

A Letter of Advice

Dear Amy,



First of all, thank you for writing me this letter. I am sorry after hearing about your problems. Maybe I can give you some advice and things will get better soon.



Your first problem is about your weight. Besides having a healthy diet, I suggest that you could try to do some healthy exercises, such as playing ball games and swimming. It is a good way to keep fit and healthy. If you keep on doing these, I am sure you will become slimmer and healthier. Besides you should not mind your own appearance a lot. Everyone has different appearances and you should tell your friends about this. I am sure they will be friendly to you again.

Your next problem is about your English school work. I think you are afraid of learning English so you get low marks in English tests. I suggest that you could give yourself more chances to listen to and learn English, such as watching TV programmes in English. It is not a problem if you don't know the meaning of the words. If you keep on watching them, you will have great improvement in English.



Your last problem is about your relationship with your parents. I suggest that you could enjoy your holiday with your

parents, such as having lunch with them on Sunday. This kind of activities can fix your relationship with your parents. I also suggest that you should share your feelings and worries to your parents, maybe they can give you some good ideas.

Hope my advice works. Write to me again if you have further problems.

Yours truly

John Chan



A Survey Report on the Use of Computer Room and the Reason of Use



A survey was conducted to find out about students' use of the computer room and the reason of their use. One hundred students from form one to form three were interviewed. This report presents the findings, conclusion and recommendations from the survey.

Findings

The students were asked how often they found that a computer was in use when they wanted to use one. Most of them always found a computer was in use. Only a few of them never found a computer was in use.



The students were also asked what problem they usually had when they used a computer. In form one, thirty percent usually found the computer was out of order. Fifty-five percent found the computer was too slow. Fifteen percent did not have enough time to finish a task. In form two, most of them found the computer was out of order. Some of them found the computer was too slow. A few of them did not have enough time to finish a task. In form three, forty percent found the computer was out of order. Fifty percent found the computer was too slow. Ten percent did not have enough time to finish a task.

Finally, the survey asked students what their main reason for using a computer was. In form one, most of them used it for browsing websites. Some of them used it for playing games. Only a few of them used it for doing homework. In form two, most of them used it for browsing websites. Some of them used it for doing homework. A few of them used it for playing games. In form three, most of them used it for doing homework. Some of them used it for browsing websites. A few of them used it for playing games.

Conclusion

According to the survey, most of the students always found a computer was in use and the computer was too slow when they used it. Also, most students used a computer for browsing websites. It is recommended that the school can let more computers to be used and find technician to check the computers more often.



An Unforgettable Day



Last summer, the fellow F.3A students and I went for a picnic in Shek O. It was a little different from a normal picnic though.

F.3B
Lam Ho Chun,
Dexter

That day, we grouped together at school and got into a bus. It was quite a long trip and it took about one and a half hour. Finally, we arrived at 10 a.m. It was very crowded there, like the normal days. Then, we got some free time so some students went to the beach while other students and I went to the barbecue site.

When we were preparing for the great barbecue meal, strange things started to happen. "Help," screamed Ann, one of the girls at the beach. We rushed there to see what happened. We saw a girl, Mary lying on the soft sand. She was a bit more red than usual. She was sunburnt.



Not for long, some teachers came and helped her. They carried her to the medical room next to the beach. Everyone was worried about Mary's safety, especially her friends. "Is she alright?", "Will she die?", "I can't go without her." For minutes, everyone was talking about her and sweating.

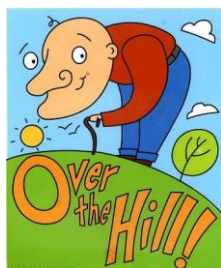
A few minutes later, Mary finally woke up and all of us could relax. "She was just a little sunburnt, it's not a big deal. Take a short rest and she'll be alright," said the doctor. It was

good that she was all right; we could finally have the barbecue.

I learned that we should rest for a while every time we work for too long. Never do too much or else, something bad will happen to you.



An Article about a Social Problem



A research conducted by the government shows that 70 percent of the elderly in Hong Kong suffer from depression. They feel lonely, helpless and desperate. In this article, I am going to suggest three ways to help them fight against depression.

F. 3C
Yam Tin Yan,
Samuel

Firstly, we should spend more time with the elderly. We could have more chats with them so that they can feel our love and become happier. Furthermore, it is a good idea to have more entertainment with them so as to bring them fun and enjoyment. For example, we can play mahjong or chess with them. If we spend more time with the elderly, they will feel relaxed and become less depressed.

Secondly, encouraging the elderly to do voluntary work is a good way to solve the problem too. It is worthwhile for the

elderly to participate in charity work like flag selling days. If they have more opportunities to serve the society, they will feel satisfied and happy.

Finally, the government should build more community centres so that the elderly can have more social life. It is easier for them to make friends, and they can enjoy more activities in the centres. Also, when they feel sad or worried, they can share with the social workers working there.

In conclusion, spending more time with the elderly, encouraging them to do voluntary work and building more community centres are effective ways to help the elderly solve the problem of depression.



An Article about a Social Problem

F. 3E
Lai Ka Lok
Alan

In Hong Kong, the elderly are having the problem of depression. A research conducted by the government reported that there were 70% of the elderly in Hong Kong suffering this problem. Furthermore, Hong Kong has one of the highest suicide rates in the world. In this article, I am going to suggest three ways to solve the problem of elderly

depression.

Firstly, the government should build more community centres for the elderly. If there are more community centres, the elderly will receive more care from the volunteers. Also, there are some places for the elderly to pass the time, so that they can go there when they are bored. Moreover, there are other elderly in the centre. As a result, they can chat together.



Secondly, the families should take more care of the elderly relatives. If the family members spend more time with them, they will not feel lonely. They can also go out with the elderly together. Families should chat with the elderly relatives too. As a result, they will have a good relationship with them.

Thirdly, the elderly can be volunteers in social charities. They can visit the elderly who live on their own. The community centres can also ask the elderly to join them on flag days. These activities can help them to build up their self-confidence.

In conclusion, the elderly people in Hong Kong are facing the problem of depression. The government should build more community centres for the elderly. We can also chat with them.



In our school, we should organize some fundraising events, such as talent shows, funfair and auctions. Therefore, we can collect some money to donate to the elderly. As a result, they can improve their lives.