

Getting To Know Me

Hello everybody. I'm Tony. Do you want to know more about me? If so, keep on reading.

My Chinese name is Lam To. In my primary school my English name was Hector but I thought this name wasn't very good so I changed it to Tony in my primary 6. I'm twelve years old and my birthday is on 22nd May. My true age is twelve but my passport says I'm ten years old! I live in Shenzhen in Luo Hu. How long do you think it takes me to get to school? It takes about an hour and twenty minutes.

My hobby is playing computer games and I play them everyday. My favourite food is steak and I like steak from Pizza Hut the most. It's very delicious. My favourite sport is tennis and last year I took part in a tennis competition and got the third position. I was very pleased. I also like to watch tennis on TV and my favourite player is Roger Federer.

My father's name is Thomson. He's forty-eight years old and is a manager of a company. He is a very funny and generous man. My mother's name is Mary. She is thirty-three years old and is a housewife. She is a very kind person. I have no brothers or sisters but I have a pet dog. It has big black eyes and brown fur. It is cute but sometimes it is naughty. It likes to pull out my socks from my drawer and hide them.

My best friend is Marco. He is also twelve years old. He likes to read novels and comics. When it is my birthday he always gives me a meaningful present. Last year he gave me a stone with the word 'friendship' on it. I have a new friend who is also called Tony. I met him here at Sun Fong Chung College. He is a friendly and sporty person.

That's all I have to say about myself. Now you know something about me, would you like to make me your friend?



1C Ng Kin Long

Getting to Know me

My name is Ernest and I want to write down something about myself and my close friend.

I live in Tai Po. I study in Sun Fong Chung College in class 1C. I have a lot of hobbies like playing football and reading books. Some people think that I am quiet but actually I am funny and silly. I like eating in McDonald's because it is yummy. Although I always eat McDonald's food, I am not fat! But I can't eat too much. I like playing computer games when I feel bored. I am the monitor in my class.

My friend's name is Jeffery. I knew him at the primary school. I always eat with him, but he is now in class 1B. We all call him "monkey" because he really looks like one. His hobby is playing basketball, but I don't like to play. His favourite food is potato chips. I like it too but I like those in McDonald's more. Sometimes I hate him very much because he is very bossy and clumsy. He always copies my homework!

2E Hugo Yan

Role Model

My role model is my elder brother. He is a Form Seven Student. He was born in Hong Kong in 1992. He likes playing basketball and hanging out with his friends.

He is hard-working, clever and humble. When he has a test, he will work hard and try to get full marks. He will not be proud if he gets good grades. When I have a question, he will surely help me. He can also help me with my mathematics homework. If he has a test or dictation, he will study at home or in the library for a long time. Therefore I think he is a good student and my great role-model.

We always chat when we are at home. Sometimes we play football together.

My results are getting better and better. He helps me a lot. He never gets angry. I really respect him. He is my role-model



2E Shum Kwok Tao

Role Model

My role model is Fernando Torres. He is a football player. He was born in Spain. He likes playing football and listening to music. His football skill is excellent. In the last FIFA World Cup, he did not play well. He performed better in the quarter final match and the final match. Finally, Spain won their first World Cup.

He is playing for Liverpool now. He scored many goals in the last season. He works voluntarily in a football school in Spain. He teaches poor children to play football. He is very patient and generous. He donates a lot of money to help the poor children buy footballs and boots.

Torres is a very popular footballer in the world. He has a huge amount of fans. He is handsome and friendly. When some fans want to have his autograph, he will give it to them. That is why his fans love him very much.

I will train hard in football. I want to be like him. I think his parents are very proud of him. He is really my role model.

A Speech about Eleven Eleven Campaign

Have you ever helped someone who is in need? Now, all of you have a chance to help other people. The WERHK organized a campaign which is called Eleven Eleven Campaign. The aim of this activity is to help the needy in the world and to know more about their lives. You can have an experience to be a person who live in a place which lacks resources and try to help them.

Let me tell you something about the people who are in need. In Thailand, there is a girl called Siu Fong. It is difficult for her to go to the mainstream school. She hopes to have a chance to study very much. But it is too far for her to go to the mainstream school and she doesn't have any money to study. In addition, Mr. Theasagayam who is affected by the war lost his left forearm and right leg. Also, he has to raise four children and a wife. But, he doesn't have any money to ensure that the family has enough food and water to maintain life.

Now, nearly half of the world's children under age 5 are under-nourished as they have not hot enough food to eat since they came into the world. Also, 10.6 million children died before the age of 5 in 2003 too, so the problem of the poor people becomes more serious. Thus, it is obvious that we should help them. We can't wait. We can let them live to see more than the fifth birthday.

I remembered that when I was a primary school student, my principal usually said that there is one child dead in the world for every five seconds, so we shouldn't ignore this case. We can join more campaigns which are helping the needy in the world. For example, we can be a volunteer and go to some backward places to help those in need. All of us can also try to buy fewer things and contribute money or donate things to the poor, so everyone can help them. Maybe you can join our Eleven Eleven Campaign. It can let you experience the life of a poor person for eleven hours. It is from 9: 00 a.m. to 7:00 p.m. and you only have to raise just more than \$50 to have this experience.

I highly recommend this campaign to all of you. We should think that "helping others is the basis of happiness". It is a happy thing to help the needy people in the world. I hope you can join it. Let children live for more time and have a chance to study. Also, let the poor families to have enough food too. Hope you can join Eleven Eleven Campaign and understand that life is very valuable for everyone.

Let's ban youth drug abuse in our society!

Nowadays, we can hear a lot of news about people taking drugs, and the slogan of advertisement on TV or newspaper, "Say no to drugs!". But do you know which group of people is taking drugs? Let me tell you! The main group is teenagers. Do you think we have to do anything to help ban drug abuse in Hong Kong?

Drug abuse is rife in different countries around the world even in a small city like Hong Kong. The reported number of young drug abusers aged below 21 increased by more than 50% in the three years in 2008. 38% of abusers first took drugs before the age of 16. So, youth drug abuse problem seems to be a critical problem in our society.

The effects of taking drugs would be various. Physical effects are increased heart rate, respiratory problems, increased blood pressure, excessive sweating, garbled speech, lethargy and the emotional effects range from anxiety, depression and hallucination. A few examples of the most common drugs are Marijuana, Cold and Cough Medicines, Cocaine and Crack, Inhalants, Amphetamines and others. The effects of these drugs are supposed to be medicinal, but large doses that the addicts consume cause face dry and itchy skin, loss of consciousness, seizure, brain damage, nausea, vomiting, abdominal pain and it can even lead to death. Teenagers have to study every day. If they take drugs, it would be a big damage for them and they cannot concentrate on their studies after taking drugs and drugs are harmful to them.

Teenagers take drugs because of peer group pressure, rebellion, curiosity and lack of self identity. Therefore, steps should be taken to overcome this problem. The menace of drugs can be fought by education. For example, parents can watch TV programme about drugs with their children and talk with them, give them advice at home. Apart from home education, schools can also educate teenagers by holding lecture courses, discussing the news and designing a topic about drugs in the lessons. And the government can organize the schools to participate in drug test scheme. So it would have deterrent effect to teenagers.

All in all, taking drugs will cause several problems to our health, especially teenagers. They are growing up, if they take drugs, it will affect their physical and mental health and daily life, even their future. But the number of young drug abusers seems increasing nowadays, so parents, schools, government and everyone in the society have to cooperate advertising "Say no to drugs!" to remind teenagers that drug is harmful to them. It is hoped the youth drug abuse problem in our society will be solved.



Topic: Two-sided argumentative speech
I am a Liberal Studies teacher, telling the junior form students whether to support stopping the idling engines:

Good morning principal fellow teachers and students. I am a Liberal Studies teacher Miss Chan. I would like to talk to you today the issue of idling engines. I will be discussing both the pros and cons of stopping the idling engines.

Firstly, some people argue that we should not stop idling engines. It is because this proposal has drawn professional drivers' disapproval, for example, taxi drivers, school bus drivers and public light bus drivers. Why do they disapprove of this policy? It is because if they switch off idling vehicles, the compartment will be very hot. Passengers will be uncomfortable and will affect their business. So they are against the ban.

The drivers argue the need for idling engines. They need to wait for their passengers. It is very inconvenient and wasting energy when they keep switching on and off the engines while moving their vehicles.

On the other hand, it is advantageous to stop idling engines because the government is determined to improve the air quality. It has also been suggested when the drivers turn the engine on, there will be more carbon emissions and exhaust fumes, then the air pollution will be more serious. Banning the idling engines can help improve the air quality in Hong Kong, it is because when we switch off the engine, it will reduce lots of exhaust gases, carbon emission and toxic gases.

However, if every car tries to exhaust less carbon emission and toxic gases, it can help to improve air pollution in Hong Kong and protect our environment. Surely the ban of idling engines can reduce much of the air pollution. Let me end by saying that some drivers will not support idling engines because they need to stay inside a car for a long time in the summer. Drivers will feel hot, so they object the ban.

In fact, banning idling engines can be effective to reduce air pollution problem and carbon emission. We can protect our environment by this eco-friendly proposal. Without doubt, I strongly support the ban of idling engines. What about you? Thank you.

A speech on Time Machine

Hello everybody and welcome to this meeting. I'm Nicole Chan and I'm the manager of marketing department. Our time machine launch is coming soon. Today, I will talk about the advantages and disadvantages of offering the time machine. The time machine can send people and things into the past and future. There are two main areas I will cover on both sides.

Let's talk about the advantages first. If everyone has his/ her time machine, he/ she can go back to the past and visit the future. If people do something wrong and regret something they have done before, they can use the time machine to go back to the past to make a fresh start. Oppositely, if people want to see what they will become in the future, they can travel to the future. After they have seen their future, they will do better in the real world.

The second advantage is that they can evade something that is bad in real world. For instance, if someone is late for work, they can travel back in time instantly. Therefore, they can dodge some bad things. Also, if people are in a difficult situation, for example, in a fire, they can travel to eschew the dangerous things.

Although the time machine has some advantages, there are some disadvantages too. As I have mentioned earlier, people can travel the time machine to go back to the past and go to the future. Through this function, they can know more about their future, but this will make them not to cherish something or some people in the real world. They will not be responsible because if they do something wrong, they can travel back in time to evade, they will not face the problem.

The last disadvantage is that the time machine will make them not to have expectation of their future. Since they can see what they will become in the future, students will not cherish their chance.

To sum up, I think we need to adjust the function of the time machine so that people will cherish what they have in the real world. We should cherish everything. We should be responsible for everything we choose.

Thank you very much for your kind attention.



A Speech on stopping idling engines

Good morning , everyone welcome to our morning assembly . I am Miss Wong, a Geography teacher. Today, I want to tell you , the junior form students, about Stopping Idling Engines. Do you think the Stop of Idling Engines is important in Hong Kong? Stopping Idling Engines is hoped to reduce carbon emission to improve air-pollution problem in Hong Kong. However, there are both advantages and disadvantages. Therefore, I will analyze about the effects of whether to stop the idling engines to you.

Air- pollution is one of the most severe crises in our society. According to the statistics from the Environmental Protection Department, the air pollution index in Hong Kong always stays at a serious level. As I have mentioned earlier, stopping idling engines can improve air-pollution problem. It is because a lot of cars are on the road every day, then if cars do not turn off their engines, some pollutants will be exhausted and affect the environment. So, stopping idling engines can effectively reduce the emission of pollutants, thus improving the air pollution index.

A subsidiary advantage of stopping idling engines is to slow down the global warming. The reason of global warming is attributed to the fact that pollutants can't dissipate in atmosphere, such as CO₂ and SO₂, so the climate will be warmer. Thus, if we can support to stop idling engines, the air pollutants will be reduced. Then we can combat climate changes.

Apart from the advantages of stopping idling engines, of course, this policy will bring out bad effects to drivers, so we need to face this issue. When we implement this policy, the drivers need to turn off the engines when they are waiting for passengers. However, if they turn off the engines, they do not have the air-conditioning. It is easy for the drivers to suffer from heat strokes. It will affect their health severely.

Then, this will be a barrier to do business. It is because when the drivers turn off the engines while the temperature is very high inside the cars in summer, it is unbearable that they may faint. So, some passengers would choose other public transport to reach their destination.

The policy is good for us because stopping idling engines can reduce air-pollution problem and improve our environment, slowing down global warming. However, we cannot ignore the drivers' feelings and the commuters' needs. Therefore, stopping idling engines has both advantages and disadvantages. My fellow students, it's time for you to judge which one is more important now.

That's the end of my sharing, Thank you.