



# 香港青少年培育會 陳南昌紀念學校

## 爆珠園地

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## 編者的話

不經不覺，每年初夏出版的《爆珠園地》已經是第十一期了。在這兩年間，文集和學生一樣，經歷了艱難的疫情，仍然茁壯成長，沒有停下來。

文集精選了本校同學的佳作，有中文作品，亦有英文作品。當中都是同學的應試作品及平日課業的創意寫作。文章有的是生活體驗的反思，有的是成長小故事，有的是對特定議題的反思，反映了同學生活上的點點滴滴。

期望讀者在翻閱《爆》時，能看到每位作者靈巧的心思和對事物獨到的觀點，同時亦能閱讀本校學生不一樣的成長。



鄭永基老師 2021 年 6 月



# 中文選文集

經此一疫

2A 簡俊樂

今年二零二零年真的發生了很多事，而最嚴重就是疫情。因為這個疫情，令很多人死亡了，也有很多人因此而失業。其實，這個疫情在二零二零年的新年，已經開始爆發。從一開始的停課到二月至四月的封城，真的是誰也想不到的；從一開始人們都不太重視，到後來越來越多人感染。然後大家到超市儲備糧食，令超市的貨架空無一物；由人人也不戴口罩，繼而到現在每人也戴口罩，帶消毒潔手液外出，遵守限聚令等，顯得人們越來越擔憂這個疫情了。

這次疫情對我們的影響也很大，例如：失業人數增加，經濟急速下滑，繼而令家庭生活困難……。不止是我們香港，甚至是內地、美國、英國和日本等國家也受到嚴重的影響。

從另一角度來看，此疫情也讓全世界的人慢慢開始注重健康，然而有很多人就會問怎樣才是健康呢？

最後我想提醒一下各位，因為疫情還沒完結，所以切勿放鬆。然而有一句說話我覺得很貼切，這一句說話就是：「健康是最重要！」

## 我心目中的英雄

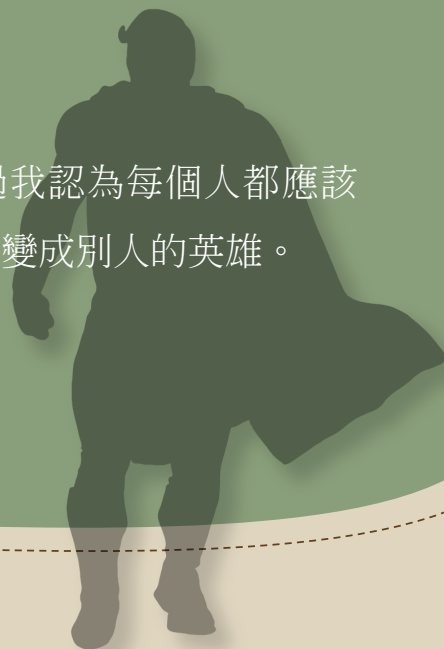
2A李敦昊

我心目中的英雄，是位非常有愛心，會關心別人，在我有需要的時出現的人。

我小時候心中的英雄就是動漫中那些會飛，有超能力，會去救人，打倒壞人的超人。那時我常常在幻想自己是一位英雄，覺得非常帥。小時候的目標就是做一個打倒壞人的正義英雄。當然，到現在還是覺得英雄是非常帥的。

當我長大後，我發覺英雄不一定是上面所述的「英雄」。當我升上中二的時候，身邊也出現很多的人和事。一些不開心的事也更加多了，我就愈來愈不開心，開始變得無心上課和學習。這個時候我的英雄出現了，他就是我的學校社工。一開始我也不願意跟他說話，他不斷問我：「吃了飯沒有？為什麼不開心？」我覺得非常不耐煩，所以我就跟他說：「吃了。」然後就開始跟他傾訴，將我不開心的原因告訴他。我跟他傾談後，才發覺跟他很有共通點。所以當我再次不開心時，我都會去找他。因此我開始變得開朗了，踏出了我自己的圈子。我開始上課和學習，努力改變自己。

每個人心目中的英雄也不同，不過我認為每個人都應該比昨天變得更加好。可能我們有一天也會變成別人的英雄。



## 我心目中的英雄

2B 楊家軒

我心目中的英雄就是我爸爸。為甚麼我認為爸爸是英雄，就讓我為大家揭開謎底。

爸爸和媽媽含辛茹苦地養育我們，爸爸外出賺錢養家，縱使辛苦，但爸爸仍然堅持不懈，每天早上就日曬雨淋地工作，夜晚才回來，一天也睡不夠六小時，簡單一句：「沒有爸爸的努力，我又怎能長大成人呢？」

我看見爸爸為了家無條件付出而熬出病了，我真的十分心痛。爸爸真的很偉大，所以當我有能力賺錢養家的時候，必定會帶爸爸媽媽去旅遊，讓他們放鬆自己，我會給他們一個帝皇式享受，這樣才能報答父母養育之恩。

我每天都會牢牢記住父母為我付出了這麼多，假使日後他們成為一個行動不便的老人，我也不會放棄他們，我會繼續賺錢照顧他們，不管多累多辛苦，我都會放他們在第一位。父母真的很偉大，他們為我們犧牲一切，所以父母才我心目中是真真正正的英雄，而漫畫那些超人全都沒比我爸爸媽媽更像一個英雄，希望爸爸媽媽老了之後，不會忘記他的兒子我 - 是有多麼努力地要成為他們心中的好兒子！

## 飼養寵物的喜怒哀樂

3B 羅卓桀

在我出世之前，家中已經飼養了一隻小貓，牠的年紀比我大差不多一年。

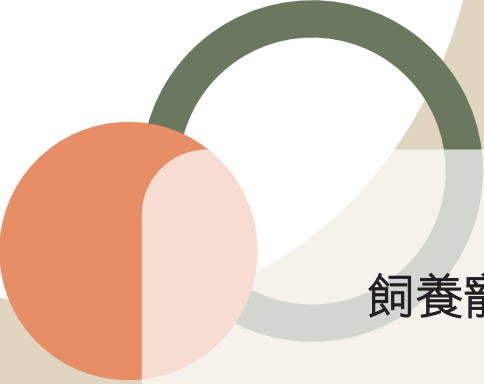
當我大約九歲時，便學曉了飼養寵物，開始和牠玩耍，幫牠改名字，拿東西給牠吃。最有趣的是，我認為貓兒是很有個性的，所以我幫牠起了一個人名，叫湯美。

在飼養湯美的時候，常產生不同心情。我跟牠玩耍的時候，牠很活潑地跑來跑去，很有精力，看著看著令人感到很快樂，甚麼煩惱也能拋走了。

有時候，湯美會令我很憤怒。當牠心情不佳，不知情的我去摸牠，牠便會把我咬傷。我對牠那麼好，牠竟然這樣對我！有時真覺得憤怒！

湯美也會有令我傷感和擔心。每當牠生病的時候，我都會帶牠看獸醫，由於牠的年紀大，每次都令我想到牠有離開我的一天，令我十分害怕。

我想說，飼養寵物會帶給我很多不同的感覺，喜怒哀樂，種種也會有。湯美在我十四歲的時候離開了人世，我真的十分傷心，這打擊令我不敢再飼養寵物。牠們的逝去，實在令我太心痛了。飼養寵物能帶來快樂，但也會帶來悲哀，這就是人生吧！



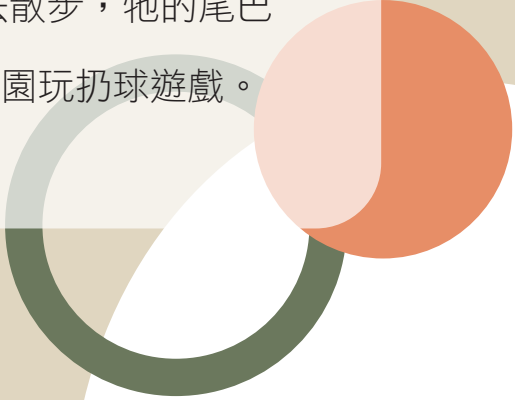
## 飼養寵物的喜怒哀樂

3B 徐柏賢

今天是星期五，明天終於可以放假回家了。我叫陳大民，我有一個姐姐，我和姐姐飼養了一隻十分可愛的歌基小狗。牠的名字叫小豆，今年三歲，性格活潑，十分熱情，我們每天輪流帶牠散步，牠最喜歡到公園玩扔球遊戲，跑來跑去的樣子實在很討人喜歡呢！

現在是早上七時，我起床梳洗後便吃姐姐「炮製」的早餐，小狗也起了床。在吃牠的早餐的時候，我便要上學了，小狗不捨得我要出門，牠居然可惡地把家裏的一個花瓶摔破，害得我又要花時間清理，本來打算教訓牠一番，可是看到那可憐的眼神，我又心軟下來。清理後急忙地出了門，最後還是遲到了。

在學校發呆的時候，我也會想起小豆，希望快點放學回家陪伴牠。終於放學了，我飛奔地趕回家，剛出升降機就聽到他的吠聲，牠彷彿知道我回來了。一打開門，他撲到我身上，給我熱情的擁抱，我亦馬上會換便服，帶牠去散步，牠的尾巴不斷搖擺，好像很開心似的。然後，我們在公園玩扔球遊戲。

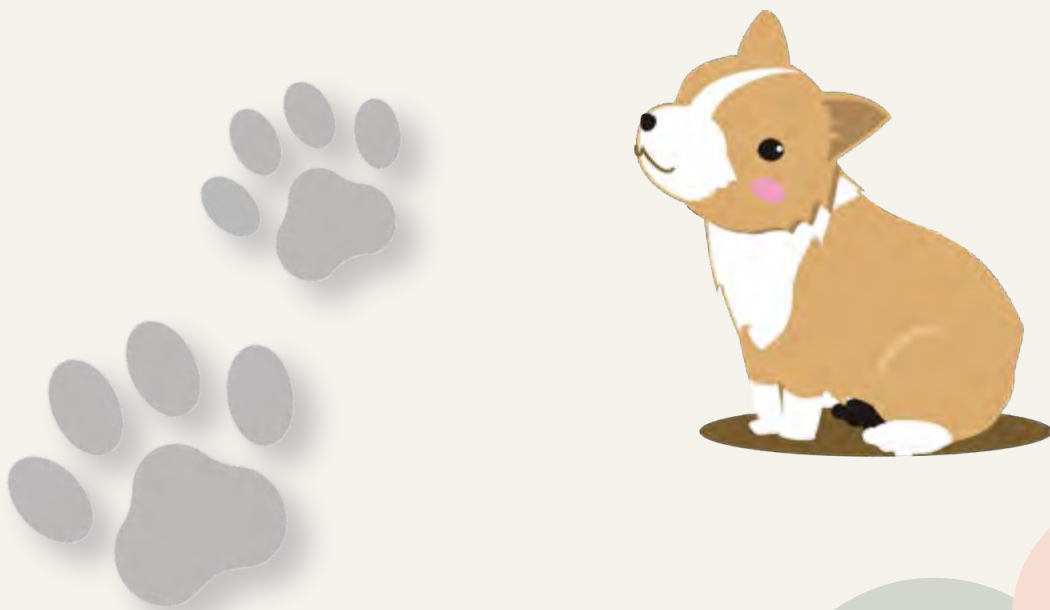






玩了一會兒，我和小豆回了家，先替牠洗澡，然後便準備吃晚餐了。他的晚餐是罐頭，而我吃西炒飯。其實我今天的心情不太好，因為默書成績欠佳令我很失落，然而小豆好像明白我的心情一樣，牠走過來躺在我的懷裏，動作像是安撫我一樣，我的心情好了很多呢！

我真希望在以後的日子，能和小豆一起渡過所遇到喜怒哀樂。



## 面對衝動時，我會……

3B 馬思致

前兩天我從新聞報道中看見一名男子，因為不滿意警方封鎖油麻地令他不能外出上班，他一時衝動揮拳襲擊警察，最後落得被捕下場。這情景令我感到十分疑惑，如果我在這情況下，會怎樣處理我的情緒？

我記得黃老師時常教導我們凡事要三思而後行才不會闖禍。如果我是當事人，我會嘗試冷靜自己，先回家處理衝動的情緒，透過調整自己的呼吸頻率，然後把注意力集中在自己身上，慢慢平靜下來。

另外，我會嘗試把自己的不良情緒轉化成適當行為，例如想打人時，我會改為去打鼓；想捏別人時，我會改為去撕碎紙張，盡量控制不去傷害別人和自己。我也會嘗試約束自己的行為，把衝動的情緒轉化為適當的行為的動力，這樣就不會因一時衝動而做出錯誤或自私的事了。

新聞中的男子，因一時衝動下揮拳襲警，最後落得被捕下場。正所謂「小不忍則亂大謀」，如果他能把怒氣壓下，保持冷靜，就不會鑄成大錯了。





## 我的人生「避風港」

5A 徐智煒

現代社會，城市工作繁忙，學習壓力大，都市人壓力極大。不少現代人在生活中充滿各種煩躁，「避風港」成為了每個人生活中所需要的東西了。

首先，我們要定義避風港的意思。當人生面對各種難題、挫敗，情緒低落或不如意時，每個人都需要有個地方、一件物件或者是一個人，能令自己感到安心、舒服，暫時忘卻一切，這就是「避風港」。有人以家庭作為避風港，有人以朋友作為避風港，有人以個人興趣作為避風港，避風港各有形態。

我的避風港 - 跑步。運動可以鍛鍊身體，維持精神上正面的態度；跑步，當我傷心失落，面對困難時，都會到家附近的運動場，令我專注在賽道上，留意自己踩在跑道上的每一步，數着每一下呼吸，調整自己的身體平衡，讓我活在當下。

跑步不但令我思維清晰，也幫助學習表現。跑步令身體分泌令大腦愉悅的安多芬，跑步訓練我專心一致去完成一個目標，跑步的好處數之不完。「他」已是慰藉我心靈的最好朋友。

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「他」在我需要時，任何時刻都能陪伴我、聆聽我，甚至協助我走上正確的道路。希望未來的生活不會有身體或生活上的問題，阻礙能一直夥拍這位「老朋友」，所以，各個熱愛跑步的志同道合者都說：「活到老，跑到老。」

我希望，跑步啊！老朋友，陪着我終老。



## 微笑以待

6A 周曉輝

人生處境，即順和逆，偶有涼風和長椅。

走在順境中理應笑口常開，但大部分人即使身處順境也認為自己在倒大霉的路上越行越遠，而那些在逆境中的人也抱怨著自己值得更好的。說到底也是人性在作祟，那麼如何能微笑對待各種處境？在逆境中也能微笑嗎？

我相信人在各種處境中也能微笑，逆境也如是。

但貪念令那些在順境中的人身處逆境，因為他們不知足。住在磚瓦房之中，覺得地方太少，磚瓦太普通，奢想著銀作磚，金作瓦。飯桌上有魚有肉有飯有菜，卻嫌棄著飯菜太少不夠吃，魚肉下品吃不下。

但當這些人擁有了當初渴求的，慾望會停止嗎？看看身邊那些整天在渴求的人們吧！有多少人懂得知足。這便是不笑的原因之一，是貪念。

再看看身處逆境中的人們，難道他們就不能笑了嗎？

軟弱的人在逆境中是笑不出的，他們把過錯賴在上天的不公和人生的厄運，把境遇歸咎成一盤髒水，潑在沒名字的街口和路過的行人身上。軟弱的人寧願把力氣花在抱怨和怪責上，也不尋找方法利用那盤水，更不嘗試讓水變清。

如何才能微笑以對？知足和堅強是面對各種情況的良策。知足的人在順境中懂得感恩，感恩著春天的花開，夏天的蟬，秋天的葉落，冬天的家。擁有的不多，要求的也不多，不求大富大貴，但願平凡安穩。學會知足，收起貪念，便是在微笑的路上多露了幾顆牙齒。

逆境中，堅強的人把所遭遇到的苦難當作磨煉，相信著「殺不死你的會令你更強大」。在逆境中保持鍛煉，試著利用逆境，更嘗試把逆境扭轉，不放棄每個機會，不問苦難的因由，但在苦難中浴火重生。

人能笑迎花開時，卻不願見凋零日，享受著大自然的饋贈，卻不理解失去是當中的一部分。

花有重開日，光陰不回頭，把握著每分每秒，學會知足和堅強，便能笑對人生百態。

順逆皆有命，慾望是人性。



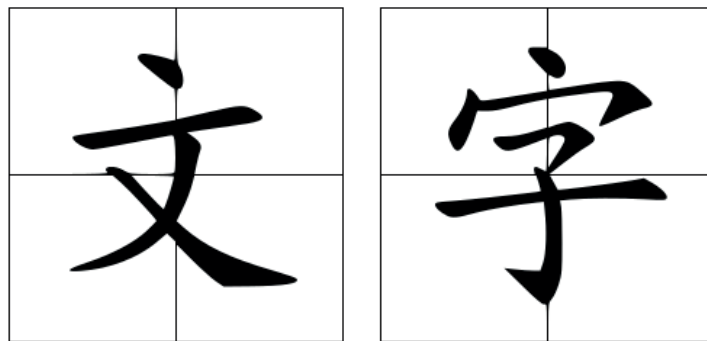


## 科主任後記

文字，是我們訴說情感的一種方式；是我們宣洩感受的一種方式；透過寫作，我們把內心的小世界及想法與大家分享，希望能產生共鳴。

吳倩瑜老師

中文科科主任



## Selected English Writings

### Application for the Position of Nursing Home Worker

Tim Tin Yat Yau,  
HKJCC CNCMS,  
Nam Long Shan Road,  
Wong Chuk Hang

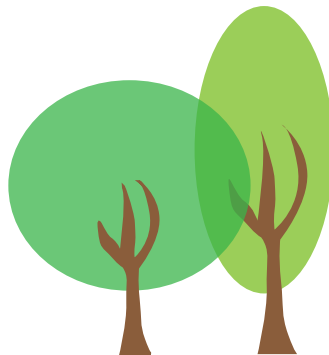
Aberdeen Nursing Home,  
Aberdeen,  
Hong Kong

Dear Mr Mo,

I want to apply for the position of Nursing Home Worker. I am very patient when looking after old people. I am good at speaking English, Cantonese and Mandarin. I love working with old people who cannot look after themselves. I am very caring and patient. I am a responsible person and I am always on time at work. I am able to work in a team. I am very careful and aware of safety issues. I am experienced in looking after old people.

I am very interested in this job. Please contact me to arrange an interview.

Thank you,  
Tim



3A Lau Tin Yau





## The Story of a Hero

Earlier today I went to the park to play. There were some people there. A young mother was talking to a group of people at the top of a hill. She had a cute baby in a pram. As she pushed the pram she turned and let go of the pram. She was at the top of the hill. She must have forgotten to put the brake on because slowly the pram started to move down the hill. She did not notice. The pram raced down the hill.

I ran after the pram. I was fast but the pram was headed to the river. I ran faster and faster to save the baby. The mother screamed. Finally, I grabbed the pram and saved the baby. Everyone was so happy. I felt very happy too.

Chu Wai Kit 3A

## An Informal Letter about my Part-time Job

Dear Mr. Lee,

How are you? Sorry it has taken so long to write because I have been very busy recently. I have taken up a part-time job at Mcdonald's to make some money and gain some working experience. I chose to work at McDonald's because it has more benefits than most other jobs. The benefits include employee meals, staff privilege card, paid annual leave and flexible working hours. I took the 09:30 to 17:30 shift. I have to work every Wednesday and Friday, except for public holidays.

Working at McDonalds is sometimes challenging and sometimes enjoyable. I have to produce quality food for customers according to McDonald's specifications. I also have to maintain cleanliness in the restaurant and serve value added products to our customers. Most of the time during my shift, I feel very relaxed because my colleagues always do their duties.

I am happy because my colleagues are cheerful and caring. My supervisor is called Elsa and she has the nickname "Queen Elsa" because she acts like a queen all the time. All my colleagues during my shift are female. I have three colleagues. Amy is the caring one. Eva is the energetic one. Kate is the cheerful one. We all work well together.



I want to share with you a memorable incident. One day, Kate was talking to her friends on the phone. She said something about having a boyfriend, but her friends did not believe her so they came to the restaurant to check on her. Here is the problem: she actually does not have a boyfriend! She was joking with her friends. To carry on the joke Kate asked me to pretend to be her boyfriend for the day. Our acting was so good that even our colleagues and our supervisor thought we really were dating.

After a day at work, I feel very tired. Working from 09:30 to 17:30 is not as easy as it seems. It is even more tiring than going to school. There are some ups and downs during work, but most of the time it's really good.

Hope to hear from you soon.

Your friend,  
James

Lau Ka Ming 4A



## An Informal Letter about my Part-time Job

Dear Cyrus,

How are you? Sorry it has taken so long to write because I am very busy recently. I have taken up a part-time job at HSBC to make some money and gain some working experience. I chose to work at HSBC because the environment is very wonderful there. I can learn a lot from my colleagues there.

Working at HSBC is meaningful and beneficial. I had to manage the money and communicate with the customers.

I am grateful because my colleagues are helpful and friendly. My supervisor, Tommy, is very helpful as well. He helps me to learn about the operation of the company. I am so grateful to come to work at HSBC.

I want to share with you a memorable incident. One day, a customer came to ask me questions, but I don't know how to answer her questions. So, I asked my colleagues about how to answer her questions. But they were too busy to help me.

In the end, my supervisor came to help me answer the customer's questions. I felt very grateful for his help. But he felt angry and scolded me afterwards.

After a day at work, I felt tired. Working at HSBC is very meaningful but tiring for me. How do you feel about my experience? Hope to hear from you soon.

Your friend,  
Lok Yin Leung

**Lok Yin Leung 4B**



## An Informal Letter about my Part-time Job

Dear Jim,

How are you? Sorry it has taken so long to write because I have been very busy recently. I have taken up a part-time job at Deanna's home to make some money and gain some work experience. I chose to work at Deanna's home because she is fun to work with.

Working at Deanna's home is very funny and interesting. I have to teach her English and play games with her.

I am happy because my colleagues are friendly and nice. My supervisor, Mr. Lau, is very nice and funny. But he is very busy. So, he cannot help me much.

I want to share with you a memorable incident from my first day. When I got off the MTR to go to work, I needed to find the bus station. But I got lost. So I asked the pedestrians about how to walk to Deanna's address. But no one could guide me to her home. So I called her by phone and gave me directions by phone.

After a day at work, I felt happy because working at Deanna's home is very exciting. Hope to hear from you soon.

Your friend,

Anthony

**Anthony Chan 4B**

## Hong Kong's Housing Problem

Hong Kong has many problems with its housing. Citizens are frustrated with the price of houses. House prices are high because of the short supply of available land for building. Demand is greater than supply which makes prices very expensive. Hong Kong salaries are often too low to buy a place to live in especially for young people. The cost of living in Hong Kong is very high anyway but the cost of houses makes it far worse.

There is a lot of countryside in Hong Kong which is good but some of it could be used for housing. In the New Territories there is land but it is too far for most people to travel to work. The government does not give enough land to developers so the Hong Kong people have many problems when they think about somewhere to live. There are not enough urban land spaces near the city where people work. Some spaces that are not being used could be used for building homes. With more homes the prices may come down.

**Buddha Chau 6A**





## Epilogue

The boys have shown a wide range of writing styles both formal, as in a job application and informal, as in the letter to a friend. It shows that they understand how to adjust their writing style to for a specific purpose. There is also a story which uses past tense verbs very well. All boys should be proud of their hard work and success in writing English.

**Mr. Ferguson, Lee**

**English Subject Panel Teacher**

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