



《濫藥的禍害》

中三甲班 邱志成(綠社)

....「濫藥」是現今社會上越趨普遍和嚴重的問題。因為普遍，所以時下不少的年青。都沉迷這種「玩意」，結果不但使他們沒精打彩、目光呆滯，更在走路的時候搖搖擺擺，甚至對他們的健康造成終生的傷害。原來「濫藥」並不止是現代的問題，這種情況早在古代已經出現了。

....在清代的時，鴉片又名「福壽膏」，顧名思義吸食後令身體延年益壽，但事實說明了一切，吸食鴉片不但沒有令身體延年益壽，而且會令人吸食成癮。上癮的人一天不抽就渾身發軟，不停流下鼻涕眼淚；長期吸食就會變得骨瘦如柴，更有不少人為此而傾家蕩產，妻離子散。

....現今社會跟以前的情況大同小異，時下的藥物有令人興奮或產生幻覺的作用，使人們吸食了後，好像置身於自由自在的環境。他們吸食這些藥物若不是受朋輩影響，就是在好奇心的驅使下而嘗試，他們並沒有想過後果，一意孤行，忽略自身和家人的感受。一旦吸食後，起初覺得有飄飄浮浮的感覺，中期會有幻覺，最後甚至會受藥物的影響下而猝死。

有一位曾經任職銀行的客戶經理，因輸掉千萬元的財富，為了逃避金錢問題，大量濫用咳藥水，以為那不是毒品，起初感覺「好舒服，忘記所有煩惱」，但久而久之是「心驚膽顫，又發現幻覺和幻聽」，最後毒癮愈來愈深，不能自拔。

....總而言之，以上兩個事例雖然相隔百餘年，但是這些毒品禍及他人，令人泥足深陷，如果人不是在好奇心的驅使下，或沒有受朋輩影響，就沒有人濫藥，這些毒品就不會在社會上蔓延。不管是甚麼原因，政府拚命立例或推行校園驗毒都是治標不治本；其實政府嚴謹把關，防止毒品流傳，推廣教育，才可以減少青少年濫藥的人數，這個才是基本可行的方法。

評語：論點清晰，論據具體明確，結構有條理。
能引古今事例論證，具說服力！

《陽光、暴雨》

中四甲班 潘詩婷(藍社)

我喜歡陽光的溫暖，讓我可以暖氣洋溢的環境下進行我喜愛的運動；我喜歡暴雨的狂野，一切經暴雨沖刷的事物都得以重生。但是，過度的陽光會使我煩躁，過度的暴雨也會使我心情低落……為什麼我有這兩種相反的感覺呢？

萬物生長需要陽光的照耀，陽光宛如眾生的母親，散發着她溫和的魅力，張開她溫柔的雙臂擁抱着眾生。在陽光底下，我們盡情地玩耍，盡情地歌唱，小鳥們也應和着。微風輕輕地吹拂，青草、鮮花、樹葉，就連衣架上的衣裳也擺動着動人的姿態。這是陽光賜給我們的生機。記得小學時參加學校旅遊，大家害怕天公不造美，於是我們一起做晴天娃娃祈求天氣晴朗。這正好是人們對陽光的熱切追求的最佳證明。

可是母親也有不溫柔的時候。猛烈的陽光炙烤着大地，農民可發愁了！農作物被曝曬地乾巴巴的，土地的水分全都被蒸發啦！炎熱的天氣讓人們呆在室內享受冰冷的感覺，玩耍的快樂和美妙的歌聲也消失了，青草、小花甚至會枯死呢！撐着傘的女孩子、田裡的農民伯伯心裡不禁冀盼：若能下一場暴雨就好了。

於是暴雨就出現了。多日來的炎熱經暴雨的洗滌，迅速消失得無影無蹤，街道上撐着雨傘的人們來來往往，雨傘之間碰碰撞撞，這不失為一道風景。莊稼得到了水分，又可以繼續成長，農民伯伯的臉上也露出笑容。可是，暴雨同時限制了人們的活動：足球比賽被逼暫停、出海釣魚需要改期、到郊外野餐也要延期……暴雨會造成雨災，令河水泛濫，淹沒人們的家園。就像台灣八·八水災，暴雨對人們造成的傷害是慘不忍睹、無法估計的。

人類總是順着自己的意願去改變自然：有慶典就使用消雨彈，遇到旱災就人工造雨。人類的確是擁有這樣的能力去達到目的，但又是否想過，當我們享受着陽光浴時，有一些人正在給暴雨折磨著呢？賣雨傘的人總是笑賣太陽眼鏡的人，在下雨天沒生意；相反賣太陽眼鏡的也可以取笑賣雨傘的在晴天沒有生意啊！這不是「五十步笑一百步」的道理嗎？

凡事都有兩面性，不是所有陽光都是有益，也不是所有暴雨都是有害。優劣之處只取決於自己的心態，或許陽光與暴雨其實是一對好拍檔呢！

評語：內容能抒發個人對陽光與暴雨的看法，生動活潑，文筆流暢。

1A Lau Hon Yin (Green House)

On 22nd December 2009, all of us went to the Peak because my school held a walkathon to celebrate our 25th anniversary.

In the morning, we took a coach to the Peak. It was sunny. I brought some snacks and water. We walked on Hong Kong Trail. We started at nine o'clock. My friend and I walked along the trail. On Hong Kong trail, I saw many trees, rivers and woods. We sang, chatted, took some photos and ate our snacks. We finished the walkathon at half past twelve. Finally, we took a coach back to school.

I felt very happy because I walked with my friends. I think the Peak is a suitable place for walkathon, because it is easy for everyone to walk.

Teacher's comment: good and well-organised.

Writing an article about a social issue 3B Wong Tsz Ying (Red House)

Recently, drug abuse has become an extremely serious social issue in our society. There are several problems associated with drug abuse.

First of all, drug abuse among secondary students is becoming more common. For example, there are more and more news about drug abuse in local secondary schools.

Moreover, drug abuse affects students' normal life. It is because drugs consist of many harmful chemicals which can damage our body and cause lots of diseases. Hence, our health is affected. Also drug abuse will badly affect your body development.

Furthermore, the government should take actions earlier. I think the government should promote the disadvantages of taking drugs. Having more advertisements about the drawbacks of taking drugs on TV is surely an effective way to raise the awareness of healthy life.

In conclusion, it is believed that drug abuse is definitely a serious problem. If our friends take drugs, we should give them some sincere advice. If your friends ask you to take drugs, you must refuse their requests and ask teachers or parents for help at once.

Teacher's comment: Good application of new structure learnt. Excellent work.

《電子遊戲與青少年》

中四乙班 吳百民(藍社)

二十一世紀，家長對孩子的培育再也不局限於健康方面，而音樂、語言、文化等各項課程，把孩子的生活都排得密密麻麻的，忙得喘不過氣來。

漸漸，孩子們都對學習產生厭倦感，而電子遊戲的誕生恰好成了他們逃避現實的途徑：魔幻的城堡，強大的勇者，把他們的夢想都化成畫面一幕幕的呈現，也難怪孩子會對此沉迷不已。

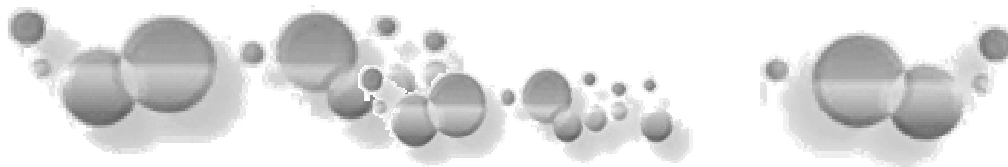
但，沉迷往往需付上代價，成績的退步，沒神沒氣的樣子，必定引起家長的關注；隨之而來的，就是強迫性的遠離遊戲，繼續那「多元化」的課程。

強迫，帶來的效果遠少於自願；但家長當然不會想到給予孩子一點放鬆。相反，認為必須將勤補拙，並加促孩子學習。最後，孩子的壓力爆發，釀成悲劇。

這一切，只源於家長對電子遊戲的負面印象；但物有正反，電子遊戲能成阻礙，也能成為動力，把孩子推向更高峰。

有研究指出，電子遊戲能訓練思維及反應，甚至判斷能力，這無疑也是需要正規的訓練課程。家長亦可考慮將此編進時間表，為孩子提供輕鬆的學習時段，平衡和舒緩學習上和生活中的壓力，讓他們能健康愉快地成長。

評語：論述內容言之成理，也能引發讀者深思；行文大致流暢簡明，結構完整。



Write a report for the school newspaper

A Day of Legend
Many students got good results

4C Alice Wong Man Yu (Yellow House)

On May 12 and 13 the school annual sports Day took place at Tsing Yi Sports ground. Over 1000 spectators came to the sports field to watch the track and field events, including long jump, pole vault, 110-metre hurdles and so on.

The hurdle was a very exciting event. In the first heat, Kara Lam was the winner and the time was 16.48 seconds. Shelley Po was the 1st runner-up and the time was 16.50 seconds. Kaka was the best one.

In the pole vault, Sarah Ko made a wonderful jump (2.8 metres) and won the gold medal. Sue Li jumped extremely well to take the silver medal (2.50 metres).

Long Jump was another exciting event. Alice Chung made a very good jump because she jumped very well (4.25 metres)! She finally took the gold medal after three attempts while Beth Kwan won the silver medal with her jump of 4.13 metres.

At the closing ceremony, the principal said that she saw the students tried very hard to participate. She was so happy that there were a number of new records. She hoped that the next year students could participate in competitions just like this year. Some of the students said that they were not used to doing exercise under the sun. They were worried some classmates would get sick.

Teacher's comment: It follows the style of a news report. The organization and content are both satisfactory.

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