

NG WAH SARIT OF ISSUE

August 2014



NG WAH

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EDITORIAL

Dear Friends,

We, the students of Ng Wah Catholic Secondary School, are proud to present the latest "Ng Wah Spirit" English Community Magazine. This year's edition once again highlights the writing talent that we have in our school community.

We trust you will enjoy this issue, which opens with an interview with our principal, Mr PL Lau. Our students also weigh-in on important social issues, with this issue focussing on food waste and the integration of the disabled into our community. Flip through to our lifestyle section where you will find something for everyone: cultural, sporting, technological and more. Truly, this issue highlights our students' flair for writing, depth of critical thinking and diversity of ideas.

We would like to extend our gratitude to those who have made this publication possible: student contributors, Mr PL Lau, our principal, Mr W Wai, our English Panel Chairperson, and Ms J Lessiter, our NET.

May God bless you always,

The Editorial Board



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Interview with the Principal

By Cheung Wan Shun, Chan Ka Kin, Kenneth Chan, Lai Hing Sang, Lai Ka Lun and Li Chi Wai, 5D

Interview Date: 4th July 2014 (Friday)

On Friday 4 July, 2014, we had the wonderful opportunity to interview the school principal. Mr PL Lau is an inspiration to us all, and we talked to him about all manner of subjects, from his past experience to his tips for managing stress.

1 . What experience did you have before coming to Ng Wah?

Eighteen years of teaching and ten years of being a principal.

2 . Did you prepare yourself to be a principal when you were a teacher?

No, I never explicitly planned to become a principal.

3 . What are your goals in life?

To be a good husband, a good son and a good teacher.

4 . Can you share with us your key to success?



Work hard at your job or studies. Be trustworthy; you must be loyal to the company you work for. These two concepts will lead you to success.



5 . Many people believe that being a principal is enjoyable because of the high salary, and it seems that a principal does not have to do much. Do you agree with this statement? Why?



I disagree. As a principal, there is a lot of non-teaching work. It is not true that a principal does not have to do much! I also think that being a teacher is enjoyable, because it is easier for a teacher to build a close relationship with students.

6 . As a devout Catholic, can you share with Ng Wah boys how to be a devout follower of God, our Lord?

The most important thing is to be faithful to God. It is important to believe in the words of the Bible and live the words of Bible in daily life.

7. It seems to us that you are always smiling and seem positive all the time. Is this your character?



Yes, I think so. I have had this belief since I was a little boy: I believe that once you smile, you can establish a good relationship with others, and even an enemy will become a friend.

8. You are very sincere towards students. We have noticed that you always chat with Ng Wah boys during the lunch hour. Do you agree that your image for everybody here is that of a “Big Brother”?

Yes, it's true that I like to chat with Ng Wah boys during the lunch hour. But actually, I don't limit my time for Ng Wah students. I enjoy chatting with students whenever I have free time. To interact with students is the most important part of my work. I wouldn't say that I am an elder brother to students because I am much older than you, but I do enjoy chatting with all students.



9. What is your expectation for Ng Wah boys in the future?

I hope all Ng Wah boys will further their studies after they graduate from Ng Wah. Don't go to work right away. You need to work for many years later in your life. Fill out your lives by getting further education. No matter what it takes, even if you need to repeat in Form 6, study in an IVE, or study abroad, don't ever think of working right after you graduate.



10. What do you think about Ng Wah boys?

Ng Wah boys are cheerful, out-spoken and positive. But some boys use inappropriate language. Ng Wah boys shouldn't try to demean themselves by using inappropriate language.



11 . Do you think Ng Wah boys are too active and neglect their studies?



No, most of them are not too active. I enjoy seeing students playing and running around in the playground. It shows that you are still young and energetic. Use your energy on the playground instead of playing computer games.

12 . What measures have you taken to improve Ng Wah students' English Language standard?



There are different measures for senior and junior form students. Senior form students will graduate shortly, so I decided to recruit some tutors to teach exam skills. This will help the students to get the best results they can in the DSE. This method won't help the students improve their English Language standard as much, but at least they may perform better in the DSE. Junior form students have more time. So, I decided to recruit Native English Teachers (NETs) to hold workshops in which students can learn and practise English through playing games. Through these workshops, students will learn not to be afraid to speak English.

13 . In your opinion, how can Ng Wah Students improve their English Language?

Ng Wah students can read more books and speak more English by talking with teachers and friends. Besides, they can write more letters and pass them to teachers for proofreading.

14 . Which school policies do you plan to adopt in the future?



The school should set a minimum attendance policy that students must adhere to. If junior boys do not attend 90% of classes, they may need to repeat a year.

15 . Do you often stay at school working overtime?

No, I never work overtime, and that is because a principal is on duty 24 hours!

16 . How do you spend your weekends usually?



Usually, I have to work on the weekends, but I seldom work at school. On Saturdays, I often attend ceremonies, workshops, and do volunteer work. But I enjoy my Sundays.

17. Do you feel that being a principal at Ng Wah is stressful?



I think there is some stress for everyone who is a principal nowadays. This isn't specific to Ng Wah.

18. Can you suggest some ways for students to deal with stress?

Work stress from being a principal is not the same as schooling stress! I think there's no easy way for dealing with stress. You have to be hard-working to be a good student. You are students, so focus on being students. As a principal, I have to focus on being a principal. During the holidays, put aside all your work and just enjoy the holidays. The bible says, “一天的苦夠一天受”. Don't mull on your troubles overnight. And don't bring any of your troubles to the next day. Every day is a new day.

We would like to extend our thanks to our principal, Mr PL Lau, for this interview. We greatly enjoyed the opportunity to get to know him. We believe that the gems of wisdom in this interview will be helpful to many Ng Wah students.



Helping the Disabled in Hong Kong



Ng Wah students weigh-in on how we can help the disabled members of Hong Kong society.

Small gestures can lead to big payoffs

By Ip Tak Ming, 4B

There are many disabled people in our society and, fortunately, we are able to find facilities for the disabled easily in Hong Kong, such as ramps installed in buses for wheelchair users. These facilities are vital for people with disabilities.

However, although these tangible aids improve the lives of disabled people, our attitude towards the disabled is also important. We should treat them fairly and give them the same choices and opportunities as able-bodied citizens, to ensure that the disabled can lead meaningful lives. It is vital that we remember that disabled people share the same emotions and feelings that the able-bodied feel. That's why we need to treat the disabled in a friendly way. Small gestures, such as giving up our seats on public transport to disabled persons, help them to integrate into society.

Disabled people often complain that they're treated unfairly. They do, of course, qualify for welfare and allowances, including a transportation discount. However, no matter what, we are lucky to be able-bodied. We should treat everyone sincerely and in a friendly way.

How to integrate the disabled into the community

By Lee Yuk King, 4B

In Hong Kong, there are many disabled people, but they don't have work so it is difficult for them to integrate into the community. We have a responsibility to help them.

First of all, the Hong Kong government should provide them with informal educational activities. We can also teach them some basic self-care knowledge and how to use the community nursing services. It is a good way to help them.

Second, the government should allow the disabled to use the medical services in Hong Kong for free. Moreover, some organizations could hold fund-raising campaigns to help the disabled and provide some rehabilitation services for them.

Further, the government should give the disabled the opportunity to work. Before they go to work, we can give them some simple skills training. Additionally, the government ought to provide residential facilities for the disabled. In this way, the disabled can live comparatively independent lives.

Last, but not least, we should care for the disabled. In treating the disabled well, we should show love, concern and patience. These are necessary. In this way, the disabled will integrate into our community more easily.

Filling the gaps

By Tang Ho Yin, 4B



Nowadays, training facilities for the disabled are far from adequate. Moreover, recreational and counselling services and disability allowances for the disabled are still inadequate in our society. Therefore, we have the responsibility of helping the disabled to integrate into the community as fast as possible.

First of all, we should provide adequate allowances for the disabled. Undoubtedly, the Social Welfare Department must increase the allowance for the disabled to help them pay subsistence level expenses. Additionally, organizations could hold fund-raising campaigns to help disabled people.

Second, we should improve facilities for the disabled around the Territory, such as training facilities, residential facilities and transportation facilities; with the latter providing more priority seats on public transport. Moreover, the government should provide more taxis that are specially designed to accommodate disabled people.

Other vital public services for the disabled people should be created, including community nursing services which can help to integrate the disabled into the community. Disabled people will be able to lead comparatively independent lives once given basic self-help skills. Moreover, we can provide a rehabilitation service so that the disabled can have the best treatment and possibly even get cured. Also, they could enjoy physical training to help muscle movement and take advantage of speech training opportunities.

Last but not least, we should provide education and jobs for the disabled starting from preschool and primary school for the young disabled. Moreover, we should promote some simple work skills training to the disabled in order to cultivate in them good working habits and co-operational skills.

In conclusion, we should treat the disabled with love, concern and patience. The government should provide them with some educational activities. With public co-operation, the disabled can integrate into the community more easily.

Changing your mentality

By Yeung Ming, 4B



let's talk



change

Nowadays, many disabled people cannot enjoy a good quality of life, or even equality in society both globally and in Hong Kong. I think that there are many reasons for this situation: people's mentality is one of them. Most people have difficulty with their response to the disabled. We need to use our heart to improve disabled people's lives.

First, we should change our attitude towards the disabled. We should not just think that they serve no useful purpose in society and discriminate in this way. Rather, we need to take more care and focus on the needs of the disabled and how to enrich their lives.

The government can help disabled people by developing plans to provide more residential facilities for the disabled; and by providing simple work skills for disabled people. Government allowances are a good way to help.

The general public can also help the disabled. Organizations can teach them some basic self-care knowledge; or we can join different fund-raising campaigns to help them. Treating the disabled with love, concern and patience is vital, and we can all play an important role in helping disabled people in society.

Other areas of life that able-bodied people take for granted, such as public transport, also present problems for disabled people. Ramps and easy access routes need to be provided in shops, restaurants and community centres to help disabled people to access facilities that they have a right to enjoy too.

Last but not least, many disabled people work hard to maintain their dignity in society so we should not discriminate against them, or ride roughshod over them. We need to take care of disabled people and to provide a good environment for them to enjoy and to work in.

Hong Kong is our home. Let's lead harmonious, integrated lives!

FOOD WASTE

Food waste is a serious issue in Hong Kong. Find out what our students have to say on the matter and read their suggestions for solving the food waste epidemic!

Problems of food waste

By Chun Kit Man, 4D

Hong Kong is a city that loves to eat, so we will have food waste. Over 3,200 tonnes of waste is produced in Hong Kong each day. The amount produced by the catering industry alone has doubled in the last 5 years. The majority of food waste ends up in landfills, where it leads to the rapid depletion of our limited landfill space and imposes a severe burden on the local environment.

In an urban city such as Hong Kong, emissions from decomposing food have a serious negative impact on our daily lives. In addition to producing waste, leftover food also releases significant quantities of carbon dioxide, and, as we all know, greenhouse gases capture and retain heat in the atmosphere.

We can take steps to curb food waste by writing a list or menu plan of our meals for a week in advance. We should check the ingredients in our fridge and cupboards, then write a shopping list for just what we need. Also, we should keep an energy-efficient fridge. We should check the fridge temperature regularly because food needs to be stored between 1 to 5 degrees Celsius for maximum freshness and longevity. Reducing food waste is our duty.



Buffets: A big contributor to food waste

By Ko Tze Ki, 5C

Food waste, or food loss, is food material that is discarded or unable to be used. The causes of food waste are numerous and they occur at the following stages: production, processing and retailing. Food waste is food loss occurring during the retail and final consumption stages due to the behaviour of retailers and consumers.

Many people in Hong Kong have buffets during the holidays. Buffets exacerbate food waste. There are many large hotel buffets in Hong Kong. French and Italian cuisine, Japanese and Korean dishes, as well as Malaysian food, are all served at Hong Kong buffets, which are very popular in Hong Kong.

I suggest that hotel kitchens do not prepare too much food for customers. If more than enough food is prepared, there will be food waste. I believe the best way to handle food waste is simply to not prepare too much food. I hope restaurants will take on this suggestion and help to solve the problem of food waste.

The public, restaurants and schools should work together

By Cheung Chun Ho, 5E



Food waste is a controversial issue around the world. Every country makes an attempt to root out the problem because food waste is one of the major causes of saturation of landfills. For the amount of food waste to be reduced, the public, restaurants and schools all have a role to play.

The public can achieve their aim both at home and in restaurants. At home, people who cook should buy a moderate amount of ingredients according to the capacity of the family appetite, which will prevent the production of excessive amounts of food. Any left-over food should be kept for the next day and eaten then. In restaurants, we can apply the same principle by considering how much food we can eat before we order. Maybe we can take the left-over food home in a doggy-bag to eat later. If the public are willing to take the above actions, food waste from households and restaurants will be reduced.

Restaurants also need to do something to reduce food waste. If there is a lot of food waste in restaurants, commercial establishments can buy food waste converters, which convert the food waste into fertilizers for local farmers. Not only can this reduce food waste, but also encourage local organic farming. Restaurants should use the converters, despite the high initial outlay, so that the Earth can remain a beautiful place.

Education is the key to increasing awareness of the importance of reducing food waste. Schools can instill the idea of reducing food waste even at kindergarten level. Gradually, children will cultivate the habit of reducing food waste. When they grow up, they can also pass on the concept to their children. Consequently, the whole attitude towards food waste will be changed.

Solving the food waste problem needs collaboration from people of all walks of life. Food waste pollutes the Earth, and we have a duty to protect our home. There is no reason why we cannot reduce food waste.

The problem of food waste and how to solve it

By Leung Hing Yin, 5C



Nowadays, in Hong Kong everyone says "Don't waste food". But what is food waste? Food waste is food material that is discarded or unable to be used. Various political organizations and entities have their own definition of what constitutes food waste. The causes of wasted food are numerous and occur at the stages of production, processing, and retailing.

Food waste will make the landfills full, so the government must find more places for reclamation or use landfill expansion for food waste. Food waste not only causes land pollution, but also air pollution.

Food waste pollutes the Earth, so we must reduce wastage. We must realise that the main

cause of food waste is human beings. In the New Year, everyone makes a lot of food because it represents abundant blessings year after year. Besides, at buffets, many people order a lot of food, usually more than they can eat. All these actions lead to one problem: food waste.

When we dine out, it is best to eat all the food every time to avoid waste. The Hong Kong government should encourage people to use an incinerator to burn food waste to ease the burden on landfills. Then, the government can let food waste decompose in order to save the Earth.

No one but us can ease the problem of food waste. We must save the Earth. Remember not to order too much food when you attend a buffet.

The best way to handle food waste

By Chu Kin Ming, 6E



Food waste is the food remaining from meals. It can be produced by schools, restaurants and families. Each day, people in developed countries produce a lot of food waste. The government and restaurants need to spend a lot of money and time on disposing of waste food, such as the cost of transporting food waste. Moreover, the large amount of food waste occupies the landfills, which reduces the capacity of landfills for handling other rubbish. As a result, governments in many countries need to develop new landfills for disposing

of food waste. This creates a lot of social and environmental problems. Most people hate landfills as they are dirty, smelly and cause land pollution. The accumulation of rubbish over a long period of time will create poisonous gases such as methane. Excessive production of food waste exacerbates the problems caused by landfills. Both humans and the ecosystem will become the victims of food waste.

We can help to reduce food waste in several ways. Restaurants can distribute the food remaining in the kitchen to the staff. Most restaurants buy more food than is necessary. The remaining food will usually be thrown away. This is a severe source of food waste. The restaurants can distribute the remaining food which easily goes bad to staff each day such as vegetables and fruit. Similarly, food like meat, fish and noodles can also be given to the employees. This can reduce the amount of food waste and reduce the cost of disposing of food waste.

Second, some hotels and big restaurants can donate the remaining food to charity, schools or people in need. Buffets usually create a lot of uneaten food. The hotels can give it to schools for students to eat.

As individuals, we should judge how much food we are able to eat before ordering. You can tell the waiters that you need less rice when ordering food. Moreover, we should buy food appropriately. Don't buy too much food each time you shop at the supermarket. We can also donate any remaining food to charities like the Food Bank and they will use the food wisely.

We can also buy a machine that can transform food waste to useful materials like fertilizer and fodder. Even the bones of chicken wings and fish, vegetables and rice can be transformed. This allows us to reduce food waste and use the remaining food wisely. The fertilizer can be used to grow plants. The fodder can be used to feed farm animals. If food products are not

useful to you, you can donate them to farmers and charities.

Third, we should buy food wisely. Pay attention to the expiry date on labels. Don't buy food which is close to the expiry date. Moreover, if you want to buy food for storage, don't buy fresh food like vegetables and bread. Instead, buy canned food. We should treasure food. If you have leftover food after lunch or dinner, you should cover the food and keep it in the fridge. This can also reduce the amount of food waste produced.

The government can help promote the idea of treasuring food through public education. They should tell the public the consequences of food waste through media like television, radio and pamphlets. The government can also hold lectures in schools to promote to students the idea of treasuring food.

Second, the government can subsidize food waste transforming factories and support them by paying the rental and buying the necessary machinery. This can reduce the amount of food waste efficiently and wisely.

Handling food waste

By Kwan Yiu Hung, 6E



Have you ever realised that what you leave on your plate contributes to the expansion of landfills? Tons of leftovers are dumped in landfills every day, giving off unpleasant and harmful fumes during decomposition. The consequences of food waste should never be underestimated. Tackling the problem at its source is crucial, and actually there is plenty that we can do to help in reducing food waste.

For individuals eating out, it is important to order just the amount of food that can be consumed completely. To achieve this, consumers could order less rice. If there are leftovers, we can have them packed and refrigerate them. Such practices can help in reducing food waste and can also be applied at home. What we can do is to speak up when we are full, so that our parents know not to prepare too much. We can also check the expiry dates of food to avoid spoilage.

Restaurants have a lot to do to in helping reduce food waste. When setting the menu, they should indicate the approximate amount of food provided. Furthermore, they should calculate the average number of customers so as to prepare appropriate amounts of raw food. Also, restaurants should coordinate with voluntary organizations to help distribute food to the poor. This practice has been very popular recently.

The government should promote the advantages of reducing food waste via radio, TV, the Internet and official brochures. Moreover, the government should encourage additional charges for food left in restaurants; a measure that will act as a deterrent to prevent customers from ordering too much. The government could also provide food waste processing units in public housing estates to convert food into natural and organic fertilizer. At the same time, the government can subsidize owners of private housing estates to install such units.

When holding big events, it is important that we do not order too much food. We should plan the menu carefully to ensure that no food is wasted.

In conclusion, every individual has the responsibility and the ability to help reduce food waste. We should always bear in mind never to order too much food. If everyone does the same, it will make our world a better place.

LIFESTYLE

LETTER HIGHLIGHT

A note from Jane to Harry

By Chan Ka Kin, 5D

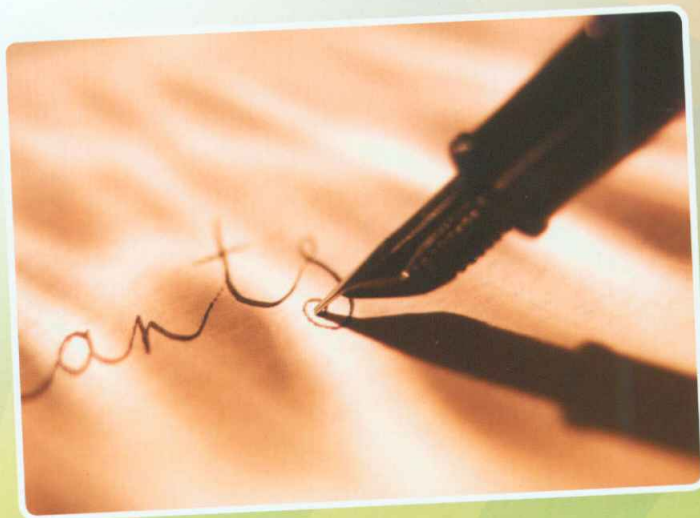
Dear Harry,

I'm glad that you invited me to have dinner on Valentine's Day, but I'm too busy with my studies as I have a quiz the next day. The quiz is important to me since I failed my last one. Therefore, I have to study hard to pass this quiz. If I fail this time, my parents will not let me go out anymore so I need to pay attention to my studies. Sorry, but it is not a suitable time to go out for dinner together.

What did you want to tell me on that day? If you want to talk about studies, maybe we can talk at school. Besides, I don't know you very well so I think it is better for us to talk more at school rather than dining out together. If you have any important issues to discuss with me, feel free to call me or just send me an email.

Regards,

Jane



SPEECH HIGHLIGHTING ILLEGAL

DOWNLOADING

Speech about illegal downloading of movies

By Wong Hiu Lok, 5E

Good morning everyone. Today, I would like to talk to you about illegal downloading.

In Hong Kong, watching movies is an entertainment which is enjoyed by many people. Traditionally, to watch a film, viewers had to either buy film tickets or purchase the video discs in stores. However, film downloading from the Internet has been on the rise in recent years. This is convenient and money-saving; but many of you may be unaware that uploading, distributing and downloading films without paying the copyright fee is illegal

The production of a film requires great effort, including time and funding. To enjoy the creativity of all the artists, buying the tickets to watch films in the cinema, or buying the original copies, is the responsible thing to do. Nevertheless, some people distribute films on the Internet and share with everyone on the planet. This act is no different to theft and shows great disrespect for the effort of the movie makers.

Furthermore, if illegal downloading persists, it could hit the film industry hard, and even discourage the creativity of screenwriters. If their creativity is not appreciated, the quality of films could be affected. These are some of the reasons why the quality of Hong Kong local movies is getting worse and why their popularity is declining. Viewers have to bear part of the responsibility for this.

Illegal downloaders need to be responsible for their crimes. When they are caught, they are fined or could even be jailed. Not only are they penalized heavily, but they get a criminal record, which could affect their future careers. Therefore, illegal downloading is an act which harms others without benefiting yourself. It is not worth doing.

Illegal downloading seems convenient but it does more harm more than good, so don't try to cross the line and risk your future.



SPORTS FEATURE

FENCING



Fencing: not the garden one, the blade one.

By Kenneth Chan, 5D

When you were younger, did you fantasise about being a dentist, a pirate or even a knight? Do you still think it is cool to use a blade or a sword to fight others? If your childhood dream was like this, I guess you would like the sport of fencing.

Fencing is an activity which needs speed and power. There are three kinds of blade, namely foil, épée, and the sabre. The foil or épée is only used for thrusting at your opponent; while the sabre is used for thrusting, slapping and slashing an opponent. You also need to be able to defend as well as attack so fencing is a tactical activity.

Fencing builds the muscles of your arms, legs and waist. It also develops your stomach muscles and gives you a better physical appearance. You can also meet new friends at the competitions and learn skills from one another. Also, you will learn how to deal with others and learn to be tolerant. Fencing provides a great chance to communicate with others.



Fencing also teaches you tactical skills to prevent your opponent from scoring points, which requires you to think quickly to defend yourself. If you make a wrong move, even a trivial one, you will lose points. 'To be or not to be', you have to make a wise choice. Fencing also builds up your self-esteem.

You need to wear protective clothing when fencing. You may feel pain when your opponent thrusts and the sword makes contact with your body. However, fencing is a safe sport; provided that you wear the protective gear properly you will not get injured because the blades are not sharp at all. Finally, I hope you will enjoy this safe but exciting sport which can make your life more entertaining! Have fun with fencing!

LUNAR NEW YEAR

The significance behind Lunar New Year events

By Chan Lap Kai, 5E

Visiting the New Year Fair is perhaps one of the most looked-forward-to activities of the Lunar New Year. After the reunion dinner, people flock to the fair to buy scrolls and spring chars to decorate their home. They also buy assorted sweets to share with their visitors. At the fair, the fragrant and colourful flower stalls attract the most visitors, who come to buy flowers like peach blossoms, narcissus, chrysanthemums and peony blossoms, the festive flowers of the Lunar New Year.

Cultural significance

The New Year Fair is a traditional event in Hong Kong. It is believed that visiting the fair before New Year's Day can turn bad luck to good fortune. Some people buy flowers or kumquat, because the shape and the Chinese pronunciation of these plants symbolize good luck or good fortune. Visiting the New Year Fair is a celebration of the coming of a new year, a time to let bygones be bygones. This joyous activity is very important in Hong Kong culture. It is an activity which brings happiness to Chinese families across the Territory.



TECHNOLOGY FEATURE

SOCIAL NETWORKING

Views on social networking sites:
more harm than good?

By Fung Tai Kit, 5E

Recently, social networking sites such as Facebook have become extremely popular in Hong Kong, especially among students. I believe that most of the social networking sites can be categorised into good and bad. The following is my opinion about the attractions of social networking sites.

To begin with, social networking sites can provide a platform for us to chat with other people in the outside world. Chatting online is convenient. We can share videos or photos instantly on those sites, which are efficient for communication. Not only can we stay at home to learn our friends' new status, but also follow that of some famous artists. We can even receive replies from our favourite stars!

Besides, our horizons will be broadened through meeting new friends. Through social networking sites, we have more opportunities for meeting friends. During the communication process, friendships will deepen. We can expand and extend new and existing friendships with others and improve our social communication skills. If you want to exchange exam skills, for instance, this is now possible through social networking.

However, the downside of spending too much time on social networking sites should

not be ignored. If you get addicted to those sites, I think disadvantages are inevitable.

First, addiction to social networking sites affects academic results because we spend a lot of time online and we cannot concentrate on our studies. Definitely, it is time-wasting and disruptive to our learning schedule. For young teenagers, I suggest setting a plan to restrict internet time.

Second, an addiction to social networking will cause deterioration in social communication skills because, when we use electronic products, we do not have sufficient face-to-face contact with other people, which is essential for daily life. We may even become afraid about actually talking face-to-face.

In conclusion, how to use social communication sites wisely is a major concern. Use social networking sites for good reasons only.



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