

本期主題：

## 我最欣賞的人

# 生

# 韻

葉  
翁  
敬

## 專訪

### 梅志業校長

梅校長欣賞的人是在大學認識的北京大學季羨林教授，季教授是研究漢學的，是一位中國語文學家、文學翻譯家，他曾在德國學習梵文、吐火羅文，把失傳的文字留傳開，使很多人了解這方面的學問。校長欣賞季教授的原因，是因為教授是一位很有堅持和毅力的人，特別是在研究學問方面，他不會因面對困難而放棄，因為他永遠對研究學問充滿熱誠。

校長覺得找到夢想就應該要去堅持到最後，不要因為別人的看法或意見而改變主意，如果那件事是有益於世界，有益於自己的，就要去堅持，就好像季教授擁有目標一樣。季教授是位不理會慾望的人，他不去貪戀名利地位，只堅守在自己對學問的初衷上。

梅校長從季教授身上學習到有毅力的精神，也更明白每一個人都應做好自己的崗位，不要去貪圖地位金錢這些俗物，要學會忠於自己，忠於初心，才能達自問心無愧。校長將季教授研究學問的精神連繫去作為校長對教育的事奉中，並會堅持初衷，繼續把基督教傳揚開去，也希望能令學生們找到自己的價值。

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顧問：梅志業校長

中文：蘇曉麗老師

英文：譚詠嫻助理校長、陳琛瑜老師

編輯小組：

中文：3D 羅浩龍 3D 蔡雅銘 3D 洪錦霖

3D 劉緯嘉 3D 李育芯 3D 彭紫悅

3D 伍希淳 3D 施芳盈

英文：3C 李俊賢 3C 李淦申 3C 黃榮鏗

3C 陳敏瑩 3C 簡若琳 2C 陳心沂

2D 湯齡雅





## 曾志聰老師

曾志聰老師最欣賞的人是班中的一位男同學，原因其一是這位同學十分幽默風趣，在開學揀選班長的時候，同學很主動地毛遂自薦，並在發表自己想擔任班長的想法時，竟然開了一個玩笑，令全班氣氛變得更愉快和活躍，這也使曾老師對他的印象十分深刻。其二是在同學擔任班長這個重要職位時，體現出了他的責任心和樂於承擔的態度。在早會集隊的時候，同學會主動點齊人數，也會幫助老師收電話，也會主動幫同學點算功課，這些主動的行為也令曾老師對他讚不絕口。

對於曾老師來說，欣賞一個人要放寬自己的眼界和想法，不可以只局限在他人的成績上，也應該注重品格和各種不同的能力。懂得欣賞一個人，對於作為老師而言，好處是有機會去看到學生不同的一面，不只是局限於要求學生成績達到怎樣的標準，而是應該去透過欣賞一個人，令對方可以變得更好，變得更自信，也令這個社會因為懂得去欣賞人而產生更積極正面的氛圍。



## 黃詠恩老師

黃詠恩老師最欣賞的人是主耶穌。他明明是沒有罪的，卻降世為人，限制了本該「無限」的自己，為救贖我們而釘十字架。他很謙卑，身為神的兒子，卻為門徒洗腳。他的表現很值得我們學習。靠著他，我們能認識天國，知道人是有罪的，並且能靠著神而得救。



## 黃佩雯老師

黃佩雯老師最欣賞的人，是她剛來劉永生教書時的科主任盧老師。盧老師經常都很開心，即使工作很累，他仍然保持很有活力的狀態，同時他也教了黃老師很多東西，比如教導黃老師去改一篇文，如何去給同學的作文一個回饋。盧老師對教學很有熱誠亦很有經驗，因此黃老師覺得他很值得敬佩和欣賞。盧老師還是個很有領導才能的人，他能令一個團隊團結起來。黃老師最欣賞他放棄了香港的一切去另一個地方宣教，很有勇氣。

黃老師認為懂得欣賞他人，會給自己帶來學習的機會。人往往只會看到別人的缺點，卻看不到自己的缺點，但人無完美，無論是學生、老師甚至是配偶，總會有你認為不足的地方，若能懂得欣賞他人，看到別人的優點時，亦能給自己一個提醒。





## 2D 鄒雅雯

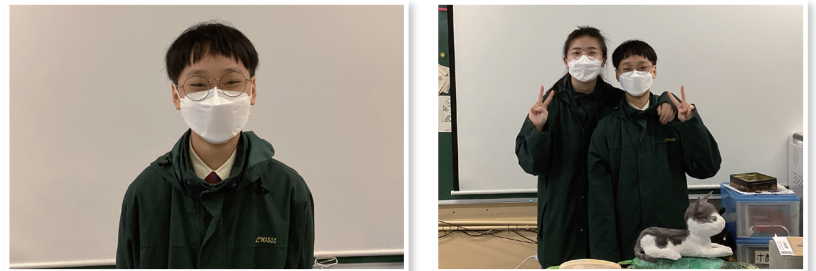
鄒同學最欣賞的人是來自知名韓國女團 **Twice** 的成員周子瑜。周子瑜的勤奮令她對周子瑜很是欣賞，比如周子瑜會在知道自己有做得不夠好的時候多加練習、將勤補拙，用後天努力彌補個人的不足。周子瑜的善良亦吸引了鄒同學，在疫情肆虐的時候，各地資源短缺，她便向中國大陸、台灣、韓國三地捐款，同時捐助呼吸機給她的家鄉台灣。周子瑜不但會盡自己的力量去幫助有需要的人，她亦會不時做義工照顧小動物，幫牠們洗澡、餵食等等。鄒同學很喜歡周子瑜說過的一句話：「跌倒了便爬起來」，這句話鼓勵了她，亦鼓勵了許多人。周子瑜的愛心令鄒同學變得善良。鄒同學知道周子瑜經歷了許多困難、磨練才走到現在當紅偶像的位置，她便以此作為力量，在遇到難題時積極面對。



## 5A 李亮玲

李亮玲同學最欣賞的人是新海誠。在各方面而言，李同學最欣賞的是他保持初心，因為自動畫作品《你的名字》過後，不少人認為他走向商業化，更認為他的成就言過其實。不過因近期新上映的《鈴芽之旅》那一如既往的色彩風格，劇情不算大起大落卻是依舊能帶動觀眾的情緒，說明他並沒有因《你的名字》、《天氣之子》所帶來的成就而驕傲，繼續保持本心，做到最好。新海誠其實也是一個平凡人，在本著對畫畫和構思故事的熱誠，完成了兩個作品之後仍繼續創作，這也是同學欣賞他的原因。

對李亮玲同學而言，欣賞他人的好處大概是有了學習的對象，例如新海誠那強烈的色彩風格便是她想要學習的，還有他謙遜的性格，能夠做到獲得如此大的成就卻不驕傲，做好自己的本份，這些都是李同學想在他身上學到的。欣賞他人能夠令自己意識到自身的不足，從而在他人身上學習優點，改善自己的缺點。

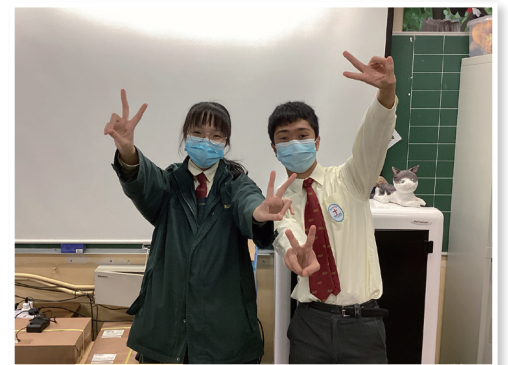


## 3D 梁祖楠

梁同學欣賞的人是一位 **Youtuber**，他在一個名為 **JLasevideo** 的頻道上上傳影片。這位 Youtuber 在影片中展現出令人敬佩的科學精神和對科技的熱愛。他不斷地探索和創造那些看似不可能的科技，從而推動了科技的發展。他會嘗試把人們想像中的東西實現出來，因此影片中充滿了各種實驗和創新，並會鍥而不捨地追求產品的完美。他的堅持和努力讓他成為了一位優秀的科學家。

以鋼鐵俠 **Iron Man** 的盔甲為例，這副盔甲能令人飛起來，看起來在現今很難實現，但這位 **YouTuber** 便用了生活中常見的微型的摩打風扇去嘗試。整個項目前後總共用了 14 年的時間來不斷構思可行的方案，最終他成功打造出一套可以真正實現飛行的鋼鐵人套裝。同時，他也會藉着分享自己的知識和經驗來幫助其他人學習和成長。他的影片中充滿了鼓勵和啟發，讓人們相信自己可以實現夢想。

梁同學很欣賞他處事認真、在每件事上都做到一絲不苟的態度，他會在網絡上翻查眾多資料去求真、去尋找完成一件事的最好方法。梁同學透過他學習到了做事要講求「科學精神」，小至做一份功課，大至一場考試都要認真去做。



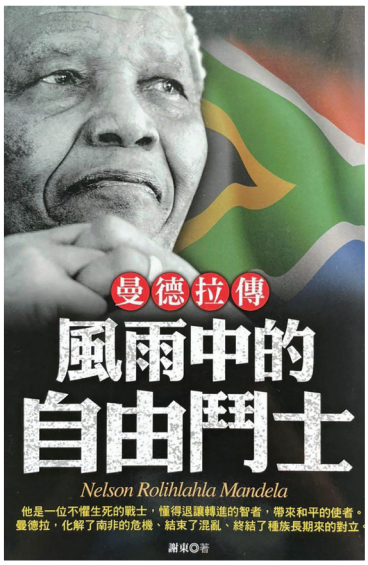
## 5C 陳子楊

陳子楊同學最欣賞的人是總領袖生長楊灝濂同學，原因是楊灝濂同學平常的處事能力和管理都做得很好，在老師交托的重任及管理整個領袖生團隊上，都會盡心盡力地去完成。此外，楊同學也非常關注各各領袖生的壓力和情緒問題，在陳子楊同學一開始成為領袖生長時，沒有什麼自信，更因認為自己沒有能力勝任工作而感受到壓力。楊灝濂同學發現到陳同學情緒低落，便利用不少時間去鼓勵和安慰他，這也使陳同學才有了更多信心和動力去完成自己的工作。

對於陳子楊同學而言，欣賞他人的好處是可以從欣賞對象中學習到他的長處，從而去幫助和關心其他人，讓其他人在心情不好和有壓力時，也可以去幫助到別人，陳子楊同學希望能將他人帶給他的鼓勵和信心不斷傳播給更多的人。







## 《曼德拉傳：風雨中的自由鬥士》

文：3D 伍希淳 圖：網絡圖片

這本書講述了曼德拉的奮鬥史，作者在序言中寫下了對曼德拉的欣賞。正如大多數人對曼德拉的看法，作者也對曼德拉的堅毅十分欣賞。他讚美曼德拉對自由平等的追求，讚揚他被囚禁後仍持續抗爭的不屈意志，也讚頌他歷經滄桑仍堅守本心的始終如一。作者毫不猶豫地稱其為最偉大的人，因為他依靠堅毅的眼神和寬容的微笑征服了全世界。但在誇讚後，作者也沒有否認曼德拉只是一個凡人，也會有犯錯的時候。對於曼德拉早年失敗的婚姻和政治，作者沒有迴避。我認為這正是一種良好的欣賞態度，欣賞對方優點的同時接受他的缺點，並從中學習。

## 電影推介

### 《你好，李煥英》

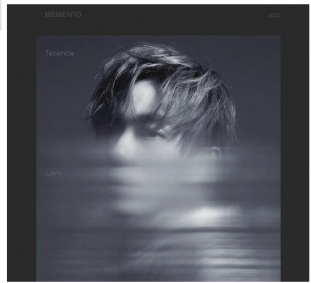
文：3D 彭紫悅 圖：網絡圖片

這部電影是由賈玲自編自導的真實故事，主要講述賈曉玲自從母親李煥英不幸意外離世後，她對自己身為女兒的反思。在電影的開頭，賈曉玲就說，她從來不是一個能讓母親省心的女兒，樣樣都不如人，讓母親丟人，不值得被人欣賞。只是對於李煥英而言，女兒活得健康快樂就已經足夠。「母親」的標籤被貼在了她身上，她把餘生奉獻給家庭、孩子，卻再也沒能有著自己。李煥英這種犧牲奉獻的精神令賈曉玲欣賞，可在現實中，李煥英其實就只是芸芸眾生中一位平凡的母親，而李煥英的女兒賈玲（全球最高票房女導演）卻用不平凡的人生成就歌頌了一位平凡的母親。這部電影講述了一對平凡母女的人生，我們和我們的家人的經歷甚至有過之而無不及，可我們是否對自己的精彩視而不見，感知不深？要懂得欣賞自己的人生，只要對自己永遠抱懷信心和希望，誰都能綻放出光彩。要懂得欣賞養你長大的那個人，我們所擁有的很多都是他們不求回報的奉獻，最好的就在我們身邊。



## 歌曲欣賞

### 記得 - 林家謙



作詞：馮松興 / 林家謙 作曲：林家謙

這首歌旋律輕鬆，歌詞文雅，可令人更深去思考歌中的意思。

歌詞中提到，我們要記得，因為很多事情「飛走了難再遇見」。

又有一句歌詞「請記得 誰和誰掠過」告訴我們要記得身邊的人和事，因為很多事情過去了就不會再回來。當你懂得去欣賞的時候，你就會發現身邊有很多東西都是美好的。我相信欣賞會令人變得樂觀，因為你對那些人和事都抱着正面的態度看待。在歌詞中的最後一句「那記憶 最後還是愛」就像在告訴我們，去欣賞、去記得之後，我們的記憶都是美好。希望大家都懂得多欣賞多感恩身邊的人和事，你會發現其實有很多人，不論是家人、朋友、老師等等，都很愛你的，所以大家要多去欣賞身邊的人呀！



文：3D 蔡雅銘 圖：網絡圖片

### Just be me - Henry Lau



說到欣賞，大家可能就會經常想起，要欣賞別人，但其實欣賞自己也是不可或缺的。相信有不少人會經常自我否定，只能看到自己的缺點，就如有半杯水，有些人看到的是只有半杯水，而有些人看到的是這裏有半杯水。「Can anybody see us while we chasing the lights」、「And why is it always pictures of a perfect life」，在歌詞中提到及我們在追逐生命的光時，有人看到我們嗎？為何大家總是追求完美無瑕的生活？等等這種的說話，當人在自我否定的時候，就會認為自己做什麼都是不完美的。但其實沒有人是完美的，只要我們懂得去欣賞自己的優點，做好自己，不用去迎合世俗的眼光，你就會發現其實自己也沒有想像中的那麼差。又如歌詞中提到「Didn't know I would be alright」、「Didn't know I'd feel so right」，原來做自己也可以過得很好。所以希望大家也可以做自己，多點欣賞自己的優點，而且過分看重自己的缺點是不好的，所以要懂得改過就可以令我們成為更好的自己。





## 《生可斯，長可斯》 3D 施芳盈

我也纏繞過黃昏的霞光、月光的皎潔、山谷的錯落和城市的繁華。也許是它們太過耀眼，也許是我過於渺小。雖讓我纏繞這人間，卻又以塵埃之微，苟活於這人間數十載。有幸聽問過一句：「他強任他強，清風拂山崗」，才得以知曉，一重山有一重川的錯落，我亦有我的平仄。

這寥寥人間數十朝，我們無一不行色匆匆，步伐著急。我們都低頭翻山越嶺，唯恐追不上前面的風景，拉不上耀眼的成績。路上，我與一樹花兒不期而遇，花兒問我：「追上了又如何？」我說：「快一點，就能趕在他人之前抵達目的地。」花兒迎著春風而起，本就有自己的花期，花開花謝，周而復始，為必著急。而我，也擁有屬於自己的春天，自己的花期，何必羨慕他人？春天早至，我們都應該停一停，看看自己，別只顧低頭憂慮，誤了眼前風景。許是太過行色匆匆，誤了那沿途美景，是四季的交替，是天橋的落日，又或是那青松翠柏。拈一縷歲月的清風，沐一場時光的春雨，才發覺要停下腳步，多看看自己，在欣賞自己中看遍沿途風景，也能讓清澈平凡的日子裏，溢滿歡喜。

這才發覺那渺小如塵埃的我，也值得在自己眼中一般耀眼；這才發覺平庸的我，也能借青山筆墨，蕩開心中萬頃春色。若把耀眼的光歸於自己，心中有春，自然花開。學著欣賞自己，靜下心，看一片葉子無聲飄落，一場煙雨在心中綻放。

山有高有低，人亦如此，若懂欣賞自己，便也不點爭個高低，因為深知簡單有簡單的妙處，繁華有繁華的韻味。學會在欣賞用中莞爾一笑，念一處明媚，途徑一場花開花落，也算得上灑脫。

且聽風吟，伴我前行。他日清風拂過，即是仍然渺小如塵。但今時不同往日，我早已追尋過風，迷戀過雨，翻越過山。這路上一波三折的最後。

「他們有他們的平仄，我有我獨自賞的春色。」



## 藝術世界

整理：3D 洪錦霖

### 2D 盧綽柔



她是一位比我大五歲的朋友。雖然我們有著不小的年紀差距，但是我們無所不談。在我心裏，她是最會安慰我的朋友，彷彿每時每刻都準備

好傾聽我的訴求。我除了很欣賞她的性格之外，也十分感謝她為我帶來這麼多的關心和歡樂，我會把她作為朋友的榜樣。

### 3B 施卓妍

袁隆平用了一生去研究雜交稻，只為中國人民的溫飽。

我欣賞袁隆平老先生，他為每一個中國人的溫飽而費盡心機，我欣賞他的理想，希望讓雜交水稻推廣出去以「造福全世界」，更欣賞他不屈服於任何事物的精神，不論是歲月或是研究的失敗。他就是我欣賞的人，一位有追求且自在的老人。



### 3A 許文曦

我最欣賞的人是達文西。不知道大家有沒有聽過達文西睡眠法？簡單來說就是一日只睡兩小時，達文西使用這種睡眠方法，是因為他認為時間不應花在休息上，應該要花在探索知識上，而我正正就是欣賞達文西這種為探索知識而不惜一切的精神，更希望可以學習到這種精神。



### 4A 柯樂宜

我最欣賞的人是我的媽媽。她的工作很繁忙，但是還要照顧我和我的弟弟，導致工作經常做不完，只能在晚上做。她為了不打擾家人休息，她選擇晚上關燈摸黑工作，她為了這個家付出了很多。



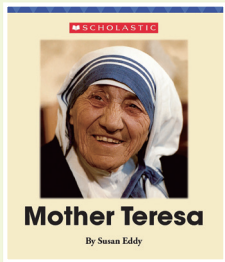


# Student Voices

## Book Reflection

**Book Title : Mother Teresa**

**Written by Susan Eddy**

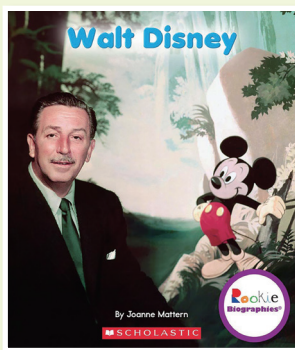


Mother Teresa's story teaches us to be kind, humble and brave. To be kind, I will care more about others, and think about others' feelings. I will help other people when they need, for example, when someone drop something, I will help them to pick up, or when classmates forgot to bring stationery, I'll lend stationery to them. To be humble, I will not be arrogant. Even though I get an award or a good score, I will not tell others publicly and I will try to keep it up and do even better next time. To be brave, I will show no fear in facing difficulties, and try to do them instead. For example, I am shy and afraid to ask teachers about things I do not know as I thought it is wasting time, but now I will try to raise questions whenever I need. I hope I can do better after learning to be kind, humble and brave from Mother Teresa.

**3C Leung Hiu Yan, Sammy**

**Book Title : Walter Disney – the Man Behind the Magic**

**Written by Tamrab Orr**

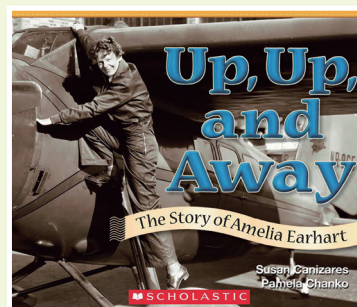


**3A Au Suet Laam**

I learnt the importance of creativity and not giving up from Disney's story. I remember once when we were doing a visual art class homework, the teacher asked us to create a character ourselves. She said that this would be an arduous task. I was afraid I could not finish it, but I remembered Disney's creativity. He used it to create many characters, so I was motivated and drew one that belongs to myself. When I am halfway finished, I was distressed while I was designing the body as I could not draw an ideal one for the character. At that moment, Disney's spirit reminds me of never giving up. Even though his cartoon characters were taken away by other companies, he never stopped painting and designing his characters. His persistence led him to success, as he brought Mickey Mouse to life and it becomes a popular character that is known around the world. For myself, I managed to finish my artwork and I was contented of when I have created.

**Book Title : Up, Up and Away - The Story of Amelia Mary Earhart**

**Written by Susan Canizares and Pamela Chanko**



**3D Wong Ho Ching**

I learnt to follow my passion and never give up from Earhart. Before she turned 30 years old, she experienced a lot of frustrations. She worked hard just to save enough money for her living and buying her first plane, hoping to pursue and finish her goal – to travel across the globe with her plane. Also, she is always persistent as she is willing and able to focus on what she wanted to do in her life. I do think I share some similar situations with her. When I was little, I had already fell in love with the violin. I told my mother about my passion and the wish to have lessons, but she rejected me many times. At first, I was quite upset but I never stopped convincing my mother to let me learn the violin. In the end, I succeed and even won my own medal in a violin competition.

## Student Sharings

**MESSI – 4C Cheng Ho Him, Ron**

**M**essi is a well-known football player. **E**nthusiasm is shared by the younger generation

**S**ome people love him

**S**ome people love watching football matches because of him

**I**ncluding me!



Photo:Twitter

**ELON MUSK - 4B Ho Ki Ip**

**E**lectric cars are manufactured by him

**L**earning from his experience

**O**perating a big company

**N**ow more electric cars are all over the world



Photo:Twitter

**M**ulti-billions of his wealth created **U**nited States biggest car company **S**pace X was also created by him **K**ey business leader in the world

**2C Li Ching Man, Elsa**

**Who was Coco Chanel?**

Coco Chanel was a famous fashion designer. She was born in France in 1883 and although she was an orphan, she worked very hard to chase her dream of becoming a fashion designer.

I admire her because she was confident, creative and elegant. She didn't agree that only men could become fashion designers, and she wanted to be the first woman fashion designer. She designed many fashionable clothes using the simple colours of black and white. She also thought every woman had a right to look their best.

What I learnt from Coco Chanel is that I need to be confident. This means I need to be certain of my own abilities and I should also be creative, so that I can produce original and fashionable clothes.



Photo:Getty Images

**2C 13 Ng Chun Hei, Henry Nick Vujicic**

Nick Vujicic is a motivational speaker. He was born in Australia. Although he was born with no limbs, he has a positive attitude when facing life's challenges.

What I have learnt from Nick is that I should be more patient and should not give up halfway on my dream of improving my English. This means I must continue to do it even when it seems very difficult. I will work hard to get better English results.



Photo:Twitter

**A**nswer to "Who is it?":  
**A**.Father  
**B**.Terence Lam  
**C**.Vienna Lee, SU Chairlady  
**D**.Principal Mui  
**E**.Mr Ng Ning Hing  
**F**.Albert Leung



## Who is it ?

Our newsletter Editor-in-Chief and some reporters interviewed some of our Lau Wing Sang Student Union (SU) members about their role models. Can you match the written descriptions given by our Student Union members with the names of their role models shown in the box below?

### Role Models of our Student Union Members

Terence Lam    Oienna Lee, SU Chairlady    Principal Mui  
Mr Ng Ning Hing    Father    Albert Leung



SU members

A. He is a gentle person who loves me so much and always cares about me. He tries his best to help me with my academic learning. For example, he checks my homework and pays for my tutorial classes. Although our family's economic status is not very high, he supports me unconditionally.

In addition, he is humorous. He often plays online games, tells jokes and we also binge-watch television shows together. From my perspective, his love is the most precious thing in the world. All I want to say is, 'I love you!'

**Vienna Lee**

C. Our leader is undoubtedly a most responsible person. In dealing with the inexperienced cabinet members, she is always patient. She is also good at delegating duties according to each members' abilities and strengths. This way, every one of us can unleash our potential and cooperate with one another more smoothly.

**Leo Leung**

E. He is one of the most beloved teachers among our students because he is just so good at teaching! He tends to use different approaches to explain complex maths concepts. No matter how long it may take, he tries his best to make sure every one of his students understands and loves maths. More than numbers, this teacher even shares non-subject knowledge like career advice and his personal experiences with us. I am thankful to this teacher who nurtures our all-round development.

**Eddie Lee**

G. This man loves me and his other grandchildren very much. It is inspiring to listen to his personal stories about the 1980s. He mentioned that at the time when he was small, digital gadgets were not prevalent and life was less materialistic. I can always learn from his positive attitude every time when I listen to his stories about retro lives. His teachings tend to empower me to be a better person.

Although he is getting old now, he is still ambitious. He is keen on sustaining a healthy lifestyle. For example, he goes jogging every day. Such a highly disciplined virtue shall be respected.

**Denise Yuen**



**Mr. David**

The person whom Mr. David admires the most is his father, Mr. Joseph. Mr. David's father taught him fundamental life-lessons throughout his childhood. Even though Mr. David is now a grown-up man and lives far away from his hometown, he still keeps in touch with his father and continues to reflect on his learnings. Although their father-son dynamic is drastically different now compared to how it was during his childhood, Mr. David still listens to the pieces of advice offered to him by his father, even though advice is now less frequently given.

Mr. David's father taught him about taking accountability for his own choices and actions, as well as facing the consequences of those chosen actions. Mr. David also learnt from his father about caring for others with empathy and sincerity, and ensuring that you do what is necessary for them, as it is your responsibility to do so.

Whenever Mr. David faces an adverse situation in life, he often imagines what his father would do before he tackles the problem. Once a decision is made, he can then confidently take action with immediacy, efficacy and – when necessary – ruthless aggression. Mr. David cherishes the memories and learnings taken from quality time he has spent with his father.

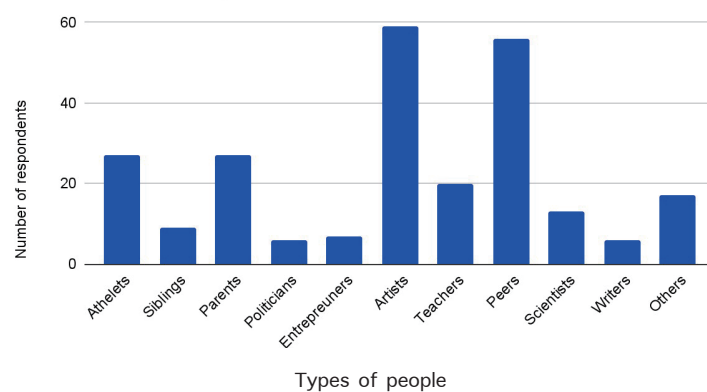


# Role Models Everywhere!

Wherever we go, we tend to meet people from all walks of lives. from parents to friends, from teachers to celebrities. Some people always stand out receiving rapturous acclaim while some people contribute selflessly behind the scenes. No matter how noticeable or trivial their achievements are, there is always something for us to learn from people around us. Recently, the Student Editor Team conducted a survey on who junior form students admire most. Here are the results and analysis.

Now, let's take a closer look at how respondents explained their choices.

People admired by our students



## Artists:

### Pop stars, the artistic soul healers.

A significant number of students look up to pop stars. It is not simply because of their stunning appearances. More importantly, students are attracted by their good personalities.

Take Mirror, a local boy group, as an example. Many respondents are fond of Ian Chan. On top of his charming outfits, they appreciate his musical talents. He can play the guitar and has devoted himself to his music production. Unlike some other singers, he also contributes by writing lyrics. Such a diligent and all-rounded musician has gained a place in the hearts of his fans.

K-pop has long swooned over the world but a monstrous rookie group debuted seven years ago and is still drawing in tremendous influence nowadays. Again, more than beauty, students loved their good personalities.

'BLACKPINK IN YOUR AREA!'

What a brain-washing lyric! This girl group is still popular among many of us because each member possesses a distinctive quality. Like Lisa, who has broken several Guinness World Records so far but who is never boastful.

Apart from being humble, Lisa is also worthy of our respect since she is so

perseverant. In fact, she is the first non-Korean K-pop star who was trained by YG Entertainment. Before becoming an idol, she used to receive loads of racist comments. But she managed her emotions well. She was tough enough to withstand the discouraging atmosphere and, instead, convert negative emotions into motivation. Eventually, this has shaped what you see as BLACKPINK nowadays: four thriving, energetic and ambitious girls.



Black Pink. Photo:Black Pink Official Twitter



Mirror. Photo:Mirror Official Fan Club webpage

## Athletes :

### More than personal health and happiness, people who have a strong passion for sports also bring positive influences to others, especially their fans.

Our students have shown appreciation for a wide range of local and international sports stars. Athletes deserve our respect not only because of their astounding records, but also because of many good qualities that they have in common, including perseverance and diligence.

It is common for athletes to experience muscle strains because they need to optimise their performances through intensive training sessions. Despite their great desire to improve their performance, sometimes injured athletes may be advised to quit a tournament in order to aid their recovery. This can be very discouraging but they almost always maintain a positive attitude.

Take Siobhan Haughey as an example. An ankle injury had forced her to miss the World Championships and this had left her feeling 'a little down'. Nevertheless, she took an active role in preparing herself to resume full training as soon as it was possible. Her ambition never diminished in spite of the short, necessary break in training.

Another universally admired athlete among our students is Kobe Bryant, a basketball

player. Although Kobe Bryant was an NBA superstar, he always maintained a tough training schedule.

This modest player once inspired his fans by advocating the 'mamba mentality', which means to be able to constantly try to be the best version of ourselves.

Rather than being dazzled by his own success and constant compliments, Kobe Bryant kept moving forward to strive for greater personal excellence.

From Kobe Bryant to LeBron James, from Lionel Messi to Cheung Ka Long and Lee Wai Sze. They are all famous athletes. While cheering for their brilliant triumphs, it is also important for us to learn from their successful stories. What do you think?



Siobhan Haughey Photo:SCMP



Kobe Bryant. Photo:People

## Peers :

### Friends are both companions and guardians.

Throughout our lives, friends are important and indispensable. Imagine if you were the richest man in the world, but you didn't have any friends. Who will listen to your ups and downs? With friends, we can overcome obstacles with more confidence because we won't feel alone! Without the support of our friends, our lives might become colourless even if we are standing at the top of the world.

True friends are those who support us regardless of our circumstances. They can inspire us and lead us into the light. We should feel grateful to have these buddies and we should cherish them as role models! So, what qualities does a good friend have?

Firstly, good friends do not hesitate to offer a helping hand. For example, when you come across some problems with your homework, they will help you at once. If you take a sick leave for school, they don't only comfort you by sending a text message, but they also assist you to catch up with missed schoolwork when you finally come back to school. In short, friends are those you can count on.

Another reason why some friends deserve admiration is because they are patient. Every time we want to express our feelings, our good friends will always stand by us, listening to us no matter how long it may take. Moreover, these loyal friends never reveal secrets to others. True friends always try to take care of our feelings.