

The Reasons for Longevity

Generally speaking, people live longer nowadays. In the past, only a few people could live to eighty and lots of people died between sixty and seventy years of age. Now, people can live to be eighty years old or older. There are some reasons for this phenomenon.

First and foremost, advanced technology is one of the reasons why people today enjoy a longer life. Thanks to technological advancements, the quality of medicine has improved. Many scientists have invented powerful and useful medicines to cure illnesses such as heart disease or diabetes. People can fully recover by taking the medicine. Also, the breakthrough in technology can help operations become more successful. Humans make mistakes. Doctors are not infallible even though they are thoroughly trained and experienced. With the help of technology devices, doctors can perform more complex surgeries in a more accurate way. It is no wonder more and more people can remain healthy in old age.

Another reason for longevity is that people have a better quality of life. At present, people can live better, sleep better, and eat better. For instance, nowadays there are different varieties of food from all over the world. Therefore, people can have a balanced diet. What's more, people can stay healthy not only physically but

also mentally. People can have various forms of entertainment for relaxation, such as listening to music, watching TV and going shopping. According to some experts, happiness can help people live longer. A better life quality does bring happiness and longevity as a result.

Last but not least, education is also a factor of a longer life. Due to education, people can get knowledge about how to stay healthy. Students are taught on issues related to personal and public health at school. They learn how to prevent illness and the best exercises in order to stay fit. People fully realize the detrimental consequences of an unhealthy diet and an inactive lifestyle. Hence, education is another key element for longevity.

In conclusion, people are living longer now because of technological advancements, a better quality of life and education.

S.6 Chau Shuk Yi



Growing together at Chang Pui Chung Memorial School and beyond...



I have now come to the conclusion of my precious secondary school life. The past six years at Chang Pui Chung Memorial School have been hugely enjoyable and enormously rewarding in many respects. On reflection, I am grateful to our school for transforming me from a little boy into a young man brimming with confidence. The school provides an excellent learning environment for students to flourish here. It also has a pastoral care system in place to ensure students are happy and well supported at school. For me, it is a home from home.

Our school offers a curriculum with breadth and depth. Yet, our academic endeavours do not end here. Our school always places strong emphasis on generating new perspectives through synthesis. It is undoubtedly conducive to our lifelong learning. With a creative mind, we formulate new ideas by synthesizing the content learned. This approach raises the level of our thinking skills across subjects, including the most intellectually demanding ones. Our teachers aim to stretch us beyond

theoretical understanding through practical application in a wide variety of activities. The diversity of the activities leads to a deeper appreciation of the synthesizing process.

Furthermore, our teachers drive us to keep trying so as to achieve a thorough understanding. Classes are designed to develop our critical thinking, while nurturing a passion for learning of the subject matter. We are encouraged to participate actively inside and outside the classroom. In addition, our teachers are more than highly qualified, dedicated professionals. They foster good relationships with us in our thriving community. From my observation, they often sacrifice their family time conducting tutorials and supervising extra-curricular activities for students' benefit. In January this year, for example, they joined us in operating a stall in a Lunar New Year Fair. While we eagerly embraced the opportunity to gain experience in doing business, they missed the festive time together with their families. Our teachers' kindness will remain with us for the rest of our lives.

Apart from our exemplary teachers, I must also thank my schoolmates for their continual support. We share memories of tears and laughter in our journey. I think our beautiful friendship will go beyond the sporadic encounters allowed by our demanding careers. Undaunted by the uncertainties and challenges ahead, we believe our ethos of "lifelong quest for success with an indomitable spirit" is embedded in each of us. When we graduate, these same enduring values will continue to shape us into future generations of successful and responsible citizens.

I sincerely wish all my schoolmates every success!

S.6 Kwong Ka Kit



Does technology help or hinder us when trying to keep fit?

I think technology does hinder us when it comes to keeping fit. Nowadays it is so easy to shop or do things online, without leaving the comfort of our own home. This means we need not walk much and have become very lazy. We spend a lot of time on our phones and laptops, playing games or surfing the Net instead of getting outside and moving our bodies – all thanks to our 'great' technology!

S. 5 Wai Yin Ting



Many of us are busy. We put convenience at the top of our list when planning things to do. Technology can surely bring such convenience to our lives. Imagine that we can exercise at home with the use of DVD, YouTube videos and apps on our phones. Furthermore, these apps can be used outside so we can exercise outdoors too on our way to and from work or school. Besides, technology can also help us record our exercise results and this allows us to improve our performance and measure our success. So, technology is so convenient that can undoubtedly help us to keep fit.

S.5 Zeno



Doing exercise can be as simple as putting on a pair of shoes and going for a walk. However, some people still need more motivation or stimulus to exercise. Gadgets and digital devices can be helpful to them. There are simple applications which can track their progress and update their status on social media at the same time so their friends can see how active and healthy their lifestyles are. Active video games have been proved to be popular among people who are not keen on real sports. Studies have shown that many of the vigorous games can boost their fitness levels. In fact, it has been reported that playing some active video games requires the same energy as running or swimming. Therefore, technology is great for helping us to keep fit.

S.5 Benny Lam



Technology has been really useful in helping us to keep fit. Nowadays, lots of people in Hong Kong have incredibly busy schedules and have very little time to do the things they enjoy, such as play sports or go hiking. There are many apps which can help us to track our steps and movements, and some alert us that it is time to move. There are also computer games which encourage us to be more active. Have you ever heard of Xbox, VR System and Wii? They have sports inspired games with controls which require us to move our whole body. So I think technology certainly helps us when we try to keep fit.

S. 5 Hermi Wong



Modern technology brings us a variety of devices that can help us keep fit and healthy. We can use pedometers to sense our body movement and count the number of steps we take in a day. They are useful for goal setting and also promote motivation for people to beat their previous results. Moreover, there are plenty of games such as Wii, Kinect, Play Station Move, etc. which not only provide us entertainment but also encourage us to keep active at the same time. I strongly believe that technology enables people to exercise more and keep an ideal fitness level.

S.5 Lee Lam Wai



VOICES

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Preface

We have a dream - our students will develop a passion for English language that will remain with them for all the years to come. For this reason, we stimulate their critical thinking, equip them with the knowledge of literacy and open up opportunities for them to confidently bring their skills to a higher level. Hence, we are proud to present another wonderful opportunity - VOICES to our students and YOU.

VOICES is a collection of students' writing, of course,

but it is also a platform for students to demonstrate their analytical mind and creativity in the literary world. It has been most rewarding for us to see the students' devotion to VOICES, though we have to apologize that we cannot publish all the well-written pieces as space is limited. It is our hope that all the aspirations they have expressed with us all these years will come to fruition. For now, let's simply hear their voices in VOICES.

Editorial Board

New Menu for Our School Canteen

I have got some ideas about creating three new food and drink items for our school canteen.

The first one is Cheese Seaweed Sandwich. The ingredients needed are only three - cheese, dried seaweed and bread. This sandwich is very easy to make. It benefits our health. Cheese and seaweed are rich in calcium which can strengthen our bones. Therefore, it is a good dish for our students.

The next item on the menu is a drink - Purple Sweet Potato Milkshake. The ingredients include purple sweet potatoes and milk. First, we steam the purple sweet potatoes for fifteen minutes. Then, we cut them into small pieces. After that, we put them all in a blender and add some milk. I suggest this drink because it contains a lot of fibre which can help improve our digestive system.

The last dish is Coffee Banana Pancake. It is a dessert. The ingredients we need are bananas, coffee powder, flour, eggs and cream. It is very tasty. It

contains different vitamins and carbohydrate which are essential for proper body functioning.

How can we promote this menu to our students? We can put up posters in different parts of the school so that everyone can know about it. Also, we can set up a food and drink tasting booth at the canteen during lunchtime. I hope our students will enjoy this healthy menu.



S.1 Kwok Tsz Ying

An unforgettable birthday party

It was Good Friday, as well as Dad's birthday last Friday. We had a great time together.

In the morning, Mum asked me to buy a birthday cake for Dad. She also told my sister to tidy the house. Then, she bought some snacks and drinks at the supermarket.

In the afternoon, my uncles and aunts, my cousins together with my grandparents came to my house. They said, 'Wow! The cake is beautiful and colourful!' Then, my mum said, 'Thank you!' Suddenly, I heard my dad's footsteps outside. He knocked at the door. We then opened the door and said merrily, 'Happy birthday, Dad!'

After that, we ate the delicious food and drank some tea. We also played games together. We had great fun. Finally, we sang a birthday song to Dad and he cut the birthday cake happily. The party was filled with joy and laughter.

It was the first time I organized a surprise birthday party for Dad. I hope we can celebrate his birthday every year.

S1 Yuen Ching Tung

My Class Pet

If I could choose any animal as a class pet, I would choose a rabbit without doubt. It is mainly because of its gentle character. We can play with it happily and safely. Moreover, rabbits do not bark. They are always quiet and mild. They will not disturb the lessons.

Another reason for keeping a rabbit is that it is small in size. It does not need too much space. Also, the cost of keeping a rabbit is not high. Each student only needs to pay a little. We can learn how to take care of it, for example cleaning its body and feeding it. It helps us develop a sense of responsibility.



Last but not least, rabbits are very adorable. They often form very close bonds with their owners. We can interact with them at break time, talking to and petting them.

Once we have decided to keep a rabbit as a class pet, we must be committed to provide it with the best environment and care.

S.3 Yeung Hoi Ching Yoyo

