



TWGHS Sun Hoi
Directors' College

MAGASUN

2021/22



EDITORS' MESSAGE



Dear Readers,

We are pleased to introduce the 2021/22 edition of Sun Hoi's Magasun.

2021/22 represents a special milestone for the school. It was 40 years ago TWGHs established our school, and it has been a year of celebration, reflections, and anticipation for the next 40 years.

With this in mind, the theme of this year's Magasun is CELEBRATION.

An anthology such as Magasun is a snapshot of English at Sun Hoi. Students are the major contributors and they have shared their thoughts, values, and imaginations.

We trust you will derive as much joy and satisfaction in reading as we did in editing.

Yours truly,
Ms. Agatha Chu, Ms. Cindy Wong, Ms. Kelly Fung, Ms. Clio Luk,
Mr. Andrew Varsalona-Blatti (Editors)



40th Anniversary

Alice Chan (1A01)



Last week, it was the school's 40th anniversary. There were a lot of people in the school hall and classrooms, everyone was very excited.

The English Corner had game booths. You needed to use special words to solve a word puzzle. I remember the words: confident, humble, considerate. We also had tic-tac-toe, a game where we needed to be the first to have three crosses or circles, to be the winner. In English Corner there were more fun games to play. Let's go together!

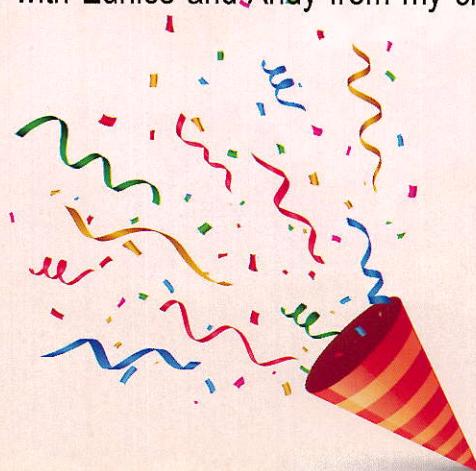
Then, in the hall, there were a lot of people in there, including the principal, three vice principals and of course all the teachers. A slide showcasing TWGHs Sun Hoi Directors' College history. It taught us how many hard-working people were needed to establish Sun Hoi.

After that, we watched a talent show. There were a lot of people involved in the show. Someone was dancing, some people had a comedy show that had the audience laughing along. The Photography Club showcased their work and finally the choir sang a few songs.

After the show, there was a fun fair where prizes could be redeemed. Some of the choices included books, stationery, and travel games. Donations for charitable purposes were welcomed to give less fortunate people food and clean water.

After the fun fair, we had an Opening Ceremony with Eunice and Andy from my class acting as Masters of Ceremony. They were awesome.

*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.



Yummy Easy Food

Hailey Chan (1AO2)



Hello everyone! Do you like cooking at home? During the period of covid-19, I seldom go outside to eat food. I've learnt to make different dishes in YouTube cooking video. Today, I want to share how to make spring rolls. It is yummy and easy to make. Let's go!

Spring roll is Vietnam food. Make spring roll needs 20 spring roll wrappers, 1/2 carrot, 1 pack vermicelli noodles, 5 shiitake mushrooms and 20g black fungus and 1/4 cabbage.

First, thinly slice all the ingredients and soak the vermicelli noodles in water until softened.

Then, add oil in a hot pan. Cook all the ingredients until softened. Season with some salt, chicken powder, soy sauce and sugar. Set aside.

After that, add about a tablespoon of filling in the middle of the wrapper. Roll it from the bottom. Then, fold the sides.

Brush some beaten egg at the edge and stick it together. Finally, add the spring roll in hot oil. Cook until golden. Enjoy!

It is a delicious food. Also, it is good to eat with chili dipping sauce, but it will be spicy. I enjoy cooking at home very much. I will learn to make another dish later if I have time. I want to learn cheesecake later. I hope I can learn to make a lot of dishes at home!





Celebration

Oscar Lo (2A26)

On Christmas Day, my family will hold a party at home. Each of our family members will join the party and exchange gifts. We will buy a lot of food and decorate our house with a Christmas tree. I am planning to ask my parents to buy me a new iPhone as a Christmas gift.

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Acrostic Poem

Sophie Wan (3A12)

Sun Hoi is our second home

Uniting many students

No exclusion among us

Having happy and memorable experiences every day

Our teachers are caring

I love my school very much



A Warm Heart

Angela Ching (2B05)



Have you ever tried to help others? I can't forget the taste of helping others. It was supposed to be an uneventful day. After school, on my way home I walked past the market and found an old woman sitting on the ground next to a store selling sweet potatoes.

"I am back!" I said. Just when I was ready to do homework, my mum said, "There are no tomatoes at home, help me go down to buy some!" I took the money and went to the market. I saw the old woman again. She looked very strange. She just sat there and didn't shout so everyone passed by and didn't notice her or want to buy tomatoes from her. Only a little of her food was sold at night.

Suddenly a middle-aged man came to the old woman. The man said a few words and gave her \$100. I thought he wanted to help since he saw the old woman had not had any customers. At a whim, I also wanted to contribute! The old woman hurriedly said, "Thank you! Thank you, kind people!"

I took five sweet potatoes, paid the money and went home. My mum saw me carry the potatoes and was surprised, I told my mum what happened. My mother praised the uncle and me and said we were kind.

Finally, the old woman could go home earlier than expected. She didn't have to worry about the cost of living that day. I ate the sweet potato, which I found sweeter than usual. It was just a small act, but I felt the warmth of the world. Let's start small and help others. Later when I passed the old woman's stall, she gave me an orange.



Christmas at Home

Javis Ip (2A22)



Christmas is one of the necessary festivals in my home. Despite it being a Western celebration, we love to celebrate it, almost as much as Chinese New Year.

So, exactly how do we celebrate Christmas? Naturally, a Christmas party is at the top of the list. Our whole family will get together to enjoy good food, great games, lots of gift exchanges, and a big nap afterwards.

The vital job I have is to select a Christmas cake. The problem is I have what's known as decidophobia. I always stumble on what type of cake to choose, how the decorations should look, and how much to spend on it. Somehow, I seem to make the right choice.

After eating the perfect cake, we will sing Christmas carols to each other and then ham it up with some cool party games.

As I write this, I am reminded that Christmas is only 3 weeks away. I better start thinking about that cake I must choose.





Basketball Dreams

Clement Chu (4B26)



I was sitting beside the bar table, having a pint of beer with my buddies, watching the TV on the opposite side of the bar. 'It's over! It's over! The Raptors have done it! They are NBA Champions once again after 20 years' In a split second, the crowds burst into cheers and Toronto had turned to its intense celebration mode. Suddenly, my brain flashbacked to 20 years ago...

20 years ago, I was still a teenager and a student. I had a passionate heart for basketball and joined the school's basketball team. Eventually, I became the captain of the team. During those days, we had good times, and of course, some bad times. Every practice was harsh and tiring. Most games were superb, some of them were devastating. However, this didn't lose my interest in basketball. On the contrary, we put even more effort in practices and games.

After lots of hard work, our team had made it to the finals. It was our school's first finals appearance ever. Although it was our first grand final, we were ready and played like a fierce tiger. In the end, we dominated the game and brought back the championship cup to school.

Later that day, Coach brought us to the largest shopping mall in the city for shopping. He bought us a pair of basketball shoes as a present for being the winners. After that, we went to Scotia Arena and watched game 6 of the 2019 NBA Finals to celebrate the championship. The game was insanely exciting. The game points were tight. In the last seconds of the game, the team's star Kawhi Leonard hit a free throw and won the game. Toronto Raptors became NBA champions for the first time. Everyone in the arena was cheering and celebrating. We had a wonderful night with a lot of enjoyment.

A Lost Child

Becky Lau (3D03)



Judy was the owner of a bakery. One Sunday morning, when she was opening her shop, she saw a young little boy crying next to her shop. Judy was surprised and asked, "Are you alright? Why are you crying here? Where are your parents?" The little boy sniffed and answered, "I am lost, and I can't find my parents. We went here for a family day, but sadly..."

"Oh I see. Sorry to hear what happen to you. My name is Judy. May I know your name and your parents' phone numbers? I can help you to find them." The boy's name is Andrew. He had forgotten about his parents' phone numbers, so he had to stay with Judy for a while.



Judy offered him a piece of strawberry cake after the boy stopped crying. She said, "Don't worry, Andrew! I will help you find your parents as soon as possible. You are welcome to live with me these days." Her words made Andrew feel safe around her.

A few days later, Judy took Andrew to a park and let him play with other children. She said, "Andrew, don't listen to any strangers! I will be back after finishing my work. Ok?" Andrew nodded his head happily and went to play with other kids. Two hours later, Judy came back and was ready to take Andrew back to her house. Andrew held Judy's hand happily.

While they are on their way home, a scary tall man suddenly came to them and said, "Give me the child, or I'll kill you." Judy was not afraid of him and said, "Sorry Sir, I won't let you take him, please let us go." The tall man took out a sharp knife and started to attack them. Judy pulled Andrew behind her and then the knife hurt her skin. Blood started coming out from her wound. She fainted. The guy was afraid that someone might have seen him, so he ran away. But the police had already arrived and arrested him. Andrew was very scared and said while crying, "Please don't die, Judy! I need you in my life." The other policemen came and took Judy and Andrew to the hospital.

After arriving at the hospital, Andrew sat outside Judy's room. The police who took them to the hospital said, "Hey kid, are you alright? The guy we have just arrested is a child abductor. You are lucky that your mom saved you!" Andrew said, "Thanks Sir, but Judy is not my mom. My parents have left me and I couldn't find them, so Judy takes care of me these days." The police said, "Don't worry! I can help you to find your parents!"

An hour after leaving the hospital, the policeman called Andrew and said that he had found his parents. A few minutes later, Judy woke up and she saw Andrew crying softly. He said, "Judy, thanks for taking care of me this week. I'm really sorry that you are injured because of me. The police have found my parents. They're coming back to take me tomorrow night." Judy felt gratified and hugged Andrew.

The next day, Judy and Andrew spent some time together at the hospital. Andrew's parents came at night. They saw Judy playing with Andrew and said, "Hello, we are Andrew's parents! Thanks for taking care of him this week. And we heard that you got injured when you saved our son, as a token of thanks, we want to pay the hospital bills for you. Again, thank you so much! Without your help, Andrew might have been missing already." Judy flashed a small smile and said, "Nice to meet you two! And Andrew, make sure you will not get lost again! Whenever you want to contact me, call this number. Goodbye Andrew!" They gave each other one last hug and Andrew left with his parents. But both Judy and Andrew knew that they would meet again one day.



My Grandfather's Note

Ricky Tang (4D27)



Everyone has their own number 1 trouble, but I have more than one trouble. I am always frustrated that I seem to fail at everything. Seven months ago, I quarrelled with my family, then I became depressed every day. I always thought about the tragedy of the day, so I did not mind doing anything meaningful. In the school exam, I could not concentrate on my studies, which led to disastrous academic performance. My heart was broken. Then I had not attended the school track and field training for three weeks because I wanted to spend more time on exam revision. But I had an athletic competition a month later, I grasped the last moments to have training.

When I participated in the athletic meet, I was very nervous, which made me commit tons of mistakes in the competitions, so much so that I ranked last in all the events I joined in the athletic meet. This was my worst performance! Everyone had got a medal and they laughed at me for losing everything! When I went home, I cried. I was very sad and lost faith in ability and possibility of ever achieving again.

To calm myself down, I went to the small park near my home. I grabbed a book and started reading. Suddenly I found a paper note which changed my life.

"This is your life. Do not be influenced by others. Keep working hard for yourself!"

I suddenly realized that this paper note was to encourage me. I remember my grandfather wrote it to me when I was younger and placed it inside this book because he knew it was my favourite novel. I cheered up and understood if I give up, I will lose everything. Whenever I want to give up, I will look at this paper note, which drives me work harder.

After half a year, now I am strengthened. I reconciled with my family, my grades improved a lot and I keep working hard at track and field training. So, I thank my grandfather who left the paper note in the book. You SAVED me.

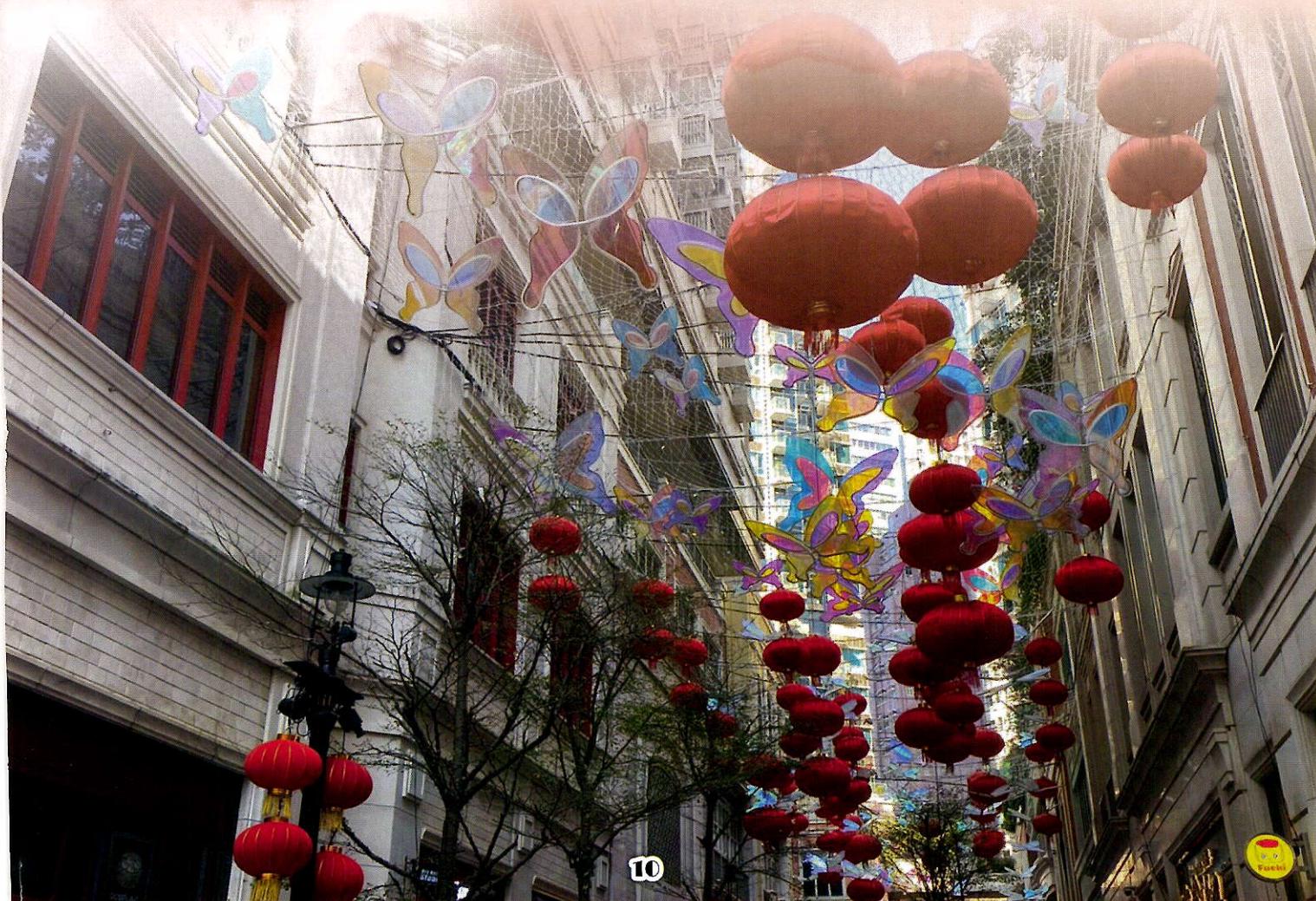
Lunar New Year

Cara Wai (6D11)



In the Chinese Lunar Calendar, the last day of a year is called Lunar New Year's Eve. On this day, family will eat dinner together. The menu is luxurious; indeed it is not like a normal day. People eat fish which represents living a rich life and having extra wealth and food every year. Also, eating a whole chicken means the next year will be hopeful and safe. All people eat around a circle table to conveniently talk to each other. After eating, young people don't go to sleep. They need to wait for the coming year.

The first day of the Chinese Lunar Calendar, the elders need to give pocket money to their children. Family needs to visit relatives and friends to give them blessings. Some families will go to temple to ask for a sign of the future, hoping they will not have bad destiny. Other families will get up early then burn incense and pray for their ancestor.





**Sense of Belonging
Hearts of Harmony
Dare to Dream
Care for Others**



As you walk into the school, you may notice on the wall we have 4 phrases, each beginning with the first letter of our school name.

S stands for **Sense of Belonging**

H is **Hearts of Harmony**

D means **Dare to Dream**

C encourages us to **Care for Others**



ASSEMBLY

Each Tuesday morning, English Club members take turns to host an assembly. This year, a popular feature has been interviewing staff so we can get to know them better.



Cooking at Home

Angus Lee (1A24)

Hello everyone. Do you like cooking at home? During the period of covid-19, I have learnt to make different dishes from my mum at home. I learnt how to make sushi roll with bacon.

Now, let me tell you more about sushi roll with bacon. That is very easy to make. You can find the recipe of sushi roll with bacon below.

Ingredients: Rice and bacon

First put the rice into the cooker to cook. Then get the bacon and put the bacon into the pan and then fry the bacon to make it hot.

Next get out the rice and make it like a roll. Finally use bacon to roll the rice roll.

When we make the sushi roll with bacon, we need to make the bacon hot. It tastes salty. The texture is different because the texture is different with different rice. It smells salty too. The dish is easy to make and make us full. If you don't feel full, just make more. At last, I want to say I like cooking at home because cooking is fun.



40th Anniversary Poems

Cynthia Ng (1B11)

Last week, it was the school 40th anniversary. It was my first year of secondary school and I was very excited.



First it was the slide show about the school history for the past forty years. I found it very boring I almost went to sleep. After that, there was my favourite talent show. There were many activities like choir, dancing, poetry readings and a mime act.

I liked poetry readings the best. My favourite was a poem about four seasons and the students recited the poem with emotion. The mime was also very good. The act was about friendship and the actors said nothing but everyone knew what the plot was about because of their expressive gestures.

Then, I played many games in the booths. I had a lot of fun at the English corner, and I won many prizes.

Finally, I went to the fun fair. There was a book sale, and I bought two books

*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.

End of WW2

Kaiser Kwok (3A20)



Today, I am going to write about celebrating about the end of World War 2 (WW2). WW2 started in September 1939 and finally ended in May 1945. WW2 caused a lot of citizens' death, but in London, Paris and New York, there are many people who celebrated in the street because they were just released by Nazi Germany's rules, and they finally had their own country. French and Polish citizen were especially excited.

After WW2, France, Britain, and the Soviet Union's chief were having a great wedding banquet in the Bern. They discussed dividing the benefits after the banquet. They really felt excited and even someone felt unbelievable, because they can return to their hometown to have their original life. Some of them even received a reward from their countries.

Winston Churchill and George VI (the British King) organised a victory speech. He hoped the whole of Europe could restore peace for life. King George said, "This is not victory of a party or of any class. It's a victory of the great British nation as a whole. We were the first, in this ancient island, to draw the sword against tyranny. After a while we were left all alone against the most tremendous military power that has been seen. We were all alone for a whole year."

The USA, Britain and Russia mourned the soldiers who died and made a WW2 Memorial in Washington D.C. The end of WW2 was a time for celebration in many places and we hope to never see a world war again.





Plastic Pollution

Sunny Zeng (3A33)



11000 tons. It sounds like a lot, doesn't it? To put it into perspective, think of 11000 giraffes. Do you know what else weighs 11000 tonnes? It's the daily waste disposed at landfills in Hong Kong. Just think about that for a moment.

The sad thing is this problem is getting worse every day. And with people relying ever more on home delivery, it's definitely worse since the 5th COVID wave. It's plastic upon plastic, foam upon foam, straws, cutlery, bags, boxes...you get the drift. And it seems like it will never end. With a rising population, and a small land mass, pretty soon my next door neighbour will be "Mr. Landfill" or "Mrs. Garbage-Bag".

Nowadays, every human uses electricity. From Hong Kong to Hungary, every day, in every way we are using electricity. But it's not just carbon emissions to worry about. We are all familiar with that. I'm talking about the countless products that are thrown away. 70000 tons of e-waste is disposed each year. Why? That's because these companies update their products frequently, so the unsold stock and unused products had to be treated as garbage. Quite pathetic, isn't it? Imagine, millions of brand new phones dumped because they are a month old.

Recently the government launched the Northern Metropolitan Development project. We need more housing, but on the flip side, this will undoubtedly produce tons of solid waste and polluted water resulting in many environmental problems. When this project begins, it is vital the government encourages developers to take care of the wetlands in this area. They can also insist that all new buildings have solar panels, that water recycling tanks are installed, and that unused building materials are either recycled or re-purposed.

It's fair to say, Hong Kong has its share of environmental problems to tackle, but I believe the problems will definitely be solved someday. With an earnest effort by our government and policy designers, we can provide a better environment for the next generation.

Writing a Speech

Chris Lee (3C08)



Good morning parents, alumni, Principal, teachers and my fellow schoolmates.

I'm Chris from Form 3. I would like to share with you about the Chinese Guzheng Club. I would share with you the activities that have been run and how it has benefited students.

Our club members usually meet on Saturday after school during weekends at 3 pm in the Music Room. We have a total of 8 members, including 4 from junior form and 4 from senior form.

Our club aims to foster, enrich, strengthen, and promote our activities.

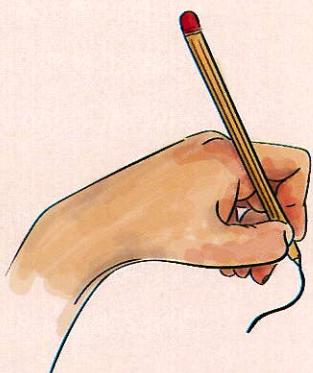
We have provided various kinds of activities for our members. For example, in the past few years, students can learn knowledge about the origin and structure of guzheng. For example, they learnt that the shape of the guzheng is a rectangular wooden speaker and has more than 2500 years of history. They can also learn collaborative skills because the piano of the students are different, and tacit cooperation is required to achieve the best performance.

We have provided various kinds of activities for our members. For example, in the past few years, we all have a show or two, and the teacher will play some videos of her performance or competition. Usually, she will talk about some competition experience after practice. Also, she will cheer us on before the game and tell us not to be nervous.

In the coming school year, we are going to organize to go to different places to communicate with other students and join competitions.

We have made several accomplishments in inter-school or global competitions.

I would like to take this opportunity to express our thanks to our teacher advisors, schoolmates, Principal, parents, who give us a chance, and support us so that we can perform well in competitions and make improvements.



Youth Drug Addiction

Mia Law (4AO8)



There is a good chance we know someone who was or is addicted to drugs, and I was no exception. My friend, Mary, was addicted to the drug 'MDMA' from the age of 15. She and I had known each other since childhood, and we had occasional contact.

Originally naive, Mary did not understand the harm drugs would bring. When she was traumatized by the pressure of studying and criticism from her family, friends around her invited her to take drugs for relaxation. Defeated by the stress, she didn't resist and started to take drugs. She hoped to seek comfort in drugs. Besides, she considered taking drugs a rebellious act against her parents. She didn't know she had gone astray, mistakenly thinking that drug use was the way out. As you would expect, drugs shrouded her life. Things came to a head when she dropped out of school. She isolated herself socially. Obviously, drugs had brought damage to not only her physical well-being but also mental health. She struggled with learning difficulties.

Meanwhile, she became more vulnerable to diseases. Becoming more and more dependent on drugs, she was unable to fulfill her responsibilities at school and home, as her judgment was declining. Her situation also created a financial burden on her family. Although she realized the harm drugs had brought, she couldn't quit taking them as she could not function normally without drugs.

Realizing how dire the situation was, Mary's parents were determined to help her. For the following three weeks, her family encouraged her to undergo medical treatment and seek professional counselling. At first, Mary was uncooperative. However, with the non-imposing attitude of her family, she decided to take the first step. Day by day, her parents' patience and perseverance paid off. Mary was willing to carry out anti-drug campaigns with her family, understanding the harm caused by drug abuse. She regretted taking drugs, and confessed to her parents why she made the wrong decision.

Eventually, she beat the temptation and successfully stayed free from drugs. Mary's story makes me realize it is vital to care for our friends. Back then, I was disappointed by her behaviour. Yet, I didn't judge her. Instead, I didn't isolate her even though she was on drugs. I decided to encourage and support her. What I did was very simple - to show care. Besides, those who are in the same situation as Mary should never hesitate to seek help from friends. I think most teens become addicted to drugs because they underestimate the consequences. Therefore, public and school education is needed to inform teenagers about the adverse effects of drug use. If we could raise awareness among the public towards the issue, the number of teenagers being addicted to drugs would vastly drop.

John's Changed Life

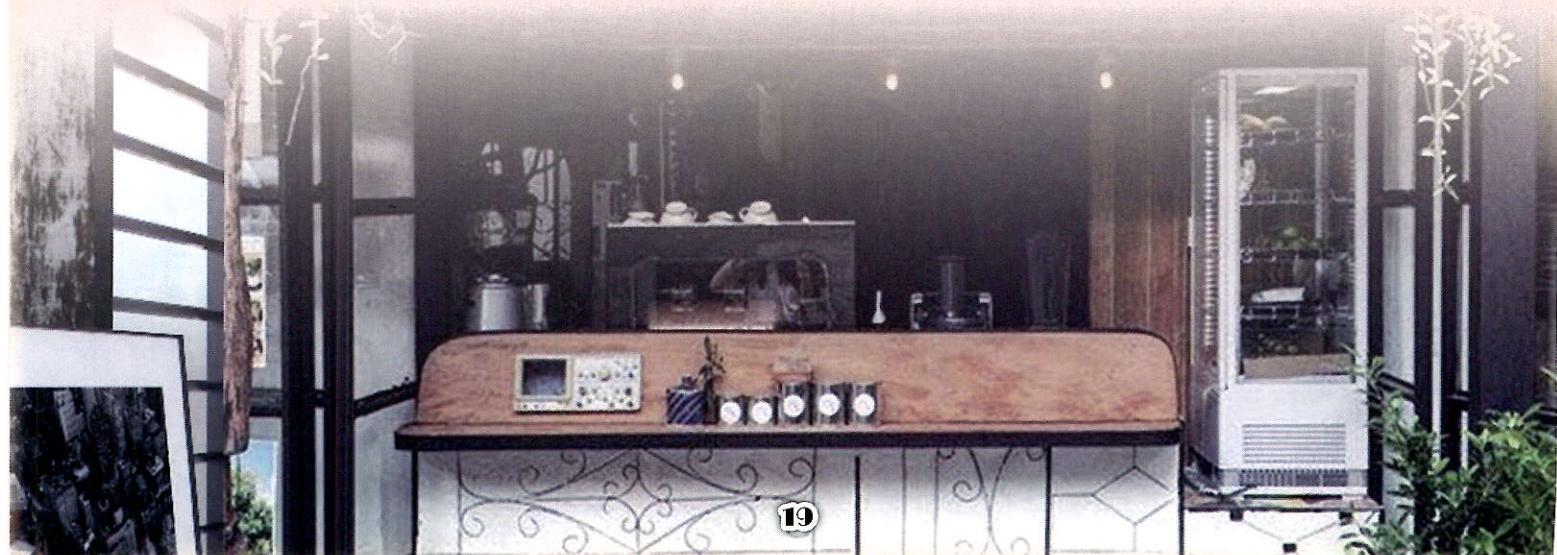
Kitty Leung (4D06)

I am John. I am 19 years old. I was sad and lost faith in my life because I just lost my job. I had been very dedicated and got every job done every day on time, and I performed better than expected. I simply lacked a good background and network! Someone with a better background took my place and I was dismissed the following day. Worse still, my mother recently passed away. I am a single parent kid and my father keeps asking me to give him money but he didn't raise me at all. He had gambling debts that made his life miserable.

One day, I found a paper note in the magazine I read in the small cafe near my home. On the paper note, there were encouraging messages which told me not give up my hope and not to feel upset. I did not know who wrote the note and put it in the magazine. Why did he or she want to do it? Maybe he or she wrote it for fun or wanted to spread love.

After reading this paper note, it boosted my confidence. I got a new job and the boss of that company appreciated my effort and gave me a lot of opportunities. He even helped me pay off my debt. I will forever be grateful to him. As for my father, he also successfully quit gambling and felt sorry for me. Now my life is colourful and I also got a scholarship when I am pursuing a degree in university.

I'm grateful to the guy or girl who wrote the note. Now I go back to the small cafe and I write short notes to others because I have seen what a big difference a small paper note can have. Hope I can spread love and hope.



A Sunny Cafe

Megrez Zhao (4D11)

I had been frustrated by different difficulties in life. But that was before I found the paper note.

After I was promoted to Secondary 4, my grades were on a downward trend. I often couldn't understand what the teachers said in class. I didn't know how to do a lot of the homework. I grieved for a long time about that. Also, my mother was admitted into the ICU last week and her chance of survival is touch-and-go. It made me feel even sadder.

Today, I went to Sunny Café. It is a small café near my school. I often went there last year. But I had forgotten about the café for a long time because I have been very busy since Secondary 4. I remembered this café only when my best friend Amy asked me what magazine I liked reading most from Sunny café which always offers the latest issues. Something unexpected happened that made me surprised.

I found a paper note in the magazine I read in Sunny café. The paper note said, "Although I don't know who you are, I still want to encourage you. Don't be upset with your life. Don't give up on your life." It gave me mixed feelings. I was so emotional and touched as someone out there cares about me, without even knowing if I would ever read this note. I decided to pull myself together. I decided to take stock of my thoughts and turn them around. I decided I would not allow myself to be immersed in sorrow.

For the next few months, I studied more seriously. I asked teachers questions that I didn't understand after class and asked classmates the homework I didn't know how to do. My grades are getting better now. Luckily, my mother has been healed now too. I think it's all because of the note.

I'll keep this note for a long time. I'll read it whenever I feel stressed. Although I don't know who the author is, I feel the handwriting must belong to a kind soul. Anyway, I decided to transmit this goodwill out to others. I heard that my friend Tom was upset these past few months. I asked him what magazine he liked perusing recently and recommended Sunny Café to him.

The Note and the Pregnant Lady

Raymond Kong (4D22)



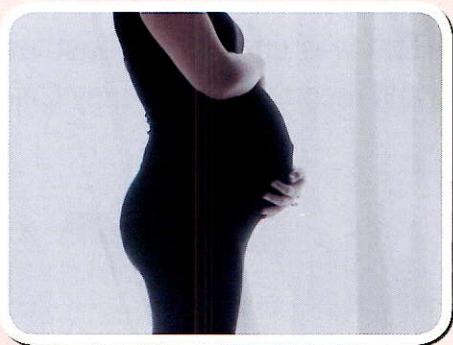
I was sad and lost faith in my life. Recently I have lost my confidence because of the pressure from school work. I even wanted to quit school because of my poor test scores. My academic performance was always above the average. I used to be in the top twenty. But this time something went wrong! I only ranked fifty-four in the form, which made me lose confidence completely. As if by magic, I found a paper note in the book I was reading in the school library. It changed me completely and drove me to regain confidence.

"Hello stranger! You are lucky as you found this paper. No matter how you're doing, be happy! Keep your confidence whether you run into trouble or not. If you do run into difficulties about family conflicts, studies, or anything else, don't even think about giving up. Just keep at it! Keep at it! Let's convert pressure into power. You are mighty!"

I was tremendously touched. Someone was thinking about me when I was in need. This short note made me believe I can go further and do better if I don't give up. I should love myself even though I keep making mistakes.

I talked to my friends about it afterwards. Their positive outlook rubbed off on me. I started helping others, too. Yesterday I helped others and I experienced the happiness of helping others.

I remember coming home from school this Friday evening. A pregnant woman got on the bus, she had a child in her arms, she seemed so confused because she had to take care of the baby and hold the hand rail tightly at the same time. She searched for a seat but all were occupied. Sadly, no one gave up their seat for the women, they just pretended they didn't notice anyone who needed help. At that time, I chose to stand up and offer my seat to her. She expressed her gratitude to me. I could feel the passengers on the bus were very embarrassed because they preferred to sit in comfort while a pregnant woman was made to stand.



Seemingly, simple actions can help a lot of people. I also encourage everyone to do more to help others, so as to create a beautiful and harmonious society, and I am very grateful to the anonymous writer of the paper note.

My Encounter with Peggy

Emma Chow (5B03)



The recent omicron epidemic affords me an opportunity to foster a dog. Due to the serious epidemic, my family didn't visit each other during this Chinese New Year. We were bored of staying at home.

One day, I was boringly scrolling my phone when I saw a post about a dog shelter being understaffed and filled with strays. They were recruiting volunteers to foster dogs. "We are free during the holiday anyway!" The boredom was chased away, replaced by excitement. I immediately told my family and suggested we apply to be volunteers to foster dogs. The next day, we received their message from the shelter, hoping to take us on a tour there.

The first thing coming to my attention once I arrived at the shelter was a huge number of dogs. There was a sea of types - the golden ones, the ones with patches, the huge ones... but among all, a tiny puppy caught my eyes. It walked unsteadily, which added to its cuteness. Perhaps it realized my stare. It had its watery eyes set on me, slowly walking to me. I extended my hands and picked the puppy up. It wagged its tail to welcome me. Its fur was downy. I couldn't help petting it.

'Emma!' My mum called me and I put down the puppy unwillingly. When I walked away, the puppy kept following me. It was so clingy that I couldn't leave even an inch from it. 'It loves you so much!' A staffer standing beside mum said. I picked the puppy up again and it licked my cheek.

"This way please, Emma." I followed the staffer to a waiting room. She then told us she was the head of this dog shelter. After observing our interaction with the dogs she insisted that I take it home. Simple as that, we began the fostering of the puppy. We named it Peggy.

Peggy came and changed our family. We got closer to each other. When we argued with each other, our anger would vanish once Peggy ran towards us, asking for a belly rug. At the same time, we have changed Peggy's life. We have provided a home for Peggy, in which she could forever feel loved and safe. Now, Peggy has become the "core" of our family - our conversation is always about which dog food is most suitable for Peggy, or which toy to buy for her. Peggy has united us. Our family has communicated more than before. There are less quarrels and misunderstandings because of greater communication.

It is undeniable that the epidemic has caught us unprepared. However, if we look on the brighter side, it has provided us an opportunity to explore something we did not pay attention to before. Try to notice the seemingly trivial things around us. A surprise may lie in them!

Curry Beef Brisket

Luffy Tse (1A11)



Hello guys! Do you like cooking at home? During Covid-19, I've learnt to make different dishes from my mum at home. Today I will teach you how to cook curry beef brisket.

First, bring a large pot of water to boil and add in spring onions and ginger. Then blanch the beef for 5-7 minutes to remove scum. After that drain beef and set aside. Next, in a pot, add 2 teaspoons of cooking oil over medium high heat. Then add onion, garlic, and chili. Cook until onion starts to soften. After that, add beef, bay leaves, Chu Hou paste, and curry paste. Then stir-fry until combined and fragrant. Next, add enough water to cover beef, add beef cube, sugar, and bring it up to a boil. After that, lower heat to simmer, cover with a tight-fitting lid and simmer 90 minutes. Then, check every now and then to make sure water has not evaporated too much. Next, add carrot and potatoes to the pot. And then season with salt to taste. Cover to cook for 10 minutes. Then pour in coconut milk, and enough corn starch to thicken the sauce to the desired consistency. Then stir and allow to cook for another 10 minutes. Finally, remove from heat and serve garnished with chopped coriander leaves.

I hope you will enjoy this dish and try to make it at home.



An Angel

Kitty Yung (5C10)



Today I saw some people give food to the homeless and the poor outside a restaurant. I knew the restaurant had lost so much money because of COVID-19, but the restaurant still gave poor people food. I believed these poor people could feel the warmth the restaurant's generosity provided.



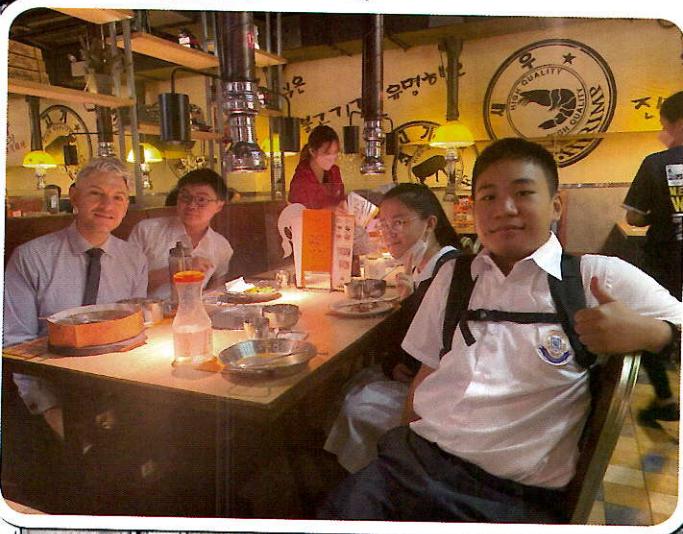
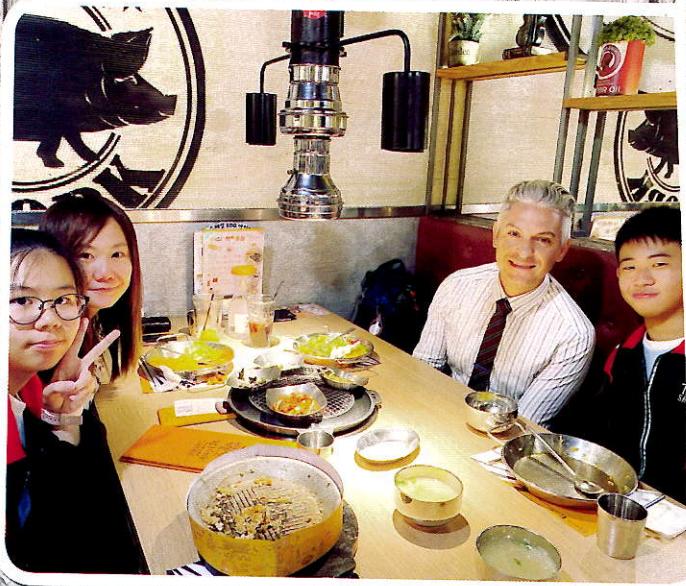
Poor people were thankful for the restaurant boss. They were saved in the winter. The boss did not order his employees to distribute the lunch boxes. Instead, the boss just did it himself.

When the homeless got lunch boxes and had food to eat, they felt very warm. The homeless appreciated the restaurant boss a lot.

One day, a homeless man was ravenous and so he asked, "Can you give me a lunch box? It is freezing. I am famished." The boss didn't say anything, and just gave him a lunch box. The homeless man was thankful for the boss' help. When the homeless man finished the lunch box, the boss also asked him, "Have you had enough? If you haven't had enough, I can give you more than a lunch box." The homeless man said, "That was enough. Thank you!" The boss asked, "What can I do to help you?" The homeless man said, "Can you give me warm clothes?" The boss said, "Stay here, and wait for me!" Then the boss went away to buy warm clothes. Five minutes later, the boss came back with a sweater and long pants. The homeless man was thankful that the boss gave him food and clothes.

All in all, I think that many people in the world need help, so they need more people like the boss who was enthusiastic in helping others. If you help the homeless and the poor a little bit, they might not die. On the contrary, if you don't help them, they will die. In this world, we need more of those warm people to help the poor and needy.

LUNCH GATHERINGS



40th Anniversary

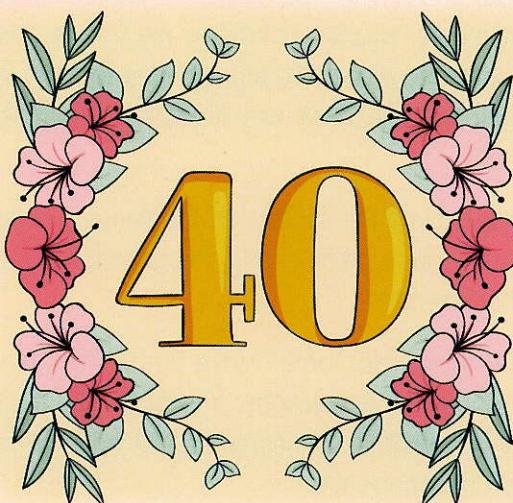
Queenie Tunwan (1B13)

Last week, it was the 40th anniversary of the school. First, there was an opening ceremony. The school invited a lot of guests. After the opening ceremony, school helpers came back to school very early to prepare the game booths. My friends and I went to one of the booths called "English Corner" for fun. The most clever students won a lot of prizes.

Then, we had prepared a slide show about our school history. We watched it in the school hall quietly. The slide show was very interesting, and I very much enjoyed seeing past and present students. After the slide show, we enjoyed a talent show. Two of my schoolmates sang and played the guitar. The music was a relaxing and welcome interlude.

Next was the fun fair and the all-important "Book Sale". Our school has so many students that love to read and that's why so many students were buzzing around the book displays like little bees. I'm sure many books were snapped up by our eager readers.

Finally, our 40th Anniversary finished, and it really was a day to remember.



*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.





An Unforgettable Birthday Party

Wing Kong (1C04)



Last Sunday was my cousin's birthday, so I was invited by her to join her birthday party. It was the first time I had joined a birthday party so I was excited. I was a bit nervous. The party took place at my cousin's home. Apart from me, there was my cousin, aunt and uncle. I thought it was a good chance to see each other because we always have little time to see each other. This time we could have a party to celebrate my cousin's birthday.

Before the party started, I had prepared a gift and some snacks for the party and my cousin. I bought some potato chips and soft drinks like Coke. My mum made some chicken wings, sandwiches, pizza, and salad.

At the party, we played a lot of games such as board games, group games and ball games. The games were exciting. We also had a good time to chat when we ate. We had three cakes. One was a fruit cake. One was a chocolate cake while the other one was a mango cake. I liked the mango cake the most.

After the party, I helped with the clean-up. I cleaned the table and washed the dishes. I felt glad and look forward to the next party! Maybe I will throw a big party for my birthday.

Celebration

Sam Huang (2A21)



When Christmas is in the air, everyone prepares for it. Of course, it involves me. This year I joined the Christmas party which was held by my friends. The party had a great deal of ornaments on a large spruce tree and all manner of beverages. And what is a party without the games? This party was loaded with games which ranged from electronic to real games.

Besides the party, I shopped around the centres for the things we needed. As it was Christmas, there were big sales in every shop and goods were pretty cheap. We got a lot of decorations and food that paved the way for a cheerful and brilliant Christmas party.

I tried our best to decorate the whole home. I love the Christmas vibe, so I adorned every corner with many colourful balloons and Christmas decorations. You could say my home was a shrine dedicated to Christmas. And we prepared many conventional Christmas cuisines such as roast turkey, beef Wellington and the incredibly fantastic and creamy Christmas cake.

This Christmas is the most unforgettable experience. It made me realise the most important thing is to stay with family.

The Best Party

Helen Chen (2A03)



When people are talking about celebrations, there are usually some good or happy memories. Lily's birthday party is the most memorable I've ever attended. I remember it fondly even until today.

It was a sunny day. I dressed up and went to Lily's home, the venue for celebrating her birthday. Everything was as expected for a birthday. A cake, balloons draped across every wall, and snacks occupying the table ordinary. For me, it was the birthday song that stood out. Everyone at the party sang it with gusto! I almost cried out because of the kindness of her family.

Then, Lily said that we're going to meet a special person. "Who could it be? A cookie monster or a living teddy bear?" I thought curiously. After a while, I saw the person introduce himself. "Hi! I'm Lily's father. I'm back from India. I took some personal leave from my job to celebrate my dear's birthday." I admired how devoted family love can be.

Finally, it was time for giving gifts. I bought Lily the cutest doll. Her mum gave her a roll of photos about the happy moments of their family. Wow! That's such a meaningful gift! Lily's dad drew a lovely lily and had it framed. It proved to me that "A light gift from a far conveys deep feeling."

Through Lily's birthday party I learnt that whether it's a gift or friends, what's important is the thought, not the dollar value of the things. I think it is a meaningful birthday party to everyone; I'll remember it as long as I can.



Celebration

Henry Wong (3A30)



Dear Mary,

Long time, no see. Now it's February, it is the time of Lunar New Year. I know you just arrived in Hong Kong. Let me tell you what we will do in this festival.

In Lunar New Year, we will go to our relative's home to celebrate it and we will say some blessings when we meet our relatives or friends. Moreover, we will eat some blessing snacks too. This is a good time for us to gain money from red packets.

During the daytime, people will play card games or play mahjong. Some of them will play card games with a small amount of money. Of course, it is not gambling. It is just for fun. Most people like to take videos of this moment and upload the video to Facebook so we can see a lot of celebration videos on Facebook at Lunar New Year.

At night, people will crowd around Tsim Sha Tsui to watch the Chinese New Year Night Parade. In the parade, there are decorated trucks moving slowly around Tsim Sha Tsui with a theme of Lunar New Year. The most popular truck is the Disneyland truck because all children like Disneyland cartoon characters.

Hope you enjoy the festival!

Best wishes,

Chris Wong



Writing a Speech

Lily Wen (3C15)



Good morning Principal, teachers, parents, alumni, and my fellow schoolmates, I am the head of the Girl Guides. I would like to introduce our club.

Our club members usually meet on Friday after school during weekends at 1:00 in school. We have members from both junior and senior forms.

Our club aims to foster, enrich, and promote team spirit.

We have provided various kinds of activities for our members, for instance games, career training, and professional development.

In playing, we always do some handicrafts such as lantern, corsage, and scarf making. Doing handicrafts not only enables us to learn craft skills, it also can increase creativity and imagination.

In our training sessions, we can learn how to get along with others, follow the rules of girl guides, maintain physical and mental health, explore art, and cultivate independent thinking skills. We have professional teachers to guide us.

During career professional development training, we gain future job experience, provide opportunities for participation and development in different aspects. We also do role plays to build self-confidence, train leadership skills, and control our learning journey.

I would like to take this opportunity to express our thanks to our teacher advisor. We have achieved great achievements and gained a lot of knowledge with their careful guidance.

If you are interested, please come and join us. I promise that you will be delighted to be a member of Girl Guides.

Heart of Kindness

Tom Ho (3D20)



In 1856, an 18-year-old student named John and a friend were struggling to pay school fees. He was an orphan, and not knowing where to look for money, he came up with a bright idea. His friend and he decided to host a musical concert on campus to raise money. They would use the proceeds to pay for board and tuition. They contacted the great pianist, Peter. His manager demanded a minimum rate of \$2000 for the piano recital. A deal was struck.

And the boys began to do preparation work to make the concert a success. The big day arrived. Peter performed at Stanford University. But unfortunately, they had not managed to sell enough tickets. The proceeds received was only \$1600.

After the concert, the two boys told the great artist the bad news. They gave him the entire \$1,600, along with a note for \$400, explaining that they would earn the amount at the earliest possible moment and send the money to him. It looked like the end of their college careers.

"No, boys," replied Peter, "that won't do." Then, he tore the note apart in two, and returned the money to John and his friend. "Now," he told them, "take out of this \$1,600 all of your expenses and keep for each of you 10 percent of the balance for your work. Let me have the rest." The boys were surprised and thanked him profusely.

This story shows me the good side of humanity, and lets me know that people could be this great.

Celebration

Freddy Lam (4ADG)



Before the day of Christmas Day, my family and I prepared something to celebrate Christmas. We bought some decorations to decorate the Christmas trees, such as some colourful balls, little angels, LED light and so on. My mom also stuck my drawings of celebrating Christmas on the wall.

On the day of Christmas, I was so looking forward to the different activities. My family and I changed into different Christmas costumes, like Santa Claus, angels, reindeer and so on. It was a very interesting experience for me because this was the first time, I tried this costume.

In the afternoon, my family held a Christmas party at home with our friends. We prepared some food to greet them, for example, gingerbread men, salad, Christmas puddings and so on. What a delicious lunch! Next, we played some board games with our friends which made us very excited. In addition, we sang Christmas song 'We wish you a Merry Christmas' together too.

By the way, this was not the end of my Christmas day since my family and I went to Tsim Sha Tsui to watch the Christmas fireworks, which were beautiful, and we took some photos too. Finally, we went to eat a Christmas dinner of turkey and cheese fondue! At last, my dad suddenly gave me my Christmas gift, and I was so surprised.

That day was the most unforgettable Christmas.

MERRY
CHRISTMAS

My Birthday Party

Caitlin Lee (1C08)



I had a party to celebrate my birthday last Sunday. My birthday was on 19 January. My birthday party was held at home. I invited my cousins, aunt and uncle to the party because we haven't seen each other for a long time. It was a good chance to see each other.

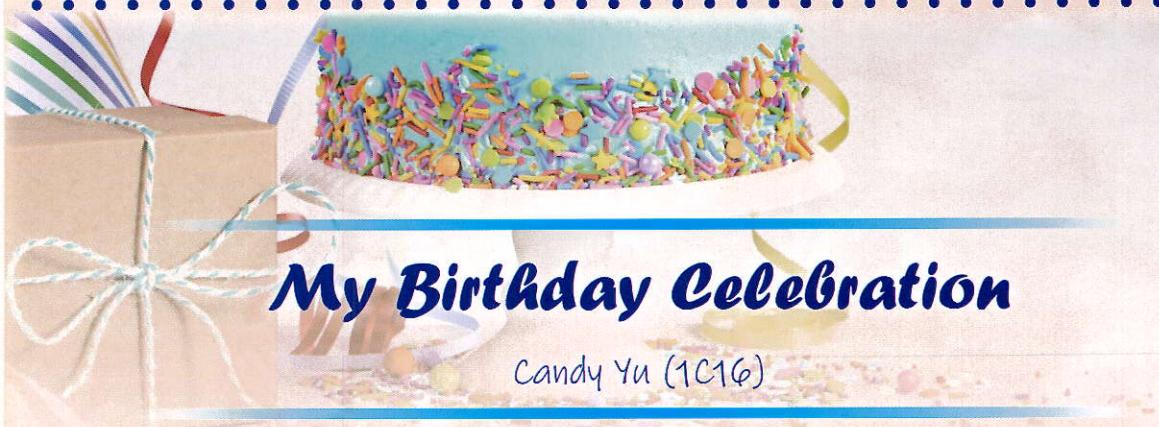
Before the party, my mum and I prepared a lot of food for the party. We went to the supermarket and bought some chicken wings, sandwiches, pizza, salad, orange juice, and soft drinks. I also decorated my home nicely. I blew up a lot of balloons and put up colourful ribbons on the wall.

At the party, I played board games with my cousins. Then, I got a birthday cake. It looked so delicious. My uncle gave me a beautiful watch as my birthday present. My cousins gave me a birthday card too! The birthday was unforgettable because I like all the gifts.

After the party, I did the clean-up. I cleaned the table and washed the dishes. I felt satisfied about the day. I look forward to another party!

My Birthday Celebration

Candy Yu (1C16)



I had a party to celebrate my birthday last Sunday. I think it was an unforgettable birthday party in my life. I invited my cousins, aunt and uncle to join my birthday party. Since my grandpa and grandma could not walk easily, we held the party at their home.

Before the party, my mum and I did a lot to prepare for the party. I decorated their living room with some balloons and colourful ribbons. I also bought some food like chicken wings and pizza.

At the party, I played board games with my cousins. Suddenly the lights went out. My mum brought out the birthday cake, complete with candles, and walked towards me. Everyone sang 'Happy Birthday' to me. I was so surprised. My cousin gave me a birthday present and he said, 'I don't have enough money to buy you a cake, so I bought a notebook for you. I hope you will use it.' I said, 'Oh I love it. It is a great surprise!'

After the party, I cleaned the table and my mum washed the dishes. It was such an unforgettable party.

Sun Hoi 40th Anniversary

Kitty Zheng (4B20)



I recently received some fantastic news that I would like to share with you. It's about Sun Hoi celebrating its 40th anniversary this year. Sun Hoi is a secondary school located in Tuen Mun, Hong Kong and it was established in 1981.

The way I see it, teachers are as busy as bees because there are so many things to prepare. All the activities are in the pipeline. The opening ceremony is going to take place on November 25. In addition, both the admission talk and the celebration banquet are going to be held on November 27.

Of course, some representative groups of Sun Hoi, such as Chinese dance, choir, Chinese orchestra, acapella group and so on are invited to perform. Although I haven't seen them rehearse, I have no doubt about their talent and even feel proud of them. I'm actually already looking forward to their performance.

It's my sincere belief that Sun Hoi's celebration is meaningful because both teachers and students have paid so much attention and effort. It commemorates Sun Hoi's growth and also provides a way for retired faculty and alumni to connect. The school will explore its future development and cultivate more talents to contribute to the society. It is not easy to go through the difficulties of 40 years ago for today's achievements.

I hope the 40th anniversary of Sun Hoi will be a complete success and I also hope that Sun Hoi can see excellent achievements in academic and other aspects in the future.

*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.



An Uplifting Note When I Was Down

David Tai (4D26)



Hello I am David. You probably don't know me but I really want to tell you I was nothing when I saw your note. Your note has changed my life!

I still remember how disappointed I was at that time. At that time, I should have been very happy since everyone threw an unforgettable birthday for me. But why did I feel so sad? I didn't know how to interpret a lot of feelings in my heart. This was the first time in my life to celebrate my birthday like this. Although many people had been with me, I still felt a little empty in my heart. Perhaps it is my friends who don't consider me a friend at all.

My friends always came to me when they were happy! Come laugh at me! But you know what? When they were unhappy, I became the person to whom they vented their anger. They always poured any grievances on me. I seemed to have become a tool to vent their anger. But I didn't stop being friends with them at the time because I thought maybe they were just playing. Oh how wrong I was. Then I took the opportunity to ask one of them. "*What sort of friend do you think I am?*" I asked. He said nothing. That's when I realized I had the wrong friend and I gradually lost faith in people.

One day, I was walking along the street in my neighbourhood, and by accident I saw this note.

"Although I don't know who you are, I still want to encourage you. Don't be upset with your life. Don't give up on your life."

Whoever wrote this note made me know that there are good people in this world. There is always someone supporting me. You made me think it's time for me to make a change.

I thought seriously about who really considers me a friend. In fact, many people are just fair weather friends. I shouldn't waste my time with these people, I should spend my time with some close friends. And these friends don't change over time. The most important thing in friendship is not only happiness, but also trust and dependence, and it is the respect that is left in each other's lives.

Heroic Dog Floppy

Emen Mak (1C1D)

Last week, my neighbour went on a trip. I didn't know it at first, so I thought about going to their place for a visit. Yet, no one answered the door. Then, I decided to go back home.

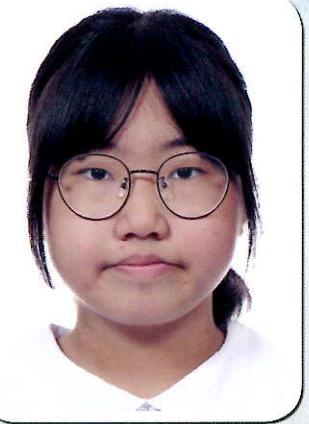
Just when I wanted to go back, I smelled oil. I didn't think too much about it. I thought that my neighbours were not the kind of careless people, so I just went straight back home. When I got home, I found that my dog kept looking out the window, barking. I was curious and looked outside, only to find that there was a plume of ash coming out of my neighbour's house. Soon after, I saw a raging fire! I told my mother immediately after seeing it. We rushed downstairs right away to report the situation to the management office, and asked them to evacuate the area.

What I didn't notice was that there was a baby in the neighbour's house. When I noticed it, it was too late. I was so anxious that I almost cried, but at this point, I saw my dog rushing. I shouted desperately, trying to stop my dog from going in, but it was useless. I stood outside and collapsed. My mother comforted me, and after a while, I saw my dog coming out with the baby in his mouth! I was surprised! Meanwhile, the firefighters came to the scene to put out the fire. Finally, my neighbours rushed back and apologized. It was great that no one was hurt!



The Old Woman and the Busy Road

Yumi Yeung (2B18)



Everyone is surrounded by good people of one kind or another, and they are all doing good things of one kind or another. Today I'm talking about something that happened to a good friend and me.

One day on my way home from school at noon, my good friend and I went home hand in hand, talking about interesting things while walking. He suddenly stopped because he saw an old woman fall down who may have walked too fast while crossing the road. The apples in the plastic bag she carried rolled on the ground, and the old woman struggled to get up. However, the cars on the road were constantly flowing, and the old woman happened to fall dangerously in the middle of the road.

Seeing that I was a little hesitant to run to the woman's aid, my friend said to me, "Don't our teachers always teach us to help others?" So, I also ran to the old woman, and when I got to the old woman, my friend whispered to the old woman, "We will help you get up. Let's go." So, I helped the old lady pick up the apples and put them into the bag. He took the old woman's arm with both hands, and was about to pull the old lady up, but my friend was a child after all, and his strength was not enough.

Finally, after picking up the apples, I held the other arm of the old woman, and the two of us helped her get up and walk to the sidewalk. Whenever I think of this, it warms my heart, because my friend and I have done a good deed. She is a good example in my heart and a good example for everyone to learn from.



Celebration

Ahmad Malaika (4B01)



'What does 'celebration' mean to you? A process of showing appreciation or a remembrance of something or someone? To me, celebrations should bring joy to humanity and even break the monotony of life. Something fun, something that we all could enjoy in the same vibe.'

Do you know there is a place in Spain where you can throw tomatoes at peoples' faces? YES, I mean it. You could really throw tomatoes at people on the street; literally any strangers on the road. This could also possibly be the only place where you can join the biggest ketchup making session! This celebration is actually located in the town of Buñol in the Spanish municipality of Valencia.

Ok, so how does this work? Each year, on the last Wednesday of August in the town of Buñol thousands upon thousands of people will make their way from all the corners of the world to fight in the 'World's Biggest Food Fight'. It usually begins at 12am with a bang. First, you'll get drenched with a water hose and then trucks carrying tomatoes proceed to drive through the fight area while some locals in the back of the trucks throw tomatoes to all festival goers to get themselves armed...that's when the fun begins. The streets end up looking like you're inside of a pot of tomato soup and so will you, but that's what it's all about, right?

Well, this celebration is definitely going to be in my bucket list if I ever had a chance to visit Spain. What is your dream place to be able to enjoy local celebration?

A Note in the Cafe

Cherry Li (4D07)



A while ago, I was sad and lost faith in my life. At that time, I was not in a good mood and I often went to a cafe to relieve my depression. I always observed different people come into the store there. Someone entered with his mate, and it made me realise that I was there all alone. Sure, there are some who looked happy alone, but the happiest ones were those who were in company. It really made me understand that while alone time can be helpful, the best times are when we are able to share it with our family, friends, or even a stranger who happens to be sitting next to us. It made me ask if I have no one here with me, am I a failure?

Until yesterday that was.

I found a paper note in the magazine in the café at the table I always sit at. I don't know who wrote it, but they wrote, "I want to encourage you. Don't be upset with your life. Don't give up on your life."

This sentence has inspired me to consider that maybe my life is not so bad. There are good people in the world. Thanks to this stranger, my mood was lifted for the rest of the day.

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Celebration

Johanna Leung (4A09)



In a blink of an eye, I have been studying at Sun Hoi for 4 years already and this year is also the 40th anniversary of Sun Hoi. How gratifying it is!

Firstly, I have to say happy birthday to my school. At the same time, I also want to thank the school for training and teaching me.

My school has given me lots of opportunities. For example, my school gives me lots of chances to join various competitions such as solo verse speaking competition and drawing competitions.

Also, my teachers in school have helped me discover my hobbies. Our school offers extracurricular activities and interest classes in different areas for students to join. Some are related to sports, some are related to uniforms, and some are related to art. I have joined the Chinese Dance Club and the Chinese Orchestra. All these have also helped me to become confident when performing on stage.

Studying in this school has made me really happy. Thank you Sun Hoi and I hope that Sun Hoi can cultivate more talents.

Happy Birthday!

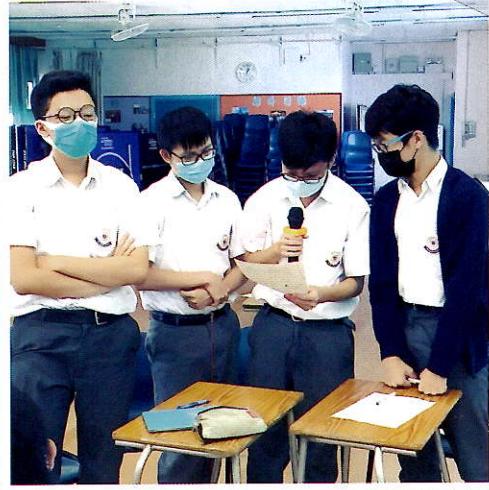


CLASS ACTIVITIES



Language Arts S1-S5

Language Arts comprises an important aspect of language acquisition and development for students at SHDC. Authentic English experiences are those based on activities, and resources, that native speakers engage with. To that end, students participate in a whole host of activities that involve reading short stories, listening to English songs, speaking on popular topics, playing board games, engaging with the news, working in teams, using IT for various tasks, viewing films, connecting to other subjects like STEM, and more formal tasks like speaking presentations.



CLASS ACTIVITIES

Geography

Mr. Anson Fu Tze Kit

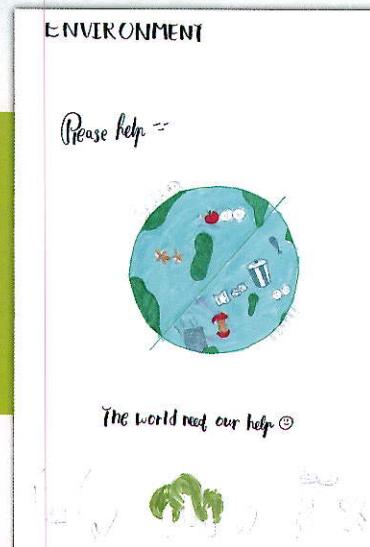
As an English and Geography teacher, I always find the two subjects closely related and students can use the knowledge and skills gained from the subjects interchangeably.

Students were asked to draw a figure related to a concept in Geography and provide a brief description of the concept.

(Designed by Gigi, Hebe and Freddy in a Geography lesson)



Explain the figure:
Flooding makes children lose their family, destroy their house, let's make be very scared for this problem.



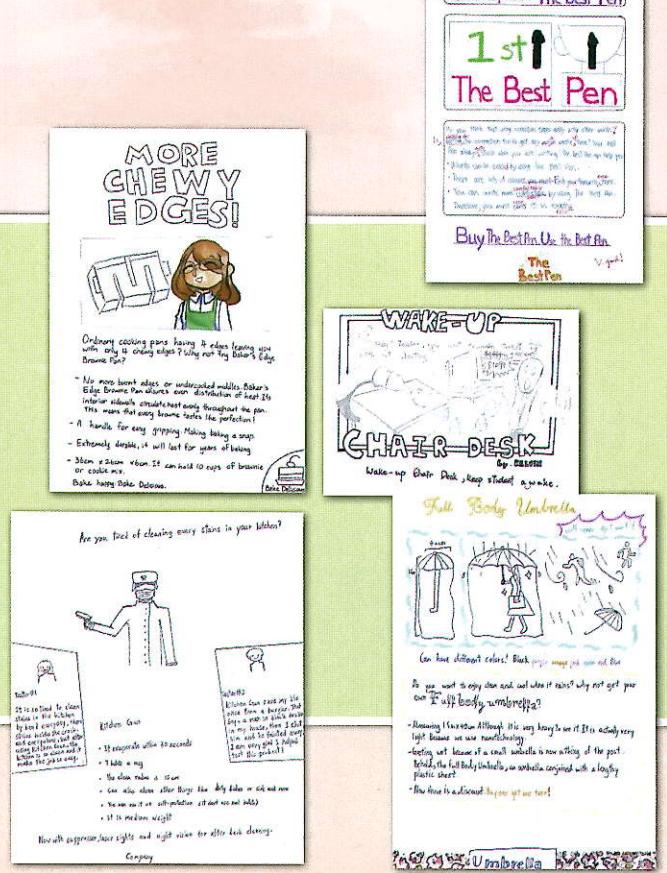
Students were asked to design a poster in English by using what they have learnt in Geography to raise the awareness of environmental protection.

(Designed by Toby, Kitty and Joey in an English lesson)

ENGLISH

Ms. Wong Ching Lai

In the first term, my S3 students designed advertisements to advertise products of their choice as part of their writing assignment. Here are some of their good works.



P6 FUN DAY

Miss Agatha Chu Ka Yan

Hooray! It's Sun Hoi's P6 Fun Day. Let's celebrate!



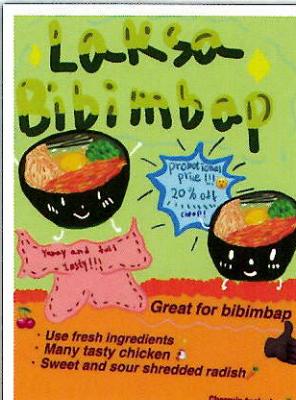
We have prepared lots of wonderful gifts for students and visitors for redemption.



ENGLISH

Miss Tina Chi San Lau

1AB1 Students have made some wonderful posters to recommend fusion snacks to the owner of our school tuck shop, Ms Cherry



Suki Liu 1B

Ki Ki Hung 1B

Vivian Chan 1B

Kary Chow 1A

Yannis Kwok 1A

ENGLISH

Miss Cindy Wong Wai Yu

S3AB2 students are creative. In November, they designed eye-catching advertisements to persuade people to buy a product or service.



S3 DRAMA

A component of Language Arts for S3 students is a short drama workshop with the end product being a 3-5 minute play based on a simple stimulus. Students learn about drama vocabulary, using facial expressions to convey feelings, and the importance of body language and how one can use their body to communicate. Students are then exposed to the language features of script writing and how to develop characters and plot.



A Warm New Year's Eve

Angel Yu (2B19)



I'm a girl who lives at home alone and works in a big city. I haven't any friends in this big city. I live alone every day. After working here for many years, I still live in a small house in an old estate. In spite of my busy work schedule, I usually visit home for Chinese New Year, but this year I came across this endless epidemic. Unexpectedly on this gloomy New Year's Eve, I met the warmest person of the year.

It was the New Year's Eve. I got up early and went to work as usual. Not surprisingly, the serious-looking old lady appeared again. But I didn't have time to talk to her because I needed to rush to work. When I arrived at the company, I began to work busily. My so-called superiors would give me all the work they wouldn't do. As a junior employee, I couldn't refuse. On the whole, today was a terrible day.

A whole day's work made me feel very anxious, and I finally got off work. I held a lot of work-related information and went home with heavy steps. Walking downstairs, I saw the serious-looking old lady again. She sat on the wooden chair in the park as usual. She didn't say anything, she just sat there aimlessly. She didn't make a good impression in my heart. I don't know why, maybe it was because she didn't look good? Thinking of this, I quickly put away such ideas and comforted myself that luckily I was not like her, was I? I ignored her because I was so tired. I just hurried upstairs. But something unfortunate happened. There was a tremendous crash. Yes, my files had all dropped. At the same time, I sprained my foot.

In a moment, I collapsed. I felt so helpless. The pressure of life, the pressure of work, and loneliness overwhelmed me, I cried. Suddenly, a pair of wrinkled hands reached out to me. It was the serious-looking old lady! "Can I help you?" she said kindly. Not waiting for me to speak, she had collected the files for me. I choked and said, "Thank you!" And she invited me to her house to spend New Year's Eve with her. I hesitated, but she was very enthusiastic. I felt mortified and ashamed because I avoided her because of her appearance.



Her home was unexpectedly warm. In her home, we made dumplings and ate together. This was the happiest day ever since I came to work here. Now she and I have also become best friends. My life has gradually become glorious. This also made me understand that some people may not be outstanding in appearance, but they have hearts of gold.



What's More Valuable than Money?

Arthur Leung (3A25)



Oh yeah!!! I hit the jackpot. I've won big!!

If you heard this exclamation, what would you think? You'd think someone's just won the \$100 million Mark 6 lottery, right?

If you heard it from me, then it's because I've found something more valuable than money. Sure, money can provide some level of satisfaction, but happiness is defined by much more than the cheap dollar.

Money is fleeting. One day you have it, the next day it's in the hands of your landlord, or the market has consumed it or your favourite restaurant has eaten it. Obviously, it can't make you happy if it's so volatile. But helping others isn't. Helping others gives you happiness and it's never at the whim of the Hang Seng Index.

Let me give you an example. You help an old woman to walk through the street. And she says thanks. Although you are a stranger, it shows that the woman appreciated what you did. And when you help someone, you help everyone. It's unlimited. How do I know? Because I'm Batman. Just kidding. The truth is I have an experience helping people and I'm sure it's meaningful. After helping, I feel like a game's character with many buffs, happy buffs, you know. It's easy to get happiness. Donate money also is a good way to helping people, but make sure you control yourself, unless you're a billionaire, of course.

Doing your best in whatever situation you find yourself in is much more important than balancing your budget. There are no rules or formula for doing your best; the simplest things can make you confident and can never be taken away from you. How do I apply this? Let me explain. Self-confidence is vital. You will be affected the whole day. That's why it's so important to begin each day with confidence boosting actions, even if they seem small. What's the simplest action for self-confidence? It's to keep your look clean and tidy. That alone can help you to be brave like a tiger. After doing these, you will be on your way to solving your problems and you will enjoy everything you have. Self-confidence is the first step towards success.

Finally, laughter is happiness. Don't just take my word for it. Science agrees with me. The chemical response to laughter is more powerful than anything money can buy. A laugh is free and easily available. Laughter releases the hormones and endorphins which can make us feel calm and relaxed. It can improve our immune system. Maybe if we laughed more we could turn Co-vid into No-vid. Just kidding. But seriously, laughter really is the best medicine. Even the muscles that are used to smile are beneficial. So, turn that frown upside down.

Happiness is easy to get. It's not a hidden treasure on a remote island. You don't require an alphanumeric password to access it. There's no catch if you obtain it. Happiness comes in many forms, just like those betting slips at the Hong Kong Jockey Club, except with happiness you're guaranteed to hit the jackpot.

True Happiness Comes From Helping Others

Dorothy Cheung (3C05)

Nowadays, people are so attached to their smartphones that they are unaware of their surroundings. Personally, I was also one of them. It seems too hard for us to put away our mobile phones and care about the others. However, one day something happened and it has changed my attitude ever since. I began paying more attention to my surroundings and tried my best to help the others.

On a Sunday afternoon, my parents and I took the MTR to Yuen Long. When I got off the train, it was so crowded that I got lost and couldn't find my parents. I followed other passengers in the hope of finding my parents. Suddenly someone pushed me and I rolled down a bridge outside the MTR station. People just buried themselves in their phones that they didn't notice me.

Lying on the ground, I was in severe pain. I understood that being aware of our surroundings is important at any time. Fortunately, a little girl noticed me and helped me get up. She said, 'I am Sally. What's your name? Are you fine?' Then she took out her water gun to wash my wounds. I was grateful to have encountered such a kind person who helped me in the dark. I said, 'Thank you, Sally! You're a nice person. I am Dora.' She smiled back at me and said, 'You are welcome. Helping others brings me happiness.' She gave me her water gun before she left.

Finally, I found my parents. On our way back home, the train was still crowded. People focused on their phones and kept pushing me. Meanwhile, no one recognised that my wounds kept hurting by their repeated pushes. Luckily, I met Sally again. She gave me her seat. I would like to say thank you to her for saving me twice.

Sally made me realise that helping others is fulfilling. I decided I would never bury myself in my phone anywhere and anytime. In the meantime, I would also pay attention to surroundings and see whether there are people who need help around me.

Last week, I saw a boy who fell down on a platform being run over by a wheelchair. My heart was full of pain so I went to help him. I used my water bottle to help him wash his wounds. That scene reminded me of my last experience. I remembered Sally saying that helping others brings her happiness. She was correct. I was happy after I had helped the boy. True happiness comes from helping others, doesn't it?

Sally, thank you! You have not only saved me, but also changed me to a person who pays attention to surroundings and who is eager to help others. Helping others made me realise the true joy of lending our helping hands to others. At last, your enthusiastic attitude has transformed me into a person who likes doing good deeds.





Anti-Celebration

San Lee (6B24)



Why is a celebration needed? To me it is a stupid act. It's a waste of time to me. Why is a celebration needed? I would like to stay at the corner instead because the corner of the room is much more quiet. I don't like celebrations. It is kind of boring. I don't know what the meaning of it is. Seeing people chit chatting around and being noisy? Nah, I don't like it at all.

Celebration is an enormous junk producer. When people celebrate, lots of packaging is left behind. For example, about 3353 tons of food waste is produced each year. It is a large amount of waste we have produced. The food stored in the landfill is a problem the same as the other waste produced by us. When food is decomposed methane gas will be produced which may harm the environment. Methane gas is a much more harmful gas than carbon dioxide. Methane gas is 30 times more powerful than carbon dioxide, which is far more devastating to the atmosphere. This increases the infrared radiation reflected back to the earth. The temperature will soon rise, exacerbating global warming.

Food waste problem is also a bad habit. According to UNICEF, there is acute food insecurity rapidly expanding in Nigeria, Somalia, South Sudan, Ethiopia, and Yemen. As they are facing the problem of food shortage, about 1.65 million children there are under threat.

Besides food waste, celebrations also produce a large amount of trash to the landfills as the ribbons, decorations, hats and candles are all disposable. After the party the waste will all be thrown into the rubbish bin and transported to landfill. To conclude, having a party is not environmentally friendly.

People outside of the border of Hong Kong are suffering from famine. Things are worse than our imagination. The environment has been polluted by humans, caused by overpopulation and somehow the human population has exceeded the carrying capacity of the Earth's resources we have been overexploiting. There are no sensible advantages for having a celebration.

A Memorable Christmas Celebration

Chloe Wong (5C09)



Christmas is a festival to commemorate the birth of Jesus Christ. It falls on 25th December every year, so some people already prepare for Christmas when December just starts. People who work in different places also come home to celebrate Christmas with family. A family usually eats a Christmas meal together.

The most memorable Christmas for me is when I was six. That year I still believed Santa Claus would give a gift to me if I was a good girl. On Christmas Eve, I played hide and seek with my brother at home. When I was finding a place to hide, I opened my parents' wardrobe, and saw two presents which had my brother's name and my name. Then I thought about the Christmas gift that I receive every year from Santa Claus. I realised that actually the gift giver is not Santa, but rather my parents. While I know this truth, I feel surprised and a little bit sad. The gift carries not just the face value, but more the love from my parents to me. Moreover, I still get angry with my parents, so I decided to pretend as if I didn't find the gift, and by doing so, I can get gifts for a few more years. They say ignorance is bliss.

If I were given a wish to come true, I would like my parents to be healthy, because I love them, I think the most important thing about Christmas is it's a time for reunion with family since staying with family means happiness. That's why Christmas is the festival I love most.



A Special Restaurant

Kimmy Jian (5CD4)



We can often see good people being praised in newspapers. But in fact, there are many people who are silently giving.

There is a tea restaurant in Hong Kong, and it insists on delivering meals to street sleepers and the elderly every day. Even though it was difficult to do business during the epidemic, it still devoted their love to the homeless street sleepers for ten years, helping them through the cold winters and hot summers. However, during the epidemic, it was slandered by an Internet celebrity diner, which caused its business to plummet. Fortunately, it was not discouraged, but it bore the scolding and accusations of everyone, silently delivering its packaged hot meals to the helpless elderly every day. Although it delivers meals voluntarily out of love, there are always people who say that it does so just for fame, not out of real kindness. This is not the case. After doing a lot of good deeds, this restaurant has earned the reputation of being a beacon of providing help without wanting anything in return.

Giving love should be voluntary. People should not stand on the moral high ground to hold others accountable from the point of view of passers-by. I hope that more people can be familiar with the story of this tea restaurant and understand that not everyone will be willing to give kindness through practical actions. This tea restaurant is a good example people should learn from.

I hope that more people can be devoted to charity, and won't be malicious to kind people as this will dampen a good person's enthusiasm. At the same time, I also hope that this restaurant will not forget its original intention and continue to do its best to help poor and homeless people, so that they will not suffer from hunger. I am moved by these kind-hearted people in Hong Kong, and I hope that those netizens who want to smear good-hearted people know their mistakes and realise that with so many problems in the world, a little bit of sunshine in dark places is to be celebrated. May this restaurant be allowed to continue with its good deeds for as long as it is needed.

Birthday Celebration

Bonnie Yuan (4B18)



Walking in the streets alone, the cold wind came to my face. When I see every child's hands held by their parents passing by me, I will miss my parents far away. It is the first time I celebrate my birthday alone. To be honest, my mood was tinged with disappointment.

But a birthday is celebrated once a year. To have a sense of ceremony, I went to the cake shop and bought a small chocolate cake. After returning home, my cell phone rang suddenly. When I answered the phone, a sweet voice came to my ears. That was my lovely sister! She was saying happy birthday to me. It was unexpected that my family members still remember my birthday. Afterwards, they sang a birthday song for me and applauded me via video calls. I felt delighted by the atmosphere. I blew out the candle gently and then closed my eyes to make a wish silently: I hoped that people around me can be healthy and joyful forever.

Although my birthday this year was quite simple, there wasn't a birthday party and no gifts from anyone, I was glad to receive sincere blessings from my family members and it's heart-warming to see their joyful expressions shown from their faces. In the past, I always thought that I need to have a rich meal or hold a feast to celebrate a birthday. But this unforgettable birthday experience changed my previous opinion totally. Simply blowing out the candles and eating the cake is the best way to celebrate a birthday as well. The most important thing for us is to feel the blessings of others, isn't it?

In short, this is the most unique birthday I have ever had and I am sure that I'll never forget this moment. Is there anything that impresses you in your life?



Anti-epidemic Hero

Patrick Szeto (4A27)



Joanna Tse was a Hong Kong pulmonologist who spared no effort in saving patients' lives in Tuen Mun Hospital. Every day, she worked from dawn till dusk. It was no exaggeration to say she sacrificed all her time just for curing the patients. Unfortunately, SARS broke out in Hong Kong in the year of 2003. Joanna, after battling with the deadly virus, passed away after volunteering to save the patients of SARS.

The SARS virus had a high transmission rate. It took many peoples' lives. Even many doctors at that time were infected with the virus. Thus, everyone in Hong Kong was very terrified. Hospitals were fully occupied and food was not enough. Besides, no vaccine had been developed, so medical treatment was out of question. SARS was a scar in every Hong Kong person's mind. If you ask anyone about 2003, they would definitely mention this horrific pandemic.

Due to the transmissible nature of SARS, pulmonologists mostly were reluctant to work in the SARS wards. This resulted in a serious lack of medical personnel. In view of this, the government reviewed the policy, and required all medical staff to be on duty for at least 12 hours. Although the minimum working time was 12 hours, Joanna always worked more than that. She even helped her infected colleagues to finish their jobs. She always devoted herself to engaging in the high risk job.

One day, Tuen Mun Hospital admitted three SARS patients, but there were not enough pulmonologists in the hospital. Joanna, like before, volunteered to work in the SARS ward. She and a male nurse, Tommy Lau, intubated patients with terminal SARS, and were suspected to have been exposed to infected droplets. She was hospitalized on April 3, and was transferred to the intensive care department on April 15. Although immediate treatment had already been sought from well-known professors, she couldn't be saved. She died at 4 am the next day.

Her death shocked and inspired Hong Kong people to unite. After many years, there is another pandemic that has lasted even longer than SARS. Although the end is yet to be seen, Hong Kong people will remember the spirit of Joanna, and we will stay strong together.

The Truth About Helping Others

Anson Ng (4D23)



One day, I found a paper note in the magazine I read in the small cafe near my school. This paper note cheered me up again. The twenty-six words on the paper note changed my life and made me no longer upset.

"Guys, although I don't know who you are, I still want to encourage you. Don't be upset with your life. Don't give up on your life."

Last week after school, I saw a middle-aged lady who broke her leg. I went to check on her. I asked why she didn't call her family. She said it was because her mobile phone ran out of battery. Then I accompanied her to the hospital. Fortunately, her leg was fine after a thorough check-up.

After that, her family came to the hospital. Before I left, I talked to the middle-aged woman. She said 'Wait! Young guy! I have something for you.' She took out a box of chocolates from her backpack and passed it to me. It was to thank me for helping her. Also her family was very grateful for my help.

When I went home, my mum asked me why I was so late and how I got the chocolate. I recounted to her the things I did and what I experienced that day, but sadly my mum did not believe me. She thought I lied. No matter how hard I explained to her, she didn't believe me. I felt aggrieved. I started to think helping others is not appreciated and a waste of my time. I told myself I would not do that again.

A few days later, the old woman and her family went to my school and told the principal what I did to help her. Then my principal praised me in the school assembly and rewarded me in front of all my schoolmates. After that my mum knew I did not lie at all and said apologised to me.

When I was down and thought nobody trusted me, I read the paper note. I felt that there must be someone by my side. I should not give up. No matter what, I will keep helping others.

The Pros and Cons of Technology

Miki Yu (5B16)



Has technology made us lazy? If you raise this question, there will be an overwhelming number of conflicting ideas. Hardly is this a new issue as in recent years, advanced technology has assimilated into our lives. Some have argued that technology makes their life more convenient—they claim that technology is vital. I harbour no doubt that this is truthful, but there are two sides of the coin.

Many people would argue that technology can help us to learn more and become more active. Recently, some apps have been released by different creators. For example, 'Duolingo' and 'Home Workout Exercise' can help us learn in various ways. Staying at home and following the apps to learn is definitely more convenient to us. Different things that we are interested in can be learned without going out. Technology not only helps us become more diligent in learning, but also inspires us to put more effort into working. Technology is welcomed by office workers as they can do research on the Internet and connect with their colleagues whenever they need. Even if they are not in the workplace, they can still discuss with each other through email or Google Chats. There are some apps that allow workers to communicate at home such as 'Zoom' and 'Discord', which set a trend of working from home. With the above advancement in technology, work can not only be done at the workplace. Also, it can help the staff focus more on their work and work more efficiently.

While the bright spot of technology may easily dazzle us and cloud our judgment, we should be careful about the drawbacks underneath. Although technology provides entertainment for us, it makes us lazier. The Internet replaces outdoor activities; online shopping has taken the place of physical exercise; ordering food delivery has taken the place of dining out. Students would rather stay at home watching Netflix than go to the cinema. Spending long hours in front of a screen, reduces the time we have available for physical exercise. Moreover, it is common sense that there is a lot of information online and that is why the students merely copy work from the internet without proper research. It undermines their own knowledge and hampers their mind. The convenience technology brings could be a double-edge sword. If we become too dependent on technology, we have to suffer from a lot of drawbacks. It is true that we should embrace the advantages technology has brought, but at the same time, do not let technology swallow our life.

The Note that Changed My Life

Sean Zeng (4D29)



Hello I am Sean. I was nothing until I saw your note. Your note changed my life! I still remember how disappointed I was at that time. At that time, I was a member of the sport team. I joined the team and a lot of people had high expectations for me. What a load of pressure to perform! I tried my best to prove myself, but I couldn't handle the pressure.

Not wanting to make me feel even worse than I was feeling, the coach confidently said, "Next year you will be the best! I can feel it in my bones Sean. You will soar to the sky." With that encouragement, I trained very hard every day of every week until finally the day arrived. And guess what? I succeeded! I did soar to the sky. I was very happy, but I soon became arrogant because of a small success so I decided to skip training some days and used Covid-19 as a reason to drop my commitment.

When I returned to training with the group I found I was not progressing. Even worse, I went backwards in some key areas. What do you imagine the result was when we played the worst team in the competition? We lost to the underdogs! I now regret my loss of commitment, so I have no choice but to get back into training. If I try hard I can return to my previous form. If I keep on this track, then most likely my career will be over.

At this time I saw your note. The words you wrote, "No one can stop you!" So I told my coach I wanted to be the best again. After the season ended, I finished second place in the player ranking for the whole competition. I went from near the bottom to almost the very top. I was so proud of myself. If I work ten times harder or more than before I believe I can be number 1.

In the end thank you for encouraging me when I'm down. I want to thank you even though I don't know who you are.

40th Anniversary

Crystal Lai (5B06)



One day when I was bored at home, I clicked into the school net and found that the layout of the website was different. Newly uploaded items included 2 videos about the 40th anniversary of our school, Anniversary review and tidbits of campus events.

In the reviewing video, I saw many unfamiliar faces, retired teachers and former students, whom I did not know. After all, it was the 40th anniversary. Although I did not know what these brothers and sisters had become, they are also a part of the Sun Hoi Family.

Then, in another video, there was cheerful background music, and lots of school activities, such as the school picnic, barbecue, sports day which were full of laughter and tears. I miss seeing these former Sunners.

Sun Hoi Directors' College changes with each passing day, but the original intention will not be changed, because everyone is willing to see a better place. For me, it is to keep these precious memories in my heart, and never ever throw them away.

*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.

Good People Good Deed

Koey Lee (4D05)

Hi guys, although I don't know who you are, I still want to encourage you. Don't be upset with your life. Don't give up on your life. Many people come across problems and need someone else to help them.

One day, something happened in my life. This event changed my life forever and I think back on it fondly. That day on the way to take the bus, there were a lot of people on the bus and not a space left. Many people had to stand in the bus. There was a 70-year-old woman and her daughter who also had no seat. Then I said to the old woman, "Please ma'am, take my seat." I stood up to vacate my seat. I saw the woman's head was sweating. During the long journey I had no seat but I also felt happy. I like to help others and I am sure my willingness to sacrifice my comfort made the old woman more comfortable.



A 40th Anniversary Tale

Vince Cheng (5AO5)



"Wait! Wait for me!" A pretty little girl was running towards the school gate while the school janitor was closing the door. Luckily, the school janitor attended to her and opened the door. She entered school successfully. When the school bell rang, the school janitor asked, "Today is the 35th Anniversary. Are you one of the helpers?" The girl said "Yes, I am a Secondary 1 student and the helper of 35th anniversary." The school janitor said, "Oh! It is too late. It seems that the opening ceremony of the 35th anniversary is starting now!"

After the girl arrived at the school hall, all the guests had already sat in chairs and waited for the opening ceremony of the 35th Anniversary. Suddenly, Mr Wong came to ask the girl why she was late today. She said, "I deeply apologize for not being on time. I swear that I will never be too late in the future." Then, the school bell rang while the celebration got started. The principal made a speech at the beginning of the celebration and then it was the students' performances.

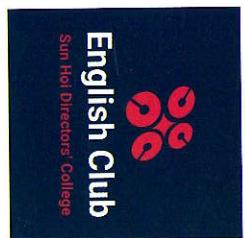
All the guests left the school hall after the show, the girl and helpers tidied up the school hall. The girl dreamed about the next 40th Anniversary. Will the 40th Anniversary be different from the 35th Anniversary? Will it become special with more activities or shows?

Now, I am a Secondary Five student. It is a precious chance that we have our own 40th Anniversary. If we miss it, we may regret it. Sometimes, we may think about going back to the time but it seems impossible in reality. Therefore, we should cherish the 40th anniversary and try our best to enjoy it.

"Hey! Wake up! You have to join the 40th Anniversary today!" my mum yelled. She was cooking breakfast in the kitchen. After finishing breakfast, I sprinted towards the school gate.

*Due to social gathering restrictions, students were tasked with writing a creative piece on the planned 40th Anniversary celebrations.





*Learn and Strive Together with Joy
A Happy Family We Have at Sun Hoi*

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