

Blissful Memento

As a student, I was always enthusiastic about studying. English was the most appealing subject to me. My enthusiasm for English is entirely due to Ms. Chan, my Form Six English teacher. Ms. Chan was a wonderful educator with advanced presentation skills and an empathetic teaching style. She frequently told us stories to help us comprehend difficult concepts. I once failed a test and felt so discouraged, yet Ms. Chan encouraged me with perseverance. She stated, "There are two rules for success: the first is to work diligently, and the second is to never forget the first rule." I still vividly recall these statements.

Without a doubt, I will miss the 6A students' camaraderie the most. Surrounded by an oppressive ocean of textbooks and assignments, my classmates never forgot to cheer each other on and lend a helping hand when necessary. In a sense, we were all contenders in this cutthroat exam. Despite the pressure and the ups and downs, we all pushed each other as a group and maintained our friendships as we traversed this challenging academic path, hand-in-hand. As a student in 6A, I never feel like an outcast because there were always warm smiles, soothing embraces, and heartwarming career discussions that inspired us to stand up and fight another day.

It is inevitable for us to part ways. Nonetheless, I wish that this beautiful memory of being a member of this class will be etched into my heart as a blissful memento.

I feel extremely fortunate to have met Ms Chan. I hope the wonderful experiences, as well as the knowledge I gained, will always be etched into my mind and soul.



Sharing the joy with Ms Pak, Yeung's English Teacher



SOW Creativity Contest: A Moment in Time (Senior Secondary Division) Outstanding Award

S.5 YEUNG Wing Him

Optimistic Mind

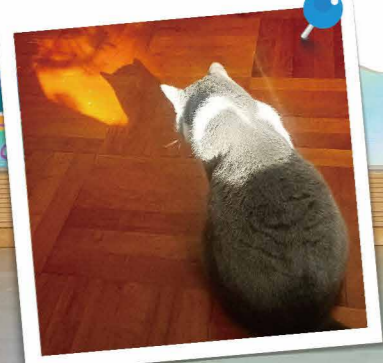
"Every cloud has a silver lining."

Every cloud has a silver lining. This, I believe, is definitely true.

Every shadow is a product of light. When we gaze into dark shadows, we must keep in mind that the light is still shining behind us. When we face difficulties, we must bear in mind that hope is always present. It is self-evident that those "shadows" shape who we are. They serve as a catalyst for self-improvement.

However, if we focus excessively on it, we will become trapped in the cycle of gain and loss. Perhaps if we simply turn our gaze around, we will encounter light and hope. This means we should avoid obsessing over what we lack. Just follow our hopes and chase them.

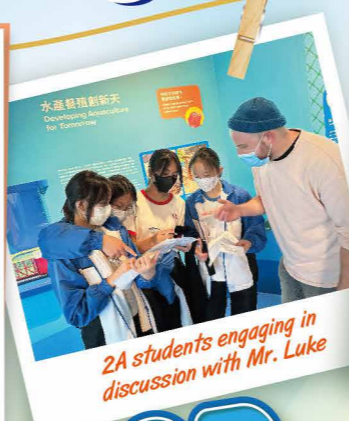
When we are depressed, please remember that no one is destined for failure. When we encounter difficulties, please remember that no adversity will last indefinitely. When we are perplexed about our lives, please remember that hope is always present.



S.2 English Fun Excursion 2A

A fantastic reminder that school life is returning to normal with our excursion to 'Lions Nature Education Centre' in Sai Kung. Our students showed tremendous diligence and enthusiasm for all the tasks and activities and thoroughly enjoyed the trip. We are proud of you!

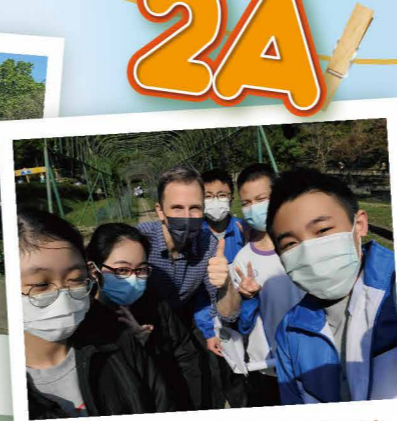
A nature park is intended to promote local ways of land use and pursue appropriate forms of nature conservation. This knowledge can then be passed down to young visitors such as CPC students!



2A students engaging in discussion with Mr. Luke



Introducing CPC's new band!



Thumbs up from Mr. Brookes for 2A!

2B



Great time, GREAT beetle



Completing the project with Ms. Au



Well done! Mr. Luke is so proud of the students!

2C



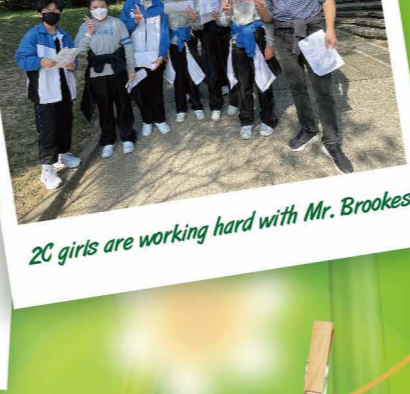
Photo-hunting the Giant Beetle



Putting the finishing touches on 2C's scenery sketches



2C sketching the natural scenery



2C girls are working hard with Mr. Brookes

2D



Blue Sky, Sunshine and a Big Turtle!



Game Time with Mr Wright!



The Insectarium offers the chance to observe its great diversity of insects



We are the Hercules beetlemen!



25 Positive Values of CPC

When life gives you lemons, make lemonade



- Aspire • Dream • Hopeful • Gratitude • Grit • Perseverance
- Organised • Optimism • Optimistic • Determination • Support
- Love • Sharing • Confidence • Ambition • Eagerness • Companionship
- Cooperation • Caring • Encouragement • Believe • Plan • Prioritise
- Tough • Dream • Smile • Motivated • Hopeful • Gratitude • Grit • Perseverance



English Fun Week Date: 13-16 Dec, 2022

S.1 Leung Wing Lam Kelly

Green Waffle Diner

I'm going to talk about the Green Waffle Diner. This restaurant is located in Central. It opens from 8am to 10pm. They serve tasty meals and desserts in a clean and colourful environment. There are also green vines all over the walls which make you feel like you are amongst nature. In fact, the decorations are mostly green and white.

The first thing I ordered was waffle with ice-cream because it was the afternoon. When it arrived, I was shocked because it was so huge! The ice-cream started to melt on the waffle, yet the taste was amazing and the waffle was perfect with the ice-cream. I loved it so much.

The staff were sometimes busy, but they were hardworking and very kind. The price of the waffle was reasonable at about \$68 each, which is not very expensive. If you want a small waffle with ice-cream, you can't go wrong with the waffle diner. I enjoyed eating in this restaurant and I recommend you all try it too.



S.3 Mak Chun Pong

What will life be like in 2040?

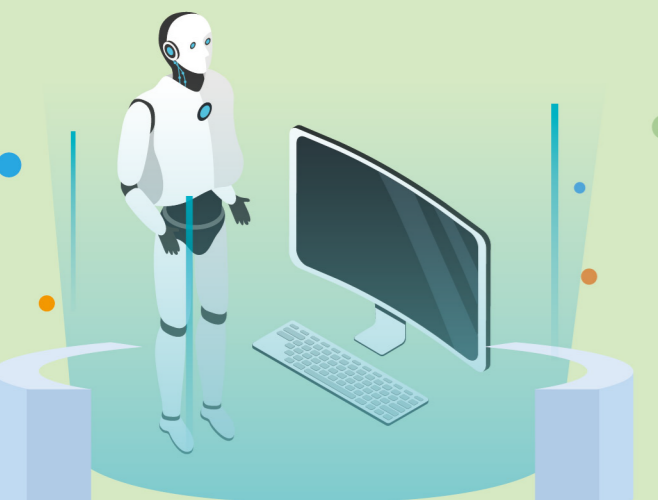
Technology has been widely used for different purposes and is changing the world. In the long run, I believe it will greatly improve our quality of life.

In 2040, Information and Communications Technology will greatly improve such as 6G networks, automatic driving systems and telemedicine. People will be able to use VR, AR and Metaverse technology to attend class or work. People will be able to do virtually anything at home. In 2040, all the vehicles on the street will be self-driving vehicles. The chances of getting into a car accident will be greatly reduced. In addition, one doctor in one hospital can potentially treat patients all over the country.

As for Medical Technology, AI doctors are no longer a fantasy. An AI doctor is significantly more efficient than a doctor. Even a famous doctor can only see a limited number of patients in his lifetime, so their experience and knowledge is limited. However, an AI doctor is different. The AI system can compile one million or even ten million medical records of patients and then analyse and integrate them. The data it uses is always up-to-date, so the misdiagnosis rate will be very low.

Due to the development of AI technology, there's a good chance that a single drop of blood can detect cancer cells in your body. Doctors will be able to design a vaccine for you based on your genes. They will be able to create cancer vaccines, uniquely for you, that prevent cancer.

To sum up, in 2040 technology in all aspects will be very advanced and can greatly improve the quality of life for human beings.



S.1 Lee Cheuk Hei

Hong Kong Space Museum

On Sunday morning, my family and I went to Hong Kong Space Museum for a visit. We visited the dinosaur show and the new interactive exhibition. The most interesting thing for me was the dinosaur show.

When we entered the dinosaur show hall, we saw some exhibitions about the Earth in the past. In ancient times, the world was a different place. It has gone through years and years of changes. After looking at all the meteorites and living fossils in the museum, I watched an interesting film. It introduced the birth of dinosaurs and their lives up to their demise.

Crossing over from the Earth exhibition, I went to look at the skeletons. I saw a huge dinosaur skeleton surrounded by pictures and text descriptions of the dinosaur. It was the largest dinosaur in the world – The Marion Dragon. Going forward, there were a lot of living fossils, such as the Latimeria Chalumnae and the Crocodile.

From this introduction to the history of dinosaurs' development, I have learnt about dinosaurs' lives from the late Triassic to the demise of the late Cretaceous period. I now know that experts do not agree about how the dinosaurs died. Some say that a meteor hit the earth, others say there was no more food, and some say there was a volcanic eruption.

Visiting the dinosaur show has deepened my understanding of dinosaurs. I feel that dinosaurs were wonderful animals. The museum is really a great place to visit, and it helps everyone learn more.



S.3 Cheung Yuen Tung

Memories of overseas students

A group of overseas students visited our school last weekend. We took them to a beautiful beach. We swam, ate dinner and had lessons together. It was a little bit tiring but very fascinating! Let me share some of the memories with you.

On the first day, the overseas students arrived in Hong Kong and we met them at the airport. After greeting them, we briefly introduced ourselves. With the sunny weather, we decided to go to the beach. While swimming, we saw a shark. Some students cried out in fear, and some students even screamed. We were so scared that we didn't know what to do. With the help of lifeguards, we left without a hitch. It was thrilling and exciting, and we had a lot of fun. Afterwards, we went to a Chinese restaurant for dinner. We ate many different types of dim sum such as dumplings, siu mai and rice rolls. They were all delicious, and everyone couldn't stop eating. We had a great time together.

On the next day, we had classes together in the classroom. We chatted about the language, food, traditions, and customs of our respective countries. We shared things about our relatives and friends. It was really fun to take a class together! In the end, we were reluctant to let them leave. We took them to the airport and said goodbye. We felt sad as we watched them fly away.

I benefitted a lot from this experience and learned many things about other countries, such as language and etiquette. I also realised that people of different races are all the same, and that everyone should respect each other. I hope to explore more about the world through this kind of cultural exchange again.



The Honourable Figure Skater

Yuzuru Hanyu is a professional figure skater from Japan. He is 27 years old and is very popular amongst other athletes because he is the king of figure skating.

Hanyu has many achievements. He has been the Winter Olympic champion in Sochi and Pyeongchang. He has also won all the major events in figure skating. He was awarded the 'Men's Best Athlete' by the International Skating Union last year.

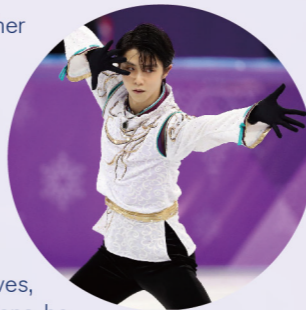
Hanyu has a unique habit. He always has a Winnie the Pooh mascot by his side in any international tournaments. This has been his favourite cartoon character since he was a child. He always believed it to be a symbol of luck, so he touched the Pooh Bear every time before skating in order to bring him good fortune.

Hanyu has been figure skating since he was five years old and has always been fully committed to the sport he loves, constantly pushing the limits. As an athlete, he has strict control over his diet. In order to stay fit for the competitions, he only eats boiled chicken breast with broccoli every meal.

Every athlete has his or her own peak, as well as decline, and this is no exception for Hanyu. Before the Sochi Olympics, Hanyu had a severe head injury, his feet were injured again and he suffered from asthma. In spite of the challenges he encountered, he went to the Sochi Olympics and won the championship.

In my eyes, Hanyu is a person who can risk it all in order to challenge himself. At the Beijing Olympics, he challenged himself to perform the quad axel which no one had been able to do in the Olympics until then. He has the courage to challenge the impossible with artistic flare. In my heart, he is an artist as well as an outstanding athlete.

Hanyu not only is an outstanding professional figure skater, but he is also an artist who successfully adds elegance to the sport.



S.4 Sze Wai Ling

S.4 Pang King Yiu

Illegal immigrants should not be jailed

The Russian and Ukrainian conflict has created a lot of refugees and some of them are considered illegal immigrants. These people risk their lives by trying their luck to cross highly defended and dangerous borders. East Berlin of the past is a good example of this. Because of war, Germany was split into half. The east was controlled by the Soviet Government. Even so, some people tried to escape to the West to reunite with their families, while others ended up being shot by guards. Although it's a risky and dangerous task to get across the border, why did they still endeavour to cross it? It is because their families had been separated and they weren't able to meet each other. People should not be treated like this.

Meanwhile, on the Polish-Ukrainian border, a lot of refugees are waiting for volunteers to help. They have to flee their homeland, otherwise they will be killed. The fact is, those refugees are worried that their homes will be turned into rubble. As such, they have no other choice but to flee their homes. There are a lot of other reasons why immigrants flee their countries. It could be due to the economy or other conflicts in their country.

In some African countries, citizens are poor so they desperately want to have a better life. I've read from the news that there are a lot of illegal immigrants going to France. Some of them even decide to step on a boat and set sail across the English Channel to go to Britain. Some will be intercepted by the coast guard and sent to a shelter. Unfortunately, the government will kick them out of the country later on.

From these three facts we can see that illegal immigrants have their own reasons to flee their homes. They are begging for citizenship but are often rejected since they have used an illegal method to arrive in the country. Meanwhile, the government doesn't know their background, so they're unlikely to be granted the right of abode. But should they be treated this way?

While there are things the government may be concerned about, there are still a lot of ways to help these immigrants instead of sending them to prison. The government can set up a camp for the immigrants to live in before granting them citizenship. Some of them are already poor and they shouldn't be treated this way. We should find a humane method to assist them rather than making it worse. These immigrants can contribute to these countries, so we should not underestimate them. Let's give them a chance and an opportunity for them to represent their country in a positive way.



S.5 So Chi Lok

Care for the Community

Dear Sir/ Madam,

Good morning everyone. The Social Service Club is launching a campaign called 'Food for Everyone'. As the Chairperson of the Club, I am writing to invite every Hong Kong eatery to donate meals to the needy.

The campaign aims to give the needy people a helping hand and offer a change for the world. Additionally, the campaign aims to reduce food waste as it is a major food-related issue in the community. Around the world, the amount of food waste is enough to feed plenty of people.

During the pandemic, more and more people have lost their jobs. There are people out there who do not have enough food to eat each day. They may not survive without any help since they are penniless to buy food for themselves. Your help really matters to those in need! It's also a noble endeavour to help the underprivileged.

Are you aware that there is always too much food in your eatery? Instead of discarding it, donating it is much better. With your kind participation, you will be able to give the underprivileged immense help to live. I would also like to point out that delivering the food to the underprivileged can make an enormous difference to their lives. In addition, donating food is convenient for the eateries to deal with extra food.

By participating in the campaign, your eatery will be shown on our website. When people online know about your eatery, they may come to have a try, and this can attract new customers. Last but not least, donating food to the campaign can reduce the amount of food waste from the eatery.

In conclusion, helping the underprivileged is needed as they lack resources. You can protect the environment at the same time due to the reduction of food waste.

If you have any enquiries or need further information, please feel free to contact me. Lastly, thank you for your time and consideration.

Yours faithfully,

Chris Wong

The Chairperson of the Social Service Club



S.5 Wong Tsz Ying

Little 'Chill Zone' at new office

Our company is moving to a new office, so I am writing to suggest some facilities that employees would like to have in the new office. It is worthwhile to offer some facilities where employees can rest and relax.

Have you ever thought about working out in the office? According to a recent survey, over 80% of workers have no time for exercise. There should be a place where employees can do exercise. As it is important to have a healthy working team, there should be more fitness equipment in our gym room, such as a treadmill, an exercise bike and dumbbells. Doing exercise in a gym room can relieve stress and allow us to feel less tired. We can also have more energy and have a positive mood. If employees are healthy, it can reduce the number of sick leave days.

Have you ever thought about cooking in the office? There should be a place where employees can eat and drink homemade food. Our office should at least have a kitchen area where our employees can store and prepare meals. No one likes working on an empty stomach, so providing our employees with a refrigerator, coffee maker, microwave oven and other small appliances can make a big difference in our workplace. In this kitchen area, there could be facilities to heat up food and make tea, coffee and other hot drinks. There could also be a vending machine to supply a range of cold drinks and snacks. Since employees don't have to travel far to buy food, we can save more working time.

What's more, there should be a place where employees' personal health needs can be catered to. It's particularly beneficial to new working mothers who need a private space for breastfeeding. This room is like the nurse's office in elementary school. It doesn't need to be staffed by a nurse but it should include a first aid kit and other health and wellness materials which employees may need.

In conclusion, having a 'chill zone' in our new office would be a novel idea. I believe that all the employees will welcome these facilities. There are also benefits to our company. Employees are the most valuable assets of the company, so the gym room helps employees stay healthy, while the kitchen area allows employees to improve communication and team spirit. Finally, the wellness room allows employees to take a break, and get back to work with improved productivity.



S.6 Zeng Diyin

Climate Change: Getting Hotter

In recent years, climate change has become one of the most pressing issues facing humanity. Climate change represents a long-term shift in temperature and weather patterns. Such shifts may have been natural in the past, but nowadays human activities have been the main driver of climate change.

Climate change can affect our health, housing, safety and work. In fact, some of us are especially vulnerable to climate impacts, such as some people living in small island nations. As temperatures are rising worldwide, there is less snowpack in the mountain ranges and polar caps. Residents and animals of the Arctic and Antarctic are seeing their habitats shrink. Also, rising temperatures are leading to more frequent and more destructive storms, resulting in flooding and loss of life.

Currently, the world is around 1.1 degrees Celsius warmer than it was in the 1800s. This is primarily due to burning fossil fuels like oil, gas and coal. Burning fossil fuels generates greenhouse gas emissions that wrap around the planet like a blanket to raise the heat. While the Earth is an ecosystem, everything is connected. Change in one area can influence changes in all others, similar to a butterfly or Domino effect. The consequences are water scarcity, severe fires and declining biodiversity.

We are facing a huge challenge even though we know how to reduce our impact. All of us can do our part in our daily lives. For example, it helps to use water efficiently at home by turning off running faucets and run a washing machine with a full load using cold water. Another way we can help is to use an electric car and other energy-efficient products to reduce energy use. Carbon dioxide emissions from vehicles cause climate change.

If everyone makes changes to their life habits to reduce energy usage, the Earth's climate issues will ease. I am hopeful that we can help reduce the effects of climate change.

