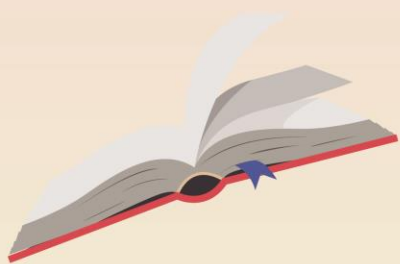


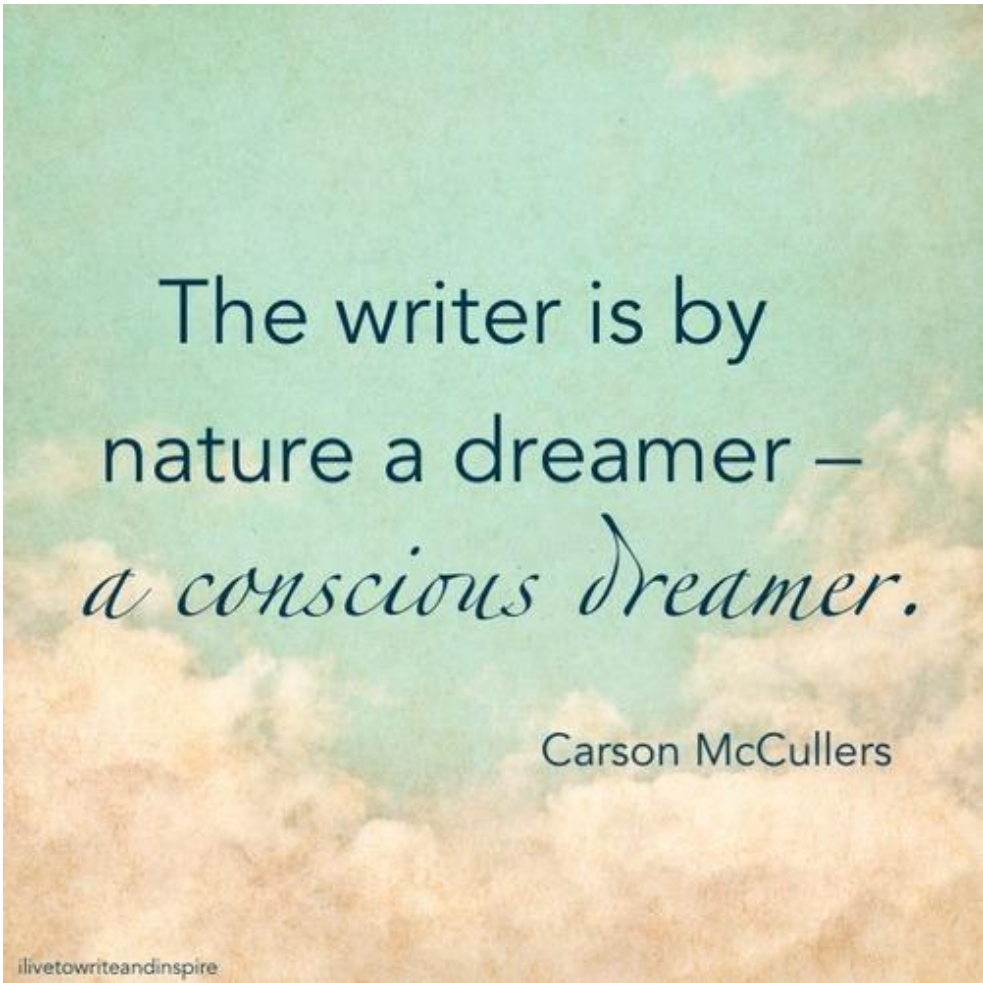
HHCKLA BUDDHIST LEUNG CHIK WAI COLLEGE



# Budding Writers

Vol.5





The writer is by  
nature a dreamer –  
*a conscious dreamer.*

Carson McCullers

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## [1]1D Lee Cheuk Ying, Tracy

### A wonderful cyclist in Hong Kong

Today I will tell you something about Lee Wai-sze. She is a cyclist in Hong Kong. She was born on 12 May 1987. Now she is 29 years old. She has black hair, tanned skin and big eyes. Lee Wai-sze is not only cheerful, but also tough.



Lee Wai-sze, who grew up in a housing estate in Ngau Tau Kok, got the bronze medal in 2012 London Olympics. Next, her teacher recommended her to the Hong Kong Sport Institute for training. Then she became a full-time athlete in 2004. But she broke her left wrist in 2006. She did not give up and insisted on cycling. Finally, she won a silver medal at the World Track Cup in 2012.

Lee Wai-sze receives training almost every day. First, she works out and spends long hours on the bicycle. She also discusses training routines and tactical approaches with her coach.

Lee Wai-sze was introduced to the Christian faith which has been a source of strength and support. She said, 'There're bound to be ups and downs in life. Changes are unavoidable.' and 'Life is about making progress, and you've made progress every time you overcome a hurdle.' From Lee Wai-sze, I learn to be strong and tough.

( image source : <http://www.taipeitimes.com/images/2012/08/05/P18-120805-a5.jpg> )

## [2]1D Wong Ho Yin

### A wonderful person in Hong Kong

Joanna Tse is considered a heroine because she saved many patients during the outbreak of SARS!

She was a doctor. She had long, straight hair and a pair of big eyes.

In 2003, many people were infected with SARS. Many doctors and nurses who took care of the patients were also infected. But she was not afraid! She tried her best to save the sick.

But unluckily, she was infected with SARS and she died. She saved many people so the Hong Kong government awarded the MBG to her.

We all can learn something from her attitude towards her work. We should always remember our responsibility and not give up when there are difficulties.



( image source : <http://christiantimes.org.hk/News/54163/090625tse.jpg> )

[3]1A Wong Ka Hei

Personal letter

Hi Lily,

I am worrying about my homework and I am being teased by bullies. What should I do?

My teacher always gives 9-10 pieces of homework every day. The homework is very difficult and I do homework until midnight every day. That's why I don't have enough time to sleep and I can't sleep well. Although I do my homework, I can't finish my homework on time. What should I do? Should I talk to my teacher?

I am being teased by bullies. They always wait for me outside school, they laugh at me because I am fat and I have a lot of pimples on my face. Yesterday, they punched me and took my money. I was afraid of that. Should I talk to my parents?

I am going to have an exam. What should I do? Can you give me some advice?

Best,  
Chris



( image source : <http://sproutsdevelopment.com/wp-content/uploads/2017/04/homework2.jpg> )

[4]1A Leung Hoi Ying, Carol

### My teenage problem

Hi there,

I am so stressed! I really don't know what to do! Can you give me some advice?

First, my parents were angry about my poor school results. In the exam, I failed in Chinese and Mathematics. They didn't accept this result. They put a lot of pressure on me. I felt very nervous because I really didn't know what to do. My friends didn't help me.

Second, I am worried about my skin. I have too many pimples on my face. Many people laughed at me and I felt very embarrassed. I tried to ask teachers for help, but they only told me to be cheerful. I thought it should not be helpful for me.

I am going to have examination in July. I am very worried about my results. I am also worried about my classmates laughing at my skin. Could you tell me what to do? Could you give me some advice?



Cheers,  
Chris

( image source : [http://www.troubledteenshome.net/images/teen\\_depressed.gif](http://www.troubledteenshome.net/images/teen_depressed.gif) )

## [5]1C Lai Chiu Ting

### Giving suggestions

Dear Lily,

I am sorry that your classmates called you fatty. Don't worry! Let me give you some advice.

If you want to keep fit, you need a healthy diet. You shouldn't skip lunch and breakfast because it's not the best advice for keeping fit. Maybe you will hurt your body. Let me tell you about rainbow eating.

First, you need to eat more green food like pok choi. It helps keep skin and eyes healthy and is low in calories. It can make you fit so you need to eat it more.

Second, red food like meat can help improve your memory and is good for the heart, but you shouldn't eat too much because if you do so, you will be fat and can't achieve your fitness goal.

Third, more importantly, you need to eat more fruits. They have a lot of Vitamin C so they can help you keep fit.

Fourth, it is the most important. You need to spend some time doing exercise. It can make you strong and you need to do exercise every day.



I hope you will solve the problems soon and the advice can help you.

Best,  
Chris



( image source :

<https://cdn.davidwolfe.com/wp-content/uploads/2016/07/diet-weightloss-exercise-FI.jpg> )

## Shopping online

I like shopping online for three reasons. We do not need to go to shopping centres. We can save money and time. But there are some disadvantages like leaking of personal information. If you really want to find the lowest price, do not go to shopping centres.

First we do not need to go to shopping centres. It is really convenient if you go shopping online. It is as easy as a pie.

The second reason is we can save money because shopping at shopping centres is more expensive than shopping online. For example, my mum saw a dress in a shopping centre, but she found the same dress online at a much lower price. If you want to find the lowest price, you must go shopping online.

The third reason is saving time. If you go to shopping centres, you need to spend time on travelling. If you do online shopping, you can buy things at home. You do not need to go to a shopping centre two days later. Your items will arrive at your home.

In conclusion, online shopping can save time and money. You can try online shopping.

( image source : <https://www.papdan.com/wp-content/uploads/2014/02/blog-05.-image.jpg> )

### A hiking trip in Tai Mo Shan

Last week, I went hiking in Tai Mo Shan with my friend, Kristin because I felt stressed. Promising the President of the Geography Club to write an article for the club magazine, I used this hiking experience to write the article.

Before we started climbing, we used a map and a compass to find out our location. There were many fascinating views, so I felt relaxed. Then, we were studying the geographical features along the trails. Then we were arguing which trail we should take. There were two trails. There were so many bees on one trail and many monkeys on the other one. We decided to take the trail with many monkeys since we thought the bees were more horrible than the monkeys.

When we were walking on the trail, suddenly, some monkeys jumped out from the grass. I thought the monkeys wanted to have some food. My friend said that she heard some birds singing. However, I couldn't hear the sound. If I had listened more carefully. I would have heard their singing. Seeing some stones, we decided to have a break. When we took out some bread, the monkeys robbed us of it. We were shocked. We could drink water only.

After finishing walking, we enjoyed the view from the Peak. Suddenly, there was strong wind. Kristin was blown down on the ground. Luckily, she was fine. However, I needed to help her to go back home. Today, I won't forget this nice experience of hiking.

( image source : [https://c1.staticflickr.com/6/5264/29872915312\\_cf62239f02\\_b.jpg](https://c1.staticflickr.com/6/5264/29872915312_cf62239f02_b.jpg) )

A travel blog entry

Last month, I visited the official website of the Macau Government Tourist Office and I found lots of information and beautiful pictures of Macau. I found this place really interesting so I decided to go to Macau with my family the following week.

We went to Macau last week. We spent an hour on the ferry before we arrived at Macau in the morning. Then we went to our hotel which was booked two weeks before. After we put down our suitcases, we went sightseeing at Macau Tower. The views of Macau from Macau Tower were fantastic. My father went bungee jumping at Macau Tower and he said that it was really exciting. After that, all of us felt a little bit hungry and we went to Lord Stow's Bakery to try some local food. I love the pork chop bun and Portuguese egg tart. They were delicious. Next, we went to Hac-sa Beach and we swam there. We also enjoyed sunbathing there. At night, we went back to our hotel and took a long break until the next day.

On the second day, we visited a museum and there were lots of exhibits in the museum. After visiting the museum, we went shopping for souvenirs at the shopping mall. I bought lots of local snacks as souvenirs. In the afternoon, we went sightseeing again at Ruins of St Paul's. I took lots of beautiful photos there.

Finally, we went back to Hong Kong in the evening. We all felt really tired so we stayed at home.

I think Macau is a good place for everyone to go to because Macau is near

Hong Kong. The distance from Hong Kong to Macau is not very long, so we can always visit Macau.



( image source :

<https://media-cdn.tripadvisor.com/media/photo-s/0e/50/a7/a2/macau-tower-is-macau.jpg> )

[9]3C Fung Kin-Ming, Kelvin

A personal email

Dear Uncle James,

Thank you so much for your money. I was thrilled when I read your email. Let me tell you how I've planned to spend the money.

Since I love playing basketball so much, I will spend \$500 on shoes, a basketball and a basketball shirt. I want to buy them, but I don't have enough money. If I buy them, I will play basketball more often with my friends. I will not feel very bored in the summer holiday. I am so excited now.

The summer holiday is coming. I really want to visit Japan because you live there. There are a lot of places which I want to visit in Japan. Don't worry. Mum will sponsor seventy percent of my trip. I only need \$3000 more. The trip is not very expensive. I think I can afford it. I am so happy that I will see you soon.

Finally, \$5000 is a big sum to me. I don't think I should spend it all. So I've decided to save \$1500. I think saving money is very important to me. I will spend the money carefully.



Love,  
Chris

( image source : <http://solopracticeuniversity.com/files/2017/06/Email-1.jpg> )

A speech

Good morning Principal, teachers and students,

My name is Andrew Ma. I am a police officer. Today, I am going to make a speech about bullying at school. First of all, I want to share a story of school bullying with you.

This story comes from a boy called Ben in a secondary school. He was always bullied by his classmates. Since he was timid, he did not tell the truth to his parents, teachers, social workers, or the police. He kept being bullied by his classmates. Since he felt his school life was so sad, he tried to commit suicide. But his plan was found by his parents. So, he told the truth to his parents. In the end, his parents dialed 999 to call the police. And the police investigated the case. Then the bullies were arrested by the police.

How do you stop bullying? You should be brave enough to tell the truth. You can tell parents, teachers, social workers, or the police. They can protect you by arresting the bullies who cannot come out to bully you again.

Also, you should keep away from the bullies. This can give the bullies no chance to bully you.

Besides, you should find a friend to accompany you. In this way, it would be hard for the bullies to bully you.

If you don't stop bullying, you will be the next victim. That's the end of my speech. Thank you.



( image source : <https://www.wikihow.com/images/5/5c/Select-a-Topic-for-a-Speech-Step-14.jpg> )



An interview report

When asked what they did with their pocket money, one of the students said that they spent most of it. Ericson, however, reported that he saved almost half of it each month. The students mostly spent money on food, fashion and games.

Sam and Peter said that they saved about 25% of their pocket money every month. Ericson saved about 50% of his. He was saving up for games. 100% of the students interviewed stated that they wanted to save more money.

All the students could not list any investment plan.

Ericson said that he kept his money in the bank because it was safe there. Sam and Peter said that they had little piggy banks, which they liked because they stopped them spending too much.



( image source : <https://d30y9cdsu7xlg0.cloudfront.net/png/591034-200.png> )

### Using game consoles in education

I read a newspaper article about the educational use of game consoles. In the article, a game has been created by a popular game console manufacturer in Japan. It is a game designed to teach children English. I think if we use game consoles in schools to learn English, there will be two-sided effects. There can be both benefits and drawbacks.

First, there are obviously some drawbacks using computer games in the classrooms. To begin with, using game consoles to teach English does not provide opportunities for students to go outside to do exercise. Also, if game consoles are used to assist teaching, not every student can use it and learn through the game.

Although the market provides many games for teaching purposes, students may not be able to choose suitable games to learn. Game consoles can be quite expensive to buy, definitely more expensive than real books. Using game consoles to teach may not be the best way to educate students. Teachers may feel worried that their role in the classroom will be reduced to handing out stickers for good performances while students work happily on their game consoles.

On the other hand, using game consoles to teach English in the classroom has its own benefits. First of all, students learn through the process of playing games. By playing games, students may be able to understand a new concept or idea and experiment with different options. Games provide a context for engaging in practice. Nowadays, students need a lot of practice to learn in schools. Therefore setting a game console in classrooms can help students to

learn more.

What's more, while playing games, students develop a variety of connections with the content and can form positive memories of learning. The fun, silly or interesting moments tend to stand out in students' memories. It helps a lot for education. Also, many games feature a variety of different contexts. Some students might remember the vocabulary by acting them out.

On balance, I believe that the benefits outweigh the drawbacks of using game consoles in schools to teach English.



( image source :

<http://cdn.3plearning.com/wp-content/blogs.dir/7/files/2017/03/Shutterstock-gamification-banner-4-of-4.png> )

Writing a personal letter

Dear Pat,

How are you these days? I hope you are well. I am having a bad time here. My mother is going to marry her new boyfriend, Tom. I am worried that all my routines are going to change very quickly.

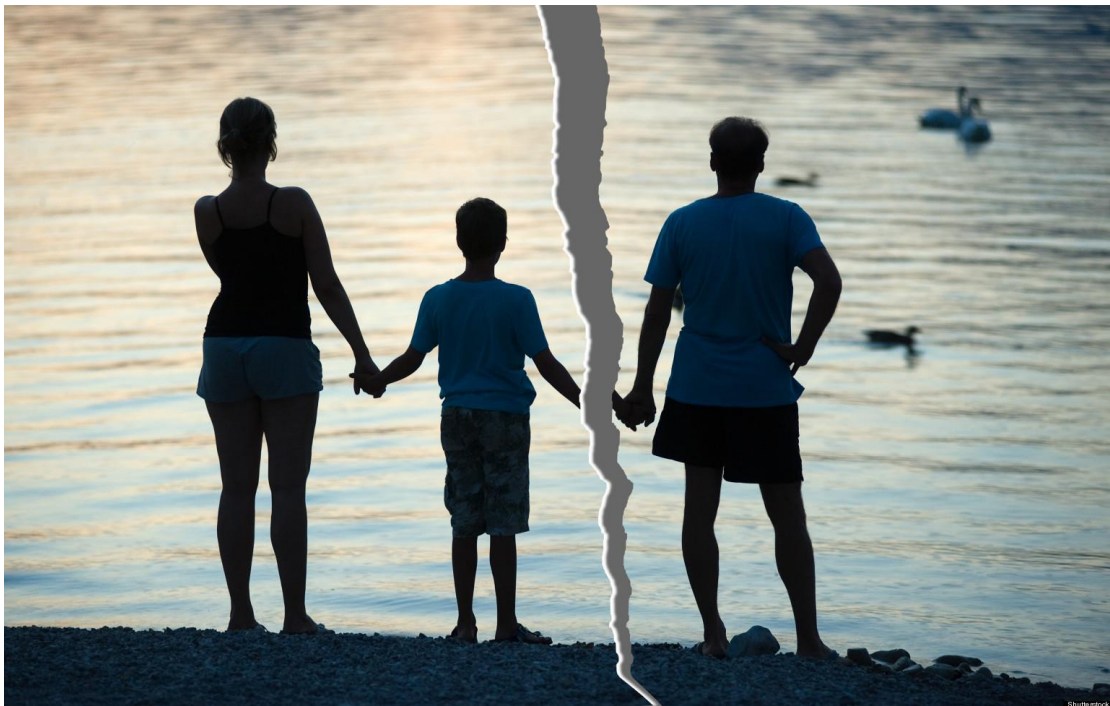
My parents divorced since I was a child. But that does not mean I have a bad childhood. I have lived with my mother for years and I am glad that I can stay with her. Several years earlier, my mother found a new boyfriend for herself. He is called Tom. Tom is a very nice man, who is thoughtful and kind to me. He always stands by me when I am having a bad time, but not this time. As I mentioned above, my mother is going to marry him.

I like Tom. I am not afraid to get on with him, but what I am worried about is the routines are going to change quickly, and I am worried about it. I heard from my mother that we are going to move to his flat. Also, I will start to study in a new school, which is near his flat. All things familiar to me in my life are going to change very quickly.

I feel nervous about the new life that will begin soon. A new home, new neighbours, new friends, a new school, a new parent and most important of all, a new life. I am worried that I cannot get used to it. Next Monday, I will move to his flat to live with my brand new family. Maybe after my moving, you can come to my new home, and then have some tea.

I hope I am still able to talk to you about my concerns more, but I am afraid it is time for me to go. Please reply to me soon.

Regards,  
Chris



( image source : <https://www.dailynation.news/wp-content/uploads/2017/03/dIVORCEEEE.jpg> )

[14]4D Tang Wing Sum, Carol

**Do you want to study overseas?**  
**Come and join Overseas Education Expo**



**Who we are**

The Student Union is going to organize an Overseas Education Expo on 17-18 March 2017 to help students understand more about how to further studies overseas and plan their future. It will be held from 2pm to 6pm on 17 March and from 9am to 6pm on 18 March in our school's covered playground.

**Special features of the event**

We have invited 20 universities from Canada, Britain and Australia to set up 10 booths. They can give you some information about the entry requirements of different degree programmes. They accept students with our school's exam results. Therefore, students with excellent internal exam results will also be able to study in these universities even though they may not perform well in the public exam. Two professors from those universities will also come and have career talks. Don't miss the chance to know more about your future!

**Further information**

If you want to know more about the expo, come to the 4D classroom and talk to our committee members and leave a message on our Facebook! See you there!

( image source :

[https://blog.ief.org/wp-content/uploads/2013/01/shutterstock\\_68492701-259x300.jpg](https://blog.ief.org/wp-content/uploads/2013/01/shutterstock_68492701-259x300.jpg) )

**Are teen idols role models?**

Nowadays, worshipping teen idols has become a common sight. This phenomenon happens all around the globe. Some of their fans even see their stars as role models. But do their fans know what's under their veils? Is it safe to see them as role models?

The first main issue with teen pop stars is how well fans really know them. They may show up on TV with great personality. They may do all kinds of charity work, but is that really the real him or her? There are ample reasons why he or she may do that – they want to be more popular by doing so. So, instead of showing who he or she really is, they always act nice. Even when we encounter them in real life, they are still wearing masks. Is this kind of people suitable for being our role model? As we all know it is good to stay away from 'fake friends', so why not those 'fake idols'?

In addition, teen idols are naïve, not to mention immature. It comes as no surprise that some of the teen idols are shallow. It is because they are young adolescents. They actually don't know half of the things they are doing. Some of them just want to be famous. They are willing to do all sorts of things because of that. So they end up being infamous with all the scandals that they have made. All kinds of information will be widely spread by the media and tremendous amount of the latest news reports will go viral on the internet. Teenagers will then have access to different types of information. Is it really good to put teenagers under the influence of these kinds of teen idols? It is just another sign showing that teen idols aren't good materials for role models.

Most importantly, what kinds of values are teen idols giving out? Not every idol promotes the right things. Some of them propagate the ideas of extravagant lifestyle, sex and even drugs. These may be some extreme cases but they do happen and they undermine our social moral standard. Some teenagers may not be smart enough to stay away from these values. Therefore, it would be a sound decision not to consider them as role models or else the city may be filled with more crimes and prisoners. It is not what most of us want to see and we don't want to see teenagers sabotaging the city.

Finally, not everything is as simple as it seems. There are a lot slipping under the radar. Teenagers should really be more careful with what they are exposed to and do the right things.



( image source : <http://clipart-library.com/img/870190.png> )



A letter to the editor

Dear Editor,

I am writing to reply to the points made by Andrew Tse in a recent article entitled ‘Tutorial Colleges a Bad Idea’. I hold the same perspective as his that attending tutorial colleges is a complete waste of time and money.



Attending tutorial colleges is a waste of time. I totally agree with Andrew Tse that tutorial colleges took up valuable time which students could use to do their homework and revision. In fact, many students attend extra classes after school. They do not have sufficient time to finish the homework assigned by the teachers after finishing the tutorial classes. If students did not attend tutorial colleges, they would be able to finish homework and revision on time.

Attending tutorial colleges is also a waste of money. Most of the classes are costly especially in some of the famous colleges. The tuition fees are unaffordable for many parents in Hong Kong. Also there is no doubt that many of the tutors at the tutorial colleges are not qualified. Then, why would the general public put trust in them rather than the teachers who are qualified? In my opinion, I do not think it is acceptable to pay a large amount of money for a tutor who is not qualified.

Only with hard work can students attain satisfactory academic achievements. Therefore, students should trust their teachers and work harder in schools instead

of relying on tutorial colleges. What do other readers think?

Yours faithfully,  
Chris Wong

( image source : [http://fijisun.com.fj/wp-content/uploads/2017/08/web1\\_Letters\\_TSR1.jpg](http://fijisun.com.fj/wp-content/uploads/2017/08/web1_Letters_TSR1.jpg) )

**Ways to overcome depression**

Maintaining good mental health is very important, especially in such a fast-paced and competitive city like Hong Kong. No matter whether they are teenagers or adults, many people suffer from depression because they are stressed out. I would like to share my friend's experience and help people overcome depression.

My friend, Irene, once suffered from depression since she could not live up to the standards that her parents set. She did not get interested in any activities and she felt bored even when she was visiting her favourite holiday destination, Ocean Park. Irene was also diagnosed with insomnia, which made her feel so distressed. Luckily, She tried her best to fight depression in many different ways and she finally overcame it successfully.

Playing sports is the best way to help you overcome depression. When you are playing sports, you sweat a lot, that makes you feel relaxed. You can forget all the pressure that you have at school or in the workplace. There is a wide selection of sports to do, such as basketball, badminton and running. You must find one which is suitable for you. During the sport time, you can talk with your friends or think alone, just do what you like. If you can release stress, you will feel more comfortable and become happy. Doing sports not only can maintain your good mental health, but it also keeps you fit. By playing sports, Irene felt better and the problem of insomnia was solved. So playing sports is a good method to fight depression.

In addition, listening to music is one of the ways to overcome depression.

For those who are introverted, doing sports may not be a way that fits them. However, listening to music is a way which is suitable for people who don't like to move. Music can offer condolences to people and make us feel like going to another world where there is no pressure. Yet, songs that convey negative emotions or messages are not recommended. So, you should not choose those songs; otherwise, your condition may be worse than before. Listening to songs can make yourself relax and even help you to get more sleep.

Also, talking to others can help us fight depression. Sometimes, if we don't express our feelings, we cannot receive help from others. Instead of evading the problem which makes you feel depressed, we should face it directly. For example, to get the problem off your chest, Irene told her parents how distressed she felt because she couldn't meet their requirements. After that, her parents started not to require Irene so much, so she wouldn't become depressed. Try to talk with your family or friends as they may help you find a way to make you feel comfortable after knowing what you need the most.

Depression is such a thorny issue that we should not ignore it. There are many ways to overcome depression. People should make an effort to fight depression. I hope that my advice could help people who are suffering from depression to feel better.



( image source :

<https://www.healthypalce.com/images/stories/anxiety/overcome-depression-find-happiness-healthypalce.jpg> )

[18] 5B Chia Chi-Yu, Maisie

**A letter of complaint**

Dear Sir/Madam,

Re: Complaint about my four-day tour to Guangzhou

I am writing to complain about the tour captioned above. I join tours to different places every year, but this tour is the worst I have ever joined.

First, when it was time to get on the coach, the driver was still smoking and did not help the passengers to put their luggage into the coach. This made the passengers busy handling their luggage.

In addition, the services provided by Golden Hotel were really bad. We were having lunch there but the food quality was poor, and the staff was smoking. The food was not fresh and I got a stomachache after eating it.

Also, the hotel room was dirty. There was much rubbish on the floor and the bed was messy. The window was broken too. We could also see a rat running around the room.

Furthermore, when we were on the coach, a passenger was smoking and that disturbed other passengers, but no one stopped him. Besides the smoke, the coach was also full of trash. The condition on the coach was undesirable. That made all of the passengers including me ill.

Last but not least, the itinerary for the Guangzhou Tour noted that we were

arranged to have a day trip to Folk Art Museum on Tuesday, but it was cancelled. The visit to the flower pagoda, which had been arranged on Wednesday in the itinerary, became a shopping trip. On Thursday, the walking tour was cancelled too. Many scheduled items were either changed or cancelled. That really disappointed me.

If you want to attract more customers to join your tours, you will have to make significant improvements. It is hoped that an explanation will be given, or I will take legal action.

Yours faithfully,  
Chris Wong

( image source : <http://www.williamdeyaxley.cambs.sch.uk/images/complaint.jpg> )

### **Smoking – harmful to us**

Nowadays smoking is a serious problem around the world. In fact, smoking is horrible in Hong Kong. a lot of young people are smoking now. Nevertheless there are three solutions to help students stop smoking at school.

First of all, schools should impose strict punishment on students. When it comes to school policy, schools should prohibit students from smoking. Students are also not allowed to smoke outside the school if they are wearing their school uniforms. When students have been caught smoking, they will receive punishment like detention and demerit points. It is necessary for the school to inform parents because they need to take care of their children.

Another solution is to raise awareness about the dangers of smoking. It is true that smoking will cause cancer and heart disease. Schools should emphasize the dangers of smoking more to let students get away from smoking. As a result, schools need to make leaflets and stick posters everywhere. Also, schools can invite former students to come and share their experience. Smoking is harmful to health and smokers are not welcome by others.

The final solution is that schools should actively promote different ways for students to quit smoking. I think the school can organize a campaign including a talk and running a ‘Smoking cessation programme’ by inviting counsellors or experts to come to school. if students find that professional help is available at school, teachers can help students quit smoking. They can encourage students to join a school club and teach them how to have a healthy school life.

In conclusion, smoking is a big issue in Hong Kong. To help students quit smoking, schools should impose strict punishments on students, raise students' awareness about the dangers of smoking and actively promote different ways for students to quit smoking.



( image source : <https://www.tommys.org/sites/default/files/Smoking%20and%20pregnancy.png> )



A letter to the editor



Dear Editor,

I am writing to express my view about whether or not schools should allow the public to use their sports facilities after school hours. From my perspective, schools should allow the public to use their school facilities because that can benefit the schools and their communities.

Before I get into my reasoning, I would like to talk about some seemingly valid concerns from those who think schools should not open to their communities. Some say that thieves can seize this opportunity to steal valuables from the sports facilities or another school's facilities and classrooms. This seems like a valid concern until we consider that the majority of the school facilities are locked up when not in use, and the fact that CCTV cameras are all over the campus, meaning if anybody steals anything or vandalizes anything, the crime would still be traceable.

There are also concerns about the noise from the sports facilities users. While there would be lots of noise created by them when the public are using the facilities, the facilities are generally insulated in terms of sound, or far enough. Therefore, the noise would not be too much of disturbance for the students who study after school. Overall, there is not too much reasoning that schools should not let community members use the sports facilities.

Then why should schools be open to the public? There are quite a few benefits for the schools to gain by doing so. Sharing the facilities with

community members can speed up the rate of the facilities wearing down so why not charge the users for a fee to cover the maintenance fee and perhaps some for funding to upgrade the other school facilities. Schools should also create a positive image from this since they can show the communities that they care about the communities. While they observe, hopefully, some good behavior from the students, such positive images can lead to higher reputation, which encourages more parents to willingly let their children enroll in the schools. That would help schools to admit more students and hopefully more students with capabilities, which is beneficial to the schools.

Not only can schools benefit from the above, but the community can also gain benefits. There are just a few sports facilities here in Hong Kong, so many people cannot find a place to do exercise. As a result, they gain weight, leading to higher probability of suffering from chronic diseases and heart diseases. By allowing the community members to use the schools' sports facilities, more people can do exercise. Hence, this helps them to keep fit and lower the risk of suffering from obesity-related diseases.

With all the above reasons, it should be clear that schools should allow people to use their sports facilities. Therefore, it is hoped that schools' supervisors and headmasters should consider allowing community members to start using the sports facilities the schools have.

Yours faithfully,  
Chris Wong

( image source : [http://www.londonderrynh.net/wp-content/uploads/2010/10/letter\\_editor.gif](http://www.londonderrynh.net/wp-content/uploads/2010/10/letter_editor.gif) )



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