

I'm Meko Mok from 5B. This week is really special to me because I'm going to leave our school.

I like this school very much. First, the school is near the Tolo Harbour. When I feel exhausted, I can relax myself by enjoying the marvellous views. Second, I love the teachers very much because they are very responsible. Sometimes, when I don't understand the homework, the teachers are so kind that they always take the initiative to help me cope with my problems. Besides, they always give us extra lessons during their spare time at lunch or after school. I know all teachers have made efforts on our academic performance. I highly appreciate all teachers. Although our results are not that satisfactory, they still try their best to teach us. I like the school very much.

There are so many unforgettable events. For instance, during Economics lesson, Mr. Kung always made jokes. I became more interested in this subject. When I was Form Two, I was very naughty and many teachers complained about me. Sometimes, I even needed to go to the Principal's Office to see Mr. Ng. Then, I needed to be supervised by Mr. Pun. I felt very upset but now I've become a student who is keen on studying. These are the valuable memories of my school life.

I miss all of my teachers, my fellow students, my classroom and my 'messy' desk. I hope I will be able to return to the school to continue my studies.

To my teachers:

If Miss Choi had not helped me marking extra pieces of compositions, my English wouldn't have been improved.

If Mr. Pun had not punished me when I was in F.2, I wouldn't have had better academic results.

To Form 4 students:

Please work hard. If you don't work hard in F.4, you will find the life in F.5 very hard.



5B Chu Wai Ling



Hi! I'm MARIO CHU from 5B. I'm going to talk to you today about my feelings before leaving Sun Fong Chung College.

First of all, I really like this school because the teachers are nice. They think for us. Also, the school is so big that we have two basketball courts, a football pitch and an English garden.

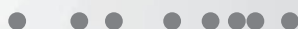
Second, I had a lot of memories in SFCC. The most unforgettable event was the Inter-School basketball match last year because the final match was held on the same as the Sports day. I felt so tired and my legs were killing me. But, when I saw my classmates and teachers come to support us, I felt happy!

The third thing I want to tell you is about what I will miss. I will miss the teachers because they have taught me a lot of things, such as Chinese, English and Chinese History. Besides, I will miss my classmates as we've studied in this school for five years. In these five years, they have given me so many happy experiences. I don't want to leave them!

At last, I hope you can study hard for HKCEE and improve yourselves!



5D Virginia Leung

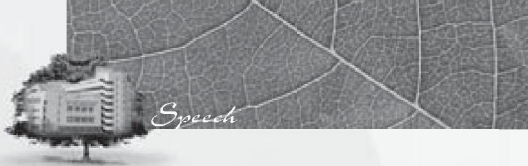


Sun Fong Chung College is a school which gives me many unforgettable memories. They make me successful and help me become mature. The principal, the teachers, the classmates and the memories will be kept in my mind forever.

To be honest, I was so shocked when I knew that I would study in Sun Fong Chung College five years ago. The school was new, the teaching language was special and the school was located on the hill. Every thing was so unique that I was so worried about it. However, our school is excellent.

Now, I am a Form 5 student and teachers help us prepare for the public exam—HKCEE. Especially, my class teacher, Mr. Hui, who cares about our studies and always helps us in different aspects. He also teaches me a lot of principles and helps me make a big change. I really appreciate him.

We are just like the little flowers, our school is just like a greenhouse and the teachers are like the gardeners. Without this suitable place, without the hard-working gardeners, we cannot grow up healthily, we cannot become strong and we cannot prop ourselves up in a tempest. Thank you all teachers.



5D Liu Wing Chung, Phoebe

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Time has passed in a blink of an eye. Five years has gone. Our secondary school life is coming to an end and it is time to say goodbye...

Five years is not very long in our lifetime, but for me, the past five years has been so unforgettable and memorable. In these school days, I met a responsible principal, some amiable teachers and a lot of cordial schoolmates. They stood beside me all the time and always supported me in every means. Especially, my class teacher Mr. Hui and my dear 5D classmates, I could feel their kindness and sweetness when we got along with each other. We experienced happiness and sadness, success and failure together. They are my great classmates, friends and companion; we are facing the HKCEE hand in hand. I am so reluctant to leave here.

Although we are leaving the school, we have to move on but should not be suspicious of the future. Hopes and dreams are alive. As we are no longer protected by the school, we need to work even harder for the future and in the rest of our lives. Try our best to make use of the knowledge that we have learnt and struggled to realize our dreams! "•••••
••••• Everyone has their own dreams. I believe that no ocean or mountain could keep us apart, and I will support all of you through thick and thin! I will cherish all the memories and bear them in mind.



1B Lau Hiu Yi



Good morning principal, teachers and fellow students. Drug abuse has caused alarm amongst the public recently. A survey about ‘Teenage Problems’ shows that the figure of Hong Kong’s teenage problems has increased significantly. I would like to express my point of view towards the most serious problem, Teenage Drug Abuse.

Recently, a popular singer was caught in Japan, accusing of drug trafficking. She admitted that she had been taking drugs for a year to release pressure. It was alarming news to the Hong Kong people. In fact, examples of young people taking drugs are many. For most teenagers, adolescence is a time for trying new things. TV commercials and anti-drug campaigns always deliver the message of the devastating effects of drugs. Nevertheless, many of the teenagers fail to notice the obvious drawbacks of abusing drugs. Why do so many teenagers attempt to take drugs?

According to a recent study, young people start taking drugs for many reasons, peer pressure is cited the most common reason. Many of them get those ‘pills’, that is psychotropic substance, from their friends. Most of the respondents said that if their friends invite them to try drugs, they will do so although they know that it is harmful since they are afraid of being ‘social outcasts’.

Others said that they take drugs because they want to feel the excitement of taking drugs and escape from the reality. A number of them said that they feel frustrated when facing academic challenges. They are the low-achievers at school. They believe that drugs could help them get away from the failure and reality for some time. They regard that it is a release for them. Some experience problems in their relationships. Some want to hide away from family conflicts. Some have difficulties in handling love relationship. They believe that drugs can give them enjoyment as they can free themselves from the troubles.

Some of the teenagers wrongly regard drug abuse as ‘fashion’, since the drug culture is often glamorized in films, giving viewers the wrong message that it is a common practice among the trendy teenagers. In some cases, there is a rumour that taking drugs is a good way to lose weight. The teenagers simply believe in such a myth! How ridiculous!

The truth fact is that drug abuse is a downward spiral ending in death. The harmful effects of drugs, especially the psychotropic substances, may not be so immediate or prominent at the beginning, but the damage is long-term and often irreversible. In most cases, they will experience drastic changes in their appearance, with altered face and skinny body. In the end, they will find themselves suffering an enormous tragedy, losing friends and families. It is saddening to see many young people failing to realise or understand the severe and permanent damage drugs can cause.

The above-mentioned have told us how serious the consequences of drug abuse will be. So do not take up such a deadly habit. At last, I hope all of you adopt a right attitude towards drug abuse and can stay away from drugs. “No Drugs. No Regrets. Not Now. Not Ever.” Thank you.