

可道中學 (嗇色園主辦)
校園報

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多說多寫是學習語文的不二法門，中文科指導同學參加不同類型的比賽，讓同學於實踐中提升運用語文的能力和自信心。本年度兩項校外的公開比賽，同學都認真參與，即使未獲得頭三甲，優異的成績仍值得恭賀，也藉此機會跟家長一同分享。

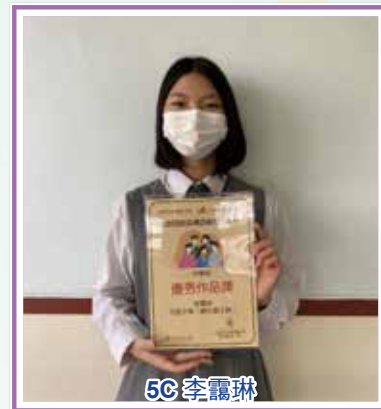
由元朗市分區委員會主辦的「元朗區防疫標語創作大募集」，蒐集區內中、小學生的標語創作，以加強同學的防疫意識，十分有意義。本校有幸於是次比賽中獲「學校積極參與嘉許狀」，同時，以下三位同學的作品亦獲優異獎：



3C 朱欣怡



4C 李嘉琪



5C 李靄琳

作品：
一人一份力，大家齊抗疫。

作品：
洗手消毒不要停，萬眾齊心抗疫情。

作品：
抗疫難靠單獨戰，健康社區齊創建。

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另一項比賽是第七十二屆香港學校朗誦節的中文比賽。由於疫情，今年大會採用遞交錄影短片的方式進行比賽，評審標準沒變。本校參賽的同學及獲獎情況如下：

參賽學生	組別	獎項
1A 張煦瞳	粵語詩詞獨誦	良好獎狀
1B 葉蔚霖	粵語詩詞獨誦	優良獎狀
1C 許柏軒	普通話詩詞獨誦	優良獎狀
1D 賴朗軒	粵語詩詞獨誦	良好獎狀
1D 劉嘉霖	粵語詩詞獨誦	良好獎狀
2A 鄧采盈	粵語詩詞獨誦	良好獎狀
2C 吳羿儒	普通話詩詞獨誦	良好獎狀
3B 凌德軒	粵語詩詞獨誦	優良獎狀

編者的話

本學年的可道校園報《道網》又跟大家見面。轉眼間，本學年又將近尾聲了，新冠疫情令同學減少了回校的日子，相信大家都會更珍惜在校園裡跟老師和同學相處的時光，讓我們在這裡一同回顧校內和校外的各項比賽及活動；最後兩版展示了同學中、英文的創作，希望老師、家長和同學細心閱讀。祝願疫情退卻，我們再次投入往昔多姿多采的校園生活。



張煦瞳



葉蔚霖



許柏軒



賴朗軒



劉嘉霖



鄧采盈



吳羿儒



凌德軒

大會評判給**1B 葉蔚霖**的評語：聲音清朗，語調自然，感情仍可加強，節奏合宜。

大會評判給**1C 許柏軒**的評語：表現流暢自然，富特色。在身體語言運用上宜更深刻理解作品。

大會評判給**3B 凌德軒**的評語：表達清晰、鮮明，情感表達豐富，更以陽剛方式處理，惟當更見剛柔之別。

English Activities

English Department and Moral & Civic Education Unit jointly organized Thankfulness Week from 3rd to 7th May 2021. It aimed at enhancing the holistic development of students' English ability. Various activities, such as 'Thank-you Card Inter-class Competition', 'The 4-day Gratitude Challenge', 'Thankful Jar', 'Song Broadcasting', 'Cookie-making' and 'Trivia Hunt', were offered in classrooms and the school lobby at recesses and after school. Students enjoyed wonderful moments in these events.



2020-2021 English Speech Festival

Hong Kong Schools Speech Festival is a well-established competition, which helps develop and showcase students' English speaking skills. This year, nine students took part in the competition. Four were awarded Certificates of Proficiency in 'Solo Verse Speaking' category while five other students attained Certificates of Merit. Ghale Priya, from Class 2A achieved the 3rd place. Students' achievements are as follows:

No	Class	Name	Section	Awards
1	1A	SO HON KONG	Solo Verse Speaking, Non-Open, Secondary 1, Boys	Certificate of Proficiency
2	1B	LEUNG CHUNG NING	Solo Verse Speaking, Non-Open, Secondary 1, Girls	Certificate of Proficiency
3	2A	WONG CHIN WU	Solo Verse Speaking, Non-Open, Secondary 2, Girls	Certificate of Proficiency
4	3A	ALI DUA KASHIF	Solo Verse Speaking, Non-Open, Secondary 3, Girls	Certificate of Proficiency
5	2A	GHALE PRIYA	Solo Verse Speaking, Non-Open, Secondary 2, Girls	Certificate of Merit (Third Place)
6	3C	CHAN PUI CHI	Solo Verse Speaking, Non-Open, Secondary 3, Girls	Certificate of Merit
7	3C	LO LOK WING	Solo Verse Speaking, Non-Open, Secondary 3, Girls	Certificate of Merit
8	5C	CHOW PUI YEE	Solo Verse Speaking, Non-Open, Secondary 5, Girls	Certificate of Merit
9	5C	LEUNG CHING MAN JULIE	Solo Verse Speaking, Non-Open, Secondary 5, Girls	Certificate of Merit



特別活動日



5月18日及20日為本校的特別活動日，這兩天由不同組別為同學提供多元化的學習及競技活動：輔導組及學生支援組為高中同學舉辦「感官全放鬆」、「睡眠與我」、「桌遊同樂」及「禪繞體驗」等小組活動，讓同學能認識處理精神壓力的方法，了解身心健康的重要。生涯規劃組為初中同學設立的「DiSC性格測試」及「人生拍賣會」，前者協助他們認識自己、改善人際關係，後者讓其學習面對競爭時如何取捨。最受同學歡迎的是聯課活動組、訓導組及體育組聯合主辦的「歷奇體驗」和「班際划艇、跳大繩及呼拉圈比賽」，同學能夠在緊湊的網課和面授課堂外走出課室，大展身手，無不投入參與，氣氛融洽熱鬧。



室內射箭體驗



DiSC 性格測試體驗式活動



KIN BALL 體驗



班際划艇比賽



班際跳大繩比賽



桌遊同樂



班際呼拉圈比賽

惜別會

輔導組於3月19日在禮堂舉行中六惜別會，為本屆中六同學送上至誠的祝福。當同學看到經精心剪輯的校園生活回顧片段時都發出會心微笑，校長、班主任老師藉此機會對同學勉勵一番，為即將參加文憑考試的同學加油打氣，也祝願同學們在畢業後繼續為人生目標努力，活得更精彩！另外「情深說話未曾講」、「另類傑出學生頒獎禮」及「可道難忘記」等環節，場面溫馨，活動在一片熱鬧歡樂的氣氛下圓滿結束。



惜別會



三位另類傑出學生獲老師頒獎



班代表向班主任送上紀念品



校長致辭



班主任真情分享

德育及公民教育

長者學苑

本組聯同家長教師會，於2021年3月11日合辦「長者學苑蚊油班」，為區內長者提供合適的興趣及課程，體驗不同的學習生活。此外，本組於2021年4月15日亦舉辦了「長者學苑環保布袋紮染班」，活動導師教授長者利用紮染方式，發揮創意完成布袋。活動得到老師的支持和參與，發揚敬老護老精神，與長者一起度過愉快的下午。



長者學苑蚊油班



長者學苑環保布袋紮染班

薈色園 100 周年捐血活動@可道中學

為配合薈色園慶祝成立100周年，薈色園教育委員會與香港紅十字會輸血服務中心合辦公眾捐血活動，開放校園，邀請坊眾參與，身體力行成為捐血者。香港紅十字會輸血服務中心於2021年3月3日在本校設立捐血站，活動得到老師、家長、學生、舊生及公眾人士的支持和參與，積極發揚「分享生命、捐血救人」的精神，一起以善心創善行。



捐血活動——師生齊響應



同學身體力行，捐血助人

有機耕種計劃

為讓同學親嘗有機耕種的樂趣，本組推行「班際耕種計劃」，邀請班主任與同學一起栽種愛心有機蔬菜，發揮共融互助精神，享受耕種過程及收成帶來的喜悅。另外，亦透過舉辦「親子種植活動」，讓家長及子女透過種植有機蔬菜，加強親子之間的互動。



班際有機耕種計劃



家長與子女一起享受耕種的樂趣



親子耕種活動

多元化推廣閱讀



「老香港」主題學習

圖書館連繫了家政科、音樂科、體育科、視藝科及生活與社會科，在中一級進行跨學科的主題學習——「老香港」。各科以科本角度認識昔日六十及七十年代香港的各種生活狀況。各科在課堂上進行相關的閱讀教學，利用「閱讀」加深同學對香港的認識。



閱讀周 (主題：貓)



圖書館帶領十二個不同科組，在三月以「貓」為主題進行跨科閱讀，當中包括中文、英文、物理、生物、通識、生活與社會、家政、音樂、視藝、旅款、經濟及輔導組。各科組從科本角度，利用「閱讀」及「課堂活動」，從不同範疇認識與「貓」相關的項目，老師在課堂派發及導讀相關文章。又於課堂時間安排同學到圖書館參與與閱讀文章相關的攤位活動，同學完成遊戲後可以換取禮物。



摩登古建築



圖書館聯同歷史及STEM創新科技科，在中一級以3D模型及VR/AR進行跨科組活動。完成3D模型後，透過Cospaces EDU用設計思維引導學生編寫一個古羅馬的VR/AR故事。



大型書展

於3月17日邀請三聯書店到校進行大型書展，讓同學在學校也可以購買到心儀的書籍。



第一屆《全港校園導讀比賽》



5B 徐鎮鴻同學參加香港青年協會賽馬會Media 21媒體空間舉辦的第一屆《全港校園導讀比賽》，榮獲中學組「亞軍」。

2021 哈佛圖書獎

由哈佛大學香港校友會所頒發的「2021 哈佛圖書獎」，表揚同學在學業表現優異及對社會或學校有傑出貢獻的同學。

以下是得獎同學：第一名：5C 楊詠佟、第二名：5C 畢嘉嵐及 第三名：5C 王浩葦。



健康周閱讀推廣

圖書館積極參與健康周的活動，透過閱讀材料及問答遊戲，帶出健康生活習慣的重要性。



STEM 教育

本校於本年度在中一設立STEM創新科技科。該科旨在發揮同學的創意思維、解難能力及提升自學精神。課程包括參與QTN基金主題網絡，製作創意電子口罩，配合編程元素，如Micro:Bit及3D打印等，從而促進學生的探究精神及運算思維。

為配合教授歷史科古建築物。本科與歷史科及圖書館合作，透過課堂及課外閱讀，使用TinkerCAD繪製3D古羅馬建築物，學習VR/AR編程製作，創建一個「全新的」古羅馬城市。

各位可以掃描以下QR-code觀看部分課堂片段



本學年同學努力學習、發揮創意，在不少公開的STEM比賽中獲獎，獎項如下，在此恭賀獲獎同學及指導的老師。

1. 理腦思科儀教具社舉辦「創意環保設計大賽」亞軍及季軍
2. Social Enterprise Summit舉辦「社區由你創@元朗」——冠軍及亞軍
3. 東華三院舉辦「全港VR復康遊戲設計比賽」亞軍
4. 資訊科技體育基金舉辦「青少年抗疫創科設計獎」中學組銅獎
5. 前海國際聯絡服務有限公司舉辦「2020前海粵港澳青年創新創業大賽香港賽區（中學組）」銅獎
6. 婦女基金會舉辦「Girls Go Tech創意科技大賽2020」最實用大獎
7. 香港房屋協會舉辦「創科樂『耆』中」樂齡科技設計比賽 2020/21 優秀作品獎
8. 香港警務處舉辦「網『樂』安全比賽2020/21」——中學團體組殿軍、學校參與大獎中的銅獎
9. 香港新一代文化協會舉辦「第23屆香港青少年科技創新大賽」優異獎
10. 香港家庭福利會舉辦「腦當益壯 認知訓練產品設計比賽」優異獎
11. 元朗民政事務處舉辦「元朗區青年網絡計劃STEM工作坊暨比賽」優異獎



3D 打印電子口罩學習



4A 蔡錦榮獲創意環保設計亞軍



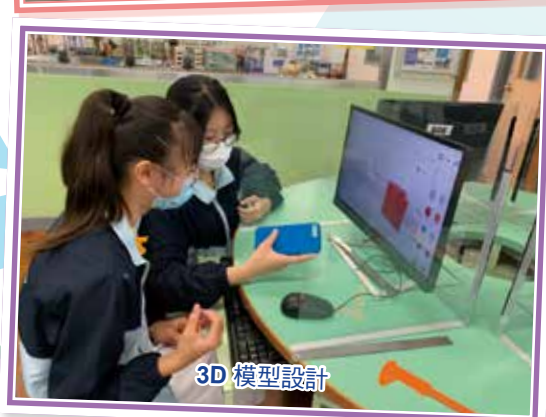
師生共同設計作品



5C 楊詠妮及楊詠佟獲創新創業大賽銅獎



人工智能無人駕駛車課程



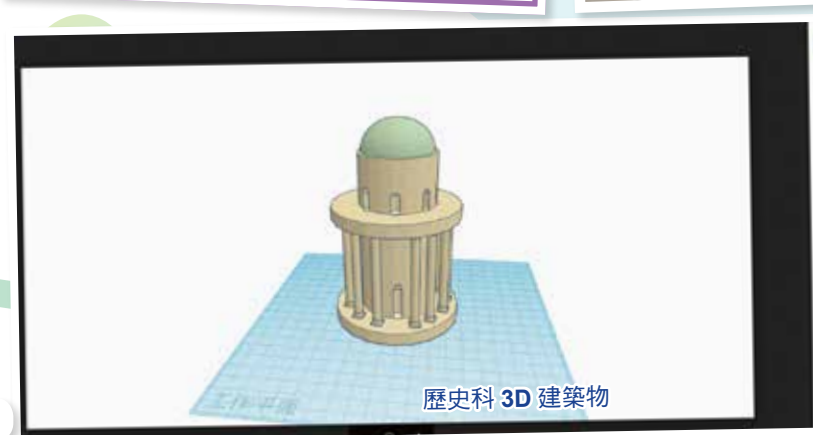
3D 模型設計



抗疫創科設計獎 5A 潘建成及 5B 楊宇陽獲銅獎



網樂安全比賽獲殿軍



歷史科 3D 建築物



復康遊戲設計比賽

中文創作園地



共創和諧共融路

楊俊偉 (1C)

本作品獲由九龍西區扶輪社和青年薈萃聯合主辦的「校園嘉許計畫」評選為優異作品。

九月，太陽猛烈，燙得連樹葉和地面都要發出迫人的熱浪，但是這種溫度下，一個十七歲清秀少年躺在操場的地上。期間好幾個人好奇上前探視，但見到少年陰森恐怖的眼神就立刻走開。

此刻，一個滿身肥肉的胖子屁屁顛顛地跑過來，在少年旁輕聲道：「林揚哥，該回去上課了，聽說今天來了位新生，老師提早了十五分鐘集會。」「我知道了，走吧。」少年望向胖子，緩緩起來，拍拍身上的灰塵，向教室走去。

林揚——帝國中學學生，行為像個小混混，在學校更是橫行霸道，連老師都要忌他三分。但無可厚非的是，他那帥氣的臉龐和每次考試都拿全級第一，讓同學們既愛且恨。他更是籃球隊隊長，今年的他只有一個目標，就是奪得學界賽第一。

林揚在座位上翹起二郎腿，哼著小曲。「度度」門聲響起，走進來一個帥氣的小伙子。班上的注意力瞬間被吸引，有的女同學眼裡還閃閃發光，似乎小伙子飄逸的長髮是對女生的最大凶器。小伙子拿起粉筆，在黑板上寫上自己的名字，然後轉過身來，用流利的廣東話對大家說：「大家好，我叫克里斯，請大家多多指教！」

「鈴！鈴！」小息的鐘聲響起，克里斯周圍圍來一大群女生，每個女生他都被逗得笑不攏嘴。坐在旁邊的林揚更聽到有人調侃道：「他比『冷面王林揚』好多了。」這讓一向驕傲自大的林揚不屑的撇了撇嘴。

林揚在球場中穿插，一個轉身來了記三分！籃球漂亮地穿過籃網，形成一道美麗的弧線。教練把大家集合起來，說：「今天大家表現不錯，繼續保持，對了，你們如果看到今天的新生的話，幫我叫他在場邊等。」林揚喃喃自語：「莫不成是『他』？」

果不其然，林揚猜對了，籃球場門口緩緩打開，克里斯左右看了看，喊道：「大家好！我是新來的！請大家多多指教！」「等等！你就是新來的？也太矮了吧！」林揚站了出來。這話讓克里斯不滿，且皺了皺眉：「怎麼了？難道你很厲害？敢和我單挑嗎？」「來就來，誰怕誰！」林揚扯開衣服回應，戰火就此挑起。

克里斯先發球，一個哈達威變向將林揚騙過左側。克里斯加速過人上籃，兩分穩穩命中。到林揚的球權，一個灌籃把克里斯迫到摔在地上，林揚說道：「哼，就這？」在美國出生的克里斯何時受過這種委屈，咬了咬牙，然後把林揚也撲倒在地上。兩人隨即扭打起來，教練此時邊跑邊叫喝：「停手！你們在幹什麼！停手！目無法紀！去跑五十個圈！」兩人終於停下，低頭跑圈，但口中的話從沒停過。

「切，火柴人，長這麼高也沒用，還不是被我一個變向過了。」「你這小冬瓜還不是被我摔在地上。」兩人你一句我一句，讓隊員們哭笑不得，教練更是沒好氣的看著兩活寶吵架。

終於到一年一度的學屆比賽，帝國中學一路過關斬將，但克里斯和林揚依舊單打獨鬥，絲毫沒有打算傳給隊友，終於到了總決賽。評述員在講台用興奮的語調說：「各位觀眾朋友早安！學屆比賽總決賽終於到來。今年已經連續三屆冠軍的皇家中學將會對上今年的大黑馬！究竟鹿死誰手？且大家看下去吧！」場上此時尖叫聲四起，場邊的啦啦隊員落地地揮舞著手上的花球，似乎今年的冠軍也不易奪得。

比賽開始，皇家中學來勢洶洶，一開始就連進三個三分球。不過克里斯和林揚也很快將比分反超，但對方很快發現兩人都不願傳球。於是馬上使用全場防守，克里斯和林揚很快被盯著，變得寸步難行。氣急敗壞的教練很快叫了暫停，厲聲對二人說：「你們心中的芥蒂還放不下的話，就不用上場，想好了怎麼配合再告訴我吧！」

下半場開始，沒了兩人的帝國中學就如受重傷的獅子。比開始落後，教練依然堅持不讓二人上場，克里斯和林揚苦笑，知道大家再不和諧的話，就真要輸了比賽。兩人為了顧全大局，終於在教練面前握手言和，回到場上。出乎意料的是，第一次配合的兩人天衣無縫，連續把比分拉回來。此時，比賽進入白熱化階段，雙方都拿出各自的壓箱底本事。比賽最後十秒，此時帝國中學落後兩分，林揚全力衝刺，但三人在守他。他眼角餘光瞥見沒人守的克里斯，他咬牙做了個決定，林揚假裝上籃，突然把球傳到了克里斯手上！林揚決定將中學生涯最後一球獻給克里斯，克里斯立刻跳起上籃拿掉三分！整個動作絲滑流順，這一刻，球迷球員們全都鴉雀無聲。空氣彷彿凝止，「刷」壓哨三分！全場尖叫！隊員們相擁而泣。克里斯和林揚相視一笑，一起離場。

其實世上有不同種族膚色的人，為甚麼要因為彼此的不同而歧視別人呢？我們骨子裡流的都是鮮紅的血液，居住的都是同一個地方，我們其實並沒有什麼不同。雖然有時和別人相處會有不同意見，但只要我們設身處地，問題就會迎刃而解。我們也不妨投其所好，和對方有共同的話題也很好。例如故事中克里斯和林揚，雖然兩人經常吵架，不過他們還是因籃球認識和瞭解對方。我相信日常生活中每個人都能做到尊重、包容和體諒！讓我們攜手合作，拋開心中成見，共創和諧社會！

共創多元共融路

吳嘉怡 (1A)

本作品獲由九龍西區扶輪社和青年薈萃聯合主辦的「校園嘉許計畫」評選為優秀作品。

不同地方上有不同的人，例如有黃皮膚、黑皮膚以及白皮膚的人，他們可能都受過種族歧視，他們都有不同的意見、想法、理念等，但有一些人可能因為不喜歡他們的某一方面，比如：長相樣貌、身分，所以就排擠他們，不接納他們任何的想法和意見。但是，我們不應該歧視他們，因為首先種族歧視是一個不好的行為，而且種族歧視是代表給人較差的眼光對待，就像國家、身分、膚色、種族、性別等，在不同性質的層面上都會產生不同的種族歧視，如果更嚴重的話，就可能導致排擠別人，被剝奪權利如：工作機會、教育機會，以上就是種族歧視。

雖然有一些人做過這些行為，但是只要有悔改之心，還是有機會做好。我們可以有一個概念是世上有不少地區都有「人人生而平等」的憲法權利，意思是我們要接納不同的文化意見、想法、理念，一起做不同的討論交流，這樣就不會發生種族歧視的行為。

除了種族歧視，很多人都以負面思維生活，但負面思維會令我們常常悶悶不樂，不開心，就如比賽輸了，負面和正面的思維不同，負面的人就覺得自己為什麼做任何事情都不順利，但是正面的人就會想：沒關係呀！雖然輸了這一次比賽，但是我可以下一次加把勁！從這裏可以看到，正面的思維是不會灰心，而是繼續努力！可是負面的思維就會覺得輸了，這樣的話就以後不再參加了。

從中看到負面思維的人會因為一件事而挫折氣餒，不過我們不應該這樣，我們應該要有正向的心理，正向的心理就是正向的思維。正向思維是對抗挫折，掌握逆境，在遇到困難時，不要放棄，不好輕易落入憂鬱的狀態中，而是要找出解決的辦法，還有要不斷鼓勵自己。另外，我們要保持每天樂觀的心態、自信、積極、有希望、有勇氣，而不是退縮、悲觀、沒有信心、衝動。我們可以嘗試一下做自己不常做的事情，品嚐多一些樂趣的事情，多鼓勵自己，去改變自己的負面思維，令自己多一點開朗快樂！還有積極面對社會的多元化發展，將種族、民族、宗教或者社會體育群體的共同文明，我們可以自主地參與，發展自由的傳統文化及交流，亦可以互相尊重以及互相學習、促進交流合作。

由此可見，在多元社會中，不同的民族互相依存的是尊重、容納、包容，從而使兩者相互間沒有衝突。還有在多元社會的觀念，是沒有任何的歧視，不論是性別、種族、年齡、疾病、性傾向等，都不應存有任何的歧視，因此多元化社會是互相包容和彼此尊重，任何人的自由意見和立場都會被尊重理解，所以，我們都不應種族歧視，不要負面思維，而要正向積極，開展樂觀的人生，積極的面對社會的多元發展，令人生更加豐盛。

英文創作園地

1D Kwan Ho Nga Kelly

Restaurant Review

Name of restaurant: Yat Gor Dim Sum

Location: Yuen Long

Price: \$51-100 per person

Type of food: Chinese

I went to Yat Gor Dim Sum in Yuen Long with my family on 15 March. It was a great restaurant. I liked it because it was well lit and cosy, but the restaurant was a bit crowded.

We ordered an emerald Japanese crispy tofu and fried purple potato piles. The tofu tasted a little bland and the fried purple potato piles were crispy. I liked the tofu because it was crispy on the outside and soft on the inside. I didn't like the coconut gold cake because it was chewy, but my family liked it because my family thought it was soft and had coconut fragrant.

The waiters and waitresses were unhelpful because they did not recommend drinks or more popular dim sum to me. I liked the servers because they were fast to bring out an order and cooked only after receiving an order. I could enjoy hot food because of this.

The food was a good value for three people and there were a few different payment methods like Alipay HK or paying by cash. I would recommend this restaurant to people who like eating dim sum because the dim sum was special and delicious.

3C Lin Wai Chi Alan

Travel to Kumamoto, Japan

Last summer holiday, I went to Kumamoto in Kyushu, Japan. The reason I decided to visit there was that there were lots of different food. Also, I could collect stamps from different train stations.

The first place where my family and I visited was Aso Mountain. Aso Mountain is one of the most famous places in Kyushu as there is a world-famous volcano. We got there by cable car. I felt so good when I saw the spectacular scenery. Walking through the mountains and breathing the fresh air were relaxing. There was a local farm beneath the mountain. My mum bought some local milk and fruits at a market there. After that, we went to a restaurant and had Kumamoto ramen. The soup which was made of pork bone and garlic was thick and delicious.

The next place where we visited was Huis Ten Bosch. Huis Ten Bosch is Asia's largest theme park. In different festivals such as Christmas, New Year and Easter, a sea of tulips is designed and displayed in different styles. Huis Ten Bosch had splendid music shows, water dance shows and a colourful firework display. We stayed there for two days and enjoyed the beautiful views. We visited Flood Adventure Hall and Na Theatre. We also took photos with the blooming tulips. When the night fell, we took a ship along the river and enjoyed the beautiful view.

At night, everything was lit up with colourful lights. I will never forget how beautiful it was. A nice journey is not only about playing well, eating well is important too. We found a traditional restaurant in Nagasaki. I ordered eel rice which was so yummy! My mum ordered Castella, which was a kind of cake that rich people in the Netherlands used to send to people as a present and has become the Japanese culture. It was soft and syrupy.

It was an unforgettable trip. The resplendent theme park and picturesque view of Aso are engraved on my memory forever. I will never forget what I saw and did during this wonderful trip. I really recommend you to go to Kymamoto for your holiday.

5C Chow Pui-ye Belle

Is technology a path to laziness?

Nowadays, technology has become so advanced that it is just like an indispensable helper to people. Examples like smart phones, self-driving cars or dishwashers have helped people to do lots of tasks. Gradually, people become dependent on technology for finishing any tasks or chores. As a result, some critics claimed that technology has made people lazy due to its advancement. On the contrary, scientists and inventors argue that technology has improved the quality of our life. The impact of technology advancement on human has now become a controversial topic worldwide.

Undoubtedly, technology has created a global village which brings people closer together. People used to communicate with each other face-to-face or via letters in the past. However, technology has provided more convenient ways for people to chat, such as emails and WhatsApp. This can help people to maintain their long-distance relationships while being busy at work. In this case, technology makes life easier but not lazier.

It seems that technology would not create any negative influences on human, doesn't it? If you think about how long you have not interacted with your friends face-to-face, you might find yourself over relying on using mobile phones or computers to communicate with the others. For instance, using video calls or video meetings allows people to see each others' faces and chat together on mobile phones. However, it also reduces the need for face-to-face interaction. The convenience of chatting on phones encourages people to stay at home rather than meet up. Thus, people become lazy and inactive under these circumstances.

It is undeniable that technology can make everyone's life easier as it will help them with the chores that they want to avoid. For example, dishwashers are popular in Hong Kong as people here are busy at work and they have no time for all the chores. Using a dishwasher can allow them to take a breath from the stress of doing chores. Besides, people might rely on artificial intelligence like self-driving cars in the future. What people have to do is to relax and the cars will drive you to the destinations themselves. However, this not only further encourages people to become lazier but also might cause traffic incidents as technology can go wrong.

To sum up, technology has caused controversy. Although technology makes our life more convenient, there is no doubt that it will make people lazy and might create negative impacts on this aspects of human existence in the future.

2D Cheung Hiu Tung

(The Perfect Picnic Look)

Are you hesitant to choose clothes for a school picnic? Here are some suggestions for putting together a great picnic look.

Protect Yourself

It is summer now, and it often rains. Bring a raincoat or an umbrella along to prepare for different weather conditions. Don't wear skirts to be fashionable. Protect yourself by wearing trousers, jeans or leggings as you may have to walk in the tall grass. Wear a long-sleeved jacket to avoid sunburns and mosquito bites. You can remove it when you feel hot. To safeguard yourself when you are outdoors, consider your surroundings and the weather conditions before you choose your outfits.

Wear comfortable clothes and shoes

Appropriate outdoor clothing can make school picnic more enjoyable. Don't wear expensive silk clothes on a picnic day as you may ruin them. Pay close attention to your shoes for the picnic. High heels are the last thing you should wear. These are not only inconvenient but also a hazard as you may trip and get injured. Trainers are the most suitable shoes. They have cushioned heels to support your feet so you can take long walks outdoors. It is obvious which pair of shoes is the best.

Choose correct colours

Did you know that choosing the right colour for the clothes is essential? Most people think wearing light-coloured clothes in summer will keep them cool, but it is not correct. Wearing dark clothes will help you dissipate body heat faster. When you are outdoors, you have to think of other natural factors like bees. The most likely colours to attract bees, according to scientists, are purple, violet and blue. Avoid getting stung by the bees by excluding these colours for your picnic outfit. Instead, wear white or yellow colours.

I hope these suggestions can help you choose the perfect clothes for a school picnic.

4C Chan Shuk Ching

'Inside Out'

'Inside Out' is a computer-animated comedy, which is produced by Pixar Animation Studios in America. This film is directed by Pete Docter and Ronnie del Carmen. It was released in 2015.

The story took place in the US cities, Minnesota and San Francisco. Its setting is very interesting and amazing. It is set inside the brain of young Riley, who is depressed about her mum and dad's decision to move them from Minnesota to San Francisco, separating her from her friends. The film is about Riley, an 11-year-old girl and the five emotions in her mind, Joy, Sadness, Fear, Disgust and Anger, who are responsible for controlling her moods. The design is very realistic and a good idea since everyone has these five emotions. We can share the same feelings with film characters while seeing the film.

At the beginning of the film, owing to Riley's family moving to a new house, Riley's discomfort with the changes in her life becomes the main conflict in the 'outer' story. The five emotions work together to handle the sudden change in Riley's life. The storyline is gripping and the narrative covers all perspectives of each character effectively.

More importantly, I especially like the main character, Riley as Kaitlyn Dias provides voice-over for her and gives a subtle and wonderful performance. Incredibly, when she takes up this task, she is only 15 years old.

In short, the film shows stunning animation. The plot and setting are engaging, entertaining and well-designed. The running time of the film is not too long; however, it can bring tons of fun and messages to audience. It tells us we have ups and downs. What impresses me most is that it is alright to accept all sorts of emotions. I would recommend this film to my friends.