



THE CHIU CHOW POST

HK & KLN CHIU CHOW PUBLIC ASSOCIATION SECONDARY SCHOOL

STUDENT MAGAZINE



ISSUE #17
February 2026



SPEAK UP-ACT OUT

DRAMA COMPETITION

IMPROVISE TO DEVISE

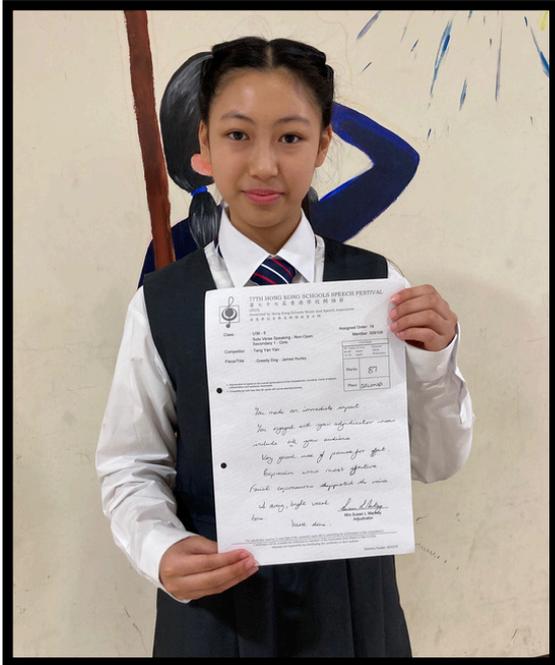
2025/26

NET SECTION, CDI, EDB



77TH HONG KONG SPEECH FESTIVAL

Hong Kong & Kowloon Chiu Chow Public Association Secondary School
Prize Winners



TANG YAN YAN
2ND PLACE - S.1 GIRLS SOLO VERSE
TEACHER: CHOY SHUN YIN

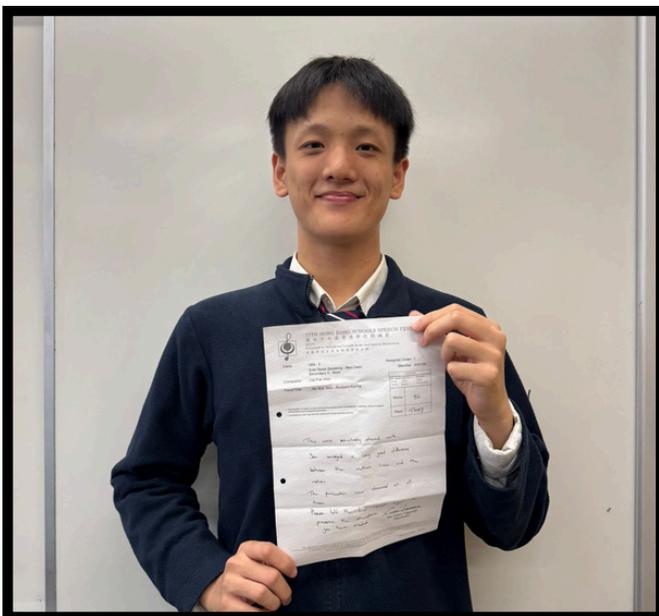
"The Speech Festival gave me an opportunity to build my confidence. I was terrified to speak in front of people but I overcame my fear by performing in front of a live audience. I was also able to practice speaking with feeling and emotion in my voice. So, I want to join the Speech Festival again!"

LIU YU KI
3RD PLACE - S.3 BOYS SOLO VERSE
TEACHER: FERNANDO LINN

"You may think something is difficult to do when you first look at it, but when you actually do it and give it a try, it could actually be a fun and rewarding experience. It still wasn't easy. But as the old folks always say, no pain - no gain."



CAI POK WAN
3RD PLACE - S.5 BOYS SOLO VERSE
TEACHER: PUN LAXMI



"This was an unforgettable experience for me. It was not only a competition but also a transformative journey. Not only did I learn how to use different tones to express different emotions, I also overcame my fear to speak on stage. The Speech Festival helped me with my confidence and made me a lot tougher. It was a milestone in my life."

77TH HONG KONG SPEECH FESTIVAL MERIT RECIPIENTS

Chen Kin Chi S.5 Boys
Tam Tsz Chiu S.5 Boys
Chan Pak Hong S.5 Boys
Zhong Haikun S.5 Boys
Cai Pok Wan S.5 Boys
Zhao Zilin S.5 Girls
Yan Jialin S.5 Girls
Qian Yutong S.5 Girls
Chen Shihan S.5 Girls
Feng Ngan S.5 Girls
Cheung Nga Yin S.4 Girls

Tai Chui Wan S.4 Girls
Huang Lucy Yinuo S.4 Girls
Wong Wing Chin S.4 Girls
So Cheuk Wing S.4 Girls
Tang Jiacheng S.4 Boys
Leung Yui Fung S.4 Boys
Lee Alan S.3 Boys
Liu Yu Ki S.3 Boys
Wu Wen Kang S.3 Boys
Yuen Tsz Lam S.3 Girls
Ngan Siu Yau Yoyo S.3 Girls

Poon Pak Yin S.2 Boys
Qiu Shing Ho S.2 Boys
Ho Cheuk Nam S.2 Girls
Yau Ho Ho Triny S.2 Girls
Li Yu Ying Janet S.2 Girls
Yu Lam Him S.2 Girls
Xu Tse Kwai S.2 Girls
Chu Chun Wing S.1 Boys
Chung Ho Hin S.1 Boys
Cheng Shing Hei S.1 Boys
Chen Huahua S.1 Girls
Tang Yan Yan S.1 Girls

THANK YOU TEACHERS

Thanks to all the teachers that helped coach the students for the HK Speech Festival:

Ms. Choy Shun Yin, Mr. Chan Ho Yin, Miss Pun Laxmi, Miss Leung Yan Yee,
Miss Amanda Thompson, Mr. Siu Sze Wai, Miss Lee Ching, Miss Huang Yee Man,
Miss Wu Jinxia, Miss Chu Suet Ying, Miss Fung Wing Yan, Mr. Fernando Linn

2025 INTERNATIONAL
ENGLISH SPEECH ART AND WRITING
COMPETITION

SECOND PRIZE

STORYTELLING
JUNIOR SECONDARY GROUP
12-15 YEARS OLD

"A whimsical story packed with great imagination. Postures were confident, and gestures were added nicely. Good variation with your voice to match the characters.

Comical interpretation. Intriguing plot delivered intriguingly. Great work!"

Commendation by Jury

LIU YUKI

TEACHER
FERNANDO LINN

YT
YU TE YENGO

THOUGHTS ABOUT OVERLOADED SCHOOLWORK

RAYMOND TONG (S.3)



Students often face heavy workloads that can make them feel overwhelmed. While school involves daily activities such as reading, talking with peers, and completing assignments, the additional burden of homework can lead to stress. Many students develop unhealthy habits, such as multitasking between homework and games, which reduces focus and productivity. Moreover, excessive workloads often result in late nights and insufficient sleep, leaving students exhausted during the school day. Extracurricular activities like drama or basketball can take up one to two hours each evening, further limiting time for homework and rest. This demanding routine is common in secondary schools in Hong Kong.

Problems of Being Overloaded with Schoolwork

1. Loss of Interest in Learning

When students are overworked, their enthusiasm for learning diminishes. This lack of motivation can negatively affect grades and reduce overall engagement with school.

2. Social Withdrawal

Friendship is crucial during teenage years, as peers provide both emotional support and academic help. However, being overworked may cause students to withdraw socially, relying only on themselves. This isolation can make studying more difficult and harm academic performance.

3. Decline in Self-Care

Stress from excessive workloads often leads to neglect of personal wellbeing. Students may lose interest in physical health and self-care, which worsens stress and reduces resilience.

Solutions to Being Overworked

1. Time Management

Creating a schedule helps students manage their workload effectively. Allocating specific times for homework, self-care, and breaks can reduce stress and improve productivity.

2. Balance Between Work and Life

Students should strive to balance academic responsibilities with personal wellbeing. This includes dedicating time to relationships, relaxation, and physical health alongside schoolwork.

3. Seeking Support

Asking for help is essential. Students can reach out to parents or teachers when the workload feels overwhelming. Support from others can ease stress and provide strategies to manage tasks more effectively.

Conclusion

Being overworked with schoolwork can harm motivation, friendships, and self-care. However, with effective time management, balance, and support, students can reduce stress and maintain both academic success and personal wellbeing.

THOUGHTS ABOUT OVERLOADED SCHOOLWORK



FELIX WONG CHUNG YIN (S.3)

Hong Kong students face an overwhelming amount of homework each day. To make matters worse, parents often sign them up for extra tutorial classes after school. This creates so much stress that students struggle to sleep and lack energy. As a result, they miss out on valuable time for physical activities. Students need sports and exercise, but for many Hong Kong parents, health takes a backseat to academics.

The situation becomes even more difficult before exams. Students spend every night revising, often staying up late. The next day, they are so exhausted that they fall asleep in class. The lack of sleep and exercise leads not only to poor health but also disappointing exam results. In the end, the extra study hours are pointless.

My advice to reduce homework overload is simple. First, try to complete as much homework as possible during school hours so you have less to do at home. Then, finish the remaining homework immediately after arriving home before playing games.

Secondly, when preparing for a term test or exam, start early. Begin revising at least three weeks before the exam. Seek help from teachers or tutors right away, and make use of school resources such as homework clubs or study groups.

Finally, stop looking at your phone! This will save time and help you fall asleep more easily. Proper sleep is essential for effective studying. By following these steps, managing overloaded homework will become much easier.

AARON ZHANG WENDUAN (S.3)

I believe being overloaded with schoolwork is a serious problem because it prevents students from getting enough sleep. When we have too much schoolwork, we often study late into the night, leaving us exhausted and unable to concentrate in class.

Schoolwork comes in many forms, such as homework, exams, and revision. These tasks place heavy burdens on our lives. Since exams are frequent, we must constantly review related content, which

creates pressure and stress. Excessive stress disrupts our mood and increases negative emotions, such as anger or even nervous breakdowns. These negative emotions can overwhelm us and leave us feeling gloomy all day.

On the other hand, the right amount of pressure can motivate us to make progress. However, too much pressure can cause us to lose focus and harm our mental health. To address this, schools should assign homework more thoughtfully, allowing students enough time to relax. Students should not lose their freedom because of excessive homework. Instead of being busy all the time, we should have opportunities to refresh our minds.

When students are overloaded with schoolwork, it is essential to make time for rest. Relaxing activities, such as listening to music, can help us temporarily forget our worries and relieve stress. Moreover, instead of pulling all-night cram sessions, it is better to go to bed. According to a magazine article in Hong Kong, people who sleep well have better memory and achieve greater academic success than those who sacrifice sleep for studying.



THOUGHTS ABOUT OVERLOADED SCHOOLWORK



WINKIE TAM HIU CHING (S.3)

I believe that students today are often overwhelmed by the amount of schoolwork they receive. Homework, housework, and extracurricular activities such as sports all demand our time and energy. In addition, we must prepare for dictations, uniform tests, and examinations. Together, these responsibilities make students extremely busy and exhausted.

This heavy workload can negatively affect both physical and mental health. Many students sleep late, which leads to insufficient rest. Research shows that lack of sleep increases the risk of obesity, heart disease, and infections. Poor sleep also makes it harder to cope with stress and can even affect how we perceive the world around us.

To address these problems, I suggest several solutions. First, when students feel stressed, they can listen to music or drink coffee to relax. Engaging in sports is another effective way to calm down and release tension. Second, students should communicate with teachers and request a reduction in homework, so that they have more time to rest and recover. By balancing study and relaxation, students can maintain better health and improve their learning efficiency.

Personally, I often feel stressed and tired after completing large amounts of work. When this happens, I choose to exercise, which helps me feel calmer and more refreshed.

SOFIA LEI HOI KEI (S.3)

Today I would like to share my thoughts about being overloaded with schoolwork. I believe that students often face too much academic pressure. Every day we are busy with homework, revision, and after-school lessons, which makes our schedule overwhelming. The heavy workload leads to stress and late nights. As a result, many students sleep too late, wake up tired, and arrive late to school. Lack of sleep affects our health, and because we have little free time, we cannot exercise regularly. A well-organized timetable could help us balance study and exercise, allowing us to maintain a healthy body. Although learning is difficult, revision is important because it helps us achieve higher marks in quizzes and exams.

When stress becomes too much, students need ways to relax. Listening to music or doing activities we enjoy can reduce stress and make us happier. Some students drink coffee to stay awake, but this is not a healthy solution. I strongly suggest that teachers assign less homework, because excessive homework creates the greatest pressure for students.

Another problem is that overloaded schoolwork prevents students from exploring the world outside the classroom. Without time to experience nature and society, students may lack broad vision, rich knowledge, innovative thinking, and essential life skills. This can harm their future development. Stress may also lead to anxiety, insomnia, or even frustration with ourselves and others. When we cannot cope, we may lose confidence in learning and feel disappointed in ourselves.

Finally, stress is inevitable, but we can manage it. By creating a timetable and exercising on weekends, we can improve our health. We should also focus on positive activities that reduce stress and help us look on the bright side.



THE 19TH AFS INTERCULTURAL FAIR



The 19th AFS Intercultural Fair on October 18th, 2025 at Baptist Lui Ming Choi Secondary School offered our S4 students a vibrant opportunity to discover diverse cultures. They engaged with foreign exchange students from Venezuela, Spain, Turkey, Switzerland, Italy, Germany and Mexico, who led interactive activities including dance, singing and games. This event not only enriched students' understanding of different traditions and languages but also fostered meaningful connections with peers from around the world.



Hong Kong



Italy



Spain



CCPASS Students

Online Classes vs. Face-to-Face Lessons: An Argumentative Essay

OSCAR CHAN PAK HONG (S.5)

It is safe to say that we are now living in the post-pandemic era. The Covid-19 pandemic from 2020-2024 had profoundly transformed our daily routines. One of the most significant changes was the shift from traditional face-to-face lessons to online classes. While online learning offered certain advantages, it also presented considerable challenges. Therefore, although online classes have some merits, I argue that face-to-face lessons are more beneficial for students, and I will explain why.

Advantages of Online Classes: To begin with, online classes provide several noteworthy benefits. Teachers can utilize digital tools such as PowerPoint presentations and instructional videos to enhance lessons. Furthermore, online learning often resembles individualized instruction, enabling students to ask questions more conveniently. In addition, lessons may progress more efficiently since students are less likely to cause disruptions. Another advantage is that students do not need to worry about transportation or its expenses. Moreover, they can enjoy longer rest, which improves concentration and memory retention. Finally, the flexibility of not wearing uniforms and being able to eat snacks or take breaks contributes to a more comfortable learning environment.

Disadvantages of Online Classes: On the other hand, online learning has several detrimental effects. Internet issues such as lag or poor connections frequently interrupt lessons, making them rushed and less effective. In contrast to face-to-face learning, online classes diminish personal interaction, which is essential for developing communication skills and fostering friendships. This is particularly challenging for new students who need to establish social connections. Furthermore, teachers may struggle to cover the curriculum thoroughly due to technical difficulties, leaving students to rely heavily on independent study. In addition, the freedom of online learning can lead to distractions, as students may engage in gaming or video streaming during lessons. Consequently, students may fail to acquire sufficient knowledge and perform poorly in examinations.

Why Face-to-Face Lessons Are Better: In comparison, face-to-face lessons provide invaluable opportunities for direct communication with classmates and teachers. Students can ask questions immediately and receive guidance, which enhances their academic performance. Furthermore, in-person learning encourages social interaction, allowing students to build friendships and strengthen their speaking skills. Another important aspect is that studying in a classroom environment reduces screen exposure, safeguarding students' eyesight and overall well-being. Therefore, these advantages make face-to-face lessons more effective and indispensable for teenagers.

In conclusion, although online classes offered convenience during the pandemic, their drawbacks outweigh the benefits. Face-to-face lessons cultivate stronger communication skills, deeper friendships, and healthier learning habits. For these reasons, I firmly believe that in-person education is the most advantageous choice for students.

Online Learning and Remote Work: Should They Be the New Norm?

MAVIS LEE TSZ CHING (S.5)

In recent years, especially during the Covid-19 pandemic, many students studied through online classes while adults worked from home. This raises an important question: should online learning and remote work become the new norm? There are several reasons why people prefer these methods, but also some challenges to consider.

Advantages of Online Learning and Remote Work

Accessible learning tools: Online education offers many resources such as PowerPoint slides and recorded videos. Unlike traditional classrooms where students may miss information if the teacher only explains once, online lessons can be replayed. For example, a recorded math or English lesson allows students to review difficult concepts at their own pace.

Flexibility: Many people want to study but cannot take time off work. Online learning can be done anytime, making education more convenient and accessible.

Reduced transportation costs and time: Staying at home eliminates commuting expenses and saves time. Students and workers can sleep longer, avoid forgetting materials, and enjoy a more relaxed routine.

Challenges of Online Learning and Remote Work

Lack of focus: Many students struggle to concentrate during online lessons. They may ignore teachers, skip homework, or fail to replay videos, leading to poor academic performance. Online classes also tend to move faster, making it harder for some students to keep up.

Technology issues: Poor internet connections disrupt classes and meetings. Additionally, teachers, employers, or supervisors may not be familiar with platforms like Zoom, causing delays and frustration.

Health concerns: Spending long hours at home in front of a computer reduces physical activity. Students may develop poor fitness, sleep problems, or mood swings. In Hong Kong, many young people have reported emotional difficulties since the pandemic.

Conclusion

Although online learning and remote work can lead to bad habits and health issues, they also provide freedom and flexibility. People can manage their own schedules, save commuting time, and increase their motivation to learn. For these reasons, many prefer studying and working from home, even if it is not without challenges.

8TH JOINT-SCHOOL SCRABBLE TOURNAMENT

The Joint-School Scrabble Tournament for Novices returned at Methodist College, Yau Ma Tei on January 30th, 2026. The S.2 CCPASS students continued the Scrabble tradition by joining, and every team member earned a win. **Jiarie Huang Jiayi** (2A) finished the tournament with 2 wins and was named the team **Most Valuable Player** by the Hong Kong Player Association. Teacher: Fernando Linn



CCPASS Scrabble Team

(left to right) Nancy GUAN Zilan, Cheryl HO Cheuk Nam, Helen XU Tse Kwai, Jiarie HUANG Jiayi, Jeffrey QIU Shing Ho, Janet LI Yu Ying, Javis LAU Chun Hei, Luca POON Pak Yin

SCRABBLE WORKSHOP AND TOURNAMENT EXPERIENCE
FOR PRIMARY AND JUNIOR SECONDARY NOVICE SCRABBLE PLAYERS

8th Joint-School Scrabble Tournament for Novices (2025-2026)

Workshop:
13 December 2025 (Sat)
10:30 - 12:00

Tournament:
31 January 2026 (Sat)
09:30 - 13:30

Hong Kong Scrabble Players Association
 hkscrabble Scrabulary TV hkscrabble.org



Scrabble is fun for all ages.



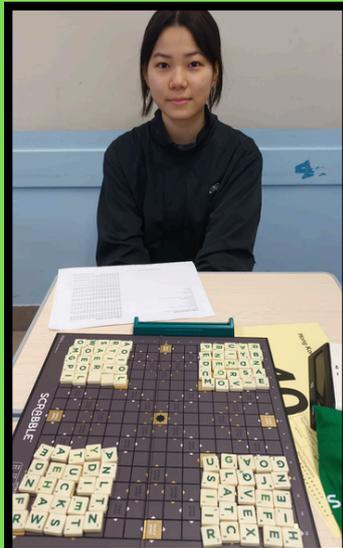
MVP: Jiarie HUANG Jiayi



Jeffrey QIU Shing Ho



Cheryl HO Cheuk Nam



Nancy GUAN Zilan



The tournament begins!

2025-2026

Awardees' List

In-school English Calligraphy Competition



👑
S.1 Champion: Han Yuqi 1A (6)
1st runner-up: Yu Ruolan 1C (8)
2nd runner-up: Chen Huahua 1A (4)

👑
S.2 Champion: Chang Ya Lun 2B (17)
1st runner-up: Tung Tsz Ching 2C (7)
2nd runner-up: Lee Mei Chi 2A (7)

👑
S.3 Champion: Wu Wenkang 3A (26)
1st runner-up: Wang Junhao 3A (31)
2nd runner-up: Fu Sze Yin 3C (2)

👑
S.4 Champion: Fong Tsz Ming 4A (18)
1st runner-up: Huang Lucy Yinuo 4A (4)
2nd runner-up: Cheung Nga Yin 4B (2)

👑
S.5 Champion: Feng Ngan 5A (5)
1st runner-up: Zhao Zilin 5A (19)
2nd runner-up: Lee Tsz Ching 5A (6)

👑
S.6 Champion: Yang Xuexuan 6A (30)
1st runner-up: Lin Mengjie 6A (8)
2nd runner-up: Shiu Wai Hang 6B (26)



THOUGHTS ABOUT OVERLOADED SCHOOLWORK



GINNY WONG WING CHIN (S.4)

Hong Kong is one of the fastest-paced and busiest cities in the world. People work tirelessly from sunrise to sunset, and school life mirrors this intensity. Students are often overwhelmed with excessive amounts of homework, ranging from mathematics to Chinese and English assignments.

Chinese homework is highly repetitive, requiring students to copy passages over and over again. English homework demands extensive writing, which can easily cause stress. Mathematics, on the other hand, is often too difficult for many students and requires long hours to complete. On a daily basis, students may face three passages from textbooks and ten problems per page. Such heavy workloads can push students to the brink of exhaustion, harming both their mental and physical health. Moreover, excessive homework can negatively affect students' moods and emotional well-being.

Before delving into the many difficulties caused by homework overload, it is important to acknowledge some positive aspects. A large workload can strengthen memorization skills, instill discipline, and improve examination performance. These skills may contribute to academic success, showing that homework is not entirely without value.

However, the disadvantages far outweigh the benefits. Homework can damage students' social lives. When students are too busy to spend time with friends, they risk losing important relationships, which may lead to loneliness and even depression. Overloaded students also lack opportunities to develop communication skills, often becoming irritable and difficult to get along with. As a result, their social connections suffer.

In extreme cases, the pressure of excessive homework has been linked to tragic outcomes. Last year, there were at least 31 suspected suicides among primary and secondary school students in Hong Kong. This year, around 15 cases have already been reported. For instance, on November 11, police received a report that a student from Cheung Chuk Shan College was suspected to have jumped off a nine-storey building. These heartbreaking incidents highlight the urgent need to address the issue of homework overload.

Solutions do exist. Schools should hire more social workers to support students' mental health and adopt policies that emphasize the quality of homework rather than the quantity. Reducing the amount of schoolwork would allow students and teachers alike to focus on meaningful learning. Additionally, incorporating extracurricular activities could help students maintain a healthy balance between academic demands and personal well-being.

In conclusion, Hong Kong's fast-paced environment extends into its schools, leaving students burdened with overwhelming workloads. While homework can provide some academic benefits, the negative consequences—ranging from stress to social isolation and even mental health crises—are far too severe. Schools must take action to reduce homework and promote healthier, more balanced student lives.

THOUGHTS ABOUT OVERLOADED SCHOOLWORK



KELLY FANG HIU HA (S.4)

Hong Kong high schools are among the most demanding and competitive places on earth. Students fiercely compete for limited spots at local universities, often overloading themselves with assignments in subjects such as Mathematics, Chinese, and English in hopes of gaining an advantage.

The Benefits of Homework

Before examining the difficulties caused by excessive homework, it is important to acknowledge its potential benefits. Homework can strengthen memory, foster discipline, and develop valuable learning skills. It may even enhance socialization, as students often collaborate or seek help from peers. A heavy workload can also prepare students for term tests by encouraging consistent study habits.

The Burden of Overwork

Despite these advantages, excessive homework creates significant problems. Mathematics assignments are often too difficult, requiring long hours to complete. Chinese homework tends to be repetitive, with students forced to copy passages repeatedly. English homework is assigned almost daily, sometimes requiring three pages of textbook writing and ten exercises per page. This overwhelming workload leads to unhealthy consequences. Many students suffer from sleep deprivation, staying up late to finish assignments. Stress can escalate into depression, damaging both mental health and social life. Students may become isolated, unable to spend time with friends. In extreme cases, stress has been linked to tragic outcomes. For instance, in Japan, 513 children took their own lives last year, with “school problems” cited as the most common factor.

Coping with Stress

Although stress cannot be eliminated entirely, it can be managed. Techniques such as deep breathing, mindfulness, and meditation help students calm their minds and regain focus. Meditation allows pupils to quiet distracting thoughts, while mindfulness encourages them to observe emotions without judgment. Though challenging at first, these practices become easier with consistent effort.

A Call for Change

It is undeniable that Hong Kong high schools are among the toughest in the world. Overloaded with schoolwork, many teenagers lose self-esteem and struggle with mental health. Schools must show greater compassion and empathy toward their students. By reducing homework and offering more stress-relieving activities, schools can foster healthier, happier learners. With balanced workloads, students will be better equipped to stay positive and thrive both academically and socially.

THOUGHTS ABOUT OVERLOADED SCHOOLWORK



LUCY HUANG YINUO (S.4)

Secondary school is one of the most grueling, stressful and arduous experiences in a Hong Kong person's lifetime. Students must fight for limited places at local universities, and schools, eager to give their students an advantage, often overload them with excessive amounts of homework.

While too much homework can be harmful, I must acknowledge that it has a few benefits. For instance, consistent schoolwork can instill a strong work ethic and improve memory. Research also suggests that homework provides non-academic benefits, such as building responsibility and enhancing time management skills. In my opinion, a reasonable amount of homework can even increase parental involvement in their children's education.

However, when the workload becomes excessive, serious problems arise. For example, students may be assigned three pages of mathematics homework with ten problems each day. Completing such tasks is time-consuming and mentally exhausting. Over time, this level of pressure erodes students' morale and can cause significant harm.

From a moral perspective, I believe that every child has their own ideas and individuality. We should not attempt to suppress their subjective consciousness. Yet, when parents and children disagree, parents often resort to extreme measures such as harsh criticism, confiscating mobile phones, or forbidding social activities. These actions negatively affect children's physical and mental well-being.

The consequences of excessive study pressure can be severe. Students may lose their original interest in learning, and their health may deteriorate. Under constant stress, they risk developing insomnia, loss of appetite, and other physical health problems. As the saying goes, "A healthy body is the foundation of learning." Without good health, academic success becomes meaningless.

It is undeniable that Hong Kong's secondary schools are among the most demanding in the world. Teenagers are burdened with overwhelming amounts of schoolwork, which often leads to health concerns. Nevertheless, study pressure has both positive and negative aspects, and it must be managed with balance. For example, when students feel overwhelmed, they should seek help from teachers. Professional support, such as psychotherapy, can also be beneficial. During holidays, students should spend time in nature to relieve stress and restore balance.

There is an old saying: "Bitterness comes first, then sweetness." Although learning can be tedious, it ultimately benefits us. Students should strive to combine work with rest, adopt effective learning methods, and pursue healthy development.

THOUGHTS ABOUT OVERLOADED SCHOOLWORK



YOYO LUM YI (S.4)

In Hong Kong, people often work tirelessly from sunrise to sunset, and school life mirrors this demanding routine. Students are heavily overloaded with assignments. For instance, they may receive mathematics homework three times a week, Chinese homework every day, and an overwhelming amount of English tasks. This excessive workload leaves students exhausted and, in some cases, even ill.

Before examining the many difficulties caused by overloading students with schoolwork, it is important to acknowledge some positive aspects. Homework can consolidate knowledge learned in class and broaden extracurricular understanding. Through repetition, it can strengthen concentration, cultivate good habits, and encourage self-discipline and independent study.

However, despite these benefits, the disadvantages outweigh the advantages. Excessive homework increases stress and can lead to serious mental health problems such as depression and anxiety. In extreme cases, it may even drive students to suicide. For example, at 11:05 p.m. on April 11, a 13-year-old girl tragically ended her life by jumping onto the tracks at MTR Sheung Shui Station due to overwhelming study pressure. She was confirmed dead at the scene.

Another consequence of excessive homework is the deterioration of family relationships. Students often experience emotional instability and a widening generation gap with their parents. This can result in frequent quarrels, reduced communication, and growing estrangement. To address this, parents should spend more time engaging with their children, listening to their thoughts and feelings, and offering encouragement and support rather than constant criticism.

I believe students should be assigned no more than two worksheets of homework per day across all subjects. This would allow them to complete their tasks within about an hour, leaving time for hobbies and personal interests. Such an approach would teach students how to allocate time wisely, foster initiative in learning, and reduce resistance to academic tasks. Most importantly, it would ease the pressure they face.

In conclusion, Hong Kong students endure relentless workloads that stretch from dawn to dusk. Schools must show greater empathy toward their students before serious harm occurs. As suggested, schools should organize more activities that promote both physical and mental well-being. Additionally, conducting questionnaires to assess students' psychological conditions would help educators better understand their needs and improve their overall health.



The 18th

English Radio Drama Competition

第18屆

「啟慧中國語文」 廣播劇創作暨演繹比賽

Topics:

- State of Etiquette and Righteousness
- Our Persona
- Act Now!
- Algorithms 100 Years from Now
- The Power of Unity

今年主題:

- 禮義之邦
- 我們的人設
- 坐言起行
- 100年後的演算法
- 團結的力量



JOIN NOW

For more information, please visit
www.MySmartABC.com/drama

立即報名

了解更多詳情, 可瀏覽
www.MySmartChinese.com/drama



ON AIR

WORLD BOOK DAY: CREATIVE WRITING COMPETITION

SPONSORED BY HONG KONG PUBLIC LIBRARIES

Esther Wong Nok Yan (S.3)

Junior Secondary Question

Write in prose on your own topic under the theme of “My Travel Buddy” and share your thoughts on a book (either printed or electronic) borrowed from a public library in Hong Kong that has kept you company on a journey.

My Travel Buddy

My travel companion and best friend is a book titled *Zootopia* by Byron Howard and Rich Moore. It is based on the animated buddy cop action-comedy film set in America. I borrowed this book from my local library in Hong Kong.

The story takes place in a world inhabited by anthropomorphic animals. Judy Hopps, a rabbit from rural Bunny Burrow, fulfils her childhood dream of becoming the first rabbit police officer in the city of Zootopia. On her first day at the Zootopia Police Department (ZPD), she is assigned parking duty by Chief Bogo and is tricked by two con artist foxes, Nick Wilde and Finnick. The next day, Judy abandons her post to arrest Duke Weaselton, a small-time crook who has stolen a bag of crocus bulbs. Later, while Chief Bogo reprimands her, Mrs. Otterton arrives, pleading for help in finding her missing husband, Emmitt, one of fourteen predators who have mysteriously disappeared. Judy volunteers to take the case, and although Bogo tries to dismiss her for insubordination, Assistant Mayor Dawn Bellwether praises Judy’s initiative. Bogo reluctantly agrees but demands Judy’s resignation if she fails to solve the case within 48 hours. Judy feels nervous and uncertain—emotions I often share when facing challenges in my own life.

I enjoy reading this book on the train ride home from school and before bedtime. *Zootopia* touches me deeply; sometimes I am moved to tears when I watch or read it. The story inspires me: although some goals may seem impossible now, they can be achieved as we grow and persevere. Failure often makes us feel tired and incapable, leading us to give up. Yet the truth is not that we lack ability, but that we have not yet matured. Growth gives us strength to succeed.

The book also highlights the dangers of traditional stereotypes. In the story, the madness of predators is wrongly attributed to their “animal nature,” reinforcing harmful labels. Such stereotypes are dangerous because people with malicious intentions can exploit them to deceive society. This theme resonates with real-life issues. For example, ethnic minorities in Hong Kong are often misunderstood and unfairly labelled as troublemakers or lawbreakers simply because of their skin colour or appearance. News reports frequently identify suspects by race, and over time these labels become stereotypes in the public’s mind, fostering prejudice and mistrust.

Reading *Zootopia* feels like embarking on a meaningful journey. It reminds me that stereotypes must be challenged, growth must be embraced, and perseverance will eventually lead us to success.

LIFE-WIDE LEARNING DAY

Poster Contest

After conducting a visit to Aberdeen on January 16th, 2026 under the guidance of English and Geography teachers, S.1 student groups were asked to identify the different historical and tourist sites and create a promotional poster to describe the various site seeing spots.

1st Place: Group 3

HOLY-FISH
Aberdeen: A Fisherman's Paradise

9:00: Fishermen's Fisheries Exhibition
You can understand the geographical environment of Aberdeen.

8:45: Waterfront

9:45: Shui Yuet Kung
Hear the scary ghost stories!
Learn about the fishermen's beliefs and customs.

10:00: Visit the Aberdeen (Houseboat) (Fisherman's) (Lantern Workshop)

10:00: Hung Shing Temple
enjoy a peaceful morning at the town's spiritual center

10:45: Cruise around the Fishing Village

Understand the close relationship between how the Tanka language inspire the name "Hong Kong"
Learn to Sing "Teon Ah Ma", a Fisherman's Laments Recognized part of Hong Kong's intangible cultural heritage

2nd Place: Group 1

Aberdeen

8:45 am Ap Lei Chau Waterfront
Ap Lei Chau Waterfront is a beautiful coastal park in Aberdeen. It is a great place to relax and enjoy the view of the harbor. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

9:00 am Fisheries Exhibition Gallery
A Fisheries Exhibition Gallery offers a unique experience to visitors. It is a great place to learn about the history of fishing in Aberdeen. You can see the old fishing boats and the new fishing boats. It is a great place to walk and enjoy the view.

9:45 am Hung Shing Temple
Hung Shing Temple is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

9:45 am Shui Yuet Kung
Shui Yuet Kung is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

10:45 am Boatride in Aberdeen
Boatride in Aberdeen is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

11:00 am Visiting a houseboat
Visiting a houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

11:00 am Singing 'Fisherman's Lament'
Singing 'Fisherman's Lament' is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

3rd Place: Group 4

Aberdeen

1. Aberdeen Wholesale Fish Market
This is Hong Kong's largest - running and largest fish market. It is open as early as 5am. Why is it important? More than 70% of Hong Kong's fishing comes from here. Visit to see the fish and to buy the freshest seafood and try the 'sea-to-table'.

2. Hung Shing Temple
Worship various gods, e.g. the sea god, the weather god. A get-together.

3. Aberdeen Houseboat
You find Sampans and fishing boats navigating the channel between houses.

4. Dinner Boat Race
see traditional dragon boats watch dragonboat performances.

5. Ap Lei Chau Waterfront
see many fishing boats watch dragonboat performances.

6. Aberdeen Houseboat
You find Sampans and fishing boats navigating the channel between houses.

MERIT

Aberdeen Fishing Village

1. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

2. Hung Shing Temple
Hung Shing Temple is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

3. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

4. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

Aberdeen

1. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

2. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

3. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

4. Aberdeen Houseboat
Aberdeen Houseboat is a great place to visit. It is a great place to learn about the history of fishing in Aberdeen. You can see the old buildings and the new buildings. It is a great place to walk and enjoy the view.

3rd

2026 INTERNATIONAL ENGLISH SPEECH ART AND DRAMA COMPETITION ONLINE



Deadline for Submission

16th MAY 2026

Result Announcement

16th JUNE 2026



*"Be great in act,
 as you have been in thought."*

-William Shakespeare

- Dramatic Performances
- Public Speaking
- Storytelling
- Poetry
- Prose

PAST OUTSTANDING WINNERS



English Week 2025-2026

11/5 - 15/5 Theme: Building Bridges, Not Walls

Diversity Inclusion
 Awareness Respect



- 11/5 Game Booths
- 12/5 Spelling Bees
- 12/5 Author Talk & Writing Workshop
- 13/5 Scrabble Tournament
- 14/5 Kahoot! Challenge
- 14/5 Sports with NETs
- 15/5 Drama Performance

Organizer: English Department, CCPASS

Good People 好人 Good Deeds 好事

Tung Wah Group of Hospitals English Writing Competition 2025-26



Levels of Entry

- A Junior (Primary 4 – Primary 6)**
- B Middle (Secondary 1 – Secondary 3)**
- C Senior (Secondary 4 – Secondary 6)**

Awards for Each Level

Gold	HK\$3,000 book voucher
Silver	HK\$2,000 book voucher
Bronze	HK\$1,000 book voucher
Merit	HK\$200 book voucher

Important Dates

- Submission Deadline:** 15th May 2026
- Selection Exercise:** May / June 2026
- Interview for Shortlisted Candidates:** June / July 2026
- Winner Notification:** by late August 2026
- Awards Presentation Ceremony:** Second half of 2026

Submission Guidelines and Enquiries

For enquiries, please contact Mr. Alex MAK at 2859-7655 or email to twghsgpgd@gmail.com.

Official Website

www.tungwah.org.hk

Online
Google form



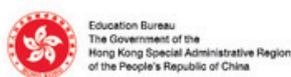
Official
Entry Form



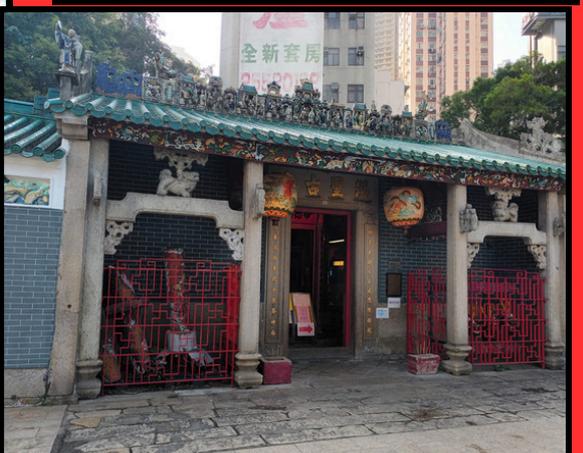
Organiser



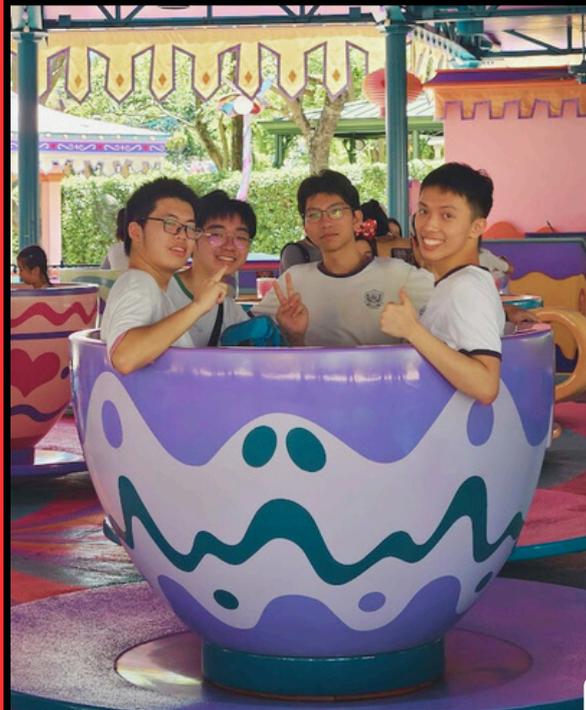
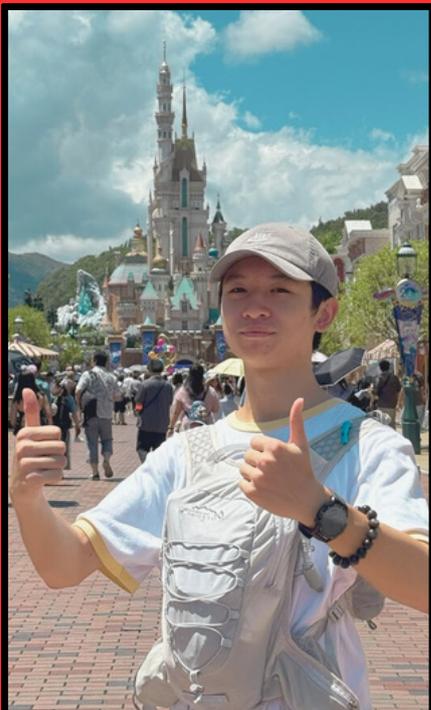
Partner Organisations



AROUND CAMPUS



AROUND CAMPUS



Editor in Chief: Fernando Linn

Proofreader: Lawrence Cheong