

萬里同心

中華少年齊抗疫圖文集





序



序一

「覆巢之下無完卵」這句話清楚說明了社會和人的關係。疫情期間，如果凡事以個人權利和個人自由先行，不願為了社會的整體利益作出配合和付出，最終全社會也因此每一個人都會受到更大的損失。英、美、印度等國的人命和經濟損失是沉重的教訓。

我國人口眾多、密度大，部分地區發展水平低，但只用了一個多月時間就初步遏制疫情蔓延的勢頭；用三個多月時間保住了武漢和湖北，然後是在各地陸續「清零」，全面保障了人民的生命和生活。這是舉國上下，大江南北，萬眾一心，以社會福祉先行的重大成果，同時突顯了我國強大的組織力量、動員力量、執行力量和科技力量。

「少年強則國家強」，經歷了這場驚心動魄的疫情，我希望全國少年朋友認真比較我國和世界各地的經驗和教訓，較深入的認識人和社會的關係。我感謝香港教育工作者聯會黃楚標中學出版《萬里同心——中華少年齊抗疫圖文集》，並與各地學校分享。我相信《圖文集》不僅是一份記錄，更可以提振少年人的奉獻精神。

全國政協副主席
香港特別行政區前行政長官

梁振英



序二

今年的姊妹學校活動有點不一樣！

一直以來，姊妹學校都以教學、文化、體藝活動交流為主，兩地師生透過線上線下的互動，彼此認識，共同提升，增進友誼。然而，今年一場全球世紀疫症，幾乎令校園活動停擺，大部分教學都得在網上進行。

儘管如此，疫情將我們拉得更近。我校在武漢市重啟之後，向分佈在大灣區、貴州、江蘇和浙江等六所姊妹學校徵集作品，透過少年人的視角，紀錄了大家如何抗擊疫情，以及在這過程中的所思所感。

疫症的考驗，固然嚴峻，但也突顯了中國強大的組織和動員能力，也體現了人民團結齊心的精神。但願透過《萬里同心——中華少年齊抗疫圖文集》的出版，讓大家記取奮勇抗疫、科學抗疫、團結抗疫的精神，並為今年的姊妹學校交流活動，添上特殊的意義！

港區全國人大代表
香港教育工作者聯會黃楚標中學校監

黃均瑜



序三

歲寒，然後知松柏之後凋也！二零二零年初，具「九省通衢」之稱、有 1100 萬人口的超級大城市——武漢——突然遭受新冠肺炎襲擊，病毒傳染性極高，醫學專家一時間也束手無策。全城，甚至全國，頓時人心惶惶！為了拯救寶貴的生命，國家只能忍痛付出巨大的經濟代價，毅然下令封城，並從各地抽調大量醫護人員和各種物資星夜馳援。在中央統一指揮調度下，全國上下凝聚起共同抗擊疫情的磅礴力量。無日無夜奮戰 76 天，武漢終於解封，抗疫終於取得成功！

在世界各地仍然飽受新冠疫情蹂躪的今天，我們回顧這段驚心動魄的日子，不得不感歎我國優越的全國體制和強大的動員能力，同時也感歎全國人民眾志成城齊心抗疫的巨大力量！

教聯會黃楚標中學聯繫遍布大江南北的姊妹學校，徵集抗疫作品，出版圖文集，真實紀錄我國抗疫期間的好人好事，可謂意義非凡！當中的主人公或許不是大人物，所做的也不一定是甚麼大事，但他們的一點點貢獻，匯聚起來，就成了天上的繁星，讓夜空不再漆黑。「人可以被毀滅，但不能被打敗。」病毒能奪去人的生命，卻掩蓋不了人性的光輝！希望大家感受書中大大小小的人物帶給我們的溫暖，同時學習他們的精神，以後無論遇上甚麼困難，都要勇敢、積極地面對，並貢獻一己之力去造福社會！

最後，祝願全球疫情儘快過去，大家能重新過上美好的生活！

前港區全國人大代表（1997-2017）
香港教育工作者聯會黃楚標中學榮譽校監

楊耀忠



序四

2020 年全國一心，團結奮鬥抗擊新冠肺炎疫情的經歷，給我們留下了深刻而難忘的印象，對年輕人來說，這更是一節活生生的生命教育課、民族文化課及愛國主義教育課。在中央堅強有力和科學的領導下，全體國人以自己的行動譜寫了眾多可歌可泣的故事，在世界各民族之前彰顯了中華民族的優秀品質。

教聯會黃楚標中學發起，聯同分佈在粵港澳大灣區、貴州、江蘇和浙江共七所姊妹學校的同學，以中文、英文、書法及視藝作品紀錄這段偉大歷史，表達自己對抗擊疫情的所思所感，實在是一非常有心思的舉措，體現了香港和內地年輕人命運與共、血脈相連的中華兒女情。《萬里同心——中華少年齊抗疫圖文集》，全書共 67 篇中文和 44 篇英文文學作品，以及 36 份藝術作品，是七校師生的心血結晶和共同見證，我在此表示衷心祝賀！並祝同學們在老師的教導下，長學識、長智慧、長志氣、長德行，將來參與建設國家，實現中華民族偉大復興夢。

港區全國人大代表
香港專業進修學校（港專）校長
香港教育工作者聯會黃楚標中學校董

陳卓禧



序五

二零二零年，對全球、我國和香港都是不平凡的一年。「新冠肺炎」肆虐全球，世界衛生組織命名為「2019 冠狀病毒病」（Coronavirus Disease 2019, COVID-19），指的就是2019 年新型冠狀病毒感染導致的肺炎。面對疫情，全國人民上下一心，香港同樣同心抗疫。

湖北武漢歷經 76 天封城，全國各地的前線，醫務人員、科技人員、社區工作者、志願者等日夜堅守，全民自覺配合支持，築起了遍及城鄉的嚴密防線，合力戰勝疫情。這段日子，我們見證了全國各地一幕幕動人的畫面，看到抗疫中展現出來的大愛情懷、家國情懷和責任擔當。

疫情帶給我們社會許多不幸，也給我們更多個人和國家關係的思考。我校與各姊妹學校在停課期間，學生同樣停課不停學，教師鼓勵學生把點點滴滴，所思所感，從筆端流露，化作文字，寫成畫幅，繪成圖畫。現在，我們把文章和藝術作品匯集一起，既辦成展覽，也編成書冊，彰顯這段特殊時刻萬眾一心、眾志成城的精神。

在此，衷心感謝各姊妹學校校長和指導老師的支持，把學生親身經歷全民抗疫的過程作為最珍貴的教材，激發學生強烈的民族自豪感。

香港教育工作者聯會黃楚標中學校長

許振隆

2020 年 7 月

序六



值此《萬里同心——中華少年齊抗疫圖文集》發佈之際，我代表江蘇省南通中學全體師生，感謝香港教育工作者聯會黃楚標中學熱情的並精心組織的這項活動。這一件件飽含真情的作品既能成為聯繫兩地學子情感交流的紐帶，更能進一步弘揚偉大的抗疫精神，凝聚全體中華少年奮發向上的愛國力量！

萬里同心 共抗疫情
天佑全球 中華少年
江蘇南通中學成錦平
壬寅年九月

江蘇省南通中學校長

成錦平



序七

香港教育工作者聯會黃楚標中學組織這次《萬里同心——中華少年齊抗疫圖文集》圖文徵集活動，是對師生厚植愛國情懷的一次大膽實踐，在香港教育界樹立了一面旗幟！預祝此次活動圓滿成功！

深圳市田東中學校長

陳書文



序八

今年的疫情來勢洶洶，但也正是這樣的時候，讓我們明白，只要萬眾一心，就能夠克服重重困難。值此《萬里同心——中華少年齊抗疫圖文集》發佈之際，我謹代表東恩中學全體師生，向奮戰於各條戰線的同仁們致以崇高的敬意和感謝。讓我們一起努力，加油！

寧波市東恩中學校長

王劍平



序九

不平靜的 2020 年我們已走過一半，春種一粒粟，秋收萬顆子。我們曾在春天堅定地播種信念，在盛夏精心地栽培，我們期待，在秋收時節，我們終能滿載而歸。

惠州市第八中學校長

林本紅

序十



我是貴州大學附屬中學校長劉隆華。《萬里同心——中華少年齊抗疫》，祝賀圖文集正式發佈！我在貴州歡迎您，歡迎您來到貴州大學附屬中學，歡迎您們！

貴港高親，學子齊抗疫
——祝賀《萬里同心——中華少年齊
抗疫圖文集》發布。

貴州大學附屬中學校長
劉隆華
2020年9月27日

貴州大學附屬中學校長

劉隆華

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翰墨志情

黑暗中，是你燃燒生命的光芒照亮了我，讓我清楚
看見身邊一切美好的事物。因為你，我有勇氣邁步
向前。因為你，我更喜歡這個世界了……

明天的我，一定會成為國之棟樑——「3.18」觀後感

寧巧

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指導老師：尹志芳

一百七十八年前的今天，是中國難以忘懷的一天，一八四零年英國發動鴉片戰爭，強迫清政府於一八四二年簽訂《南京條約》、《北京條約》、《展拓香港界址專條》。這些不平等的條約，都是因為當時清政府趨於英國的炮艦而簽訂的，國家落後，落後就挨打，多少屈辱，多少血淚。今天，我們，一個個熱血青年，怎能忘記國恥？


雖然，歷經了漫長的九十九年，香港新界中英街終於回歸祖國的懷抱。可我們，怎能忘記歷史。我們，要為祖國的強大努力學習。

今天，三月十八日，又是中英街警示日。因為突如其來的疫情，我們不能去現場，於是，我們在網上開展「3.18」警示日活動。

當網上響起雄壯的國歌聲，我心潮澎湃，大聲唱著：「前進！前進！前進進！」歌聲結束，我心依然激動。是的，「前進！前進！前進進！」，這些話激勵我們努力向前，告訴我們必須向前，少年進步，則祖國繁榮昌盛；祖國繁榮昌盛，少年就會幸福安康！我們堅信：少年智，則國智；少年富，則國富；少年強，則國強。從今天開始，我們更要努力向前，奮發有為！

還記得，我每次看到當年英國人在中英街的照片，心中就悲憤難忍。看到孫中山、毛澤東等偉人為了中國的崛起，而努力奮鬥時，我就告訴自己，不能懈怠，我要努力學習，奮發有為，做一個有志氣的少年。

現在，疫情嚴重，很多醫護人員、志願者、愛心人士，不顧自身安危奔向一線，鍾南山院士為了戰勝非典疫情，不顧年事已高，冒著被感染的危險奔向一線，悉心指導救治病人。他們是中國的脊樑，他們為國為民，捨生忘死。因為有千千萬萬個這樣的中國人，我們的國家就有了希望！我們的民族就能強大！我們的百姓就能安康！



我是一名十四歲的少年，看到他們的事蹟，我深感敬佩，作為一名初中生，我不能衝鋒陷陣，可是，我安心在家、努力學習，上好每一節網課，做好每一次作業，發奮圖強，多勞動、多鍛煉，樂觀積極。

我堅信，明天的我，一定能為祖國做貢獻。

我堅信，明天的我，一定能從「祖國的花朵兒」變成「國之棟樑」！

櫻花

劉紫馨

深圳市田東中學 初一（10）班

指導老師：尹林楓

櫻花，一種美麗的花朵，象徵著熱烈、純潔、高尚。楊萬里曾在〈櫻桃花〉中寫道：「櫻桃花發滿晴柯，不賭嬌嬌祇賭多，落盡江梅餘半朵，依然風韻合還他。」吳融也在〈買帶花櫻桃〉中說：「粉紅輕淺靚妝新，和露和煙別近鄰，萬一有情兼有恨，一年榮落兩家春。」這說明櫻花在古人眼中是嬌柔豔麗的。但在此次疫情中我發現櫻花遠遠不止如此。

二零一九年末爆發的「新型冠狀病毒」使全中國的人民都陷入了恐慌之中，武漢，是這次疫情的重災區，原本熱鬧的街道變得空無一人，人們都呆在家裡不敢出去，而中央則立馬採取了「封城」的舉動，仿佛整個武漢市都陷入黑暗之中。這時，在無邊的黑暗中出現了一束束光，他們如同利劍一般刺破黑暗，他們明知危險也義無反顧地沖上一線，我們稱他們為「逆行者」。這些「逆行者」中的女性為了方便「戰鬥」，自願剪去了及腰長髮，她們看著飄落的頭髮毫無退縮之意，她們就如同那櫻花般高尚、純潔。夜晚，人們已然進入夢鄉時，醫護員還穿梭於手術室和病房，他們和死神爭奪著時間，他們總勸病人別熬夜，可自己卻是熬夜最多的人。都說醫護人員不怕死，其實他們是不敢死，他們身上背負太多太多責任了。他們一刻不停歇地「戰鬥」著，臉上口罩勒出的紅印便是他們戰鬥過的痕跡，他們如同一堵牆將黑暗全部攔在一邊，將光明和希望留給他人。可有些人卻並不領情，之前有個大爺被告知得「新冠肺炎」，醫生要求他先帶上口罩，可他卻怒氣衝衝地說：「我都已經這樣了，還帶這個有甚麼用？」隨後便撕開醫護人員的防護服朝他吐口水，宛如一個張牙舞爪惡魔。看到這兒，我的怒氣湧上心頭，多少的醫護人員因為照顧病患不幸染上病毒！他們如同櫻花般對抗著寒冬，歷經艱辛，這是為了我們的平安啊！他們也是兒子、女兒、丈夫、妻子、父母，也有人在背後擔心著他們。醫護人員也只是普通人，他們不是神。那些醫鬧的人們啊，清醒點吧！醫護人員能救人，可卻救不了你們的心。願前線的醫生們都如櫻花般熱烈、純潔、高尚卻又堅毅而頑強，願他們被這個世界溫柔對待。

說完前線醫護人員這種堅強不屈的「櫻花」，我們再來說說另一種「櫻花」，他們同樣擁有櫻花美好的品質，只不過這次添上的是一份默默無聞。



因病患之多，武漢原有的醫院已經遠遠不夠了，於是便出現了後來的火神山醫院。火神山醫院的建造速度實屬驚人，一小時出藍圖，隨後一群「基建狂魔」便出現了。他們其中有些人為了不讓家人擔心，瞞著家人默默來到一線，憑著自己的雙手僅用十天便建成了面積為三萬三千九百平米的火神山醫院，向世界宣佈了何為「中國速度」。還有一些平民百姓不在一線，可卻捐贈了許多，農民們將一箱箱新鮮水果送往一線，一些人將口罩扔在派出所前抬就走，他們期盼著春天的到來，期盼看武漢大學美麗的櫻花，卻不知自己也猶如櫻花般高尚。他們深知著：哪有甚麼歲月靜好，只不過有人替你負重前行。他們從平凡中閃耀出偉大。

沒有一個不可逾越的冬天，也沒有一個不會到來的春天。櫻花經歷了寒冬的洗禮不放棄盛開的希望，而衝在前線的醫護人員和武漢人民也沒有放棄武漢，他們就如同櫻花般高尚，櫻花也如他們般堅韌，默默地綻放。等疫情過去，我們一起去「武漢」看那櫻花。武漢加油！中國加油！

全民戰「疫」，我們義不容辭

秦瑩瑩

惠州市第八中學 初一（2）班

指導老師：張柯

「三月二日中國累計確診超 80000 例……」

「五月十二日，中國本土零新增。」

「截止至五月十二日中午十二時，海外疫情較昨日累計確診新增 76716 例，累計 4175157 例……」

二零二零年的冬天因新冠病毒的肆虐失去了以往的熱鬧，我過著枯燥乏味的宅家生活。看著每日的新增與死亡病例，我的心情十分沉重。

國難當前，是誰，勇敢無畏地挺身而出呢？他們有一個動聽的名字——逆行者。

給你十天，你能做甚麼呢？

哦，我能讀完一本長篇小說，或者去遊山玩水。但在二零二零年初的春節，所有人見證了一場不可思議的奇跡——火神山醫院和雷神山醫院的誕生。

十天十夜，兩座醫院拔地而起。其實，「兩山速度」背後沒有甚麼「基建狂魔」，是每一位樸實的勞動者日夜不休與病毒競速，與時間賽跑，與死神較量。從這件事中，我看到了堅定信念的力量。

給艱苦奮鬥等來新年的你一次假期，你將怎麼度過呢？

哦，我會好好與家人吃一頓飯，多花時間來陪陪他們。但抗疫英雄石蕊卻不一樣，疫情襲來，她咬牙拋下年僅十歲的孩子和都已七十高齡的父母挺身而出，奔赴前線。



她的這句話令我深受感動：「作為女兒，我放不下父母；作為母親，我放不下孩子。但我是軍人，必須衝鋒在前。」在她心裡，這是軍人應盡的責任，身為一名軍人，在祖國和人民最需要的地方，就應該挺身而出！從她身上，我懂得了肩上的責任與頭頂的光環不可辜負。

緊急關頭，逆行者們的背影是最美的。

我們永遠不能忘記無數逆行者沖上最危險的抗疫第一線，日夜不休，忘我拼搏，用汗水和淚水詮釋了逆行者的責任與擔當，譜寫出一曲壯麗的奉獻之歌！

中國已經在救援的漫漫長夜中，看到了希望的曙光。


白衣戰士們奮戰在抗疫一線，守護生命。普通民眾也在用愛和勇氣守護天使的翅膀，溫暖暗夜裡的前行者。

給你一萬四千元，你會買甚麼呢？

哦，我會買些自己喜歡的新衣服，或者一些好吃的。但有一位名叫趙水木的八十四歲老人用自己省吃儉用積攢下來的一萬四千元購買了三百八十提牛奶，送給了援鄂醫療隊的一百九十名醫療工作者。

正如趙水木爺爺所說，精忠報國，積德行善，助人為樂，永不改變。這是他做人的原則。從他身上，我知曉了無私奉獻的美好。

還有很多普通人也會像趙水木老人一樣想方設法地出一份力。比如，那個送口罩



給民警卻扔下就跑導致民警只能向他敬禮表示謝意的人，那個在派出所扔下一包錢卻不留名的環衛工人，那個掏出了自己僅有的一百元零花錢交給民警說「你要把這個帶給武漢的小朋友哦」的小女孩。一個個溫馨的故事數不勝數，每一個人都在貢獻自己的力量。

而作為中學生的我們又能做點甚麼呢？最基本的：聽從命令——宅家，不外出，不聚眾。我們能做的就是保護好自己，這樣才能對得起奮戰在一線的醫護人員付出的心血，不給他們添麻煩。

一方有難，八方支援。中國抗疫取得成效是中國人團結一心，眾志成城的體現。

曾經因為疫情天寒地凍，如今中國大地春暖花開。然而全球疫情仍然嚴峻，願各國人民互幫互助，一起找到戰勝病毒的良方，過上自由平安的生活。

點點螢火，匯成人間星河

黃卓楠

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那一個個迎風逆行的身影，牽動了無數人的心。你們築起了疫情防護的長城，
築起了保護老百姓的牆。

——題記

二零二零年春節，突如其來的「新型冠狀肺炎」病毒打破了歡樂的節日氣氛。「新冠」疫情從武漢迅速向全國蔓延開來。天空昏暗，人心惶惶，可就有那麼一群人，他們不畏死亡，捨生忘死，他們「逆行」的生命是那麼的美麗，那麼的耀眼，如點點螢火，匯成人間星河……

八十四歲的鍾南山院士，奔赴武漢！鍾南山院士在十七年前參加了非典戰「疫」，本可安享晚年的他在人民需要他的時候再次挺身而出！站在了抗擊疫情的前線上。我由衷地敬佩鍾南山院士。敬佩他在國家危難時刻挺身而出的民族大義精神，敬佩他心中有人民的奉獻精神。

「一方有難，八方支援」，許多醫護天使挺身而出，穿上了厚重的防護服，投入了這場沒有硝煙的戰爭中！二十四歲的她剛剛被錄取為軍隊的文職人員，得知陸軍軍醫大學要組織醫療隊馳援武漢，第一時間放下除夕夜團圓飯的碗筷，收拾行囊離家奔赴武漢。與時間賽跑，與死神拼搏，想的是能救治更多的病人！當記者問起她的名字時，剛剛還對答如流的她卻說：「名字就別播了，怕媽媽看見了會擔心。」年僅二十二歲的護士朱海秀，為搶救患者在努力工作。當記者採訪她時，她說：「我不想哭，我的眼淚在眼睛裡打圈，我哭的話護目鏡就花了，就幹不了事情了。」張定宇是武漢金銀潭醫院的院長，疫情發生以來他奮戰在抗疫的最前沿，誰也不知道他已經是漸凍症病人！面對生與死的考驗，他想的是人民！就連自己的妻子感染上了新冠肺炎，他也顧不得看上一眼。這些可敬的醫護天使們在抗疫第一線不計報酬，無論生死，只為了讓全國人民早日脫離疫情的折磨，在這場無硝煙的戰爭中好好活下去。當他們脫下防護服，摘下口罩時，一張張佈滿勒痕、磨出水泡的臉，和因長期使用酒精洗手液而被酒精侵蝕的手映入眼簾，多令人揪心！誰又不為此潸然淚下！他們就如黑暗中出現的螢火蟲，帶給我們希望！向他們致敬！他們是最可愛的人！



一月三十一日，南京交警在甯杭高速檢站收到了一份特殊的禮物——口罩。而當問及車主姓名時，對方只留名「中國人」。「哪裡有災難，哪裡就有韓紅」，歌手韓紅為國家捐了十億元，自新型冠狀病毒爆發以來，韓紅就一直在為抗疫一線捐助物資而奔波勞碌，甚至還一度累倒。還有許多來自不同國家的志願者、軍人、明星……無私的奉獻，他們用自己愛的力量支援中國的抗疫「戰爭」！給我們這些生在零零後的學子們上了深深一堂生動而有意義的社會課堂。

「點點螢火，匯成人間星河！」病毒雖無情肆虐，但人間有愛同行。眾志成城之下，相信冬日的陰霾必定散去，春暖花開之日必定到來！中國必勝！



疫情時期的多味生活

雷雨陽

寧波市東恩中學 2101 班

指導老師：丁文

直起身來，提起筆來又放下，右手指節感到僵硬。

罪惡的計時器消耗了不屬於它的時間，吞噬了不屬於它的能源，沒還我一星半點活躍的思路；大腦中層層疊疊的導線電線絞成一團，一灘霧水裡生鏽後死機。

上次是甚麼時候出現這種狀態的，沒心思想。

新冠病毒疫情的不斷擴散使得短暫的寒假被無限拉長。打著「彎道超車」大旗的數學和科學迫不及待地搶佔了空地，向著其他科目居高臨下宣示主權，擅自支配了我的可支配時間。兩個幼稚的傢伙誰也不肯讓著誰，能播種一點就種一點，壓榨著我吸收打了激素的果實。

為了必需的營養成分費點功夫是值得的。可惜誰也沒料到，他們死心塌地供奉著的主人，突然被混沌的大腦扼住了命運的咽喉。語文小隊伺機而入，拉扯著我打開了〈中國詩詞大會〉第五季的大門。

早就聽人說過：文字的藝術雖不比理學的精確縝密，但卻勝在味兒濃。那種能沖散迷霧的精神力量，是一束摸不透的光，明明弱得無影又無形，卻能如三山五嶽巍峨屹立，如五穀豐熟養育萬方。

懷著尋個放鬆的心態，叩響「文學小分隊」——詩詞的大門。這第一味，便來自談吐之息。

自以為〈詩詞大會〉最吸引之處莫過於各位老師的點評。先不說其對於各專業術語等的解說多麼準確，他們語調語氣中流露出的文學素養更令人不禁動容。尤愛蒙曼老師，其談吐優雅平緩，張弛有度，對於詩詞的獨到見解娓娓道來，在每一個溫潤的字句中徐徐流淌而出。品味她的語言，好似聽見深深的幽篁間誰人敲奏著斑駁的雲紋古琴，又好似在春意盎然的叢林之中側耳細聽溪水的潺潺之聲，那樣明快而雅致，悠遠而綿長。



這第二味，來自選手之風。

參加〈詩詞大會〉的選手中，有一位令人難以忘卻。這是一位耄耋老人，一位胸前掛滿軍功章的軍人。他不畏生死，鞠躬盡瘁，也許正是從那句「人生自古誰無死，留取丹心照汗青」中得到了激勵與感悟。文學之風無邊界，能夠跨越一切所謂阻礙；看過萬千秋水，行過天地乾坤，唯有初心依然聖潔。

第三味，便是未來的企盼。

中國詩詞，古人為我們鋪路。而〈詩詞大會〉中不過垂髫之年的孩子們，卻擁有過人的詩匯量，在舞臺上一展風采。轉眼間一代代詩詞新銳如春筍般拔地而出，穩住了下一站的接力棒，扛起了傳承和創造的新責任，撐起了中華文化的一方天。少年之時，時代踩在腳下，未來還在遠方。「青春須早為，豈能長少年。」目標明確，揚帆起航。

都說人生五味，詩詞或許也有這麼五味。此間只品三味，餘下兩味，還當自行摸索。



疫情時期的多味生活

顧庭榕

寧波市東恩中學 2101 班

指導老師：丁文

一場未曾告別的遠行，耳邊不曾絕斷的喇叭聲，一抹靦腆樸實的笑容……

庚子年春，一場來勢洶洶的新冠疫情澆滅了中華兒女喜氣洋洋過大年的激情。這個春節，雖然少了幾分年味，但留存在心間的則是這段特殊時期的多味生活。

一

「我不想哭，哭的話護目鏡就花了。」面對記者給家人報平安的提議，二十二歲的她說出這句話。

朱海秀是廣東醫療隊中年紀最小的姑娘，鏡頭前的她身著厚重的防護服，最顯眼的是護目鏡也遮不住的黑眼圈，不斷做著那些瑣碎但必要的事情——叮囑新就醫的病人腋下體溫要測量十分鐘；打開搭扣，和同事配合將氧氣瓶轉上車架，拖到病人床前；密切關注病人體徵，打補液，放飯……

60 床的老爺爺是她在所有救助的病人中最喜歡的。老人耳背，每次都認真地聽她講話，努力向她靠近，但保持一定距離。大嗓門的她扯著嗓子喊話「爺爺，打針了！」「爺爺，你蓋好被子！」每次叫「爺爺」的時候，老人臉上的皺紋都攏在一起，不時點頭附和，朱海秀總能從他的眼神裡感受到家人般的親切與慈愛。

五十九天後，她踏上歸途，終於淚灑機場。

每每打開電視機，看到這樣的鏡頭，眼睛總是酸酸的——

在堅強的白衣戰士落淚之時。

二

「現在請吃的飯都是鴻門宴。」想起貼在村口的鮮豔的紅色大條幅，捆在幾棵大



樹上。這還是上星期村長您來親自貼上的。

這幾個星期，您天天到各家門口轉悠。我老聽見媽媽抱怨，「出去買菜村長都不讓，還要被嘮叨半天。」我們村是個小村子，村委也沒有幾個人，您便帶頭，帶領著村裡僅有幾個村幹部天天守著村口，挨家挨戶的消毒。正月初二那天晚上，我在家裡憋得不行，想出去透透氣，伴著「刺啦刺啦」的聲音，我費勁地拉開大鐵門，一打開，凜冽寒風襲了進來。我一步併兩步便躲到大鐵門後面，沒有勇氣出去。突然有一絲亮光晃入我眼中。我低頭打探，黑色破舊的帆布鞋，厚棉褲在腿上打著褶。原來是村長爺爺。您走到我家門前，我輕聲詢問：「顧爺爺，天這麼晚了，您在做甚麼？」

「我正給你家消毒呢。」帶著口罩的村長，說話嗡嗡的，邊說邊抬高手中消毒瓶向我示意。「你快進去，天太晚了，別凍著了，這個時候如果感冒就麻煩了。」我「哦」了一聲，便跑進屋裡。站在二樓的陽臺，看著您的身影在昏黃的燈光下漸漸模糊，直到消失在夜幕中。

一瞬間，一種鹹鹹的情愫在心中發酵——

世上從沒有從天而降的英雄，只有挺身而出的普通人。

三

「帶病回村，不肖子孫」「口罩還是呼吸機，您老看著二選一」……窗外，村子大喇叭裡的硬核喊話不絕於耳。

「火神山、雷神山醫院建設進度如何了？現場又是怎樣的場景呢？」屋內，一家人坐在電視機前觀看工地建設的直播視頻。

「不錯不錯，雲監工也挺好，就算當了回包工頭了。」爸爸笑著說。



聽這兩種神奇配方的化學反應，我不禁噗嗤一笑。

那些樸實中帶著絲絲土氣，又狠又讓人發笑的標語；那直擊醫院建設進度的慢直播，那些融入科普防疫知識的小視頻表情包，讓人在鋪天蓋地的壞消息中有了絲絲慰藉與甜味——

疫情當頭，人們樂觀不減。

心疼是酸的，感動是鹹的，樂觀是甜的……縱然病毒無情，生活自有風味。無數人的擔當、良知、責任、學識撐起了中華的脊梁，使我們宅在家中也能感受到生活的多味。沒有一個冬天不可逾越，沒有一個春天不會到來。中國加油！

疫情時期的多味生活

楊菲菲

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本以為疫情期間的居家，會百無聊賴，可沒想到，過得愈久，愈覺得這段時光是我人生行路的一處清喜水澤，讓我在這高效率的生活中，慢一點，多留念一點。

——題記

小確幸之甜

一日中午歇息，望見窗外一片春暉。打開窗戶，暖風又起，樹木裙角翩翩，在草木清薰中感歎春歸。窗下是陽光傾瀉於裙擺之上，鍍上一層金輝，雖如流光一般飄忽不定，卻平添一份動態美。想起以往在春天，尋春不過去外面走走，濃郁的草木氣息並談不上喜歡，直射的光芒狂野地沖向大地，著實熱，結果總是敗興而歸。難道，這就是距離產生美嗎？

晚上與家人窩在沙發看那許久未動過的電視，竟發現，父親口才不凡，加上弟弟的調侃，竟有看雙簧的感覺，這種場景平時可沒機會啊。

母親出去買菜回來後，鬢髮似乎在三月茉莉的微風中新沐過了，流淌著涼滑的幽芳，還疑惑洗髮水怎麼這麼好聞，善良的我與弟弟至今未告訴她真相，只顧在一旁偷笑。

「凡塵有甚麼可留戀的，原來就是這些小歡喜啊！」

疫情的苦與酸

疫情的來臨，措不及防，它像個只想開開玩笑，提醒人們不吃野味的熊孩子，卻不小心玩過了。當所有對新年的願望落空，當眼瞅著確診人數不斷上漲，當警笛迭起，提醒人們不要出行，如夢初醒的我湧上一股難以言喻的酸澀，卻也早早明白應為之貢獻一份力。

「張奶奶，有一種病毒來臨……」「李伯伯最近多聽廣播，不要出去……」在這個資訊總是慢幾拍的小地方，大方地battle換來的是不理解，「這有甚麼，怕啥？」「沒



「那麼嚴重，喲，糊了！」 在不免感慨他們淳樸、心大的同時，真是有苦說不出啊。

可就在後來的危難當頭時，這些「不太靠譜」的他們，也在盡己之力，為疫情募資。而與之相反的，是在輿論擁擠的時刻，一些人無所事事，促使他們成為造謠之徒。他們轉出去的每一張駭人的圖片，模糊的短視頻，末日一樣的聊天記錄，都是對疫區人們的二次重擊。最令我心酸的是，竟還有人轉發，可我無能為力。悲痛、酸澀，如同一隻無形的手，揪著我的心。

但值得慶幸，東方的地平線上，一輪紅日正冉冉升起。

「希望快點痊癒吧！」

疫情期間的生活已然走向尾聲，再見時，會是在那回不去的年少記憶裡，那濃墨重彩的一筆。

「若能澄心淨耳聽，萬籟俱寂亦是韻。」我慶幸，用一個現實，讀懂了它。

別樣的年

沈珈菡

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指導老師：王潔

我相信有許多和我一樣的人在抱怨著今年的春節多麼無聊或糟糕透頂。這一切都由於新型冠狀肺炎的肆虐。這個春節，所有人都只能呆在家中並隨時關注著病情的發展，弄得人心惶惶。本來的春節是熱熱鬧鬧的，可這個春節大家都只能在家中打發時間，不能逛街，也不能出去旅遊或看電影。我們前往重慶的機票也因此取消。


大年初一接著初二都是陰雨綿綿，讓人心情更加煩悶。我更是閒得發慌。每天早晨九時才起床，十二點半才吃中飯。下午就看看書或看看電視。畢竟是春節，況且我的寒假作業已做了大半，所以我並不想做作業。可是光這麼兩天下來，我就覺得像是在虛度光陰，無聊得很。家裡的大人也是一人捧著一個手機，坐在沙發上躺著，位子連挪都不想挪，媽媽總是和我們分享朋友圈的各種搞笑段子。

這一天下午，出現了久違的溫暖的陽光。於是我悠閒地躺在如棉花糖一般的陽光裡，漫不經心地翻讀著〈意林〉。偶然間，一篇文章便烙印在我的腦海中。它寫道「何謂危機？有危才有機。」意思就是說在危難中往往有常人把握不住的機會。我的心不禁震了下來，這句話正像對現在我這個樣子的警告。如今，病毒在外興風作浪，大家都老老實實地呆在家裡，一部份人吃吃喝喝睡睡，做好吃懶做之人，但更有一部份人在發憤圖強，利用這幾天休息的時光，做一些有意義的事情。

頓時，我茅塞頓開，給自己立了一個計畫。每天早上八點必須起床，作息規律，把每一天都過得充實。大家或許會貪圖這難得的清閒，但那些努力的人總是會為自己找一些有意義的事做。有危就會有機，危難到臨才有了這麼多天的休息，但機會也同樣臨到一些人的身上，讓我們有更充足的時間去做我們想做的事情。

生活亦是如此。生活就像是一塊巧克力，時而苦時而甜，挫折到臨時，有些人就此洩氣，永無翻身之日；可有些人把它當作歷練的一部份，經過歷練之後使自己變得更加強大。所以說，面對生活中的變故，關鍵在於我們的態度。

十五歲的春節在我心中是別樣的年，不光光是因為這一年我經歷了新型冠狀病毒這樣的大事件，更在於我成長了不少。



疫情時期的多味生活

沈書卉

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指導老師：張文普

「己亥末，庚子春，荊楚大疫，感染者數萬。」肺炎疫情來勢洶洶，再加上社區最新推出的「兩天內，每戶人家只能有一人外出進行採購」的政策，完全澆滅了我想外出放風透氣的念頭。

生活，總得自己尋找樂趣。不能去外面，就待在家。臥室巷，淋浴大瀑布，沙發遊樂園二十四小時敞開，不僅可以迴圈遊還免門票。要是逛餓了，就去廚房美食街，說不定可以看到一點油星子。此外，只需要花十幾秒便可登上陽臺峰，讓自己浸在溫暖的冬陽中，飽覽半個社區的風景。


因為這次疫情，爸爸的公司推遲了上班。他，也有了更多時間陪伴家人。悠閒的冬日下午，淡雲，微風，令人微醺的陽光。一串鑰匙，一副球拍，一份好心情，我們總能在公園運動得酣暢淋漓。我的球技經過一周的磨練，也大有長進，每每打出一個好球，便會有歡愉的感覺滲透到我的每一個細胞。

碧藍如洗的天空下，常有成群的鴿子飛過，它們屬於這個正在被疫情肆虐的世界，但絕不會為這個世界而束縛。這個世界有它們的一份，但對於正在發生的事，鴿子們並不在意。

家中還有一袋芝麻餡，我們尋思閑著也是閑著，於是圍坐在桌邊包起了湯圓。寒氣聚成了霧模糊了窗，但是柔黃的燈光依舊能讓我感到溫馨。它默默地灑下來，灑在每個人身上，也灑向盤子中間多起來的湯圓上。我的心裡泛起一陣暖意，但恍惚間，又有那麼幾分酸澀。因為工作和學習的緊張，我們仨已經很久沒有親手包湯圓了。

在我眼中，包湯圓不僅是一種單純的行為，更是親情的象徵。當我們圍坐在一起時，是最好的時光。每個人都可以拋空心緒地包包湯圓，聊聊天。


為了解決宅家期間的飲食問題，爸爸變身「沈大廚」，當然也教了我幾道簡單的菜。媽媽也一如既往地忙碌著，「李氏大講堂」常有不定期更新：今天又有兩千多例新增



病例了！奮鬥在一線的醫護人員中，又出現了感染。對了，鍾南山院士昨天又發佈了講話……

沒有黑暗，談何光明？

「耐得住繁華見真淳，守得住雲開見月明。」這段時期今後也許會被人不斷回憶，回憶它的酸甜，回憶它的苦辣。如果沒有這次疫情，那也就沒有這樣的「多味」生活。我相信，太陽還會升起，終有一天，燦爛的陽光能夠重新照亮世界的每一個角落。那，將是美好的一天。



疫情時期的多味生活

葉子程

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指導老師：俞之佳

人們常說「人生百味」，生活中總是有形形色色的事情，或好或壞、或喜或悲，有煩惱也有憂愁。在家閉關的生活不能以百味來形容，但「多味」足矣。

甜

假期延長的消息發出之後，大部分學生（包括我）都很激動，這突如其來的假期，在一定意義上，可以說是一塊「從天上掉下來的餡餅」，這是令人十分意外的事。

寒假剛開始時，因為各科的作業都不少，於是很快動手做了起來，在二月初九做完了，所以在學校還沒有佈置網課時，那段生活很是清閒。

酸

辛酸又心酸。本以為網課的生活離我還有一段距離，但事實並非如此。餡餅搖身一變成了陷阱。

每天坐在電腦前早讀、上課，利用網路來收發作業。時間一天天過去，網課視頻從那頭傳到了這頭；一張張紙從印表機裡進來又出去；從書桌走向電腦桌；又從電腦桌轉向書桌；父母的嘮叨從右耳進，又從左耳出；家裡的矛盾就好比是水流，突然迸發，又驟然平靜。

當聽到週末不能佈置網課學習的消息後，我很開心，但我還是太年輕了。細想來這週末不仍舊要完成週末作業嗎？這與正常的日子又有甚麼兩樣呢？換句話說，這不就是「給個巴掌再給顆甜棗」嘛！

這與上學的日子比好不了半分。這是我第一次（希望也只有這一次）那麼的想念學校。



鹹

這可不是鹹的意思。


在週末，做完作業就不知道要幹嘛了。放空自己實在太無聊了，發呆又無任何意義。就閒著，可閒著又能幹嘛呢？

萬萬沒想到的是由於在家，不去上學，家務事兒有那麼幾樣是我的了。拖拖掃掃，掃掃拖拖，機械性的工作讓人感到疲倦。

閉關的生活，讓我把每一天活成了基本上完全一致，如同工廠加工的程式一般，循環往復。

但我又想到了另一點，學習也是如此啊，機械化工程：背了又讀，讀了又背，把書讀薄，又把書讀厚，公式、步驟重複、重複又重複。但沒辦法，讀書就是這樣。總有人比你更努力，總有人比你更上進。

此次疫情生出了許多「人生百味」，也翻出了不少「人間百態」。



疫情時期的多味生活

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因為抗擊疫情，讓我度過了一個悠長的寒假，期間也體會了別樣「多味」的生活。

鹹味。我在疫情期間每天關注網路新聞，時刻收聽有關疫情的資訊，心也隨著疫情的發展而跌宕起伏。為逆行的援鄂醫護人員而感動，他們在過年期間沒和家人團聚，急忙趕去武漢支援，不知疲憊地工作，挺身而出和病毒進行鬥爭，臉上都是護目鏡勒出的印子，有些女醫生還剪去了秀逸的長髮。看見建造雷神山、火神山和方艙醫院的工人們，為了國家而熱火朝天地努力幹活。同時，我為國家而擔心，心繫遠在湖北的家屬，每天都線上和外婆視頻聯繫，關心當地的疫情狀況，也為那些逝去的英雄和同胞而感到深深的悲痛。看見眾多為疫情默默奉獻的人們不計回報，我感觸很深，多次留下了鹹澀的淚水。

酸味。在此期間，學習也從線下轉到線上，網上上課、提交作業，學校、輔導班的課程使我在電腦面前一坐就是一天。老師們也不辭辛苦地在網路上批改作業，還有作業打卡、及時訂正、鞏固複習、不定時的各種小測……網課的學習使我眼睛酸澀，腰肩酸疼。

甜味。有史以來最長的假期也讓我和父母有了長時間的陪伴，增進了家人之間的感情，享受天倫。我與家人一起做家务，媽媽把消毒液稀釋，灑在地上，然後大家一起拖地，每週都會通風、拖地，看著整潔清爽的家，心情也愉悅不少。在家閑來無事就自己做起了美食，和麵團、擀面皮、拌肉餡，包出來的餃子健康可口，用這些材料加上一些調味料還能做出蔥油餅，比早餐店的要美味得多，媽媽在家也做了很多各式的甜品，讓我大飽口福。在家也不能缺少運動啊，時不時和媽媽做操，和爸爸打拳，運動過後人也沒那麼悶了。和家人窩在沙發裡一起看國際大片，生活有滋有味，可不是甜甜的生活嗎？

疫情結束，復工復學，重啟的生活，現在也該步入正軌了，繼續我人生的「多味」生活。

春天的奇蹟

查明晉

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春意闌珊。南來的燕子裁剪著春天的桃紅柳綠，濛濛細雨中，山嫩綠，水歡笑，錦繡山川緩緩鋪開美麗的畫卷。

此刻，該有一群人與另一群人相逢在大街小巷，淺淺一瞥，盈盈一笑；該有踏春的脚步，一聲聲輕輕敲擊鄉間阡陌，溫暖的目光撥開草叢，找尋去年的芳蹤；該有農人扶犁，翻開泥土的清香，沿著老牛蹄印，一行行播撒希望；該有一隻手牽著另一隻手，奔跑在無邊的原野上……

春寒未盡，疫情正盛。孤寂的城市，憔悴的模樣，濃濃的消毒水是最深的味道。偶有匆匆閃過的三兩隻口罩，猶如被獵人追趕的野兔，驚慌失措。

幾個醫生，一個病房，全副武裝，創造奇蹟。厚重的潔白防護服下，他們僅僅露出了一雙炯炯有神的眼睛。透過那一雙雙眼睛，我彷彿看到了疫情的勝利。和新型冠狀病毒一次次鬥爭，都是在為勝利打下基礎。他們是英雄！

有一分熱，發一分光。所有的有愛心的民眾都為抵抗疫情作出不同的貢獻，如花開滿園，構成了一個明麗的春。春日和煦，普照眾生，人心溫暖，齊抗疫情！



無名英雄

傅詭月

香港教育工作者聯會黃楚標中學 一甲班

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二零二零年年初，這是一個特別的春節，沒有年夜飯，沒有歡聲笑語，沒有親戚們的四處拜訪，長長的街道上空無一人。有的只是新冠肺炎確診人數帶來的緊張，還有口罩銷量的暴漲。

在全國停止上班上學的時候，只有醫生護士們徹夜不眠，披上戰袍，戴上口罩，可能為的是一隻蝙蝠所引發的事故而疲於奔命。在所有人都想逃離疫區的時候，只有他們義無反顧地堅守崗位。為了研究出病毒的解藥幫助更多的人，八十四歲高齡的鍾南山院士在危難之時，毅然離開了安逸的生活，千里迢迢趕到武漢。

他們不顧自己的安危，為了能夠爭分奪秒地搶救病人，穿上了紙尿褲，每天只吃一碗泡麵，鼻子上是口罩壓出來的痕跡，累了就直接在地上睡覺，醒了之後就是又一輪的救治。可是這些本該受到尊重的醫生有時候卻又會被情緒激動的病人打罵。

即便如此，醫護人員們依舊任勞任怨，從不多說些什麼，面對病人時永遠都懷著積極向上的心情。在我眼裡，醫生是個神聖的職業，這些白衣天使就是生活中的英雄，無所畏懼，捨己為人。他們用心中的使命感，照亮這個渾沌陰暗的時期，最終迎來光明和煦的今天。

疫假見聞

溫泳琪

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每到鼠年，中國總面對不同的挑戰，包括一九三六年西安事變、一九六零年中國大饑荒、一九七二年六一八水災、二零零八年汶川大地震，今年是二零二零年，中國經歷前所未有的挑戰——新冠肺炎。雖然鼠年很艱辛，但中國也照樣能熬過，今年的肺炎挑戰也不例外。憑藉全國互相合作，合力解決問題，迎難而上，疫情最終受到控制，這也可算是中國人的成就。

二零二零年，對我來說是不一樣的一年。年初，無情的疫情來得多麼的突然。我本以為今年的春節，會和往常一樣，去親戚家拜訪、大掃除、和家人團聚。但這次的春節和以往的不同，每個人都在家裡，沒有去拜訪親戚朋友，為了把家打掃得乾乾淨淨，大掃除幾乎每天進行。我們的新年與以往完全不同了。

口罩，這件熟悉的日用品，沒想到二零二零年裡居然漲價了，而且價格高昂。因為我們每次出門都會戴上口罩，避免感染病毒。使用量大幅上升的情況下，藥房、超市裡的存貨也都被買光。

原本熱熱鬧鬧的中國，因為疫情像是被按了暫停鍵一樣，街道上幾乎空空如也，因為人們怕被病毒傳染，所以所有人都呆在家裡，哪也不去。疫情的第一站是武漢，武漢淪陷了，各地迅速組織醫療隊支援武漢，如湖南、甘肅、黑龍江、廣西等地的首批醫療隊，人數過萬，這些人們被稱為「最美逆行者」，每天都要穿著厚厚的防護服，去治療大量患者，累了來不及脫防護服就直接睡著了。因為要長期穿著防護服，臉上被護目鏡、口罩印出了深深的印子。武漢因為這次的疫情，很多人都失去了家人，有的全家都被傳染，有的因被傳染而離開了人世，今年的疫情很嚴重。

到了五、六月，因為全國人民的配合（量體溫、出門戴口罩、勤塗酒精消毒液），疫情被控制得越來越好。在這次疫情中，我深深地感受到了中國人團結一致和互相幫助的友愛精神。



「媽媽」的紙條

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冷清的病房裡，窗門緊閉。病床上，幼小的女孩躺在白色的床單下，臉色蒼白，與床單並無兩樣，頭無力地耷拉在一邊，眼神呆滯。看向窗子，沒有深藍的夜空，只有白色的窗簾。時鐘高掛在牆上，聽著秒針每秒不停地喘息。平日裡，她喜歡安靜，可現在病房的环境讓她近乎窒息。

深夜了，病房的門被「哐啷」打開，病房出現了一個穿著黃色防護服的身影，走向了女孩的病床，輕輕扶起女孩的手，幫她測體溫。女孩只看得見防護人員護目鏡下專注的雙眼，還有她那厚厚的防護服上用粗筆寫下的名字——「萍子」。

內向的女孩鼓起勇氣向面前這個防護員開口。

「阿姨，我好想媽媽……」女孩哽咽著說。

萍子正甩體溫計的手頓了頓，看著這個可憐的女孩，像是思索了一下。

「等你病好了就能和媽媽在一起了，你媽媽……」萍子停了一下，「她也很想你！」

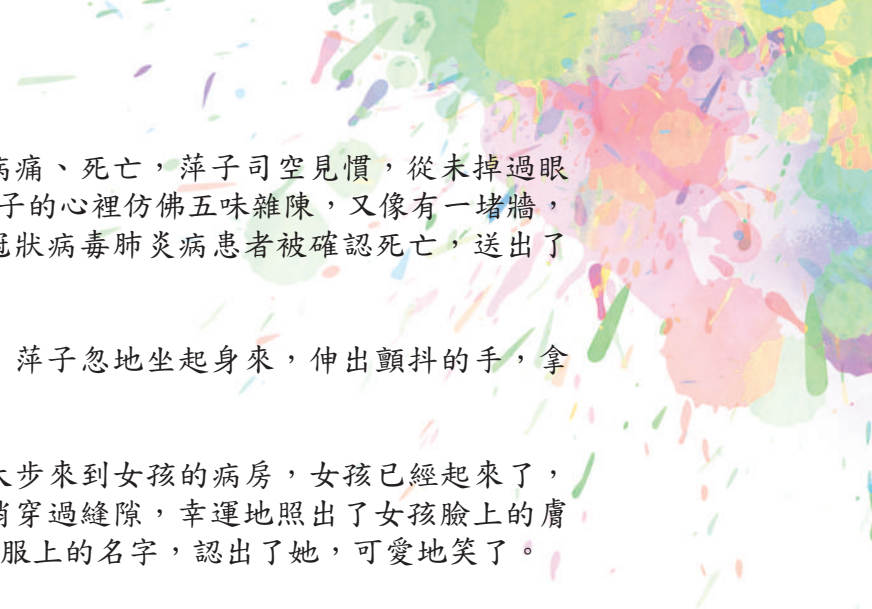
女孩受到了安慰，露出了稚嫩的笑容，伸出藏在床單裡的手，手裡攥著一張折好的紙條。

「阿姨，你可以幫我把這張紙條帶給我的媽媽嗎？」

萍子離開了病房。

走過醫院的走廊，不知多少個日夜身邊只有匆忙走過的同事，耳邊只有病人的呻吟和哭泣。來到工作室，萍子慢慢拿出紙條，輕輕打開，看到一行歪歪扭扭的字：

「媽媽，我是婷婷，我好想你。」



萍子的眼角不經意地泛了紅。多年來，病痛、死亡，萍子司空見慣，從未掉過眼淚，只是用心履行著自己的職責，但現在，萍子的心裡仿佛五味雜陳，又像有一堵牆，壓得她喘不過氣。就在今天早上，有兩名新冠狀病毒肺炎病患者被確認死亡，送出了醫院，其中一位，就是女孩的媽媽。

萍子輕輕靠著椅背，靜默著，過了好久，萍子忽地坐起身來，伸出顫抖的手，拿起桌上的筆，在紙上認真寫著甚麼……

清晨的陽光投下一束米黃的絲綢，萍子大步來到女孩的病房，女孩已經起來了，坐在病床上，窗簾外陽光明媚，一絲光線悄悄穿過縫隙，幸運地照出了女孩臉上的膚色。女孩聽到聲響，轉過頭來，看見萍子防護服上的名字，認出了她，可愛地笑了。

「阿姨，你來了？」

萍子故作神秘地從口袋裡掏出一張紙條，笑著在空中輕快地搖了搖。

「婷婷，你看這是甚麼呀？」

女孩立刻伸手接過了紙條，打開一看：

「婷婷，我是媽媽，我也很想你，你一定要好好照顧自己，我們一起打敗病毒，就可以回家了！」

女孩興奮地抓著手裡小小的紙條，遲遲不肯鬆開，目光在短短幾行字徘徊了許久。孩童彎彎的眼睛閃著天真、喜悅的光芒，露出了兩顆小虎牙，仿佛聽到了媽媽那熟悉的聲音。


「阿姨，你真好，謝謝你！」女孩抬起頭望向萍子，感激地說。

看著女孩純潔的笑顏，萍子的心裡不是滋味，酸的和甜的混合在一起。

「婷婷，你要堅強，阿姨相信你一定能好起來的！」

暗夜漸漸織上天空，病人們都安靜了下來，幾個防護人員分開坐著休息，一天的疲憊和壓力傾訴在沉默裡，安撫著他們。萍子想了想，將紙條的事告訴了大家。這幾個中年男女決定一齊陪伴這個可憐的小女孩。輪流給女孩寫紙條，當女孩的「媽媽」。

幾天來，一張張寫滿愛的紙條送往女孩的病房，填充著女孩美好的心情，每天早



晨還可以聽見女孩對大家快樂地打招呼。女孩聽話的吃好每一頓飯，氣色也日漸轉好，嘴唇紅潤起來，原先蒼白的臉現在倒有了一絲紅暈。小小的病房增添了一抹新的色彩，不再使人感到單調和壓抑。

那天深夜，玻璃窗外是風劃過的聲音，萍子的身影遲遲不出現在病房，女孩急切地坐在病床上等待著，心裡掛念著媽媽寫給自己的紙條。

安靜的病房裡，時間滴答滴答地響著，病房門外偶爾傳來一點兒動靜，女孩便看向門口，可甚麼都沒有發生。

十點了……半個小時了……十一點了……

門終於被打開，是萍子阿姨，那個熟悉的身影來了，媽媽的紙條來了。

萍子輕輕摸摸女孩的頭，抱歉地說晚來的理由：

「你看，這是媽媽給你的。」

溫暖的紙條上寫著一行字：

「婷婷，你要微笑，要開心，媽媽愛你。」

紙條的一角，有一個小小的笑臉貼紙。

女孩擦了擦眼角的淚水，輕聲嗚咽著。

「媽媽，我會好好聽你的話。」

萍子小心幫女孩擦掉眼淚，撫好她的頭髮。

「婷婷，媽媽已經睡了，你也要好好休息呀！」

女孩懂事地點了點頭，將紙條折好，打開用紙巾包起來的小口袋，將紙條與其他媽媽的信放在了一起，再小心地包好，輕輕放進了床邊的櫃子裡。

深夜，女孩已熟睡，有時輕哼一聲，嘴角勾起了甜甜的微笑……

一袋溫暖

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車子緩緩駛在道路上，沉悶彌漫在空氣中。

一旁的妹妹噘著嘴，雙手抱在胸前，不滿地皺了皺眉，歎了口氣，怨道：「過年都不能讓人好好玩兒了，這麼早就要回家了呢！」「現在疫情可嚴重了，很多人因為被感染，待在醫院裡治療，要與他人隔離，而且還有些被感染了沒被發現的，所以啊，我們得回家好好待著，避免接觸到有病毒的地方，為安全著想呀！」母親安慰著，給妹妹遞了塊蘋果。

路上行車寥寥無幾，一顆顆樹木晃過眼前。車窗外，路過的商店都關了，只有幾顆搖曳的紅燈籠掛在店門，門邊的對聯也各式各樣，「招財進寶」「闔家安康」……無不展現人們對「新年」的寄託與期盼。

昔日的大年初一，是喜慶的，是熱鬧的，是爆竹聲，是祝福聲……此時卻因一場突如其來的疫情變得不一樣，鄉下間不能走親訪友，好友間不能聚集約會，出門都須戴口罩，「白衣天使」「人民衛士」紛紛別離家人，帶著各自的「使命」回到崗位，開始了日以繼夜且夜以繼日的工作。

太陽收斂起刺眼的光芒，挪動著圓滾滾的身子，藏匿於山背，天空抹去了淺藍，繡上了赤橙色的錦緞。黃昏，我們已經到了深圳，車子也隨著韻律，悠悠地擦過高樓。依傍著典雅的微風，淅瀝的雨點，終於，我們到家了。

趕著回來，卻忘了家裡的糧食所剩無幾，聽社區的保安叔叔說，附近的超市都關了門，「這該怎麼辦？」母親翻了翻冰箱，又失望地在客廳走來走去，偶爾在沙發坐下，單手撐著腦袋，陷入沉思。

次日……

「咚咚咚。」



一陣輕輕的敲門聲後，是漸遠的腳步聲。我忙去開門，瞧見轉角一個背影，那棕色的卷髮一定是樓下王阿姨的了。地上有一袋子食物，旁邊還有個便簽條，上面寫著：「聽說你們剛從外地回來，大過年的怕你們沒儲備些食物，拿了點兒吃的，別客氣。」旁邊還有一些可愛的小表情，溫暖一瞬間湧上心頭，也為家裡的糧食問題長舒了口氣。

將那重重的一袋子拎到廚房，和母親「匯報」了「喜訊」。不一會兒，母親又收到了鄰居阿姨發來的資訊：「新年好啊！昨晚聽說你們回來了，超市不都關門了嘛，就隨便放了些水果和蔬菜在門口，別嫌棄哈，點點心意，哦記得出來拿下啊。」忙回道：「新年快樂！多謝多謝」，又快步走去門外，拿起了阿姨送來的東西。

再看看，鄰居陸續送來的食物已將空落落的廚房填滿了大半，也將本是空落落的心，蓋上了溫暖。在這特殊的時期，受到特殊的關愛，這就是人情味。

夏花爛漫，秋葉靜美。這個冬日，因病毒而異常寒冷，但人心的善良、真誠與熾熱永在。願以愛心為本，感念蒼生。

抗擊疫情，致敬英雄

黃子恒

惠州市第八中學 初二（2）班

指導老師：戴雪蓉

二零二零子鼠年，當人們歡天喜地慶祝新的一年來臨時，疫情悄然而至。吹哨人李文亮抓住了疫情的尾巴，但此時的人民正顧著慶祝新年，沒有人將它放在心上。

於是，它抓住了人們鬆懈的時刻，一點一點滲透人群，在二月突然爆發，打了人們一個措手不及。為了更好地控制疫情，武漢迅速封城，建起一所又一所方艙醫院。同時，無數英雄主動請纓，簽下請戰書，奔赴抗疫一線——武漢。

「穿上防護服，我就不是孩子了。」一句話脫口而出，劉家怡噙滿淚的雙眼充滿認真。年滿二十歲的劉佳怡是惠州市惠城區中醫院的一名護士，二月九日，廣東省再派出四百三十八人醫療隊增援湖北，她是其中之一。守護在隔離病房，指導進出人員脫下或是穿上防護服是她的工作，也是責任。

在隔離病房，每天都有員警、安保進出，她在工作的六個小時中，需要不停地說話，反復做出指導動作。身穿防護服，一切動作都需要小心翼翼，生怕一不小心將防護服弄壞了，並且 N95 口罩帶來強烈的窒息感，讓人覺得脫開口罩才回到人間。

也有很多普通人，他們通過不懈努力，讓曾經肆虐的病毒得以緩和。有一位武漢的快遞小哥，算過一筆賬：每天接送六十人次的醫護人員上下班，按每人每天在路上一個小時計算，一天就能幫醫護人員節省六十個小時，就算十天之後，我倒下了，他們至少能救十條人命。這是一位平凡卻堅持留守一線的快遞員——汪勇，一位自大年初一開始便開始義務接送醫護人員上下班的快遞小哥。

還有一位義務送藥人——吳悠。讓他鼓起勇氣走出家門的原因，是來自爺爺的一句話：「把家裡的口罩送給需要的人，一個人有一萬個口罩，也只能救一個人，但如果分給一萬個人，也許就能救一萬個人。」於是，他開始義務送藥，一個 N95 口罩、一個頭盔、一輛電瓶，是他送藥的依仗。求助人的一聲謝謝，一個鞠躬，讓他覺得自己是在救人！

讓我們向每一位平凡而又偉大的英雄致敬，正是你們的不懈努力和付出，才有了我們的今天！



抗疫銘

黃馨樂

惠州市第八中學 初二（3）班

指導老師：李彩新

位不在高，披甲則名。年不在長，盡瘁則靈。斯是瘟疫，幸有南山。舉國封治斷，白衣除新冠。全民寧禁足，宅家分國憂。可以慷解囊，慨捐物。有團結之同心，無自私之陋形。中華抗疫捷，贏得萬民欽。眾人云：中國必勝！

醫師銘

林展申

惠州市第八中學 初二（3）班

指導老師：李彩新

城不在高，有將則存。醫不在精，無善則損。斯是孤身，惟吾心正。瘟疫武漢起，四處擾眾生。面前無硝煙，身後有巨盾。不可退半步，屈於瘟。得戰疫之成果，引外媒之輿論。西方正匆忙，雄獅早大勝。眾人曰：何問之有？

生而平凡，但絕不平庸

洪芷妍

香港教育工作者聯會黃楚標中學

二甲班

指導老師：吳顯揚

這個冬天非比尋常，這個春天獨一無二。整個大街上少了平常的熱鬧，馬路上再也不是平常的車水馬龍，反而多了一份寧靜，一份受約束的靜謐。

二零二零的庚子年初，疫情開始爆發，病毒大發肆虐。起初，我們從手機上接收到關於疫情的訊息寥寥無幾，慢慢地，確診人數極速飆升，地圖上的紅色區域也不斷增加，病毒在一步步向人類靠近，我們不知不覺身陷其中。

疫情嚴峻，時間緊迫。被病毒壓迫的人類們，也紛紛盡上最大的努力。有人拍片呼籲人們戴口罩，勤洗手；有人自費捐贈大量醫療物資到重災區；也有人，日以繼夜，廢寢忘食，奉獻自己全部的精力與汗水，照顧著醫院裡的病人。他們沒有向病毒低下頭，不畏其傳播性極高，也不懼自己會被感染的風險，繼續守護在病人身旁。

「疫情是命令，防控是使命」武漢醫生李文亮，在不幸感染了肺炎之後，仍然以積極、樂觀的態度接受治療，在承受著病毒的巨大壓力下，竟然還表示要在康復之後回到一線，繼續對抗病毒。雖然最後病毒還是無情地奪走了他的生命，可是李文亮醫生讓我們看到了一個弱小的身軀，後面卻是無窮無盡的光輝！

我們生而平凡，但絕不平庸；回來吧，那原本熱鬧的街道；回來吧，那絡繹不絕的人群。光明總會戰勝黑暗，這場戰爭，人類一方肯定會勝利！



生當似鵬起，終當如鯨落

洪明敏

香港教育工作者聯會黃楚標中學

二甲班

指導老師：吳顯揚

現在是春暖花開的四月，街上已經漸漸恢復了原來的模樣，車水馬龍，人聲鼎沸。

疫情來得快，去得也快，卻給人類留下了一段難以磨滅的回憶。其中不只有傷痛與死亡，更有團結、信任、人與人之間的互相關愛，還有無數人的付出。

有看到過這樣一段小故事：二十二歲的護士朱海秀，瞞著父母到武漢支援防疫。記者採訪她所在的病房，請她通過鏡頭給家人報個平安，她拒絕了。她的眼淚在眼眶裡打圈，卻說：「我不想哭，我哭的話，護目鏡就花了，就幹不了事情了。」

這也許只是一件微乎其微的小事，卻給我的心靈帶來了巨大的衝擊。是啊，哪有什麼歲月靜好，不過是有人替我們負重前行罷了。

而在中國，還有許許多多這樣的英雄。他們為了國家民眾，工作到了生命的最後一刻。他們也只是普通人，卻像個戰士一樣，用生命鑄成了堅不可摧的盾牌，保護所愛的人。

每當看到有關抗疫的新聞時，我既心疼又自豪。心疼的是，他們在吃不飽，穿不好，甚至在悲傷的時候連眼淚都不能掉的情況下，為我們守下一方淨土；自豪的是，就算是這樣艱苦的條件，仍有人前赴後繼的去支援。

現在是春暖花開的四月，但卻有無數英雄永遠留在了那個冬天。生當似鵬起，終當如鯨落。永遠懷念每一個微小而偉大的他們。

中國的脊梁

黃佳泓

深圳市田東中學 初三（3）班

指導老師：葉涵

魯迅說：「我們從古以來，就有埋頭苦幹的人，有拼命硬幹的人，有為民請命的人，有捨身求法的人……這就是中國的脊梁。」值此新年之初，一場突如其來的疫病席捲了大江南北，使新年的快樂氛圍籠上了一層灰。在這危急關頭，有一群「戰火」中的逆行者沖上了前線，勇敢地與病毒搏殺。他們，便是中國的脊梁。

沒有人生來就是英雄，但總有人用平凡的付出造就偉大。醫護人員不畏疫情形勢的艱險，堅定地喊著「戰必勝」的口號，用自己的青春與熱血在請戰書上重重按下鮮紅的指紋，燃燒自己的赤心與生命去和病毒鬥爭。她們為了勝利，不惜將自己秀麗的長髮剪去；他們為了節省時間和資源，在生理需求來時也不肯卸下防護服去行方便。他們相互在防護服上寫上名字，那名字仿佛是用金子鑄上去的，每一筆每一劃都閃著耀眼光芒。他們平凡的付出，正在造就偉大，他們就是中國的脊梁！

華羅庚說：「只有不畏攀登的採藥者，只有不怕巨浪的弄潮兒，才能登上高峰採得仙草，深入水底覓得驪珠。」一百年以來，工人階級在建設新中國的路程中發揮重要作用，並為中國高速發展的工業作出了巨大貢獻。而今天，工人階級依舊在拯救中國的前線。當建醫院的消息傳來，無數的工人自願前來，為抗擊疫情出一份力，加速修建雷神山和火神山醫院。工人們不怕病毒人傳人的危險，僅用了十餘天的時間，就建成了雷神山和火神山醫院。他們每天工作十二小時，大約要走四萬多步，爬十米左右的梯，伴著機器的隆隆聲日夜不停，燈火晝夜不息，他們用自己的行動，創造了一個震驚世人的奇跡，他們向所有人證明了中國的速度和力量。他們，正是中國的脊梁！

如今，這些中國的脊梁，依然在憑藉自己微弱的力量為中國努力奮鬥，在與病毒搏殺。眾志成城，他們微弱的力量早已聚集起來，形成了強大的力量。這力量，便是能支撐起整個國家的中國脊梁！



值得

文雅

深圳市田東中學 初三（4）班

指導老師：萬君柳

在人們看不見的地方，病毒如地溝裡的污油埋伏在人群中潛滋暗長。待人們慢慢開始從節日裡驚醒，狡黠的病毒已成功在五湖四海攻下據點，大呼勝利。武漢淪陷。

除夕夜，一大批來自全國各地的醫療隊義無反顧地踏上了這條同命運艱難抗爭、與病毒誓死拼搏的路。他們有的連家都沒來得及回去，一聲不吭拉著行李箱走了。他們不僅是白衣戰士，是父母，也是兒女。他們扛著十餘斤重的物資，在眾人唏噓之下，大步堅毅地邁向了車廂門。

「前方到站：武漢站。」

一聲「我沒事。」只能隔著厚厚的防護鏡、防護服，通過媒體播放在螢幕上。萬家燈火時他們也仍奔走在前線直至凌晨，任憑汗水浸得皮膚皺起，身體饑腸轆轆，卻從未放棄。看似平凡，卻那麼堅強，為我們扛著全世界。

救一人即救全世界，這是懸壺濟世，值得！

不亞於白衣戰士們，在我們的生活中，也有這樣一群人，如灰燼中閃爍的火星，在努力地釋放著自己的光芒。

清早醒來就聽見樓下的保安舉著大喇叭在喊：「把口罩戴起來！」「沒戴口罩的都把口罩戴上！」嚴肅的警告中透露著暖心的人情味，有板有眼又可愛樸實。在一座座空城中，隨著車籃子的顛簸聲，紅的、黃的、藍的、綠的、黑的騎士們疾速飛馳而過，只為保障送到樓下的外賣仍然熱乎。來去如風，不變的是那句聽了永遠激動人心的話：「你的外賣到了，記得下來拿哦。」

走在大街上，清潔工們也照常出現在城市的每個地方，戴上口罩，盡其所能為世界帶來一份力量。一棟棟樓房被圍得嚴嚴實實，一幢幢紅帳子下是社區工作人員在堅守。帽子、護目鏡、口罩，還有手上握的測溫槍，全副武裝。盯緊哨口，絕不放過任何一個人。問了才知道，他們有時候要從下午值班到凌晨十二點才換班，為的就是無



死角守護大家的安全。

明知微末卻燃盡微光，這是守護職責，值得！

無論是醫者還是這些普通人，他們都來自千千萬萬個家庭，抵上了時間、精力，甚至是生命去繫緊千千萬萬個家庭。我們都不是孤獨的個體，在這世界上總會有人在關心你，願意犧牲自己的未來，只為你能充滿愛和希望地活著。因為你值得。因為這個國家值得。因為這個民族值得。

在保護傘下的我們，又何來不努力的理由呢？

在前線衝鋒的他們，又何嘗不值得我們尊敬？

敬畏職責，敬畏規章，敬畏生命，人間值得。



那扇門

王偉炫

深圳市田東中學 初三（5）班

指導老師：楊潔

門，本是冰冷的，無生命的，不過，在這個特殊的時期，它卻被賦予了重要使命——與病毒抗爭！

那扇門是自我隔離的家門。小家安才大家寧！


街道上一扇扇緊閉的家門是人們對防疫工作的支持。在家裡，媽媽每天都反復叮囑我們：「特殊時期，你們一定要勤洗手，出門戴口罩啊！」她還整天在屋內噴灑酒精，生怕這病毒往前靠近一釐米。對於已經上班的姐姐，她更是「嚴加照顧」。當我們不耐煩時，她又說道：「別以為我這多慮啊！指不定哪天你不注意可就被傳染了。」爸爸每天看管小店時，總離客人遠遠的，絕不讓病毒得逞。如果有快遞寄來，他也是要經一番折騰才打開它的。我相信，總有一天，那緊閉的家門會打開，我們又會回到那日常生活中去。

那扇門是重症監護的房門。捨小家是為大家！

那扇沉重的門將那病毒封鎖在裡面，可卻有許多逆行的白衣天使走進去，與它抗爭。張定宇院長便是其中的一位。作為深處防疫一線武漢的一名醫院院長，他更是以身作則。凌晨兩點躺下，四點爬起。各種突發情況、事件，他都毫不埋怨。他總說：「我必須跑得更快，才能跑贏時間，才能從病毒手裡搶回更多病人。」身患漸凍症的他，身軀早已不那麼健全，可他卻從未停止抗疫的腳步，從未推脫自己身上所承擔的責任。得知妻子也身患冠狀肺炎時，他說：「都怪我，平時太少提醒她注意了。」也許此刻，他正穿著白大褂，全副武裝，奉行使命吧。我也相信，那一天，白衣天使們從那扇門走出，臉上是滿是自豪、喜悅、激動和釋然的。

那扇門是溫暖樂觀的心門。聚小家成大家！

大年初三的夜晚，在武漢，那「我和我的祖國，一刻也不能分割」的歌聲，是武



漢人樂觀堅強的最好詮釋。即使家人或許已處在生命的邊緣，可他們仍心存希望，仍哭著唱，哭著喊。這歌聲許久都沒停下，或許也正說明我們抗擊疫情的決心永遠都那麼堅定吧。我還相信，那溫暖樂觀的心門，終將成為我們戰勝疫情的最好武器。

長風幾萬里，吹度玉門關。我總相信在那一扇又一扇的門共同努力下，必將戰勝這病毒，那一扇又一扇門也終將照進勝利的曙光。



大君子哉鍾南山

黃伊淳

深圳市田東中學 初三（6）班

指導老師：楊玉英

大君子哉，鍾南山！

子路曾向孔夫子請教怎樣才算君子，夫子面對子路的急切追問，給出了三個答案：「修己以敬」、「修己以安人」、「修己以安百姓」。

志學之年，風華少年鍾南山修己以敬。

父親一直教育他老實人說老實話，說話要有依據，母親教育他要誠實、嚴謹、敬業。父母的教育、世代代的家風使鍾院士努力提高自我修養，於是他能以誠敬之心面對一切。


不惑之年，謙謙君子鍾南山修己以安人。

他教育子女：「第一，要永遠有執著的追求；第二，辦事要嚴謹，要實在。」他把家世風骨傳承給後代，除了諄諄教誨，更是以身作則。他培養出了優秀游泳運動員鍾帷月、醫學教授鍾惟德。

耄耋之年，院士勇士國士鍾南山修己以安百姓。

高鐵餐車上，一位整潔卻蒼白的老人戴著眼鏡，靠在椅背上閉目休憩，神情疲倦而嚴肅。他就是趕赴疫情前線武漢的抗疫國士鍾南山。二零零三年非典疫情爆發，他身先士卒，投入工作。他研究制定治療方案，承接症狀最重的病人，帶領全國人民英勇抗疫。

如今，八十四歲高齡的他又一次義無反顧掛帥出征。他親赴武漢，任疫情應急科研攻關組長，擔起救蒼生於水火的責任。他說：「醫院是戰場。作為戰士，我們不衝上去，誰衝上去？！」視頻中的他，眼神堅毅，神情堅定，充滿著大情懷、大擔當和大無畏。此番話，激勵著無數正在奮鬥的醫務人員，也讓廣大人民百姓吃了定心丸。「火神山、雷神山、鍾南山，三山齊聚克難關。」他的一次次採訪，讓每一個惶恐的中國



人心安，讓每一個歷盡艱辛的醫務人員盡受鼓舞。「一路奔波不知疲倦，滿腔責任為國為民！」

終南山是一座名山，鍾南山是一位偉人，一位大君子！

修己以敬，修己以安人，修己以安百姓——大君子哉，鍾南山也！

而今，困在疫期中的我，不能到學校教室裡上課，只能困在螢幕前聽課、記筆記、做習題，卻一如以往在教室裡那般孜孜不倦。課餘讀〈論語〉〈孟子〉等中華優秀典籍，讀到孔子答子路何謂君子這一章句，我瞬間明白了，鍾南山和鍾南山們，正是一位位當世大君子。

大君子哉鍾南山，你有院士的專業，有勇士的無畏，更有國士的擔當，我向你深深地致以無上的敬意。以前的我原以為，我所有的努力，都是為了牢牢踞守年級第一，那種虛榮還是榮耀感，讓我無比沉醉。而現在，我才真正明白了我努力的意義，我要成為鍾南山那樣的人！

中國的今日，有鍾南山！中國的明天，有我！

口罩「守衛戰」

黃米露

深圳市田東中學 初三（7）班

指導老師：楊潔

大江流日夜，慷慨歌未央！春節的來臨，人如潮湧，滿載歡樂，滿載祝福，也滿載著無形「殺手」。

家鄉只受到輕微感染。春節前，市場上依舊繁鬧，人們都擺上自己種的菜、釣的魚、拔了毛的雞……紛紛在為即將到來的喜慶日子做準備。「大姐誒！這是我家自己種的蘿蔔，清水渠旁邊種的，死甜！」「砂糖橘喲！砂糖橘喲！」似乎都覺得，這個春節，便只會如往常一般。

一瞬間新型冠狀病毒的消息刷了整個互聯網——傳染源頭、死亡病例、武漢封城……事情開始往不可理喻的方向發展。終於，在「中國加油，武漢加油」的呼聲中，人們紛紛帶上了口罩。


當然，也不缺少被互聯網隔絕的老頑固們置若罔聞。

「外婆，你去市場戴口罩了沒？」外婆打開水龍頭清洗著手中的杯子，緩緩回答：「沒有。」我問她為甚麼不戴，她總說「沒怎麼的，老佛保佑，平安無事。」老年人迷信到連命都交給佛祖，我是不贊同的，歐洲鼠疫的時候人們把命託付給上帝，不照樣沒保住？

於是我沉住氣，用半桶水的潮汕話，向外婆動情說明了病毒如何快速傳播，傳播如何如何的不好，並向她舉了一個全家遭殃的例子。外婆沉默不語，我趁機去把房間的口罩取過來拆開為外婆戴上，外婆避之不及，又覺得我說的句句在理。

「這邊有鐵絲的就是上面，然後……戴上後捏一下鼻子，用手就刮下誒。」外婆濕著手，被我戴上口罩後，瞥我一眼：「現在好沒？拆下誒！……」外婆終於肯戴上口罩。

四點半的餘暉從窗簾中擠進來，直沖向半蔽的門。外婆就在這片橙紅中迎進來，耳朵上掛著兩根細繩，藍黃的口罩遮了大半張臉。



這一刻，我心中湧起一股暖流，國難當頭，我也能盡綿薄之力，守護好家人，守護好我的中國！

「為天地立心，為生民立命，為往聖繼絕學，為萬世開太平。」猛然間，記起先賢教誨，新的戰鬥已等待我輩迎接！



冬寒已過，春天你好！

黃遠麗

深圳市田東中學 初三（11）班

指導老師：姚曉華

今年冬天好冷。

看著天氣預報標注的降溫區域從淺藍到藍得發黑，聽著廣播裡的疫情播報，我心裡著實打個了寒顫，不禁把棉衣裹得更緊些。

窗外，紅底金字的「歡度春節」和這冷清的街道顯得格格不入，剛落在木棉枝上的那只麻雀，也尷尬地飛走了，只有路燈上掛著的一串串醒目的紅燈籠才把灰色的街道點亮。


客廳裡沒開燈，沙發的一角，紅色的煙頭在黑紗籠罩般的屋裡一明一暗。我知道，那是爸爸。

他剛接到村長打來的電話——四川省下通知了，因疫情嚴峻不得聚集宴請。奶奶的八十大壽宴要被取消。

他發愁的是，如何跟奶奶開口。

爸爸兄弟三人，爺爺去世得早，三個兒子都是奶奶一手帶大的。那些艱苦的日子裡，堅忍的奶奶不知含著眼淚熬過了多少個不眠之夜。好不容易兒子們成家立業，閒不住的奶奶又帶起了孫子孫女。零八年地震時，奶奶抱著年幼的我從廢墟裡爬出來，嚎啕大哭，說是寧願自己死，也不能讓孩子傷著一點……現在，我們長大了，爸媽要接她到深圳來享福，奶奶卻怎麼也不肯，說是人老了，不給你們添麻煩……

今年的正月初四，是奶奶的八十大壽。爸爸和叔叔們早就商量好了，要給奶奶辦一場壽宴，把鄉里四鄰都請來，整整二十桌，可要好好熱鬧一下。爸爸年前就早早地回了老家，寫請柬、請廚師、辦酒席、買年貨，樣樣都親自過手，生怕哪裡做得不周全。



奶奶整天樂呵呵地看著兒子兒媳忙裡忙外，嘴裡一直叨叨著，「好，好，享到兒子的福囉……」

這下，讓爸爸怎麼跟奶奶說……

「啪」的一聲。突然，客廳的燈亮了，是奶奶。

她挪著不靈便的老寒腿從屋裡蹣跚地走出來。「剛才電話我都聽見了，」奶奶緩緩地說。「不讓辦，就不辦了，」她聲音不大，但像是下了決心似的。「這個時候，咱不能給國家添亂！」


空氣凝固了，明亮的燈光灑滿了客廳，讓我有了一些暖意。

爸爸「蹭」的一下從沙發上跳起來，掐滅了煙頭，一個大步衝到奶奶面前，咧著大嘴，興奮地說：

「媽！您真開明！」我趕緊上前攙住了奶奶，媽媽從廚房裡探出身來，笑吟吟地說：「咱媽一向開明！」

只有我，還嘟著嘴「那麼多紅包，泡湯了……」奶奶輕戳著我的腦門，笑著說：「小孩子要懂事，隔壁你王奶奶家女兒是醫生，請願去了武漢，你王奶奶整天在家拎著心，但她仍然支持女兒為國家做貢獻，多光榮呀！咱們在家不能做甚麼，不辦這個壽宴就是給國家做貢獻！」

是的，老師說，沒有人是一座孤島。你的一切福祉，都有賴於整個社會每個人的共同發展。當重大社會災難來臨時，我們只有拋開一己私利，胸懷大局，各自擔當，共同面對，方能度過難關，方能保全每個人。否則，覆巢之下，豈有完卵？



現在，我的心中早已沒有了怨言，只有一份屬於自己的榮耀！這場壽宴雖然沒能辦成，卻讓我們準備宴請的二十桌鄉親的健康有了保障。這就是在這場重大疫情面前我們家做出的貢獻和擔當！

新聞裡正在播報患者痊癒出院的消息，今日的新增病例又在遞減，又有一批醫護人員馳援武漢……

窗外，萬家燈火已經上映，大紅的燈籠把整條街都照亮了，木棉樹上的花苞已經仰起了飽鼓鼓的臉頰，仿佛明天就要綻放！

我在心裡呼喚：冬寒已過，春天你好！

春

葉潤喬

惠州市第八中學 初三（9）班

指導老師：呂文豔

在苦難與背負的盡頭，是行雲流水般的此世光明。

——題記

今年的春天遲遲沒有到來。

我站在陽臺上望窗外的樹枝，幾隻鳥兒在寒風中瑟瑟發抖。

「要快點進來哦，不小心感冒了就不好了。」母親在房間裡，一面拿著吸塵器做著掃除，一面頭也不抬地沖我喊了一聲。

「好——」我敷衍地應了。

我看到住在社區裡的肖醫生行色匆匆地從樓下路過。「肖醫生——」我沖她揮了揮手，她好像很驚訝地抬起頭，隔著口罩緩緩吐出白色的水汽。

「肖醫生，好久沒有見到你啦。」媽媽聞聲也從房間走了出來，跟我並肩站在陽臺上向下望。

「最近特殊時期，我們科室好多醫生都去支援前線了，我膽子小，只能留在本地加班啦。」肖醫生拉了拉臉上的口罩，語氣裡帶著掩飾不住的疲憊。

「真是辛苦，快回去休息吧。」

和母親目送肖醫生的背影消失在樓的那一角，母親告訴我，肖醫生已經連續八天值夜班了，直到今天才放了兩天假，可以好好休息休息。

「她不累嗎？」聽著母親的話，我不禁脫口而出地問。

母親掏出手機點開了朋友圈。母親有很多醫生朋友。她點開一張圖片，將手機遞予我看。「姚小姐和她的先生都是醫生，他們已經十多天沒有見面了。」照片上一個



小小的身影與手機的主人隔牆相望，厚厚的防護服隔絕了病毒，也隔絕了綿延的思念。

我心頭一顫，幾乎落下淚來。

中國不知還有多少這樣為這次疫情默默付出的醫生、護士、志願者，乃至路上的環衛工、亭子裡的員警。他們也是有血有肉的人，但在禍難當頭，卻奮不顧身。或許他們生而平凡，卻因愛與善良而渾身閃光。他們用血肉之軀，為我們築起堅固的城牆。

我抬頭向外望去，樹枝上的雀兒簇擁在一起，再冷的寒冬也無可奈何，而春天，終在不遠的將來。

怎樣的靈魂最美？

李潼

惠州市第八中學 初三（10）班

指導老師：曾翠蓉

初春時節，鳥兒在枝頭鳴叫，樹枝在陽光下搖曳，屋內的我們看著電腦和手機，隔著螢幕汲取知識的養料，聽著那端老師的輕聲講解夾雜著偶爾幾聲雞鳴犬吠。疫情時期我們像守衛城堡的戰士，無聲地在自己該在的地方等候著，靜默著，期望著。好像甚麼時候，靈魂就能跨越空間，去到心之所向的地方。好像只要在窗前默念，一切蟲鳴鳥叫就能替我們傳達心願。

世人都說萬物有靈啊，可誰又能告訴我，怎樣的靈魂才最美？

你看那窗外的鳥，振翅欲翔，你聽，牠們在訴說甚麼？抗疫前線，每一天都有無數人披星戴月，不眠不休地堅守在自己的崗位上，無聲地拼搏著，任汗水藏進厚實的防護服下，任淚水沾濕泛紅的眼眶。你聽啊，原來鳥兒們在訴說：甘於奉獻的靈魂最美。

你看那窗外的樹，枝葉顫動，好似脈脈低語。疫情之下，多少人懷著堅定的信念，守護在祖國最需要的地方，如參天大樹一般，用脆弱身軀撐起了一片天。堅實挺拔的樹，好像在證明：堅定為國的靈魂最美。

那搖曳的晨光在枝葉間奔跑，在樓層中穿梭，它們叫醒沉睡的人們，撫慰急躁的靈魂，它們行走在城市的每一處，看著無數普通人為了疫情而奔波，而默默付出；看著他們在電視機前萬分焦慮地聽著消息，看著他們在疫情的壓迫下仍然好好生活，於是，也抬起頭來看它們，然後滿懷希望地笑著說：今天是個大晴天啊！

人們在祖國的各處，盡自己最大的努力去抗擊疫情，讓我們看到了多少鮮活的心與赤誠的靈魂。



又是一年春

李奧

香港教育工作者聯會黃楚標中學

三甲班

指導老師：林柳如

小城的燈光，明晃晃醉醺醺地蔓延在靜靜的夜色下。古老的小城，也有一番古老的溫情。

印象中，家人總是陪伴在我的身邊，一點一滴。所謂幸福，是下雨天可以一家人在一起。家，多麼溫馨的字眼！疫情的擴散也敵不住家的溫暖。在家裡，父母總是抗疫上最偉大的人物，他們一直努力守護著一家。

一陣寒冷的春天，疫情捲著風暴意外地來襲，街上的行人寥寥無幾，每天的生活卻還要繼續。吃食，是這段時間人們最關心的話題。為免我們過於擔憂，母親總是一次又一次地囑咐我：「不要出門，不要出門！」自己卻從來沒有退縮過，家中的一切，全是她從外邊帶回來的，用愛把疫情隔離在門外，我們在這頭，而她在那頭。

更久以後，從「不要出門」變成了「別心疼錢，家中的存儲夠用。」我想，這就是家，就是幸福吧。他們是最堅實的屏障，總是為我們阻擋所有不安、憂慮。

而家以外，我想到那些一直為國民奔馳的人。我開始關注新聞，從高發期至火神山、雷神山醫院休倉，不知是多久，那些事蹟總是牽扯著我的內心。在沒有特效藥、沒有有效治療手段的情況下，那些白衣戰士們卻總在前線，艱苦地用生命與疫情搏鬥，這是場沒有硝煙的戰爭。

「烽火連三月，家書抵萬金。」那些前線的戰士們，也是想家的吧。雖寂寂無名，卻必不可少。從普通人，到護士，到醫生，疫情期間，都離開了溫暖的家，跑到外面照顧每一個生命。

我們唯有盼望，待到春暖花開之際，櫻花爛漫之時，願以真情，看醉新一輪繁華。

青山一道 同擔風雨

曹杏華

香港教育工作者聯會黃楚標中學 三甲班

指導老師：林柳如

「世界上沒有從天而降的英雄，只有挺身而出的凡人。」

——題記

今年的冬天，陽光明媚卻多了幾分寒意，街道上少了新年的喜氣洋洋和歡聲笑語，取而代之的是令人顫抖的救護車聲。疫情的肆虐如同一把尖刀，刺痛著我們每個人。

那天，我在歸途中看見一個身穿橙色馬甲、帶著小袖章的社區工作人員，他正在貼傳單和告訴來往的居民，他的同事在公園裡派發防疫用品。我剛好經過公園才能回家，剎那間，我愣住了，看著來往的人，她們像是在沙漠裡找到了一眼清泉，爭先恐後，蜂擁而至，生怕晚一步物資就沒了，她們把公園「包圍」得水泄不通，即便如此，我也還是在眼花撩亂的街道裡認出了那明晃晃的橙色。

一季季風起，一次次破曉，一個個如繁星般的身影微躬向來往的行人派發防疫用品，直到物資派完，直到日落黃昏。總有無數堅毅的人堅守在崗位的一線，也總有心懷希望的人，將一點一滴的愛匯聚起來。

他們沒有特殊的裝備，他們不是醫生，不是護士，他們是有一分熱就發一分光的蠟燭，他們用實際行動保證了社區安全，守護溫暖了社區的人。

我們的歲月靜好背後，是無數的人負重前行，再黑暗的夜晚也會有璀璨的星河，越是這樣的特殊時刻，越是能映射出人性的光輝，而這些光輝的締造者，正是那些平凡的人民英雄。我相信，這一場瘟疫，只是歷史長河裡的一顆塵埃。



怎樣的靈魂才最美？

最美的靈魂，應當是盡己所能奉獻的，頂天立地為國的。

最美的靈魂，應當是在危急情形下，仍堅定自我；在惡劣的環境下，仍心懷希望。

這樣純粹的靈魂，才美得閃閃發光。

你我同行，家國同在

張琦琪

江蘇省南通中學 高一（6）班

指導老師：朱敏

剪斷青絲，披一襲白衣，懷揣一顆赤誠之心，他們逆人潮而行。

「散裝江蘇」、「江蘇十三太保」的標籤竄上了熱搜榜，這是網友對於江蘇支援湖北這一行動的戲稱。寒風颯颯吹得紅旗翻飛，踏上前往一線的征程，迎接他們的是一場沒有硝煙的戰爭。他們曾經生活的土地，是「江雨霏霏江草齊，六朝如夢鳥空啼。」的六朝古都，是「蘭橈畫舸轉花塘，水映風搖路漸香。」之龍城，是魚米之鄉、是崇川福地……他們本該在南方溫和的滋養下成長，本該於萬家燈火中相聚，本該看那火樹銀花，賞那月圓美景，可一切在疫情到來時戛然而止。在接到上級命令後，他們義無反顧踏上征程。

「散裝江蘇」只是千千萬萬逆行者的縮影。狂風驟起，勁草迎擊；烈火凶燃，真金砥礪。面對如此疫情，他們攜手共進，以親身行動與專業知識為刀刀，直面這匹惡獸。頑敵在前，是無數奔赴前線的白衣戰士築起堤壩，以全力還擊，與時間賽跑，從死神手中奪回生命。他們緊束的防護鏡在眼窩留下壓痕，厚重的防護服內汗如雨下，但他們的心血與汗水換來的是患者的康復、疫情的緩解、社會的穩定。

「散裝江蘇」，形散而神不散，在這背後，是大國崛起、眾志成城的決心，是「山川異域，風月同天」的友人之誼，萬千同胞的患難真情。醫者仁心，大愛無界，他們的努力，終將讓灰暗過去，我們迎接黎明的到來！

「所有細微之下，都隱藏著春暖花開冰面破裂的巨響。」惟願江城櫻花爛漫時，你們平安歸來。



微光

黃馨鈺

江蘇省南通中學 高一（7）班

指導老師：單志玲

庚子鼠年，病毒肆虐神州大地。昨日還張燈結綵盼新春，今日卻是空城寂寂人淒淒。我已經不知宅家多少天了。

「初，權謂呂蒙曰：『卿今當塗掌事，不可不學！』」耳邊傳來抑揚頓挫的誦讀聲，悄悄推門探望，媽媽正坐在電腦前聚精會神地錄著課。延學以來，作為一名初中語文老師的她居家辦公卻也是馬不停蹄：檢查晨讀、上班會課、手機批改作業、視頻答疑……

伏案的背影、一疊疊學案、熬紅的雙眼、沙啞的嗓音，讓我有所觸動之餘卻也有些不解：「媽，不要這樣拼吧，又沒人檢查……」「不行呀，初一的學生心智尚小，需要人多督促，醫生們在抗疫的前線用生命呵護生命，我們在後方也應站好自己的崗位！」幽幽的聲音鑽入我的心底，似一劑強心劑讓我渾身充滿力量。

在這個寒冷的早春，我感受身邊的溫暖，深知「站好自己崗位」的彌足珍貴。堅定地走向書桌，拿筆、埋頭、書寫……

疫情洶湧襲來，但它也是一面鏡子，折射出每一個平凡人的家國情懷。馬路上，鮮豔的紅馬甲如跳動的火焰，仔細地測量著每一個過路人的體溫；村路上，大喇叭宣傳著衛生防疫知識；社區前，義工們不辭辛苦地往返奔走……他們共同構成了中國的脊梁，每一個人的點滴溫情定會匯集成戰勝一切困難的巨大力量。

魯迅曾經說過：「能做事的做事，能發聲的發聲，發一分光和熱，也會如螢火蟲般在暗夜裡發光，縷縷微光必將燎原。」

戰鬥吧，每一位炎黃子孫，當疫情過去，我們擁抱彼此，我中國必國泰民安，盛世如詩。

豈曰無衣，與子同袍

顧頤

江蘇省南通中學 高一（8）班

指導老師：馮霜

二零二零年初，一場疫情牽動著國人的心，病毒肆虐橫行，掩蓋了新桃符的濃濃年味，吞食了春日裡盎然生機。

在這場沒有硝煙的戰爭中，卻有一群人，簽下「無論生死，不計報酬」的請戰書，於疫情抗戰的前線樹立起一道銅牆鐵壁。

「為天地立心，為生民立命」。逆行的他們為社會奉獻代言。他們當中，有醫生護士為避免浪費醫護服而身著紙尿褲、強忍身體不適堅守醫護崗位；有火神山醫院建設工人不顧勞累徹夜施工，席地而睡以縮短工程；有前線警衛超長時間待命工作不堪疲憊在站立時暈倒；有數家口罩廠夜以繼日的趕工，堅守在第一生產線；還有後方保障民生的超市營業員、環衛工人、快遞員……

上陣拼搏的可以是每一個普通人。「與子同袍」正是每一個普通人都可以寫下的「請戰書」。以實際行動做好防護，共同構築抵禦疫情的嚴密防線，是我們每一個人的責任。

霧靄即逝，霽雲將至。沒有一個冬天不會過去，沒有一個春天不會到來。或多難以固邦國，或殷憂以啟聖明。這些天的苦難並沒有使我們氣餒，反而讓生命的火種燃得更耀眼。人民從苦難中成長，國家從災難中砥礪奮進，走向興盛的未來！



致敬逆行者

吳雙

江蘇省南通中學 高一（12）班

指導老師：馮霜

二零二零年的春天，整個中國被籠罩在一片令人恐懼的氣氛中，而當老百姓都紛紛閉門不出，對病毒避之唯恐不及的時候，卻有這樣一群人，他們身著白大褂，迎著病毒，在人群中逆行。

老顧，就是其中的一員。

老顧臨去武漢前給爸爸打來電話。那天爸爸和老顧聊了很久，作為支援武漢的醫生團隊領頭人，他不會不知道此行的危險。儘管爸爸多次強調這一次旅程的危險，最後的最後，他還是告訴爸爸：「多盡我一個人的綿薄之力，武漢可以快點度過難關！」他的語氣中帶著肯定，聽起來那麼堅不可摧，仿佛可以衝破窗戶外的那團陰鬱。

那天以後，每天晚飯時間爸爸都要準時和老顧視頻聊天。從小小的手機螢幕中，我也看見了許多。他們整天穿著防護服，不敢隨意脫下，因為他們知道，在醫療物資匱乏的情況下，即使浪費一件防護服也是會要命的；他們一天只睡寥寥數小時，從透支的身體中再拿出體力，只為多幫助幾個病人……然而，他們無怨無悔，一心只為救助病人。這群逆行者啊，怕是把責任二字刻到了骨頭裡，誓要衝破那團陰霾，即使面前是天大的困難也不會放棄啊！

即使是在如此大的壓力之下，每每和老顧視頻，卻總能看見他大大咧咧的笑容，就像陽光一樣，穿過陰霾來到心裡。妹妹問：「爸爸，顧叔叔在那邊那麼苦，怎麼還笑得出來呀？」爸爸笑笑，沒有說話。我覺得，也許是因為太想衝破那樣的陰鬱，所以把自己也變成了一道光吧。

生死博弈中，開逆境之花

蘇子欣

江蘇省南通中學 高一（14）班

指導老師：洪建

無意間，一段小視頻觸動了我。視頻裡，一個母親身穿醫護人員服飾，隔著十米與年僅六歲的女兒相望。女兒捧著飯盒，小跑至中間，小心翼翼地放下飯盒，稚嫩的童音在空闊的大街上回蕩：「媽媽，記得按時吃飯，我和爸爸在家裡等你！」鼻尖一酸，我的淚水在眼眶中積聚，沉甸甸的，亦如心中的沉重之感。小女孩望著母親的眉眼，折返回來處，只是一步一回頭，滿眼的不捨。沒人生來勇敢，只因身後有想保護的人，縱使疫情肆意摧毀生命，卻拂不去人間的溫情。愛和希望，定會打敗所有病毒。

「苟利國家生死以，豈因禍福避趨之」，中華民族的凝聚力在這一刻迸發出璀璨的光芒。即使我們中學生沒有救死扶傷的能力，沒有投身科研的經驗，「停課不停學」的號召下，我們懷揣信念，充實自我，終有一天，我們也會立於時代的前沿，以今日汲取的知識與精神溫暖明日的中國！

郭小川說：「沉沉的黑夜都是白天的前奏」，疫情過去，又會是一番國泰民安的盛況。不慌張，不放棄，待春風帶走重重霧霾，我們再相約江城，共賞漫天櫻花。



愛是橋樑

郭昊嘉

江蘇省南通中學 高一（18）班

指導老師：朱建秋

今年春節十分特殊，新型冠狀病毒這種傳染性極強的疾病伴隨著春運的急促步伐，逐漸「蠶食」全中國。

醫院，成了人們最怕去的地方之一。而我的母親，正是一名醫生。

母親從大年初一就開始加班。而在這場戰役中，許許多多她的同行比她更加忙碌，不遠千里奔赴武漢，是人們心中最可愛的「逆行者」。

新年第一天。我從酣夢中醒來時已經上午十點，而母親已經連續工作兩個多小時了。在工作間隙僅有的三兩分鐘休息時間裡，她在家庭微信群中發了一張自拍。照片上的她，面部武裝得嚴嚴實實，頭頂攻堅工作帽，戴著護目鏡和藍色的醫用口罩。「我已經兩個小時沒喝過水了！」她給我們留言道。我十分心疼，敬佩感也油然而生。母親是影像科醫生，負責拍X光；感冒發熱的病人做檢查時，最少不了的一步就是拍X光做檢查了。因此，母親與她的同事們必須全副武裝，做好充分的防護措施，不能給病毒絲毫的可乘之機。

整整一個下午，母親沒有再發來一條消息，或許是她忙壞了吧。我打開電視，電視上恰巧在播出春晚重播，那唯一一個沒有綵排過的節目——〈愛是橋樑〉：

「我們給所有的醫護人員拜年！我們在這兒過年，但是你們卻在為我們過關！一定要記住，我們愛你們，不止在今天，還在未來，生命中的每一天！」

是的，我為每一位堅守崗位，盡職盡責的醫護人員點讚。於無形之中，一道愛的長虹從這顆真誠博大的心連向那顆感激不盡的心。隔離病毒，並沒有隔離愛。所有中華兒女攜手一起共克時艱，春天與希望還會遠嗎？

晚上八點半。忙碌了一整天的母親卸下勞累和重擔，輕輕叩響家門。我沖上前去，送給她一個溫暖的擁抱。

黃馬甲，白罩衣

張仕麟

貴州大學附屬中學 高一（1）班

指導老師：居榮臻

我家鄰居老王是環衛工人，因為每天都穿著黃馬甲去掃地，很多人都戲稱他為「黃馬甲」。老王從不惱，總是說：「黃馬甲好哇！透氣，敞亮，安全。」

新冠疫情來了，整個城市突然安靜下來。

老王每天站在家中陽臺上，街道上只有身穿防護服的人經過。老王不知道那是甚麼衣服，覺得像白罩衣，心裡很是羨慕。

一天社區白罩衣幹部上門排查疫情，老王說，他也要穿白罩衣。社區幹部說，現在防疫物資緊張，沒有多的白罩衣。

日子一天天過去，疫情也越來越緊張。每天看著街道上白罩衣忙碌的身影，尤其是其中還有昔日的同行，老王心裡說不出是一種甚麼滋味，有些茫然，有些自卑，有些害怕，有些怯弱。每天站在陽臺上，雕塑一般，像被拋棄的孩子。

老王決定自製白罩衣。

老王原來是農民，地被征了就成了市民。家中還有不少原本用來修蔬菜大棚的塑膠薄膜。

這天，老王搬出過世老伴用的縫紉機。想著老伴在世時的把式，開箱，上針，穿線，裁塑膠膜。腳放在踏板上，輕輕用力，縫紉機旋轉。衣服做成了，老王溫柔地撫摸著，像是此刻老伴在看著他。老王得意極了。

第二天，一大早，老王穿上白罩衣，拿起掃帚、灰桶，關好門，出去。

天很黑，又很亮，老王的白罩衣像是點燃了整個天宇。



我見過這世間最美的眼睛——一個口罩的自述

崔涵容

貴州大學附屬中學 高一（3）班

指導老師：黃世清

二零二零年二月十一日中國武漢封城的日子，我在一個普通的生產車間裡出生了，還沒來得及與同伴們打聲招呼，便被人急匆匆地打包送上了飛機。

二零二零年二月十二日凌晨，我從黑暗中醒來，面前是一位身著防護服的人，我從周圍一大股消毒水的味道裡明白了眼前的人是抗擊疫情的逆行者。在這個人的周圍，有許多人在忙碌著，無數張臉在我的眼前來往穿梭，我卻看不清一個人的眼睛，因為他們的護目鏡早已蒙上了一層薄薄的水霧。我想，護目鏡下面應該是一雙如黑曜石一般清澈明亮的眼眸吧。「碰」的一聲響與突如其來的顛簸把我從思索中拉了回來，我被狠狠地摔在了冰冷的地上，我定下神來望向身旁，一直戴著我的那個人倒在了地上！我驚慌極了，好在身旁的人趕緊將其扶了起來，我聽見有人說：「你也太拼了，已經一天一夜沒合眼了，趕緊喝口水緩一下！」之前戴著我的那個人終於取下了臉上的護目鏡，拿起了水杯，我終於見到了她的雙眼：疲憊無神且眼眶早已染上了青黑，但這是我見過的最美的眼睛！

我馬上就要被扔進垃圾桶，我快要離開這個世界了，但我早已無憾——因為我見過這世間最美的眼睛！

最美的聲音

丁睿含

貴州大學附屬中學 高一（6）班

指導老師：王亞曼

風逼迫樹發出聲聲低吟，雨拍打窗櫺發出陣陣淺唱，閃電的怒號壓抑著人們的呼吸。黑雲也不甘示弱，步步緊逼，試圖摧毀黎明……

醫院卻將外面的喧囂隔離。燈火通明，她，徹夜未眠，拖著疲憊的身軀，步履維艱，撐起仿若千斤重的手，接通了來自家中的問候……

忙碌了一天一夜的她，半癱著，靠在牆上。醫院早已成為她第二個家，看著身上早就濕潤的白色戰袍，她欣慰地笑了。當她看著一個個患者重拾生命，對她而言這就是最大的獎勵！

完成了自己的任務，她終於放心地舉起了電話，「喂？怎麼了？」一個小傢伙早就迫不及待用稚嫩的嗓音叫道：「麻……媽媽，媽媽！」也許，在手術台上，她，是一個戰士。而現在，她更是一位孩童的母親啊！此刻，眼淚像斷了線的珍珠，一顆，兩顆，三顆……落在地上，發出啪嗒的響聲。此時，電話那頭再次傳來了明朗的笑聲，「老婆，你聽，咱家閨女會叫媽媽啦！」聲音在空氣中回蕩，飄到了走廊的盡頭。隨後，一個帶著重重鼻音的「嗯」字，伴著一身疲勞脫口而出……

風輕輕地撫摸著樹，大雨將窗戶沖刷得格外明亮，也許透過這扇窗，你會看見希望的曙光，你也會聽見，這世上最美的聲音……



萬花落盡春不盡

包嘉怡

龍川縣第一中學 高一（5）班

指導老師：黃玲

草木菁菁，萬物復蘇。三月，春天如期而至。放眼四周，一片粉色。微風拂過，櫻海掀起小而緩的波浪，仿佛怕驚著誰似的。風，混著泥土的芳香，將年味吹淡了。花兒們探出頭來，乍聽遍處無聲。今年，人們為何未赴約呢？

城市裡的醫院內卻沒有泥土的芳香，充鼻的只有濃濃的消毒水味。不如外邊寂靜——醫院內全是帶著口罩身披防護「鎧甲」的白衣天使。他們爭分奪秒，跑遍醫院每一個角落，腳步聲如雷貫耳。他們眼神堅定，像是久經沙場的將士。病房內，病人凝視窗外，眼裡盡是對家人的牽掛。街道空無一人，城市陷入沉寂。病人內心，也如城市般空虛。

每日升高的統計資料，一個個龐大的數字，牽動著每一個中國人的心。花兒們卻不知情，紛紛垂頭喪氣。這註定是一場沒有硝煙的戰爭，是大自然對人類的考驗。守護祖國，守護人民，同是守護春天。

事情不會一直壞下去，中國人民萬眾一心，眾志成城。築起了一道抗擊疫情的堅固城牆。日增數量在下降，花朵也愈開愈烈。鶯燕在枝頭吟唱，細雨輕敲湖面，演奏出屬於暮春的交響曲。白衣使者們逆風而行，花朵們向陽而生，定能衝破前方的桎梏。喧囂盡頭便是晴好。

沒有一個冬天不可逾越，沒有一個春天不會來臨。抗疫進行時，讓我們共克時艱，攜手守護這個春天。

生命擺渡人

葉名泉

龍川縣第一中學 高一（5）班

指導老師：黃玲

他們是生命擺渡人，在和平年代裡，他們用生命踐行著「落紅不是無情物，化作春泥更護花」的殷實奉獻，在死亡線上挽回一個又一個的垂危生命，他們手術刀拿了幾十年，也就渡了幾十年。

除夕之夜，正是萬家燈火，闔家團聚之時。遠在千里之外，解放軍醫療隊早已集結完畢，踏上抗疫征程。在和平時期，每當出現重大險情，最先出現的總是「人民子弟兵」，他們是夜空裡最閃耀的星，他們是最美的「逆行者」；軍旗下的誓言，他們用生命實踐。

霎時間，武漢封城、湖北封城，方艙醫院在十天之內拔地而起，醫療物資緊急集結發往湖北，大批醫療專家連夜搭上赴往武漢的末班車；黨中央作出重要指示：「把人民的生命健康放在首位！」國務院發出通告：「新冠肺炎的一切治療費用均由國家承擔！」一夜之間，「眾志成城，抗擊疫情」如春風般吹遍大江南北。為人民服務，黨用行動證明。

「清明時節雨紛紛，路上行人欲斷魂」，灰色清明，紀念英烈，緬懷一切在疫情中長眠的醫務工作者。李文亮烈士，疫情「吹哨人」永遠離去；「鞠躬盡瘁，死而後已」的武昌醫院院長劉智明永遠地離開了他曾熱愛的工作崗位。戰役前沿，白衣戰士依然堅守陣地。白大褂的責任，他們用生命履行。

時至今日，仍有無數醫務工作者一以貫之地肩負著使命，甘做生命擺渡人，也願此後百年，人民幸福，社會安定，國家昌盛，再無疫情！

春暖花開意闌珊，人間最美逆行者

楊欣

龍川縣第一中學 高一（5）班

指導老師：黃玲

春意闌珊的三月，燕子裁剪著漫山遍野的桃紅柳綠。此時，該有踏春的脚步，一聲聲敲擊著鄉間阡陌；該有成群的人們，一個個擁逢在大街小巷。春寒未盡，疫情正盛。原本應熱鬧非凡的城鄉大地，此時卻很靜，很靜。

二零二零年一月，全國上下爆發了一場突如其來的新冠疫情，成千上萬人被感染，人們的生命面臨著巨大的威脅。在這樣的危急關頭，有人選擇了明哲保身，有人趁機發「國難財」，也有人不畏艱難，逆風而行。江曉靜，就是其中一位。

今年已經五十六歲的江曉靜，本應該在春節過後就退居二線，但因疫情的爆發，她毫不猶豫地選擇了到抗疫一線，和眾多同仁一起與疫情作鬥爭。「苟利國家生死以，豈因禍福避趨之」。在重症監護病房工作的醫生，危險系數更高，也有醫生在工作期間被感染，但江曉靜沒有畏懼。白天，穿上防護服、帶上口罩，一工作就是十幾二十個小時，休息也只是在辦公桌上趴著甚至在地上躺著。面對如此艱難的處境，江曉靜仍堅持不懈，嚴格要求，做好每一項工作，照顧好每一位病人。她說：「時間就是生命，我們必須嚴格把控好治療的每一步，必須嚴格對每一位病人負責，讓他們感到溫暖，看到希望。」

五十有六的年齡，本應在家與親人團聚，享受天倫，但江曉靜只是一直在與疫情鬥爭。春節、元宵等傳統節日，她也沒有回家與親人一起過節。「艱難困苦，玉汝于成」。二月初，江曉靜與團隊制定了治療關口前移的方案；三月，開始每人專門負責一位患者……百餘天來，江曉靜與團隊人員精益求精、一絲不苟，工作不斷取得進展。

「國而忘家，公而忘私。」在這場疫情裡，有許多平凡人，在抗擊疫情奉獻自己的一份力，江曉靜、李文亮、仝小林……一個又一個最美的逆行者，他們就是抗疫的定心丸、強心劑、主心骨，是我們中華民族堅實的脊樑。雖然我們中華民族是一個多災多難的民族，但是，一個歷經磨難而不衰的民族，必有無窮的力量；一個屢遭挫折而不倒的國家，必定有堅實的脊樑。

春天，滿含生機，不缺山花爛漫，不失楊柳炊煙。疫情雖艱，人必克難。來日的大城小鎮，必不減春潮湧動，不乏春之溫暖。

新冠疫情，中國能贏！

陳櫻

龍川縣第一中學 高一（6）班

指導老師：黃玲

二零一九新型冠狀病毒——一種屬於 β 屬的新型冠狀病毒。它如颶風般在二零一九年的冬天席捲了中國大陸。這陣「風」，吹得中國人民猝不及防，但是，並沒有任何一個中國人願意屈服！

疫情爆發後，國家迅速做出決策，調遣大量醫護人員前往武漢應援，並封鎖了武漢所有交通路線。「封城」——多麼可怕的字眼，稍有不慎便會引起全城人民恐慌，但是中國人民並沒有，中國人民聽從國家指揮：戴口罩、自我隔離……一切都在有條不紊地進行著。

新冠疫情，中國能贏！不僅在於中國人民的團結，而且還取決於中國人民有一雙勞動的手。當人們都在家中團圓過新年的時候，「武漢小湯山」——火神山醫院的修建正在如火如荼地進行著，一位位建築工人不分晝夜，連夜加工，有的人甚至連眼都沒合一下。十天後，一座擁有一千多個床位的火神山醫院竣工了，雖然時間很短，但裡面的專業設施卻十分完備。如此的中國速度、中國品質，怎能不叫人心安？

新冠疫情，中國能贏！只因中國人民有一顆善良的心。當國家的徵援訊息剛剛發出，所有醫院的微信群便炸開了鍋：「我來！」「我要報名！」「我還沒成家，沒有過多的牽掛，我去！」一句句振奮人心的話語，讓人不禁心生暖意。醫生李文亮因職殉身，年齡只有三十五歲，家中還有妻子與年幼的兒子。一顆顆善良的心，一把把炙熱的火焰，冰川也消融，怎能不感化人心？

鍾南山院士曾說過：「武漢本就是一座英雄的城市！」確實，中國人民都擁有一顆團結、善良的心，一雙勤勞、樸實的手，戰勝疫情是必然的！武漢加油，中國加油！新冠疫情，中國必勝！



渺小而偉大

黃瑩

龍川縣第一中學 高一（6）班

指導老師：黃玲

我們每個人都是茫茫人海中的一員，總有人會帶著自己的光亮去照亮別人。

——題記

一個黑暗的冬天，寒冷、無助、害怕、恐懼……如果有一束光，人們就有了希望。光可以照亮大地，可以消融冰雪，可以溫暖人心。但如果，遲遲等不到那一束光，堅持不到光亮來臨那一刻——「那，就由我們創造光亮！」

二零二零新年的前幾天，一陣風帶來了噩耗，又帶走了很多人的生命。是冬天來臨了啊，霜雪已經開始落下。冰雪開始封印天地、開始了肆無忌憚的侵蝕。很快，就有人站了出來。一襲白衣披在身上，仿佛那是份沉甸甸的擔子。其實白衣之下，也許是帶著稚嫩臉龐的「孩子」裝成大人的樣子，為了給人們多分擔一份壓力。他們每個人，誰不是一個家庭中的一員呢？誰不是一個個可愛又活潑的生命呢？可他們一句怨言也沒有，只是默默無言地用自己的身軀為我們抵擋住前排的暴風雪，為後者提供安全的環境。在茫茫的冰天雪地裡，他們在發光啊！儘管一個人的光芒不足以照亮這無盡的黑暗，但是只要大家團結一心，擰成一股繩，就可以彙聚成一道更加閃耀的光芒！

風吹啊吹啊，過了不知多久，終於帶來了一絲春天的氣息。因為，櫻花開了啊！可一回頭，眼眶卻慢慢濕潤了，淚也流下來了。那是因為，有人正在黑暗中望著我們呢。看著我們繼續向前，踏著他們創造的光路上，向前，向前去尋找一片滿是光明的世界。

我們確實是從無盡的黑暗中走了出來，可有人卻永遠地留在了那個冬天。他們做到了，用自己的一份微光，給我們創造了光明的道路。這些渺小的光，在我看來，是無比的閃耀和溫暖。溫暖會繼續傳遞，冰雪也將有一天會消融。那時，永遠被黑暗困住的人們應該也會感受到溫暖吧！

櫻花落處，滿地成詩

林菲菲

龍川縣第一中學 高一（17）班

指導老師：謝群群

新年伊始，疫情來襲。人群中少了往日的歡笑，多了歎息與無助；街道上少了繁華與喧鬧，只剩淒涼與孤寂。但危機來臨時，總有一些人挺身而出，逆行而上。

耄耋老人鍾南山院士，臨危受命，趕赴抗疫戰場第一線。他用自己淵博的學識，化作一束至純至亮的光，驅散疫情籠罩下的陰霾。

白衣天使毅然剪去青絲，前往疫情的風暴眼。他們無懼感染風險，從死神手裡搶人；他們揮淚離家，逆風而行的身影令人動容；他們以螢燭之光，點燃希望和信念的光芒。

「凝聚產生力量，團結誕生希望。」無疑是這次疫情的真實寫照。全國百姓上下一心，全力援助武漢，積極抗疫，唯願凜冬散盡。

當白衣天使們到達時，當百姓援助的物資到達時，當源自全國人民內心的鼓勵到達時，每一種愛，都刻進武漢的心臟。

綠水本無愁，卻因風起皺；天使本無憂，卻因疫情白了頭。縱然畏途巉岩不可攀，也要會當凌絕頂；縱然山河有恙，也不敵人間盛情。

白衣請願，星火馳援，化作薪火，溫暖眾生。醫心灼灼，護國安康，化作櫻花，落地成詩。待到春風十里時，櫻花漫盛世。



你要相信這不是最後一天

張騰

龍川縣第一中學 高一（17）班

指導老師：謝群群

當一場突如其來的疫情迅速襲捲了全球，當世界被病毒凝封了在冬天，中國，從沉寂的霧靄中艱難地走了出來，用鏗鏘有力的聲音回應世界，我們，一直在一起。

陰影籠罩之下，我們，在絕境中尋找希望。是那在新年伊始築起火神山的七千多名建築工人，是那一批批請戰前往疫區的醫護人員，是那一位位無償捐獻物資及設備的企業家和普通百姓，是那年逾八十卻還奮戰在抗疫一線的鍾院士，還有無數像他那樣心繫祖國、默默奉獻的人。是他們，在黑暗中燃起蠟燭，在蒼穹下撥開雲霧，讓滯留在末日的城市迎來了新的曙光。請別擔心，萬物皆有裂痕，那是光照進來的地方。

你要相信，沒有一個冬天不能逾越，沒有一個春天不會到來；你要相信，會有那麼一天，人們可以脫下口罩，走上街頭，並肩坐在武大的櫻花下；你要相信，陽光會重新灑在漢江路上，街頭巷尾傳出熟悉的叫賣聲，夜晚的城市繁華如初，家人閑坐，燈火可親。

你要相信，這不是最後一天，讓我們靜候武漢花開，驚喜會在裂縫中結果，萬事可期，人間值得。

青年之擔當，是毅不是疫

丘玲

龍川縣第一中學 高一（20）班

指導老師：鍾瑞華

苦難需要青年人感同身受的正視和救助，而不是在苦難之外的感動和抒情。

——題記

城市沉重地呼吸著。一場沒有炮火的戰爭在中華大地上「打響」。疫情像是一張灰色的巨網撒在城市上空。人們無處可逃。這，是二零二零的序幕。

「時代的一粒灰，落在個人頭上，就是一座山。」千人同心，則千人之力。越是千鈞一髮之際，越能反映出人性的光輝。而這光輝的締造者，正是那些平凡的人民英雄。

春節——中國人最重要的節日，一群歸家的孩子換上白大褂，拋卻了與家人團圓的時刻。他們是孤身面對死亡的神，他們是新時代的青年，是奔湧的後浪。

習近平主席說過：「青年當有上青天攬明月的逸志，也應有揮斥方遒，指點江山的意氣，更該有十年飲水，難涼熱血的毅力。」作為時代新青年，我們自要擔使命，共患難。國難前，國人無一旁觀者，國必興；國人盡為旁觀者，國必亡。中國，是一個在萬千磨難中成長的大國。中國之所以在泱泱歷史長河中不懼風浪，屹立不倒，就是因為自古以來有無數的「逆行者」和「先行者」。

昔日的五四青年振臂一揮，點燃了思想啟蒙的火炬，擔起了救國的責任。百年之後的當代青年，亦擔起了救國重任。他們是軍人、是員警、是身著白衣戰袍的戰士。面對洶洶的疫情，他們衝鋒在前，為你我驅散陰霾。正是他們「願以吾軀負重前行，換取人間靜好」。所以我們堅信再黑暗的夜晚，也會有璀璨的星河。

青年有擔當，國家有希望！一個於傷口長出了花朵的國家，一個擦乾眼淚邁向遠方的民族，不論天災抑或人禍，都有那始終不變的愛與溫暖，像斑駁的光輝，像無數的螢光，點亮了這片暫時灰暗的土地。



少年強則國強

巫送萍

龍川縣第一中學 高一（20）班

指導老師：鍾瑞華

二零二零年的中國人過了一個最安靜的新年，只因迎來了兇猛的「年獸」——新型冠狀肺炎病毒。在這場戰役中，我們看到許多稚嫩的面孔，有患者、有志願者，還有醫護人員……他們讓我們看到了少年的抗疫之心。

在防疫戰打得如火如荼之際，各地的醫療隊伍連連告急。於是湧現出許多無悔的逆行者。十九歲的俞志陽便在其中。他積極報名參加志願者，並且像太陽一樣溫暖醫務人員的心。有人問他：「你難道不怕麼？」他說：「怎麼不怕呢？第一批患者入住時，手腳都麻了。但我不能後退，我身後是萬千國人，我不能後退！」少年們有著初生牛犢不怕虎的氣概，也有著置身於國家之中的心。

在防疫戰打得如火如荼之際，各地的醫療物資如杯水車薪。全國人民紛紛捐贈物資，雪中送炭。其中一名十五歲的男生在國外過暑假，聽到消息後立即和舅舅在當地搜集口罩。兩天後他們搜集到了一萬五千個口罩，但由於飛機停飛無法立即送回國內，他便決定自己親身帶回來。網上有人說他傻，明明口罩可以自己用，還送回國內。可他卻認真道：「國家有難，匹夫有責。」這不就是「人間有真情，人間有真愛」的最好詮釋嗎？

在防疫戰打得如火如荼之際，各地人們的心越來越近。曾看到過一個視頻：一個小男孩在路上看到一位衣衫襤褸的拾荒者，立即向同伴借了口罩，親手給老人戴上口罩。這是多麼寶貴的品格呀！願少年們呵護純粹的感情，陽光下永遠快樂善良！

他們勇敢，明明害怕卻撐著去當志願者；他們奉獻，小小的身板卻衝在最前面；他們純粹，雙手不大卻懂得不帶偏見去關愛。在能夠被稱作「孩子」的年紀，他們卻做出了「大人」的舉動。這就是我們看到的防疫少年，感謝你們，少年！

正是共抗風雨時

駱麗羽

龍川縣第一中學 高一（20）班

指導老師：鍾瑞華

春暖花開，靜待光來。

——題記

急診室的病人心跳驟停。

太平間的床位又多了一張。

穿白大褂的大夫手心出汗，再一次懊惱地垂下了腦袋，握緊了拳頭。

死者的家人一次次的哭喊，卻再也喚不醒至親、摯愛。

黑夜過後，是破曉的微光；春暖之時，是花開的芬芳；寒冷散盡，是溫和的暖陽。新冠肺炎已然奪走了萬千家庭團圓的機會，使得他們天人永隔。來勢洶洶，肆虐全球，難道就這樣任它放肆？所幸，也有萬千英雄挺身而出。年過古稀的李蘭娟院士、身先士卒的鍾南山院士，以及各省的白衣天使們站在一線為國效力，掃國難，定民心。

其實哪裡有甚麼英雄？不過也是普通人罷了。疫情面前，他們身先士卒，保家衛國；他們鞠躬盡瘁，死而後已。

所幸一番奮戰，我們從黑暗中闖了出來。戰疫期間，談不上滿目瘡痍，但給我們帶來的影響也確實很大。抗疫期間有白衣天使的付出，而現在，我們也應當挺身而出，宣傳疫情防護措施，做國民的榜樣。

面對疫情，我們沒有足夠的知識水平幫助一線人員，但我們能夠做些力所能及的事情。此時，正是共抗風雨時。國難當頭，刻不容緩。雲山蒼蒼，江水泱泱，期盼春暖花開。



絆

葉凱敏

香港教育工作者聯會黃楚標中學

四甲班

指導老師：吳顯揚

「難離難捨想抱緊些，茫茫人生好像荒野。如孩兒能伏於爸爸的肩膊，哪怕遙遙長路多斜。」

在疫情肆虐的情況下，一位六十歲的高齡老人患上肺炎，這對他的家人來說無疑是一道劈到家裡的閃電，一片焦土。兒子苦身焦思，兒媳婦也焦心勞思。在這個岌岌可危的時刻，耄耋之年的白髮老母親毅然決定去照顧他的兒子，不讓孫兒們插手。不望自己龜鶴遐齡，為的不過陪伴兒子度過難關，讓孩子們遠離危險。

當應該撐起家的中年兒子退到帷幕後，朝枚之年的母親承擔起這一切，手無寸鐵的她已成為家裡最強大的支柱。她用她的包容、她的母性、她的力量去守護這個傷痕累累的家。她的愛沒有濃厚的修飾，只是盡自己的能力去做力所能及的事情，燃燒自己，守護他人。

而我的父親，在疫情期間也沒有放假，當人們還在熟睡甚至還未睡覺的凌晨兩點，他已經在送貨的路上，為家裡提供生活保障。父親的每次離家都成為我的掛念，他每次安全回家又成為我鬆一口氣的安心。

疫情揭開了人們生活最真實的一面，它在我耳邊低語，悄悄告訴我最重要的是甚麼。一成不變的水泥叢林生活讓人們變得冷漠、孤單，但疫情帶來的痛苦喚醒了埋藏在心裡的熱與火。雖然我們戴著口罩，卻擋不住一顆顆捨己為人的心。

攜手同行

劉皓藝

香港教育工作者聯會黃楚標中學 四甲班

指導老師：吳顯揚

抗疫一戰，像一把無情的利刃，斬斷了無數人與人之間的情感紐帶，面對這樣一場浩劫，大部分人的選擇是整理行囊，與依然活著的人攜手同行。

疫戰打響，大量醫護人員援鄂，他們當中不乏前程錦繡的年輕人，也有不少新婚燕爾的妻子丈夫。面對國家的號召，身為醫者，用生命築成護城河，保護更多的人免受災禍。陸軍大學醫療隊的隊員——彭渝，這次離別，還來不及看愛人一眼，就匆匆趕往一線。丈夫發來消息：你是我妻，也是戰友，務必牢記初心如磐，使命在先，盼早日凱旋。肺炎時代，愛情似乎不再是一種山盟海誓與細水長流，而是敢於負責和承擔人生。

不光在前線的醫護人員奮力抗爭，不少普通的百姓也竭盡全力支援國家。重慶八十七歲老人倪素英捐出畢生的二十萬積蓄，她說：「國家有難，我們不能做旁觀者。」這並不是號召人們傾家蕩產捐獻出積蓄，國家並未潦倒到依賴捐款的地步。只是這些人帶來的道德感召，往往會有意想不到的影響力。亦因為他們，我們總會相信真、善、美是確確實實的存在。

不可否認的是，全國人民面對危難，再次表現出了萬眾一心，眾志成城的精神和意志力。並非是有人歲月靜好，有人負重前行，而是所有人都在一起攜手同行。



向上走

周奕姝

江蘇省南通中學 高二（2）班

指導老師：徐曉嵐

父母和我分開住約有兩周了，因他們是定點醫院的醫生，醫院也收治過新型冠狀肺炎患者。晚上視頻通話，母親在那邊看著我和其他家人吃火鍋，看了半個多小時。後來，她又說想我。

忽地想起一個視頻，視頻裡母親和孩子張開雙臂，遠遠的，女兒泣不成聲，前去支援的母親亦然。我原覺得這是人間悲劇，此一去，何時歸？但未覺寒心，反而像是火炬的溫度舔舐著、纏繞著，讓人一心向上走。

這場戰疫裡，開著破破爛爛麵包車去送物資的農民，放下存款就離開的老爺爺老奶奶，貢獻著看似微不足道，卻實在是震撼人心的力量。「知乎」推出的「三十三天」視頻裡有句話：「越渺小的，越孤勇。」他們每個人在自己的世界裡或許不曾遇到過這樣的生死相扶，故而用孤勇一詞。但在這十四億家人的大中國，這不是孤勇，千千万萬的人用自己的方式去努力。這些渺小的「孤勇」，撐起不斷向上走的中國，撐起匯成大江大河般的愛意。

有一分光，發一分熱，這是一個人在向上走。只要發一分熱，便可燎原，那是集體在前進。謠言止於信任，我們各自向自己的方向前進，鑄造理想世界。

不去等春暖花開，這個冬天，我們一樣，釀著春天的溫度。

媽，明天我也說想你，贈你春天的溫度。

致敬！平凡的你們！

唐睿天

江蘇省南通中學 高二（7）班


指導老師：徐曉嵐

「吱吖……」一聲門響，驚醒了迷迷糊糊夢中的我。拿起手機一看，已經是凌晨三點四十分了。

回來的是剛從高速公路陳橋收費站卡口回來的父親，他哈了口氣，用凍僵的手指打開了客廳的燈，還沒有來得及脫的反光外套上還隱約浮現著一層白霜，夾雜著一股寒氣。

父親是一個民警，一個普通得不能再普通的民警。疫情當前，父親和他的同事們穿戴上防護裝備，承擔了通沙汽渡、陳橋收費站等卡口的二十四小時的守卡任務。在卡點，他們對每一個人、每一輛車進行檢查，登記人員的身份資訊、從哪裡來到哪裡去，以及身體情況如何。守卡期間，一時半刻都不能大意。那天在網上看見了新聞視頻上的父親和他的同事們。凌晨時分，通城二零二零年的第一場雪紛然而下，靜靜落在他們的帽檐、肩頭。他們的身前是外地來的車輛，身後是確保人民群眾安全的責任。寒風下，藍色和紅色的燈在黑夜裡交替閃爍。車流在時間的流淌下逐漸稀少，他們才好不容易能停下來吃口泡麵當做夜宵。車子一來，他們又拋下剛泡好的麵去工作了。如是幾次，剛泡好的麵沒吃幾口就涼了。但是我覺得，你們丟下泡麵跑向崗位的樣子真的很帥！

當灰暗籠罩大地，總有那麼一群人會站出來，成為那一束不怎麼耀眼，卻能給予每個人力量和希望的光芒。疫情儘管可怕，但全國人民萬眾一心，終能戰勝它。靜待春暖花開，一切終歸過去。我相信，櫻紅柳綠後，鶯歌燕舞時，疫情必將散去；我相信，警燈守護間，眾志成城下，我們終將勝利！



齊心抗疫，共盼春來

梁燁

江蘇省南通中學 高二（13）班

指導老師：王靜文

本是爆聲齊鳴、喜迎新歲的年初，國人心頭共同的喜氣與暖意卻被病毒扼住。這個冬天，霎時冰寒千尺。疫情當前，所見固然有白衣逆行者的偉大與震撼，而更撓人心弦的，是那來自不同地域、不同群體的平凡人齊心奉獻的凝聚力，宛若細微光線縷縷融匯，凝成燦然九州的融融陽光，足以讓冰消雪融。

凝聚力，源於國人同對故里的深情。輕輕「故里」二字，卻是國人心頭溫暖的寄託與慰藉，也成為他們共同的那份深情。因此，故里有難，便激起國人。「豈曰無衣，與子同裳」的護國氣概與萬眾齊心的凝聚力。拾荒老人捐出一萬元抗疫，留名「知恩者」；男子放下箱箱口罩與消毒液，被員警攔住詢問名姓，男子只鄭重道一句「中國人」。這是故里賦予他們共同的名字，也是故里臨危時一齊被喚起、動人心弦的凝聚力。

國人如此，在同一片天，同一輪月之下的異國之人，也為中國疫情投下暖意陽光。日本的援助物資上寫著「山川異域，風月同天」、「同氣連枝，共盼春來」，短短數字，卻是對國人的莫大鼓舞，為中國大地撥開雲霧陣陣；而如今「雲海蕩朝日，春色任天涯」、「青山一道，同擔風雨」卻是中國對他國千里同好的寄予。

「正其義不謀其利，明其道不計其功」，這是儒家的價值意識，而異域文化雖不盡相似，卻有著共通的人性——同情、互助，有著價值觀的共鳴——助人樂己、不謀其功、不問其因。

同在一片藍天之下，同匯聚著細微愛心，向疫區投去暖陽陣陣。細微之下，凝聚之下，定能冰雪消融，春暖花開。

街道寂靜，燈火長明

何佳妍

江蘇省南通中學 高二（16）班

指導老師：陸偉偉

光透過玻璃照亮了家中一隅，外面天色正好，寒意漸漸消退，透過玻璃，一街道的光鋪灑，大好時光，人跡稀少。人們在家中等候著，期待著。醫院的燈光長明著，一牆之隔，醫務人員日日夜夜忙碌。見過或從未見過的人生百態，自眼前徐徐展開。

家國一心，在這場「戰役」中，用每一個人的力量，向世界闡釋這個國家的制度優勢，這個民族的偉大精神。

再疲憊的眼，都盈著溫暖的希望。

無數的醫務人員、建築工人逆光而行，醫院中燈火長明。雷神山、火神山奇跡般的建設，日夜不息。沒有翅膀的白衣天使和建築工人唱著他們的傳說。全身穿著防護服的他們也許已然年邁，也可能有著幼小的孩子在家哭鬧，甚至會不通知家人，孤身前往疫情嚴重區……他們帶著醫者的救世之心，溫暖每一個生命。

再孤獨的等待，都是心靈的成長。

我看到人們的惶恐在國家的一步一步緊急措施後轉向放心，看到疫情爆發後無數人逆光而行的英雄背影。我在家中學習，閱著家國千萬事，在孤寂中等待，一個人慢慢成長，一顆心愈加成熟，深刻銘記著自己的責任，隨國家在災難中的成長，竭力步履相伴。

街道依舊寂靜，燈火仍在長明。我們在成長。



插柳人

杜蕙竹

貴州大學附屬中學 高二（9）班

指導老師：李涓

柳樹抽芽了，我站在屋裡遠遠地望著花壇，那枝丫上的點點嫩綠在灰濛濛的天氣裡格外顯眼。

疫情在中國大地上肆虐，只有三五個人戴著口罩在清冷的街道上穿行，消毒水的氣味彌漫在這片土地的每個角落。

春天到來了嗎？我裹緊身上的棉衣，看著安靜躺著的書本。

母親是一名小學美術老師，她在這樣的危機時刻被召去上網課。許多夜晚，她坐在電腦前加班加點地準備著課件，電腦的光映照在她臉上，我看見她堅毅的臉龐和閃著微光的眼神。

清晨我起床，打開電腦，看著那一串串令人心痛的數字，緩和心情之後，打開網課。我透過螢幕看著黑板上的知識點，看著老師在螢幕前的局促，我的心砰砰跳，著急地記著筆記，我問著：春天何時才能到來啊？

耳機裡傳來講課的聲音，叩響我的心弦，那是春弦，是春天的聲音。

我看見母親高興地給我看孩子們做的手工課作業，看見母親在網課中的作品，看見她拍的、介紹參與制作網課老師時放映的好看照片。

春天真的到來了嗎？我一遍又一遍問大地。

當我望向窗外時，看見了插柳人。他們用知識灌溉每一棵柳苗，他們盼望著溫暖的春天，撥開雲霧，找到了太陽。

插柳人的柳樹發芽了，春天來了！

回家

孟悠然

貴州大學附屬中學 高二（9）班

指導老師：李涓

二零二零年三月二日，在英國留學的表哥被查出感染上了新冠肺炎；四月十日，表哥在上海出院，前後歷時三十九天。這其中的艱難與辛酸，是我所不能想像的，但這個過程所帶來的更多的是感動，是祖國對我們包容而深切的愛。

英國疫情爆發初期，表哥就收到了來自祖國的健康包。一個普通的健康包，卻裝滿了N95口罩、蓮花清瘟膠囊等珍貴的防疫物品。收到東西時，表哥這個一向不哭的男人淚滿眼眶，感動之餘，又愧疚自己在祖國抗疫最艱難的時期不能回家，未能為祖國盡一份自己的力量。

然而感染上了新冠肺炎後，一切都變得不一樣了。表哥曾恐懼到崩潰，絕望到想要放棄。所幸的是，當他和同學們一起在網上求助時，竟然收到了回信。祖國伸出了援手，安排接他們回家。幾經輾轉，從倫敦轉機到新加坡，再由上海入境。二十四小時工作的檢測人員對他們說：「回來就好，歡迎回家！」那一刻，表哥哽咽在喉，心裡滿溢的感激之情，又怎是「我愛中國」四個字能說得完道得盡的呢？

疫情使人生懼，但愛讓心靠近。作為一名中國人，我無比驕傲與自豪，因為我的身後是日漸強大的祖國。無論走多遠，我們都是中國的孩子，回家真好！



「千里」送湯圓

陳思燮

貴州大學附屬中學 高二（9）班

指導老師：李涓

正月初一，吃湯圓是必不可少的。突如其來的疫情，打亂了原來的生活規律。

社區裡各家關門閉戶，飲食隨意，沒心思做別的吃。我家也不例外，但該有的風俗還是沒有少。初一清早，媽媽喊我與她一起包湯圓。我發現媽媽和了很多麵，還準備了很多餡料，遠遠超出了平常的份量。我問為甚麼，她笑而不語，叮囑我多包點餡料。我們忙個不停。媽媽把湯圓都煮了，煮好後一一打包，還拿了好些口罩。我們全副武裝出門去。

媽媽在鄰居家門口挨個放了一盒湯圓，並放了幾個口罩。媽媽敲門後，聽到有人來開門，就迅速離開。我躲在牆後，看見鄰居們拿著湯圓和口罩深深鞠了一躬。我終於知道媽媽的用心了，為媽媽豎起了大拇指。最後我們來到了門衛室，因為天氣很冷，保安叔叔們蜷縮在一起，媽媽隔了一定的距離向他們拜年，並將湯圓送給他們，但他們不肯要。媽媽說：「收下吧，不是因為疫情你們早就回家了。要不是有你們在堅守崗位，我們也不會安然無恙……」最後，他們收下了湯圓，並囑託我們少出門。

回家後，我看見團團圓圓的湯圓，才發現它已不再普通。我站在窗邊，想像著大家笑著吃湯圓，內心無比歡暢……

因為有大家的參與，「千里」變「咫尺」，疫情定能戰勝，所有困難都將迎刃而解。

接力

褚仁星

貴州大學附屬中學 高二（9）班

指導老師：李涓

晨曦微動，鏽跡斑斑的三輪車前，青菜葉上的露珠隨著李伯的搬動而掉落。他拭去腦門上沁出的薄薄汗珠，望了眼天色，加快了趕往小餐館的腳步。老三輪車吱呀作響，他不得不挺直腰桿，吃力地踩動踏板。絲縷光束撒在泥濘的小路上，依稀看見一條軋痕蜿蜒向市區。樓房依舊林立，只是不再喧鬧。一路上，這個滿臉溝壑的農民眼中，映出太多和他一樣為愛逆行的巨人。

拐進巷子，李伯的車停在一個不起眼的餐館前。環顧四周，其它店鋪都門門閉戶。小陳姑娘的餐館倒顯得特別，就像她露出口罩的眸子，尤為明亮。她忙從李伯手中接過裝滿青菜的白色泡沫箱，開始了忙碌。狹窄昏暗的廚房裡油煙滾滾，每一塊地磚都佈滿她的痕跡。一道火光過後，最後一份飯菜被裝進塑膠餐盒。

緊接著，飯菜被送餐的小吳帶往醫院。張醫生走出醫院大廳去取餐，盒飯層層羅列在大理石墩上，附著一張寫著「堅持！加油！」的紙條。張醫生向電動車遠去的方向凝眸，招了招手，心中更添一份堅定。他把紙條塞進胸口的衣袋裡，轉身離去。

接力完成了，參與者沒有任何經濟收益，只有無價的家國情義。善良的人們在忙碌，送去安康的福音，愛和希望總比病毒蔓延得快。疫情中，每一個中華兒女都有所作為，每一份努力都不會被辜負。



紅色帳篷

張景

貴州大學附屬中學 高二（9）班

指導老師：李涓

庚子年初，推開堆積些許灰塵的窗，向街口望去，空蕩蕩的。唯有一個紅色的帳篷，在街頭格外亮眼。我每天都能看見站崗者忙碌地排查和監測著進出的人們。

天剛麻麻亮，我出去買早餐，聽見帳篷角落傳出稚氣的讀書聲，能聽出是七八歲小女孩的聲音。一到早餐店就聽見兩個中年婦女嘀嘀咕咕談論著站崗者，她是黃姐，丈夫去了武漢前線，而她被安排在這裡站崗，女娃兒執意要和她在一起，哪怕只能待在帳篷的一角……

月明星稀，大地寂靜，紅色帳篷發出淡黃色的光。她和小女孩相依在帳篷下一起吃著盒飯，她們的笑容是甜蜜的。後來和她們熟絡了，我會帶給小女孩一些糖，黃姐也經常給我一兩個口罩，並叮囑我照顧好自己。

三星期後，又是在早餐店，還是那兩個婦女，濃厚的方言：「太嚇人咯，黃姐的女娃兒發高燒咯，也不曉得是不是遭病毒啦……」

那一天我一直有點擔心。沒想到第二天我竟然看見黃姐依舊在紅色帳篷下站崗，一顆顆晶瑩的汗珠從額頭滾向臉頰。我端了杯熱茶走過去，還未接近，已感受到帳篷下的不安。

哎呦！她娃兒發燒咯，她還要堅持回來站崗嘞。娃兒也懂事得很，不哭不鬧，說等高燒退了再和媽媽一起站崗。

站在紅色帳篷前，我五味雜陳，不知該怎樣表達我的敬意。

裁縫母親

白莉莉

貴州大學附屬中學 高二（11）班

指導老師：李涓

布依族女生從小要學許多「看家本領」。染布、織布、裁新衣、縫布袋、繡頭帕等都是必須學會的技能。母親心靈手巧，做工精緻，是家鄉出了名的裁縫。

母親身體一向不好，那多病的身體使她不能外出工作，在家中做民族服飾售賣是她唯一的經濟來源。她默默堅持這份工作十六年。靜謐的午後，我和弟弟在織布機旁學習，媽媽在安靜地織布……突如其來的新型冠狀病毒傳播的消息，打破了這份寧靜。

一個個感染者出現，又一個個地離世。全國各地陸續封城，人們紛紛戴起口罩。面對病毒的威脅，每個人都如此地恐懼與焦灼。

母親開始每天按時看新聞。我知道，她總在想，她能幹點甚麼。口罩竟成了最昂貴、最稀缺的年貨。「我想去口罩廠上班。」母親的話使我們震驚。「不行，你的身體熬得住嗎？」爺爺問道。「國難當頭，作為村裡的帶頭人，為國家做份貢獻是我的義務。」帶頭人？母親的話才讓我想起她是村裡唯一的女共產黨員。「媽，進口罩廠是有嚴格要求的，我們這種普通人進不去。」我回答母親。

「其實應該讓我們普通百姓去。我懂縫製，口罩肯定難不倒我。」她堅定的眼神中閃爍著淚光。

我明白，母親想縫製的不只是口罩，還有那顆戰勝疫情的心。



老人與貓

羅月晨

貴州大學附屬中學 高二（11）班

指導老師：李涓

春雨總是淅淅瀝瀝，細密地浸濕了小路，融入整座空城。春寒料峭，「武漢加油」、「中國加油」的呼喊聲溫暖了濕冷的天。

整整兩月，我除了宅家學習，休息時就喜歡看樓下戴著口罩匆匆走過的行人。直到有一天，一隻貓、一位老人引起了我的注意。

原來，樓下過道的角落裡，住著一隻小白貓，一位斑白頭髮的老太太連續好些天一直給貓送吃的。每次小貓咪看見老人過來，就高興地迎上去，在老人腳下不停地蹭來蹭去，哪怕把自己本來潔白的毛髮弄得髒兮兮的也毫不在意。見貓咪生得可愛，我擔心貓咪怕冷，特地拿了兩件梨花圖案的裙子下樓去，想為貓咪禦寒。

貓咪很怕生人，對我戒備森嚴。其實我也很怕牠傷到我，於是我蹲在遠處和牠僵持了起來。

老太太看見遠處蹲著的我，關心地问：「小姑娘，你在這做甚麼呀？」我將來意說了一遍，老人笑著接過連衣裙，鋪放在貓咪的窩裡，為貓咪建起一個溫暖而美麗的家。

然後老太太回過頭向我訴說，她女兒是一位呼吸科護士，本來說好的回家陪她過年，但是從除夕開始就一直奮戰在抗擊新冠肺炎的一線。老太太還說，她想在疫情過後收養這只貓咪，彼此做個伴。這只小貓咪像極了小時候的女兒，最喜歡摸她的皮鞋……說這話時，她滿臉的神氣。

披荊斬棘，共抗疫情

連芷怡

惠州市第八中學 高二（2）班


指導老師：王茹

面對疫情，我們從不退縮。新冠肺炎的消息一出，便是繼二零零三年的非典之後又一擺在國人面前的大難題，它的出現，敲響了二零一九年向二零二零年過渡的警鐘。這次疫情，讓全國各族人民團結一心，共同抗擊疫情，不向惡勢力低頭！

在這次疫情中，武漢仿佛一夜之間按下了「暫停」鍵，凌晨五點卻像是晚上七點，熱鬧的街市不再如常，人與人之間的距離越隔越開，仿佛都在問：「何時可以揭下口罩？」但在這樣一個困難重重的疫情中，我們並未打退堂鼓，來自世界各地的醫護人員紛紛投身到援助武漢的工作中，正如鍾南山院士所說：「我們的中國本就是一個英雄的國家，武漢也是一個英雄的城市，這次疫情一定可以挺過去！」

為這次疫情敲響警鐘的李文亮醫生，便是這樣一個人民英雄。他是一名眼科醫生。他最先發現疑似 SARS 的病人，並及時將情況上報，但於二月一日卻被確診為新冠肺炎，可即便如此，他在接受治療時還通過微博講述他被公安傳喚的經過。病情日復一日的加重，李文亮醫生最終還是離開了我們。他的那份可貴的醫者精神，必將時刻警示著我們每一個中國人，他，是人民的英雄，是民族的榮耀，是國家的驕傲。他賦予了醫生這一職業一個全新的定義。付出與收穫是相對的，能給你帶來新的希望與寄託，能凝聚著難能可貴的精神力量。不得不提的還有鍾南山教授，一位剛強堅毅、擁有魄力的理性指揮官。他強大的邏輯思維能力和領導能力，讓他無論是當年的非典還是如今的新冠肺炎都能發揮得淋漓盡致。他，像是一個道路上的領路人，又或許是一位敢作敢為的平凡人，他給我們帶來了太多太多的驚喜和希望，他為我們指明了抗擊疫情的正確道路，他的話總能讓焦躁不安的人們內心得到平靜，同時給予我們足夠的信心。歲月流逝，他仍然可以保持初心，秉持著自己的職業操守，為人類事業奮鬥終生，這也許就是他的魅力點之一。同為英雄的張文宏教授也是如此。身為一名共產黨員，他多次強調醫護人員要不斷進行換班，並且必須換成科室的共產黨員上去。張文宏教授身上背負著一個國家的使命，能力越大，責任就越大，對待工作，他不允許有任何馬虎，時刻保持著高度的自覺，面對疫情仍然秉持著國家有難，我必須盡自己最大的努力去保衛國家、保衛人民的信念。

「哪有甚麼歲月靜好，不過是有人在負重前行」。夏思思，武漢一名消化內科醫生，



在救治病人中不幸感染去世；朱崢嶸，從醫二十五年，因瞞著自己檢查出的大動脈炎，在一線抗疫因過度勞累不幸去世；火神山施工現場一名工人拇指被壓斷，但他說：「能提前一分鐘交工，就能提前一分鐘救活一個病人。」；孫劍是名聽障人士，也積極投身到生產口罩；黃友軍，衛生管理所所長，凌晨三點起來掃大街，已連續工作六小時。他提到：「垃圾裡滿是病菌，但垃圾箱是我們的主戰場，只有這樣，才能給大家創造一個健康的環境。」每個人都在付出，他們的共同理想便是能儘快結束疫情，讓一線醫護人員也能回到家人的懷抱裡，他們願意為了我們與病毒抗爭，與時間賽跑，哪怕是九十後年輕人都敢寫好遺書奔赴救治現場。這或許就是所謂的醫者仁心吧。

在這裡由衷的感謝奔赴武漢一線的醫療工作者，是你們為我們披荊斬棘，將一個個病人從死亡手中奪回生命。謝謝你們的無私奉獻，願你們一路平安，健康與幸福！

點點星光，匯成人間星河

邱嘉瑩

惠州市第八中學 高二（5）班

指導老師：車峰

寒冬已過，歲月靜好，疫情終時，人間將匯成星河，待櫻花重開之時，將遍地
成詩。

——題記

己亥歲末，庚子年初，一場疫情開始席捲神州大地，病毒開始肆虐本市，新桃換舊符的節日缺少了春日的盎然生機，但一些逆行者們卻在為了挽回那恬靜和諧的春日而努力，奮力將希望帶到人間。

「穿上防護服，我們就不再是孩子了。」劉佳怡護士的話深深地震撼我心。零零後的她毅然踏上抗疫之路，在武漢奉獻著自己的一份力量。同樣作為零零後的我看到了她無私奉獻的精神，體會到了她的堅強力量，感受到了新一代青年正在冉冉上升。在疫情當下，有人認為我們都是微不足道的存在，所能給予的就猶如精衛銜石填海。但是創造新大陸的，不是那驚濤洶湧的波浪，而是底下細小的砂礫。

這次疫情沒有退縮者，只有可歌可泣的逆行者，一位又一位趕赴武漢的醫務人員都在展示著人性的光彩，都在為國泰民安而不斷努力著。封一座城，護一國人，他們是武漢的英雄，他們是國家的守護者，他們以一腔熱忱來守護這座城，守護這個國家，他們就是中國的榜樣！

不顧歷程中落拓孤獨，待踏過重重荊棘，這一切也將世事如初。燃起點點星光，匯成璀璨星河，照耀整個人間，換取山川無恙！



紫荊開，中國勝

莊瑞冰

惠州市第八中學 高二（7）班

指導老師：鄧愛民

紫荊落英，一場冷雨惹得落紅無數。這一寸泥土，一方窖，就是它的棲身之地。紫荊花的葉子有一種韌性，無論風吹雨打，那葉子從不輕易飄落，在風雪中挺立。

在這個溫暖的冬天，一場迅速擴大的疫情讓中國人的這個春節過得有些「悲壯」。一篇篇的疫情報導打破了春節的熱鬧氣氛，一直在增加的感染人數讓我們不寒而慄。

疫情期間，有這樣一些人逆風而行，衝鋒陷陣。二十二歲的護士朱海秀，瞞著父母到武漢支援防疫。記者採訪她所在的病房，請她通過鏡頭給家人報個平安，她拒絕了。她的眼淚在眼睛裡打圈，卻說：「我不想哭，我哭的話護目鏡就花了，就幹不了事情了。」世上哪個父母不心疼自己的孩子啊，每個孩子都是父母的心頭肉啊！二十九歲的醫生彭銀華原本大年初八與妻子補辦婚禮，但是為了抗擊疫情推遲了婚禮。除夕那天，妻子實在想念，帶了些日用品到醫院隔離區找他。不能寒暄，放下東西遠遠看了幾眼便走了。她不知道，那是最後一面。僅二十九歲的彭銀華於二月二十號因為治療病人不巧感染上了新冠肺炎，永遠離開了人世。他還沒有好好抱過自己的妻子、孩子和父母，還沒有好好的告別。那場婚禮，他還沒赴約。

疫情之下，這樣事情發生太多太多。生命真的比我們想像中要脆弱得多。那些我們熟悉的面孔，可能明天就難以再見。誰都怕死，為甚麼他們那麼勇敢，那麼拼命？因為信念。中華民族擁有堅韌不拔的必勝信念。滋養了一代代中華兒女的經典詩詞告訴我們：困難是暫時的，勝利是必然的——「大雪壓青松，青松挺且直。要知松高潔，待到雪化時。」

紫荊花落下，鋪下的花毯是通往勝利的。謝謝抗疫英雄們，你們是最美的花朵，絢爛我們的春天。接下來的路依然很難走，但是我相信中華兒女們的凝聚力可以一一戰勝困難。

疫情中的愛

司徒銳文

香港教育工作者聯會黃楚標中學 五甲班

指導老師：王益鈞

新冠肺炎如滔天巨浪席捲全球，疫情不知道什麼時候才能結束。世界因此籠罩上一層陰霾，陷入一片黑暗。但在黑暗中，人性並沒有失去光輝，反而綻放出更奪目的光彩！

人們總是說人是自私的，但果真如此嗎？多少素未謀面的人在武漢爆發疫情之際竭盡全力去幫助他人。有的人哪怕身在國外也仍然心繫家鄉，這些在海外漂泊的浮萍不忘其根，運送來一箱又一箱的醫療物資；有的人雖然年邁，但仍堅持崗位以維持社會的秩序；還有一大群逆行者，在很多人都在千方百計逃離疫區之時，他們卻毅然決然地登上前往武漢的高鐵。他們知道自己不是當地的醫生，本不用為當地的情況負責。他們知道可能就此一去不回，但內心的使命感與責任感無時無刻不在驅使他們前行。他們如同漫漫黑夜中燃燒的蠟燭，為病人帶來光明以及生的希望。

這群逆行者前赴後繼地趕往前線，他們帶著親人的思念與不捨踏上這條征途。於是乎我們見到了前線那些堅毅的背影，他們不求回報，不懼犧牲。他們穿着厚重的防護服在三十多攝氏度下工作；甚至連續工作了三天三夜未合過眼；他們在防護物資缺乏的時候，卻仍不顧自身的安危，堅持留在崗位；當一位醫生累倒了，另一位便立刻接替上……白色的病房中，死神正奮力揮動駭人的鐮刀，準備享受這場死亡的盛宴。在病人惶恐不安時，醫護人員卻像守護神出現在他們面前，直面死神，從鐮刀下搶救出無數的病人。這是一場沒有硝煙的戰爭，而這場戰爭的勝利是靠無數血與淚的犧牲換來的。據說有五百二十八位英雄從此離開了人世，而他們又獲得了什麼？他們得到了金錢嗎？沒有。人死萬事空，一切功名對他們都毫無意義。他們用自己的生命延續了他人的未來，正是這些生者的存在證明了他們的價值。假若問他們是否因此後悔來到前線工作，他們必然會堅定地回答：「無怨無悔！」「苟利國家生死以，豈因福禍避趨之」，他們用生命踐行這句話！未來或許會有更多的人死去，但人們並不害怕，因為他們清楚一切是有意義的，當他們倒下之際會有另一個人來接替他的位置。或許在他人看來這些英雄很傻，但在我眼中他們是一群可敬又可愛的人。試問有多少人願為陌生人犧牲自己？但他們做到了，而這種置生死於度外的精神又怎不教人敬佩和感動？時光的滌蕩不會沖刷掉他們的痕跡，歷史的長河會銘記他們的功績。死者逝去，生者不忘。



疫情下，我們封鎖了邊境，卻封鎖不了愛。我們隔離了病人，卻隔離不了人們對他們的關懷。我們雖恐懼但並不絕望，因為有善良的人們存在。我們素未相識，但彼此幫助，我們身份不同，卻目標一致。我們天各一方，卻並不孤單，愛與關懷將我們聯繫在一起。一次次醫療物資的送達是一份份情意的訴說，一天天的祝福是一份份愛的展現。除此之外，更有着一群無私的醫護人員在背後默默地付出，哪怕犧牲自己也在所不惜，只求百姓安康。這樣的人值得我們致以崇高的敬意。而有着這樣一群又一群可敬的人存在，疫情又何懼之有？

人性不總是自私的，愛更是紮根在許多人的心中。黑暗中人性並沒有染上黑色，反而綻放出奪目的光輝。愛像那耀眼的陽光驅散了黑暗、刺破了陰霾，將色彩帶給人們。疫情在人們奮鬥下逐漸如雪消融，終有一天會結束，而愛卻永不會消失。疫情有涯，大愛無疆。

最美逆行，永記我心——給白衣戰士們的一封信

索朗卓瑪

惠州市第八中學 18 級西藏班

指導老師：曾曉

勇敢的白衣戰士們：

你們好！

拿起筆，久久不能落字，因為心中有太多的感慨，不知怎樣表達才能寫出我的心意，不知怎樣描寫才能寫出你們的勇敢。


新春佳節之際，祖國上下本應闔家團圓，一片喜慶，卻因恐怖的新型冠狀病毒肺炎陰雲籠罩。頓時全國變得人心惶惶，但卻因為你們——白衣戰士的全力以赴，我們倍感心安。我們堅信你們的能力，同時也期待著武漢春暖花開。

捨己為人保大家

是誰不顧自己被傳染的風險每天都排查大量的疑似病人？是誰放棄了與親人團聚的機會千里迢迢地來到了武漢？又是誰在 ICU 病房沒日沒夜地在死神手裡搶救生命？是你們——白衣戰士。可能有人會說：「這是你們的工作！」可轉念一想，你們也是平凡的爸爸、媽媽、兒子、女兒，你們也有親人，你們也會被感染，但你們首先想到的卻是被感染的患者。雖然病毒很猖狂，但有你們這些捨己為人的白衣戰士，我們堅信能打贏這場疫情防控阻擊戰。

不畏艱難執站崗

在這二零二零年初的沒有硝煙的戰場中，你們始終堅守在自己的崗位上，從未離去。你們因為每天超長時間戴著口罩、護目鏡，原本美麗的女孩，已是滿臉血道子，鼻尖潰瘍，已有化膿現象，讓人看了又心酸又心疼，但你們卻從未退縮，依舊不畏艱難地堅守在自己的崗位上。如：金銀潭醫院院長張定宇，雖身患漸凍症，卻一直站在抗疫第一線。這就是最好的例子。因為有你們不畏艱難地在工作著，我們倍感心安。



迎難而上擔重任

雖然武漢現在很危險，但總有不少的最美逆行者，如：八十四歲高齡的鍾南山院士毅然乘高鐵奔赴武漢，各地區的醫護人員也相繼奔赴武漢。醫者擔當，是中國的脊梁。這些天，你們以「國有戰，召必回，戰必勝！」的信念挺身而出、衝鋒在前。即使現在武漢情況嚴峻，但你們卻迎難而上。那一刻，你們是最美的逆行者，正是因為有這樣的你們，才一次次點燃著我們戰勝疫情的決心。

魯迅曾說：「中國自古以來，就有埋頭苦幹的人，就有拼命硬幹的人，就有為民請命的人……他們都是中國的脊梁。」在這個時代，捨己為人、不畏艱難、迎難而上的你們就是中國的脊梁。

這一刻，我感受到了生命的脆弱，懂得了學習的意義：我們現在努力學習，並不是為了上好的大學，找好的工作，混口飯吃，而是為了像你們一樣，有責任，有擔當，在國難當頭，最美逆行；在國難當頭，奉獻自己的力量；在國難當頭，發揮自己的用處。

那一襲白衣、那一個背影、那紅腫的臉頰、那令人揪心的痕跡都會深深地印在我們的腦海裡。中國加油！武漢加油！我相信我們一定會勝利！

向全體白衣戰士致敬！！





Written Collection of Exemplary Human Endeavours

Language is a rainbow, its colours overarching the
world, blessing it with good fortune.

Coronavirus Superhero

HU Yu Sen, Kelvin

HKFEW Wong Cho Bau Secondary School S.1A

Instructor: Mr. LAI Kwok Wa

In the last few months, the epidemic situation of Coronavirus has come out to be the most significant news among people of the world. In many countries, a lot of people have died because of the coronavirus. But every time when human sorrow is evident, there are always some heroes who will step up to save us from our dismal plight. And today, I want to introduce a hero who leads us to fight against the Coronavirus.

While all eyes are focused on scientists and professors, other people including doctors and nurses have also not lost our attention. We see them all the time when watching the news and documentaries. However there are some other people who are also the real heroes in this epidemic that many people neglect and apparently these heroes are actually always around us.

Who are these heroes around us you ask? Maybe you are perplexed and asking what is the author talking about. But these people keep our standard of hygiene levels high even during such a somber situation.

These “Heroes around us” are known by many different names, including but not limited to the cleaners who clean our elevators, shops and stations. Maybe, the courier who provides contactless delivery that will take much longer time to distribute the packages. Maybe, the volunteers who keep working in the mask factories even when they can just stay at home and have a relaxing time with their families still choose not to do so. There are too many people who have sacrificed their time and health just to maintain stability within society.

I choose them because these people are always overlooked in the war between us humans and the Coronavirus. They are silently devoting themselves to the fight against COVID-19. Even now most of them are still standing on the frontline of the war. And that’s why I respect them – they work very hard to fight against the virus but they are still keeping a low profile. The dedication and spirit of these people are the most important characteristics we can admire and should learn from. They all lead by exemplary behavior which warms our hearts and keeps us safe every day.



My Favourite Coronavirus Superhero

DENG Chin Chin, Kristy

HKFEW Wong Cho Bau Secondary School S.2A

Instructor: Mr. TUNG Yin

The coronavirus pandemic is proving to be fatal to the lives of millions of people across the world. They are facing a monumental humanitarian crisis like never before.

Zhong Nan-shan is a Chinese infectious disease expert. During the coronavirus outbreak, he was an adviser on managing the crisis. He has stepped up efforts to protect the lives of others without fear for his own safety.

Zhong Nan-shan identified the virus on 31st December 2019 and sent a report to the United Nations on 7th January, 2020. On 18th January, 2020 he took a high-speed train from Guangzhou to Wuhan where he spent the next few days there with doctors and patients before flying onwards to Beijing and report his findings to the national leaders of the country.

Zhong Nan-shan also revealed that the virus could transmit between one human and another easily. At a news conference in Guangzhou on 21st January, 2020 he announced the measures to control the spread of the disease and implemented steps including – quarantine, minimum contact with others and a complete ban on travel to Wuhan. These measures have proved effective till date.

Although the coronavirus pandemic continues to sweep throughout the world, we are not in a panic mode only because we continue to maintain good personal hygiene and thanks to the efforts of our superheroes such as Zhong Nan-shan.

My Favourite Coronavirus Superhero

Hung TSZ Yin

HKFEW Wong Cho Bau Secondary School S.2A

Instructor: Mr. TUNG Yin

The coronavirus pandemic is endangering the lives of millions of people across the world. They are facing big humanitarian emergencies unlike anything anyone has seen before. Chen Shih-chung who is the Minister of Health and Welfare of the island nation has stepped up efforts to protect the lives of others.

The Taiwanese pandemic response has been highly commendable in the world and the public is giving credit to this man, Chen Shih-chung. He is fearless, leading the fight with all his might.

Under his leadership, Taiwan first tightened its border control and barred the entry of foreigners. In March, Taiwan closed its borders to foreign tourists to keep the coronavirus situation from deteriorating. For their own returning citizens, they were ordered to undergo a mandatory 14-day quarantine upon arrival.

At the same time, Taiwan developed its Name-Based Mask Distribution System to cope with the face mask shortages. It allowed the public to go to convenience stores and buy face masks without wasting any time.

Although the coronavirus pandemic has swept throughout the world, we are not in a panic mode in Taiwan. However we must be united in fighting against this deadly virus if humanity wants to continue to exist.



A Big Thank You to My Coronavirus Superhero

CAO Xinghua

HKFEW Wong Cho Bau Secondary School S.3A

Instructor: Ms. LUI Wing Sze

In 2020, a new virus swept across the world, which elongated our winter vacation and caused immense suffering. People struggled in fighting the virus throughout the winter months.

Thanks to our superheroes, who are like the sun, illuminating to those who are helpless and confused in the dark. Many people have been saved and protected from the deadly virus.

Chen Ying is my favourite superhero who rushed to the rescue of the hospital patients without any fear for her own life. She was one of the first nurses to enter the ward carrying diseased patients. She is not fearful of zero-distance-contact with diagnosed patients.

She takes appropriate care of the patients every day. She helps patients to take their temperature, carry out vital injection procedures, take up supervision of their medication and carefully observes their situation while overlooking her own health.

Such sacrifice and valor, together with our respect for her selfless work has engraved love forever in our hearts.

She is a highly regarded angel in a white uniform and she is not alone as are thousands of other nurses too who without paying heed to their personal safety continue fighting for their patients as the first line of defence. We may never know their names, but they are the same as Chen Ying, both brave and honourable.

With the help of thousands of such altruistic superheroes, we are protected and have seen firsthand how courageous and challenging it is for them to sacrifice themselves regardless of what we do with our own lives. I wish I can also take heed and follow my moral compass to do my best for my country and it's people in the near future. Long may we continue to hail such superheroes who show us the way how humanity can deal with its biggest crisis yet.

A Big Thank You to My Coronavirus Superhero

YIP Wai Siu

HKFEW Wong Cho Bau Secondary School S.3A

Instructor: Ms. LUI Wing Sze

In 2020, a new virus swept across the world. During the New Year, the epidemic was severe in China, especially in Wuhan in which there was a high probability that people would be infected by COVID-19. All the hospitals in Wuhan became very full of patients. The hospitals in Wuhan were facing shortage of nurses, so many nurses from other provinces in China volunteered to help the hospitals in Wuhan. It really took a lot of courage for them to volunteer to go to Wuhan to help take care of the patients in the hospitals there.

Many nurses with just basic training from small town hospitals were ready to come to the aid of so many patients. In some towns, the number of people infected with the deadly virus was high and initially there was a shortage of supplies in the hospital. When the epidemic broke out in Wuhan, nurses from all over China went there and when I watched the news, I was so impressed by their bravery! It was a very hazardous thing to go to Wuhan under those conditions, as the virus was spreading virally in every street of Wuhan, let alone in a hospital! The chances of getting infected were very high. They also have had to take care of patients, assist them with injections and remind them to take their medications among other duties.

I have a lot to learn from them such as their courage, their willingness to help others, their lack of fear of danger and so on. In fact, my cousin is one of them that I could feel their emotions more when they made their decision. I have learned that humans should not be afraid of difficulties and be valiant enough to move forward. All difficulties will surely be dissolved with effort and even the slightest lapse in concentration in the prevention of the virus can prove fatal with so many lives at stake.

All of us have undergone a lot of emotional hurt from the COVID-19. With the help of these competent nurses, the patients have been nursed back to good health. I hope the virus loses its potency soon and no one else gets infected so that people's lives can go back to normal and everyone is hale and hearty.



A Letter to Lucy

HUANG Zhixiong

Shenzhen TianDong Middle School Class 1 Junior 3

Instructor: Mr. TIAN Daiyu

Dear Lucy,

I am glad to receive your email. You want me to share with you what I'm doing during the epidemic. Here are my experiences.

I always get up at 7.00 am. Then I have breakfast at 7:15 am. I start to learn with the help of my smartphone. When I start to have a break, I do some exercise. It is good for my health. At 10 pm, I go to bed. This is my daily life.

Now the epidemic has broken out all over the world. So I have some suggestions for you. First, you must clean your hands after returning home. Second, when you go out, you must wear your face mask. Don't forget to change a new face mask if you have used it.

Lastly, I hope that the epidemic will be over in the near future.

Yours,
Zhixiong

The Epidemic Can't Cut Off the Love Between Us

HONG Wanping

Shenzhen TianDong Middle School Class 2 Junior 3

Instructor: Ms. ZHONG Yuqian

To avoid being infected with the virus, the government warned us to stay at home during the special period. As a result, we have online classes offered by our teachers. Although the epidemic isolates people, it can't cut off the love between us.

I heard about a touching story about the Chens and I was deeply moved by it. Mr. and Mrs. Chen are both doctors. Their happy life was interrupted by the outbreak of the coronavirus. They were asked to go to Wuhan to support the patients there. Although their child was only 5 years old, they went there without any hesitation. They were the people who ran the risk of being infected to save hundreds of patients. For me, they are great people indeed and I also have made up my mind to bring contributions to my country when I grow up.

Another thing that I realised during this period is that we need to try our best to protect the wild animals and wear masks frequently to guard against the virus. Furthermore, we need to arouse people's awareness of protecting the environment so that we can live a healthy and happy life only by respecting the nature.

I believe that we can beat the virus with our efforts soon !



Good Habits During the Special Period

SHUAI Yunnuo

Shenzhen TianDong Middle School Class 4 Junior 3

Instructor: Ms. WAN Qing

During the outbreak of the COVID-19, we students cannot go back to school. Because we know that the first wealth is health. Although we stay at home, we should develop some good habits. Here are some suggestions.

Firstly, we should stop going out as much as we can just in case of getting infected. As a famous saying goes “East or west, home’s the best.” That is to say, safety comes first. Secondly, a healthy body is important. Without a fit body, we can’t do anything. It is important to say we should spend time doing some indoor exercise such as sit-ups, push-ups, rope skipping and so on, on a daily basis during such a special period. Besides, we should keep a balanced diet to keep healthy. Thirdly, it is crucial for us to have a regular timetable. We must go to bed early and get up early. Most importantly, we can keep a balance between study and rest. For example, after we have three online courses in the morning, we can stop to have a break to relax ourselves. Last but not the least, frequent hand washing is of course essential.

As for us students, study can be tough during this special period. In order not to be defeated by this problem, we ought to be more hard-working and diligent. During our stay at home. We try to develop good habits and protect ourselves from the epidemic. As long as we pull together to fight against the virus, I’m sure that the COVID-19 pandemic will be over soon with the efforts of experts and warriors in white. I hope we will go back to normal life in the near future.

A Letter to Lucy

HUANG Yichun

Shenzhen TianDong Middle School Class 6 Junior 3

Instructor: Ms. HU Qin

Dear Lucy,

I'm glad to receive your email. You want me to share with you what I'm doing during the epidemic. Here are my experiences:

As a result of the epidemic, I have to study online. Although it wasn't as effective as studying at school, I learnt a lot. I often previewed the relevant content by myself. I usually review the notes as well.

As a student, it's my responsibility to take actions to avoid the virus instead of turning a deaf ear to the epidemic. On one hand, we are supposed to have good hygiene habits. For example, we should develop a habit of regular hand washing. On the other hand, we are supposed to take measures such as wearing masks, to protect ourselves when we have to go out. It's a significant way to protect ourselves as well as others.

As the saying goes, "no winter lasts forever and spring is sure to follow". As long as people throughout the world work together, a bright future is waiting for us.

Yours,
Lily



A Letter to Lucas from Ocean

ZHANG Guangyang

Shenzhen TianDong Middle School Class 7 Junior 3

Instructor: Ms. HU Qin

Dear Lucas,

I'm sorry that COVID-19 has spread quickly in Italy. As the WHO said that China's experience could serve as a lesson for other countries, let me tell you something about how China deals with it.

First, many experts are asked to do some investigation about COVID-19. They have worked together on the virus. What's more, doctors and nurses take good care of the patients who are suffering from the virus. Last but not least, personal security is significant. During the epidemic, my family stays at home day and night. Also, I do exercise four times a week, which can build up my resistance. When I have to go out, I wear a mask and stay away from crowds.

As the spread of COVID-19 increases, I have some suggestions for you. You should pay more attention to your health. Remember to lead a balanced life to make sure you can go through the epidemic. You'd better put on a mask when going out and wash hands more often.

Although the situation is not very bright now, it won't last for long. All of us should take it seriously. I hope all countries can be out of this epidemic one day. I'm looking forward to your reply.

Yours,
Ocean

The Special Life

TANG Zhenfang

Shenzhen TianDong Middle School Class 7 Junior 3

Instructor: Ms. HU Qin

By the end of the year of 2019, the COVID-19 had made a difference to all the Chinese people. So I want to talk something about the epidemic.

Since the outbreak of the COVID-19 in Wuhan, in December 2019, our powerful country has done quite a lot to prevent the virus from spreading. Many excellent experts in China are trying their best to study the virus. Besides, large numbers of doctors and nurses devote themselves to taking good care of the patients. As a result of their efforts, lots of people in danger are becoming better now.

Because of the epidemic situation, I have been staying at home for a long time. The following are my experiences during the epidemic. In order to stop the spread of COVID-19, all Chinese students have to stay at home and take lessons online. I made a schedule of things that I would do every day so as to make my study more efficient. I often started my classes at 8 a.m. and ended at 5 p.m. After classes, I had half an hour to do some exercise, which can not only improve our immunity but also release our anxiety.

As the saying goes, "no winter will last forever and spring will come sooner or later". As far as I'm concerned, the epidemic will soon disappear and we will finally return to normal life.



The Closed Door

BAI Shuhan

Guizhou University High School Class 1 Senior 1

Instructor: Ms. HOU Qian

The door is closed.

Nancy hasn't been home for 120 hours. The day she left, she carried big and heavy bags and prepared me enough food for about ten days. My name is Elaine, named by Nancy when she took me home the next day. Now Elaine misses Nancy very much.

I'm living in a 28-storey building. In the past, it was crowded here instead of being so uninhabited now. I don't know why I always feel so flustered, maybe because of the strong smell of the disinfectant, or maybe because of Nancy not being at home. Fortunately, today here comes a special guest, Anna, Nancy's best friend, whom I've seen before. "Why does Anna come here? Where is Nancy? Did Nancy abandon me?" I think a lot, but I can't get the answer.

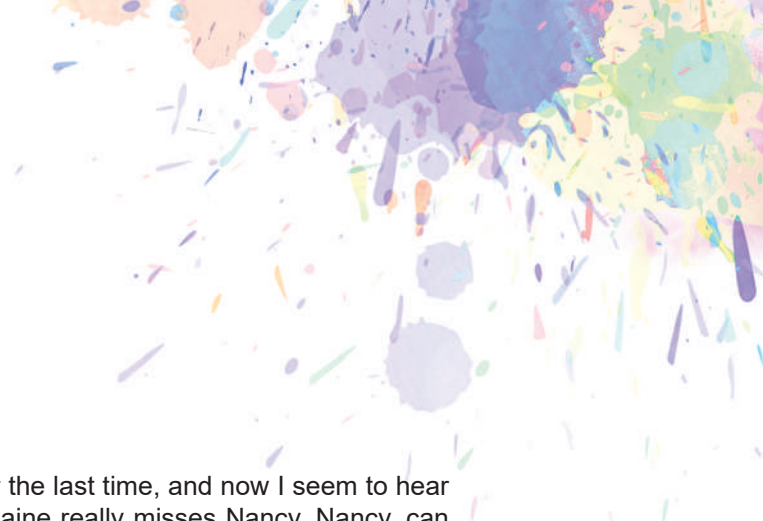
I like to see Nancy in her white coat every day, which makes her look like an angel. There used to be a lot of people coming home to thank Nancy, and they always describe Nancy as a real angel. But I don't want to see Nancy being so tired every day. I prefer to see her pure smile when she rubs my head. What a short but happy time for Nancy and me!

Anna told me Nancy was going to do a very important thing, which is about a lot of people's lives, so we must support her. Anna rubbed my head, "After the virus, I'll take you to have a hair cut. Look at you, beautiful girl!" Both Anna and I miss Nancy so much.

This is the 15th day after the door is closed and Nancy doesn't come back. Anna looks anxious and weak. She seems to be on the verge of collapse these days. I've eaten all of the food at home, but I can't get out of the door hoping that the first one Nancy sees when she comes back is me, so I will wait for her here. I'm worried about her.

The street is still cold and clear. A few days ago, I saw many people wearing strange and heavy clothing that took a lot of people away in a white car. Those people looked so pale. I don't know how Nancy is now. But I see people on this street look scared because of a virus called SARS-CoV-2. Anna went to be a volunteer too. She said she must go to help Nancy, but she couldn't take me, because no protective clothing was designed for me. All I can do is to wait for Nancy at home.

I think the virus only attacks humans. I don't know how long it will last. The door is still closed. I think



I've already been close to going to heaven. I watch the street for the last time, and now I seem to hear people laughing, but none of the laughter belongs to Nancy. "Elaine really misses Nancy. Nancy, can you hear me?"

My name is Elaine. My dear master, Nancy is a selfless doctor. And I love Nancy for a long time.

I want to sleep. Maybe I won't wake up again. I finally close my eyes and feel the coldness of the floor. In the darkness, I seem to see the light coming from the door.

In the endless darkness, I seem to see Nancy's smile with her tears, just as the spring breeze arrives in April.

"I'm back, Elaine."

"Welcome home, Nancy."



Love Forever

HE Luyao

Guizhou University High School Class 1 Senior 1

Instructor: Ms. HOU Qian

Only love in the world is unselfish and warm, free but expensive, No matter when, no matter where, it will never change.

My hometown is a small village in a remote mountain, where my grandparents have been living for years. They are just ordinary and kind farmers, living on land and water while leading a simple life. On the eve of the Spring Festival in 2020, I returned to my hometown, which I haven't been back to for nearly two years, but the love among my family members never fades away. They were so happy with my arrival and we spent a Happy Spring Festival. But behind the happiness, there was a terrible epidemic spreading quietly.

One day in 2020, the epidemic that we didn't care about before broke out all over China. In the remote mountainous area, it is always very slow to receive the news. Without network and smart phones, my grandparents just heard about the epidemic from other people's conversations. They were very afraid of the invasion of the disease, so they went to all the drugstores, but the masks had already been sold out. Fortunately, one relative gave us two masks, which were never going to be enough for my big family. Most people infected by the epidemic are old people, so I gave my grandparents the two masks. However, they insisted on leaving a mask for me and told me: "We are not afraid of getting sick. We are just worried about you." These ordinary words contain their deep and selfless love for me.

My grandmother gave my grandfather the last mask. I only remembered her sitting under the tree in front of the doorsill and saying, "He is in poor health. We have spent most of our lives together. I want him in good health." My grandmother has always been a thin and ordinary woman, but she will be strong to protect her family.

I left my hometown the next week. That day my grandparents kept telling me to remember to wear masks and stay at home, which was the only thing they could tell me but it was also the most important thing. With tears filled in my eyes, I saw them waving behind for a long time.

There is not only panic and darkness in this epidemic, but also light! The angel in white fights on the front line and the ordinary people actively fighting against the virus...

In the light, the ingredients and strength of love are not negligible, not only the love among families, but also the love between the citizens and the motherland!

Love, no matter when and where, will always exist, forever!

Lands Apart, Sky Shared

YOU Dandan

Guizhou University High School Class 1 Senior 1

Instructor: Ms. HOU Qian

Children playing snowballs and parents buying the New Year's products were absorbed in the happy atmosphere, which should be a wonderful Spring Festival. However, the world met the fierce monster—covid-19.

The epidemic was like a huge net all over the city. There were invisible viruses and powerless patients in hospitals. People stayed at home obediently, preventing the epidemic together in the country.

Seven in the evening with no noise or traffic jam seems like three in the morning. Wuhan was being pressed by the pause button. Boisterousness was hidden by the virus. Countless retrograde “warriors”, who changed their clothes into white, police or military uniforms to show their dedication and responsibility, have emerged to fight against the epidemic. The epidemic has spread from Wuhan to the whole country, but the support from the whole country has also spread to Wuhan. There was always more sunshine than darkness here, because love and hope spread faster than the virus.

They are the loveliest people in China, wearing white clothes, being the heroes of the battle, leaving the most beautiful figures in our heart. “They are not white angels, but a group of children with a white uniform, learning from the predecessors, healing people, and saving lives from the death.” They signed “the life and death contract” and fought day and night for us against the “enemy” on the front line of the war in order to protect our homeland. The post-90s generation who once wrote their names on school uniforms have become the front-line soldiers who now write their names on their protective clothing. Under the protective clothing, they, like you and me, are children, parents, friends, living and shining as ordinary people. Whether the names on the suit were their own or a family member's or an idol's, they would give them faith. Were they afraid? Of course, it was they who overcame their fears and fought against the epidemic, building an iron wall preventing the epidemic with their flesh and blood. The nurses cut off their hair for the convenience of their work. They fell asleep anywhere when they were tired, dubbed “the most beautiful sleeping position”, impressing people very much. Moreover, Zhong Nanshan went to the affected area alone, but told us to stay at home.

Heroes protected us in the front line, and we could also send them warmth. When they were sticking to their posts, some people sent hot tea and hot meals to warm their hands in order to spread love and warmth.

Winter will soon turn into spring so we will eventually win!



Spring Will Come

SU Xiaoxue

Guizhou University High School Class 9 Senior 1

Instructor: Ms. YANG Qianshu

If I were a historian, I would make a magnificent history of their names and deeds. If I were a painter, I would use my brush to bring up the most dazzling white on the palette and make up their war clothes. If I were a singer, I would sing the most beautiful song of their fearless spirit.

In 2020, because of the coronavirus epidemic, everyone's life has changed overnight. At this very moment, thousands of angels in white are rushing to the front, using their ordinary bodies to build a fortress for millions of Chinese people behind them. They are fighting a hard battle!

Fortunately, during this tough time, there are a large number of people devoting to fighting for the campaign. Zhong Nanshan, an 84-year-old academician, struggled in the front line of anti SARS 17 years ago. But now, he was ordered to take the high-speed railway to Wuhan and go to the front line of anti SARS again. As an old man, he should have spent his remaining years in comfort, but he once again shouldered the responsibility of fighting the epidemic with his love for the motherland!

It is because such responsible people stick to the battle silently that we are able to have more peace of mind and less worry. Even if our power is so small, can't we contribute to the protection of our motherland and people? Yes, we can!

It's not surprising that we are not capable of rushing to the front line to make a great contribution. However, we can do something that we are able to do. For example, we must avoid going to crowded places, wear masks when going out, wash hands more often, develop good living habits and avoid infecting others with the virus. Only we are hand in hand to make coordinated efforts in the response of the epidemic will the difficult period come to an end soon !

Spring will come! I believe everything will be fine when the cherry blossom is in full bloom in spring. Let's welcome the arrival of spring together!

A Letter to a Fighter

ZHU Zhouyu

Nantong High School Class 4 Senior 1

Instructor: Ms. GU Lingping

Dear Aunt Miao,

We are prone to overestimate how much we understand about the world and underestimate the role of chance in events. A pandemic struck China during the Spring Festival which was supposed to be a time for family reunion. As an experienced nurse in the ICU, you signed up for the medical team to Wuhan, where the outbreak began, like a soldier who hastened to answer the call. Hearing about your decision, I was full of admiration.

Since you rushed to the rescue of Wuhan as a member of Jiangsu Province's medical group, the rest of us have kept an eye on your moments in Wechat every day, hoping to confirm that you are safe and sound and still fighting with passion. After getting through the first day in Wuhan, in your moments, you wrote that "Stand up, dust yourself off and embrace new days with hope!" I know you must have braced yourself for the challenges on the way.

When wearing protective clothing, you couldn't see patients' veins clearly for the goggles were covered with steam. As a result, the time you needed to give an injection trebled. So you wrote: "Please give me a pair of super eyes!" During the days in Wuhan, you called my mum regularly. One night, you were just crying without saying a word on the other side of the phone. As the leader of the medical group, too much pressure and work have been placed on your young shoulders. But after being a girl who was in fear of unknown danger and releasing your negative feelings, you got back to be the determined soldier swiftly. You cut off the long hair that was always significant to you without hesitation so as to complete a set of protection procedures faster when taking over the shift. It was beyond my wildest imagination.

In the rescue of Wuhan, not only have you fulfilled your duty, but also come up with various nursing innovations to alleviate the distress of the patients. On the back of your protective clothing is a Chinese idiom "spring flowers bloom" which means after going through the trials and tribulations of life, everything will change for the better. And in your moments, there are sunflowers blooming to inspire all of us to respond to the epidemic positively.

Thanks to the fighters like you, the victory is coming. It is you who teaches me that "The human race who can gather strength in mortal danger is robust." We all expect you to return in glory!

Yours sincerely
Yuer



See the Light Through the Tunnel

ZHANG Yuyan

Nantong High School Class 4 Senior 1

Instructor: Ms. GU Lingping

Like a dark night, the epidemic of covid-19 has quickly spread across the globe. At this time of acute crisis, we all become fighters in the war without smoke. We don't know how far the tunnel will extend, but we struggle to proceed. We don't know what is at the end of the tunnel, the light or still the darkness, but we have chosen to persevere.

Her clothes soaked in sweat because of the heavy protective gear, she walks back and forth at a quick pace to go to the aid of the patients, such as checking their body condition, measuring their temperatures, and even feeding them food. Working in the mobile cabin hospital renovated from a sports stadium, it is required that she takes care of 90 confirmed patients with the coronavirus each day with her colleagues. She goes to great lengths to attend them and reduce their pain despite the fact that she is all but burnt out. She is Chen Dongmei, from Jiangsu Medical Team, one of the devoted health care providers.

One meeting after another, he works around the clock and takes jobs in hazardous environments. In case of emergency like this, he lives in the office, his temporary home, and serves by being in charge of the job of visiting and screening. He won't take some time off work, even for a short while. He is expected to put forward constructive advice and implement the instructions of the higher authorities, keeping his energy from flagging. He is Wei Yafei, from Lian Yungang, Jiangsu, one of the dedicated community workers.

With concern about her beloved country, a female student pays close attention to the headlines on the outbreak. Mindful of the adversity others might be going through, she donated all her pocket money as well as the surgical masks she collected. She works as a volunteer in the community, checking on the neighbourhood and easing the residents' tension. Impressed with the essential workers, she has resolved to be a doctor to shoulder more responsibilities in the future. The female student is me, one of the determined seven billion people.

Light is bound to drive away the dark night. The catastrophe has claimed many lives but also brings people together and teaches us that in face of such a devastating disease, we should focus on our own part to make this world a better place. Only with a common endeavour can we see the light at the end of the tunnel, and pursue it with all our mighty strength.

Greatness in the Ordinary

TAN Cheng

Nantong High School Class 4 Senior 1

Instructor: Ms. GU Lingping

Confronted with the unexpected pandemic, from the front-line medical personnel to people concerned from all walks of life, a vast multitude of fighters are battling in the war against the novel coronavirus. Efforts have converged to form an inspiring power of morality.

“Do not end your battle with the fall of the comrades around you. The epidemic has not been over. We should not pull out!” Hu Ming, head of an ICU in Wuhan, suddenly broke down on hearing his best friend come down with the devastating virus after fighting for several days. He is not the only one devoted to the fighting. The faces with marks left by tight goggles, and the fingers soaked in sweat are symbols of the unity thousands of medical personnel are taking pains to achieve.

Yuan Zhaowen, an ordinary sanitation worker in Donggang, spent only 17 seconds from entering to departure, leaving a generous donation of 12,000 yuan when his salary was merely 600. It may be just a drop of water in the shoreless ocean, but the radiant light reflected by it, through his figure with firmness and persistence, together with the words he left, “We Chinese are in the same boat. Everyone should shoulder one share of the trouble of our country.”, has provoked the hope, striking a responsive chord in the heart of each compatriot.

When the construction of Huoshenshan Hospital required workers, voluntary workers were instantly brought together from neighbouring provinces and even from far away. Were they fearless? No. The intention of those common people was simple—to do their own part to help rescue the people out of the trouble as quickly as possible. It partly accounts for the reason why the construction of the hospital can be completed within 10 days.

Besides those in special positions, everyone answers the calls of the government and stays at home to cut down on the possibility of contagion. Despite the inconvenience coronavirus brings, most of us have survived the catastrophe. We grieve for those lost. And when we are free to go around, the world will be a different place. This baptism of life will render us aware of greatness in ordinary people, everywhere around the country. Bit by bit, the spirit of China is being built up, showering us with hope and bravery.



Thank You for Your Retrograding

XU Fanyi

Nantong High School Class 6 Senior 1

Instructor: Mr. Ji Zhenguo

At the beginning of 2020, the cold was harsh, and the emergency of the new corona virus brought a global anti-epidemic war unpredictably and unexpectedly. The supposedly warm Spring Festival, the day when families should be reunited was only filled with worries about one's safety. Countless heroes and heart-warming stories were born at this moment.

Among them is an 84-year-old Communist Party member and a respectable medical expert, Zhong Nanshan. 17 years ago, SARS broke out. When people were panicked by unknown viruses, he rushed to the forefront. Seventeen years later, at 84 years old, he became the backbone of the people once more when the new coronary pneumonia broke out. He rushed around to fight the epidemic every day and he still doesn't forget to inform people in time during his work, reminding everyone to do a good job of protection. Some media commented that he "has the academician's professionalism, the bravery of a warrior, and the responsibility of a Chinese monk."

Li Lanjuan, a 73-year-old academician, who insisted on leading a medical research team to Wuhan, dared to make the unprecedented decision of "locking down the city". At the risk of being infected, she shuttled back and forth between three places: Wu Han, Beijing and Hangzhou. She went to the doctor's offices, explained people's doubts and strengthened her beliefs, during which time she slept only a little more than three hours a day. A few dumplings at the airport were her New Year's Eve dinner.

In addition to these, there are many other touching people and deeds around us. The man who ran away after having dropped 500 masks without giving his name, the medical staff who had been separated from their families for a long time, the young and beautiful nurses with indentations on their faces because of wearing face masks for too long, those who bought air tickets and sent medical supplies on their seats....They are ordinary angles!

"There is no time to be quiet, but someone is carrying the weight for you" Thanks for the efforts of these retrogrades.

I believe that when the spring flowers bloom, we can go to Wuhan to enjoy the most beautiful cherry blossoms.

The Indomitable Souls Beneath Protective Clothing

ZHANG Xinze

Nantong High School Class 10 Senior 1

Instructor: Ms. YIN Yueping

Around the Spring Festival, an invisible enemy, which is now known as COVID-19, was wandering around Wuhan like a ghost, and the virus quickly spread to Hubei and to the other regions. United with the whole nation, China has been fighting a hard battle against the virus.

Do you think there is anyone who is willing to make sacrifices for us? Yes, a group of ordinary people in ordinary posts, wearing protective suits, risked their own lives to build a Great Wall of protection for all of us. Afraid of death as they might be, they went to the frontline without hesitation.

In Shaoxing People's Hospital, a couple, both of whom are doctors, met in the corridor of the isolation wards, but failed to recognize each other due to their thick protective clothing before they left for their respective wards. It makes us so moved in the background of this particular battle.

During the campaign, a special protective suit found in Chengdu surprises all of us. A girl wearing a raincoat as protective clothing drove a truck full of vegetables and meat to Wuhan. In less than 40 hours after departure, 400 hot meals were delivered to the medical workers. As the "raincoat sister" said, "I even wrote my last will before coming. I must try my best to cook more meals for them and carry on till the end of the epidemic." This special protective suit kept the cold winter warm and it brought optimism and hope.

And there were many other protective suits that caught our attention. On the protective suits such words as "Patriotism", "Zhouhei Duck", "Wuhan Hot Noodles with Sesame Paste", and "My idol, Hu Ge" were written to motivate the owners to fight against the virus. In this special period, the positive and optimistic attitude is not only a kind of spiritual support, but also a kind of combat power. It has become an inspirational force and encouraged us to win the battle.

In combating the pandemic, we saw the indomitable souls of ordinary people beneath the protective suits. No matter how hard the road ahead is, we will never give up hope. No matter how tough the battle is, we will fight till the end.



Win the War Together

LIU Luyao

Nantong High School Class 14 Senior 1

Instructor: Ms. LU Yan

I'd like to convey my appreciation to deliverymen during the epidemic—those inspirational pioneers.

During those days when desperation extended, fear like a virus germinates wildly, almost every person stuck at home, not daring to step out into the society owing to the scary coronavirus epidemic. What we could do is nothing but stare at the screen time and again transmitting those grievous news complete with constantly increasing data. Deliverymen are our heroes. They may wear various uniforms, and stuff in their e-bikes' can be food, drinks, masks or other necessities, but to us, no matter what titles they have, they are the ones who create our happiness and rekindle our belief as well as confidence to devote ourselves into the army fighting against the virus. To my family and I, it's such an inspiring thing to receive their calls and answer their inquiries such as where to put the food as we know there is a person like them running the risk of being infected to serve our common people.

Contrary to healthcare personnel who are directly battling with virus, their devotions seem to be so dinky that mass media and public opinions always ignore their contributions. What's more, whenever packages are delayed due to the severe situation and scarce man power, there is someone who puts the responsibilities onto their shoulders to let off their anger and indecorum. However, their every single devotion will be remembered by me, by my family, by thousands and millions of people all over the country.

May I quote a sentence from an article, "when a speck of an era fall on the head of a normal person, it's like a mountain", which truly poked my heart. Nowadays, maybe to the whole country, the coronavirus is nothing more than a line in the history book, while it comes to everyone, fresh life is stripped away, the backbone of a family is disintegrated. However, mountains can be climbed over if people look through the surface into the depth, master the power of appreciation and tolerance, wear a smile to those who are willing to sacrifice themselves and defend others instead of throwing away our rational mind. As sang in the famous song, "Hand in hand we can, start to understand, breaking down the walls that come between us for all time....." We can and we will win the war, together.

Light is Approaching

CHEN Siyu

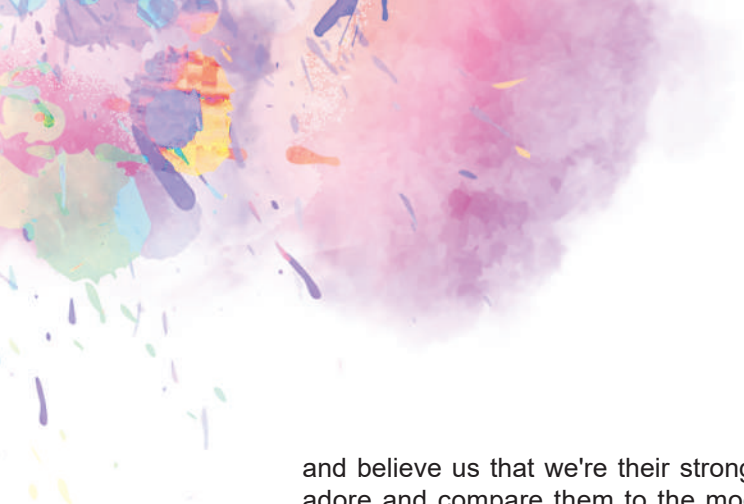
Nantong High School Class 14 Senior 1

Instructor: Ms. LU Yan

Through the cold weather raging, a horrible disaster has swept across our motherland. Rumors, tales and stories are spreading, our fear seems on going up as well. It appears that all of a sudden the whole country lost its vitality and prosperity. We are facing a dark time right now. "Some of us are stuck at home. Some are stuck far away from home. Some of us have lost their jobs. And some have to shut down their businesses." For the duration of this critical juncture, no matter how exhausted they are or how dangerous it is, they're always the brilliant people who are tirelessly working through the days and nights where they devoted their life whole-heartedly with their precious energy to fight against the novel coronavirus. They're our dear "white soldiers"!

I used to think doctors and nurses are such commonplace careers when young. However, since the novel coronavirus epidemic broke out in Wuhan out of expectation, my mindset has been challenged and changed to fight this epidemic. Most of our Chinese citizens have witnessed and shown sympathy and thankfulness that they have been fighting against the threatening virus at their own risk and risk of their individual families or being infected by that blood-curdling epidemic. I am delighted and applaud them all for their hard work, sacrifices and for all they have done, I hereby express my heartfelt gratitude to everyone. Furthermore, not only do they spare no effort to cure the patients, but also they're facing the suffering positively and are on the way to overcoming all the obstacles, which deserves our great respect and appreciation. It is our white soldiers, who have shed new light on the virus with their expertise and dedications to build up our confidence to defeat it. I must say that they all are a beam of light in the endless nights. Also, they're considered as the most forceful gun in the fight of the battlefield without smoke. As they always say, "Heroes don't fall from the sky; they are ordinary people who step to the fore." Today, I must commend them for all that: You're heroes!

May I quote from an old Tang Poetry saying, "Together with green mountains, in windy showers you and I among. Lying in different parts, the same bright moon we admire along." For the 1.4 billion dear fellows nationwide, even 7.5 billion people worldwide, we're all fighters! With our sincere hope



and believe us that we're their strong backing and support all the way no matter what happens. We adore and compare them to the moon, then we're like stars all over the sky, silently following and guarding.

"Virus knows no borders and no boundaries, but the worst of times reveals the best in people. We as a brave nation will never ever get sick. We're going to conquer and win this war together in the end because we have the spirit, the history and determination to win. And that's what makes us the greatest nation ever. It is only by going through dark times that we can separate the greatest from the great. Fear not the want of armor, for mine is also yours to wear. No matter how strong our enemy is, or how impossible it seems to win, we'll just keep fighting!"

Deliverymen

ZHANG Siyu

Nantong High School Class 16 Senior 1

Instructor: Ms. SUN Ye

Shopping malls , groceries and markets were all closed after the outbreak, and purchasing daily necessities became a problem. Deliverymen shouldered on more than mere transport of goods:They were carrying hopes for every family.

During the time when people were staying home, online shopping made the number of parcels increasingly grow throughout the whole country. Working outdoors and meeting people were obviously a dangerous business. But deliverymen were heroes ,striving on their routes:in the workshops, outside the hospital , round the restaurants or at the drugstores. Wrapped in raincoats for protection, they were in red, blue or yellow, they travelled back and forth to each community, bringing convenience to people and dispelling the panic and fear. Had their tracks been recorded, there would have been rainbows in the streets, with promises on one end and hope, relief and joy on the other.

Celebrating the Spring Festival is an important event for Chinese families, during which , family members make their way home and reunited under one roof. This time of this year, however, was different. During the Lunar New Year's Eve,when my family were gathering at the dinner table, I saw a young deliveryman through my kitchen window. He was eating alone in the open air under the tree, his e-bike loaded with parcels and vegetables leaning on itself. He must have bought instant noodles from a grocery store. He was kind and considerate, because he chose to eat outside on this chilly winter afternoon . I knew he wanted to avoid close contact with the store-owner and reduce the risk of infection. Noodles were newly made. Cold wind blew the steam off the bowl and he buried his helmet-armed head into the paper container. He looked clumsy while eating because he had only a short plastic fork to deal with the long thin noodles. No one else can be seen: the violent contrast of him and the empty street left me with a strong feeling of gratitude:unknown fighters are such, in their silent responsible way.

“Together we stand, my armors shine”. Through this, I realized how common people are devoting themselves to overcoming the difficulties. I witnessed how people of all professions, like this deliveryman, were united to fight in the invisible war.I was moved by so many significant and inspiring stories of doctors and nurses reported during the epidemic, and I was also touched by this subtle scene of the noodle-eating delivery man, who presents the perseverance and determination of our nation and our people in fighting .



Insights and Inspiration in the Wake of Coronavirus

Kumar Ayush

HKFEW Wong Cho Bau Secondary School S.4C

Instructor: Mr. HUI Sing Hung

The COVID-19 pandemic is causing a lot of problems all over the world. Whenever we go out, we need to wear masks and sanitise our hands very frequently.

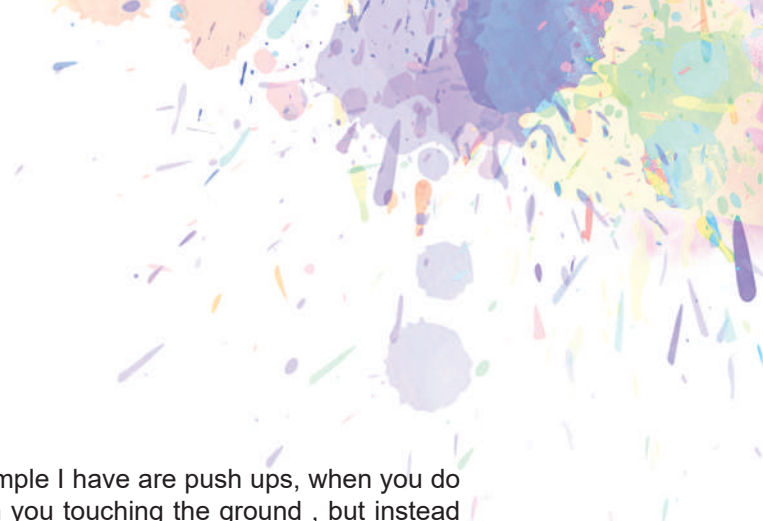
COVID-19 is a new disease, which is spread by the person who is infected with it. I learnt about COVID-19 from a lot of channels such as newspapers and social media websites.

There is a lot of information about COVID-19, which could be easily searched on the Internet. For example, the most common symptoms for COVID-19 are fever, dry cough and tiredness. The more serious symptoms are difficulty in breath, chest pain and pressure or loss of speech and movement.

This pandemic changed a lot of my behaviour, such as wearing masks when we go out, keeping our hands sanitised every day. We also need to have as little contact with our friends as possible. Some countries are still having lockdowns, but in Hong Kong, the schools have opened again while we have to maintain social distances with each other.

I have learned a lot of things from the pandemic. For instance, we need to practise social distancing measures while paying attention to our personal hygiene. We also need to be optimistic because we will have vaccines for COVID-19 when scientists have found the weakness of COVID-19 and everything will become normal in the foreseeable future. My next insight is having unity. I am actually a homebody so I don't really like going out that much. However, because we had a lockdown for almost 5 months, I missed going out because 5 months are probably the longest I have stayed at home, so that really made me feel bored staying at home but if we all stayed united, like the people in Hong Kong and New Zealand, a lot fewer people will lose their lives because of COVID-19.

The next thing I asked myself was how I could spend my time and that was probably the first question in a line of questions I had. I thought of when EDB announced that students would not go to school till the halt of COVID-19. After that I started having an interest in working out. Besides exercises can benefit each muscle group, I learnt a lot about all sorts of exercises, like for example Bulgarian split squat. If you do them while leaning then it will work more of your glutes than your quads, but if you do



them straight then it will work more of your quads. Another example I have are push ups, when you do push ups you don't usually go for the inch or 2 that is left from you touching the ground , but instead you do it halfway. If you do it that way, although you will perform a lot of repetitions, you will gain minimum chest gains, the right way to do push ups is going all down and squeezing your chest when you push up, I guarantee you that if you do it that way, it will probably decrease the amount of push ups you do by almost 50% and you will definitely see a lot more chest activation and chest gains.

Managing time was probably the hardest for me because you had so much free time, and you really didn't know what to invest your time in. One of my friends invested their time in learning new things. He learned how to bake food. He recently sent me a picture of him baking a cake for himself for his birthday. If we find things that we have interest in, then during the pandemic we can learn a lot of stuff that we thought we couldn't do.



Insights and Inspiration in the Wake of Coronavirus

YU Breina Loris D

HKFEW Wong Cho Bau Secondary School S.4C

Instructor: Mr. HUI Sing Hung

COVID-19 is a new disease and to face this unprecedented situation, I stay alert and try to do what professionals say. I believe these are the best ways to keep my friends and family safe. Also, we should maintain social distances with others in order to minimise the contact with strangers and to prevent the spread of the virus even more. We should also avoid touching our faces because it can cause easier infection and to remember to always wash our hands to prevent spread.

This pandemic has changed my behaviour a lot. Firstly, I used to enjoy going to schools with friends but because of the virus, school has been suspended for 4 months. It made me sad. Another way this pandemic has changed my behaviour is that I could not hang out with my friends. My friends and I love going to sing karaoke but because of the virus, the government closed most recreational places. Basically the biggest change this virus had brought was that I could not be as sociable as I used to be. I used to be able to go out and have so much fun with my friends like going to the beach and having a barbeque because it would be the weekends and then weather felt so perfect on our skins and we could be able to take a break from our normal school lives and escape to the countryside and relax on the beach. It was just so wonderful that you would smell the lovely scent of the sea and the sand between your toes and the warm sun on your skin. This is just one of the things that I would miss out during the pandemic because we weren't allowed to go out. All I could do was to stay in my house and watch TV all day long. Being able to go out and enjoy the world with my friend was something that I took for granted before the pandemic. If I was able to go out even for one day, I would choose to enjoy it with all my friends.

Even though during these times things might seem bleak, it was still amazing to see that good things were still able to come during this sad time. I saw lots of artists who got inspired by the pandemic and were able to compose lots of meaningful artwork. I appreciate the possible energy they try to bring to people around the world like showing support to our amazing frontline medical professionals. Another thing I felt amazed was the fact that although we were distant from each other, we still appeared to be able to come together as a community and helped each other out in this difficult time.

Zhang Dingyu, The Angel in White

HU Fating

Guizhou University High School Class 1 Senior 2

Instructor: Ms. WANG Qiuxia

The New Year of 2020 should have been full of happiness, joy and laughter. But the peace was disturbed by the sudden outbreak of COVID-19 so that the normally busy streets which used to be filled with people became deserted and the news about the disease spread all over the streets.

“Everyone is responsible for the rise and fall of his/her country.” When our country gets into trouble, angels in white will stand out bravely. At that crucial moment, they left their beloved family, put on protective clothing, and plunged into the smokeless war against COVID-19. Zhang Dingyu, who is the president of Wuhan JinYintan hospital, is one of the countless angels in white. He had spared no efforts in this medical battle and during the battle, working overtime had made him exhausted. As a result, the muscle of his legs was beginning to shrink because of the progressive frostbite. In spite of his own disease, it was the firmest position where he stood. He tried his best to balance his body. What’s worse, his wife, who is also a doctor, was infected by the virus in the front medical line unfortunately. But she didn’t tell her husband initially. However, Zhang Dingyu still dragged his sick body to the front line for more than 30 days, even too busy to take care of his wife in hospital.

No one is born to be a hero, but a great number of ordinary people’s kind and persistent nature does make them extraordinary and selfless. In China, selfless millions of doctors, nurses and volunteers like Zhang Dingyu devoted themselves greatly to the battle against COVID-19 and gradually the terrifying evil died away. We see the dawn of hope and life again.

It is believed that the subways will be crowded soon, the streets will be full of pedestrians again. There is no doubt that the food shops in hutong will be prosperous. Slowly, our life is going to become normal. It is universally acknowledged that love and hope finally spread faster than the virus. Difficulty is surely overcome. And the spring will come back to earth.



A Warrior Against COVID-19

ZHAO Fangying

Guizhou University High School Class 1 Senior 2

Instructor: Ms. WANG Qiuxia

At the end of 2019, a special “guest” came to visit our motherland while we took no notice of it. Its name is COVID-19. It made the busy streets cold and empty and also separated people from their family and friends who used to spend the Spring Festival together according to the traditional culture. At home, I always kept an eye on the epidemic. More and more people were attacked by it and meanwhile, a lot of anti-epidemic touching stories came to light. They make us more convinced that our life will become normal like before. If we unite and join our hands, the evil of COVID-19 will finally be defeated. Here I would like to share one of the most moving stories with you.

He’s the Dean of Wuhan JinYintan hospital. In the course of fighting against COVID-19, his wife was unluckily affected. Can you guess who he is? Yes, right. His name is Zhang Dingyu. The staff in his hospital cured almost 1,000m patients with COVID-19. Zhang Dingyu, as the head of Jinyin Tan hospital, had led his doctors to fight against the disease in the front line day and night for 30 days. For convenience, they ate and slept in the hospital. They slept less than 2 hours a day. Every day, they received numerous calls for help and had a large quantity of patients to take care of. How busy they were!

Consequently, Zhang Dingyu even didn’t have time to care for his wife who was also infected by COVID-19. In one interview, he said:” I feel guilty. I may be a qualified doctor in the hospital, but I’m not a qualified husband at home. My wife and I have been married for 28 years and I can’t imagine life without her. However, facing the situation at present, I have to sacrifice my own small home to work for our motherland, the big home. “ His words move countless people to tears. Zhang Dingyu also said:” I have to run faster to win more time and get things done. I have to drag my patients back from evil... President Zhang, he gave his selfless love for his beloved country. In China, there are countless angels like Dr. Zhang who give us strength to live on. Thanks to their selfless devotion, the rest of us can return to our normal life. Extremely thankful to them.

I believe that one day in the future, human beings will surely defeat COVID-19 completely. Then happiness and peace will come to earth.

The Most Beautiful Heroes

AN Baoyu

Guizhou University High School Class 8 Senior 2

Instructor: Ms. XU Dan

There is a city, called union; there is a group of soldiers, called angels in white; there is a spirit, called upstream and there is a kind of confidence, called one heart!

The Spring Festival in 2020, in the hearts of all Chinese people, was destined to be unforgettable. The outbreak of novel coronavirus made the ringing of the old year and the New Year even heavier. The masks on people's faces made the Spring Festival even more desolate.

Meanwhile, a group of people were fighting in the front, with their ordinary bodies to build a protective fort for the hundreds of millions of Chinese people. They left their homes for the front, without sleeping day and night, fighting in the battlefield with all their strength. Are they our heroes? Yes, the answer is without question. They are the most beautiful pioneers of the new era, admirable and honorable.

Among them, Zhong Nanshan, an 84-year-old doctor, is the hero in my heart, who fought at the forefront against SARS seventeen years ago and made outstanding contributions in the battle. While seventeen years later, he also decisively stepped on the battlefield in Wuhan, putting himself in danger again, and even devoting himself to the fight totally. I still remember one sentence he said: "Wuhan is a city of heroes, which can survive all the difficulties."

There is no such thing as a good time in this world, just because someone is bearing for us. There is no such thing as a brave hero in this world, only because someone is willing to sacrifice and dedicate himself or herself.

The special new year witnessed how the rainbow came back. That is only because there are so many beautiful heroes standing before us!

To everyone who fought against the pandemic!



The “Red Vested Volunteers”

FENG Xiaoyu

Guizhou University High School Class 9 Senior 2

Instructor: Ms. HU Huiling

When holding the water, you will get the moon reflected in your hand. When playing with flowers, you will be rejuvenated with the scent of their fragrance. One of the most common scenes in our community would be the “Red Vested Volunteers”, who took our body temperatures, reminded us to wear masks, and once purchased stuff for us. Maybe, we remember their gentle words, but we can’t name them. They are just the “community volunteers” who come from all walks of life.

During the most serious period of the epidemic, all of us were supposed to stay at home. At the time, we could always see the red figures wandering at the gate, in the street and community. One of the volunteers that has impressed me most would be auntie Zhao, whose stocky body has infinite power with a pair of eyes brimming with radiating vigour and resolute way of handling affairs.

One day when I saw her taking charge of the information registration, I came to ask her why she chose to be on duty. Her response left me a deep impression, “I experienced SARS and have the experience of fighting against epidemic, so I have more understanding of how to prevent it. I know it will not be so easy for us to overcome this time. I signed up to be a volunteer because I want to do something for other people.” She immediately went to work again after answering me.

Auntie Zhao is small at first sight, but she is so vigorous in action. She is responsible for two buildings, a total of 94 households. Every day, she needs to register information door by door, and deliver supplies to them. Toilsome as the work is, she never has a single word of complaint.

“Close neighbors are better than distant relatives. We need to help each other. Besides, I, myself, also feel so happy to have the chance to help others.” This is what Auntie Zhao said after finishing working as a volunteer. It is those grass-root service providers with a strong sense of responsibility who ensure the reunification of so many households by sacrificing themselves and tirelessly running about in the service of the state and the people.

Spring Will Come One Day

XU Jingya

Guizhou University High School Class 9 Senior 2

Instructor: Ms. HU Huiling

A sudden new coronavirus has cast a thick shadow on the rat year, and a war without gunpowder has begun.

After receiving the notice from the Central Committee, the angels in white from all directions shouldered the responsibility and set out with their bags on their backs. They wear masks, goggles, rubber gloves and isolation protective clothing to stick to their posts every day. Even though sweat often wet their hair, cheeks and even their faces are squeezed to shape, they never flinch.

Luo Li, an office director who gave up his vacation and fought in the front line of anti epidemic, paid close attention to the news of the epidemic after coming home from work and was keenly aware of the seriousness of the situation. He immediately told the leaders to cancel the travel plan, stayed on standby and obeyed the arrangements at any time. On January 24, Luo Li received a phone call, explaining that a close contact in the jurisdiction needed to be transferred to the designated observation point immediately. After receiving the order, Lao Li immediately set out, and did not drag his tired body back home until he finished the task in the early morning. Watching his family bring up a bowl of hot dumplings, he didn't care about finishing the meal before he remembered that today was the lunar New Year's Day. "In the face of the epidemic, I choose to face the difficulties and go ahead, and to fulfill the solemn promise of a Communist Party member." Said Luo Li. He is not only the treasure of his parents, but also the defender of his motherland.

No winter is insurmountable, and spring will come one day. Let's join our hearts, embrace our feelings, and join hands to fight against the epidemic!



It is the Day That We Will Share the Win

YU Bingjie

Guizhou University High School Class 9 Senior 2

Instructor: Ms. HU Huiling

No matter how long the night is, it will not prevent dawn from coming. No matter how intense the storms are, it cannot stop the sun from shining. No matter how serious the epidemic is, it cannot overwhelm the Chinese people. The sky, clouded by the haze of pneumonia, is about to light up.

The day comes, we choose hope, against the wind. Li Wenliang, a doctor at Wuhan central hospital, became the first “whistle blower” of the new virus. He was infected at work and died at 2:58 am on February 7 regrettably. He was the one who gave his life to warn against the epidemic. After being infected, he still did not give up. In the face of the epidemic, we have not been afraid of difficulties. We have chosen hope, walked against the wind and kept fighting.

As the day comes, we work together as one. On the evening of January 18, the 84-year-old academician Zhong Nanshan took command of this “battle without gunpowder” again in his eighties. He said “Send all the very sick to me. Wuhan is a heroic city. People all over the country are helping Wuhan to overcome difficulties.” His straight posture, resolute eyes, strong words become the most effective heart tonic. Under his leadership, thousands of doctors have devoted themselves to the frontline work of fighting against the epidemic, and countless people have also contributed their efforts to fight against pneumonia. In the face of the epidemic, we have worked together to share the same destiny, hand in hand to pass on our love, and to forge an iron wall with one heart.

As the day comes, we stand together and never hold back. Since the outbreak, incalculable news reports have shaken our hearts. “There are no angels dressed in white, but a group of children changed their clothes to imitate the appearance of their predecessors to heal and save people, and fight against death.” A great many young people constantly apply to fight, and the “children” quickly grow up to be independent angels in white. In the face of the epidemic, we have stayed with each other to move forward.

We still stand on the land of the great motherland before long the haze will disappear. At the intersection of hope, pain and sorrow will no longer exist. The day that we will share the win will come soon. Let us unite together for victory and perseverance, across the barrier, towards faith and hope. This piece of love is under the sky, and the bright sun will illuminate the direction for all of us to move forward.

Heroes in This Battle

XIE Wei

Long Chuan No.1 Middle School Class 3 Senior 2

Instructor: Mr. HUANG Weixiong

At the beginning of 2020, a battle without smoke started...

However, who would have thought that this battle is caused by a COVID 19, which has had a significant impact on people's daily life both in a physical sense and along with their mental health. No one will forget the beginning of 2020. The virus is absolutely ruthless wreaking havoc and taking away one life after another.

Seventeen years ago, when the whole country fought against SARS, Zhong Nanshan, who was a respiratory specialist was already in his 60s, went to the front-line of the fight against SARS. In that year, he was honored as one of the top ten figures who served China. Today, 17 years later, Zhong Nanshan is over seventy years old, and still courageously has shouldered the important task of fighting against the epidemic again. "Send all the seriously ill patients to me!" What a powerful sentence. This is his responsibility and determination to ward off the epidemic. In China, no one will forget this great man who has made great contributions to our country.

Also in 2003, we have a heroine, who also made outstanding achievements in the battle of the SARS, Li Lanjuan, She is an infectious diseases specialist, like Zhong Nanshan and was also taking on the heavy responsibility of combating the virus. During the anti-epidemic period, she slept only about three hours a day, and she often shuttled among Beijing, Wuhan and Hangzhou, "I hope I can get to Wuhan as early as possible to relieve the suffering of the patients and save as many patients as possible," she said.

In this battle, those who fought selflessly and with tenacity, along with those who died with honor, we will always keep them deeply in our mind. Because of them, our life has a good social order. It is also because of them, we have all the lights and warmth in the Spring Festival; it is again because of them, we are more confident to win the prevention and control of the epidemic.

A writer, Lu Xun has said, since ancient times, there are a great many people in China who are hardworking, who plead for the people, who sacrifice their lives for the law, and they are the ridge of China.

This year, the hard battle is bound to be won, and we will once again gather together when the spring comes.



An Ordinary Person in COVID-19

ZHANG Kun

Long Chuan No.1 Middle School Class 6 Senior 2

Instructor: Mr. HUANG Weixiong

Today is a cloudy day and people are everywhere in the hospital. None of the doctors and nurses are walking, they are running and running against the time.

Today is Spring Festival, which is one of the most unforgettable Festivals in my mind. A sudden disease ruined many people's lives. On the eve of the Spring Festival, I was living in the hospital. On the road to the hospital, the light was not as bright as before, the people were not crowded as before and even no more festive atmosphere like before.

Later, I arrived at the hospital. I felt bored when I lied in the bed of the hospital, so I turned on my phone. All the news was about the COVID-19, it could be easily imagined that how severe the disease actually was.

Soon, the Chinese government issued an order of "Shutting down Wuhan city, cutting off the transportation from Wuhan and to raise the resources for Wuhan". I was so moved when I saw this order. My country was making its best efforts to save us.


The quiet streets and the smell of disinfectant made people feel despaired. I used to be afraid of death, but I had no sense of life or death what I had experienced for the last few days. And I thought that even if I can stay alive, how I can afford the bill for my disease. I looked at the sky and found that today was still a cloudy day.

Some days later, I was supposed to return to work and school but the city was still empty. The government adjusted the "DEFEND DISEASE LEVEL" to the highest level. More and more resources were sent to my city. My family members told me that the volunteers provided everyone with fresh fruits, vegetables and meat every day. Although the disease was increasing, the light of hope was spreading too.

With time elapsing, the sky was turning blue, the sun gave a smile to those who were struggling with the disease. The above signs gave me enough confidence to believe in my country.

When I was ready to leave the hospital, I discovered that the government took care of the medical bill for every patient who was in COVID-19, regardless of whoever you are or how old you are. China as a nation cares for its people every time.

The city where I live is called Wuhan. Wuhan is a strong city for all ages. From the beginning of the



Wuchang uprising to the protection during COVID-19, all the people in Wuhan showed their fighting spirit.

The country where I live is called China. China is a strong country where government wants to protect its people at all costs. As a country, it is really worthy of everyone respecting it. Everything is becoming better now, as one saying goes “There is no spring that will not come, no winter that will pass”. I am proud of what my country had done for me during this time. It was calm, warm and courageous. I am so proud of being a Wuhan citizen and I am also proud of being a Chinese.



A Better China

ZHANG Kun

Long Chuan No.1 Middle School Class 6 Senior 2

Instructor: Mr. HUANG Weixiong

In the month of December 2019, some people informed other people that there was an unknown virus which was spreading in Wuhan. Later, these people were ordered to report to the police station for spreading a rumor.

Almost everyone believed that there was no virus that was spreading except those people who had witnessed it. Unluckily, those people were right and everyone else was wrong.

But we can't complain about our country's government missing the signs of a virus. We aren't saints and therefore we can't always make sure that we won't make any errors. When the virus started to spread, our country did everything it could do to protect us. It forbade the city and cut off the transportation in and out of Wuhan. The government knew that the time taken to decide to protect the city was very late, but it was trying its best to save it. Luckily it was successful with its response.

The meaning of life lies in "one's self-improvement" as quoted by Gorky. As an international country, China has its own heavy responsibility but there are so many great and clever people who lead our country to rise in the world. When we faced the COVID-19, our people knew how to lead and what they had to do. Our people built two hospitals in a short amount of time. Our people and our nation finished the basic work quickly to protect our country. The actions gave people enough confidence to believe that their country was reliable in their time of need.

This Spring Festival was very quiet. Although the virus was spreading, the Chinese were not afraid because they believed their country was making great efforts to save its nation and people.

China had experienced the virus for a few months and its people had moved to safer places so that all kind of lives were getting back to normalcy. China government not only took care of us but also gave other countries some much wanted assistance. As a permanent member of the United Nations, China took its responsibility to the world seriously.

My country is China and although it may not be absolutely perfect, China is still worthy of everybody respecting and praising it because of what she had done during this time responsibly.

I am so proud of being a Chinese, and I believe that China will be better off after experiencing this event.

Every Cloud Has A Silver Lining

MA Bing

Long Chuan No.1 Middle School Class 13 Senior 2

Instructor: Ms. LUO Xiaolin

Thursday 27th February, 2020 Sunny

Nothing can be compared as I maintained with the twittering of birds at dawn and the sight of the rising sun glinting on the window. It was undoubtedly a fine day. If I was not greeted by an unpleasant smell that let out from disinfectant water, I would not have believed that I was in a hospital and we Chinese were going through a hard time.

As a high school student, I was an infected person with the novel coronavirus. However, I always like to stay optimistic and fortunately I felt quite well today.

At 6:30 a.m., I got up. Hardly had I sat up from the bed when I caught sight of a note sticking on the desk near my bed, saying, "You're so great, girl. We are fully convinced that your courage will help fight against the virus!" Besides, at the bottom of the note, a "smiling face" was drawn. Words failed me for a long time, only tears shed in my eyes.

After breakfast, I came close to the window. It was difficult not to be tempted to watch a boy sitting on a bench who was concentrating on his studies. It seemed that nothing could distract him, as he was absolutely absorbed in his book. He served as an impressive learner among the new generations of youth.

By bringing news and help for us, the nurses added color to our dull routine life in the hospital. At 9:00 a.m., I had no sooner just come back to the ward when I was fascinated by an old man who insisted on the nurses' to keep a distance from him informing them he did not want them to get infected. That's exactly how we Chinese think, wherever we travel within China, care and kindness always surrounds us.

At the present moment, two figures stood in front of the hospital porch window, one of whom was a patient while the other was a military surgeon. Few things could be more impressive than the peace that descended upon the hospital when they stood together on the background of the setting sun. And I couldn't help myself taking a photo of that moment.

What an extraordinary day! Though no one was born to be a hero, many ordinary people have created and followed the footsteps of greatness. Seventeen years ago when the SARS epidemic broke out, the world was protected by the post-90s generation. Now with the outburst of the COVID-19, the



post-90s generation is today protecting the world. As Millennium Kids, we are always referred to as flowers in a green house. However, I definitely confirm that in the near future, we will carry on the torch of our predecessors and become guardians of the new era.

As new youths, we understand that greatness is never a given right, it must be earned. Meeting on the day when our motherland is flourishing, the road ahead will be long and arduous, but we won't be afraid of danger and distance.

Finally, many thanks to the frontline workers, who are working tirelessly to fight against the pandemic, regardless of risking their lives. Under these difficult circumstances, let us stand together in solidarity and compassion and wait for the silver lining. Of the same breath and from joint branches, we hope together for the spring to come soon.

Decision

LUO Yiqi

Long Chuan No.1 Middle School Class 13 Senior 2

Instructor: Ms. LUO Xiaolin

“Doctor! The old lady is in critical condition!”

Lee dashed to the ICU, shouting to nurses there, “Put her on the ECMO!” “Hopefully it will work.” He mumbled.

However, intimidating information hit him again before he could do anything to help the poor old lady. “Doctor! Patient 22 is at stake!” shouted a nurse. With only one set of ECMO, the situation now put him in a dilemma that the chance to live could only fall on him for only one of them. He knew about patient 22, a lovely girl adored for giving hopes to those struggling with Covid-19. Meanwhile he also knew about the old lady who raised him and was his only relative. But what he gained from the practice as a frontline doctor told him the chances for the young to survive the pneumonia was much more. He had a choice to make, and that too right now.


“Put that girl on ECMO.” he said slightly.

Wailing, he walked up to his mom and held her hands tightly, staring her in the eye. “I’m sorry mom, but I have to do this. It’s my job.” he whispered lamentably. “Don’t be, my boy.” she said weakly, coughing, “Keep doing the right thing. Make me proud.”

No sooner had she finished the sentence than the ambulances ran towards the hospital at a gallop. “I need a person in charge!” a man shouted as he disembarked. “We are sent by the government and we are here to help!”

“Here I am, here I am!” Lee dashed out from the ward, explaining the situation in detail to him. He suddenly shed tears again, saying, “And one is dying...please save her!” Having been told of the wards where his mom and the other patient were stationed, the man ran towards that direction, followed by a team with well-equipped machines.

After ten hours of hard work, they won through to gain ultimate victory on the battle field for the



deadly virus, saving the patients who were in danger and that included the doctor's mom.

Lee walked out of the ward tired after having worked tirelessly with the team, and suddenly collapsed onto the floor, seeing another backup team coming to his assistance. "Save all the sick, with no one to be left behind", the president reaffirming his voice from inside the television. Lee as a frontline doctor knew exactly what those words meant. It takes a strong and persistent government that is willing to protect their people from the assault of the virus at any cost to realize those words. He feels lucky to be born as a citizen of this great nation. "Together we will be much stronger than ever before after the pandemic is over." he thought firmly. He is holding the strong faith that the heroic nation will thrive again, leading its people out of shadow and into the sunlit upland of brightness, and he carried out his duty as a part in this process.

Light Beamed

LUO Yiqi

Long Chuan No.1 Middle School Class 13 Senior 2

Instructor: Ms. LUO Xiaolin

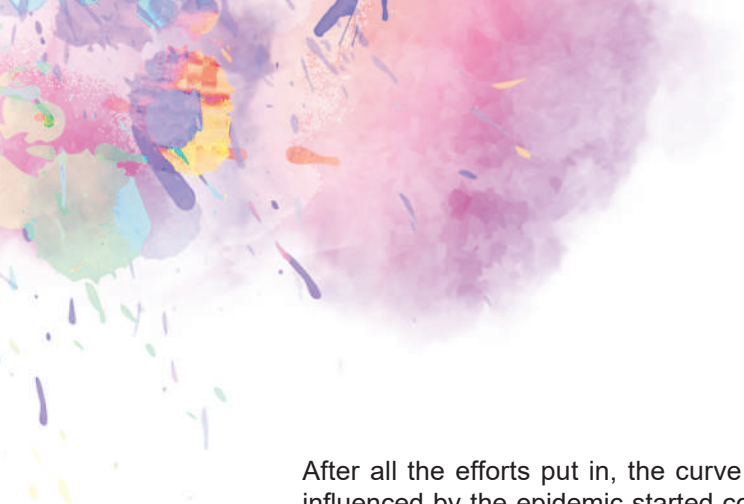
On January 23rd, which would go down as a sorrow day in history, Wuhan, the capital of Hubei Province, went into lockdown due to the novel coronavirus infecting millions of people, leaving her residents at home for self-quarantine.

The cruel, merciless and highly contagious virus spread across the whole city, infecting lots of citizens who were unaware of the real situation. The virus also went aboard the trains and planes full of people who desperately wanted to go back home to get together with their family during the upcoming Lunar New Year, making the situation even worse. In Wuhan, infected people rushed to hospitals where patients diagnosed with the pneumonia were treated to see whether they were infected, pushing the health care system almost to the brink of collapse. Across the country, panic citizens ran to pharmacies to grab the facial masks and medicine, creating a severe medical supply shortage in the country.

‘Wuhan is at stake! Hubei is at stake! China is at stake!’ shouted the media.

However, over the past five thousand years, history has shown us how heroic this nation actually is. At the crucial moment, ZhongNanshan, an 83-year-old former hero in the battle with SARS in 2003 stood up again to serve his country. He reassured the people and warned them not to enter or leave Wuhan, before boarding the train for Wuhan to investigate this horrible disease. Li Lanjuan, an extraordinary woman to whom the people in Zhejiang are grateful for her efforts to control the SARS, also went to the epicenter the next day to help by protecting the vulnerable.

The country came to a grinding halt to contain the outbreak. Under the command of the central government, medical elite teams were sent by other provinces who later carried out their important roles in assisting cities in Hubei in treating the patients despite the high risks of becoming infected. The fever clinics were set up at a quick pace to categorize the suspected patients. Fangcang shelter hospitals were built to deal with patients with mild symptoms in order to relieve the stress on the standard hospitals. Those who were seriously ill were taken to the two temporary hospitals which themselves were miraculously built within a few days. The country was trying whatever it could do to protect her people, implementing the word “Save all the sick, regardless of how huge the cost may be”.



After all the efforts put in, the curve on the statistic table finally flattened. The economy once badly influenced by the epidemic started coming back to life gradually and the promise to eliminate poverty on this land within 2020 was being fulfilled. The smiles are now once again reappearing on the faces of people who hold a strong faith that together they will be much stronger than ever before after the pandemic.

The heroic nation is thriving again, leading her people out of the valley of shadow and into the sunlit upland of brightness, with the sakura in Wuhan University blooming right now.

Spring Without Me

XU Ping

Long Chuan No.1 Middle School Class 13 Senior 2

Instructor: Ms. LUO Xiaolin

There is always the coming of spring when blossoming flowers appear. The Chinese New Year in 2020 brought a sense of festive mood among the people.

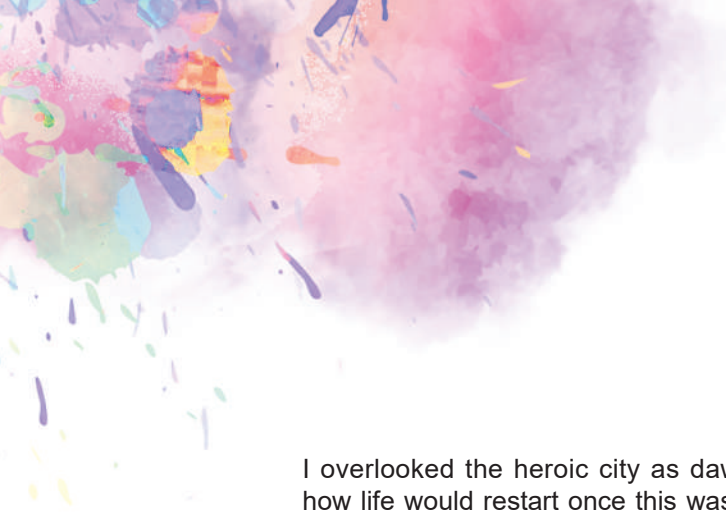
Chinese people like to travel to home for the reunion with their family in the cozy neon lights and under colorful fireworks. Goods are brought over to distribute them to relatives and best wishes expressed while the old year faded away under the smoke of firecrackers. Meanwhile the new year which always means hope was coming soon. Unexpectedly, a contagious disease known as Covid-19 would soon, change everything.

Never had I experienced such a tense time when infection, suspension and lockdown were combined to form anxiety and despair among the entire country especially in the city of Wuhan where I continuously worked hard as a physician to support and cure patients suffering from respiratory failures.

During the troubled and arduous time, I was occupied only with work and did so without any fear. The epidemic was so severe that bad news was always just around the corner. Hearing the desperate cries from patients led me to fight those suffering with complicated cases caused by the virus and this was possible only with help from colleagues from all parts of the country. In the extreme cold winter, I threw on my protective suit over my white medical gown and got to work.

At one time I was tired and felt like I was standing in a very dark place but when I remembered the smile of my wife and our little daughter who hugged me tight just before my departure for my mission of saving lives gave me impetus to continue saving lives without any delay. I continued to receive phone calls in which I was told that some of my relatives had recovered while some of my other friends were infected, and some of my workmates had passed away. The doctors and nurses were indispensable towards fighting the disease bound by love, duty and enthusiasm.

That very night sleep eluded me because of the mixed feelings that aroused within myself due to my body returning a positive test for the virus. However, I had been prepared for it, but I still sensed a sense of some regret within myself. I had one last look at my patients from the outside window who were suffering from such a dangerous disease and imagining their relieved smile of recovery.



I overlooked the heroic city as dawn broke when the sunlight was shining on the dew, wondering how life would restart once this was all over. I thought about China, a country, whose people bravely united to struggle against this disaster, delivering my heartfelt wishes to everyone who joined in this monumental effort. It was indeed an honour that I too was the little spark that had kindled the fire in the darkness and was ready to battle such a powerful foe. It was indeed a good fortune when I had chosen my profession to be a doctor. At last, I made a phone call to my family and the last utterance I heard was, "Your father is truly a hero."

"If I don't come back,
there is nothing different from I have.
I left, without my external love."

At the last sight of the world, I saw the cherry flowers blossom in the gentle wind of spring which dried our tears and wet our smiles. There is always the spring with blossoming flowers and me between them.

The Rising Sun, the Unbeatable Hope

CHEN Mingming

Long Chuan No.1 Middle School Class 13 Senior 2

Instructor: Ms. LUO Xiaolin

With the approach of the 2020 Spring Festival, a terrible epidemic caused by the novel coronavirus, attacked the entire country of China. We were once scared, tearful and even angry. However, we choose not to bow to this catastrophe. On the contrary, confronted with the frightening pandemic, many of us have actually shown greater courage and unity. People used to have a common belief that the younger generation is the beaten generation. Now this kind of prejudice needs to be eliminated, because it is the young people born post-90s and post-00s who were among these brave people working as medical workers in Wuhan, giving everyone hope that our country would soon rise up like the sun.

Even the darkest of nights has bright stars in the sky. The number of front-line medical personnel born after 1990 and 2000 has reached about 12,000 taking up one third of the medical team fighting against the epidemic in Wuhan, among whom we saw many impressive figures. Most of the long-haired nurses had their beautiful black hair cut short so as to reduce the possibility of cross-infection in the hospitals. Born in 2000, Liu Jiayi, a nurse from Huizhou, Guangdong province, is the only child in her family. She was afraid to make a phone call to her parents for fear of them worrying for her and making her lose her own courage. Facing the reporters, she said with tears in her eyes, "I was no longer a child after having put on the special protective suit."

These young people were once innocent children who even were born during the 2003 SARS epidemic. In spite of the fact that the COVID-19 is highly contagious, these children who were previously under the protection of the adults are now grown up as the adults trying to protect others. Like Liu Jiayi, they also missed the people who they love and who loved them. They were also exhausted after much highly-intensive work as they sacrificed their rest time for saving as many people as possible. Like us, they are just ordinary people, fearing death and aspiring to live. Nonetheless, they became the bravest soldiers and ran through the front lines, just like their predecessors, fighting against the disease with their practical actions to tell a "once you, now my turn" moving story.

The reply of our president Xi to the post-90s medical workers in Hubei was, "They have produced their capacity of the youth in new era to us." These lovely people said that it is fortunate enough to meet in such a united country. In fact, it is even more fortunate for the country to meet such responsible young people. The epidemic is indeed terrifying, but China, as a five-thousand-year-old ancient country, has grown up by experiencing a thousand hardships. And certainly it is thousands of selfless Chinese like these medical workers, who have done everything they can, that have made this spectacular story.



What We All Fight For

YU Fei

Nantong High School Class 14 Senior 2

Instructor: Ms. DAI Jianping

“A speck of dust from the era can feel like a mountain on the head of an ordinary individual.” When facing this war without smoke, everyone in our country who rises to this dark time is a fighter. It is life, country and future that we all fight for.

“China has proved to be a heroic country.” When in an atmosphere of suspicion and fear, the government is applauded for going forth to lead the land they love. Faced with unpredictable troubles, the honored front-line volunteers and medical practitioners, who have impressed us with their spirits of dedication and responsibility in their souls, headed for the front line of the battle against the epidemic and desperately rescued the patients.

Zhong Nanshan, an 83-year-old Chinese expert devoting himself to combating the epidemic, was appointed to lead the investigation into the new virus. He suggested locking down the city to control the spread of the virus and safeguard livelihoods.

An alumna of our school, GuHongyan, initiatively filed a petition to help contain the virus in the affected city without hesitation as soon as she knew the abrupt outbreak of novel coronavirus from the news. Despite the shortage of equipment and the risk of infection, the respiratory physician from Jiangsu Province dared to undertake the significant mission to the best of her ability.

The power of the individual around us shines as well. A classmate of mine burst into tears when it comes to speaking about her mother who worked at the local hospital. “She went back home after midnight and even had no time to eat any food throughout the day...”

Additionally, masses of ordinary people in self-isolation at home were actively dedicated to standing up to adversity by helping raise money and materials in need. Overseas Chinese have made an immense contribution as well. Love and hope spread faster than any virus.

As they say, every cloud has a silver lining. The values of life becomes vividly clear when the heroic deaths are witnessed. The selflessness, the persistence and the faith brought out in this endeavor will light our country. And the glow from that flame can eventually light the world. Let all of us mark down the worst times as our best times that we can look back on with pride.

Cherish this moment when we all fight to give off a ray of hope and build up the great strength and energy together for what is in our hearts. There is a bright and dazzling future that awaits beyond this dark cloud above us.

Millions of Hearts with One Mind

SU Yan

Nantong High School Class 17 Senior 2

Instructor: Ms. CHENG Yan

Wuhan is a lovely city where people usually lead a colorful life. There are always loud conversations in Wuhan dialect popping up, laughter and the smell of hot dry noodles on its streets. But on the 31st of January, all these were gone, which arose from a virus called coronavirus. Tens of thousands of people in this city were infected by the unknown virus. To prevent the spread of the epidemic, all the people who had contact with those infected were put into quarantine or under medical observation for 14 days. The beautiful and lively city seemed to have got into hot water and everything was hectic. Not surprisingly, the city residents were extremely nervous because everyone was wondering whether they were going to die. What is worse, there was a shortage of medical staff and the supply of medicine.

Luckily, in the meantime, doctors, nurses and volunteers from all over the country came to Wuhan and gave help and hope. Facing the terrifying virus, the medical staff tried their best to deal with things in a calming way although they were worn out and afraid of being infected. Although their lives were at risk, they still did what they could to save patients' lives. Also, a steady flow of resources including food and masks were sent to Wuhan as soon as possible. There were many touching moments happening every day which made the cold winter warmer. People gradually calmed down and saw the hope coming to them.

So far, the epidemic is under control in China, because Chinese people have all stood up as one to fight COVID-19. Love is shining in many people's heart, no matter who they are and where they are from. Chinese have always demonstrated a strong sense of unity in the face of different kinds of challenges. Millions of hearts with one mind and help from all directions will make Wuhan lively again. Spring is here. Spring is in China.



Insights and Inspiration in the Wake of Coronavirus

FU Sing To

HKFEW Wong Cho Bau Secondary School S.5A

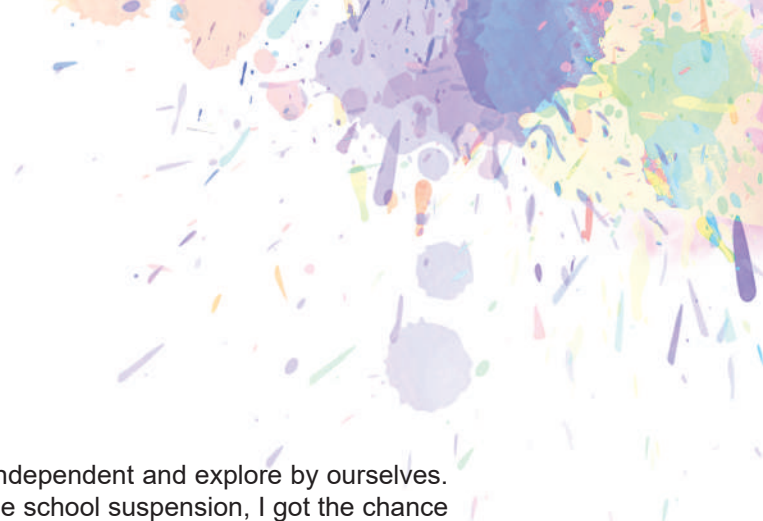
Instructor: Ms. MOK Wing Chi

Coronavirus is a type of virus that causes diseases in humans and animals. It usually causes respiratory infections in nose, throat and chest. This virus will cause serious infections that can kill people. People will identify this virus as a worldwide plague. All human kinds' health is threatened by this virus. Now there are a few questions, what impact did this virus cause to our society? How did this virus influence my life? What did humanity learn in the wake of coronavirus?

At first people believed that this virus would cause little or even no harm to us. But the truth is a lot of different countries around the world were attacked and influenced by the Coronavirus. Nearly 6 million people have been infected and three hundred sixty four thousand have lost their lives worldwide. Sadly, the number is still on a rise. In terms of preventing the disease from spreading, we need to wear masks when we go out, causing us some discomfort. Economically, a lot of countries are suffering as restaurants, bookshops and others have almost no customers. Some might be forced to shut down in the face of financial problems. Social activities have been seriously affected as we can't see friends in restaurants and bars and we are no longer leading a normal life.

Locally, I'm also affected. As a Hong Kong secondary student, I can see the changes in my life style obviously. The school stopped operating when the epidemic was worsening. Instead of the classroom, we now need to use an app called "Zoom" to have online lessons. To be honest, I feel like I have learnt less than before, comparing it when going to school. There are a lot of distractions so you need to be very concentrated on the screen. Life other than learning is also very different. Streets are empty with very few people and shop keepers are falling asleep because there is no one to serve. Every day, I just get up, read the news of Coronavirus on the phone or watch it on TV sometimes, wishing someday the virus will disappear so that I can get back to my original school life. Perhaps, the only good thing is I have more personal free time so I can relax for a while after all the pressure from school. But still I'm afraid I can't catch up with my studies. To make it worse, I can't do some outdoor exercises and sports. Doing indoor exercises is very inconvenient.

After describing the impact caused by the Coronavirus on myself and society, you may agree that this virus has affected our lives deeply. However I believe there's something we can learn from this horrible virus. This virus is a very good example to remind us, humans, to always pay attention to hygiene, protect ourselves not to be infected by any other virus. Stay healthy and never feel lazy when it comes to cleaning. Furthermore, I've learnt that we students should be independent on our own studies, either in school or at home. Having online lessons requires high concentration and self-learning skills. To remember what you have learnt and make sure you understand what is being taught, attending the



lessons either in class or online is not enough, we need to be independent and explore by ourselves. You may ask what you mean by self-exploration. Well, during the school suspension, I got the chance to read more books to develop my knowledge and also hobbies for entertainment. I have learnt how to bake bread and cook food. So the meaning of self-exploration is to learn more useful skills, and now I have the capability of doing more things than before. There's a lot of stuff you can do during the outbreak and it is up to you what to do, so I would say it is also a good opportunity to learn time management during these difficult times.

In conclusion, Covid-19 has invaded our normal lives. It's very dangerous and we are afraid of it. It affects our society, our school days and learning progress, but not all things are bad during this hardship. Let this be a lesson, a warning to you to always protect yourself and stay alert when facing this virus. This coronavirus has made a difference in this world, with lives unnecessarily lost and economy severely shrunk. Anyway, what done is done. The only thing we can do is to protect ourselves of any virus and to stay healthy from now on. There is always a lesson to be learnt from a disaster and it's up to you to discover what it is. So what have you learnt from Covid-19?



Facing Adversity with Bravery

ZHANG Ling Yuk

HKFEW Wong Cho Bau Secondary School S.5A

Instructor: Ms. MOK Wing Chi

I was born in Hong Kong in 2003. This year has something in common with 2020. The virus has come back and the only difference is that this time the disease is more severe and more wide spreading. Unlike the baby who didn't know anything, I now know the damage the disease has caused to everyone.

At the beginning, not many people cared about it. "It doesn't matter" is what most people believed. So did I. I still remember joking with my friends a few months ago that it was a seasonal flu and would be gone when the weather was getting hotter. It could be easily handled by modern medical facilities and people were alert enough to stay healthy. But what it turned out is that I was totally wrong.

So far, the death toll of the new coronavirus has reached 360,000. This is a huge number as the population of some countries is fewer than this number. Humans are more fragile than what we thought we were. It doesn't mean, someone you are talking to frequently, will be there tomorrow. Sadly, that's what I feel most about this epidemic.

At the same time, I have had a better understanding of a career – doctor. It has always been said that being a doctor is a sacred vocation because the lives of many people may be in their hands. And this is particularly true now. The only difference is a doctor is risking his/her own life in order to save others'. Truly, being a doctor is indeed sacred.

After going through these horrible few months, people all over the world have raised awareness of health. Today's medical equipment is far from enough to allow humans to do what they want. So in order to limit casualties when a virus strikes, we should wear masks to protect ourselves and I hope that we all learn something from this sudden outbreak of epidemic.

The Shift from Darkness to the Light

CHUA Vin Perry Ken


HKFEW Wong Cho Bau Secondary School S.5A

Instructor: Ms. MOK Wing Chi

This pandemic has undeniably disrupted our social fabric. Along with the plummeting economy, it is unequivocal that these factors bring in a significant psychological impact on us. It goes without saying that the pandemic is causing massive stress, so I will be sharing not just my traumatic experience but also what has inspired me to adapt to this most testing time.

When the quarantine, as well as the school suspension began, I didn't put any deep thoughts into it. All I did was shrugged it off as it was nothing but a fuss, thinking that it would all be over soon. But in the course of time, the suspension extended day by day, week by week, and so forth, the rise of my isolation. To be honest, I was part of the majority of the students who were joyous when we first heard about the suspension. Finally, relaxation and peace for I didn't have to think hard to please my peers nor worry about the stressful exams and school work. Quiet, unlike the rowdy streets of Hong Kong, and free from rat race life within. Being left alone with my thoughts during the pandemic, what I'd learnt wasn't all that sunshine and positive. I have come to realize just how selfish people can be during the pandemic. People avoided wearing masks because they believed they had a strong immune system, which contributes to enhancing the risk of infection, not just for them but for people they are close to as well. Apart from that, people going out when the infection rate was high, and they didn't go out for a good or important reason, it was just that they felt bored and wanted to go out for entertainment, even though a lot of stress was put into the importance of quarantine. Besides that, there were also many people hoarding resources, like toilet paper in the west and mask in the east. They thought that protecting themselves was equivalent to the prevention of spreading the virus, without any second thoughts about the others lacking resources. There were some people who even went as far as profiteering by stockpiling lots of masks and selling them at an absurd price due to the shortages of masks around the city.

These self-centered acts have changed my pessimistic outlook into a much more cynical one. I didn't want to see anyone at all, with the mindset that these greedy creatures were purely motivated by nothing but self-interest and greed. I isolated myself from my friends and avoided interacting with my family, where I sarcastically said, "Oh great, thanks for bringing the virus again and again", to my brother, each time when he came back after seeking entertainment. This isolation was surprisingly addictive, for the simple reason of not having to deal with annoying drama. Also, I had more time for myself to enjoy hobbies I was interested in but couldn't try due to the lack of time. But as the days on the calendar slowly cross off, I realized that I felt.....lonely. Human beings need to be wanted, not a lot of difference from animals in this aspect, no matter how hard I try to deny this fact. I missed all those nonsense conversations with my friends, laughing at the silly little things we do, I missed learning new



stuff and overcoming challenging obstacles from time to time. Though they did start the online classes and I've started talking to my peers through some chatting apps. It just wasn't the same, it didn't feel genuine, it just doesn't feel right only hearing them and seeing the teaching materials through a 2D board. What brought me to my lowest is hearing people wishing that someone would get infected so that school suspension extends...which I also wished, immediately disgusted by my thoughts afterwards. It is not right to want someone else to suffer just so you can reap the benefits later on. In the end, I've become no different from the humans I despise. This pandemic left me hopeless for the people on this earth, and even if a cure was found, it all wouldn't make any difference because people will never change if a new fatal epidemic comes.

That was all before this video I saw. Despite there being an abundance of patients and personal protective equipment, they all held on to hope to push through the boundaries. Seeing that after the patient was discharged, he was thanking the intensive care unit staff that tended to him was heartwarming. On top of that, watching the doctors and nurses working hard to keep all of them alive was very inspiring. Especially the part where a patient was unable to express their gratitude through words and was overcome by tears left me tearing up. Another case was a man who gave away free masks and healthy meals for the homeless. One last case or I won't be able to stop, was teenagers creating a website for seniors to request help with delivering groceries, due to the fact that senior citizens are at the highest risk during the pandemic. Moved and encouraged, all the negatives disappeared, and at that moment, I decided to change my attitude and look towards a bright future. Ever since I have picked up new hobbies and learned new things from the never-ending streams of tutorials and guides out there on the web, as well as started talking a lot more with my peers and family about their situation and how they are doing. No longer has the thought of hopelessness nor giving up appeared in my mind, in contrast, with the absolute belief that if a new pandemic appears, people will know how to instantly respond and work together to limit casualties.

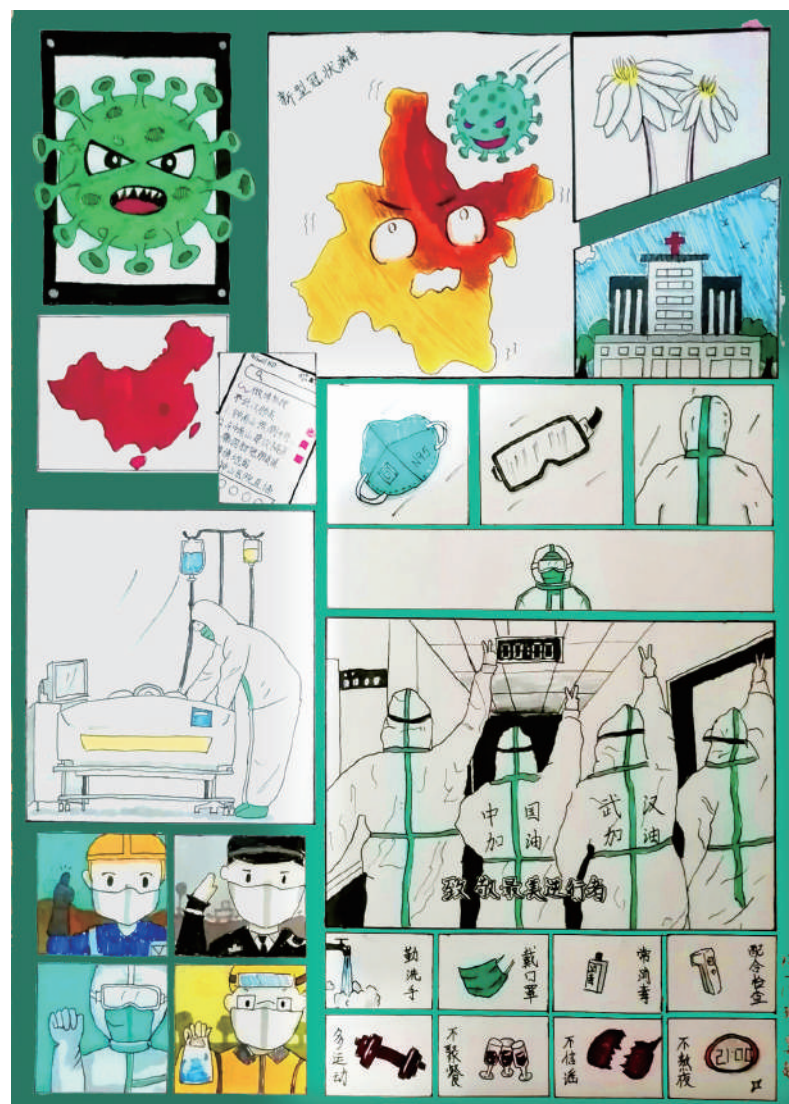
Hopefully, you will understand that it's everyone's business when dealing with a disaster like Covid-19. Your exuberant contribution by doing your part well and helping those in need is simply the answer to all kinds of unexpected incidents and challenging situations.





丹青寄意

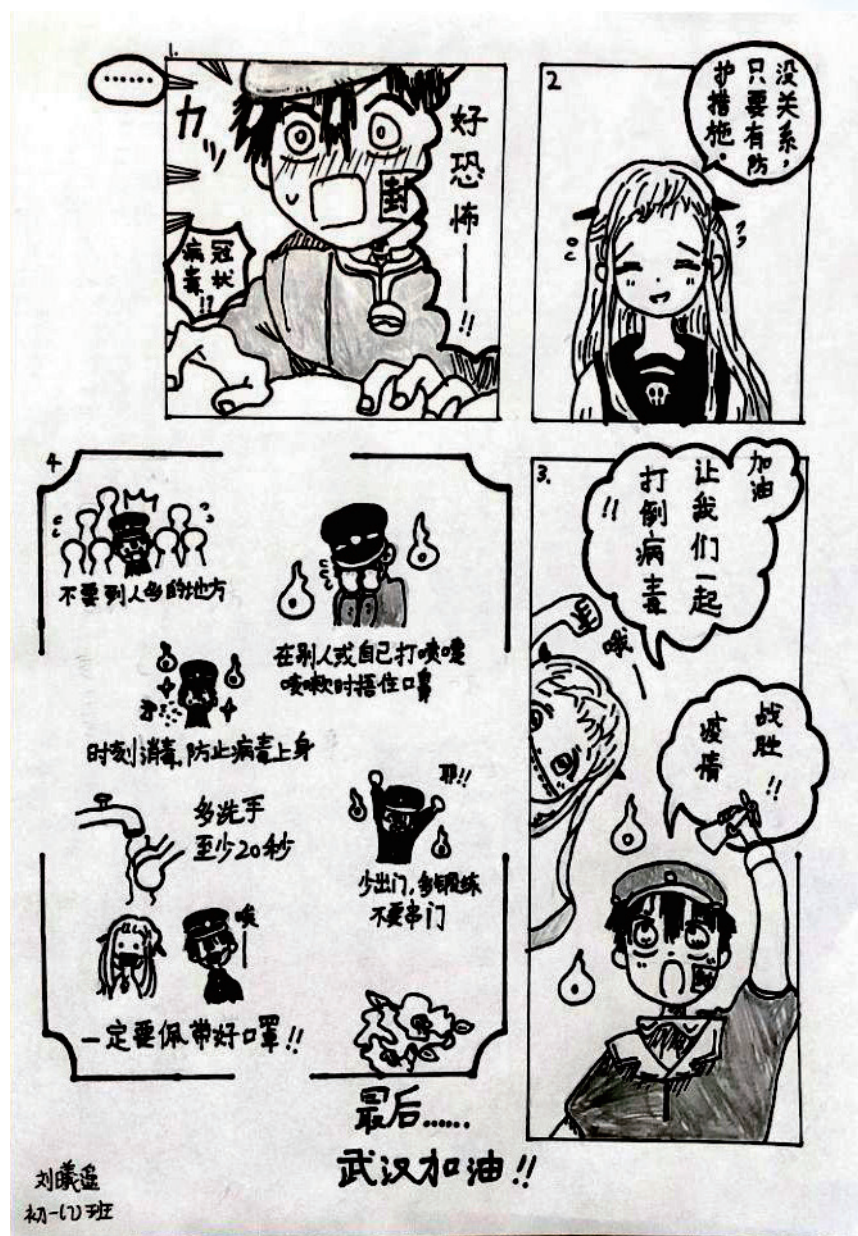
那一幕幕感人肺腑的場景，那一段段扣人心弦的故事，
告訴世人甚麼是善良、甚麼是勇敢、甚麼是堅毅、甚麼
是無私，詮釋著人性的光輝！



〈抗擊疫情〉 吳越 深圳市田東中學 初一（7）班
指導老師：白羽



〈預防疫病〉 李然 深圳市田東中學 初一(7)班
指導老師：白羽



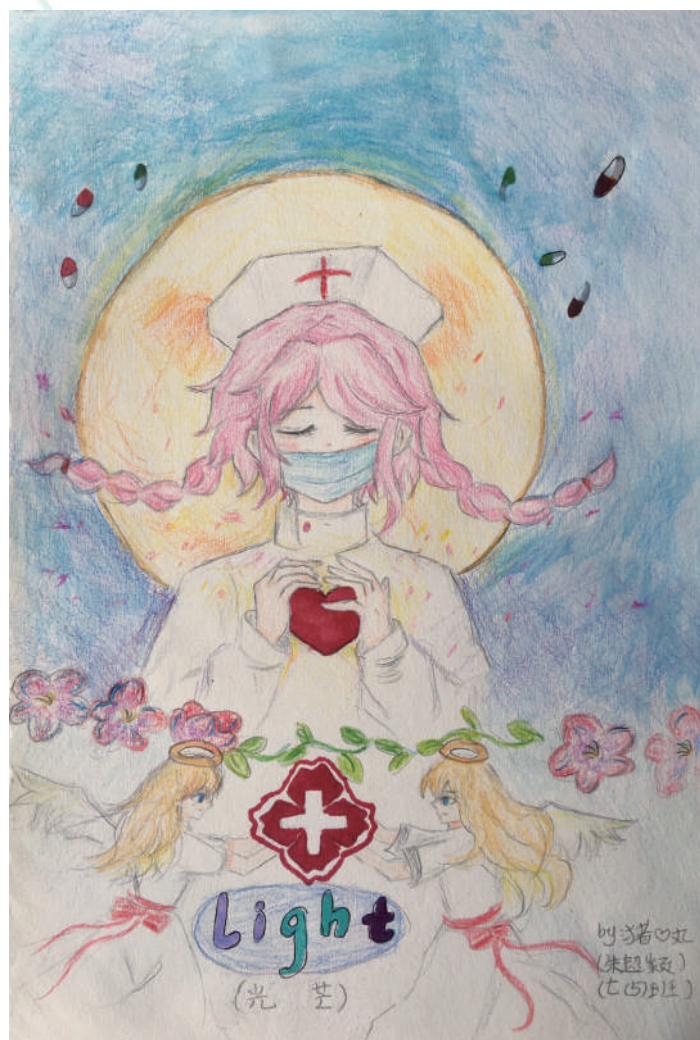
〈抗擊疫情〉 劉曦遙 深圳市田東中學 初一(7)班
指導老師：白羽



《疫情防控仗》 王青 深圳市田东中学 初一（8）班
指导老师：赵舒涵



〈誓死不退〉 文雅 惠州市第八中學 初一（5）班
指導老師：劉孝文



〈光芒〉 朱超穎 惠州市第八中學 初一（5）班
指導老師：劉孝文



〈抗疫加油〉 姚心然 香港教育工作者聯會黃楚標中學 中一甲班

指導老師：黃可晴



〈武漢加油〉 郭芷欣 香港教育工作者聯會黃楚標中學 中一甲班

指導老師：黃可晴



〈抗疫天使〉 翟悠 香港教育工作者聯會黃楚標中學 中一丙班
指導老師：黃可晴



〈行者〉 李沛鴻 深圳市田東中學 初二（7）班
指導老師：董冰



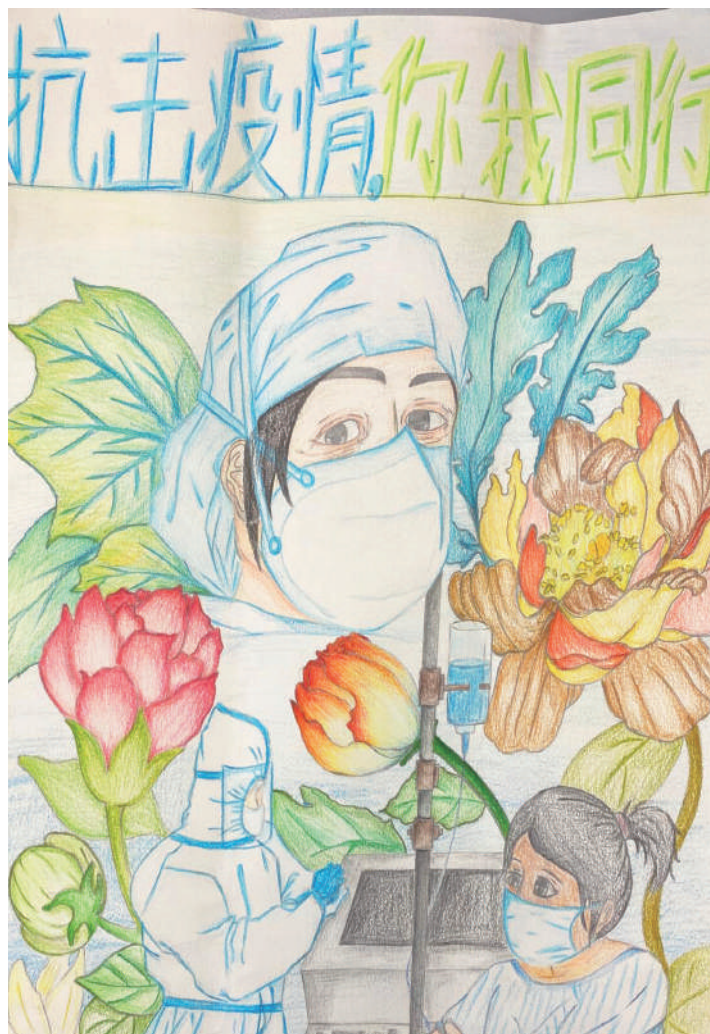
〈醫者仁心〉 王子星 深圳市田東中學 初二（7）班
指導老師：董冰



〈中國加油〉 潘慧琳 深圳市田東中學 初二（9）班
指導老師：吳婉琴



〈抗疫〉 鄭少君 深圳市田東中學 初二（13）班
指導老師：吳婉琴



〈抗击疫情·你我同行〉 陳夢怡 深圳市田東中學 初二（14）班
指導老師：吳婉琴



〈守護到底〉 朱藝卓 惠州市第八中學 初二（1）班
指導老師：王卓霞



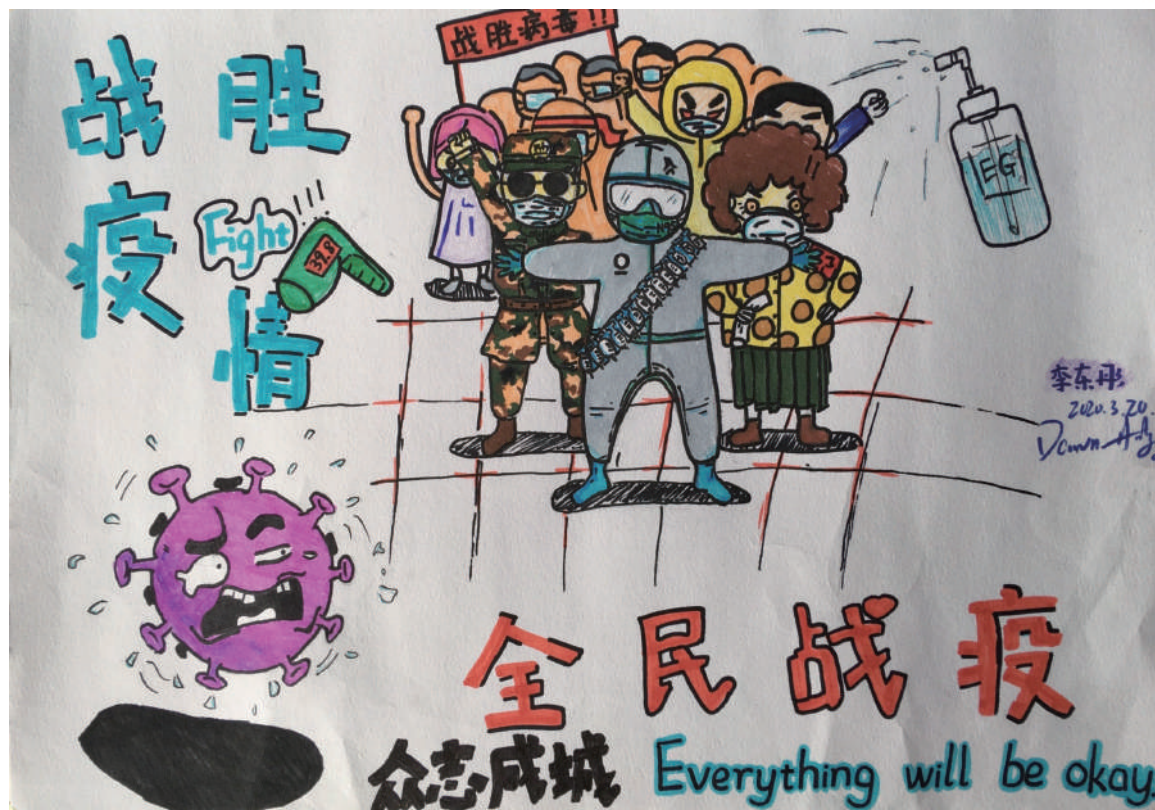
〈武漢加油〉 李賴泳霏 惠州市第八中學 初二（3）班
指導老師：王卓霞



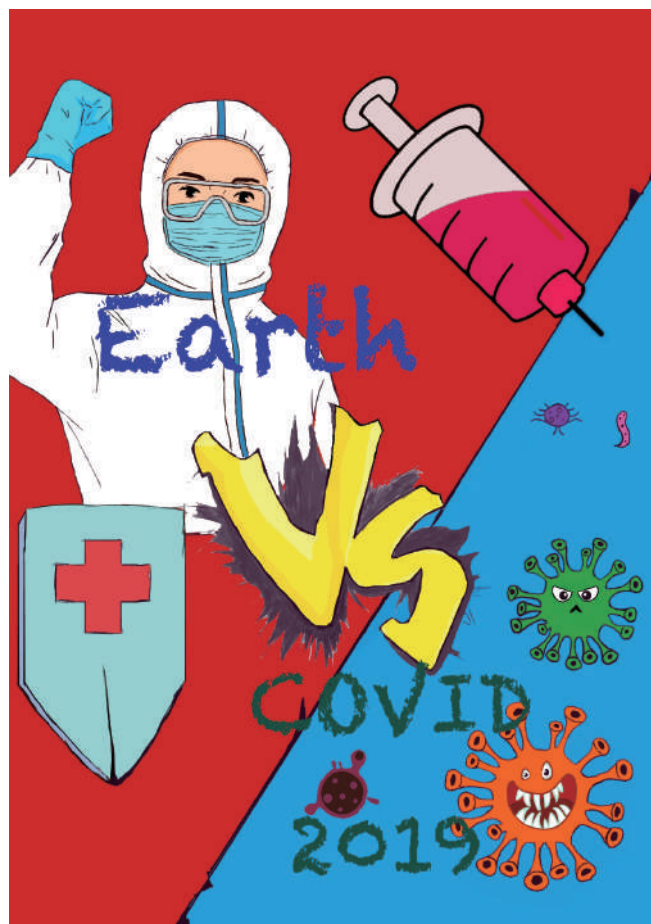
〈众志成城〉 戴菲 惠州市第八中學 初二（3）班
指導老師：王卓霞



〈抗疫必勝〉 蔡金慧 惠州市第八中學 初二（4）班
指導老師：王卓霞



〈全民抗疫〉 李東彤 惠州市第八中學 初二(5)班
指導老師：王卓霞



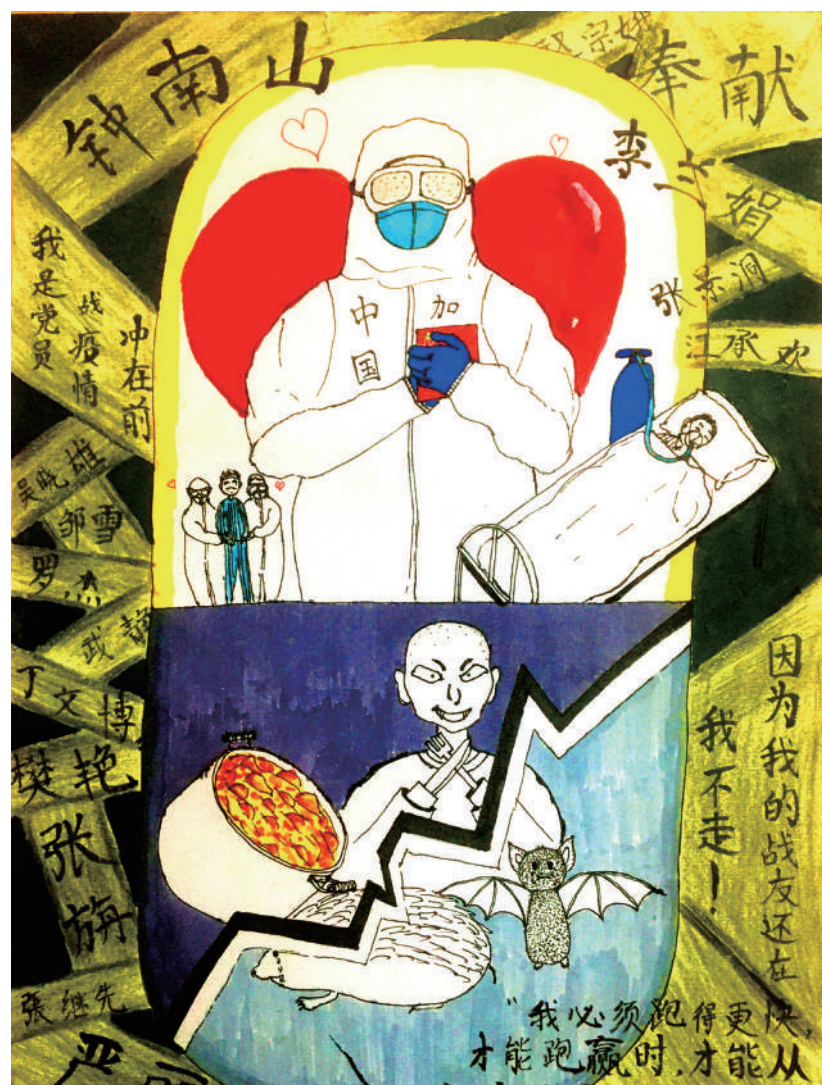
〈同心抗疫〉 洪芷妍 香港教育工作者聯會黃楚標中學 中二甲班
指導老師：黃可晴



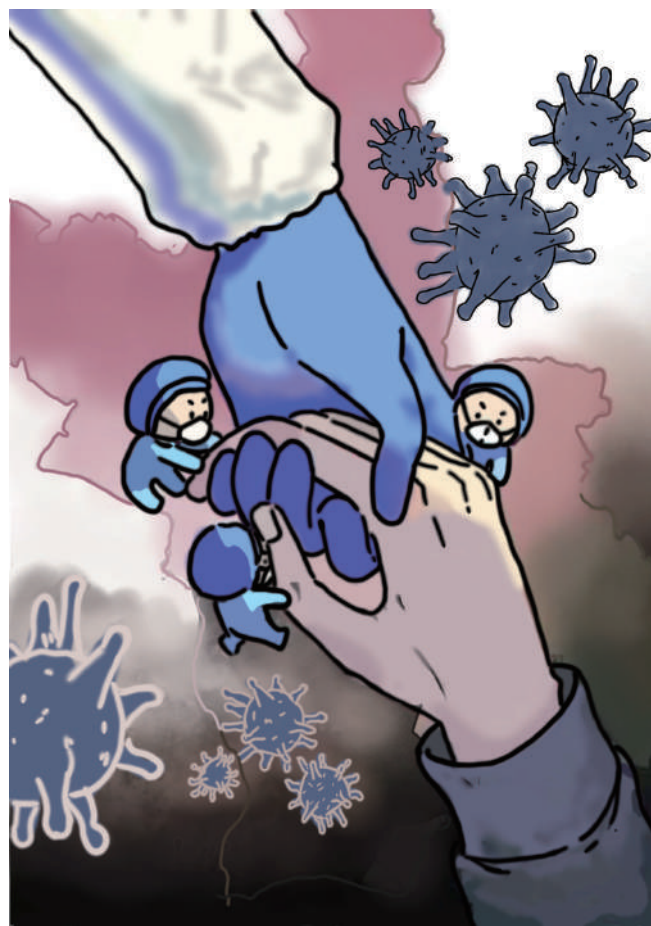
〈抗疫〉 魏晨恩 香港教育工作者聯會黃楚標中學 中二乙班
指導老師：羅麗容



〈共戰疫情〉 杜董兒 香港教育工作者聯會黃楚標中學 中二乙班
指導老師：羅麗容



〈醫護人員〉 張曉娜 深圳市田東中學 初三（2）班
指導老師：白羽



〈與你同行〉 曹杏華 香港教育工作者聯會黃楚標中學 中三甲班
指導老師：黃可晴



〈中國加油〉 劉宜妃 香港教育工作者聯會黃楚標中學 中三甲班
指導老師：黃可晴



〈最美逆行者〉 徐碧鴻 江蘇省南通中學 高一（4）班
指導老師：陳旭



任爾江風吹斷更且
聽將士赴湯聲藜
欲作追風馬力斬
魔一劍橫

為抗疫勇士而歌
庚子春陳潔澄書

〈為抗疫勇士而歌〉 陳潔澄 江蘇省南通中學 高一（9）班
指導老師：陳旭



〈抗疫英雄〉 李佳祺 江蘇省南通中學 高一（10）班
指導老師：陳旭



〈眾志成城抗疫情，同舟共濟渡難關〉 李佳祺 江蘇省南通中學 高一（10）班
指導老師：陳旭



長風破浪會有時直掛雲帆濟滄海眾志
成城抗疫情一方有難八方支援上下同
欲者勝同舟共濟者贏看今朝通中學子
揮毫潑墨以筆寫心

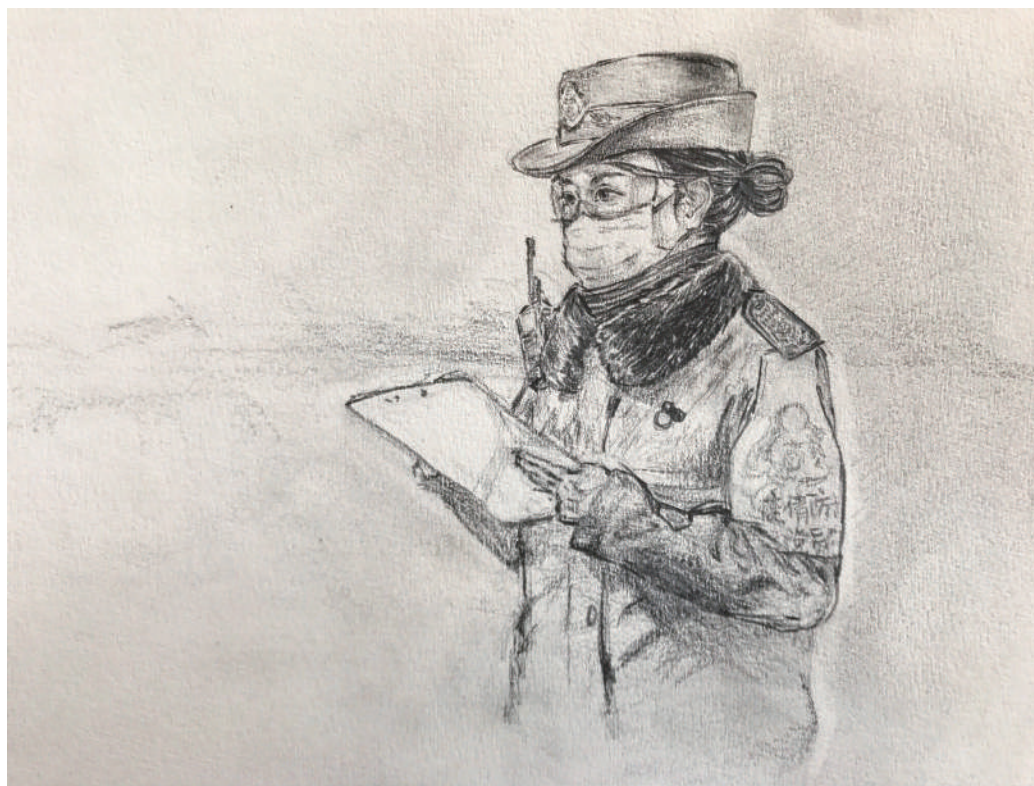
胡佩璇



〈眾志成城抗疫情〉 胡佩璇 江蘇省南通中學 高一（12）班
指導老師：陳旭



〈大醫精誠〉 王涵 江蘇省南通中學 高一（13）班
指導老師：陳旭



〈最美交通人〉 冒奕菲 江蘇省南通中學 高一（17）班
指導老師：葉勤



〈沁園春〉 薛陳宇 江蘇省南通中學 高一（17）班
指導老師：葉勤



〈逆行〉 楊日亨 惠州市第八中學 高一（4）班
指導老師：鍾碧彩



〈抗疫必勝〉 張怡靜 惠州市第八中學 高一（8）班
指導老師：鍾碧彩



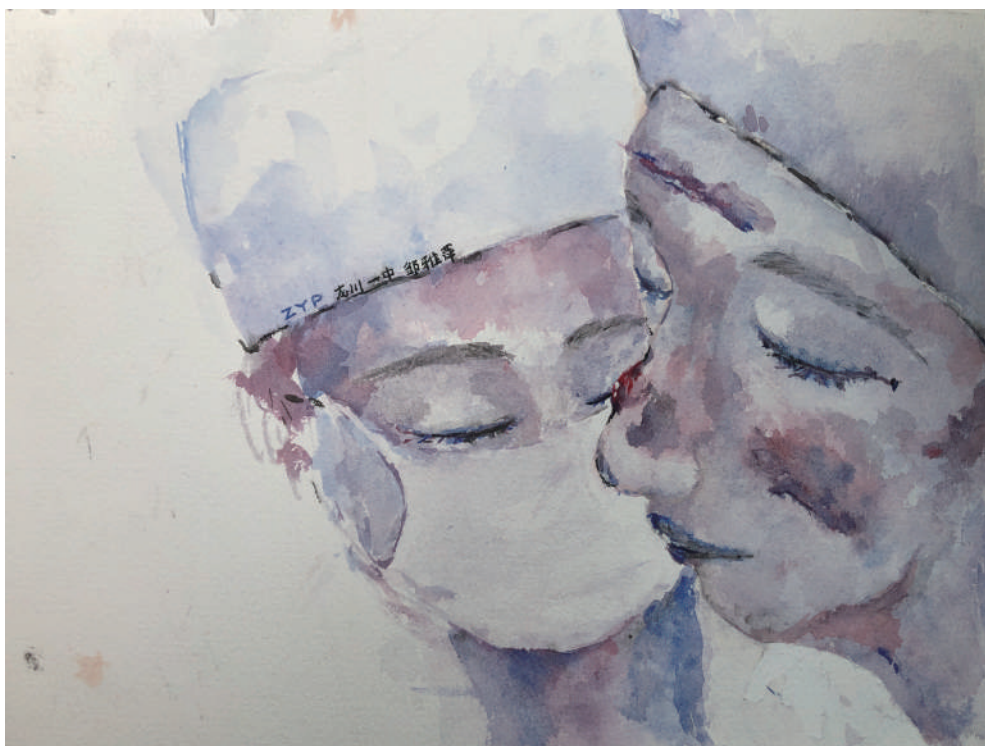
〈逆行者〉 楊喜善 惠州市第八中學 高一（8）班
指導老師：鍾碧彩



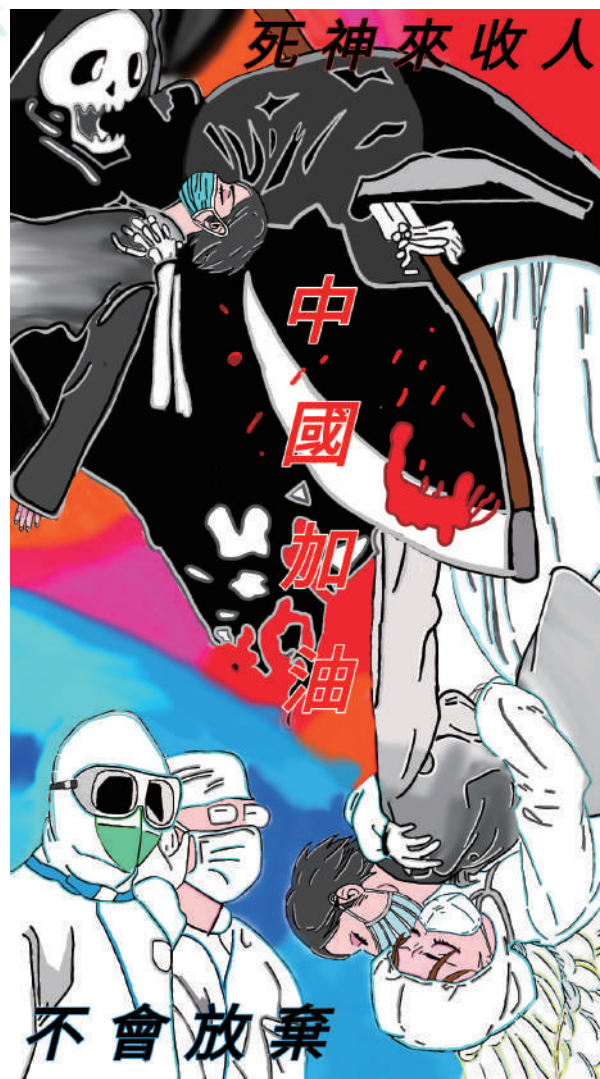
〈逆行者〉 劉佳源 龍川縣第一中學 高一
指導老師：盧春遠



〈使命〉 黃奕霖 龍川縣第一中學 高一
指導老師：盧春遠



〈最美天使〉 鄒雅萍 龍川縣第一中學 高一
指導老師：盧春遠



〈不會放棄〉 胡浩賢 香港教育工作者聯會黃楚標中學 中四乙班
指導老師：羅麗容



〈抗疫〉 程霞 香港教育工作者聯會黃楚標中學 中四乙班
指導老師：羅麗容




〈午後〉 張馨 龍川縣第一中學 高二
指導老師：盧春遠

九州傳令鳴金鼓氣吞山嶽雄如虎將士
踏征程東方壯別情疫魔將掃滅華夏翻
新篇磨難更巍峨凱旋義勇歌

庚子夏月葉榆源書



〈九州傳令〉 葉榆源 龍川縣第一中學 高一
指導老師：楊瑞芬




天佑中華衆志成城共渡難關風雨過後
一定有彩虹武漢加油中國加油災難我
們一起面對一起承受一定能打贏這場
沒有硝煙的戰爭

庚子夏日葉瑞鑫書

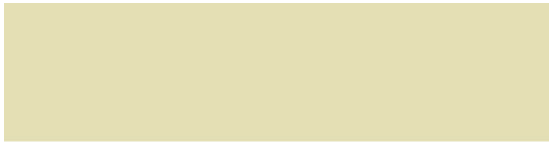


〈天佑中華〉 葉瑞鑫 龍川縣第一中學 高一
指導老師：楊瑞芬



已亥末，庚子春，荆楚大疫，染者數萬，衆惶
恐，舉國防，皆閉戶，道無車舟，萬巷空寂。
然外狼亦動，乘隙而候，華夏腹背芒刺。幸龍
魂不死，風雨而立，醫無私，警無畏，萬民齊
心。政者、醫者、兵者，扛鼎逆行勇戰矣，商
客鄰家百姓仁義鄰邦獻物捐資，嘆山川異域，
風月同天，豈曰無衣，與子同裳。能者竭力，
萬民同心！月餘，疫除，終勝。此後百年，風
調雨順，國泰民安。《戰疫賦》張天悅書

〈戰疫賦〉 張天悅 江蘇省南通中學 高二（17）班
指導老師：葉勤



山川異域
風月同天

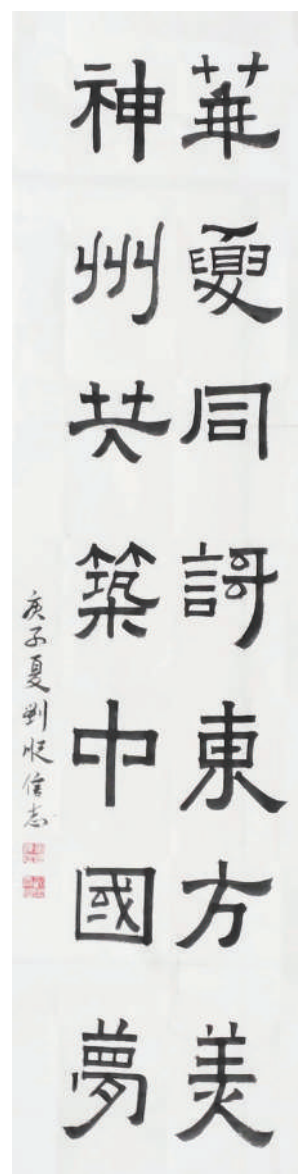
庚子年夏日邵錢佳敏書



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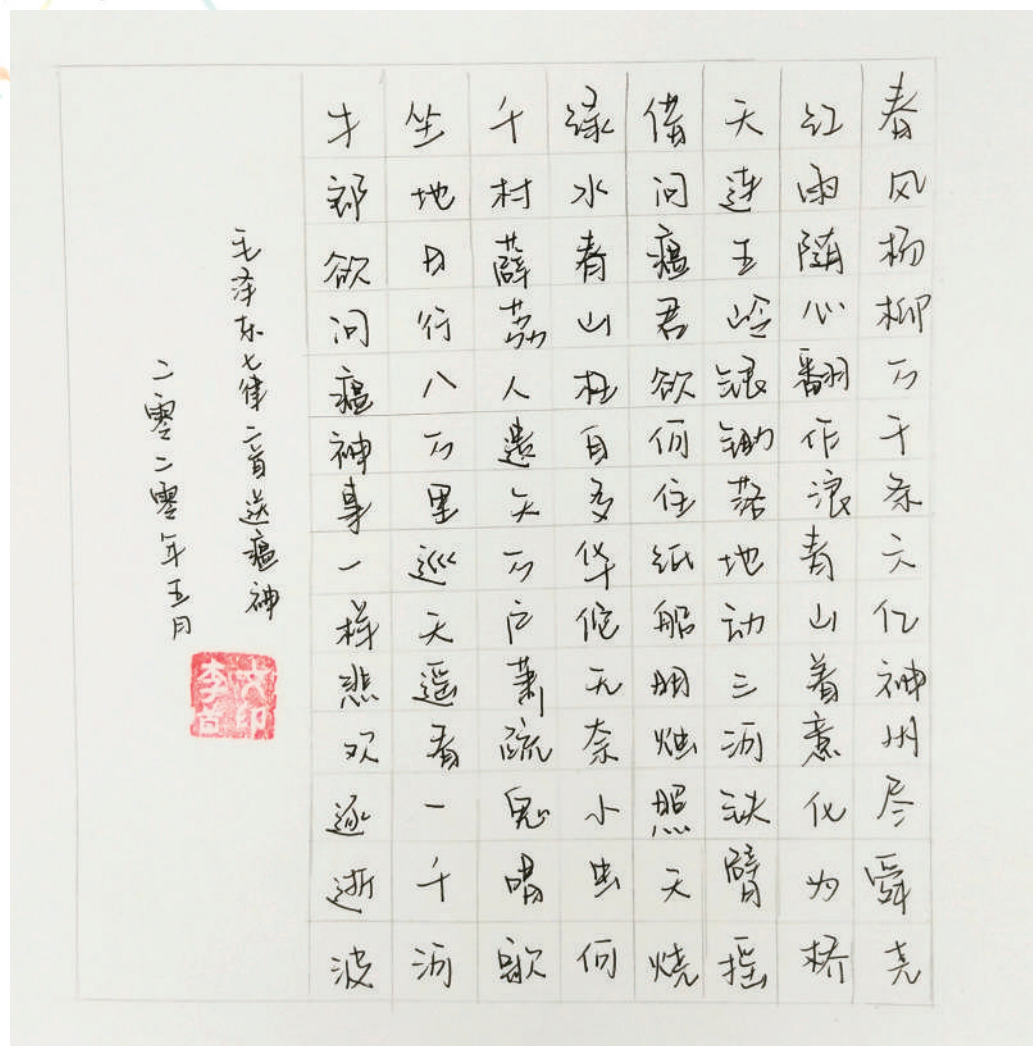
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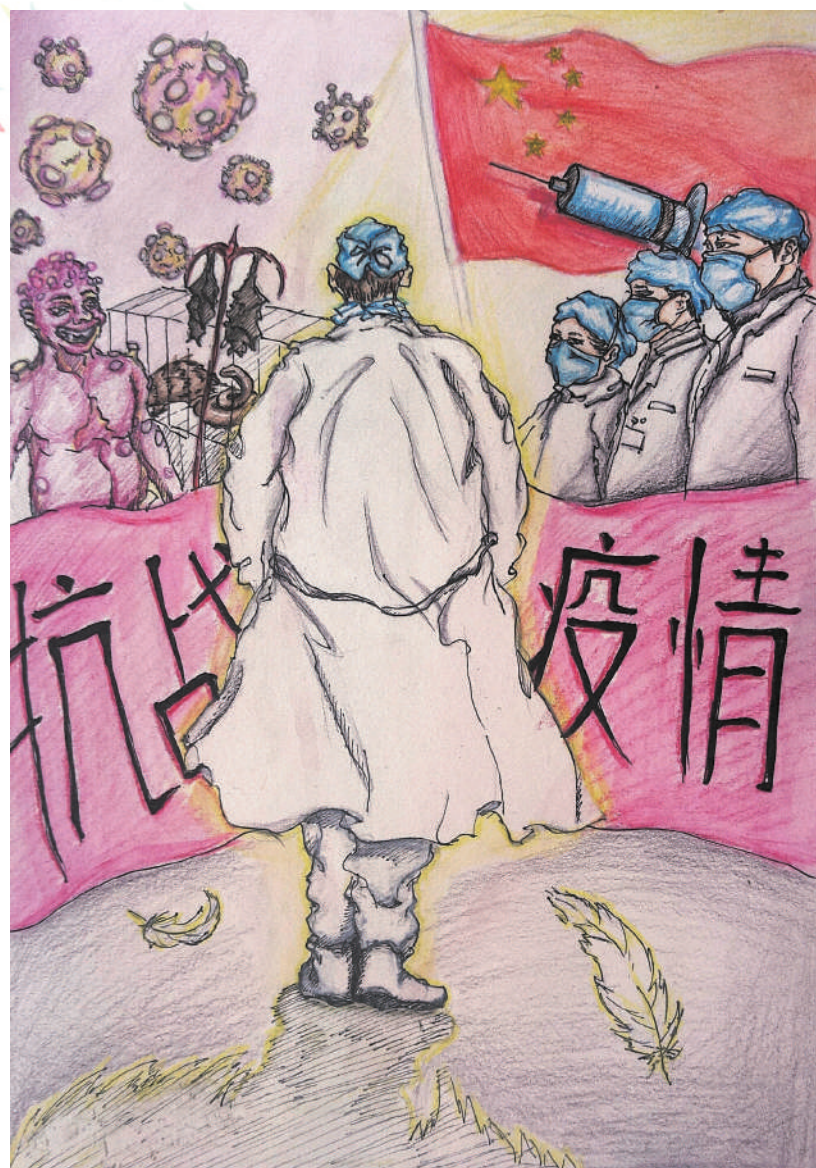
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〈堅定不移〉 王曼宇 貴州大學附屬中學 高二（9）班

己亥年末庚子年
春荆楚大地疫染
者數萬計衆人皆
怨足不出戶時天下
震動南山抵守江南
郡率白衣軍衆
數萬然九州一心能
者皆竭力月余疫
盡去業燈初上萬
國稱贊以為大幸

歲在庚子之春大疫將盡
時書於銅仁曾森林



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〈沒有一個春天不會到來〉 汪伽怡 貴州大學附屬中學 高二（12）班



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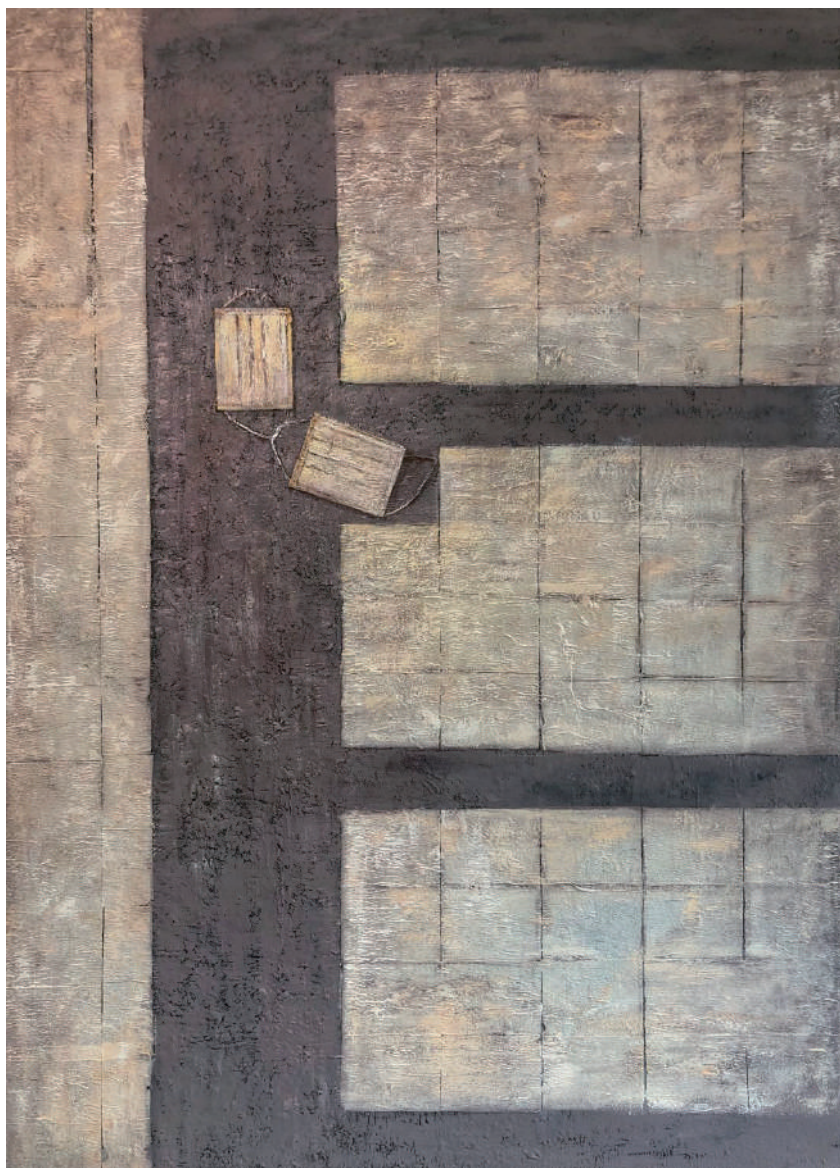
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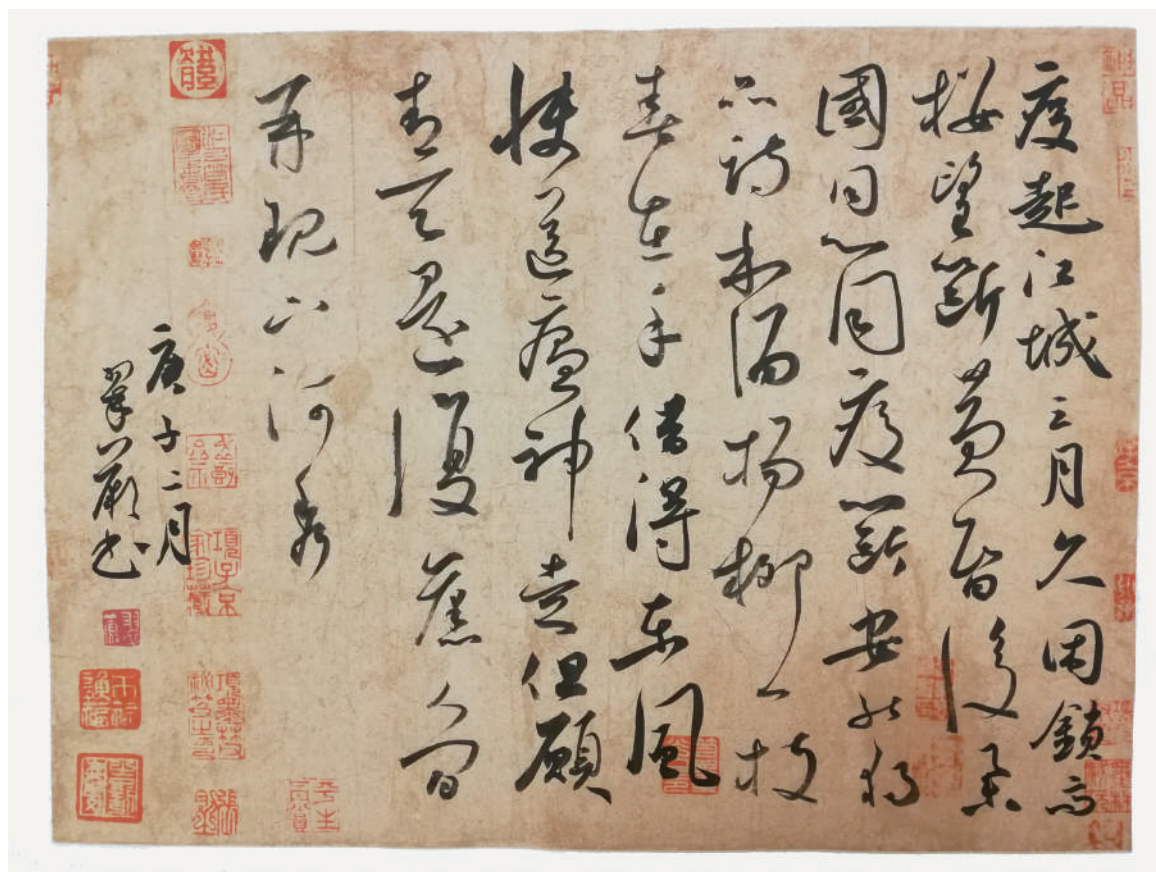
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鳴謝

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是次活動及本圖文集得以圓滿完成，實有賴社會賢達和各方好友鼎力支持。謹此鳴謝！圖文集內所有排名，包括作品及參與學校的排序，均無分先後，敬祈察照！

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出版／香港教育工作者聯會黃楚標中學

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承印／教育傳媒集團有限公司

版次／2020年10月1日初版

規格／12開(230mm X 240mm)

國際書號／ISBN 978-988-75531-0-6

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