

THE CHIU CHOW POST

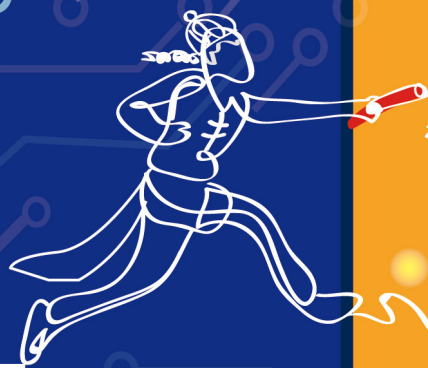
• STUDENT MAGAZINE •



**WE'VE GOT SOME
GOOD NEWS!**

Hong Kong & Kowloon Chiu Chow Public Association
Secondary School

Issue 13, January 2024



THE 16th English Radio Drama Competition

Themes:

- Pass the Baton
- Artificial Intelligence
- Walking a Fine Line

第16屆 「啟慧中國語文」 廣播劇創作暨 演繹比賽

今年主題:

- 傳承
- 人工智能
- 一線之差



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75TH HONG KONG SCHOOLS SPEECH FESTIVAL

PRESENTED BY HONG KONG SCHOOLS MUSIC & SPEECH ASSOCIATION



LO PUI YU

3RD PLACE S.5 GIRLS SOLO VERSE

Thank you very much to my teacher for his guidance. With his encouragement, I was able to receive this unexpected result. I will continue to work hard so I can speak English more fluently and naturally.

HONG KONG SPEECH FESTIVAL MERIT AWARD WINNERS

Cao Ming Shan S.5
Chan Cheuk Woon S.5
Chen Junyi S.5
Chen Yuyin S.5
Teng Wing Chun S.5
Wong Yu Ling S.5
Cheng Sze Ki S.5
Wong Chun Ho S.5
Lo Hei Yuet S.5

Ma Wai Yan S.5
Li Jianwen S.5
Alcala Kaycee S.4
Chang Chi U S.4
Chui Yuen S.4
He Wu Yoni S.4
Huang Cheong Tai S.4
Zhang Chun Ming S.4
Chong Sze Wai S.4
Yu Ka Ki S.3

Leung Chin Long Janlen S.3
Zhong Haikun S.3
Chan Pak Hong S.3
Wong Lok Chun Samuel S.3
Yim Chi Ching Carlos S.2
Huang Zi Qing S.2
Cheung Nga Yin S.2
Wong Wing Chin S.2
Lam Chi Hang S.1
Wu Wenkang S.1



CAO MING SHAN

MERIT S.5 GIRLS SOLO VERSE

Performing on stage in the Speech Festival was a special experience for me. This contest helped me with my pronunciation and expression in my voice. I also learnt that the pace and rhythm of my speech are equally important.

INTERNATIONAL ART EXCHANGE SPEECH COMPETITION 2023

PRESENTED BY INTERNATIONAL CHILDREN'S ART EXCHANGE PLATFORM



HE WU YONI

1ST PLACE

SECONDARY SCHOOL CATEGORY

Performing for an audience helps boost my confidence in speaking English. My drama teacher taught me a lot of skills during practice on how to perfect my articulation and improve my delivery.

LO PUI YU

2ND PLACE

SECONDARY SCHOOL CATEGORY

My classmates encouraged me to put in the extra work to achieve a good result. This competition has given me the confidence in my vocal expression ability. But I don't want to stop here. I will continue improving my oral English.



CHEN JUNYI

3RD PLACE

SECONDARY SCHOOL CATEGORY

Mr. Linn and I practiced after school until after dark. We dedicated our time to find different words to stress and experimented with the flow and tempo of the poem. This experience elevated my self confidence and language fluency.



S.6 Writing Competition

CHAN HO LAM, JET



TACKLING TEENAGERS' OVERWEIGHT PROBLEMS: A CALL TO ACTION

In recent years, there has been a growing concern about the rising prevalence of overweight problems among teenagers. This issue demands immediate attention, as it not only affects the physical well-being of young individuals but also poses significant health and psychological challenges. This article aims to shed light on the seriousness of teenage overweight problems, highlight the health and psychological issues, and propose effective and workable strategies that schools can implement to deal with this urgent concern.

To begin with, the severity of overweight problems in teenagers is critical. A recent research indicates that a significant section of young individuals are coping with weight-related concerns. The impact of this is becoming serious, which involves both the current and future well-being of teenagers. Experiencing excessive weight gain during young days can have serious consequences on their physical health, resulting in conditions such as diabetes, high blood pressure, and heart disease.

On the other hand, the psychological challenges faced by overweight teens are tough, which include body image concerns, low self-esteem, social isolation and depression. The negative impact on mental health can be detrimental affecting academic performance, social interactions, and overall quality of life.

When it comes to the solution of these problems, firstly, education-wise; schools should prioritize education about nutrition, healthy eating habits and the importance of regular exercise. This can be achieved through incorporating nutrition and physical education classes into the schedule. Guest speakers, workshops and interactive sessions can also help students understand the consequences of an unhealthy lifestyle.

Moreover, schools should foster a supportive and inclusive environment, free from body-shaming and bullying. Promoting positive body image and fostering acceptance among students can help overweight teenagers feel more confident.

In a nutshell, teenage overweight problems pose significant challenges to the physical and psychological well-being of youngsters. By recognizing the severity of the issue and implementing targeted activities at the school level, we can empower teenagers to make a healthier choice and lead more fulfilling lives.

XIE ZIMING, LEON



REPEL THE “OVERWEIGHT MONSTER”

It is worth noting that a significant number of adolescents are facing overweight problems according to various research studies. With the blissful life provided by their parents, teenagers nowadays are indulging themselves in what they perceive as “delicacies” and they are reluctant to prioritize their fitness. Therefore, the more weight teenagers gain, the unhealthier their lifestyle will be. In order to alert adolescents to do more exercise, I am writing to address the problems of being overweight and suggest some strategies for schools to tackle these problems.

First and foremost, it is believed that being overweight is the culprit of mental diseases. What are the ingredients of junk food? Arguably, junk food provides little to no valuable nutrients for adolescents. It lacks protein and fiber, which are crucial for their growth. Eating these types of foods, which are often fried and packed with sweeteners and preservatives, will only do damage to adolescents’ health. For example, bad quality oil is extremely harmful for students’ blood circulation, which might cause a lack of oxygen or even death. Thus, being overweight will negatively impact teenagers’ blood pressure while they are enjoying so-called comfort food.

Moreover, being overweight can contribute to depression among young people. In today’s brutally competitive society, physical fitness has become a standard by which people’s lifestyles are judged. Under this circumstance, “Survival of the Fittest” is literally becoming the trend. As a result, a person who is overweight will sometimes be defined as a typical unhealthy person. This can undoubtedly erode the confidence of overweight people and instill fear in them about going out in public. What will be the best solution to cope with their sadness? It is eating! Hence, this will only cause a vicious cycle. By isolating themselves at home and ignoring the connection to the world, they are more prone to further weight gain. This will hinder their ability to rebuild their dignity and self-esteem.

In a bid to help these overweight young people become healthier and more optimistic, schools play a paramount role. Thus, I would like to suggest that schools hold some sports competition activities exclusively for overweight students, separated from other students. For example, schools can arrange bowling competitions, allowing these overweight students to show their abilities without having to suffer from fatigue. Moreover, schools can implement some reward systems. Teachers can gather these overweight students to engage in exercise and foster mutual encouragement. Students who achieve significant weight loss will get some gifts, prizes or awards.

In conclusion, being overweight can have significant detrimental effects on students. It can cause mental health issues and depression among adolescents. Therefore, in order to repel this monster named “overweight”, we should encourage students to do more exercise. It is important to remember, suffering from toiling and moiling is inevitable before you become successful!

LEUNG YEE SHING, TIMMY



ON THE OVERWEIGHT PROBLEM

Nowadays, more and more teenagers have overweight problems because of an unhealthy lifestyle. They are always sleeping late, eating junk and oily food and do not want to exercise. Therefore, it creates a lot of health and psychological problems when reaching adulthood. How can we help them to resolve this problem?

To begin with, excess weight can increase the risk of several physical health problems. Examples of junk food students eat every single day are high oil and salty foods, like french fries, burgers, and high sugary beverages, such as Coca-Cola and Pepsi Cola. All these things expand their weight like a rocket. Because of the unhealthy eating habits, they have joint problems and 'three-highs' in their life. They will always feel uncomfortable in their own lives and need to check their blood pressure day by day to make certain they can lead a normal life. If the blood pressure is too high, they need to go to the hospital and check inside. Overweight problems will shoot up the risk of several physical health issues so please pay attention to this seriousness.

Moreover, overweight teens also face various psychological and emotional challenges. According to Hong Kong Social Worker Site research, around 70% teens will struggle with body image issues and low self-esteem owing to societal pressures and potential bullying. They will not have enough confidence to do anything. They will feel like a failure who cannot face others. Not only will it affect their work such as housekeeping and assignments but will also affect their relationships. Some people may bully overweight teens by calling them names like "hey, fat pig!" Overweight teens can also suffer from social isolation or exclusion, which can lead to feelings of loneliness and impact their overall well-being. They might even hurt themselves due to their negative body image.

At the school level, how can they help overweight students overcome this problem? First and foremost, we can have physical education programs to help them to reduce weight. These programs can include a variety of sports, exercise and fitness routines, such as running and swimming that promote health and help manage weight. That can help them have good fitness management to reduce their weight. These problems are more efficient than students doing it by themselves.

Moreover, schools should collaborate with the school canteen to provide nutritious meals that are low in fat, sugar and salt, offering a variety of fruits and vegetables, whole grains and proteins. Hence, students can be encouraged to make healthier food choices by providing nutrition education and involving them in menu planning in terms of diet which can reduce weight and fat.

All in all, I hope these activities can be implemented to help the students to solve the problems of obesity. And please pay attention to the health and psychological problems that are faced by overweight teenagers.

SPEAK UP ACT OUT

2023/24

DRAMA COMPETITION



NET SECTION
CSD, EDUCATION BUREAU



HALLOWEEN CREATIVE WRITING CONTEST

LIMIRICK POETRY COMPETITION PRESENTED BY LANGUAGE ACADEMY



THE ZOMBIE MOUSE BY WONG LOK CHUN SAMUEL S.3

The monsters are out with an itch
'tis the season of the evil witch.
Come inside the haunted house
where you meet the zombie mouse.
Run away from this crazy snitch.

The mouse will scream in a high pitch
and bury you inside a ditch.
He'll say, "Leave now or die!
If you stay here, you'll fry!"
Better to leave and avoid this glitch.

HALLOWEEN NIGHT BY ISHANA KOTIAN S.2

Halloween night is arriving soon
when the werewolves howl at the moon.
The ghosts are out to play
and the zombies live by the bay,
where the frogs are singing a tune.

The witch flies on her broom.
The cauldron screams with a boom!
Mummies take sweets along the way,
as the night fades away,
the monsters go back to their tomb.



HALLOWEEN PARTY BY WU WING YING, WINNIE S.4

The Halloween party has great food
and the werewolves are in a good mood.
The monsters go trick or treating
as they hear the scared hearts beating.
But smelly children can be so rude.

Ghosts celebrate this Halloween night
and the spider web's place is just right.
People are scared of the mummy
but the fruit snacks are so yummy.
The light in the haunted house is bright.



PLAY TIME FOR GHOSTS

BY FANG HIU HA, KELLY S.2

Phantoms and trolls are out with an itch.
It's Halloween, time of the witch.
Old hags use their broom to fly.
Be careful, don't watch with one eye!
Or else you'll turn into a glitch.

The ghosts are going out to play.
The little souls are happy today.
Timid humans see them and run.
Nobody is here for fun.
Upset spirits then fly away.



FRIGHT NIGHT

BY WU WEIYE, RICK S.4

Halloween night the devils come out
and those who are weak will scream and shout.
The vampires wake and hunt for food
to have a good meal and a good mood.
Things mortals should think and care about.

There could be hiding a scary stranger.
Ghosts, zombies and ghouls are a danger.
At night they search for innocent lives
to kill for blood to add to their hives.
This story was told in a manger.



THE SPOOKY HAUNTED HOUSE

BY CHAN PAK HONG, OSCAR S.3

It's a night with vampire bats
and magical black scary rats.
The man jumps in a house of fire
which makes him become a vampire,
and be cursed by five angry cats.

It's a place where monsters' cry
and people try not to die.
A dark wizard guards the hallway.
No place to run away.
You will be trapped but don't ask him why.



S.5 Writing Competition

ZHANG JIAWEI, NICHOLAS

1ST
PLACE



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A BLOW IN DELIVERY INDUSTRY

After OpenAI's debut, the whole industry is chaotic and updating their structures. The prominent one among this revolution is the delivery realm. Mobilizing drones run by AI systems are now tested in many regions, and it demonstrates that a futuristic lifestyle is finally coming while some critics of drone delivery are adamant about its bane. After much deliberation, it is my firm stance that drone delivery isn't an unalloyed bane or blessing.

It's irrefutable that drone delivery would slash the waiting time given that the delivery path is plain-sailing so as to enhance efficiency. What's more, it also mitigates traffic congestion and, in degree, decimates accidents related to transporting. In China, where the delivery industry advances, according to the Transport Department, traffic accidents are dominantly triggered by delivery labor in any scale. As drone delivery phases the traditional delivery form out, travel safety will be exponentially guaranteed while saving the manpower and deploying them into other industries at stakes.

Considering less greenhouse gasses released by drones delivery compared to diesel vehicles, pollutants like carbon dioxide and even methane, to name a few, would drop drastically. Therefore, global warming will be mitigated to a certain extent. Statistics show that greenhouse gasses emission consists of 30 percent transport emission. The replacement in the delivery industry is undeniably making their efforts to dent one of the major culprits and improve the air quality while respiratory diseases have been contributing to human morality.

Although drone delivery is constructive to our society in many aspects, there are still banes we can't turn a blind eye to. Security has always been a glaring problem in any machine-manipulating industry. Run by non-human systems or with little human interference, delivery by drones is revealed with a myriad of security issues. As the drone is landing when people take the commodity, the machine can be suddenly out of control, attacking the receiver with the sharp wing edges. Drone colliding accidents are a regular item in news reports, depicting drones crashing into buildings and being destroyed. News in Australia also reported a cascade of accidents that drones invade the territorial bird's place and are severely attacked which, on the other hand, threatens the ecology and biology, violating the animal security.

The limitation of space also restrains the capacity of drones. Drones can barely operate within a certain distance attributed to signal distribution. The costs would be dramatically enormous if a company wants to deploy it to a big scale of the areas with unpredictable profits. Some people even denounce that drone delivery is an investment blackhole demanding tremendous capital input.

Judging from the above well-documented analysis, I reckon the service still requires long-time preparations before being widely extended.

HO HANG YI, IVY



2ND
PLACE



DRONE DELIVERY—A BOON OR BANE?

Nowadays, it is not uncommon to find drone delivery in our daily lives. It can deliver many things such as coffee, food, medicine, and supplies. Therefore, such a social phenomenon has sparked a hot debate in society—is drone delivery beneficial or detrimental to the human race? In this article, whether drone delivery will bring fascinating benefits or devastating drawbacks will be explored.

From the customers' perspective, there is no doubt that drone delivery improves logistic efficiency in extreme situations. In recent years, people were under one of the longest lockdowns in the world at the beginning of the pandemic. Staying at home, people can get whatever they need in an hour or two if they choose to use drone delivery. It is safe for people to get their masks and medicine by drones when COVID-19 was raging worldwide.

Compared to ship delivery, drone delivery is much faster. For example, the world's first unmanned sorting center in Jiangsu province sort up 9,000 packages an hour. This would surely allow us to get something we need fast and conveniently in the future.

From the perspective of delivery companies, it is unquestionable that drone delivery saves logistic costs. Drone delivery costs are far lower than the cost of traditional manual delivery. Unlike ship delivery, drone delivery does not cost much except charging and maintenance fees. Besides, the amount spent on drone delivery is in sharp contrast to the amount spent on ship delivery. Electricity used in drone delivery is cheaper than the oil used in ship delivery. It is possible that in the future more delivery companies will adopt drone delivery in their everyday business.

However, one of the most obvious disadvantages that can be brought is the security risks of the development of drone delivery. As we all know, drone delivery has a frequent exposure to various bomb incidents. It is dangerous that birds hit the drones and cause the drones to explode. If drones fall off, they will hurt or even kill people. In addition to this, drones' explosion will release greenhouse gas, resulting in air pollution. It is not merely imagination to reason that drone delivery could hurt people and pollute the environment.

More importantly, a serious problem clearly underlies this — privacy concerns. When a drone uses GPS and a camera to look for locations and deliver packages, it may raise privacy and security concerns among customers. If someone uses drone delivery in a negative way, customers' living place and their behavior at home will be filmed or even monitored. This is surely one of the possible disadvantages of developing drone delivery.

Therefore, considering both advantages and disadvantages, it is clear that there is no simple yes or no answer to the question of whether or not we should develop drone delivery. The crux of the problem is how to develop it in areas that can bring convenience to humans, and at the same time avoid security risks and eliminate concerns. Hence, the most significant thing is that the government should educate and announce the proper procedures for the use of drone delivery to the public.



DRONE DELIVERY

In recent years, there has been fierce controversy surrounding the issue of drone delivery. Some proponents believe that drone delivery can be convenient while some critics argue that drone delivery can be dangerous. In the article, the advantages and disadvantages of drone delivery will be critically discussed as follows.

To start with, one of the advantages of drone delivery is that it is more convenient than typical delivery. For instance, when we put our orders online, drone delivery will get the order very quickly. Also, it can deliver a massive range of goods such as coffee, food, medicine so that it can fill the supplies of the customers who use drone delivery in a higher-quality service. In short, one of the advantages of drone delivery is that it can make our lives more convenient.

In addition, another advantage of drone delivery is that it saves our money as well as our time. Actually, drone delivery has its own excellence in price and speed. That means it has a lower cost and a higher speed. For example, if we use typical ground delivery, we should pay \$6 for it. But for drone delivery, it just needs 5 cents per mile. It means that most people can afford it. Moreover, drones deliver the goods in the air. There should be no traffic jam, and the drones will deliver those products in the air without interference at a high speed so that it can save much time. For example, the package just needs 30 minutes at most to reach the spots. In brief, drone delivery is more efficient than traditional shipping methods.

It is believed that there are benefits regarding drone delivery. However, there are disadvantages pertaining to drone delivery.

Drone delivery also has its limitations. One of the disadvantages of it is that sometimes drone delivery has to pay for the damage. The packages that are delivered may be damaged because of the weight of the packages. Also, in the process during delivering, something flying in the air like birds would attack the delivering drones so that drones might be damaged and the fee of fixing might be induced.

Another limitation is that drones require open areas to land on. Due to the lack of open areas, it may be dangerous for delivering drones to land. Although drones always have the digital camera to monitor the situation on the ground, scientists figured that it has risks for drones to land on. They might hurt the people passing or destroy the packages. No matter what happened, the company, customer, even the injured people, will all pay for the accident. So, the disadvantage of drone delivery is that there are still risks, even damages to society.

To conclude, the advantages and disadvantages of drone delivery have been critically discussed. On one hand, drone delivery is convenient, cheap, and efficient. On the other hand, drone delivery lacks safety and security. Despite the controversial discussions among the general public, I believe that drone delivery can grow in usage, because technology keeps developing. When humans handle the exact controlling methods and overcome the difficulties from the risk of drone delivery, it can be a great success.

教育局課程發展處

Curriculum Development Institute

Education Bureau

我寫我歌 音樂比賽

We Write . We Sing Music Competition

遞交作品日期

Entry Submission Deadline

28 . 3 . 2024

學生表演暨頒獎禮

Student Performances and
Awards Ceremony

6 . 7 . 2024

詳情

Details



查詢

Enquiries

2892 6572 / 3698 3534

HONG KONG AND KOWLOON CHIU CHOW PUBLIC ASSOCIATION SECONDARY SCHOOL THE 2023-2024 INTER-CLASS PENMANSHIP COMPETITION

S.1



Cang Jie created Chinese Characters
Lianne Tai

How do we write the word "cow"?
Watch its head, look at the horns,
Draw that out with simple strokes;
The word is born.

How do we write the word "mouth"?
Open your mouth, it's like an "O".

How do we write the word "sun"?
Add a dot in the "O".

Cang Jie created many words
From the look of things around;
Drawings turned into characters,
With image and sound.

S.1

Champion: Wu Wen Kang 1A (28)
1st runner-up: Ma Jia Min 1C (6)
2nd runner-up: Mo Yuling 1C (8)

S.2

Champion: Tai Chui Wan 2A (9)
1st runner-up: Fu Fang Jin 2D (7)
2nd runner-up: Wong Yan Yan 2D (5)

S.3

Champion: Yu Ka Ki 3A (14)
1st runner-up: Li Shining 3A (6)
2nd runner-up: Zhou Caiying 3A (17)

S.4

Champion: Wu Wing Ying 4A (9)
1st runner-up: Yang Xuexuan 4A (32)
2nd runner-up: Alcalá Kaycee 4A (1)

S.2



Cang Jie created Chinese Characters
Lianne Tai

How do we write the word "cow"?
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How do we write the word "mouth"?
Open your mouth, it's like an "O".

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Add a dot in the "O".

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With image and sound.

S.3



Cang Jie created Chinese Characters
Lianne Tai

How do we write the word "cow"?
Watch its head, look at the horns,
Draw that out with simple strokes;
The word is born.

How do we write the word "mouth"?
Open your mouth, it's like an "O".

How can we write the word "sun"?
Add a dot in the "O".

Cang Jie created many words
From the look of things around;
Drawings turned into characters,
With image and sound.

S.5

Champion: Chen Yongshi 5A (5)
1st runner-up: Li Jianwen 5B (11)
2nd runner-up: Ho Hang Yi 5A (8)

S.6

Champion: Wu Phoenix 6A (12)
1st runner-up: Leung Hiu Tung 6C (5)
2nd runner-up: Fan Shaoying 6A (4)

S.4&5



香港教育工作者聯會 香港優質教育發展協會
香港中華中小學中文寫作聯會
英文寫作比賽 中學組 - 高級 (S.4-5)

參賽者姓名 [WRITER'S NAME]
姓名: Wu Wing Ying 姓: WA
學校: Chiu Chow Public Association Secondary School

Home town Autumn
Andrew Arnold

The sun glistening on the morning dew,
But each day no longer beginning anew,
Trees now losing their limbs and leaves,
With each cool crisp crackling breeze,
Shades of orange, red and yellow,
Makes me feel rather mellow,
Children playing in the leaves,
As each moment autumn flies.

Sitting outside my window - a Blue Jay,
Resting before it continues on its way,
Glancing for a moment to say, 'Good-bye',
Flying south as it soars high into the sky,
It reminds me as it flies away,
That autumn won't stay another day.

香港教育工作者聯會 香港優質教育發展協會
香港中華中小學中文寫作聯會
英文寫作比賽 中學組 - 高級 (S.4-5)

參賽者姓名 [WRITER'S NAME]
姓名: Wu Phoenix 姓: WA
學校: H.K. & K. Chiu Chow Public Association Secondary School

Home town Autumn
Andrew Arnold

The sun glistening on the morning dew,
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That autumn won't stay another day.



Wu Phoenix

Leung Hiu Tung

Fan Shaoying

S.6

S.4 Writing Competition

ZHANG CHUN MING, JIMMY

1ST
PLACE



C
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Hi Sophie,

How are you? I'm sorry to hear that you're dithering about fighting with your parents and whether you can receive back your phone from your parents again. I understand you're feeling perplexed about the situation, so I'm writing to offer some advice on how to handle your mobile phone issues. I know that you're spending more than three hours on your phone every day, and your parents are trying to prevent you from becoming addicted to social media by taking it away. However, you're upset because it's difficult for you to communicate with your friends or discuss your homework conveniently when you are hitting the books.

Firstly, your parents don't like you spending too much time on your phone. They may punish you and get mad at you if you keep using your phone excessively in your daily life. I advise you to socialize with your parents and share your feelings about it with them politely as they may try to put themselves in your shoes and understand your difficulties meticulously. For instance, you can tell them about the pros and cons of taking your phone so that they can try to consider it and chat with you patiently. Moreover, it is important to express yourself confidently and strengthen your bond with your parents. The most essential thing is you receive love from them instead of arguing seriously every day. You may also seek some professional advice on managing phone usage. Hence, it can help you cope with your pressure and deal with this issue efficiently.

Besides that, your parents take your phone and don't give it back until you leave for school. It makes you feel angry and unwilling to come home. Your parents request you to put your phone on your desk. If I were you, I would develop some new hobbies like painting and strolling at the park with my friends after school. This way, you can relax comfortably during your free time instead of relying solely on your phone. For instance, you have an opportunity to share your interest and chat with your friends directly, making your life more fulfilling. Moreover, why don't you seek help from your friends? It can be a wonderful way to limit your phone usage and improve your relationship with parents and friends because you learn from their experience with social media. Then, you won't feel perplexed when you deal with the issues of using a mobile phone. Therefore, you can relieve the stress of living with your parents when you overcome the challenges about using social media.

Anyway, I'd love to hear all your news and I'm hoping we can get together soon to catch up. I believe you can try your best and overcome different challenges in your life. Everything will be fine if you follow my advice on managing your phone usage. I hope my advice is helpful to you. Do write back soon.

Yours,
Chris

TSANG SIU TIE, DEBBIE



2ND
PLACE



Hello Sophie,

I'm sorry to hear that you're feeling this way. I know that it's arduous to tell your parents how you truly feel. I understand that you feel mad about having your phone taken away. Let me share a similar experience of mine with you. Trust me, you can get through this!

Around two months ago, I was obsessed with video games. I spent long hours playing video games instead of studying, which made me fail my tests. When my parents found out, they took away my games and told me that I couldn't get them back unless I got back on track. To catch up with my studies, I asked my teachers for help. Fortunately, they were nice and helped me with my English homework after school. I got back in the groove in about a week. I aced my English speaking exam with flying colors. Oh boy, it was such a relief. Now, I have nice grades and a better life because I got rid of my video game addiction. I'm sure you can do it too!

As you mentioned, you fight a lot with your parents because they don't like it when you spend too much time on your phone. Why don't you find a new hobby and distract yourself from using your phone? There're lots of hobbies, such as dancing, drawing, swimming, etc. I'm an avid dancer myself. You can learn the cha-cha or maybe do the tango. Breaking a good sweat will keep your mind off using the phone. Perhaps, you can try drawing a delightful sunset or taking a swim in a lake in the countryside. Try a sport, bake a pie or learn kung-fu. I'm sure you're interested in at least one of the activities I mentioned. Good luck with finding a new fabulous hobby!

Also, you said that you don't want to go home because your parents take your phone away from you when you get home. You can put yourself in their shoes. Have you thought about how your parents feel? Just listening is a great way to develop empathy and build stronger relationships. Try to think how terrible your parents feel when they see you using your phone all the time. Your parents suffer everytime they see you hurt yourself with your addiction. If I were you, I'd work with my parents to solve this issue.

I hope my advice is helpful to you. Try your best to get through it. I know you can do this effortlessly! If you need help in the future, don't be shy and contact me anytime. I'd be more than happy to provide the help you need. Do write back soon!

Best wishes,
Chris

LAU HONG, ALEXANDER

3RD
PLACE



Dear Sophie,

I'm sorry to hear you've been caught in such a predicament. Don't worry about this. I will give you some advice that may help you eliminate this problem. I deem it you are suffering from a symptom called 'phone addiction' and you are still not aware of it. At the same time, there are too many conflicts between you and your parents. It's unhealthy. As we all know, mobile phones are swords with double edges. Your parents may demand you to improve your grades with its assistance. However, if you use it excessively but not for studying, they will be annoyed and gab about this. Then your parents will be in a bitter dispute with you. That's the result we are reluctant to get.

First of all, the priority is to gain the recognition and trust of your parents by showing them your self-discipline. Parents are fond of the kids who endeavor to learn and achieve academic success. That may be old-fashioned and stodgy, but they will buy it. So your goal is unambiguous, but the problem is how to deal with it. Of course, concentration and determination are crucial. As long as you keep working hard without being distracted, I'm sure that they will give the phone back willingly. For your good, staying focused on studying and trying apps like Eudic and Baicizhan demonstrate that you will learn with your phone. If you use your phone improperly, it may irritate your parents. Conversely, if you get a good reason to use the phone, they won't be so averse to it when you stare at the screen. Don't neglect what I said. Smartphones are double-edged swords. That means you should make the best use of their advantages and bypass the disadvantages. Keep this in mind and don't forget your promise. Things will get better.

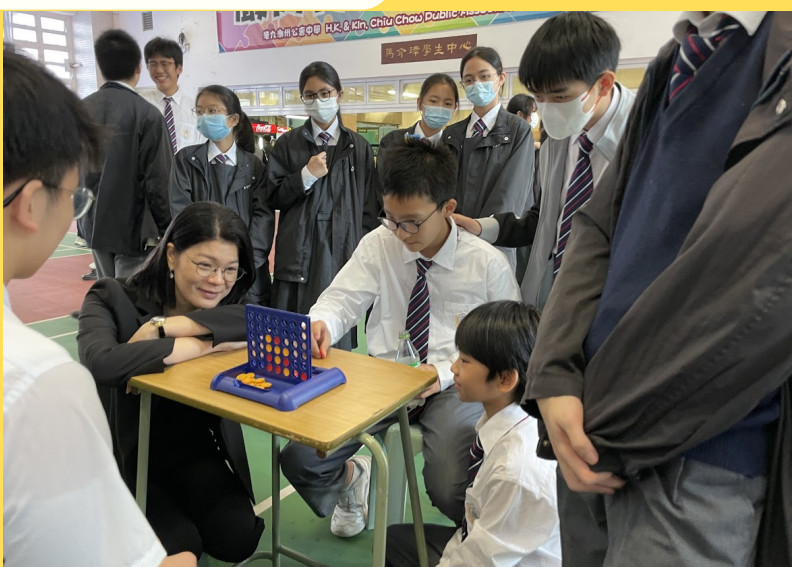
Furthermore, consider why they restrict your time using phones. Because you have overused them. So allocating a reasonable amount of time for using them is vital. You may think they have overprotected you, but actually you should not use your phone for such a long time. It may cause myopia. If you use it with a twisty posture, which is detrimental to your spine. That's harmful to your health and it is the reason why they stop you from using your smartphone at home.

For both your physical and mental health, there are some tips I highly recommend to you. Long ago, when I was a junior form student, I was absorbed in playing games. It really fascinated me. I was hooked on games every day. My parents got furious and forbade my usage of devices. Then, I reached a consensus with them. I could only use my phone or my computer for two hours on weekends. My parents stopped nagging at me. That works for every parent when you listen to and understand their concerns. Once you understand your parents and devise a feasible plan to manage your time, you will enjoy the freedom you want.

Additionally, without a phone, you can hang out with your friends and it's a good chance to establish friendships without electronic products. To some extent, it's a nice chance to go hiking with your companion. During that time, you immerse yourself in nature, you forget your negative emotions, listen to the inner voice and finally your mind is sublimated to a higher level, and understand yourself better. You are never a bad child. You just didn't figure it out, and I believe that way can help you find the real you. Hope the advice will be serviceable.

Best regards,
Chris

AROUND CAMPUS

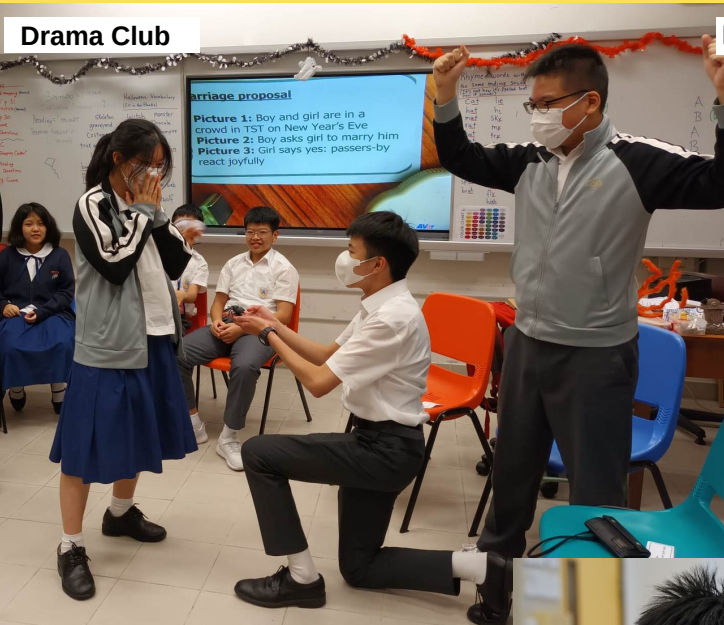


AROUND CAMPUS

Christmas Singing Contest



Drama Club



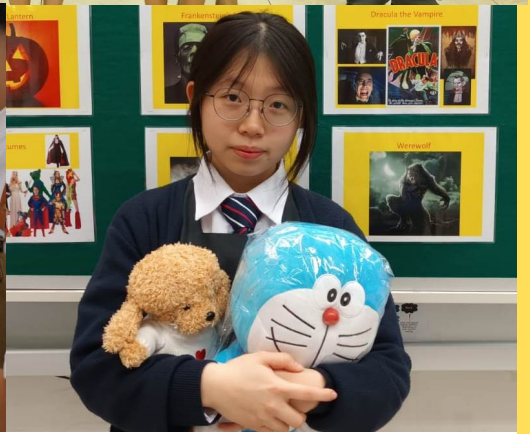
Parents Day



School Open Day



Coffee Latte Art Class



Musical Chairs Champion: Fong Hiu Lam



Musical Chairs



Editor in Chief: Fernando Linn