

Primary Division I (P.1-P.2)

Topic 1: What is the best sport to join at my school? Why?

ST STEPHEN'S COLLEGE PREPARATORY SCHOOL – WONG CHUNG YAN ALYSSA P2

The best sport to join in my school is basketball, because all the teachers are nice and if you play more basketball, you will grow taller. Second, playing basketball under the sun is very healthy and good for your body. However, sometimes it can be very tiring, but never give up. Meanwhile, when you play basketball, you feel excited and joyful.

When you play at school, you can make new friends to play and practice with, sometimes in a match you feel nervous because everyone is counting on you but your friends and teachers will be cheering on for you. Basketball is a fun and sporty game, but at our school, no. We make it cool, relaxing and most importantly we make it fun, like super fun! Our school's basketball team encourages students to play well, have fun and never give up. We play outdoor so we have to drink lots and lots of water to stay hydrated. Activities with friends can be fun, however sometimes you just need to be serious like while you're play matches and doing homework, but you can still have fun. This is why you should join basketball at my school!

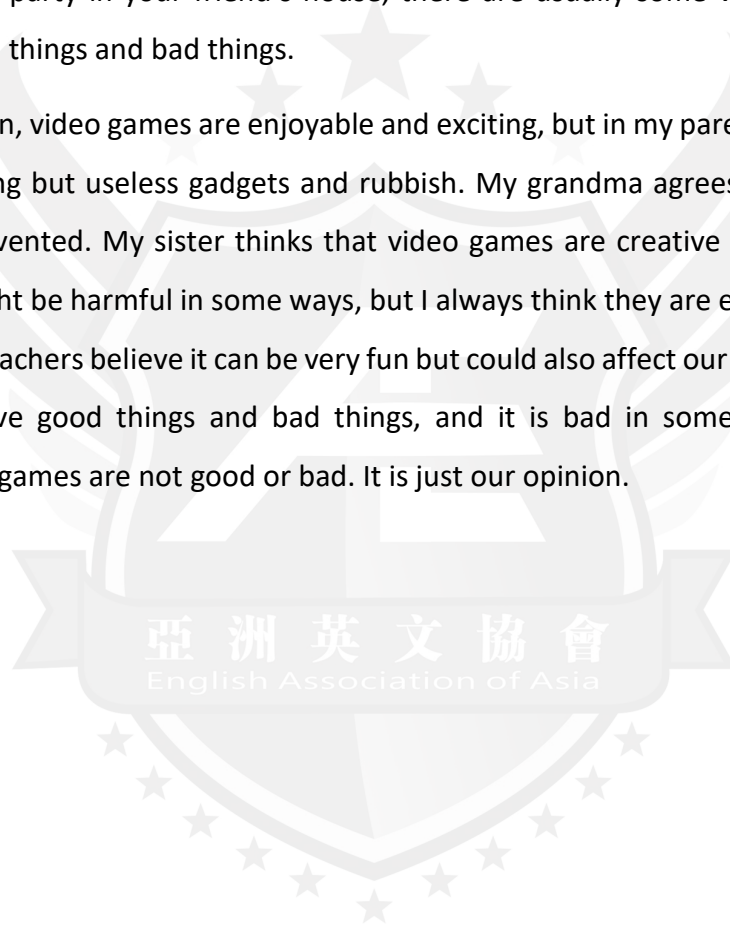
Have fun play basketball out there!

Topic 2: Are video games bad for children? Explain.

ST STEPHEN'S COLLEGE PREPARATORY SCHOOL – LAI KA KIU KAYE P2

Video games are fun and entertaining, but sometimes it can be bad. For example, there is a really important exam, but you can't stop playing video games. Your time of revision gets shorter and shorter, and your grades are terrible. Many children get obsessed with video games and get poor eyesight. However, video games might help you calm down and relax! If there is a terrific party in your friend's house, there are usually some video games. Video games have good things and bad things.

In my opinion, video games are enjoyable and exciting, but in my parent's opinion, video games are nothing but useless gadgets and rubbish. My grandma agrees that video games should not be invented. My sister thinks that video games are creative and mind-blowing. Video games might be harmful in some ways, but I always think they are excellent and useful inventions. My teachers believe it can be very fun but could also affect our studies and health. Video games have good things and bad things, and it is bad in some people's opinion. Therefore, video games are not good or bad. It is just our opinion.



Primary Division II (P.3-P.4)

Topic 2: How to conduct obedience training for dogs?

LA SALLE PRIMARY SCHOOL – LEUNG LONG KIU P3

If you want to know how to conduct obedience training for dogs, this article might be just right for you. In this article, I will give you a few tips on how to train your funny friends.

Firstly, you can start by teaching your dog simple commands like to sit and go. You should give him some rewards such as some treats or a pat on the back if he or she obeys your command, but don't give them too much rewards, or they will only listen to you for treats!

Secondly, you can train your pet dog to walk calmly with a leash. You should put the leash on its neck and let it get used to the first. Then you can lead it gently around your garden. Since for one, I also have a dog so I know that some dogs will get anxious if being pulled by a leash and try to struggle free. Every year, there are lots of pets— big and small that have died because of choking on leashes. If that happens you should stroke it to calm it down and try to prove that the leash isn't scary.

Overall, training a dog will take a tremendous amount of will and patience and you must give it a lot of encouragements, not to say rewards, but always remember to be a responsible owner and never give up on it.

Topic 1: Explain the effect of a parent, teacher, or friend on your life

PLK CAMOES TAN SIU LIN PRIMARY SCHOOL – TIFFANY LAI P4

Many different people serve as different purposes in our daily life. However, the effect of my friend, Kelly, has changes my life a lot.

Kelly is my best friend at school. She always helps me with my homework. She has struck me as a helpful and considerate classmate. I hope I will be as kind and considerate as she is.

Kelly is also very clever. After doing my exams, I found I had rubbed off on her and achieved good grades just like her. Therefore, now I always study with Kelly.

Other than being kind and considerate, Kelly is also very caring. Once, she saw an old lady on the road, about to crash into a bus. Kelly rushed onto the road and pushed the old woman aside just as the bus was about to squash them both flat. The old woman thanked Kelly and offered Kelly one of her apples. Politely, Kelly declined and told the old woman to keep them. The old woman told Kelly with tears in her eyes, "Little girl, you are so caring! Thank you very much." Afterwards, the old woman crossed the road safely.

Kelly is not only my best friend, but also my role model. I hope she will stay kind and considerate. Hopefully, I may become just like Kelly.

Primary Division III (P.5-P.6)

Topic 1: Is learning a foreign language in high school important? Explain.

MARYMOUNT PRIMARY SCHOOL – CHOI TSZ HEI P6

Language is not only a symbolization of a country, but also a tool for communication between people. However, throughout all these years development of languages have evolved into words that different from other countries. This creates an invisible wall between foreign people, and for this, I insist that learning a foreign language in high school is important.

Firstly, researchers point out that children aged under eighteen have sponge like brains, absorbing information more effectively than adults. If teenagers are taught languages in schools, they are more likely to speak fluently by the time they graduate. Since schools have all rounded education methods, students may learn through activities and develop a passion for the language, which are elements that lack in language-teaching-apps, such as Duolingo.

Secondly, learning a foreign language works as a privilege for the students' lives. It can decrease their chances of falling into danger's hands in foreign countries, since they are able to seek help. Since mastering a foreign language is an impressive 21st century skill, their opportunities of being hired in companies are widely increased. Isn't that a lively example of killing two birds with one stone?

Lastly, I strongly promote the idea of "knowing more than one language can expand one's social circle". High schools themselves have millions of chances for students to befriend one another through Exchange Programme, thus having opportunity to learn about one another's cultures and lifestyles, and increasing their knowledge levels.

All in all, it is clear that learning a foreign language in high schools is an advantage for the students' knowledge, lifestyle, and social circles. Therefore, I believe the action is vital for one's development, if they wish to succeed in life.

Topic 2: Should COVID-19 vaccinations continue in public schools? What are the advantages and disadvantages?

FUKIEN SECONDARY SCHOOL AFFILIATED SCH – PANG HOI KI P6

Many people argue about whether or not COVID-19 vaccinations should continue in public schools. Vaccinations can help fight off the virus easier and faster. On the other hand, vaccinations pose a threat to children with weaker immune systems.

Firstly, vaccination in public schools can help children get vaccinated quicker, and don't need to have their parents fuss about which clinic to get vaccinated in, or even about how much it costs. It can lower parents stress when they already have enough on their shoulders amidst the pandemic.

Plus, vaccinations are important in order to decrease the seriousness of the symptoms, if they get infected with COVID-19. Not only that, but according to studies, children tend to fuss less when taking vaccination in school. Mainly because they are surrounded by trusted friends and teachers, and therefore are less common to throw fits about taking the vaccine that protects their immune system.

Though, you could argue that some children have weak immune systems and the strong vaccine can pose a threat. In steady, weakening the immune system more, and in turn more susceptible to the virus.

In addition, schools may want to cut down on costs and instead hire hospitals or clinics with cheap vaccines. And students may be allergic to some kind of ingredient in vaccine, and can cause a severe allergic reaction, and even result to stay at hospital.

Though some people may not like the idea of vaccines, or even scared of them. It's undeniable that vaccines are our only line of defence amidst the pandemic, and can quite possibly be our hope to save children's lives.

Secondary Division I (S.1-S.3)

Topic 1: What rules should school students follow when posting to social media? Why?

HKUGA COLLEGE – VALERIE CHAN WING TSUN S2

With the rise of social media platforms in recent years, the number of students using social media has been rapidly increasing. It is undeniable that this trend facilitates connectivity but as with most other things, I believe that school students should follow certain rules while posting to social media.

Firstly, they should have their guardian's consent to do so. Though I think students should practice independence, by getting their guardian's consent, it will benefit students' safety. Their guardians will know of their social media activity so even if my unfortunate incidents --like identify theft or online scams – their guardian can help the student through anything that happens. Also, this will build trust between the student and their parents, helping to facilitate good communication.

Secondly, students should have a limit on the amount of time they spend while posting on social media. While many forms of screentime and used, especially for teenage students, social media screentime is extremely crucial, as without it, students may neglect their studies in favour of texting their friends, or even posting on social media in class. Thus, I believe that students should have a limited screentime for social media, of thirty to forty-five minutes per day.

Thirdly, and perhaps, most importantly, students should not post any identifying information on public platforms. This may face resistance by students. However, as they are still in school and not yet of legal age, students risk physical and emotionally detrimental problems by posting openly on a public account. They may be subject to stalking or even harassment, if they post about their school, they may inadvertently cause their friends' identities to be leaked online without concert, too, if they—whether deliberately or accidentally—post pictures of their friends, where everyone can see it. Though this problem is not solely limited to students, they may lack the control or rationale of adults when it comes to social media, or may even be uninformed on the consequences of posting publicly, which may affect their family, friends and school. With this rule in place, students can choose to

post on a private account instead, with their friends' consent, so they can still partake in the joys of social media.

To conclude, while students can still post on social media, they should only do so with their parents' consent, for a maximum of forty-five minutes, and only on a private account. By doing so, we can create a safe environment for everyone to enjoy, which is why the rules should be set.



Topic 2: People have become overly dependent on technology. Do you agree and feel right?

HOLY FAMILY CANOSSIAN COLLEGE - LARAINÉ LAM S3

As technology evolves, nothing beside us is not connected to it—our mobile phone, our day-to-day communication, and even our housework. However, are you sure that we are not overly dependent on it? We may not be utterly vigilant of its deleterious effects yet, but they will undoubtedly soon emerge.

In commerce, technology is slowly creeping into our daily communication. Have you ever preferred using Facetime to meet your friends, or just typing WhatsApp for a chat, rather than hanging out with them? The environment of the Internet has gradually been diffusing the message—Face-to-face communication is unnecessary. Instead of sharing directly, we depend on online social media to keep abreast of others' new updates. Thus, direct communication is diminishing and the bonds between friends are becoming more and more 'fragile'. Besides, words cannot always convey our sincere feelings. Only by communicating in person can we perceive how generic our friends are. As humans are gregarious animals, we should definitely not completely depend on the technology in communication.

Likewise, technology is taking the place of human beings. One of the exemplification is that our housework cleaning can be done by robots. When scientists further improve them, they will even substitute a multitude of our job positions. Such as waitresses and accountants. As robots surge in intelligence, they can even disgust as human. It may sound absurd, but this can be proved by different scientific movies. Since everything starts from the most minuscule thing, we must be approve of not depending the technology too much.

Opponents of this notion may contend that technology is advantageous to human as it is unequivocally convenient. I concur that it is an undisputed fact. Nevertheless, the hidden drawback of overly dependent on technology has already transcended its advantage. Let's conceive that we were in the robot world. Robots assisted you to clean your house, cook your meals, drive your cars, and even assign your daily clothing. We didn't have to utilize our hands and legs, nor our brains anymore. What would be resulted? Irrefutably, they would have shorter arms, legs and even smaller brain. Do you hope to see this circumstance in the future?

Steven Hawking once said, “Technology is the culprit of all disasters.” Although technology may be advantageous to us, we ought not to forget the repercussion of overly contingent upon it.



Secondary Division II (S.4-S.6)

Topic 1: Student should(or should not) be required to take physical education courses. Do you have any opinion and explain the reasons behind?

QUEEN ELIZABETH SCHOOL - LIU MAN HIN S5

Taking Physical Education Courses—A Must-do Task

Roving around the streets in Hong Kong, you are almost certain to find many fat guys, thanks to their inactive body and irregular exercising lifestyle. In this day and age, hardly can students and adults alike take physical education courses given the tightly pecked schedule and the overwhelming pressure. For the sake of keeping people, students in particular, healthy, some are convinced that children should take physical education courses. By contrast, some still oppose the suggestion because of the tiredness brought by the compulsory physical education courses. Reasonable and justifiable as they may seem, I still embrace the idea wholeheartedly that students should participate in physical education courses.

At first glance, students may feel tired after taking the physical education courses. True, it can be miserable that students are overwhelmed by tremendous study pressure coupled with the fatigue from the physical education courses. However, the courses can possibly be effective to provide students with motivation. During the lessons, in order to strive for higher score in either a tennis match or a badminton competition, students are probably encouraged to work harder and do better. Frankly speaking, students will be more energetic given the physical education courses. Inevitably, students, who are fascinated by the sports, will no longer be haunted by the study stress. Instead of being dull and tiring, physical education courses is perfectly practical and useful to encourage and motivate students.

Moreover, physical education course can serve as an efficient platform to build up the cohesion on campus. Living in a digital era, where online communication is well-received, rarely will students chat with each other by face-to-face in daily life, not to mention under the pandemic. Rarely will students share joy with each other at school, let alone cooperating shoulder to shoulder. With physical education courses, students are able to work hard in hand. In a thrilling basketball match, for instance, passing the ball among teammates is a must-do task. When students are in the same team, chances are that they can build up trust among themselves. Chances are that they can learn to cooperate with each other. Chances are that they can establish a stronger bonding with the others. Beyond doubt, students are able to

share happiness and sadness in a match. Students are able to have a closer relationship in a physical education course. Therefore, students should take the lead to participate in the physical education courses so as to build up the cohesion among students.

Furthermore, physical education course can serve as a remedial approach to keep students healthy. As I deeply believe, having regular exercise is of utmost importance that we can keep ourselves healthy. A closer step to exercising in a planned timetable is a step far from the alarming body issues, ranging from obesity to heart attack. Students should play a leading role in joining physical education courses, which can greatly lower the risks of getting afflicted with the wide range of health problems. According to the research conducted by the University of Hong Kong in 2021, it is worrying that 60% of people at the territory had their body weight over the standard weight. Taking part in the physical education courses, students can take the initiative to do sports, which can literally burn the fats in their body. Undoubtedly, doing sports can alleviate the health issues, if not eradicate. As such, students should be required to take the physical education courses as they can be healthier.

All in all, it is a must for students to take physical education courses into account with its potential benefits. While some may assert that the courses may bring extra burden to students, I welcome this measure with open arms as the courses can provide energy to students. Not only can students establish closer relationship with each other, but they can also keep themselves healthy in the physical education courses. At the time of writing, without a doubt, the health issues have been increasingly challenging and alerting. Perhaps students should play an imperative role in joining the physical education courses. Perhaps the schools should play a crucial part in organizing the compulsory physical education courses. Perhaps the onus of offering complimentary physical education courses falls on the HKSAR Government. Let's exercise together at school in the near future!

Topic 2: Should “gifted” students receive special educational treatment? Why? What special education should they have if they need it?

QUEEN ELIZABETH SCHOOL - LEUNG YUET HANG S5

Recently, gifted education has been a common focus around the globe. It has been a highly disputable issue and aroused a grave concern on whether gifted children should be given the right to gain early admission to university. In Hong Kong, the 9-year-old Studying Mathematics at the University of Hong Kong and the 11-year-old being admitted by the Chinese University of Hong Kong—both took the public by surprise. Notwithstanding, some opponents are worried that “gifted” students may encounter said relationship problems when receiving special education treatment while some supporters agree that gifted education can effectively nurture these superb children, thereby facilitating future development of the country. In my opinion, these prominent children should receive special educational treatment that are immensely beneficial to children themselves and the country.

To commence with, talented children would be able to earn infinite compliments from the admission, which is favourable for their personal growth. Given that the smart ones have the ability to study professional knowledge that people of the same age group do not, they simply realise that they are different from others and have a sense of pride by comforting tougher tasks during their study life. Gaining recognition from schools and professionals surely enables them to be more confident in their ability and develop their self-esteem, which in turn encourages them to pluck up their courage and believe in themselves when facing difficulties. Not only does gifted education promote the development of clever ones’ mental health, but also changes their attitudes and external behaviour on handling knotty issues. As a result, these children can be more easily linked with ‘success’ under gifted education.

Aside from the psychological aspect, talents are provided with golden opportunities to communicate with professionals outside their school and broaden their horizons. It goes beyond doubt that those gifted ones are often equipped with a strong sense of curiosity and would like to explore more about the world. Rather than the knowledge from books, they always question everything around the globe. By providing special educational treatment, these children will directly gain a multitude chances to develop their talents, for instance, talents can meet with scientists for exchanging ideas, which allow talents to completely grasp the knowledge and skills required of the field that they specialise in. Such a special

educational treatment not only satisfies children's own needs on what they would like to earn more, but also increases the supply of local talents to engage in different academic categories, including science and language. In the long run, Hong Kong's reputation and image will be enhanced by the contribution of these well-equipped talents.

In view of the above, Hong Kong should encourage talents to receive special educational treatment so that they can fully develop their skills and study what suits their real level. Yet, the types of special education they should have are worth pondering on.

The first special education they should have is no doubt social skills courses. Because of the fact that "gifted students" have to interact with tertiary students, they should be under immense pressure due to the absence of common topics with them. By providing a course related to communication and interactions with others, even though talents are too young, they learn to integrate into the teens and protect themselves from discrimination that most parents are concerned about, facilitating their self-management during university life.

On the other hand, the second special education they should have is of course the talks held by the professors of university. It is direct to know that gifted children are usually studying stuff that is below their level, making them become difficult to concentrate on the lessons. However, the lectures of professionals can deeply spark their interest to ask questions because they would be able to explore more about the field that they are good at, like engineering and medicine. These extra lessons offer them an occasion to chat with other tertiary. Students and professors that can speed up their learning progress, and even engage in research and development in particular fields as soon as possible, supported by the large amount of knowledge and techniques acquired by them. Through these talks, the superb ones can be able to make full of their talents at their early stage and heed not squander their time on what they have already known.

By and large, "gifted" students should receive special educational treatment that comprehensively equip them with skills and knowledge needed. However, a rose has its thorns. They may be some potential problems incurred from the education, like interpersonal relationships. In my opinion, by the collective endeavours of the Government and its ripe deliberation on every step, the country will flourish and bloom under the increasing supply of talents and its competitive edge will be sharpened in the very near future.