

從挫折中飛翔

By perseverance the snail reached the destination.

親子徵文比賽 冠軍作品

Parent-Child Writing Competition (The 1st Prizes)

《學會跌倒，才會懂得站起來！》

1D 鄭靖淇 (家長：余家璧)

看到《冰雪奇緣》的愛莎在冰場上翩翩起舞，令我家女兒也對滑冰產生興趣。暑假終於有機會踏上這白色的冰面上，一步一步小心翼翼地跟着教練滑出訓練圈內，盡力的平衡身體不讓自己跌倒。

訓練正式開始，教練要求每個學員先學會跌倒。有些小朋友站得不穩，很快已經坐在冰上；而我女兒卻堅持自己不會跌，亦不肯跌！最後，她是在極不願意的情況下，被教練一拉，失去平衡，跌倒的同時連眼淚也流出來了！

教練立刻安慰大家，再指導他們如何重新站起來。原來要在冰面上重新站起來是一件困難的事，尤其對於初學者更加困難。所以必須先要學習跌倒，再要學習如何重新站起來；還要學會保護自己、減少受傷，這才是課堂訓練的重點。在整個課堂，他們經過多次嘗試和練習，終於學會了自己站起來！

在學習滑冰的過程，令我們知道必須先要面對困難和失敗，才可以成功！在成長過程也是一樣，我們必會遇到很多挫折，但只要懂得如何面對逆境，懂得如何重新站起來，就不會怕困難，不會怕失敗！



《唱着歌盼望》

2B 鍾 澄 (家長：張育芬)

小蝸牛唱着歌盼望
盼望雨後的清新
背起重重的行囊
踏上探險的征途

小蝸牛唱着歌盼望
盼望魔法的降臨
披一身耀眼的絢
威風凜凜把害蟲驅逐

毛毛蟲唱着歌盼望
盼望蛹化後的輕盈
拍動着七彩的翅膀
花叢中翩翩跳舞

讓我們唱着歌盼望
盼望前方
迷人的風景
明媚的陽光

讓我們以希望
和信念的名義
一路歌唱
風雨無阻



《Soar High in Him - Face Challenges》

P.3D Leung Cheuk Yan, Tehillah (Parent: Sammy Jo Wong)



The photo taken with the adjudicator after the award presentation

music academy in the town and indeed, my interest in music has been further aroused after attending it.

Since then, I have been receiving formal training from a piano teacher. After each lesson, I have to practise the piano diligently at home, and that poses a big challenge to me. I am not a quiet kid and am unable to tolerate the task that requires me to sit properly in front of the piano and play the same piece of music repeatedly, especially when I have yet to manage how to play it well. The frustration I experienced and my unwilling mind caused me to behave rebelliously. My parents did not give up. Instead, they have rendered me lots of love, care and patience. They have persistently prayed for me and very often, asked me to pray with them, seeking God's help in changing my attitude towards practising the piano. Also, they have taught me how to sing traditional hymns and played many beautiful hymns via a CD player for me to listen. Gradually, I found I have fallen in love with those hymns. I was so thrilled when I could play some of my favourite hymns on the piano. My endurance and perseverance has been enhanced as time goes by. I have to express my heartfelt thanks to my parents whose love and encouragements have led me to embark on this beautiful music journey.

Last year in March, I had a chance to enter a piano solo competition. I put immense efforts in preparing for that. My piano teacher had full confidence in me. I earnestly looked forward to the competition. However, another enormous challenge came all of a sudden. I had an accident on the evening of the day right before the competition. I tumbled down a long stair when my dad brought me home after school. I hit on the rough ground resulting in several big

and small wounds on my face. The one on my forehead was most serious. It was very deep. Failing to stop the bleeding, my dad had to send me to a hospital nearby via an ambulance. As my case was not the most urgent one, I needed to wait for some hours before I could see a doctor. While waiting, I felt dizzy and worried. If I needed to stay at the hospital overnight, I could not be able to take part in the competition on the next day. The efforts I exerted before would then become in vain. Thinking that it was no use crying over spilt milk and if God did not allow, this accident would not have happened to me. I started to pray to my heavenly Father. Peace of mind was restored in my heart right away. Without thinking further, I fell into a deep sleep in the arms of my mum who joined me at the hospital after work. It was a sweet, long sleep that could refresh me a lot. Fortunately, the doctor told us that though the wound was deep, it was not big and that did not warrant a surgery of wound stitches. That meant I could return to home and partake in the competition as planned. Praise the Lord for His mercy on me!

I reached home almost at mid-night. I slept right after having my supper and hence, did not have any chance to practise the piano. In the next morning, I woke up very early as I had to spend long time to travel to the competition venue which was far away from my home. I did not have enough sleep or practise the piano the night before. Would this affect my performance? I was worried. My parents fully understood my feelings and soothed me by praying with me. Amazingly, all my anxiety disappeared and with His grace, I performed very well as if nothing had happened the night before. The results were surprising, yet exhilarating to me as I was the champion!

My success in the competition should be attributable to my almighty God who has granted me strength to take up various challenges and carried me tightly in His arms throughout my times of trial. The unfailing love from my dad and mum is of paramount importance too. For the rest of my life, I am sure that under God's protection and with my parents' support, I can soar high in the sky without any fear!

《Good Relationship with Family / Friends》

P.1E Leung Steve (Parent: Leung Chuen Kwok)



When Steve Job ascended to heaven, an invaluable gift from the Most High descended to my home-my son was born, I named the baby after the genius. When baby Steve was baptized, he was given another name Stephen- the saint who was the first martyr in Christianity. The saint and the genius are gone. They become the icons that people look up to. But they are somewhat out of touch in real life. Instead home is always accessible and tangible.

Parents and children are guardian angels to one another.

When Steve started learning the euphonium, he shed tears because of the difficulties. He cried on my shoulder. I patted him on the back. "No one is ever beaten unless he never tried!" I said. He hung onto practising it. A month later, he was able to use the instrument to play a lullaby. When I was applauding, he smiled like an angel. A year on, that angel's smile remained vivid in my mind.

《衝破困難勇往直前》

3D 梁焯殷 (家長：梁孟平)

我自幼患有氣管敏感，每逢天氣轉變或感染風寒，咳嗽就延續好幾個月也未能痊癒。爸媽絞盡腦汁，讓我吃盡了靈丹妙藥也未見改善。後來媽媽得知友人的兒子因習泳使其哮喘之病不藥而癒，因此我便踏上習泳之路。

初時，我以為習泳可以在泳池的淺水處伴著玩具邊玩邊學，故躍躍欲試。但當上第一課時，才知道情況並非如此，要按教練的指示做完熱身後下水學習水中呼吸、划手、踢腳等動作。身旁的同學熟練地拿起浮板跳進水中，進行一連串的動作，而我這個初哥卻戰戰兢兢地躲到水裏，拼命的抓緊浮板，雙腳僵硬地踢著水，但頭總是仰起來，不敢放進水裏做呼吸練習，因我把頭伸進水裏時，水會湧進我的口和鼻，使我不能呼吸，這樣我怕會窒息而死；其次，我也不敢隨同學游到深水之處，因怕一旦失去浮板時就會沉進池底，最後被淹死。不知過了多久，教練發現我的情況未如理想，便用親切的話鼓勵我逐步嘗試練習呼吸的動作，他示範在水面上吹泡泡，我感到十分有趣，於是我鼓起勇氣嘗試吹出大小不同的水泡，看著水泡在水面上連綿起伏的破滅情景，我感到十分有趣。這種玩意舒緩了我緊張而恐懼的心情。隨後的幾課我也逐步按著教練的指示享受吹泡泡的練習，但距離我能把頭伸進水裏呼吸只是進一小步。

每次學習游泳都帶給我的挑戰，爸媽的鼓勵和陪伴是我逐步克服恐懼、邁向成功的基礎。他們一有空就充當教練，帶我到泳池練習，替我鞏固所學，同時又開展了學習的延伸課，他們有一套遊戲的訓練方式，就是把我喜歡的玩具放進水裏，鼓勵我把頭伸進水裏，拿回這些玩具。我對載著潛鏡看水底的東西感到十分新奇，因池面的光線經過水的晃動再折射池底，形成婆婆的影像，十分奇幻。我透過這些練習逐漸適應了把頭伸進水裏呼吸的動作，但對要克服到深水處的恐懼，比我頭潛進水裏難多了。因我常常要有腳踏實地的感覺，要是腳不著地，便深恐會被淹死，這種恐懼異常強烈。因此爸爸曾嘗試把我的「膽子」練大一點，曾兩次把我抱到泳池的深水處，把我嚇至半死，他不斷安撫我要有勇氣，事情就會成功，又強迫我雙手搭著他的肩膀，猛力踢腳，用那股動力推動他浮回淺水之處才肯罷休，結果我又喊又叫的吵著照做，恐怕爸爸突然游走了，剩下我一人在深水處掙扎。因為爸爸這幾次的特別，反而令我對深水之處更感畏懼，往後爸爸再邀請我去游泳，我也拒絕了。

當事情滯不前時，媽媽幾次獨自帶我練習，沒有爸爸在旁的干預，我應該安全得多，我本喜歡在淺水地方玩，故在媽媽的陪伴下，在淺水的地方練習「自由式」，但那邊地方不大，只需踢腳兩三回便到對岸，根本談不上練習，這點我是深知的，故經媽媽多次的勸導下，我才稍微往較池中的地方練習。看著媽媽對我滿有信心眼神，我不禁起動地努力練習，做得不太好時，媽媽會報以微笑來鼓勵我，稍微做好一點，她便大大的誇讚，使我心花怒放，漸漸地我消除了戒心，沒有刻意注意水位是淺是深，只顧奮力地來回練習，直至一刻，媽媽突然興奮大叫：「焯殷，你成功了！你已游過了最深水的地方了！」我給媽媽的叫聲喚醒了，看看自己剛才游過的路線，真的游過了泳池的中間最深水之處，安抵彼岸。簡直難以置信，我成功超越了自己的界限了！事後，媽媽才告訴我，她一直默默的為我祈禱，求神讓她有智慧如何引導我練習，也求神消除我對深水的恐懼，因為在人不能，在神凡事都能。她那種堅定不移的信心深深影響著我。

從那次起，我不再怕游到深水處，反而更努力地繼續在泳班接受訓練，現在已學會了各種的泳式，也享受游泳的樂趣！至於我氣管敏感的問題，不知是否游泳訓練有所成效，還是因身體漸長，體魄強健而有所改善，現時已不藥而癒了！我藉此要感謝爸媽對我的愛和鼓勵，因他們任何時候總在我旁，陪伴我跨過重重的障礙，讓我在人生的每個階段都能振翅高飛。



《Strong Grandpa - Accept Life Changes》

P.2C Pang Yu Yung, Yanny (Parent: Leung Yuen Man)

In year 2016, there was a big change in my grandpa's life. It was only a year after my grandparents' retirement, the happy and perfect life stopped. Within three months, my grandpa was diagnosed with Stage II Colon Cancer and my grandma passed away with liver disease, while they were at the age of 70 and 64 respectively.

One day before Chinese New Year, my grandpa was sent to the hospital due to his stomachache, and a week later, my grandma also had to go to the hospital as she had lost 80% of her vision. My grandma could not read newspaper, watch TV and even could not see me clearly. It was a shock to all of us!

My grandpa took three surgeries to remove the tumors and stayed at the hospital over two months. Unfortunately, he did not get any visits from my grandma during his treatment. He had tried to be strong and brave to fight against the cancer because he wanted to see grandma again. Sadly, my grandma was diagnosed with liver failure which induced her eyes disease. She passed away two months later. I had not seen my grandma since Chinese New Year's Day.

Everyone felt bad, especially my grandpa. He was healthy and had been with my grandma over half of a century. Suddenly, he lost his health, his spouse, his lifetime partner, and eventually he was left with a permanent stoma. He felt lonely, painful and frustrated.

However my grandpa is a tough person, after the worst half year of his life, he had moved on, and had accepted the changes. His life may not be as good as before, but he still has everything he made; he still has my uncle, my parents, my little sister and me, and his friends. He is determined to stay strong and fight until he cannot do it anymore. He has found himself adjusting with a stoma. He is even taking Traditional Chinese Medicine Examinations which he hated before. Most importantly, he has learned to adapt to life without grandma.

Almost three years have gone by, my grandpa is growing stronger and has recovered well. He is so proud that he now can handle situations which might have frightened him before. He tells me that sometimes you will find yourself capable of achieving more than you realize. I am glad that my grandpa is still with us to watch us grow up and continues to enjoy his life.



福馬文學花園

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訂下目標 無懼逆境

Set your goals high and don't stop till you get there

蝸牛一家住在小樹林的旁邊。

春天來了，蝸牛媽媽對小蝸牛說：「孩子，到小樹林裏去玩吧，小樹發芽了。」

小蝸牛爬呀，爬呀，好久才爬回來。牠說：「媽媽，小樹長滿了葉子，碧綠碧綠的，地上還長着許多草莓呢。」

蝸牛媽媽說：「哦，已經是夏天了！快去摘幾顆草莓回來。」

小蝸牛爬呀，爬呀，好久才爬回來。牠說：「媽媽，草莓沒有了，地上長着蘑菇，樹葉全變黃了。」

蝸牛媽媽說：「哦，已經是秋天了！快去採幾個蘑菇回來。」

小蝸牛爬呀，爬呀，好久才爬回來。牠說：「媽媽，蘑菇沒有了，地上蓋着雪，樹葉全掉了。」

蝸牛媽媽說：「哦，已經是冬天了！你就待在家裏過冬吧。」

作者 巴烏姆美莉（俄羅斯）

這是一篇富有童趣的科普童話，通過小蝸牛三次去樹林裏的故事，讓小朋友瞭解一年四季的特點及大自然的變化。讀了這篇文章後，令我感受最深的是蝸牛雖小，但他擁有堅毅不拔的意志力。小蝸牛勇往直前，目的就是要細看四季的變化，欣賞大自然之美。小蝸牛的生命是何等的脆弱，時刻會遇到不少的天敵及危險，一不留神就給鳥兒吃掉，或者被其他動物踐踏。小蝸牛體積小，移動速度慢，還要背上硬殼，每一步都要花上不少的力氣，要在樹林穿梭往來，當中一定有感到困難和氣餒的時候，想過放棄，而又重拾勇氣，繼續邁步向前，終於能夠體會到大自然的美妙。

人生路上總不會是一片坦途，總是伴隨著挑戰、困難，甚至遭逢逆境。我希望同學們都好像小蝸牛，懷着目標和理想，勇敢地克服路上的波折，終會取得成功。

曹校長
2019 年夏

親子雋語創作比賽

Your Headmistress, Ms TSO

亞軍

兩過朝陽現，盼望在明天；
逆境中自強，快樂在眼前。

4B 陳逸希 家長 何柳儀

冠軍

人生滿挑戰，逆境是考驗；
奮勇同共闖，成功可實現。

6B 鍾愷瑤 家長 鍾啟冲

季軍

攜手奮進迎風雨，
揚帆起航待晴天。

2B 鍾 澄 家長 張育芬

《一個不怕困難的同學》

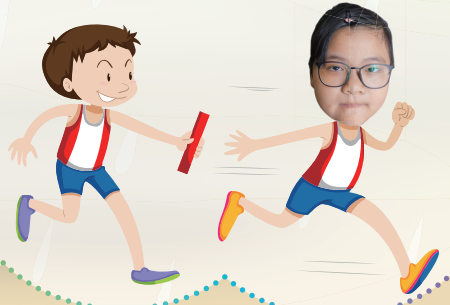
4A 蕭紫寧

在我身邊，有一個不怕困難的同學，名叫曾蔚喬。她有一頭烏黑的長髮，身形高挑，一雙烏黑發亮的大眼睛，看起來炯炯有神；一張白裏透紅的瓜子臉，笑起來還有兩個小酒窩，十分漂亮。為甚麼我會說她不怕困難呢？

記得有一次，快考試了！小時時，我們都在溫習英文。我不耐煩地說：「現在天天都在溫習，真受不了！我想放棄了。」可是她不但沒有責怪我，還安慰我說：「不要緊，你累的話，可以下個小息再溫習。不過我們只差一點兒就溫習好了，不如我們堅持吧！」我聽見她這樣說，我便努力溫習下去。

又有一次，快到校運會了。體育老師跟我們說：「大家聽着，不久就到校運會，所以下一課會進行接力賽選拔，大家努力練習吧！」曾蔚喬很想參加女子接力賽，所以她每天都到運動場練習跑步。即使力氣快用完了，她也努力地去完成每天的練習。我叫她休息，她便用堅持的口吻說：「我相信只要肯堅持，我一定能成功的。」才剛說完，又跑去練習了。果然，因為她的堅持，她當上了女子接力賽的正選代表，我真為她高興！

我的好朋友曾蔚喬是一個不怕困難的人。我很欣賞她的毅力和不怕困難的精神，我要好好向她學習，做一個不怕困難的人！



《一個不怕困難的同學》

4A 馬琛悅

大家怕不怕困難呢？在我身邊有一個不怕困難的同學。她就是曹皓欣。

她胖乎乎的，個子不算高。在她那烏溜溜的眼睛下有一個小巧而挺直的鼻子，鼻子下有一張紅潤的櫻桃小嘴，顯得格外文靜。

她做任何事都充滿正能量。有一次，我和她一起到運動場練習跳遠。因為她胖乎乎的身形，所以總是跳得不遠，但她沒有因此而放棄，她反而對自己承諾：我一定要多加練習，克服這個困難。於是她每天都到運動場練習至少一小時，結果，她進步得很快。

還有一次，她和我一起學習吹奏法國號。她用盡全身的力氣仍吹奏不到曲目。於是，她又再一次對自己許下承諾：我要準備一本筆記簿，把不懂的事情都紀錄下來，在上課時向老師請教如何解決這些問題。最後，她進步神速，她現在已經演奏得很好了。

曹皓欣堅毅不懈、不怕困難的精神讓我佩服得五體投地，她真是我的好榜樣。



《逆流而上》

6A 葉穎仁

在日常生活中，我們一定會遇上不少的困難和挫折，但我們不應因此而放棄或退縮，反而要勇於面對，提升抗逆力，從而克服生活上的重重難關，那麼，我們應該怎樣做才可以克服逆境呢？

首先，我們應該常常抱着積極的態度面對逆境。如果我們抱着悲觀的態度，只會一事無成。桑蘭是一位體操運動員，可是在她的一次練習時不小心摔倒，導致下半身癱瘓，不能再做運動員，但是她沒有退縮，反而以積極的態度面對「新生活」。我們有了積極的態度，一定能克服困難。

此外，我們不應該輕易放棄和退縮。就算你在上一次考試退步了，只要你不放棄，更加努力溫習，相信下一次考試必定會有進步的；相反，你抱着放棄的態度，不再努力溫習，成績只會不斷退步，甚至一落千丈。

再者，我們應該要有頑強的意志和堅毅不屈的精神。正所謂「一分耕耘，一分收穫。」要踏上成功之路，我們必需憑着堅持到底的努力，不要怕付出汗水，就能解決困難，克服挫折。

總括來說，我們要緊記「成功者從不放棄，放棄者從不成功。」要懷着堅毅不屈的精神，不輕易放棄的態度，必定能逆流而上，邁向成功。



《如何面對逆境》

5B 陳思穎

青少年在成長的階段中總要面對家庭、學業和社交的困難，使我們產生巨大的壓力。因此，我們要找合適的方法去解決困難，不應隨便放棄寶貴的生命。

首先，我們要有樂觀積極的心。我們要謹記「辦法總比困難多」的道理，不要因失敗而垂頭喪氣，否則永遠不會成功的，例如成績不理想，不應意志消沉，應該繼續努力，相信自己下一次可以做得更好，這才是一個恰當的辦法。

其次，我們可以尋求老師和長輩的協助。如果懂得尋找他人的幫助，問題自然就容易解決；相反，不懂得找人幫忙，而是獨自面對逆境，問題就難以解決了。老師和長輩的人生經驗豐富，一定能協助我們面對逆境。

此外，我們可以向朋輩傾訴心事。這樣做不但可以舒緩情緒，而且他們會給予我們安慰和支持，使我們增添信心，不會害怕面對逆境。

總而言之，我們要有樂觀積極的心，還要懂得尋求協助，要多向朋友傾吐心事，便可以面對逆境。



逆境自強 活出精彩

It does not matter how slowly you go as long as you do not stop.

《如何面對逆境》

5A 林思朋

人生總會有逆境，我們不妨視它為人生路上的挑戰。我們可以視困難如挑戰，但不要視挑戰如困難，否則我們只會愈感不安和難受。

當我們遇到不同方面的困難時，要保持良好的心態。只要我們有跨越障礙的信心，便可邁向成功。常言道：「辦法總比困難多。」「只要有恆心，鐵杵磨成針。」換言之，只要我們肯向前踏出第一步，即使後面有再多的障礙物，都能迎刃而解。

其次，我們可以尋求協助。有歌詞云：「一枝竹仔會易折彎，幾枝竹一扎斷折難。」只要我們找到拔刀相助的人，困難就容易解決。我們可以向有經驗的人「求救」，例如學校的老師和社工。

此外，我們可以向朋友傾吐心事。朋友跟我們的年齡相近，心態也會跟自己差不多。我們跟朋友傾訴，較容易產生共鳴。這麼，我們既能宣洩負面情緒，也能從中找到處事的方法，真是一舉兩得。

再者，我們也可以進行自己喜歡的活動，這有助舒緩面對逆境時的負面情緒。遇上逆境，我們要沉着，切忌脾氣暴躁，否則任何事情都無法面對。

其實，遇到困難未必是一件壞事。透過困難，我們學習怎樣面對它，在日後再遇到類似的情況時，便能應付自如。此外，困難也可以豐富我們的人生經驗。



《逆流而上》

6B 莊沛穎

我們每一個人都有機會遇上困難或逆境，但是我們不應該因此而退縮，反而要勇於面對，這樣才能培養我們抗逆能力。那麼，我們怎樣才能逆流而上，在困難中找出路，邁向成功呢？

首先，要逆流而上，必須要有積極樂觀的態度，並且不能退縮。好像海倫·凱勒，她小時候患病，導致又盲又聾，之後更不會說話。但是她不自卑，並以樂觀的態度面對人生，不屈不撓地學習，即使遇到失敗也沒有放棄。最後，經過自身的努力，以及老師的悉心教導，她得到了理想的成就，更能在眾目睽睽下演講，鼓勵了不少殘障人士，她的態度實在值得我們學習。所以，逆流而上需要有積極樂觀的態度。

其次，要逆流而上，必須懂得面對失敗。正所謂「失敗乃成功之母」，任何成功人士都會經歷過失敗，沒有經歷過失敗就不可能會成功。要能夠在跌倒後再爬起，並以永不放棄的精神面對，勇於嘗試，就算失敗多少次，也能夠像愛迪生一樣，他經歷了三千多次的失敗，最後也能成功研發出燈泡，為人類歷史寫下光輝的一頁。因此，要逆流而上，要先懂得在失敗裏站起來。

再者，要逆流而上，當然要努力，不怕艱辛。我們遇上逆境時，要奮於面對，正所謂「一分耕耘，一分收穫」，你付出的努力與成功是呈正比的，沒有人能夠天生成才的。雖然有些人有很高的天賦，但不努力的話，只會白白浪費天賦，最終也不能成才。所以，要逆流而上，也要努力的。

總括而言，要逆流而上，我們須在逆境中找出路，才能扭轉「敗局」，關鍵是要有積極樂觀的態度，要懂得面對失敗，並加以努力。

《A School Study Tour to Jiang Men》

5A Leung Yu Him

From 13th December to 14th December 2019, I joined a school exchange study tour to Jiang Men and visited our sister school, Jiang Men Jiang Hwa Primary School. It was a cold and breezy day. We gathered at the school hall and got ready to set off early in the morning. It was my first time to go to Jiang Men, so I felt great and excited.

It took us four hours to go to Jiang Men by bus. It was such a long bus ride! When we arrived there, we had a delicious lunch right away. After that, we went to visit Liang Qi Chao's former residence where we could see quite a lot of his belongings left in the house. I learnt that he was a reformist who lived there during the late Qing dynasty.

Later, we visited Tangerine Peel Village. It was a place famous for healthy tangerine peel. Its special scent impressed me. Therefore, I bought a bag of tangerine peel and hoped to share it with others after I came back to Hong Kong.

The next day, we visited the Jiang Men Jiang Hwa Primary School, our sister school. The campus was huge. I was stunned to see the enormous tennis court and the amazing football field. Definitely, they made the sports teams practise with much more fun.

Afterwards, we joined the STEM class where we worked out a model airplane with the students from our sister school. Finally, we succeeded in making our model planes fly in the air. We also performed music on the stage and the hall resounded with cheers and applause.

In short, the visit was amazing and wonderful with all the unique experiences I had. I hope I can go on a study tour next year.



《Embrace Challenges》

4A Xue King Yu, Kenneth

Life is full of challenges. A lot of people have great fears when encountering challenges. They are afraid of facing failure and frustration. However, I view challenges as learning opportunities.

I started playing basketball last year. I love playing basketball because it can help me stay healthy and make me stronger. It can help cultivate my team spirit as well.

In fact, I did face a lot of challenges while playing basketball, such as shooting inaccuracy, communicative problems with my teammates and so on. Nevertheless, my team and I have always tried our best to seek a solution to the problem, instead of running away from it.

Once, I joined a basketball competition. Our team trailed the game by twenty points at halftime. Then we pulled our forces together and started afresh. Finally, we won the game and we were all excited. This experience has always reminded me not to give up.

The famous basketball star, Michael Jordan, said, 'If you run into a wall, don't just turn around and give up. You should try to figure out how to climb over it.'

Do not escape from difficulties. Believe in yourself that you have the ability to overcome any challenges. Be confident and courageous!

《Perseverance and Resilience Are Keys to Success》

6B Ip Wing Wa Eva

I had a successful experience gained through perseverance and resilience.

Last year, I didn't do very well in my test. I thought I could manage to do the Chinese test very well, as per usual. Therefore, I didn't work hard or even prepare for the test. Meanwhile, I joined a STEM competition. I spent a lot of time doing the project. I felt shocked instantly when I got the test result. Unexpectedly, I failed in my Chinese test. I couldn't help crying because I had never received such low marks in my school life. I felt very depressed and ashamed of myself as I didn't live up to my teachers' and parents' expectations. In the following few months, I worked very hard as I realised the fact that practice could make perfect. Thus, I kept on doing revision exercises, writing notes and paying my attention to class. Eventually, I passed the examination with flying colours. I got the second rank in my class level.

I believe that perseverance and resilience are the keys to success. When we face a challenge, we should never give up and we should have no fear of difficulties ahead. Under all circumstances, our ability of resilience should be empowered to cope with the ever-changing world. I do believe that we can accomplish everything if we grasp the keys to success, they are perseverance and resilience.



《My Dream》

4A Lam Ching Hei, Ian

Do you have a goal in your life? I do. I want to be a scientist. I want to develop my career in the field of science mainly because I want to find out more about dinosaurs. I have been fascinated with dinosaurs since I was six.

I know that it will not be easy to achieve my goal. It is true to say that who you are tomorrow begins with what you do today. Therefore, I need to study hard from now on. I have to do my homework seriously. I have to prepare for the examination with all my might as well.

Besides, I need to be attentive in class too. Furthermore, I need to read more books so that I can acquire a lot of knowledge from books. Hopefully, I will work at university and then carry out scientific researches on dinosaurs in the future.

In short, I need to be determined and diligent in order to fulfil my dream. I hope I can be a scientist one day. It is like what Walt Disney said, "All our dreams can come true if we have the courage to pursue them."



《I Can Be What I Want to Be》

5B Man Wai Chun Kevin

I would like to share with you all how I have defeated my weaknesses by persistence and perseverance.

I was not born to be a good speaker. When I was four, I still could not speak well and made my mother worry. Mum took me to see a doctor and we received some help on my speech and language. Although I made some improvement, other kids still did not understand what I said. It was not easy for me when I heard them jeer at me but I did not feel upset.

I did not want to give up improving my speech. Therefore, I joined a training course which included storytelling, role-play and MC practices etc. However, a teacher told my mum that the training course could not help me much. Although we were disappointed, we decided to be patient while overcoming the problem.

Now, I have significant progress after spending time and effort in the past five years. I was chosen to be the host of a ceremony. I was even given a chance to join a debate program on Viu TV. In fact, I have participated in a number of speaking competitions in the Hong Kong Schools Speech Festival. Although the learning path was not perfectly smooth at the beginning, all the learning on the way has fueled my passion to be a capable speaker.

If you want to be what you want, keep learning. Be brave to try and don't be afraid to lose!



《The Importance of Interpersonal Relationship》

6A Asher Lam

Why is a good interpersonal relationship so important? Good interpersonal relationship will always bring you the badly needed things in times of hardship, they are love and care. On the contrary, poor interpersonal relationship will only alienate you from others, further weakening your ability of resilience when coping with hard times.

It is not difficult to establish good interpersonal relationships. The foremost key is to be friendly. If everyone can get along well with others in a friendly attitude, it can absolutely get rid of many unnecessary conflicts in life. Taking the business transaction as an example, if both business parties are friendly, the transaction will be proceeded smoothly. Otherwise, the unfriendly attitude will lead to a disastrous break-up. Then, they can never run business let alone making money.

Second, showing respect to others is a prerequisite for a good interpersonal relationship. We should respect the rights of others as well as the needs of others. If everyone does not respect each other, will there be any fairness in the society? The disparity between the rich and the poor is precisely the result of disrespect. If everyone can respect each other, gaps among people will be narrower and even be closed. As a result, everyone can enjoy their life in a harmonious society.

Third, honesty is the best policy. Everyone should be honest and frank. If so, they can benefit from others' advice and learn from others' experience. People then live in a mutual benefited world without vicious competitions.

All in all, everyone must establish a good interpersonal relationship with others for maintaining a healthy and enjoyable life.

