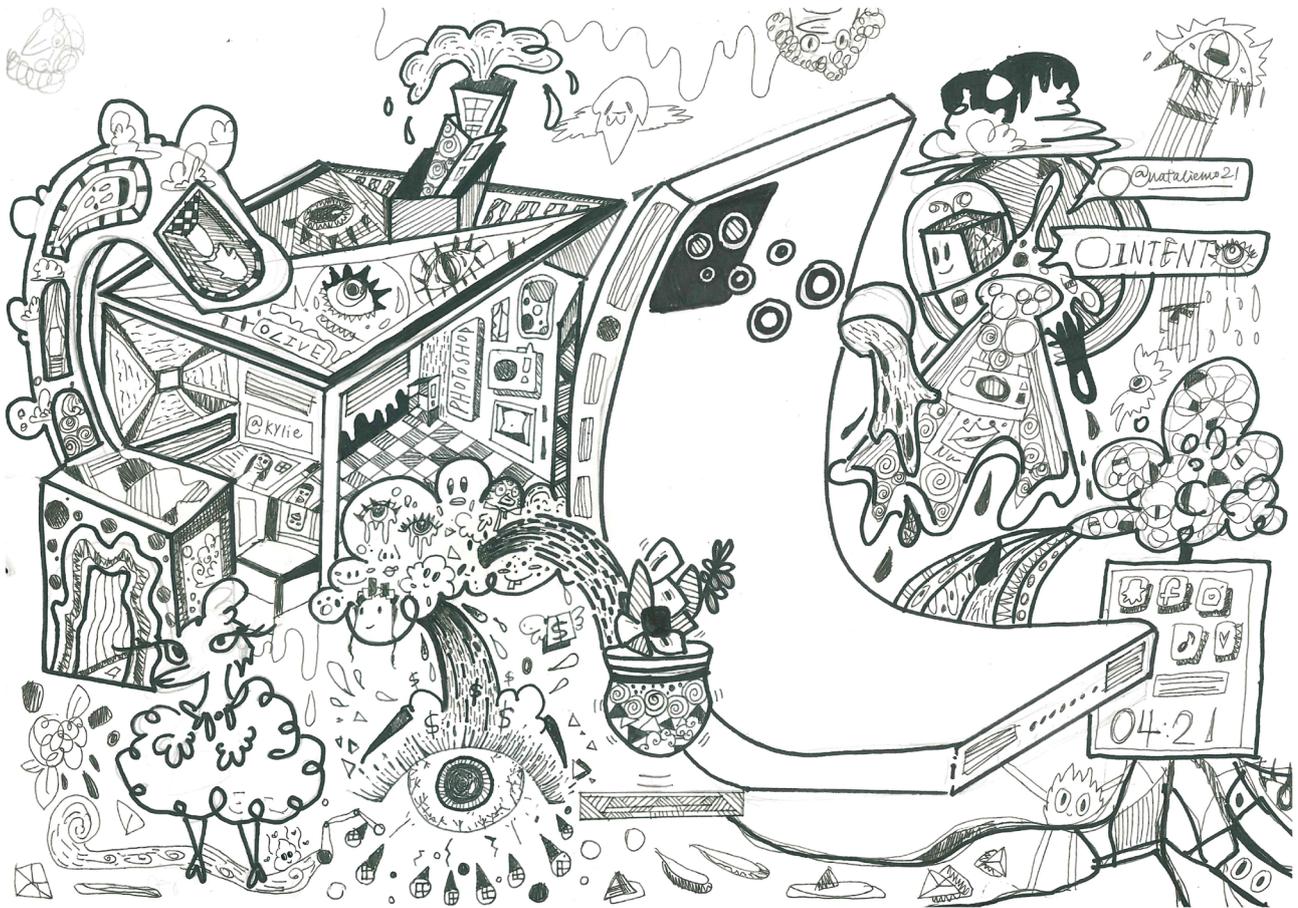


My Digital Life

9C | LAI Yau Yi

My Digital Life

9B | MO Ling Man



# My Twin Brother John

9D | SO Yuk Tai

I passed the test but my twin didn't. And now I'll never see him again. I had a twin whose name was John. He was like a good and caring friend of mine, and we would share everything with each other. We lived in a city with our parents, and we were a happy family. One day, our mom came back with a weird expression on her face.

Our mom asked us to sit down by the fire. She asked us a question with a serious tone which made me and my twin kind of scared. She told us that there were rumours going around the city that a giant creature was coming towards the city, and the government needed us all to take a test. Only the people who passed the test could be saved by the government team. The test would screen out clever people from the crowd. The government wanted to build a city full of clever people so that there would be more creative ideas to improve the city. The others who could not pass the test would be left in the city and could only hope that the creature would not attack them. After we all heard the news, we realized how this could affect our life. If one of us failed the test, we could never see each other again!

The big day was here – the test. While we were going to the experiment centre, John and I felt very calm because we both knew that we were capable of passing this easy test, but our parents felt very nervous and scared. We arrived at the experiment centre, and we saw some objects walking around the centre. After observation, we realised that they were robots holding the data and walking around the whole building. Finally, it was my family's turn, and we all went into rooms which were all separated with some curtains and boards. Some robots greeted me inside the room. They helped me put on a helmet, which could read my mind and fill in my answers automatically. I finished the test quickly because I didn't need to handwrite my answers on my own. I went out the room and joined my parents and also waited for John. The test results came out, and I passed, so did my parents, but John never came out. We were all worried about him. We went and asked the robot where my brother was. They said that John didn't pass the test, and the workers sent him to another room so we could not see him anymore. My family and I were heartbroken when we all heard this terrible news. We all cried in front of a million people who were in the centre. We knew we could not change the test results, and life went on.

Suddenly, a red light came on. Some government workers told the people who passed the test to get on the bus right now. All of the people in the centre panicked, and there was crying and screaming all around the centre. I asked the workers what was going on. They said some alarm went off because the sensor sensed the giant creature was coming toward the city, and we needed to go to a safe place right now.

*“Where will the others who didn't pass the test be going?” I asked.*

“They will be left in the city, and we can only hope that the creature will not attack them,” the worker answered. I wanted to cry again because I knew I would never see John's face again. My parents called my name in the crowd and told me to get on the bus. I secretly wiped my tears and ran to my parents. The bus took us all to a big mansion which was far away from the city, and beside the mansion, there were a lot of food and drinks. There were enough food and drinks that could maintain our life for at least 30 years! Still, we could not forget the fact that John might have died or was attacked by the creature.

Ten years passed by in a second, and this place turned from a place far away from the city to an actual city. The huge mansion turned into a school, and I study there now! We all have our own houses. In my bedroom, I have two photos hanging, one is a picture of my twin brother John and I smiling towards the camera and the other one is a picture of my parents, John and I playing basketball together in our old house. I often look at those two pictures since they always remind me of what a happy family we were before the attack of the creature. My parents and I seldom talk to each other after we have moved here; the only thing we talk about is how our day is like. We never talk about how our life was before we moved here and when John was around. We don't want to face our feelings after John didn't pass the test and the second when we knew we would never see John again. I miss you John. We miss you.



# TURNING PLASTIC INTO CLOTHING

10C | LAM Geoffrey Yu Hin

Plastic is a very commonly used material for bottles, bags, utensils, etc. It is used so often because of its low price and light weight, but people tend to throw it away after use, creating much plastic waste. According to the Plastic Ocean Foundation, the world is producing over a whopping 300 million tons of plastic waste every year, a huge part of which is thrown directly into the sea, polluting the sea water and causing harmful effects to the marine lives which will end up haunting us humans.

The idea of turning plastic into clothes is actually nothing new, but the audacity of turning it to a full business is something that we have never seen before. And here we are looking at a full project for turning this into a reality. They plan to collect plastic waste in the ocean, separate it into different groups, shred the plastic into pieces and use an extruder to heat the plastic to turn it into fibres to produce fabrics.

They mainly target teenagers in this project since teenagers tend to try new things more often. They will most likely give these products a shot and use them on a daily basis to be more environmentally friendly. The advantages of wearing these plastic-made clothes are that it reduces the amount of plastic waste, less water is needed in the production of these clothes, and these clothes are more durable compared to traditional fabric clothes.

# #FOODANGELLUNCHBOX

10D | CHEUNG Prudence

It's safe to say that anyone could relate to having a tremendous number of plastic lunch boxes piled up ever since the pandemic hit Hong Kong. A rookie green business startup, Group Three, uses this phenomenon to promote their new business idea for those who are forced to buy takeaways due to the restraints: stainless steel lunch boxes.

Even though there are countless alternatives to choosing a reusable lunch box, they emphasize that the stainless steel lunch box is the best option so far. Even though the lunch box is not microwaveable, tests show that stainless steel is one of the most heat-enduring metal materials. Therefore, microwaving your meal would not be required. And given that it is also lightweight, leak proof and very durable, it is a very attractive option.

Numerous businesses have started producing environmentally friendly lunchboxes. However, the outstanding feature that Group Three has is their collaboration with Food Angel. Promoting with the hashtag #FoodAngelLunchbox, they invite celebrities and internet influencers to promote the stainless steel lunch box. And with every purchase of the lunch box, 50% of the profit is donated to Food Angel to increase their budget to reach out to more people who are in need of meals. Restaurants that join in will also be promoted along with the influences of the promoters.

Their main objectives with the business idea are to reduce the amount of plastic waste caused by the overflowing amount of plastic lunch boxes, decrease the volume of plastic thrown in the ocean and landfills, promote an eco-friendly lifestyle to the public, and finally conserve the environment.

# POLAR BEAR

10D | CHEUNG Sienna

The sun rose and glistened in the clear blue morning sky. I rubbed my eyes and pawed away the ice crystals that had formed around them overnight in this freezing Arctic land. "I'm starving!" I thought. The melting ice caps in this area have made it so much harder to hunt for fish and seals.

I got up on my rear legs, growled heartily and stretched. I wanted to let other polar bears in the area know I was still capable of looking after myself, a worthy healthy masculine hunter and attractive mate.

"When was the last time I ate? Oh, was it two

nights ago? It can't have been that long!" My right front knee hurt as I pushed up onto it. "I wonder why it hurts so much?" I wondered. Then I remembered, a seal popped its head up from the sea ice and as I silently leapt from behind to grasp it, the slippery creature screamed, snarled and twisted itself from my tight clutches and managed to escape. In my enthusiasm to chase after my dinner and snatch it back again, without success, my right leg slammed into a protruding ice pack where the water hole was. I could not brake in time, and it hurt beyond words! As I stared into the water, I could not help noticing the reflection of my disappointed self.

I patrolled the breaks in the ice where the seal had disappeared and waited for what seemed

like hours. No more seals emerged. Painfully, I decided to settle for a less wholesome meal. I dived down into the dark freezing waters and made out some light shapes shooting by. I pawed a few into my mouth and rose up into the spots of light on the ice floor above.

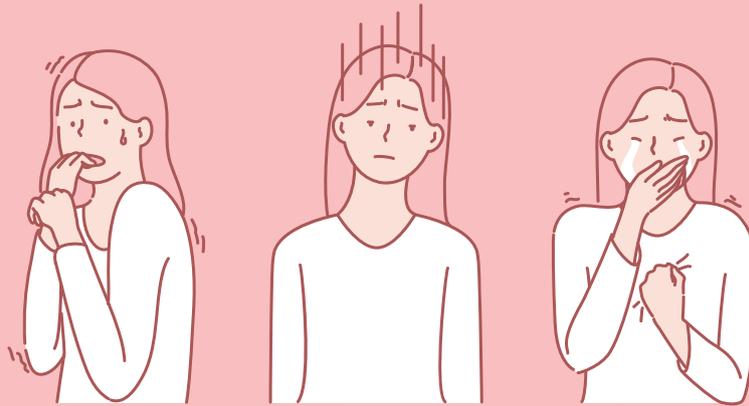
My less appetizing meal was fish, but they didn't go without a fight! They flapped ferociously and whipped my tongue. I was happy to savor these tasty snacks.

**Oh well, every day is special.  
Tomorrow is another day.**

My Favourite  
Movie Scene

10D | LO Sum Yi Abigail





# THE SILENT WAIL

10D | WU Yuet Yan

I heard the sound of his shoes treading on the grass. He was getting closer and closer to me. My family and I lay on the ground, hoping that he wouldn't find us. My father told me that if we got caught by him and other humans, they would put us in a cage for people to stare at or even make us specimens! My heart was racing, terrified that we would be found. Luckily, to our relief, he left. We slowly came out to look for lunch.

Sadly, I couldn't find any food. I hadn't eaten for almost 2 days. Our rainforest had been destroyed. The humans had cut down most of the trees, meaning we were not able to climb high amongst the branches anymore. Human beings are greedy and evil species! What used to be our food, like deer, were killed by humans just for their heads as decorations in their living room. The food shortage is making us suffer every day.

While we continued to search for food, my little brother suddenly fainted. We surrounded him, hoping with all our might that he would be okay, but as I saw him stopped breathing in his skinny body, I knew that he had left us.

Later that day during night time, we finally managed to catch a deer and had a decent meal. I thought back, when we didn't have any worries, and our natural habitat was full of joy. We didn't have to worry about our home or where we hunt, but now we were facing the terrifying truth that any one of us could have the same fate as my dear little brother.



15th Anniversary  
Doodle Drawing

10D | WU Yuet Yan

# YOUR DOOR TO VEGANISM

10E | IP Hei Yeung Ethan

*“How do you know if a person is vegan?”  
“They’ll just tell you!”*

You’ve most definitely heard of vegan jokes like this, seen that video of baby chicks being ground up live, looked up ‘carbon footprint’ while watching a BBC documentary about global warming. The chances are that you’ve considered going vegan.

But where to start? Going vegan means to say goodbye to eating any meat, milk, eggs or any animal derived products, and that’s basically cutting away half your diet, as well as your usual sources of various nutrients such as proteins and essential amino acids. Fortunately, nature has alternative sources of those nutrients in the form of vegetables and fruits for you to choose from, but if you aren’t too handy in the kitchen, then Where You’ve Bean? is the restaurant for you.

Where You’ve Bean? is a vegan restaurant that offers a wide range of delectables for their customers at a surprisingly affordable cost. Their menu is a collaboration of cultures, offering vegan foods from China, India and even Germany, such as Hot Buffalo Cauliflower Bites for \$25, Vegan Mac and Cheese for \$45 and Black Bean Brownies for \$15. Furthermore, Where You’ve Bean? not only serves and promotes environmentally sustainable diets, but is also environmentally friendly, opting to minimize plastic use

in their establishment by using paper bags for take-out orders and limiting straw use by only providing them when requested, so they are indeed quite the green business.

Where You’ve Bean? is a brilliant introduction to the world of veganism, proving once again that being vegan doesn’t mean chewing on grass or exclusively drinking water and that one can enjoy the lifestyle and reap many benefits such as reducing the risk of heart disease by lowering cholesterol levels and chances of getting cancer.

While some might critique Where You’ve Bean? for their low prices and argue that it is not a profitable and realistic business, Where You’ve Bean? demonstrates that a business doesn’t have to necessarily circle around the profits but can be a step in tackling our climate problems and embracing the green future. It is always about putting a smile on yet another satisfied customer.

# TECHNOLOGY MAKES YOUR HOUSEWORK SIMPLE AND EASY



11B | SUEN Tsz Yan

Living in a thriving city, Hong Kong people work overtime as a daily practice. Hong Kongers have very limited private time at home. Having no time to do housework seems a common issue for people who live alone. However, no one likes a dirty and messy house, right? Ms Smith is an office lady that lives alone with her pet cat. The tight working schedule tempts her to take good rest without cleaning her untidy room.

"Oh dear! Why is your house this messy? I cannot even find space to place the soup that I cooked for you." Ms Smith's mother came to visit her. There was cat fur and dust everywhere in the room. "Mom, how can I clean my house, while I sleep only 3 hours a day?" After a week, Ms Smith's mum bought a robotic vacuum cleaner from The Good Brand as a gift for her daughter. Ms Smith's life has totally changed. Every morning Ms Smith will pull out the filter bag after cleaning. The floor is no longer full of dust and cat fur. The nasal allergy of Ms Smith has improved.

## HOW DOES A ROBOT HELP OUR LIFE?

Time is valuable. The robotic vacuum cleaners can save your time on house cleaning. The cleaners offer a function to pre-set the cleaning time. Once the time is set, it will start to clean the house at the scheduled time. Every cleaning period lasts for 45 minutes, and every spot of your house will be cleaned. If you have a high expectation on tidiness, the robot can clean twice a day. Users can set at most 4 time slots for cleaning. An app is also provided for users to pre-set the cleaning times. It only takes a few simple steps for set up the vacuum cleaners. Changing the filter bags is the only thing that needs to be done. The transparent filter bags are specially designed and hence are user-friendly. Just tip it over the lid and the trash will be cleaned.

Doing housework can be a challenging task to many and cleaning a house in conventional ways is exhausting. Corners are usually left out as they are difficult to clean. The use of these robotic vacuum cleaners can help you avoid bending your back for a long period of time.

## TAKE ACTION

Your housework will be done by the robotic vacuum cleaner. Torturing housework no longer exists. You can avoid injuring your back from doing housework. From December 2020 to January 2021, The Good Brand online store is offering a 10% off, and you can get two spare filter bags for free if you buy two robotic vacuum cleaners in-store.

15th Anniversary  
Doodle Drawing

11A | MA Wing Yan

# Time to UNVEIL the MYTH of TEENAGERS STUCK to their iPhones?

11C | CHEUNG Hoi Ching

Teenagers nowadays always have their phones on their palms, no matter on the way to school, sitting at restaurants, or even when they are in the toilet. Have you ever wondered what makes their smartphones so attractive to them?

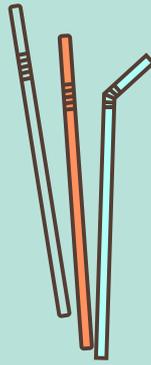
Before the secret of their phones is revealed, here is a hard fact that you should know - teenagers often seek inclusion in their social groups while learning to build their self-esteem. Therefore, they need constant access to something that can secure themselves in connecting with people around them. Have you got any idea what it could be? Bingo! It's social media.

Instagram, having over millions of users worldwide, is a must-have application on smartphones of teenagers in Hong Kong. Instagram has its selling point by allowing users to post stories and photos on their accounts. "Stories" is a function that allows people to post a photo that will be gone in 24 hours. That means the photo has to be checked within a day to be seen, or else it will be gone when it exceeds the time limit. This makes teenagers check their feeds over and over again in order to catch up with their peers' updates. Without knowing what is happening on social media, teenagers may lose common topics when they go back to school the next day.

Moreover, by letting users create a personal page, Instagram has created a personal memoir for every single user. Teenagers can always look back on their posts to review good times with friends during the year. It creates a sense of connection between friends, especially when Instagram has the function of tagging, which allows users to pin the names of their friends on the posts of their own. That can increase the sense of bonding and inclusiveness among teenagers. Furthermore, there have been school suspensions due to COVID-19. Teenagers cannot see each other, and they mainly communicate through social media.

What's more, there are face filters on Instagram that are updated periodically by the inventors to ensure the excitement among users. Even when you are at home, you can take selfies and send them to your friends. This again increases the sense of inclusiveness among teenagers, while at the same time develops uniqueness by cracking different faces of themselves through continuously-updated face filters.

Do you understand why they are so into social media now? Go to the nearest Apple store, buy an iPhone, and try to install applications if you still do not trust the power of social media and the power of iPhone. I am sure you will find far more joy in your lives after using them to connect with your peers!



# SAY NO TO PLASTIC STRAWS!

11C | HUNG Lok Tung

Remember the time when the video of removing a plastic straw stuck in a sea turtle's nostril went viral back in 2015? The single clip on YouTube has already gained 58 million views by now, but still, walking around on the street in Hong Kong, you can easily see someone holding a cup of bubble tea with a plastic straw.

## WHAT DOES PLASTIC DO TO OUR EARTH?

Plastic is super useful and is essential in our lives, but it can also be extremely dangerous. Most plastics are not biodegradable and cannot be broken down naturally. Accumulated plastic waste over decades finds its way into rivers, lakes and ocean and ends up posing a threat to wildlife and our environment. Millions of turtles, seabirds, and other wildlife die of ingesting plastic related products every year.

## SAY NO TO PLASTIC STRAWS!

One of our most common single-use plastics is the plastic straw. Although the consumption of plastic straws has already dropped from 1.7 billion in 2017 to 1 billion this year in Hong Kong, there are still a lot of things we can do. Many straws cannot be reused or recycled due to the chemicals they are made from. Being not biodegradable also makes them stay in our environment forever.

## ALTERNATIVES TO PLASTIC STRAWS

While a lot of plastic-made products cannot be missed out in our lives, there are actually many alternatives to plastic straws, so why not reduce plastic use by choosing the alternatives? Simply replacing disposable plastic straws with reusable stainless steel, glass, or biodegradable paper alternatives is an easy way to cut down on plastic pollution.

## WHERE TO GET YOUR OWN REUSABLE STRAW?

By a simple click online on our website, you can get one.  
There are also different materials and colors.

Our stainless steel straws are stain-free, rustproof, and scratch-proof. Made out of durable stainless steel, our straws are sturdy enough to last for years of continued daily use.

REUSE STAINLESS STEEL STRAWS  
MADE IN HONG KONG!

# Having Trouble Sleeping? The Solution is Quick and Simple

11C | LEUNG Sin Tung

Do you often have trouble falling asleep? Or have you noticed one of your family members or roommates tossing and turning on their bed every night? Being entangled in this issue for years, Elijah received a mysterious present last Christmas which completely and utterly changed his life. Suddenly, getting a good night's sleep may not be as hard as it seemed.

Elijah had been dealing with stress and anxiety after being laid off by his previous company, in which he worked as a receptionist. After multiple failed attempts in acquiring a new job, he reluctantly settled down as a taxi driver, working day and night shifts to make ends meet. The ever-changing work and sleep schedule, amid all the stress and anxiety, caused various sleeping problems to come crashing down on him. He struggled to fall asleep, and whenever he did, he would wake up abruptly multiple times in the middle of the night.

This problem took a toll on his health and work performance. Elijah would go to work with dark circles around his eyes and would lose his patience more often. A coworker of his noticed Elijah's sudden outbursts, which was out of character for him, and decided to present a special gift for Elijah on the day of Christmas—a weighted blanket.

Weighted blankets are therapeutic blankets with weights ranging from 5 to 30 pounds. They are used to mimic deep pressure stimulation, which is to apply gentle pressure on the entire body. The University of Massachusetts has conducted a study on 32 adult volunteers, in which 63% of them reported to have lower anxiety after lying under a

30-pound weighted blanket for 5 minutes. Numerous small studies, including a study in the *Journal of Sleep Medicine & Disorders* in 2015, have also discovered that participants who slept with a weighted blanket have a longer sleeping time and a decrease in movements compared to those sleeping under regular blankets. Weighted blankets are designed to feel like a warm hug and are widely believed to promote sleep and calm stress and anxiety.

Elijah was skeptical as he received his gift from his coworker. He ran his hands over the soft blanket as his coworker kept on rambling about how this single blanket turned his life around, which just sounded too good to be true. Nonetheless, he decided to give it a try.

His first nights with the weighted blanket didn't seem to have any improvements on him, as he struggled to adjust to the heavy weight over his body. However, on his third attempt, he slept through the entire night without waking up in the middle of his deep slumber. Elijah was pleasantly surprised, and this continued for weeks and months. After years of insomnia, he was finally able to sleep like a baby. His work and social life were eventually back on track, and this is all thanks to a simple weighted blanket.



## Buy now

for your friends and family  
during this holiday season!

# THIS CHRISTMAS: HOW TO NOT WASTE YOUR MONEY ON RELATIVES YOU BARELY KNOW (OR CARE ABOUT)

11C | TAI Lok Tim Timothy

Barely getting by with your college fees and having a migraine over finding the cheapest yet still presentable Christmas gifts? Well, worry no more; here is the budding trend of young-adult gift shopping to save you some time and money.

## TECHNOLOGY

Every young adult has been asked to fix an elder's devices at least once. This Christmas, it's time to use this stereotype to our advantage. Buy a nifty device at a cheap price and gift it to your distant aunt who's nearly a century old, and tell her that it's popular among the kids nowadays. Don't fret over whether she'll be able to use it. Old people are desperate to look young again and you've done your part in helping her feel that way.

## ARTS AND CRAFTS

Your niece or nephew will most certainly be bugging you for presents, and you can already feel the stares digging into you back as your whole family realizes that you've brought them postcards - from the local mail office - yet again. Solve it this year by buying art supplies that they can have fun with! No one will be able to tell what a cheapskate you've been, and the kids will be able to play with it for ages, or at least for the entire holiday anyways.

Don't be too frugal on this one though. You know how kids long for presents, and your parents may just have a special something for you hidden in the storage room, saved for when they finally see you putting in the effort to be the perfect young aunt or uncle.

## SHAMPOO

Your parents have been complaining of an itchy scalp for weeks. Or perhaps you've begun to notice the white streaks in their hair? Purchase a bottle of shampoo for both of them and tell them how it's been "scientifically proven" to solve their hair problems. They'll know that you have been paying attention to them and won't even mind sharing their gift. It's like shooting two birds with one stone, but your choice of projectile is a plastic container and your target has done nothing to deserve it.

Jokes aside, buying hair products is an effective way to communicate your genuine love and care to your loved ones, without being too overboard. It doesn't matter if you can't singlehandedly solve all your parents' concerns; after all, it's the thought that really counts.

Are you still having a headache over the price of all your gifts? SketchyBuys is the most hip and happening e-shopping service provider to suit all your shopping needs. Purchase your goods from the online shopping platform and get 50% off your first buy, as well as free shipping! Cancel your orders anytime before your cargo arrives, in case you've had a change of present choice, or redirect your order to the lodgings of whoever couldn't make it to grandma's party at the last minute.

“

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REALLY COUNTS.

# 3RS PLASTIC WRAP

## PROTECT THE WORLD AND YOUR HEALTH FROM NOW

11D | CHOI Cheuk Yiu

What is 3R?

3Rs are the principles of reducing waste, reusing and recycling resources. Products made according to these principles are often called the “3Rs” products. Reducing means choosing to use things with care to reduce the amount of waste generated. Reusing involves the repeated use of items or parts of items which still have usable aspects. Recycling means the use of waste itself as resources. Waste minimization can be achieved in an efficient way by focusing primarily on the first of the 3Rs, “reduce,” followed by “reuse” and then “recycle.”

### What happened to traditional Plastic Wrap?

Plastic wrap is popular in the United States. One industry research group found that, in the past six months, nearly 80 million Americans had used at least one roll of plastic wrap, but more than five million Americans had gone through more than 10 million boxes.

Though the portable, cheap wrap keeps leftovers fresh, there are several catches. Plastic wrap contributes to large plastic pollution crises. Most plastic cannot even be decomposed after 1000 years. It's difficult to recycle, and it's made from potentially harmful chemicals, especially as they break down in the environment.

Chemicals may also be released during heating of food in the oven. Plastic melts and causes a huge threat to human health.

### Real Life User Case

Mrs Smith is a housewife who is responsible for taking care of all the housework and her three children. As a mother, food safety is of course an indispensable concern for her children's health development. Normally, she uses plastic wrap every day to wrap her children's lunch boxes to keep fresh. But one day, her kids told her that the food wrap melted when they opened the lunch boxes and there was plastic taste in the food. Also, the fruit went brown even there were traditional plastic wrap on it. Mrs Smith was shocked to hear this. She had to do something right away to solve this problem. Finally, she browsed online and found this “3R plastic wrap”. She didn't have to worry about food safety problems again, while reducing the use of plastic wrap also saves the environment.

### Unique Features of Axials 3Rs Plastic wrap

Axials 3Rs Plastic wrap was designed with the newest technology, which is both eco and health-friendly to the world.

#### Eco-friendly

Axials 3Rs Plastic wrap is made of recycled materials, saving the use of raw materials. It can be reused up to 900 times, minimizing the production of plastic waste. Chemical “acetone” has been used. Dissolving the plastic wrap takes only a few minutes and will not harm the environment. The plastic wrap can be easily decomposed in landfills, benefitting our environment.

#### Highly safe

Axials 3Rs Plastic wrap is made of Teflon. It has a melting point above 300oC which means it is safe to be used in ovens and microwaves, without producing harmful chemicals. It is easy to wash away the residue and stain on the wrap. It is also safe for family use, boosting our health.

### WRAP YOUR WAY

Place your wrap on anything you want to keep fresh and without any concerns!! Change to Axials 3R plastic wrap now!

Non-Toxic Plastic Wrap!  
No carcinogenic chemicals!!  
KEEP FRESH,  
KEEP HEALTHY.



Natsukashii

11D | MAK Pui Ching



Break Glass

11B | TSANG Hui Yi Hayley

# First Place

Urban Love Poetry Competition  
(Hong Kong International Literary Festival 2020)  
First Place-Urban Love Poetry Competition

11D | LEUNG Tsun Hang Boris

## 4 a.m.

The wet pavement, patchwork of asphalt,  
scatters the orange glow  
of the streetlights overhead.

How their halos diffuse into the night fog,  
how the occasional red taxis speed across  
the sprawling tentacles of freeways, unrestrained.

The specks of apartment lights cluster  
against the indigo hills,  
and the airplanes blink in the clouds,  
engines humming to the antennae.

Maybe it is the abandoned bus stop  
tucked underneath the highway,  
rusted railings and faded routes behind  
the overgrown South China Maple.  
Who are the passengers?  
The cigarette butt on the brick tiles smolders.

I belong here. I do not belong here.  
This place will do just fine on its own.  
So I stand and watch the sky turn.



ism

12E | PANG Ho Long

# Mother

12C | `CHIU Tsz Yau

There's a place beyond the furthest cloud,  
There's a message in the wind.  
The wind is blowing as if pushing our shoulders,  
It's time for our departure.

Sometimes we are afraid to fly,  
Courage is the rocket in the sky.  
You'll tell us to take a leap of faith,  
Let the stars be our guide,  
Let the love be our life.

You'll take our souls and let shine,  
Across the universe,  
Let the stars align.  
When we are almost out of the flight,  
You'll let our fire burn,  
Let our voices be heard.

Our beloved mother – A-School,  
Come and heal us now  
You are the love we need  
Mother, won't you free us from our chains?  
Mother, won't you come show me the way?

## Habitat

12D | LEUNG Sin Hang  
Sophia

## “One, two, three, cheers!”

12D | CHAN Cheuk Wang

The moment the camera flashed, the boy staring at the smartphone started to have flashbacks of the past twelve years in A-School.

It all started when he was still a 6-year-old naive boy stuck in his comfort zone. Since he was reluctant to leave this circle, during the first 3 years of school life, he made no friends, leaving behind traces of discouraging and sad memories that would never be forgotten.

The relatively cheering and positive school life started in the fourth grade when he started to make new friends who would actually chat with him. This led to a significant change in his personality, hence a change in his future school life.

However, his personality change didn't happen until he became a senior secondary student. It was his self-centered personality that led him to lose some of his friends. It wasn't until after this tragic incident that he knew he had been doing it wrong for the past 9 years.

It was after this incident, everything changed, including himself. The boy started to reflect on his own personality: he wondered whether it was disturbing and annoying from others' points of view. He hoped for a change. He also began to work harder on his academics, hoping to achieve what he once strived to achieve.

During the last 3 years of his school life in A-School, he worked hard

to achieve excellence in science and math. The only problem is that there was still a barrier that needed to be overcome: Chinese. He started to get a bit lazy because of the discouraging results he obtained from Chinese tests and assessments.

This continued until the very end of December when he realized that the DSE exam was just a few months away. The intense pressure made him realize that he got off the original track he was traveling on, leading him to a nearly unreturnable path of regrets. Nevertheless, he did not want to fail.

*After the flashbacks from the photoshoot, the boy finally regained the motivation to achieve the grades he desired in the DSE exam.*

Yes, The flashbacks did happen, and I did slack off. However, I got the spirit of revising and achieving what I wanted. So here, besides just writing this A-school memory entry, I would also like to advise everyone that no matter how your results of DSE may be, you should never feel bad. There's always a second chance or an alternative path, and you should never regret the past since it would be foolish, and you could never repeat the past.



Muhs Yrrehc

12A SHUM Hiu Lam

## A-School Memory

12C | FAN Sin Yu

We might have complained about having loads of homework,  
 We might have complained about the tight schedules,  
 We might have complained the lessons are hard.  
 We'd much prefer playing outside,  
 Watching movies,  
 And shopping with our moms' credit cards.

We've been together for six years or more,  
 And now time has passed us by.  
 The memories we made with our friends and classmates  
 Have become treasures in our life that I don't want to say goodbye to.

## A-School Memory

12D | WONG Hei Tung

If you ask me to describe my life at A-School with a metaphor, I will say A-School life is fireworks in the empty sky, lustrous yet transient. Spring and summer pass by just like another ordinary year, yet, as the first leaf of autumn falls, an indescribable feeling starts growing more robust at the bottom of my heart.

The fall sun flames over the familiar building through the windows of the classrooms, glittering the school uniforms of students. The smell of books, the sound of school bells, the chattering noises of students and all business feel incredibly precious as if they will be gone at any moment. We often neglect things that we have acclimated to, and only if we pause and turn around will we notice the footsteps we have left behind and the progress we have made through the years of studying. When we take a closer look, we will discover hundreds of young underclassmen are emulating their senior.

In the past years, innumerable memories were created: some made us laugh; some made us tear up. I suppose that is what makes them so vivid. As I see it, memories are pieces of us. They remind us of how we started, allows us to travel back in time to reflect and learn from our mistakes, and, most importantly, they nurture us into who we are today. And they have left something deep down in our hearts – our connection with A-School. Indeed, we may not be high achievers, and we may not be talented athletes representing the school, yet we all belong here, and the time we have spent here will never be forgotten.

A-School is not just only a place. It is a spirit, an attitude of continually striving for excellence. Although I will soon leave the campus of A-School, I am confident the lesson I have learned here and the spirit of improvement will be kept in my heart in the foreseeable future.

12D | LAW Hiu Ching

**I stand here yearning for the past time,  
memories in my mind like a pantomime.**

The time when pens were a thing of pride,  
the weirdest thing being used for making a parade.  
Eating and chit-chatting in the class was just a crime,  
And was the only time I enjoyed committing crime.

**I stand here yearning for the past time,  
memories in my mind like a pantomime.**

From the age of blush,  
to the age of rush.  
For the time that gave me my first weep,  
in the meantime get wise to the strongest weapon.

**I stand here yearning for the past time,  
memories in my mind like a pantomime.**

At the time ones can accept silence over conversation,  
need not have a second guess or measure words.  
For cheering me when I'm blue,  
for bringing out the best in me,  
for all the kind things that you do.

**I stand here yearning for the past time,  
memories in my mind like a pantomime.**

The time when years of schooldays end at last with all examinations pass.  
Will others reminisce our old schooldays?  
Or I'm the only one walking on a treadmill,  
unwilling to deviate from the old days.

Try to stand here and yearn for the past time,  
do memories that pop up in your mind look the same as mine?



100¥ per day 12C | HSU Ching Wai Harue



What a wonderful world 12A | CHAN Hei Tung

G12 EL Group 4

# What We Made, What Made Us, Here at A-school

My pencil bag is so old it is broken  
and has become yellowish.

Blue-black, running out of ink,  
my pen fades over time.

There is nothing more useful than a locker in a school.

Laughter, noise, the classroom is fading away.

My basketball bears the color of a milk chocolate bar—  
it's essential, dirty, redolent of dirt.

Now empty, now colorful, my locker was once  
home of all my textbooks.

I used to stay in the crowded classroom.  
The metallic softball bat is my tool.

Gliding upon my homework and assessment,  
my pen, a magic wand, then the red ballpen  
which circles all my mistakes.

My headphones being my friend when I'm alone.  
Warm brown coffee getting me through the night.

Nothing hurts you more than a cold-blooded exam paper.  
Nothing hurts you more than time.

FUSION



Hong Kong Baptist University Affiliated School  
Wong Kam Fai Secondary and Primary School

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