VOICES
2025-26

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Self-care Carnival





The exciting English Fun Week focused on the theme of Mental Wellbeing! Students engaged in a variety of fun and educational booth games. To mind well, we created a Hammer De-stress booth! To love well, we tossed a Frisbee to echo the sentiments of the "Love in the Air' booth. To eat well, we designed a Healthy Food + Comfort Food Claw. To work well, we prepared an Art Therapy + Aroma Therapy. To sleep well, we held a Music Therapy + Zen Zone. To play well, we had the VR Sports game booth. To live well, we engaged in AI Photo-taking. Also, we used a Rainbow Re-charge to teach our students about the 4Rs - Rest, Relaxation, Relationship, and Resilience. Thank you everyone who participated and made this event a success! We hope you enjoyed enhancing your English skills while supporting one another in nurturing mental wellbeing.







S1 Sou Cheuk Kiu, Carson

When we are at school, we are given school work that cultivates our learning. When we are at home, we are given homework to challenge our understanding of what we learned at school. However, are both really necessary or effective?

"Homework is great!" some may say. But I say there are some negative sides. It really depends on the age of the recipient, as well as the amount of work given. Assigning too much school work and homework can be unhealthy for our mental well-being as it will certainly increase our stress and anxiety.



On the flip side, we can use the knowledge gained from doing such work to perform well in tests and exams. It is also great for building life skills, including time management and self-discipline. Not only that, we can improve our problem solving skills and academic study habits. Teachers will be able to see our progress throughout the year, which will help identify what we are lacking.

S2 Fong Lok Yee Kaylee

Students usually complain about getting a lot of homework, while teachers firmly think it is necessary for effective learning. However, there are both obvious advantages and notable disadvantages that should be carefully considered when examining the issue.

Considering the advantages, I think doing homework can be really useful in helping students get good grades. Lessons in class are quite passive most of the time. Students just follow what the teacher says and finish the exercises quickly during the short 40 to 45-minute lessons. Many students will forget a lot of key points in just 3-6 hours after class. Doing homework can allow students to actively revise what they learn in school that day. Therefore, doing homework can definitely be a good thing.

Moving on to the disadvantages, if teachers give students a lot of homework, frequent dictation and sudden exams, they will feel great stress and even sleep less than eight hours every night. The next day at school, students will be extremely sleepy and lack energy to listen to lessons carefully.



In conclusion, I think students will not have a lot of stress if they have a moderate amount of homework. They will understand the lessons much better and will not feel sleepy at all in school. Therefore, homework is truly good for effective learning if it is given in moderation.

A 4-day trip to South Korea, Seoul

S2 Shum Choi Hei

Dear Kris

Hello, how are you doing right now? I'm doing fine. My family and I are going to South Korea, Seoul for the Christmas holiday. We are going from the 24th - 27th of December. Our flight departs at 6 a.m. in the morning. I'm very excited to go there!





First, when we arrive in Korea, we will go to Golden Seoul Hotel which is located in Gangseo-gu. In the afternoon, we are going to visit Bukchon Hanok Village, which is a traditional Korean village not far from the royal palaces. You can explore local culture by wearing Korean hanboks or making traditional crafts.

For the second day, we are going to Namdaemun Market, the largest traditional market in South Korea with over 10,000 stalls. It's going to take us all day to walk around the whole market.

In the morning of the third day, we are going to visit Beomeosa Temple which is located in Geumjeong-gu, Busan. It is the third largest temple in the Yeongnam area, followed by Haeinsa Temple and Tongdosa Temple. There will be a tour guide taking us to explore throughout the whole temple. In the evening, we are going to visit the NTZ Tower, which is also known as Namsan Tower, a famous landmark for sightseeing. It is famous for its panoramic city views. What's more, there is a love lock tradition for couples.

On our last day, we are going to go to Eurwangni Beach, one of the most famous beaches in Korea. It is known for its golden sands, fresh seafood shacks, and has a large grass field. This place is also known for its amazing sunset.

After going to the beach, we will head back to the hotel and pack our luggage, then set off to the airport. Where are you going to visit during the Christmas holiday?

Write soon.

Cali

S3 Law Sheung Sheung

A Film Review

Doraemon: Nobita no Esekai Monogatari, released in 2025, is a hilarious animation directed by Yukiyo Teramoto and produced by Shin-Ei.

This film is about the main character Nobita, a lazy but smart boy, Doraemon, a blue robotic cat, and their friends. At first, they find a mysterious painting in Nobita's house. Doraemon uses a flashlight on it. Then, the painting turns into a portal and transports them into a world filled with beautiful art. They are shocked about it, and this is the start of an exciting adventure.

At the beginning, they are having fun with each other, but soon a dragon is summoned by a bad guy. The dragon ruins the whole world. He takes all the colours and turns the world colourless. The mission for Nobita is to defeat the dragon with his friends and light up the world with colours again. During this exciting adventure, they learn the importance of teamwork and friendship. Want to find out more? Then watch the film.



I love this film because the characters are beautiful. For example, a girl with golden hair and shiny blue eyes. Also, I like the music in the film because the music is filled with meaningful words about teamwork and friendship. My favourite part of the movie is when Doraemon saves Nobita. The scene is so touching. One thing I don't like about the film is the story is a bit slow and some scenes are predictable. When I watched these parts, I felt a bit bored.

Overall, I recommend this film to anyone who enjoys touching and hilarious films. It can bring joy and inspire viewers.

S4 Cheung Hei Tung

It was a late afternoon, and I was walking home from the library, lost in thoughts about my upcoming exam. The sky was turning dark, the air was damp, and my mood matched the weather perfectly. Drained, tired, and unsure of what I wanted in the future. I had always wanted to focus on studies, believing that academics is the only way to succeed and secure a bright future. But deep inside, I felt like something was missing, a spark that had long been buried under textbooks and deadlines.

As I pulled out my phone to relax a bit, I heard music. At first, it was just a faint melody, but then it grew louder, filled with energy and rhythm. Curiously, I walked towards where the music came from and found myself standing in front of a dance studio where a group of young performers, almost the same age as me, were singing and dancing with passion. They were a group of K-pop dancers practising for an upcoming show. Their voices soared above the dark streets, and their dance moves were sharp, powerful and full of emotion.

I stood frozen, watching them. At that moment, I didn't just see kids performing, I saw dreams alive. That performance changed everything. Before that day, I had never truly believed in chasing my own passion. I thought that dreams of becoming a singer or a dancer were too distant, unrealistic. But seeing those teenagers pour their hearts into something they loved made me realize that if they could do it, so could I!

From that day on, I started making time for singing and dancing. After school, I joined a local dance class, even though I didn't have much experience. I still practise singing in front of the mirror, recording myself and listening back to improve. Even though my parents were sceptical at first, worried I'd fall behind in school, I promised them I wouldn't neglect my studies. I would balance them both equally. And I did!

Now, I still work hard in school, but I also look forward to every practice session. That late afternoon taught me that life isn't just about grades and achievements, it's also about finding what makes your heart beat faster. That moment changed my life forever. It showed me that dreams are for anyone who is brave enough to chase them. And I finally chased mine.



S5 Yeung Guan Dao

Back when I was 8, my parents had to work at night, so I was always at home alone. When I was at school, they returned home. When I came home from school they went to work. Imagine stepping into your home, darkness overwhelms your eyes, the wind makes you feel chilled to the bone. The only thing I had to eat was cold disgusting leftovers. That was my childhood. No one cared about me.

One afternoon, I found an old craft book on my shelf that taught the reader how to make paper puppets. I carefully cut out arms and legs from cardboard, taped them together and drew my new friend with markers. I named him Teddy. With Teddy by my side, I whispered secrets about my day, and in return he offered patient silence. Although he could not speak, having Teddy on my desk make me feel less alone.



Still, I wanted real friends. I saw a leaflet about a weekend painting class, so I signed up at once. As I walked to the Yau Ma Tei Community Centre for the first class, I felt shy. I looked around at the other children in the class. They mixed blue and white to make clouds, and green and brown to make bamboo shoots. My first painting looked messy, but when the teacher praised my colours and the boy next to me said "yours looks cool", I smiled for the first time that week.

During break, we walked to the nearby local restaurant and shared a pineapple bun and iced milk tea. We chatted about cartoons, school tests and the latest football match in the neighbourhood. Every Saturday after that, I looked forward to trying out a new brush stroke and swapping stories with my classmates.

At home, I began to write a simple journal each night. I noted down what I had painted, what jokes I heard and how I was feeling part of the group after feeling left out at first. My empty chair still sat in the living room, but it no longer reminded me of loneliness. Instead, it reminded me of Teddy on my desk, my classmates' laughter and the small steps I took to fill my world with the colour of friendship.

I would like to thank my friend Tony. He pulled me from darkness and helped me add colour to my blank canvas. He lit a spark in me when I was lost in the shadows, filling my empty soul. Thank you for helping me create something beautiful. Loneliness is a signal, not a prison. By making a paper puppet, joining a painting class and writing down my thoughts, I feel that my life is full of passion now! If I see that someone else's canvas is empty, I will make it colourful.

S6 Kwok Sze Ching

Have you ever thought about travelling back in time? If you could, which era would you travel to and why? I think I would travel back to Hong Kong during the 1980's and the 1990's. In this essay, I will discuss the reasons why I chose this time and place.

First of all, during the 80's and 90's, a lot of Hong Kong martial arts stars emerged as icons of Hong Kong culture, such as Sammo Hung, Jackie Chan and Donnie Yen. I believe you must have heard of their names. These movie stars were one of the reasons why Hong Kong's film industry was able to flourish during its golden age, making action movies one-of-a-kind. With the advent of the digital age, I think Hong Kong's film industry is not as prosperous as it used to be since it lacks iconic famous stars in the martial arts genre. In 1980s to 1990s, martial arts films represented Hong Kong's culture. They had the unique colours of Hong Kong, which is why I would want to travel back in time to this magnificent era of Hong Kong.

Needless to say, I think Hong Kong was more vibrant in the 80's and 90's. When you walked down the street, you could always see the neon lights. Those neon lights best represented the side of Hong Kong which could not be imitated by other places. They were also the best way to attract our attention. When you looked at Nathan Road then, the whole street was full of colourful neon lights. It was absolutely stunning. But unfortunately, neon signs were phased out as early as 2010 due to environmental concerns such as air pollution and safety concerns, like the risk of signs falling during typhoons. So, when you walk along Nathan Road now, you can no longer see the colours of red, purple, blue or other vibrant neon lights anymore. This is another reason I want to go back to Hong Kong's 80's and 90's.



Last but not least, in the 80's and 90's, Hong Kong restaurants lived up to the expectations. At that time, Hong Kong had many different kinds of food to enjoy, but the one that I would most like to mention was Jumbo Restaurant. The specialty of this restaurant was the boat. Visitors could enjoy fresh seafood and different dim sum on the boat. It was once a famous landmark in the southern district and was known as the world's largest floating restaurant. I would love to go back to this period and experience the sense of prosperity.

To sum up, I am obsessed with the golden age of Hong Kong in terms of its film industry, culture and food. It was a glorious period for Hong Kong.

Money can buy happiness

S4 Harris – Opposition

Ladies and gentlemen,

Today, our team is here to argue that money cannot solve three major problems: climate change, mental pain, and morality.

First, let's talk about climate change. The Atlantic Meridional Overturning Circulation, or AMOC, is a big ocean current that helps balance the Earth's weather. When it gets out of balance, we see worse storms, floods, and heat waves. For example, students in coastal areas might face more flooding, making it hard for them to get to school. Money cannot fix our planet. While technology can help, it cannot fully control nature. What we really need is responsibility, cooperation, and changes in our lifestyles, like using less plastic and recycling more.

Next, let's discuss mental and emotional pain. Issues like depression, anxiety, and grief are not problems that money can solve. A rich student can still feel lonely or stressed about schoolwork. For instance, even if they can afford expensive therapy, they may still struggle with feelings of sadness or fear. Healing requires love, support, and time from friends and family. Money can buy things like video games or nice clothes, but it cannot take away the fear of failure or fix feelings of loneliness.

Finally, let's talk about morality. Kindness, honesty, and discipline come from our choices and habits, not from wealth. A student from a low-income family can still be honest and hardworking, while a wealthy student might cheat on a test. Money cannot buy a good heart or good character.

So, I want to be clear: money is powerful, but it cannot solve climate change, emotional suffering, or moral issues. The real solutions come from our values, empathy, and responsibility as humans.

Thank you.

S4 Jack – Proposition

Ladies and gentlemen, judges, and fellow debaters,

Today, my team and I are here to prove that money can indeed buy happiness. Many people believe that happiness comes from love, friendship, or experiences, but we will show you that money plays a vital role in making us happy.

First, money helps us meet our basic needs. When people struggle to pay for food, housing, or healthcare, they often feel stressed and unhappy. Imagine a family worrying about how to pay rent or buy medicine. Having more money can ease that stress and bring stability. When we don't have to worry about these things, we can enjoy spending time with our families and doing things we love—activities that truly make us happy.

Second, money allows us to buy things that bring us joy. Whether it's a new book, a video game, or even a nice meal, these purchases can enhance our lives. For example, I saved money to buy a new laptop, which has helped me with my studies and allowed me to connect with friends online. Additionally, having money lets us buy gifts for others, which can create happiness not just for us, but for those we care about as well.

Some might say that money leads to greed, but I believe it's how we use money that matters most. When we use our money to improve our lives and help others, it becomes a tool for happiness. For students like me, working hard for financial stability isn't selfish; it's a way to create a happier future for ourselves and those around us.

In conclusion, while money isn't the only source of happiness, it is an important one. By meeting our basic needs, allowing us to buy things we enjoy, and enabling us to be kind, money helps us live happier lives.

Thank you.







S1

Healthy competition

On 4th May, our school was filled with amazing smells and great energy as our S1 students dived headfirst into the English Healthy Cooking Competition.

The challenge was to design a nutritious menu, but our students didn't stop there! They went all out, giving their presentations in English while dressed up as Safari zookeepers and different farm animals. The creativity was just as impressive on the plates, with dishes artfully arranged into adorable animal patterns. Our judges—Vice Principal Miss Pang, Mr. Luke, and Mr. Chan—were treated to a fantastic "multi-sensory" experience that tasted as good as it looked.

It was wonderful to see our young chefs show off their language skills and culinary talents with such confidence. Their hard work and elegant creations truly made it a day to remember!















ing" Book Gifting Competition





Education Bureau SOW Inspiring Book Gifting Competition (Commendable Awards)

S6 Lai Nga Ying

Dear Jenny,

I know you have been having a difficult time recently, so I want to share a book with you. The book is called "The Forty Rules of Love". The message that this book wants to express is that of spiritual awakening, with the story emphasizing the importance of spiritual growth and self-awareness. I found a particularly meaningful passage of the book. "No matter what your destination, just be sure to make every journey a journey within". You may be struggling on your journey now, but I think this message can help you.

This book profoundly inspired me by revealing the connection between love and spirituality. Rumi's journey in the book shows us that love transcends boundaries and is a powerful catalyst for personal growth. It has really helped me with my own self-discovery. My own journey for self-discovery has not always been clear, but the emphasis on compassion, vulnerability, and selflessness has really resonated with me. It has motivated me to live authentically and appreciate life's complexities.

I know that you are struggling with your break-up. This journey may seem like it is going nowhere. However, remember you are not alone. I really think this book and its message of self-love can help you. It highlights the importance of self-growth and resilience which are both so important. You should try to engage in some enjoyable activities to create new and positive memories. Be patient, allow yourself time to heal. This book can guide you through this challenging time, fostering hope and renewal in your journey. You have the power within you to get through this. I know you can do it. I hope you enjoy the book.



All the best,

Kitty

Value Chosen: Diligence

1A Mong Yu On Ann

Keep Working Harder

Penguins, a social and wise species, catching our attention,
standing tall-like trees.
But under their appearance lies behaviour,
Not everyone knows, but they need no saviour.
For they never quit, and keep working harder,
All they do is learn, always getting smarter.
Navigating through icebergs as it a maze,
Among them, snaring is the biggest craze.
Careful as parents, persistent as children,
Diligent animals, they waddle in union.
Summing in icy lakes, they do not flinch,
Relying on each other, teamwork is a cinch.
Body in the water, flapping takes a toll.
Eyes pointing forward, anchored at their goal.
Climate changes, temperature rises, hide their guises.
But falter? Never.
Keep working harder.

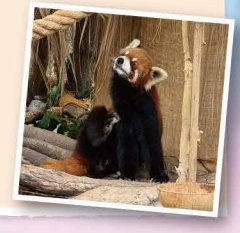


Value Chosen: Perseverance

1A Sou Cheuk Kiu Carson

Little Red Fur Hunters

Little furry animals hunting in the forest.
Hidden deep in the mountain ready for the test.
With each new day more challenges arise
Predators abundant, wishing for their demise.
A five fox spirit surfaces out of fear.
To face the growling beast lurking near.
In every leap and tender glance, they learn right from wrong.
They hunt for their newborns to make them big and strong.
It's time for a break at the end of the day.
Beneath the breathtaking stars, in the mountains where they lay.



Value Chosen: Diligence

1A Poon Wai Q

Hunters in the cold

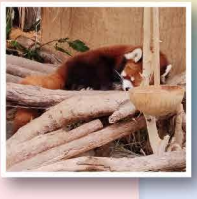
I feel the coldness of the Antarctica Peninsula through the glass.
The Gentoo Penguins gather multiple nesting materials
Searching for a mate with their nests.
I see their movement, feel their effort.
Always diligent, one forages while the other incubates.
I hear their voices, feel their passion.
Through the deep Ocean, they hunt with determination.



Value Chosen: Diligent

1B Sze-To Cyrus

Diligence of the Red Pandas



The seeds of work, scatter in tenacity,
With stable hands, Lanterns Ignite.
Through massive rainstorm and blazing sun,
The reward is held when the task is done.
With tenacious paws and a heart so fearless,
He earns the sympathy that his efforts desire,
Though he is puny in a world so majestic,
He masters the trees of his swirled land.
For diligence is found in the voiceless spirit,
Taking slow steps to reach every goal.
Like the red panda, we work through the day,
To find the shimmering treasures that come our way.

Value Chosen: Filial Piety

2A Xiong Yiyi

Don't Leave the Water

The dark cave near the lake, family's warning is what I rely on
That day I first flew into the water,
I saw my mother stand on the centre
I don't know what is the rough wind of May.
But I know how the water is waving my body.
When I'm tired, I jumped to my family.
I heard the whispers of flowing water
The warming of our corner becomes sweeter.
Honoring your love, your guiding hand.
Because we are Asian small-clawed otters,
We stay beside these sunlit waters.
This is the promise that I make,
A sacred vow I'll never break:
No matter how far I may learn to roam,
I'll always come back to bring you home.



Value Chosen: Perseverance

4A Lee Tsz Fung Hugo

Embracing in Solitude

Hiding in my comfort zone,
Just me and my shadow all alone
Heavy food steps coming close from thee
I can feel something, Curiosity?
Eyes like stars lighten up my world
I take a deep breath, and feel the pulse unfurled
First fear and anxiety appear
But when I embraced the gaze, they all fade away.
Here I stand radiant and free
Looking back without a fear on me
In the light of our gaze, I stay with them together,
I'm no longer alone.



Value Chosen: Diligent

2A Chan Yui

The seal who grinds all the time



Beneath the drizzle, the turquoise pool shimmers bright,
A seal bursts up and a stream of air bubbles flies up,
a crowd-pleasing sight.
But what they don't see is the grind behind the glow:
Early dives, late practices, steady, quiet toil.
It cuts through the water, every stroke a repeat,
Hustling when no one's watching, perfecting the feat.
That thunderous splash? It's the payoff for unseen graft,
A flex of strength honed by hours of craft.
Every ripple tells the story of work behind the scenes,
Proof that even the brightest thrills start with routine.

Value Chosen: Perseverance

A Long Journey

As the caterpillar inches, bit by bit.
Pushing away the rocks, p i e c e by p i e c e.
On a bridge of painted wood,
Bristles sharp up high it stood.
Oh how sophisticated it is
to make your way home.
Oh how dedicated it is
to strive for our goal.
Though the word is w i d e and steep
it has a promise yet to keep:
To move, to strive, to never cease,
Until the struggle turns to peace.



Value Chosen: Perseverance

2A Lee Tsz Wang Moses

The Drowsy Crimson Cub

Once torn by human tread, by trades cold greed.
by sickness spread, no place to breed.
Yet still they cling with quiet stubborn speed,
through fear and frost, their fragile hope unbound.
When every dawn breaks, new light ignites, guiding the soul
through the darkest and loneliest nights.
Now on rough burlap, soft and slow they rest,
hands calm unhurried, unbowed, unafraid.
Doubt dissolves like smoke into the west, this crimson cub may finally sleep, unshaken, unruffled.



Value Chosen: Diligent

2D Cheung Valeska

The salary of salt



He wakes at dawn to hunt his prey, no boss to push him around.
And when the current fights him hard, he tries and tries to rebound.
Really, no one makes him work, yet still he does his best.
Because his hunger drives him deep, no time for too much rest.
Only after fish are caught does he enjoy the sun.
Relaxing on his favourite rock, his daily labour done.
Seal of approval for working smart, not just working hard.
Earning every minute of the nap in his secret backyard.
All of us could learn from his work first, then play unconcerned.
Labour ends, but the diligence stays- the seals' unspoken words.





S3

Flash Fiction

What happens when you blend English, Chinese, music, and art? You get the brilliant Form 3 Flash Fiction project! Students pushed their creative boundaries by using song lyrics to generate AI artwork, then elevated the pieces with their own unique commentary. The final showcase is truly impressive and inspiring.

3A Jiang Nam, Li Hoi Ting, Lyu Ziyi, Li Ceci

Throughout life, people constantly seek the mysterious essence of existence, often taking winding paths to discover the answers.



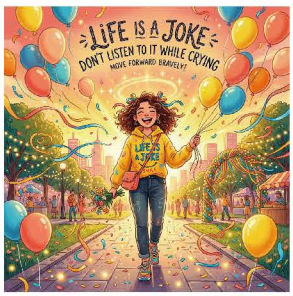
3B Lau Tin Hang, Lui Man Wai, Diao Donna, Wang Yan Kun Queenie

Inspired by the song "Life is Precious", this illustration portrays a community united in joy. As people clap and cheer together, the scene reflects the song's core message: cherishing every moment and supporting one another. It's a vibrant celebration of life's worth, filled with warmth, smiles, and collective harmony.



3B Cheung Lai Sum, He Aijia, Lai Suet Lam, Ma Tsz Long

When I feel sad, I always remember this lyric: "Life is a joke, don't listen to it with tears." Even if things go wrong and I feel down, I won't lose heart. Be your own little white pony of sunshine, rainbows and hope. Calm down, move forward with a smile, and all bad things will get better soon.



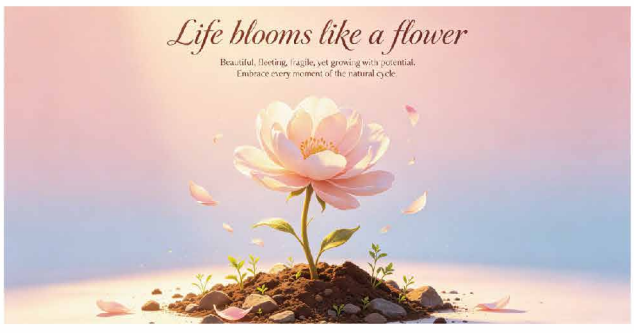
3C Chung Tung Tung, Cheng Tsz Tung, Lee Tsz Ho, Lau Chin Wing

Their love is faint, their fate shallow. They lean on each other for warmth, yet such a fragile bond as they walk through the storms, yet their thin bond can never last a lifetime. In the end, they remain passing strangers, walking only half the journey, and no more.



3D Wu Sum Yuet, Wong Ka Man, Yau Ho Yee, Wong Ka Yu

Life blooms like a flower, meaning that life is beautiful, fleeting and fragile, yet it still insists on growth and potential. This signifies that life follows a natural cycle involving both happiness and challenges. Hence, we should enjoy this process and every moment in our lives by embracing beauty, joy and authenticity.



3D Chun E-Ching, Liew Yu Heng, Hui Chit Man Manco, Po Yat Yin

Sky is the limit, but my future is boundless. I walk with courage, embrace every challenge, keep moving forward fearlessly, and let my dreams unfold with endless potential and infinite possibilities ahead.

