



**6B Ng Ka Hei (Green House)**

Dear Cheryl,

Recently, I have heard that you are under a lot of pressure and work very hard. Besides, I know that you have not been sleeping well and are often tired at school. As a friend I am quite worried about you and really want to help you.

In fact, stress is an emotional and physical strain caused by our response to pressure from the outside world. It's almost impossible to live without some stress. Without stress, life would be dull, however, too much stress can seriously affect your physical and mental well-being. Thus, it is a challenge to make the stress in your life for you instead of against you.

Too much stress can cause physical illness, such as high blood pressure, ulcers or even heart disease. You may be easily irritated, have headaches, not sleep well or not be able to concentrate on work. Too much pressure can lead to depression, anorexia or bulimia. Worse still, some people commit suicide as they can't handle the great pressure.

When stress occurs, it is important to recognize and deal with it. As you begin to understand more about how stress affects you, you will come up with your own ideas on how to ease the tension. Here are some suggestions for ways to handle stress.

First, share your stress. It helps to talk to someone about your concerns and worries. Perhaps a friend, family member or teacher can help you see your problem in a different light. If you feel your problem is serious, you might seek professional help from a psychologist or social worker. Through this, more serious problems can be avoided.

Secondly, make time for fun. You should schedule time for both work and recreation. Play can be just as important to your well-being as work. Take a break and just relax and have fun when you feel bored due to the work, for example, watch a film, listen to music. Doing physical exercise is also a good choice to reduce stress. Running, playing badminton or hiking, are just some of the activities you might try. Physical exercise will relieve that "tight" feeling and relax you.

Last but not least, it is important for you to build up a positive attitude. There are many difficulties and challenges for you to overcome. It is normal to face failure. Just thinking negatively and doing nothing is useless, and may worsen the situation. So, try to think in a different angle and never give up, I am sure you will finally succeed!

I hope that you may find my suggestions useful and I would like to be your listener if you want. I look forward to seeing your reply.

Best wishes,  
Chris

**Comment::**

Your ideas are good. The structure of the essay is well planned. Your writing is fluent and you have made few errors. An excellent essay.

3C 陳捷利(綠社)

### 我與爸爸

我的爸爸是一個身材中高、體型均勻，待人和藹可親的中年人。他對我的關懷無微不至。

我的母親在我六歲時不知所終。爸爸從此把我視為掌上明珠，含在嘴裡怕化了，捧在手裏怕碎了，無論他的事業怎樣不順，都不對我發火，但他對我也很嚴格，絕不溺愛。

記得有一次，我在學校裏考試不合格，我起先很害怕，但轉念一想，爸爸對我那麼好，應該不會太計較的，心中的一塊大石落了地。回到家，我冷靜的將試卷交給爸爸，只見他的劍眉倒豎，嘴角輕動，牙咬得咯咯響，狠狠地打了我一巴掌。然後，在沙發上一個勁地吸煙，語重心長地說：「學習是自己的，要用心呀！」看着他那頹唐的樣子，我決心改過，自此努力學習。

爸爸喜歡花草，家中有些奇花異草，十分漂亮。有一次，爸爸帶來一盆花，白裏透紅，我越看越喜歡，便拿在手裏把玩，一不小心把花盆打在地上，我急忙將花拾起來，但已於事無補，當我心驚膽戰地將此事告訴爸爸時，爸爸雙目圓睜，我腦中浮現出一幅幅畫面——爸爸早早地為花澆、鬆土、施肥的景象，心裏十五個吊桶打水——

七上八下，不過爸爸卻說：「這次算了，下次一定要小心。」從此我也改掉了毛手毛腳的習慣。

我很慶幸我有這樣一個好爸爸。

**評語：內容充實，引用的事例具代表性，突出好爸爸的形象。**

5A 邱鎮華(紅社)

### 梅花

梅花，是「歲寒三友」的其中一位，也是「畫中四君子」的成員之一。

六月的炎夏令你想起池塘裏的荷花，「出淤泥而不染，濯清漣而不妖」，好比謙謙君子，品格高崇，令人歌頌。那麼，一月的寒冬裏，你會想起誰？不錯，是梅花吧！

百花齊放，萬花爭艷的日子早就過去了，遺留下來的，是一片寂靜，寒風刺骨的畫面。在冷風寒雪中，大部分植物已經凋謝了。儘管天氣寒冷，但梅花仍然不畏嚴寒，在風雪中茁壯成長。

「凌寒獨自開，為有暗香來」，北宋詩人王安石讓我們知道梅花在嚴冬裏仍能生長，叫我們學習她不屈不朽的精神。

梅花不需要肥沃的土壤，當然也不能是乾旱的沙漠。她往往佇守在圍牆的一角，褐漆漆的根莖猛力抓住土地，粗幼有序的枝幹向着一方並攏橫生，走近細看，可以知道梅花在寒風中仍不斷生長出枝葉，粉紅色的梅花在枝葉間含苞待放。在特別寒冷的日子裏，尤其是下着雪的冬夜，月色明媚，梅花由粉紅變得淡白，密密麻麻地佈滿枝幹間，所有的葉子都枯落或是被積雪蓋住，雖然淡白的梅花失去綠葉的襯托，但是在漫天飄雪的夜裏，梅花和飄雪相互重疊，加上微微清風，令人不自覺進入風花雪月的白色世界，景色宜人，陣陣芬香撲鼻，使人精神爽利。

「疏影橫斜水清淺，暗香浮動月黃昏」，林和靖的詩句把梅花的姿容、神韻描寫得淋漓盡致。梅花堅毅不拔地活在寒冷的環境中，冷艷清芬，挺秀傲霜，既表現出高雅脫俗的神韻，又有一副與世無爭的氣派，叫人不得不欣賞、讚嘆。

梅花在惡劣的天氣中仍能生長，精神可嘉，難怪有「青友」的讚許。

**評語：能描寫梅花的外部特徵、生長環境和精神意義，符合題目要求。且文筆流麗，能適當引用前人詩句，佳作！**

2A Leung Chun Kit (Red House)

### Snow Queen

Snow Queen is the best fantasy film. There are a lot of effects and an exciting atmosphere in the film.

This excellent film is about Kai (leading actor Jeremy Guilbaut) who falls in love with a beautiful lady, Gerda (leading actress Ghelsea Hobbs). The Snow Queen uses magic to make Kai love her, and then she takes Kai to her castle, after Gerda finds out about this, she goes to save her lover. But before she can save Kai, she walks through a lot of mountains, forests and villages. She also meets a few people. She meets the kind woman, Spring; the rich lady, Summer, and the angry woman, Autumn. She knows the Snow Queen has a very powerful mirror which has been made by a villainous king. After she enters the Snow Queen's castle, she is hurt by a polar bear. At the end of the film, Gerda fights with the Snow Queen and she wins. Finally, Gerda needs to kiss Kai so that Kai will remember her.

Bridget Fonda is an excellent actress. Her performance is the best. Although the performances of Chelsea Hobbs and Jeremy Guilbaut are also very good, Bridget Fonda's is better.

**Comment: The story reminds me of Snow White and the Seven Dwarfs. I would like to see this movie because I think it's my kind of film.**

4B Chan Yeuk Hung (Green House)

One day, I was stopped by a man. "Excuse me," he said. "There's a role in a TV commercial that would really suit you." He then asked me to visit their company for a photo shoot as he said I could earn good money as a model.

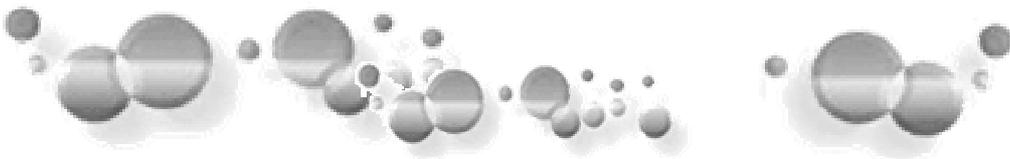
I felt so confused, but I had wanted to be a model for a long time, that was my dream when I was young. Therefore, I said "Yes" to the man.

Later on, we arrived at the studio for the photo shoot. The setting in the studio was so professional and I thought it was great that I could be a model. We started to work, I adopted a lot of different poses for the shoot, after about 30 minutes, I asked the photographer, "How come it is finished so quickly?"

And the man said, "Because I'm professional". A few minutes later, he showed me a list of the training courses and facial treatments that they offered. He even asked me to join one which in total cost \$70,000. I agreed to pay. I then went to a bank and got \$100,000. But when I wanted to hand the money to the man, he laughed very loudly. Suddenly, he said, "This is a new TBB program called 'funny Joke', and you are the one."

It was just a joke! I told myself. Then the man told me not to be silly next time. I thought I was so stupid, I will never tell my friends, about this experience.

**Comment: Quite an interesting and unexpected ending. Young people should learn from the story.**



5B 林燕珊（紅社）

### 「我闖禍了！」

「鈴鈴鈴……」，考試鐘聲還是響起了！即便我多麼不情願面對這場恐怖的考試，要來的始終躲不過。

糟糕了！我的腦子在一瞬間空白了，昨晚溫習的功課隨即忘得一乾二淨。怎麼辦？這該如何是好呢？所有的同學都已經開始動筆了。難道我就注定再次不及格了嗎？不行，我絕不能再讓爸媽失望。可我真的一點也不懂呀！在無奈與焦急中，複雜的心情終使淚水缺堤般湧出來了。我恨自己對著這份考卷束手無策，更恨自己對這種狀況無能為力。

正在這時，我發現旁邊有雙眼睛注視了我很久。然而他並不像其他考生那樣埋頭答卷，而是一邊看手心，一邊看問題，幾乎每做一道題，就翻開手心看一次。看他那賊眉賊眼的模樣，一定是在作弊。可是我該立刻舉報他嗎？多一事不如小一事，讓人取消考試資格也不見得是件損人利己的事情吧，我還是裝作沒看到好了。可是他為甚麼要留意我呢？而且留意了很久，難道他想偷看我的考卷嗎？抑或是……

還未等我反應過來，一個小紙團成功地閃避過了監考老師的眼神，安全地抵達我的桌子底下。是他扔過來的！我的緊張程度隨即升到了極點。他是出於好心，給我答案，還是害怕我會舉報他作弊而想到要連累我呢？

不管如何，雖然我知道自己無法在這場考試中獲得佳績，可我也從來沒想過要作弊，那是違背良心與道德的罪行。本來我是打算放過他的，可現在關係到我自己了，於是，我作了個痛快的決定，高舉右手，向老師報告一切。而他亦被當場取消考試資格。在他被逐出考場的一刻，我看到了他的淚。但我卻絲毫沒有後悔自己所作的決定，甚至覺得他活該。

考試結束後，老師把我叫了出去。她說一方面欣賞我對考試誠實認真的態度，一方面卻批評我的粗心，連姓名和班別都忘了填寫，因此是次成績以零分計算。因為我犯了最不應該犯的低級錯誤，無法原諒。

然而最讓我痛哭流涕的是那張他冒著考試資格被取消的危險傳過來的紙團，寫著的內容竟是「趕快填上姓名與班別！」我愣了，徹徹底底地愣了。無法想像的幾個字，原來他一心一意想幫我，而我卻以這樣的方式回報他。我知道自己闖禍了，可是我該如何補救呢？老師還說他的手心根本甚麼都沒有，只有「細心」二字。

在這件事發生過後，內疚感和羞愧感充斥著我整個人，久久不能散去。我知道他是個好人，一定能很快地原諒我，只是我對於自己闖的禍始終無法釋懷。他出於善良的心被我如此出賣，換作是我一定會把對方恨之入骨。良心的責備遠比真實的傷害來得沉重與痛苦。

後來他轉學了，我甚至連補救的機會也沒有。但他的離開卻帶不走我的愧疚，我只能悄悄地把它埋在心底，讓時間塵封。

**評語：**內容能清楚敘述事情的始末，詳略得宜；對於自己所犯下的過失，充分表達了內心的自責和愧疚之情，感受深刻細膩，文句流暢自然。

恭喜!恭喜!被刊登作品的同學可為社加 5 分，同時可獲贈 3 張書券。

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