



PASSION 2020-2021



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PASSION  
2020-2021



# PREAMBLE

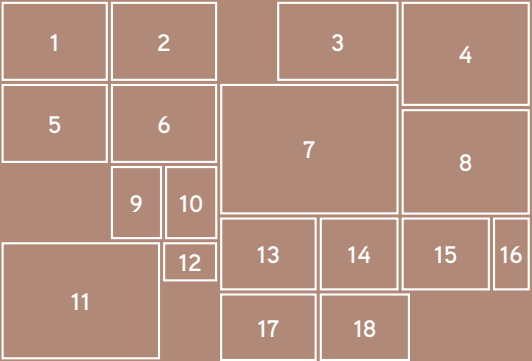
The ordinary dictionary meaning of “Passion” refers to a strong feeling of enthusiasm or excitement for something or about doing something. In A-School, students are taught to develop a great passion for learning through various modes to foster their creativity, logical thinking, communication skills, aesthetic sensitivity and cultural awareness.

The capacity and ability of learning of students can never be underestimated. With appropriate pedagogies and guidance, their potentials can be unleashed and brought to the full that beyond our imagination. Consisting of essays, poems, sculptures, collages, drawings, etc, Passion is a recollection of the learning outcomes of our lovely primary students in this school year.

A big thank-you to our dedicated teachers for making the masterpieces of the young passionate learners into an attractive designed Passion. Hope our little writers, poets and artists could bring you cool, fascinating and refreshing moments in the hot and humid summer!

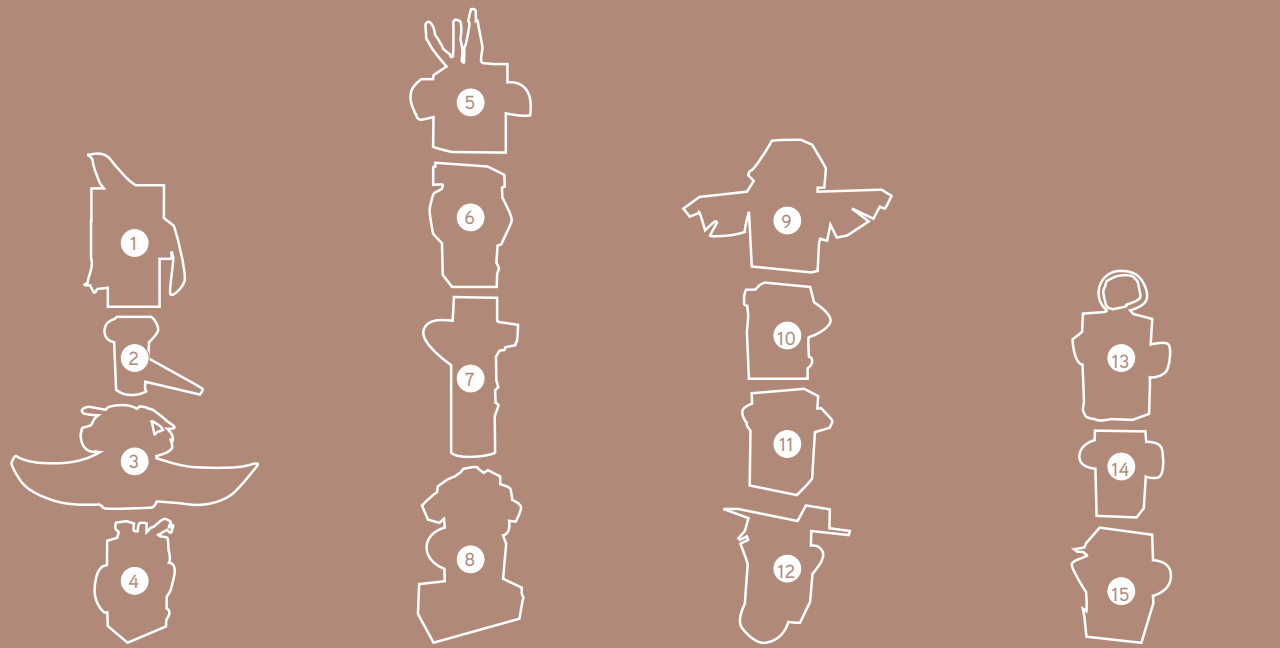
Dr. Benjamin Chan Wai Kai  
Chief Principal

## Cover Design



## Back Cover Design

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8. Lee Cheuk Hei	6D	18. Yip Sin Ning	6B
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2. Leung Tsz Hei	3D	6. Chow Yan Shun	3A	10.Fong Chi Yau	3E	14.Ip Chun Him Cameron	3D
3. Chan Chiu Yu Jyoti	3B	7. Mak Ho Chit	3C	11.Tse Shun Yan	3A	15.Cheung Yu Lun Markus	3B
4. Chau Chun Yeung	3B	8. Law Tsz Him	3C	12.Ting Oi Wing	3E		

Creativity is a powerful strength and students are strongly encouraged to grasp every opportunity to develop their creative capacity, from art making and writing that transforms thoughts through language to different artistic forms. In this anthology, I am immensely proud that through the splendid efforts of teachers and students, our students have created incredibly outstanding writing and art pieces that reflect their unique ideas, experiences, moods and individual talent. May all students continue to develop their writing skills and creativity through their learning and life journey.

Jackie Hiu Li Chong  
Senior Vice Principal (Head of Primary Division)

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在過去一年，同學在課裏課外嘗試撰寫不同的文體，有詩歌、日記、說明文或抒情文等，大家把在課堂內的習得，以其犀利的筆鋒和對創作的熱情，用筆尖觸碰彼此的心靈，最終成就了這本結集——「Passion」。在這本文集中，讀者們可感受到小作家們的妙筆生花，也正正可以體會到在創作的世界中，同學可以在想像的空間裏自由翱翔，再加上文采這支魔杖，從而讓作品點石成金。所謂「必須把熱情表現出來，才可以感受熱情」，願通過這本文集，大家可一同來感受孩子的寫作力量。

李家琪老師  
中文科科主任

The secret ingredient for any good writing is to write with your mind and heart. This year's anthology, *Passion*, shows that our young writers have done just that. They have used their minds to showcase facts and research through non-fiction writing, and they have used their hearts to dive deep into the emotional depths of narrative writing and poetry. From creating worlds that don't exist in their fantasy writing to rib-tickling poetry in the style of Shel Silverstein, they have achieved such magic with their writing. Congratulations and Good Luck. To quote the words of our favourite wizard from the Harry Potter series, Professor Dumbledore, 'Words are, in my not-so-humble opinion, our most inexhaustible source of magic.' Keep writing!

Winnie Pradhan  
Chief Curriculum Officer cum English Panel Head

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A-School students learn through systematic and thematic modules in order to understand and manipulate aesthetic expressions and visual structures presented by visual languages and visual forms. They make use of visual images to demonstrate their personal feelings and thoughts as well as appreciate various art pieces. Students develop their artistic potential and values and establish diversified views towards a variety of cultures. We are proud to showcase students' creative and wonderful artworks here. By appreciating students' Visual Arts learning outcomes, you can experience and feel how passionate they create art pieces during lessons.

Rachel Chau  
Visual Arts Panel Head

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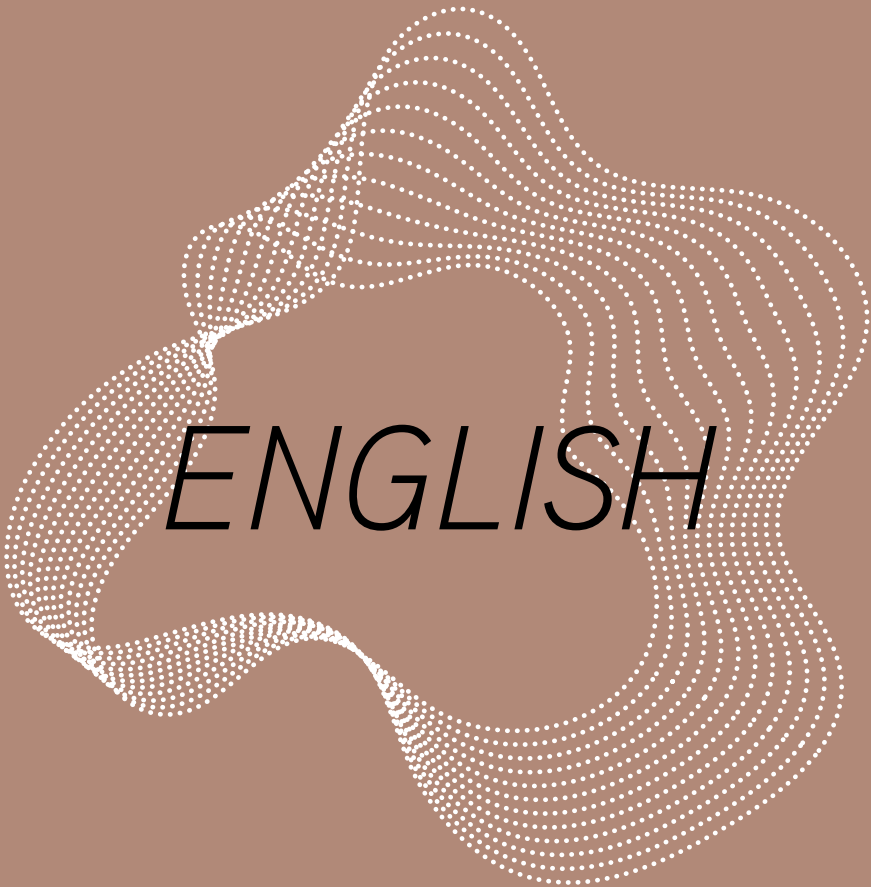
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## A CHRISTMAS FEAST

*Cheng Lok Hei Isabel (1D)*

### A CHRISTMAS FEAST

Today is Christmas day. I was so excited because we were going to a Christmas party. When we arrived there, our friends were waiting for us! But suddenly, the lights went off and I felt very scared. I did not know what happened! Then suddenly, the lights went on again. Then I heard a Christmas song and saw Christmas trees. Also, I saw a lot of presents under the Christmas trees. Now I know what it means. It means it is Christmas! My mom and dad were waiting for me, while my friends were waiting for me to play with them, eat the delicious feast and sing Christmas carols. First, we enjoyed the feast with salad, pudding and roast turkey. Then, we played. At last, we exchanged presents. I had a surprise for my friends and the surprise was that I gave them all a Yo-Yo. After that, when I was home, I had a great sleep and sweet dream.

*Zeng Evelyn Ailin (1E)*

### A CHRISTMAS FEAST

At Christmas, my family and I have a Christmas feast in our home. My daddy is holding a fat turkey. There are presents under the tree. There is a star on the Christmas tree. The cake looks yummy. The Christmas tree is very pretty. The pudding looks delicious, and the cake smells good. There is salad, cake, gingerbread, ham and pudding on our table. Everything is yummy. I like Christmas very much, and I think Christmas is lovely. The sock is hanging on the window. There is a snowman on the sock. My little brother is sitting on a chair. The whole house is very beautiful and brilliant. I guess nobody has opened the presents yet. My little brother wants to open the presents, but I said no. At night time, I write a letter to Santa Claus.

It is Christmas Eve. I am fast asleep in my cozy bed. Then, there is a ringing sound outside the window. It is Santa Claus! Santa Claus puts the presents next to me and my brother. The next morning, I see that the presents are there. I can't wait to open my presents. I love Christmas.

I wish that Santa Claus would give me even more presents next year.

## MY BIRTHDAY PARTY

*Chan Sum Shun Emunah (1B)*

### MY BIRTHDAY PARTY

Today is 19th February, my seventh birthday! My parents held a party to celebrate the big day for me. They decorated our home with purple banners and balloons. It is as beautiful as the wonderland.

When my friends stepped into my home, we welcomed them with paper poppers. They were thrilled! Firstly, we tried to break the piñata. We hit the piñata with a stick one by one. When it was my turn, the piñata broke and a lot of candies poured out! I am so surprised! My friends came to pick up the candies as many as their hands can hold.

After that, my parents took out a strawberry birthday cake. My elder brother played the violin while my friends sang a birthday song to me. I feel so blessed by their love! My family also prepared some hot dogs, pizzas and ice-cream for us! It was yummy! We loved it!

After lunch, we played Hide-and-Seek. Some friends even hid in my wardrobe. It was fun! My home was filled with laughter, blessings and birthday presents before they all went home. I was so happy! I feel so thankful to all my friends!

I love my birthday party very much!

*Lam Chun Wai Milton (1D)*

### MY BIRTHDAY PARTY

My birthday party was on the 4th of May. It was in my home. I invited Dad, Mum, Grandpa, Grandma, Auntie Romeluz, Auntie Florian, Auntie Candy and Uncle Ivan. We played a lot of games, such as 'Hide and Seek', 'Pin the Tail on the Donkey', 'Musical Chairs' and 'Break the Pinata'. We ate a birthday cake, chicken wings, a turkey, lollipops and some spaghetti. It was delectable. We enjoyed all these fun games and scrumptious food. I received 5 red packets and a fun robot. The robot was called mBot. It is a STEAM educational robot. This robot was awesome. Mom downloaded an app called mBot Blockly. I learned a lot of coding in this app. There were ten levels in this app. This birthday party was really amazing! I felt delightful because the food was brilliant! I hope my 7th birthday party will be even better than my 6th birthday party, but it won't be as easy! Anyway, I'm still looking forward to my 7th birthday party!

*Ng Liana (1E)*

### MY BIRTHDAY PARTY

November 10th is my birthday. I celebrated my birthday in a Chinese restaurant with my mummy, daddy, my brother, and my grandparents. Mom made a birthday cake for me. It's delicious. Mom bought me a Frozen 2 costume. I like it very much. The part I like the most is blowing out the candle. I ate sweet and sour pork with some rice, and I love it. I went to Disneyland with my mom, dad, and my brother, and we stayed there for one night. Before we checked out, we went to the swimming pool.

I love my birthday.

Do you like to go Disneyland? I hope you visit Disneyland before because it is beautiful and wonderful!

Chan Hin Shun Daniel (1A)

## ZOOM LESSONS

Covid-19 has affected our way to learn. We cannot go to school and have face to face lessons with teachers and friends. Yet, we can use computer to take lessons and meet our teachers and friends. We can have Zoom lessons instead.

I like having Zoom lessons. It is because I can see teachers and friends. I can still learn with many subjects through Zoom. There is a chat box in the Zoom. In the chat box, we can type our questions. If we need to go to washroom and when teacher is busy, we can use the chat box to tell the teachers. We can also answer teachers' questions in the chat box.

Besides, we can share everything on the screen according to teachers' instructions. We can share our drawings in VA class. We can share our writings in Chinese class and we can show our music performance in music lesson and postures in P.E. class. Zoom class is lots of fun, but I still miss school!

Chan Ka Yu (1A)

## MY FIRST DAY BACK

When I went back to school, we only had lesson 1, 5, 6 and 7 because we had a school tour. We went to the Sky Garden, the Endangered Museum and the PE track for a visit. We drew the flowers and learnt their names at the Sky Garden. The Endangered Museum displayed animals which people killed for their skin to make accessories and handbags. We should protect the animals. The last place we visited was the track. We measured it to see how long it was. It was 70 meters. Wow, that's super long!

That's what we learnt on the first day back to school. It was wonderful. Oh! We also got a big surprise. We had a new member in A-school. It's Pepper the robot. It said, "Take a photo with me. 3, 2, 1, smile." I love my new friend so much. I love A school so much.

Cheng Yee Sen Sharon (1B)

## A HAPPY DAY

Every person has a memorable happy day. My happy day is "my school" on every sunny morning. I cherish the energetic and delighted mood to go to my lovely A-School because I like to learn more from teachers and to play with good friends.

First, I learn many subjects such as Chinese Language, English Language, Maths and Music. In Chinese Language, I learn Mandarin and Chinese characters writing to communicate with my classmates. In English Language, I learn phonics and writing skills like 5W-1H to sharpen my story writing. In Maths, I learn calculation, time and soon to be applied in my daily life. In Music, I learn to sing songs. All of these learnings are interesting and funny. For playing, I play with my classmates the basketball and football. I feel so excited.

For my school activities, there is Orientation Day and STEAM Day. On Orientation Day, I understand more about my school facilities, such as the Sky Garden and library.

I feel so interested, funny, happy and excited. I like to go to school for studying and playing games with my classmates. I also want to see my teachers to teach me in a funny way. So every day is my happy day!

Kwok Sincere (1A)

## IF I COULD FLY

If I could fly, I would have a bird dance. If you have too many letters, I would be here to help you. You may need someone to hold the mirror when you put on make-up. It is easier to fly to the shopping mall. Will it be too hard to walk up the mountain? Why don't you fly up the mountain? Airplanes are fun to ride, but if you fly, it will be much more fun. Can I even fly to space? I hope it is a "Yes". I wish I could fly to the wild such as a forest, North Pole, grassland, desert and rainforest. It is alright to be without cars because I can just fly and see the whole big city!

Chung Ngai (1E)

## MY CHINESE NEW YEAR

On Friday, I got up early because I was very excited. It was Chinese New Year. There was narcissus in my house, and they smelled good. I got a lot of red packets.

My parents were shocked because they saw me reading on the sofa in the early morning. There are lots of things I can do in Chinese New Year, like enjoying a big feast together with my relatives. I met my aunt and uncle and ready to get a lot of red packets from them. I can also enjoy a lot of candies in my house since it's Chinese New Year.

I was excited to open the red packets when I got home. However, my mum said that I had to wait for fifteen days before opening the red packets. I felt a bit sad, but I was still fine with it.

I looked at the clock, and it was bedtime.

I had a good dream.

Mok Hing Yu (1D)

## MY CHINESE NEW YEAR

During Chinese New Year, my family and I decorated our house in red paper to scare the Nian. The red paper had a Chinese character on it meaning "luck". I also wanted to decorate with some flowers, so we went to the flower market. I picked a pink flower, a blue flower and a yellow flower. The flowers were so big that they were almost the size of my head! The flowers smelt sweet and they made me sleepy.

After the flower market, we went to my relative's house to play! I was overjoyed because I had not visited them for a long time.

At my relative's house, we swept the floor. Instead of sweeping like we usually do, I invented a game called the 'Octopus Sliding Game'. I sat on a cushion and used my legs like tentacles to move forward so that the floor can be clean again. I had so much fun!

After we finished cleaning, my relatives gave me red packets full of money. One of my relatives was really funny and put candy inside their red packets! When I opened it, I was so surprised to see the candy inside. I was also very excited to eat it!

Chinese New Year makes me feel so pleased. I love visiting my relative's house and spending time with my family. I hope other holidays can be like Chinese New Year, too!

Lee Cheuk Hei Jace (1B)

## CYCLING FROM TAI PO TO SCIENCE PARK

On Saturday, my brother, my mum, my dad and I went to Science Park for cycling. First, we set up our bikes and we rode the bike to Science Park. Later, we had tea, pizza and French fries. After, we went on the cycling path. Mum said that our friends live near this place, so we went to find them. After we found our friends, we took pictures then we returned to Science Park. Finally, we went home, had dinner then we went to bed.



Cheung Tsz Kiu (2A)

FROZEN WINTER

Freezing in winter so I drink hot chocolate milk and it makes me feel warm and powerful.  
Remember to wear more colourful warm jumpers.  
Oh! I like to eat delicious hotpot, but not sweet ice cream in winter.  
Zestful kids ski on the icy snow.  
Every winter I watch the lovely movie Home Alone with my family.  
November and December are already in winter.

Windy weather kisses my cheek.  
I have to apply moisturising cream.  
Numbing body is shaking in the biting cold temperature.  
The furry snowflakes are falling down when it is below zero.  
Everyone has to get a warm bath to keep good circulation.  
Reindeer help Santa Claus to give out presents in winter because it is Christmas.

Lam Herb (2C)

FREEZING WINTER

Freezing winter is the best.  
Rudolph leads Santa's sleigh because he is  
Eager to help on Christmas Eve.  
Elves are Santa's little helpers,  
Zip up their thick down jackets before they go so they stay warm.  
Icicles are hanging from bald tree branches and  
Noisy people build an enormous snowman with orange carrots.  
Girls and boys are having an amusing snowball fight but

We wish to have body-warming hot pot now.  
Icy cold wind is blasting.  
Nobody is outside now because of the chill.  
Tissues in the pocket for runny noses.  
Earth has winter,  
Ragith III has cold seasons too?

Wu Nickson (2B)

TROPICAL SUMMER

Typhoon is suddenly coming; I am horribly scared!  
Really enjoyable, love the weather!  
Our planet will orbit slower than usual.  
Pretty and beautiful sunshine, who doesn't love it?  
Ice cream is melting, so we get to eat it fast!  
Climate is extremely hot.  
Air would be harder to breathe because the weather is suffocating.  
Love to swim in this warm and scorching summer.

Sun shines bright and beautifully.  
Umbrella shading the tropical sun.  
My smooth skin will be very dry.  
My friends and I have a cheerful and lovely holiday.  
Everyone will be very sweaty.  
Rain is always here, so we can't go to the warm park to play!

Lei Yirui (2D)

BRIGHT SUMMER

Birds sing happily in the warm breeze, and they are eating juicy fruits.  
Radiant and bright sun rays shine through the window and heat up the house.  
I longed for cool watermelon and chilly ice cream in this blistering season,  
Great and sun-kissed weather most of the time.  
Happily, we can play many interesting outdoor activities in this wonderful season.  
Thousands of fragrant and colourful flowers bloom on the grassy meadow.

Summer holiday is coming soon! What a cheerful time!  
Unless it is raining, we can go to the beach and build sandcastles, or we can swim.  
Making ice cream with yummy chocolate is a fun thing to do!  
Mom and Dad take me to an interesting water park,  
Everybody has a great time swimming, playing water slides, and floating in the lazy river.  
Roasting weather can't stop my love for summer because of the fun activities and the yummy watermelons.

Yan Ho Ying (2E)

BLISTERING SUMMER

Being in the joyful summer.  
Love summer best!  
I like scorching and roasting weather.  
Sun-kissed home makes me feel blissful.  
Time to go snorkeling!  
Eating chilly and smooth ice cream.  
Ready to play water sports.  
Incredible time at the stunning beach.  
Not the snowy days.  
Getting humid and stuffy.

Sun is shining brightly.  
Under the cloudless sky.  
Many people enjoy this amazing season!  
Memorable summer holiday with lots of fun.  
Elegant environment makes me feel gleeful.  
Remember that summer is the best season!

Cheung Shing Hei Kingsley (2A)

KOALAS

Koalas are mammals and marsupials. They always sleep in trees.

Do you want to know what fluffy koalas like? Koalas have grey and white fur. They are 20 pounds. They have a leathery nose, small yellow eyes, and big fluffy ears.

Do you know what fluffy koalas eat? They eat eucalyptus leaves. They have predators including dingoes and large owls. If they kill all koalas, it will affect the nature.

Do you know where fluffy koalas live? They live in Eastern Australia.

Koalas live by eating food and sleeping up to 22 hours each day because their bodies need a lot of energy to digest the gum leaves. When they are sleeping, they save energy. They climb up trees to eat.

Here are some interesting facts about koalas. A newborn fluffy koala is the size of a jellybean. A baby koala is called joey. It is blind, naked, and earless. Koalas do not drink water. They absorb water from leaves. They usually make bellowing sound like snores. They use legs and arms to climb. They walk slowly on the ground.

I love fluffy koalas because they do not kill people and animals.

Leung Beatrice Mo Pui (2E)

KOALAS

Koalas are mammals. They live up to more than 20 years.

Do you know what koalas look like? Koalas look cuddly. They have a large round head, two big furry ears and a big black nose. Their fur is usually grey-brown in color with white fur on the chest, inner arms, ears and bottom. The koala has very sharp teeth and claws which enable them to grip on branches and pick leaves.

Koalas have a number of predators. Dingoes and large owls hunt koalas as food. Koalas are also at risk of getting hit by cars and attacked by dogs. Humans too are koalas' predators.

Koalas live in the eucalyptus forests of Southeastern and Eastern Australia including Queensland, New South Wales and Victoria. They live by hanging on trees. When not sleeping, they usually eat. Then rely on eucalyptus trees for habitat and food.

There are some interesting facts about koalas. They have special vocal cord which makes special voice for cubs to hear. Koala cubs are blind when they are born, but can hear their mother. The koalas can run as fast as a rabbit. They sleep for up to 19 hours a day.

Because of excessive killing, wild koalas become endangered animals. We can help to save koalas by stop buying things made from koalas' parts. We also try to protect their habitat by preserving eucalyptus forest. We should use all recycling products such as paper, coats or bags.

Chung Ching Hong (2C)

KOALAS

Koalas are mammals. They are members of marsupials. They can live up between 13 to 18 years.

Do you know what koalas look like? Koalas have grey furry bodies but with white fur on their ears and chest. Their fur look soft but it is actually coarse. Koalas look adorable because they are stout. Koalas have a tailless body, a big round head, large circle shaped ears, a big spoon-shaped black nose, and small black eyes. Koalas are so cute, but they are known for their laziness and sleeping abilities! Koalas have two short arms and two legs, but they are strong and good at climbing. They are small animals because they are 2-3 feet tall and weigh between 15-30 pounds.

What do koalas eat? Koalas are herbivores and they only eat eucalyptus leaves, but eucalyptus is toxic and make koalas sleep. Koalas can be quite picky eaters and they often choose leaves at the top of the tallest trees that contain more liquid and nutrients.

Do they have predators? Dingoes, large owls and horrible dogs are koala's predators. Dingoes, like dogs, bite them with sharp teeth or catch them with their sharp claws. Large owls use their claws to catch koalas. But the main predator of a koala is human! We cut down trees where the koala live causing them to lose their habitat.

Where do koalas live? Koalas live in Australia. They live high up in eucalyptus trees of native bushlands and forests. We can also see koalas in a zoo. How do they

live? They spend most of their time wedged between forks in the tree's branches. Koalas eat in trees, sleep in trees or hang out in trees. Because koalas have little energy, they sleep for up to 18 hours a day! The only time they leave a tree is to walk to another tree because they need to find a better food supply. Koalas do move around in their chosen tree. Koalas are nocturnal, meaning they sleep during the day and are awake at night. Also, they do not live in groups, and prefer to spend their time alone.

Here are some interesting facts about koalas. You might hear the term 'koala bear' being tossed around when it comes to these fluffy animals, but they actually share more characteristics with other marsupials like the wombat. Koalas is thought to mean 'no drink' in the Australian Aboriginal language. They rarely drink water because they get their water from eating eucalyptus leaves.

Koalas survive on a diet of eucalyptus leaves and can eat up to a kilogram a day! Eucalyptus is poisonous to most animals, but koalas' special fibre digesting organ, called a caecum, helps to detoxify the chemicals in the leaves.

Koalas are cute animals, but koalas are losing their homes to excessive trees - clearing. Sadly, koala numbers are on the decline every year because of deforestation and disease. So don't cut too many trees because that will destroy their living habitat. We need to protect koalas' homes!

Wong Yan Yui Mattias (2D)

KOALAS

Koalas are marsupial mammals. They can live up to twenty years.

Do you know how koalas look like? They have grey fur on their whole body, a creamy-colored chest, and a large nose that is pink or black. They look like teddy bears and have very strong claws to help them climb tall and huge trees.

Do you know what koalas eat? They eat eucalyptus leaves. The koala parents will feed their babies with milk. They have predators which are domestic dogs. But about 80% of their habitats have been lost due to human homes, drought, and forest fires!

Have you thought of where koalas live? Koalas live in eucalyptus forests in Australia. They sleep 18 to 22 hours per day. They can swing, move and jump between tall and big trees.

Here are some interesting facts about koalas. They are not bears and are mainly active at night. A newborn koala is just the size of a jelly bean. Koala babies are called joeys, and they are blind and earless.

I like koalas so much because they are very adorable and have fluffy fur. Let's protect their habitats by preventing forest fires!

Leung Mong Sum (2B)

KOALAS

Koalas are mammals. They are warm-blooded. They have hair or fur. They give birth to babies and can control their body temperature.

Do you know how koalas look like? They have a large head. Koalas also have a large nose and a pair of furry ears. They can be greyish brown with white fur on their butt, ears, inner arms and chest. They have no fur on their noses.

Do you know what they eat? Koalas eat leaves, not just any leaves, but eucalyptus leaves! Those leaves will make us sick, but not koalas because they have a strong liver. They find these leaves from eucalyptus trees. They normally eat 200 to 500 grams of leaves every day. Do you know what their predators are? The animals who eat them are dingoes, as well as large owls.

Do you know where they live? They live in the eucalyptus forests of Eastern and Southeastern Australia. They usually live in groups, especially if it is mating season because they are not able to give birth by themselves. They live with their families, too!

I bet you don't know any facts about koalas, so let me share some. Alright, let's start! Koala babies eat a substance called pap, which is a gooey, green blob that has microbes to digest eucalyptus leaves. This fact will make your eyes pop out: Koalas use their feet to comb their fur! They kind of look like a comb, right? That's its purpose! This is the third one: "Koalas" means "no water"! They also can sleep for a long time.

Please use less paper in order to save these adorable creatures. Humans are already driving them to extinction. Do you like koalas?

Leung Hoi Kiu Chelsea (2B)

MY BEST HOLIDAY

Last year, I went to Thailand with Mum and Dad to have fun!

First, we checked in, and I smelt something nice, which was food! There were spicy noodles, sweet chicken and juicy beef. Mum said we could go there later. We went up the lift to our room. We were in room 87. In the hotel, we saw beautiful things like chairs and tables.

We even saw some sugary candies. I ate a lot of candies. How many did I eat? Maybe 20 or 80. I like it a lot!

Then, we took a relaxing bath. It was very hot, but I liked it. The next day, I ate cereal with chocolate milk. It was amazing!

Then, we went to the swimming pool on the roof. It was sunny, so we played with a beach ball. I hit it so hard that it landed on the other side.

I went back up to our room to dry my hair because Mum told me that we were going down for lunch. We ate pizza, spaghetti and fried chicken.

The next day, it was time to leave. I am excited to visit there again! Do you want to go with me?

Cheng Yi Kiu (2E)

MY BEST HOLIDAY

Last Sunday, my mother, my father, my sister and I all went to a park to have family photos. There was a lot of space at the park to walk and take photos, so we all sat down and started finding places to take pictures. My sister and I ran around, while my mom and dad found a place. Soon, my mom found a perfect place beside a big lake!

First, we took some photos and relaxed beside a place that was so beautiful. We sat on rocks and looked far away. Next, we took out toys like airplanes and balloons to relax in the hot sun. Then, my sister took photos while my dad and I were still playing with toys. He taught me how to fly the airplane.

Finally, we went to take our car to go home. It was a happy, excited, surprised and unforgettable day because the place has such beautiful views.

My family also had enjoyed some activities, like sack race and the airplane race. I felt happy, joyful and excited.

My family did too, especially my sister. She thinks that the place was like a jungle! I asked Mom, "Was the park beautiful?" She said, "Yes!" because the place was relaxing. My sister did too. I hope next time I can go back to the park! Do you?

Tsao Ze Lin Hannah (2A)

MY BEST HOLIDAY

During my best summer holiday, I spent time with Mom and Dad.

First, we started to work. Mom cleaned the house, and I did homework, but Dad was still sleeping.

Then, I had piano class. After that, I did my Chinese homework with Mom.

Finally, I went to the playground with Dad. I did 200 times of rope skipping and 5 laps of running. After exercising, I played with my neighbors.

Do you want to play with me next time? I love my summer holiday!



## PERSONAL RECOUNT

Mai Lei Ho Leo (2C)

### MY BEST HOLIDAY

Last year, my mum, dad, grandma, grandpa and I travelled to Thailand, Phuket last summer holiday.

On the first day, we rode bus A41P from the airport. We drank a cup of hot chocolate, because of the coupon. We bought the cap. Later, we were bored and waited until night time. At night, we got onto the plane and we ate a delicious dinner.

Next, of course, I was so sleepy and I fell asleep. Mum booked a comfortable hotel. Later, I woke up. Then, I took a bath. And then, I went back to sleep in my bed. Mum and Dad went to sleep, too.

Then, we woke up in the morning. We visited Phuket Buddha. I asked, "Is it the highest point in town?" "Yes!" said Mum, which shocked me. Next, we had a simple lunch and hurried up to the Dolphin Show. The show was splendid!

Finally, we got to a park named, "Park Fanta Sea" about elephants. Elephants are smart and kind animals. They performed an amazing show for us. There were joyous.

I felt delightful and overjoyed because everything was beautiful, wonderful and awesome!

Tang Yi Han (2D)

### MY BEST HOLIDAY

My best holiday was in Taiwan. I went there by plane.

I met my friend Ashley and her parents. I was so excited to meet my friend.

First, we played in the playground, and we ate ice cream together. It tasted very good! When we finished eating ice cream, we went back to the hotel.

Then, we went to a lovely, big and beautiful cave. We saw many things we didn't see before.

After that, we went to the Science Park. We learned many new things about science. Wow! It was so much fun!

Finally, we went back to the hotel, and we ate some delicious desserts. They were in different flavors and shapes. Some looked like princesses, pianos, palaces, or flowers. It was amazing! Do you know what kind of dessert I like? I like the piano one.

I felt very happy and excited.

## DESCRIPTIVE WRITING

Wong Nok Yan Evelyn (3E)

### A SWEET, TERRIFIC, WONDERFUL, VERY GOOD DAY

Do you want to listen to what a sweet, terrific, wonderful, very good day is like?

First, a wonderful day needs to start with a scrumptious breakfast. This morning, I had a heart-shaped waffle with sweet strawberry syrup and two mugs of peach juice as sweet as honey. After the awesome breakfast, I saw a huge surprise in the bathroom. It was the strawberry scented toothpaste that I wanted for so long! So I brushed my teeth as fast as a gust of wind.

While I was playing chess with my little sister, I received an invitation from my best friend Isabelle. She invited me to go to her house for a sleepover! I was as thrilled as a clown.

When I first stepped in her house, I could already tell that we were going to have a blast. She introduced me to her brand new popcorn machine her mom had bought for her. She was very eager to let me try it out. She gave me the instructions of how to use the popcorn machine, then she ran off to get some corn for us to pop. After she came back, we started to make the popcorn. The machine made the loudest popping sound that I have ever heard. I could even smell the terrific caramel flavour coming from the machine. Ding! "Yay! The popcorn is done! Remember, tonight we are going to go stargazing!" said Isabelle with a twinkle in her eye. I was amazed! I didn't know we were going stargazing tonight. Isabelle suggested to play tag and hide-and-seek, so we went to her colossal garden to hide-and-seek. Isabelle was the seeker. Then, I spotted a fluffy couch next to a bulky tree. I hid under the couch and at the same time I heard Isabelle shouting, "Here I come!" So I immediately became silent as I heard the resounding noise coming from her footsteps. The pulsating noise was as loud as thunder.

I thought she would find me, but then I heard her yelling in her common dulcet voice, "I give up. Please come out." So I came out of my velvety hiding place straight away. "Where were you hiding?" she asked with a confusing look on her face. "I was hiding under the furry and puffy couch," I said with glee in my voice. While we were chatting jovially, her mom told us to pack our bags and get ready to go stargazing. I was more cheerful than ever.

After we were done packing our bags, we went to a stargazing area. It was teeming with people. When I just put my icy and frosty blue backpack in the shimmering, rainbow tent, I felt someone tapping my shoulder. I turned around and saw Isabelle holding a pair of purple glittering, sparkling, metallic binoculars. "This is for you," she said with a petite grin on her face. I thanked her with delight and looked through the binoculars. I instantly saw a whole solar system in front of me. There were swirling stars and planets. I even saw a half moon and the scalding Sun. I was overjoyed!

Finally, it was time to head back to Isabelle's warm, cozy house. We all settled down and agreed this was the best night ever. Isabelle showed me my room. It was full of radiant unicorn pictures. I loved them! I climbed onto my rainbow, pastel bed and mettered, "What a fabulous day." Then I dozed off to sleep. It was the most memorable day I have ever had!

Ip Chloe (3C)

FRIENDLY LETTER

Flat Y, Blk 5, 10/F,  
Million Building,  
8th Sesame St.,  
Yuen Long, N.T., H.K.

22nd September, 2020

Dear Polly,

How are you? I am fine, thank you. I am really happy to be back at school again! How is it over there in London?

I moved from another elementary school to Decendents School. The address is 10 ABC St., Yuen Long, N.T., H.K. My mum needed me to change to this school because my old school is too far away from my home. In this school, we have some very special activities, like dancing contests and meeting the actors. I feel so happy, grateful, thankful and crazy about my new school.

My friends are Evelyn, Liane, and Megan. We meet up every day. We dance, study, and sing together. We are working on Queen of Mean (if you recall, that's one of my favourite songs). I made friends with them because we all get along really well and we all have a great heart.

Please reply soon! I miss you!

Love,  
Jane

Lee Hin Hang Jonathan (3E)

FRIENDLY LETTER

Flat A, Blk 1, 56/F,  
Supreme Building,  
15 Dealership Street,  
Tai Po, H.K.

5th October, 2020

Dear Polly,

How are you? I hope you're well. I'm just exhausted after the assessments.

This year, I moved to a new school called Super Mario School, where everything here is at least half related to Mario! We also have Paper Mario Day, which is basically Arts and Crafts Day, but you only do arts & crafts related to Mario!

I met some new friends at school. Ian, Jack, and Kingstone are my BFFs. They are all very friendly. We usually play catch in the playground, and we take turns being "it".

Your friend,  
Jane

Lee Hoi Yi Hilary (3E)

FRIENDLY LETTER

Flat D, Block 7, 25/F,  
ABC Building,  
4 Joyful Street,  
Ma On Shan, H.K.

6th October, 2020

Dear Polly,

Hi! I am doing great! How about you? I hope you are fine too. I really want to go to England to visit you, but due to the COVID-19, I don't think it will be possible.

Did you know that I changed school last week? I am studying at Fun School in Ma On Shan, and in this school, we only study on Mondays and Thursdays. For the rest of the week, we just play games! We also have some school activities like Play Day, Exchange Present Day and Unicorn Riding Day! Everyone here always feels so happy, cheerful, energetic, excited and joyful!

I made some new friends, Yuyu, Gloria and Tovia. We meet up every day, and play games and draw together. Yuyu is my best friend. She is kind and funny; while Gloria and Tovia are both smart and silly. I enjoy having them as my friends. They always help me when I need help.

Can you tell me some more things about your school? I hope the COVID-19 will be over soon, so I can come and visit you. Please write back soon!

Your friend,  
Jane

Sze Yeuk Hei (3B)

FRIENDLY LETTER

Flat C, 20/F,  
Cat Dog Building,  
4646 Animal Road,  
Kowloon, H.K.

18th October, 2020

Dear Annie,

Hi, haven't seen you for a long time. Do you think we could "Zoom" sometimes?

I'm so glad to receive your letter! I just moved to my new apartment. It's in Kowloon, and its name is Cat Dog Building. I hope we can still be in the same class in fourth-grade. And if we aren't in the same class, could we set plans like meeting up at staircase number 1 during recess? We will still keep in contact, right? Now that we still have COVID-19, I don't think we could have a whole day of school any time soon. I think having Zoom classes are boring. What do you think of it?

I think that's all for now. Hope you will write back soon!

Your friend,  
Carine

FRIENDLY LETTER

Chan Yin Nok Jayden (4D)

FRIENDLY LETTER

Flat G, 2/F, Block 2,  
Happy Building,  
Very Happy Street,  
Sha Tin, N.T.,  
H.K.

18th December, 2019

Dear Andy,

Hello! How are you? I am happy to have you. Thanks for sharing your problems. I am so excited when I know that you will come and visit me. I am willing to answer your questions and solve your problems.

I know that there's a big difference in the weather and season of Hong Kong and Australia, so I will recommend to you what to prepare for Christmas. You may prepare a winter jacket, gloves, a scarf, and other winter clothes. You can also bring hot packs if it is cold, but I prefer you to bring T-shirts because Hong Kong is not too cold. The temperature of Hong Kong in winter could rise to 20°C.

I am so sorry that you are not good at Math. I understand how you feel when you are not good at Math. Do not be upset, you can do better, I believe in you! You must not give up on Math and keep learning Math. Otherwise, you will not be smarter in Math and you will just know the things that you learned, but not the knowledge you have not learnt yet. You can do more Math exercise books to learn other things that the teacher did not teach yet. You also need to be brave. If you are afraid that your classmates will laugh at you, you can seek help from teachers or parents. As your teacher and parent, they will be happy to help you.

I hope my suggestions are helpful. I wish you will get satisfying results on the Math test. I am looking forward to your reply.

Your friend,  
Jennifer

Melody Lau Chi Hing (4E)

FRIENDLY LETTER

Flat C, 8/F,  
Tower 8,  
Happy Building,  
Sunflower Road,  
Tai Po, N.T.,  
H.K.

16th December, 2019

Dear Andy,

Hi Andy! How are you? It's been a long time we didn't meet.

I have already read your letter, and I am so excited and happy about the news that you are coming back to Hong Kong. I even jumped up and down for a long time because it's been a long while since we met.

It's going to be cold this year. I know you don't know what to prepare because the temperature is kind of different from Hong Kong to Australia, so let me tell you. You need to prepare some hot packs in your pocket to keep yourself warm, and you better bring some socks and hats too. Also, sometimes the weather is cold, but sometimes hot, so I suggest you bring both long sleeves and short sleeves clothes, so even hot or cold you still have the right clothes. Oh, I almost forgot, don't forget to bring a thermos cup, so in case it is very cold, we can make some delicious hot chocolate or some hot tea, and the thermos cup will keep it very warm. I saw a skating place which is free, in the mall. Do you want to go there? I also prepared a little gift for you, I am sure you will like it.

I know Math is very hard, and sometimes I find it very difficult too. Don't give up. I am pretty sure that if you work harder and harder, you will understand everything, and everything will turn out fine and ok. I have also sent you some math practice in the envelope. It's folded, can you see it? You can try to do them, and if there is something you don't know, which is very hard, you can ask me by sending the practice or your homework in WhatsApp, so I can teach you to solve the problems. If you can't catch up in school, maybe you can try to ask the teacher. I am sure that the teacher will teach you one by one and would not be mad, and I think that will help you a lot, trust me.

I hope my solutions will work for your problems. Hope to see you soon and please write back a letter to tell me about how everything goes. See you soon.

Your friend,  
Jennifer



FRIENDLY LETTER

Leung Tsz Ching (4A)

FRIENDLY LETTER

Flat A, 9/F, Block 7,  
Flourish Estate,  
97 Malerie Street,  
Tsing Yi, N.T.,  
Hong Kong

16th December, 2019

Dear Andy,

Hello! Hope you are feeling happy and great! I miss you very much since you moved to Australia. I am excited and surprised in receiving your letter, and you had also included some problems of your own. I will try my best to help you.

First, I will answer your question on what to wear for the visit back to Hong Kong. (I can't wait!!) Anyway, I suggest you bring and wear some warm clothes or jackets to keep yourself warm. While you bring some clothes, you can also bring a thermal bottle and some warm bags. But I suggest you put the warm bag out before you use it or go out because warm bags usually need some time before it warms up. I also recommend you to watch the weather forecast to see what is the temperature and weather of that day. Hong Kong does not snow, so you don't need to bring mittens or scarves if you think you don't need them.

As for your problem with the Math assessment and grades, I have some suggestions that I think can help you with your grades. I suggest you watch some videos or play some games to learn Math. Why? Because it may distract your thought on studying and you can have fun while learning math. I also suggest you review 2 questions that you have done wrong in the assessment daily and do them again. If you have any questions that you still don't know how to do, I suggest you ask your family members or teachers to teach you how to do it.

After reading my suggestions, I hope your problems will be solved. I really hope you can write back to me to let me know whether my solutions work or not. One last thing, "Happy Birthday!" Please reply soon!

Your friend,  
Jennifer

P.S. Mum said we can FaceTime on Friday night! I can't wait!

Wong Yui Gi (4B)

FRIENDLY LETTER

Flat 7, 6/F, Block 10,  
Daisy Building,  
Pluto Street,  
Tai Po,  
Hong Kong

20th December, 2019

Dear Andy,

Hi buddy! I am doing well these days and I hope you can have lots of fun coming to Hong Kong and celebrating the winter Christmas with me and my family! I just can't wait to see you! How have you been?

First, I will give you some of my suggestions on how to celebrate a cold winter. I suggest you wear some warm clothes and gloves to keep yourself warm and cozy. You can also put a heat pack on your back or hold it in your hand. One thing for sure, the temperature in Hong Kong is sort of cold, but it doesn't snow here! I can't tell you why because I am not good at science and geography. Therefore, I don't understand it. You can also wear a scarf or knitted hat to be aware of the chilly and strong winter monsoons. I hope you can have a joyful holiday!

Second, I will give you another suggestion on how to be better at Math and to teach you to be more confident in yourself. You know that I am certainly not a Math genius, but my mother and I want to improve, so I will complete one math exercise every day. Not long after, I received an "A" in my Math exam, which stands for getting full marks! You can also revise what the teachers have taught you in the lessons. If you want help, I can try to help you or you can ask your math teacher for extra help. I will try my best to help you solve it! You know being shy is absolutely fine, I am rather shy too! When I have to record myself for any purpose, my hands will shiver vigorously and I will get super anxious. Just pat yourself on the shoulder and muster all your courage, then shout "I can do it" to the mirror. Then, you will soon feel more confident. Don't worry, you can do it!

Well, that's all the suggestions I can give you. Hope it could help and guide you. See you and write back soon!

Your friend,  
Jennifer

*Chan Ho Ching (3C)***MY PET MONSTER**

Everyone thinks monsters are naughty, and not real in the world. However, I have a sweet and real monster at my home! Let me tell you a secret, which is all about my monster called Mallowie!

She is a shocking pink monster with a pair of black and yellow eyes. She also has a humongous mouth with only four sharp teeth. This monster has a pair of short and tiny hands. Her pair of light pink legs are even with a red heart! The cutest thing is her gigantic and pink body, because it always smells like a fresh strawberry!

Mallowie does not look as elegant as a princess as we normally see her. Her outlook is extraordinary because she is very talented in music. Look at her bling bling ears! It looks like a pair of earphones for a super star. Mallowie loves music as much as I do. Her pair of ears are very strong in listening, so Mallowie can sing songs nicely, such as Ode To Joy and Long Long Ago.

I always think that Mallowie is my best singing buddy. She can sing with me. She can also clap hands for me.

As her mouth is so gigantic, you can imagine she loves eating very much, especially junk food. She is almost 21 kg now. It's time to ask her to do exercise with me! I hope she can be as strong as a human to protect me. Is it possible?

*Chui Tsz Yu (3D)***MY WEEKEND**

On Saturday, I went to H.K. Disneyland, and I was very excited!

First, I went to "It's a small world". When I went on the boat, I thought it smelled like cream. When the boat moved, it was very bumpy at first, then it was very smooth. It was like a magical cave that leads to many different countries. The music was very melodious and peaceful.

Second, I wanted to play Spinning Tea Cups. Unfortunately, my dad was very hungry like a bear, so we went to the "Royal Banquet Hall". My dad ordered a lovely Mickey Mouse pizza. My mom told me not to eat it, but I couldn't resist, so I ate its ears. My mom looked surprised and screamed to me, "You did the most horrible thing in the world! You ate its ears!" I laughed. Dad even laughed louder than me! I was so whimsy to say sorry to a slice of pizza.

Then, I found out that everyone was looking at me. The more I ate, the more I had to say sorry. That was the most embarrassing thing that I have ever done in my life!

But this weekend was still the happiest weekend in the world!

*Ho Wan Ching (3A)***MY PET MONSTER**

Three weeks ago, it was my birthday, Mum woke me up and she said, "Now, I will cover your eyes and lead you to the living room. Then you will see your present, I guess you will love it so much!" I smelled something that was as sweet as a flower. I thought it should be an adorable monster because I told my mum I wanted to have a pet monster. We walked to the living room and someone was barking like a dog. Then, my mum asked me to guess what it was. I told my mum it was a pet monster and mum said, "Bingo! It is a pet monster!" I was excited and cheerful to see how the monster looked like. When I opened my eyes, I saw the monster was running around as fast as a cheetah. Mum told me that the monster was a girl like me. She was so silly, so I called her "Silly". Silly's body was fat, soft, hairy and enormous. Her eyes were so special because they were tiny, earth tone colored and as shiny as glitter. She had thirty teeth, all were very pointy and violet color. Her mouth was as horrible as an ogre, but it was rainbow color. Her humongous feet were smelly, slimy and as long as a rope. She had unique arms because they were coral color, one big one small, strong and mighty like a solid stone pole.

Every night, I always hug her before I go to sleep because she is too cute. When she has no more food, she barks as loud as an exploding sound. She usually wakes me up as early as a rooster. Silly looks like people. Sometimes, she feels cheerful when she is playing bumpy ball and eating scrumptious food. Sometimes, she feels gloomy when we don't play with her, so she uses her claws to grab us. However, I still love her so much.

I hope people will not hurt them because monsters are very adorable. I love my pet monster, Silly.

Lam Long Yin (3A)

PETEY’S JUNGLE CRIMINAL

Do you want to know why the arch-villain Petey went into Cat Jail again? If you want to know, read the magnificent story below.

Once upon a time, the friendly cop Milly met the intelligent talking robot fish, Flippy in a gigantic crime last year!

Now, Milly and Flippy thought something was weird because there was no crime in the past 5 years! So Milly phoned Flippy and said, “Are you bored at home? Let us have an adventure in a deep, deep jungle!” “Great idea!” Flippy exclaimed. So, they drove into the jungle. Unfortunately, their shiny car got stuck.

Suddenly, they heard a loud voice in the distance! Milly and Flippy also saw a humongous shadow. They shuddered. ROOOAAARRR! It was the evil arch-villain Petey, the cat! It built a harmful, evil robot to destroy the world! When Petey saw Milly and Flippy, Petey shouted, “Ya can’t beat me!” Petey’s giant robot used a laser to destroy them.

Fortunately, Flippy used a mega shield to defend Petey’s laser. While Flippy was defending, Milly used her extra gunpowder to explode Petey’s robot hand. Suddenly, Flippy thought of a magnificent idea! He used a lot of wood to build a giant hand, then used his Dark Power (P.S. Dark Power is a superpower that you can handle an object without using your hand.) and SLAM! “AAAHHHHH!” Petey screamed. His giant hand had been slammed Petey to ... a flat-y Flat Petey.

Lastly, Petey’s robot had been destroyed by Milly and Flippy, and it had been locked to the Cat Jail again. “RATS!” Petey complained. Did you know? Milly and Flippy has become the most glorious jungle’s cop Lawn Jungle!

Tai Lok Sze Reiss (3D)

QUEEN SAMANTHA’S ESCAPE

It was a perfect, magnificent and beautiful sunset, and Queen Samantha was sleeping soundly in her cupcake castle in the perfect candy-land. Suddenly, the light went out! CRASH! The royal guards rushed in and whispered to the queen, “King John is coming to invade candy-land! The residents here have hidden, and he is somewhere in the hall! Hide quickly!” Queen Samantha nodded and hid just in time right before King John, the ruler of the bitter sweets came in and yelled, “Queen Samantha! Where are you?!” She just kept really quiet like a mouse.

“Samantha! Where are you?!” asked King John again. The little minions of King John found the sleeping queen and pulled her back to the castle of the nasty bitter sweets, and then locked her in a hard, steel cage. The small, metal cage was hanging from a large pool of molten. “Help! Somebody, help!” she yelled loudly. A brave knight asked, “Why are you here?” The furious king ordered, “LOCK HIM!” Don’t let him get away!” Then, the queen quickly returned to the castle.

Queen Samantha had locked King John in the underground dungeon and was talking to the royal soldiers about it. Suddenly, dark smoke rose from the cage! They chased down the halls, and were out of breath. “What happened?” a royal soldier asked curiously. The smoke was turning into a man. John ran away, hoping that he wouldn’t be caught by the queen or soldiers. The queen caught up to him quickly, blocked his only way out and put him back in the cage, and Queen Samantha and the royal soldiers lived happily ever after.

“Where’s our boss?” the little minions of King John shouted aloud. They waddled around uneasily looking, but he was not there. John shook his forearm around in circles to make a loud rattling noise. Out of nowhere, a huge black hole appeared in front of him. A swirling tornado formed and another identical man slowly slithered out.

King John held his breath for a while, and the clone spoke, “So, you want me to free you...” the other man hissed coldly. It was an evil clone of King John, and John replied, “Yes, Queen Samantha trapped me inside this dark abyss. Help me out right this instant.”

The scary, huge clone nodded, unlocked the iron lock and disappeared secretly along with King John, hoping not to be seen. They ran into the deep jungle, looking for any dark-green vines to swing on and get away quicker, but a few dark shadows were running toward him and the clone. The strong, royal soldiers found them swinging away on the lime-green vines, and raced after them swiftly to catch up with the escaping bad guys, and ran faster to catch up with them. They locked King John back again once more into the steel, iron cage, and destroyed the forbidden clone into a thousand, million pieces on the hard, and sacred top of the wooden floor in the cupcake castle.

Leung Yiu Long (3A)

A WEIRD DAY

Have you ever had a day which was weird? I have.

One day, when my alarm clock rang, I woke up immediately. I put on my uniform and went out as usual. But then I saw a shocking view! Everything was turned into dessert! The trees and bushes were turned into cotton candy, the grass was colorful sprinkles, the houses were all humongous donuts, and the sea was cold honey lemon tea!

Suddenly, I heard some sounds. Chomp! Chomp! I turned around and saw a group of children wearing backpacks eating trees and bricks! All the children were crazy! They didn’t even go to school! So, I thought and thought deeply. After a while, I thought of a great idea. I remembered there was a book called “The Little Wizard”. It mentioned that the Little Wizard had many brilliant ideas. He must have ideas that could help me. So I packed my things and went to the place where the Little Wizard lived.

I went out of the town, and to a tremendous, high mountain. I passed through deep, creepy forests, scary places... All of a sudden, a dark shadow popped out behind me. I was very frightened and shocked, so I ran and ran. Finally, I escaped from the shadow and went to a bright, shiny, huge cave. There was a sign that wrote, “The Little Wizard’s Castle”. I went inside the cave and found the Little Wizard, but he was snoring loudly.

“Wake up!” I yelled, “the town is filled with desserts!” The Little Wizard woke up slowly and said, “OK!” He went to a room and picked up his wand and casted a long spell, “MINITreesceeeeee!” the Little Wizard said. But this spell made many trees grow. He tried another spell, but this spell made ten bowls of cutlet pork rice appear! He tried the summer spell, so that the ice cream can melt, but the ice cream was too cold for the sun to melt. At last, the Little Wizard found the supernormal spell. He casted the spell and everything turned back to normal. I felt glad that I saved the town!

Lau Ming Wing Veron (3D)

AN INTERESTING JUNGLE ADVENTURE

One day, we drove into the mysterious jungle, when all of a sudden the wheels of our jeep got stuck in the disgusting brown mud. Suddenly, we heard a loud mysterious roar in the distance. Veron asked, “What was that? Guys, what if it was a lion?” Hailey said, “Oh no! There are lions here? Duh!” Veron said, “it’s a jungle!” “Should we go find out what it is?” asked Hailey. “Sure,” Veron answered, “Let’s check the bushes.” We were checking the mysterious bushes. We checked all the bushes except for one strange yellow bush so Hailey checked it. Out of nowhere, a creepy shadow came out of it...

There was a creepy evil lion in it. We both were extremely terrified. “Ahhhh, he is so scary!” Hailey screamed. Roar! Roar! The lion roared. He had dark red hair, an orange face, red eyes, red eyebrows, an enormous red body, four orange legs, orange ears and a long orange tail. He looked so evil. Roar! Roar! His roar was so loud. Then he slowly walked closely to us as he licked his dirty mouth. It looked like he was going to eat us. He said, “Mmmmm... scrumptious little kids!” “Please! I said, “Don’t eat us!”

He said, “I won’t eat you if you outsmart me in a test.” I asked, “OK, what are the rules?” “We will have one round,” said the Roary, “You guys get to put some stuff around the forest to slow me down and if I fall for all of them, you win.” “Deal!” Hailey said, “Who goes first?” Roary answered, “You guys, place stuff around the forest to stop me.” “OK!” I said.

What could we do to slow Roary down? We took the enormous roll of saran wrap and wrapped it around two trees, so when he ran to it, he would bounce right back! Next, we put some wood on the floor, so he would trip right over! Lastly, we put some strawberries on the floor, so he would get distracted by eating them. We told the lion that we were done. He then ran in quickly and ran right in the saran wrap! Our plan worked! Then he got angry and tripped right over the wood, then he saw the sweet strawberries and slowly ate the strawberries.

In the end, he ran out. “We won!” we said cheerfully. “You fell for everything!” He said. “Fine! I won’t eat you guys. Bye!” Hailey said. “Let’s get out of here!” We went to our car immediately. Today was terrifying, but I was glad it ended on a happy note!



Chan Hor Ching (4D)

### ALL ABOUT EQUESTRIAN DRESSAGE

Do you know what equestrian dressage is? Dressage is a form of riding in competitions. Dressage is described as the highest expression of horse training, where horse and rider are expected to perform from the memory of a series of movements. Read on to find out more.

There are some skills for dressage. At first, doing dressage requires some basic horse training, handling, and riding skills to train and prepare for more skills after finishing the basic ones. Secondly, having teamwork between horse and rider is important, or else the horse will not do the instructions the rider gives. Thirdly, having physical ability and strength is a key ability, so the horse can burst into a gallop or even do tricks. Lastly, having balancing skills is the most important, or else the rider will fall.

Isabell Werth, who was born on 21st July in Issum, is a German equestrian who won 10 medals in competitions. In 2009, she was suspended from all tournaments by the International Federation for Equestrian Sports for six months for horse doping. She competed in Olympics 5 times, and holds the record for the most Olympic medals won by any equestrian athlete.

The history of dressage could go back to Ancient Greece, which was the Greeks who created equestrian dressage. Until now, dressage is still considered as an “art”, because the horse does tricks and looks like an “art”. In Ancient Greece, Greeks train horses to battle by training their ability, so they could win easily with the horse’s help. Most importantly, the person who invented equestrian was a man called Kikkuli. Kikkuli wrote the first records of systematic training, conditioning, and caretaking of horses. The reason why it was called “equestrian” because the word “equus” in Latin word stands for “horse”. So the meaning of the word “equestrian” probably meant “horse riding”.

This report is about skills, famous players and the history of dressage. After reading this report, do you know more about equestrian dressage? Do you want to learn dressage? Do you want to participate in the next dressage competition?

Cheung Ho Lun Linus (4E)

### TENNIS

Have you ever heard of tennis? Tennis all started in 1873 and was officially played 10 years later in 1973. If you want to know more about tennis, this information report is going to be perfect for you! Read on to know more.

Tennis was originated in northern France in the 12th century, a ball was struck with the palm of the hand (game of the palm), which was evolved into real tennis and became notable as the first person to construct indoor courts in modern style. In the 16th century, rackets came into use, and then people started calling it “tennis”! It was popular in England, France, now referred to as real tennis.

Tennis can be played against a single opponent (singles) or between two of two players each (doubles). The objective of the game is to maneuver the ball in a way that the opponent is not able to play a valid return. The player who is unable to return the ball will not gain a point, while the opposite player will. It’s played on a rectangular, flat surface. The court is 78 feet (23.77m) long and 27 feet (8.2m) wide for single matches and 36 feet (11m) wide for double matches.

Some people are very famous for playing tennis and one of them is Naomi Osaka. Naomi Osaka is a professional tennis player who represents Japan. She was born on the 16th of October in 1997 and has lived and got trained in the United States when she was 3. She was once the best player on the 28th of January in 2019. although she is not the first currently, she is still in the top 3. Naomi Osaka has played 6 titles in total.

Tennis is also a healthy sport. Now you know how tennis is played and how it all started. Who doesn’t want to play tennis?

Tse Ka Long (4C)

### TABLE TENNIS

The world’s 7th most popular sport is table tennis, an Olympic sport since 1988. Read on to find out more.

Table tennis is a sport that was invented in England in the early days of the 20th century. It was originally called ping-pong, which was adopted in 1921-1922 when the old Ping-Pong Association formed in 1902 was revived. The first world championship was held in London in 1926 and formed until 1939. The game was dominated by players from Central Europe, especially China.

Table tennis is a game that has a lot of famous players, one of them is Xu Xin. Xu Xin is a professional table tennis player who is ranked No. 2 for men’s single by International Table Tennis Federation (ITTF) as of April 2020. He reached his career-high men’s single ranking of world No.1 in January 2013. Before 2016, he defeated Ma Long (which is the world’s No.1 right now) in the semifinals in Japan Open 2016 Olympics, but did not qualify for the Rio Olympics, which was when Ma Long stepped up and won the grand finale.

Scoring, in table tennis, is fairly important. A player needs to get 11 points to win a round. But if two players each has 10 points, then one of the players needs to get 2 points in a row to win the round. To earn points, a player will serve the ball, but if the player fails to do it two times, the player loses a point. If the player fails to return the ball, the player loses a point. If the player returns the ball, but on top of the table, the player loses a point.

This report is about table tennis’ history, scoring system, and famous players. Do you learn more about table tennis now?

Wu Sheung Hei Darren (4A)

### FOOTBALL

Football is one of the most popular and widely appreciated games. It has been included in every Summer Olympics Games as a men’s competition sport, except in 1896 and 1932. Women’s football was added to the official program at the 1996 Atlanta Games. Are you interested in football? Keep reading this report to find out more!

First, football is a game in which two teams of 11 players each, use any part of their bodies except their hands and arms. Players try to maneuver the ball into the opposing team’s goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal. The team that scores more goals wins.

Secondly, football requires 4 basic skills. They are dribbling, shooting, defending, and passing. Dribbling involves keeping the ball and moving it past the opposition. Shooting involves striking a ball to the goal and score. Defending helps to stop the opposition from getting close to the goal. Passing is important in football because it keeps the ball within the team.

Thirdly, there are many famous players in the Olympic Games. Neymar is one of the famous players. He represented Brazil at the London Olympics when he was just 20 years old. He led the team to the final of the tournament. Another famous player is Carles Puyol. He is a Spain legend, a central defender who made a total of 100 appearances for the Spanish national team in his 13 years with the team.

After reading this report, you can now know more about rules, basic skills and famous players of football. Hope you like football, and see you on a football field!

Cheng Wing Kiu (4D)

OUR HOBBIES

My favorite hobbies are gaming.  
My sister likes talking.  
We usually draw,  
And we also fold claw.

She pretends to have gold,  
And she wants them to be sold.  
We always play clay,  
It is like almost every day.

We always like to draw.  
I like to draw animals like boar.  
We always play some checkboard match,  
Also, we will play catch.

She doesn't like to sing.  
We sometimes pretend we have a wing.  
We also usually go to the gigantic playground to run.  
I'm happy to have a sweet sister which is fun!

Chan Torres Lachlan (4E)

MY HOBBIES

This holiday was super epic,  
Because of the dangerous pandemic!  
School was temporarily suspended for all schoolers  
Made us feel like we're all chilling in coolers!

I discovered my latest interest in cooking,  
My parents drooled even by looking!  
They definitely enjoy my scrumptious meal,  
Undoubtedly I know how proud they feel.

I watched TV with my little brother buddy,  
And we are speechless when we watch "Rescue Bots Academy".  
We also played with our brand-new toys,  
Even though they are childish ones, we are still big boys.

And now finally, a game that we love to play,  
We play online, from night to day.  
Roblox, a game we play with our beloved friends,  
We will play until it is late at night, and that's how our day ends.

Law Sum Yi (4E)

MY HOBBIES

I love to chill in the relaxing pool,  
It makes me feel so cool.  
My swimsuits look like a brave knight,  
I like to wear them in starry night.

I watch spectacular TV all day long,  
That's why I do everything wrong!  
My adorable sister and I like to watch lovely Belle,  
While my kind-hearted mom rings the disturbing doorbell.

I mostly like to sleep,  
But not when dad's annoying car goes beep beep!  
I play with my talented friend Nate,  
He looks really great!

I love to dance,  
Especially in beautiful France!  
I love to do unique craft,  
I don't even need a pointless draft!

Yuen Chun Edna (4B)

MY HOBBIES

Reading is by far my most favourite hobby,  
And when I read it makes me fill with glee!  
While reading, almost nothing could go wrong,  
Except when my sister starts to broadcast a bothersome song!

Cycling helps us be exercised,  
But if you see how long we would go, you'll be surprised!  
Pedaling on a bike might be demanding but fun,  
And this sport is for everyone!

If you go to a baking studio you might want to bake,  
Stir and stir until you have a delectable cake!  
Though if you screw up, you'll have to go back to the start,  
But dining it after is the best part!

I sometimes play games with my friends,  
Plus, while we chat and call, the pleasant fun never ends!  
When the levels get tough, I sometimes fail,  
But unlike toddlers, I won't holler or wail!

Chung Ching Sum (5E)

## MY PET PEEVES

Hey there! Have you heard of the term “Pet Peeves”? If yes, then do you know what MY pet peeves are? My pet peeves basically makes my MIND go all befuddled so I can’t concentrate. They also make my HEAD about to explode like an active volcano and makes me screech HYSTERICALLY. It is far worse than the psycho Queen of Hearts! I’ve got quite an amount of pet peeves, but I will talk about two of the pet peeves I despise the most.

This pet peeve I have is EXTREMELY irritating. However, not everyone loathes this pet peeve though. It is when someone plays the piano in the wrong key... accidentally or on purpose.

My little brother, is always forced to practice piano. He ABOMINATES the piano, which is the TOTAL OPPOSITE of what I think of the piano. The piano, I always say, is like the sunshine on a gloomy day raining cats and dogs. I found it WAY too agitating for words that my brother always plays the piano wrong. He played the legato and staccato notes as staccato and legato respectively! The slurs and ties and dynamics are all mixed up... I just REALLY want to correct my brother and teach him the correct way of playing the piano. Do you know why? It’s because I really want EVERYTHING to be FLAWLESS, especially when it comes to piano, which is one of the things I treasure the most! My brother knows about this, so he adjusted the volume of my precious piano. When he played the piece, and it was as DEAFENING as an EXPLOSION!!! I became a MAD BULL. My cheeks were flushing RED, and was ready to STRIKE!!! Argh! BOTHERSOME BROTHER.

So, remember, my first pet peeve is when someone plays the piano wrongly! And also, DON’T YOU DARE TO PLAY THE PIANO OBVIOUSLY WRONG in front of me!

The next pet peeve I have, it’s TOTALLY making ALL my five senses go “shriek”! It is squeaky, irritating, and EXTREMELY chaotic! Yes, you guessed it right... it’s the STYROFOAM we all disrelish!

The last time I COURAGEOUSLY encountered styrofoam was in Grade 3. At school, we’ve got to do a PBL showcase, and my team finished our PowerPoint in a flash. We showed our strict teacher our glamorous PowerPoint, and she said, “Good, the PowerPoint has lots of information and pictures to entertain the audience, but add some tools to make your presentation much more enjoyable.” So my team made a statue out of cardboard, but it broke easily. We made a tower out of straws, but the teachers said it was too environmentally unfriendly. We brought Lego to school to make an ancient mansion, but the Lego was stolen by another group!

One of my teammates suggested we carve styrofoam into what we wanted. It was our only hope to make tools, so we did it right away. We asked the teacher for cutters and we started carving. The first carve made “HORRIFYING” squeaking sound! My mouth cried, “EEEEEEEEK!!!” My head started having a headache, and it was like a drill DRILLING my BRAIN! I squeezed my eyes shut and placed my hands over my head.

When I opened my eyes, I saw bits and bits of styrofoam hovering mid-air and dropping down onto the floor that was ALREADY filled with stains of glue, shredded cardboard and paper with footprints.

Then my teammate started cutting the styrofoam again. I closed my eyes and tried to think of something else to distract me from the harassing sound! But guess what? IT DISTRACTED ME ON MY THOUGHTS! And when I can’t concentrate, I can’t finish what I am supposed to do! I COULDN’T THINK! I couldn’t escape the awful-like-overdue-sardine noise! So, remember, my second pet peeve is styrofoam! One last thing... DON’T USE STYROFOAM WITHIN ONE HUNDRED METERS of me!

These are my pet peeves! If you have pet peeves similar to mine, tell me about them!

Leung Yan Yuet (5B)

## PET PEEVES

Do you have any pet peeves? Pet peeves are things that annoy you. Bet you know a lot, right? I do have many, and these two pet peeves are most hateful. They are absolutely unacceptable and revolting, so you probably experienced them before. If you want to know them, read on!

Does your home have cockroaches? Yep. Those aggravating, crawling demons. My mom becomes a freaking radio and she’ll start screaming at full pitch whenever she sees them. My brother is as timid as a toddler stuck in a middle school class! He isn’t even brave enough to watch a kid’s movie! It drives me CRAZY if they make a fuss about a tiny cockroach! Let me tell you an experience.

My most terrifying experience with cockroaches was on a gloomy Monday morning. I was a tired teacher that had just gone on holiday, when I woke up feeling refreshed. I yawned vehemently and went into the bathroom to brush my teeth. While I was spewing out a mouthful of toothpaste, I saw a speck of brown on the wall. It was a loathsome cockroach! Yeah, it was very small, but I still took a piece of toilet paper as fast as the speed of light and pressed on the cockroach.

I pressed as hard as I could, like when you want to close a suitcase filled to the brim with clothes and toys.

After killing- ahem- er.. you know... Anyways, I went into my room to change into my neat uniform. I was just about to turn on the light, but suddenly I noticed a cockroach! AGAIN! By now, I was already a boiling teapot filled with hot, bubbling water, ready to BURST. Even worse was when I lifted the paper, there was a BLOOD RED STAIN on the LIGHT SWITCH!!!! I felt so disgusted, like I had just seen a puddle of vomited, stinky, rotten eggs! I

swallowed, and then walked out of the room as stiff as a zombie. As I sat down to eat my scrumptious breakfast, I noticed A COCKROACH (I know, I know) CRAWLING ON MY BREAKFAST PLATE!! I was so frustrated, I screamed so loud, I broke the Guinness World Record! With a crash, the plate slid down onto the floor and broke into pieces as tiny as grains of sand.

After hearing my most horrifying encounter, are you sure you want to continue? Well, read at your own risk! (It’s actually not that bad.) My second pet peeve is something you definitely have experienced. Drum roll... LONG SPEECHES! Told you!

Any experience? Are you kidding me? Do you even have to ask??? Fine. I’ll tell you one of my worst. So, it was a special day at school. Yay, right. OF COURSE NOT. It was STEAM Day, instead of the usual Play Day/Picnic Day, and as you know, special days always have long speeches as boring as watching a man sleep. It was exactly like that. At the opening ceremony, the principal came up. She was a broken robot chattering nonsense for an hour or so. Then the vice principal started to talk. It was so boring; I literally fell asleep! The vice principal was talking nonstop; words were flowing out of her mouth like rushing water. FINALLY, after like I-don’t-know-how-long, maybe two hours, the vice principal went off the stage. Phew! Was it over? Nah. After that, the chief principal slowly walked up and went blah blah blah, like the newsman talking about the terrorist attack on the Empire State Building with tanks and stuff and the army was dead- AHM. I sighed and rested my head on the table.

These are my pet peeves. Do you have any pet peeves? Are they the same as mine? I’d be glad to know!



Chan Max Hin-Kiu (5C)

FOUR SEASONS

The sand is the sun,  
Swimming with scorching, seared sun,  
Sun's a hot oven.

Skrr...said the squirrels,  
Squirrels are fun like street clowns,  
Squirrel's a playground.

Flowers dance around,  
Festive, flourishing, fresh spring,  
Flap! The flowers bloom.

Winter is like ice,  
It's freezing, frosty, frozen,  
Whooo...shrieked breeze of wind.

Hoo! Santa bellowed,  
Christmas is your greatest prize,  
Feasting for fried fish.

Wshhh.....sounds of beach waves,  
The beach is a fun circus,  
The bright, blue, bull sky.

Wong King Hei (5C)

FOUR SEASONS

Sparrow sings in Spring  
Whoom, wind fluttering everything  
Grass glancing around

As boiling as sun  
Yay! Holiday finally  
Ahhh! My ice cream melts!

Grrr... blizzard winter  
Sturdy ice solid like rocks  
Trillion tons of snow

Yippee! Snowball fight  
As frosty cold as a fridge  
Snowman grinning at us

Torrid fire on head  
Summer's destructive killer  
Sky sobbing often now

Millions of laughter  
Sweltering like volcano  
Scorching, sizzling, warm

Wong Lok Yin Joyce (5B)

FOUR SEASONS

Birds sing like talking,  
Yay! Freezing winter away,  
Grass soft like silk mat.

Wheat dancing on field,  
Sun is shining sunny spring,  
Rainbow's a cute bridge.

Hot as volcano,  
Splash! Jump in the clear, cool pool,  
Dive in sea for miles.

Swoosh! Breeze blow softly,  
Piles of leaves reach the blue sky,  
Crunch! It's so crispy!

City made from snow,  
Silver snowman more than us,  
Frozen as Arctic.

Snowflakes are my friends,  
Wonderful winter windows  
Christmas waves at me.

Cheung Hoi Ning (5C)

IF I WAS ON THE NEWSPAPER ONE DAY....

If I was on the newspaper someday, it'll probably be about me opening an animal rescue center. Why? Thousands and millions of animals on Earth are abandoned, harmed or endangered! Therefore, I really want to help these poor creatures. I love animals and I hope that in the near future, all the animals on Earth will be safe and sound!

I will open an animal rescue center in Hong Kong to help as many animals as possible. And of course, the center's name will be named after me: Julie's Animal Rescue. The short form will be J.A.R., which sounds really weird though. I will set up the rescue center with my fellow family and friends. I hope that they will participate in this meaningful event. It'll be a fun experience for us to open a rescue center to help animals.

This rescue center will be special and unique because I will open this center at the age of 13! I would like to break the Guinness World Record by being the youngest person to open an animal rescue center!

At Julie's Animal Rescue, we will take extra care of the animals and provide them with clean water, healthy food, comfy beds, fun toys and a happy stay. We will recruit volunteers and members about my same age to help the animals. We will organize fundraisers, invite people to sponsor us in order to help us with our financial stuff.

I have a few goals I want to share with you! First, I would like every animal in the world to be happy and safe. The second goal is that I would like to set up an adoption someday after I rescue a bunch of animals to see if anyone is interested in these animals and take them home. The last one is that I hope I succeed in this dream because I really want to help those poor animals we see in the trash cans on the streets every week.

Together we can help those animals in need! Let's hope we succeed!

*Hong Cheuk Lun Marcus (5E)*

## MEET MARCUS HONG IF YOU WANT TO FLY

Look up in the sky! Is he an astronaut? Is he the Iron Man? No, he is an inventor!

On 23rd January, 2031, a Hong Kong inventor called Marcus Hong flew high above the Victoria Harbour - the most glamorous harbour in Hong Kong. He was flying with a splendid gear called "Flying Pilot" that was designed and built by himself.

The Flying Pilot is like the Iron Man's powerful armour floating in the sky in the Marvel movie. It includes a pair of gloves and a pair of boots made of carbon fiber-reinforced composites (CRFC), aluminum, thermoplastic, LED lights, solar panels, electric motor etc.

"CRFC is a super strong and light plastic. I made a breakthrough laminating it with aluminum and thermoplastic, so it is the perfect material for the Flying Pilot!" explained Marcus confidently.

"The Flying Pilot is assembled with the solar elastic bands so as to absorb the sunlight, and it is powered environmentally friendly!" he added.

Marcus said that the Flying Pilot can take off and reach crazy speeds of up to 350 kilometres per hour. That's even faster than the Peregrine Falcon, which is the fastest animal in the world! How can he make such an incredible flying gear?

"When I tell people I am building an extraordinary electric motor that can give power to the gear and make a human fly faster than a Peregrine Falcon, they all laughed at me and thought I was insane! I believe in myself and never give up to achieve my goals," exclaimed Marcus.

Marcus is now famous because he has invented the exceptional Flying Pilot. However, he doesn't stop to for his dream - fly around the whole world. We wish his dream comes true. Good luck!

*Ng Cheuk Ki Ethan (5B)*

## ALCOHOLIC CRASH

Shaun Dentis was drunk driving home, and he crashed into the Butling's Cellar Shop on Alcohol Street, San Francisco, on the 26th of January, 2021.

Police officer Jake Thumpson stated, "The lucky thing was that no customers were in the shop during the time Dentis crashed. Unfortunately, both shop owners were found unconscious inside the shop, and both their heads were bleeding. Dentis was also found unconscious inside his own car, but he had more serious injuries."

The member of the public who alerted the police, Ms. Sapphire Chen exclaimed, "I was just walking my dogs with my sister when we saw a car crash into a shop up ahead. We were so terrified, so we alerted the police immediately."

Another witness, Ms. Emerald Chen, who was Chen's sister added, "Yes, I was shocked by what happened. Our dogs Woofy and Barky were so frightened, they whimpered at me and my sister. They had looks on their faces that told us they wanted to go home."

Dentis' girlfriend, who is the famous actor Sofie Clark commented, "I just broke up with Dentis right before this incident. I saw that he went to the nearest bar, and ordered a lot of beer to drink. After that, I left."

Thumpson concluded that the cause of this accident is because Dentis broke up with Clark and drank ten bottles of beer before driving home.

After shop owner Anna Butlings regained consciousness, she told the press that she saw a man driving on the street, but he was driving left to right, like in an S-shape. She thought he

was drunk driving. Then, he suddenly crashed into her shop. After that, she lost consciousness.

Only David Butlings, who is another shop owner of the Butling's Cellar Shop is still unconscious after the accident. He is still in the hospital for treatment.

Dentis is currently in a critical condition with cerebral hemorrhage, which is bleeding in the brain. He also has many cuts and bruises on the skin. The doctor explained that his recovery rate is low.

Police at the scene interviewing witnesses and bystanders.

Alcohol Street is currently closed because there is a lot of debris and shattered glass on the floor. A section of the street is currently closed for three days, and all shops at that section are closed for three days as well.

The government will be providing five thousand dollars to each of these shops, which are out of business, so they would still have a sufficient amount of money.

The police also declared that citizens should not enter Alcohol Street as it would disturb the workers who are clearing up the debris and it may be dangerous to trespassers.

This is already the second case of drunk driving this week in San Francisco. The amount of drunk driving cases last year increased by 75.7% compared to the year 2019. In 2019, there were only 115 cases in San Francisco, but in 2020, the number increased rapidly with 202 cases.

The police also took this chance to remind the citizens of San Francisco to not drink alcohol before driving.

NEWSPAPER ARTICLE

Zhou Lang Cheng (5D)

CAR-CRASH INVOLVING THE STATE SENATOR!!!

Winnie Hook accidentally smashed into the state senator – Jordan Harris’s limousine on Flower Main Street Road 31, near the bay on the 11th of July.

Moments before the crash, citizens were seen taking photographs of senator Harris in his limousine while security camera footage showed that Hook was not paying attention to driving, but paying more attention to her phone.

“I forgive her as we are busy people and the pandemic right now makes it hard for everyone. We have to work as a team, and everyone remains unhurt,” stated Senator Harris.

Hook claimed that she was merely checking her boss – Jane Rivera’s instruction to buy horse milk on her phone when she smashed into senator Harris’s limousine.

After much investigation done by the police force, they confirmed that Hook was responsible for the whole accident but as everyone remained unhurt and Senator Harris dropped all charges against Hook, she would not have to go to custody.

“When I saw Winne’s car getting close to Senator Harris’s limousine, I got worried and shouted for him. But it was no use as he could not hear me from the distance,” explained Hayley Parupsky, who watched the accident occur.

The whole scene was chaotic! There was a lot of shouting and running, remarked Johnathan Gomez, who was simply shopping for groceries in a nearby grocery store.

If Senator Harris decided to sue Hook for this accident, then she would have to withstand a trial and face 8 years of prison sentence. Senator Harris has already dropped all charges against Hook.

“It was all me. I called the ambulance!” exclaimed Parupsky.

It had been explained later on that Parupsky dialed the emergency number on her phone as soon as she saw Hook’s car smashing into Senator Harris’s limousine.

The whole scene was a mess. Little pieces of glass were flying everywhere, but everyone was smart enough to take over. Even though there was a lot of running and shouting in the process, Nathan Roger commented.

Both Senator Harris and Hook have now resumed work, in office and Jane’s book shop.

Using the phone while driving is becoming a serious problem in this city with more than 100 people involved in these kinds of accidents in just three months.

The Government is seriously considering setting screen limits; when cell phones detect high speeds, it would automatically lock the phone, therefore, citizens will not be distracted by their phones while driving.

Citizen takes photo of the limousine moments before the accident occurred.

BIOGRAPHY BOOK REPORTS

Poon Ching (6C)

BIOGRAPHY BOOK REPORT

George Lucas

Book Title - Orbit: George Lucas: Rise of An Empire

Written by: John Michael Helmer

Illustrated by: Brian Smith

I am writing about George Lucas, an American filmmaker famous for his works, including the iconic American Graffiti and the nostalgic Star Wars series.

George Lucas was born on May 14, 1944. He is the child of George Walton Lucas Sr. and Dorothy Ellinore. He was born in Modesto, California, America and was raised in Walnut Ranch during his youth. George was fascinated by fast cars and engines at a young age. He would spend his free time at garages learning about cars and engines. He would also race at underground circuits and fairgrounds. A few days before his high school graduation at Thomas Downey High School, he raced and had a car accident. He crashed into a walnut tree and was sent to the hospital. He thought about his life, his plans and his future. He decided to get rid of the way he lived and he started attending Modesto Junior College. He studied Social Sciences, including, Psychology, Sociology and Anthropology. He graduated from junior college in 1964. He later attended the University of Southern California, where he met his future wife, Marcia Griffin and worked on projects together with her. There, he would film short films, most notable including The Emperor, Look At Life and Herbie. With a bachelor’s degree in Fine Arts, he graduated in 1967. He tried to apply for an officer’s position in the Air Forces, but was rejected on account of his past speeding tickets. He also tried to apply for the military, but was rejected due to diabetes. He soon re-enrolled at UCS as a graduate student where he would learn more about filmmaking. He attended a course taught by Lestor Norvos, learning more about lighting, colors, perspective and time. He filmed short 16 minutes films, one of which, THX 1138 4EB, was a huge success and would get him the first place in the National Student Film Festival. Gaining fame, he soon met Francis Ford Coppola.

The two bonded and became friends forming the film company American Zoetrope two years later. George filmed the soon to be a big hit movie, American Graffiti. The movie proved to be a big hit and would fund George’s future projects. The movie earned him around 117 million dollars. He spent years planning the Star Wars series. He faced different problems, including the robots bumping into the walls during filming, star actor Alec Guinness wanting to leave mid production due to his character getting killed off in mid script. George himself faced stress problems once fainting mid filming and had to be sent to the hospital. Despite these problems, George managed to make the Star Wars series a huge hit. The people love the prequels and the original trilogy, which broke box office records only to be later broken by Spielberg’s ET. George Lucas then continued onto other projects, such as Indiana Jones.

George later sold his company, Lucasarts, to The Walt Disney Company. Claiming to retire, he continued on his Star Wars path and helped with the production of The Clone Wars TV show series and the recent big hit TV show, The Mandalorian. He might have retired, but all his work will be remembered and will always be in our hearts.

I like George so much because he could do so much in the face of adversities such as diseases at a young age, marriage problems and stress. Yet, he could rise and face them creating legends and nostalgic movies, making our childhood memorable, and filling us with imagination and joy. I used to spar with my brother with our lightsabers and force push each other and we still do! We underestimated our own power. George truly has the high ground!



Shek Yuen Ying (6C)

## BIOGRAPHY BOOK REPORT

Book : Billie Eilish, The Unofficial Biography: From E-Girl to Icon

Author : Adrian Besley

This biography book report is going to be about Billie Eilish, the teenage American singer-songwriter.

Billie Eilish Pirate Baird O'Connell, is an American singer- songwriter born on the 18th of December, 2001 in Los Angeles. Billie was the second child of Maggie Baird and Patrick O'Connell. She has an elder brother called Finneas Eilish, also an American singer- songwriter like Billie, but mostly famous because of his younger sister. Billie grew up in a two-bedroom bungalow where she was home-schooled by her parents alongside her brother. Even though Billie was home-schooled, she joined in all sorts of extra-curricular activities and never missed the chance to sing or dance. Growing up, Billie watched her mother write songs while her dad performed various kinds of musical instruments such as the ukulele and piano. Finneas was in a band and wrote the world-wide famous song, "Ocean Eyes" for his sister to record. They posted the recording online, and it became an accidental success for Billie in her career as an American singer-songwriter.

After the surprising hit song, "Ocean Eyes" was released, Billie recorded and posted the music video of the song as well as many other songs. She collaborated with many other artists, such as Khalid, in "Lovely" which was released in mid-2018. The song became extremely popular and the producer of "13 Reasons Why" even bought the copyright to feature it in the second series of the show. Then came the song "Bad Guy", the megahit of Billie's career. The music videos of her songs are well-known to be "horrificing" and "creepy", but they also show her style in real life. The song "When the Party's Over" features black liquid dripping down her face from her eyes while "You Should See me in a Crown" shows a spider coming out from Billie's mouth.

Billie Eilish inspires loads of little kids to follow their dreams while being a teenager who has just stepped into her twenties. She showed everyone that age doesn't matter when you work hard and have talent. She loves all her fans from kids to adults. Billie is always criticized because of her unique taste in fashion, but she ignores all the criticism and continues to strive for excellence.

Cheung Cheuk Lam (6B)

## DO WE CONTROL TECHNOLOGY OR DOES TECHNOLOGY CONTROL US?

Do we control technology or does technology control us? Not many people think of it, but it can be a tricky question for most. For example, technology can control us by keeping us occupied with online work, video games, purchases, amongst others. But if you think of it the other way, technology was created by us, and we operate it, so we control it too. Which side are you on? Technology controlling us or us controlling technology? I'll let you think about the question while I talk about three statements about technology, nature, and us, humans.

### STATEMENT 1:

**Global warming is a serious problem.**

Many people should know that it is true, but the problem is that some people do not care about global warming. Global warming is a greenhouse effect, made with the greenhouse gas "Carbon dioxide" blocking the heat from escaping Earth, making the Earth's temperature rise bit by bit. We keep using different technology that produces carbon dioxide, resulting in Earth's extreme weather more and becoming more common as in the term "Climate change". For example, we are now experiencing hurricanes, tornadoes, droughts, extreme heat, and wildfires. Basically, global warming is destroying our beloved Earth every year. Since global warming is making the world worse and worse for living, it should therefore be an extremely serious problem.

### STATEMENT 2:

**Technology will use up so many natural resources that it will harm the environment.**

Well, this is true for most, but nowadays some technology even saves the environment, like electric cars, solar panels, waste-to-energy, etc. But many industrial factories harm the Earth's environment by emitting many greenhouse gases. So this statement has no right or wrong since technology can harm as well as help the environment be better. I'll start with the harm side first. Technology can harm the environment since many electrical or industrial machines use a lot of natural resources or emit a lot of environmentally harmful waste. For example, industrial factories emit a lot of carbon dioxide, throwing

away a lot of toxic, hazardous or electrical waste, harming the environment by contaminating many ecosystems and polluting the air with carbon dioxide. But on the opposing side, technology can also help the environment, such as solar panels, which use sunlight to generate electricity for different uses, self-sufficient buildings that generate all the energy needed themselves without the need for any external contribution, waste-to-energy, which creates any kind of energy in form of steam, hot water or electricity to name a few. So technology doesn't just use up all the natural resources, it sometimes even generates resources to negate the overuse of natural resources.

### STATEMENT 3:

**People do not rely too much on technology.**

Everybody knows it's not true! We watch TV every day, Zoom lessons are online, play video games, Nintendo Switch, have phones, learn knowledge from the Internet, teachers use the projector, computers and more to teach! Technology is basically what makes half of our daily life, so what do you have to say? We rely a lot on technology! In our everyday life, we do homework on the Internet most of the time. There's Classcraft, Class Dojo, and teaching resources. Maybe teachers even use more technology than you since they do most of their work on computers or laptops. At home, do you see your parents or yourself using many technologies, like playing video games with computers, laptops, Macs, you name it? In the streets, you see people playing video games, chatting with people, using Skype, having calls, maybe even the broadcasting companies making videos, clips, or even movies or upload on TV. We even pay using WeChat, Taobao and other electronic methods. Hence, in our daily lives, technology is a must for everybody, and that is why people rely on technology too much.

So are you done thinking? You should be thinking about the future. You will find that technology and we humans are highly associated with nature and human daily life. I think that we control technology, since technology is created by us humans. We can destroy technology, create new technology, evolve it and do much more. We OPERATE technology. So I conclude, we control technology. It is our choice how to operate them, but we have chosen to use technology too much, and ignore nature too much. We should keep technology in check and ensure it does not destroy nature. Surely, we can do it!

Kong Kelli Yan Yan (6B)

## DO WE CONTROL TECHNOLOGY OR DOES TECHNOLOGY CONTROL US?

Do we control technology or does technology control us? This question is a bit tricky for most people. A lot of them may wonder what the answer is. What I think is that there is no correct answer to define this question. In my opinion, it does not control us, but we always control it no matter what.

### STATEMENT 1:

**People do not rely too much on technology.**

I think this observation is false. First of all, when we want to set the alarm to wake us up on time in the morning, we use our mobile phone to set an alarm instead of setting the alarm on the alarm clock. Second, when we are short of time to take out the notebook from the locker, we use the Chromebook to take notes in lessons at school!

### STATEMENT 2:

**Life is better now than 100 years ago because of technology.**

I think this statement is true. Have you realized that 100 years ago they didn't have technology, and now we cannot even survive without a day of technology? Some kids who love learning and reading can survive more than a day without technology. It is because 100 years ago communication was a little different. They used birds to send messages, but I think they harmed animals by doing that! They tied a note to the bird's foot, then let the bird fly

to the receiver. The birds were like the postman, sending letters and letters every day. But nowadays, we use WhatsApp and many social media apps to chat with family members and friends. Also earlier, we would take notes on paper to do homework, but now we can use an app called "Google Docs" or "Word" to make the document as well and use "Google Forms" to do assignments and quizzes.

### STATEMENT 3:

**There are more advantages than disadvantages of technology.**

I personally think this is true. The advantages are multiple; we need to use technology for a lot of things such as school work, learning, watching videos, playing online games, and a lot more! But there are also disadvantages, such as if you spend too much time on video games, like ten hours a day, you will need to wear glasses to improve your eyesight after all the gaming. If you can control yourself with when you should be playing and when you should be learning, it would not be so bad after all.

In the future, I think that there will be robots as teachers, cleaners, and several other jobs. Warning!! ROBOTS MAY TAKE OVER THE WORLD IN THE FUTURE!! Be careful!

Last, but not at least, I think that technology is helpful to our lives. We can be curious about the technology around us all the time. The most important thing is that we can't rely on or use technology too much every day. Technology does not control us. We control it, and we must all have self-control throughout our lives.

Li Cheuk On (6A)

## MY FAVOURITE MOVIE

### INTRODUCTION

My favorite movie is probably Black Panther from the Marvel Cinematic Universe. It's stunning, even with a deadline. To me, it's SO FUN to watch! Without the deadline, I'm sure the movie would have been even better. What I don't like is that the main character loses to the main villain only when the plot needs him to. He can take on Captain America and the Winter Soldier at the same time, but loses to the main antagonist because the antagonist has military training? That's ridiculous. But I do love that movie. The actor of the main character, Chadwick Boseman, was diagnosed with stage 3 colon cancer in 2016, but the movie was released in 2018, meaning he had acted in the movie while fighting cancer. He sadly died due to his colon cancer entering stage 4. To me, his death is very depressing, due to him being an amazing actor.

### PLOT

I will try my best not to spoil anything important, so you can watch the movie, and find things out yourself.

The movie begins on a 'rescue' mission where the main character 'saves' a bunch of teens and children, including his sister who was undercover on a mission. He tells his sister that he's going to become king of his nation/kingdom, and he wants her to come with him to his ceremony. The ceremony is a chance for anyone that wants to be king. Each tribe that lives in that nation

declines because the main character is part of a tribe that is good at being king, except a single exiled tribe. The tribe leader wants to be king because his tribe has been exiled for so long and they want to come back and remove the high tech the nation has been using. Long story short, the main character wins and becomes king. In short - main villain appears. Main character gets challenged for the throne. Loses. Family members help. Main character comes back and challenges the throne again. Wins. Happily ever after until the next movie.

### WHAT I LIKE AND DISLIKE

I like the synthwave music design, the technological design of the vehicles, the clothing and tools while still having that "ancient times" vibe, and good acting. The movie also has a good villain as well.

What I dislike is that the main character has plot armor. Falling down a waterfall? Nope! Alive! Freezing to death? No! Alive! Plus, the main character acts just the way the plot wants him to act sometimes, but nothing too big. There are lots of clichés as well.

### OVERALL RESULT

I certainly love this movie, and I recommend it. Try not to notice editing flaws and enjoy the movie. Sadly, there won't be a sequel, due to the lead actor's death. If you want to watch more movies like this, watch any recent movie from Marvel. They all have the same exciting feeling, and you'll like it a lot if you liked the current one.

Yeung Tsz Yuen (6B)

## MY FAVOURITE MOVIE

Movies are a drama represented in a video. They can be inspiring, touching, or even action-packed. But of all of those, the one I personally like is Onward.

Onward is an action-based movie where two teenagers, Ian Lightfoot, who is easily-frightened, and Barley Lightfoot, who is extraordinarily brave and is a big fan of mystery and magic, go to find another Phoenix Gem to bring their dead father to life for a day. Here is briefly what happened.

One day, Ian and Barley's mother, Laurel Lightfoot, gives them a gift from their father who already passed away. It is a wand-like long stick with a gem called The Phoenix Gem. The note says that if they call out a spell while holding the stick with the gem on it, it would make him (Ian and Barley's father) come back to life for a single day. But even when they try to do exactly what the note said, they still can't succeed, so they decide to just put it aside and figure out how to do it. But then, Ian accidentally activates the magic by reading the spell out. But mainly because he isn't ready, it only brings the bottom half of his father's body to life instead.

Wanting to get the full body of their father to life, they decide to bring the

half body of their father and go on a quest to find the Rare Phoenix Gem, according to the based-on-real-life magic board game.

They encounter many difficulties, mostly because:

- Magic exists, but now it is replaced by more convenient things that don't require spells

- Magical creatures now have their own job, and they live in the modern way

- The map of the Phoenix Gem is burned, so they have to find it using the other simple map that was made for children to play with.

Following Barley's choice of path, they find the final entrance, which does not lead to the Phoenix Gem, but instead leads to the city they live in. This results in Ian arguing with Barley because he thinks that Barley's choice of routes were false all of the time and they should have taken the non-fantasy route.

After that, he leaves Barley and tries to figure out what to do for the rest of the day with the father's half-body, but later realizes that the one that was mentoring him was his brother all time, and his brother was like a father to him. So, he decides to reunite with his brother.

Meanwhile, Barley is still struggling to find the Phoenix Gem, but following some signs he finds the old well that is about to be removed. He climbs on it, and the Phoenix Gem comes out.

Feeling like they are finally going to make their father's full complete, they trigger the Curse of the Gem that the owner of the map, (of the route to the Rare Phoenix Gem) Corey spoke of which is a dragon formed using debris from the High School nearby. Ian's stick-shaped wand from earlier is knocked into the ocean during a battle with the dragon, but he reforms it from a splinter in his hand and continues the fight. Corey flies in carrying Laurel Lightfoot, who brings in the Magic sword which is the only thing that can defeat the dragon from the curse. Ian plunges the sword into the dragon's heart, giving Barley time to make the remaining part of his father. Barley chats with their father for a moment before he disappears because the day is over. Barley tells Ian that their father is proud of him, and the brothers share a hug.

I like this movie because not only is it funny, it is adventurous, action-packed with danger, has a touching ending, and even a hidden moral of the love between sisters and brothers.

I recommend it to all of you who read this blog.

Tsai Shing Hin (6E)

## TOP 5 REASONS TO LOVE A-SCHOOL

The teachers are very nice, and are always willing to put in lots of effort in helping students. They can be quite fun to talk to, too! Some of them might share your interests! For example, I never knew that one of our teachers likes to play the same online games I do!

Not to mention that you can make lifetime friendships here! Out of all the classes you will go to, and the recesses that you roam around and meet new people, there is no possible way that you won't be able to find a friend that doesn't share your interests, or wouldn't want to have fun with you!

Onto the next reason; A-School has many things to teach! Ranging from the standard Math, English, Chinese and other main subjects, you can also learn about Basic Programing, and many things through OLE like basic soccer, Chinese painting, how to play a new instrument, and many more!

After that, A-School is quite easy-going with little stress from Grades 1-4 and even in Grade 5 and 6. With enough dedication and the right attitude, it will go smoothly.

Lastly, A-School has really good management! During class suspension, A-School swiftly made the transition to Zoom lessons and started with 3-4 lessons per day, then scaled it up to the normal 7. They also organise great events, such as the Athletic Meet and the Aquatic Meet! They have systems to notify the students and parents of events and changes via eClass, the calendar provided, and reminders from teachers! They have arrangements in place for most occasions, and can prepare accordingly.

Yu Olivia (6D)

## TOP 5 REASONS TO LOVE A-SCHOOL

I love A-School. Are you interested to know why? Here are my 'Top 5 Reasons to Love A-School!'

A-School is like my second home. The teachers are very nice and so are the lovely students!

We can walk around and talk with our friends at recess time.

I love books, especially the Harry Potter series. A-school's library is huge and has a ton of amazing books to choose from when you want to read!

A-School has a lot of wonderful and amazing activities. Oh! Have I mentioned about A-school's Book Character Day? We can dress up as our favourite characters from our favourite books each year!

Art classes are my favourite. We get to do a lot of fun art stuff! I did some pop art last year. It sure was fun!



## LETTER OF COMPLAINT

*Cheung Cin Win (6C)*

### LETTER OF COMPLAINT

Flat X, X/F, Block X,  
ABC Garden,  
495 ABC Street,  
Shatin, Hong Kong  
22nd January, 2021

The Happy Excursion Company  
Bad Block,  
446 Whole Street,  
Shatin, Hong Kong

Dear Sir/Madam,

I am Winus Cheung and I am one of the customers of your company. Last Sunday, my classmates and I booked a local excursion through your company. I am writing this letter to complain about the rude bus driver, the late bus and the drinks for which we paid, but we did not get.

First of all, I would like to complain about the rude bus driver. He was so impolite! When we asked him to turn off the air-conditioner, he just ignored us! Also, when I was drinking some water, he shouted at me telling me not to drink in the bus. That was so rude! How would you feel if someone treated you like this? Would you not feel annoyed?

Secondly, I would like to complain about the late bus. We booked the bus for 8:30, but it arrived at 9:00! It was half an hour late! My classmates and I stood under the hot sun and waited for the bus for a long time! That was so horrible! How would you feel if this happened to you? Would you not be very irritated?

Last but not least, I would like to complain about the drinks for which we paid, but were not included. After hiking, we arrived at the barbeque site. We were very

thirsty and we asked the tour guide for drinks. He told us that drinks were not included, yet, we paid the organizers for them! It was totally unacceptable! How could you feel if this happened to you? Would you not feel very frustrated?

To prevent similar cases from happening in the future, I have some recommendations for you. Firstly, you can train your staff again. You can prepare some stickers to the customers for them to give it to the staff with the best attitude. The staff with the most stickers can receive some rewards. Also, you can put a feedback box for customers to give some comments so that you know what to improve. I believe that you, as the manager of this wonderful company, you have the power and intelligence to improve this issue. I am sure that your staff will definitely agree with these suggestions. Secondly, you can send a timetable to your staff so that they can always check the schedule when they are not sure about it. Also, you can hire a person to remind them, too! If you improve this situation, I will consider recommending your company to all my family and friends. I will also post some good comments about your company on Facebook! You will earn much more money and business for this! Lastly, you have to always prepare some drinks for your customer, for they paid for the organizers for them already! You do not need to spend very much for them, water is already okay! If you do not improve it, I will have no choice but to report to the Consumer Council. I am sure that you will not want this to happen for you will lose a lot of business for this.

If you have any questions, you can contact me by WeChat WW27032009. I am looking forward to your reply. Thank you.

Yours faithfully,  
Winus Cheung

*Tsui Lok Hin Michael (6A)*

### LETTER OF COMPLAINT

Flat X, 12/F, Block 11,  
ABC Garden,  
105-116 ABC Lane, Tsuen Wan,  
Kowloon, HK  
31st October, 2020

Target X Restaurant  
Shop 112 - 115,  
Michelle Road,  
Ma on ssan,  
NT, HK

Dear Senior Manager and Supervisor,

I am John Chan, and I visited your Target X Restaurant located in Ma On Shan. I invited my parents to your 5-star and Michelin recommended restaurant last Saturday, but we faced your horrible and appalling service and environment, so I am writing this letter to complain about that.

First of all, according to the 'Prevention and Control of Disease Ordinance', each table in a restaurant should have at least 1.5 meter or a cardboard between them, but you did not. As a 5-star restaurant, buying few pieces of cardboard or moving the tables away from each other should be an easy task and a piece of cake for an enormous and affluent company like yours. I do not want to intimidate you, but you will break the law if you do not follow them.

I was also very disappointed with your terrible service. During the coronavirus period, everyone was very alert regarding hygiene, but unfortunately your employees were not. How would you feel if a waiter in a 5-star restaurant started to cough on your delicious food? Would you visit that restaurant again? How could he even put the mask under the chin while coughing? What a shame! I surely expect better service than that. After that, he refused to change another set of meals for me. I was forced to order another meal for the precious price of 279 dollars because of that.

That is not all, but that one meal I ordered took almost 1 hour and 20 minutes to prepare. When it finally came, it was cold and uncooked. It is completely absurd, ludicrous, and unreasonable

to cook a meal using this much amount of time. If you do not improve, I will not order food from your food company for my friend's wedding party a few months later, which will last for a week or so because of the restrictions of the pandemic on people gathering. I will serve over 75 tables because of the massive number of people attending the party. You will earn a lot of money, but I will definitely reconsider it again carefully, for you might take forever to prepare.

Last, but not least, here are some recommendations for you to prevent similar cases from happening in the future. First, you can buy some cardboard, or simply separate each table to be 1.5 meters apart. I am sure you will complete this task as in an enormous and affluent company, it is easy and doable. You have also broken the law, and The Food and Hygiene Department will spot check anytime, so you need to change this.

Then, I beg you to retrain your staff in the restaurant, because they have horrible manners and attitude. Is that how a 5-star restaurant waiter treats customers? I am very disappointed and dismayed, and you can also set treats and perhaps a reward scheme, or increase the amount of salary if they reach a certain goal in the training. This will motivate your workers and employees to do better in all circumstances and have a higher service quality.

For the last problem, you can increase the size of kitchen, hire more chefs, and purchase more stoves and ovens. This can prevent customers from waiting for a long time and decrease the cooking time. Although this will cost more money to do the recommendation that I suggest you at the beginning of this paragraph, you will gain back the money by serving more customers in a shorter time. I would never want a big company to shut down because of abhorrent service, so I am assured and confident that you can rectify that.

You can contact me through e-mail by 'CKMJohn13@gmail.com', or through my phone number '000 000' if there are any inquiries. I hope you will improve your service and quality. I am looking forward in my future visit.

Yours faithfully,  
John Chan

*Ip Wai Yiu (6D)*

MY FRIEND

My friend is a magical and outstanding fairy, giving me happiness and courage  
Making funny and unbearable jokes that'll keep you dancing happily  
Always giving me a lovely and amazing helping hand, is this fate?  
Helping me overcome my scariest fears correctly

My friend is also a lovely and cuddly teddy bear, giving me warm hugs  
Also giving advice to her crazy and playful best friend  
She said no matter how sad or angry you are, she will be a warm shrug!  
And now I know this dedicated and faithful friendship is never going to the end!

But, my friend sometimes is a steaming and boiling volcano, loudly raging  
Screaming loudly with powerful anger and hate  
Cover your ears, or your ears will be non-stop bleeding  
Sometimes she will also start an annoying 'debate'!

My friend sometimes may be like a messy and disturbing art,  
But, deep down I know that she has an enormous caring heart.

*Kwok Hoi Lam Clarice (6A)*

SCHOOL

School is Utopia, all joyful and fascinating things happen there  
There are games related to the subject which are exciting  
All the teachers are kind and fair  
The teachers provide you warmth like a sun shining

School is a bow and arrow; it shoots lots of meaningful knowledge  
Knowledge that you'll certainly use in the future  
I guarantee you can go to college  
It's not that hard; the teachers will guide you, so it's not torture

But school is a giant maze; you can't find a way out of your misery and stress  
You might not know a question, and there's no one to help you  
There must be some stress if you want to proceed to success  
If you are always so stressed, you'll have zero clue

School teaches you meaningful knowledge and a life lesson  
Which makes you grow to be a better person

*Suen Yat Yee (6D)*

A-SCHOOL

A-School is an encyclopedia always stuffing knowledge inside me  
Every time I turn a 'page' intriguing information is always here for me to investigate  
Letters and letters besiege me, giving me knowledge all for free  
Classifying out all my wonderful work for me to state

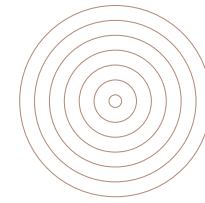
A-School is a guardian angel, always leading me down the right road  
Surreptitiously protecting me when danger is behind  
Calculating all the possible ways for danger to explode  
Even in darkness, it will leave a gleam of light for me to find

But A-School could be a cloud sometimes, covering the sunlight  
Being over proactive could cause a lot of trouble  
Protecting me is something I appreciate, but this has made life no fun in my sight  
Life should be thrilling not tedious, and that has made my expectations crumble

But no matter whether it is an encyclopedia, an angel or a cloud for all I can say  
There will always be a piece of my heart, that always belongs there no matter what the day is

# 中文

## 文集



### 《公園遊》

劉旖晴 1C

星期天，媽媽、爸爸、弟弟和我去草地公園遊玩。我看到公園裏有一片綠油油的草地、許多漂亮的蝴蝶和一條又高又長的滑梯。我和弟弟一起滑滑梯和坐蹺蹺板，今天真是快樂的一天呀！

### 《公園遊》

郭沅霏 1C

一個天朗氣清的星期天，爸爸、媽媽帶着我和好朋友祈祈到青衣東北公園遊玩。

我和祈祈在公園裏追逐了一段時間後都感到很累，便回到野餐墊。我們看見懶洋洋的爸爸趴在野餐墊上看手機。然後，祈祈和我偷偷地坐在爸爸的背上，嚇得爸爸大叫一聲，令我們哈哈大笑。

我們度過了一個愉快又放鬆的早上。

### 《公園遊》

鄭瑩 1E

上星期五，我和思思一起到公園遊玩。我們看到草叢旁邊一隻蝸牛在地上慢吞吞地爬行，幾隻鳥兒在樹上安靜地休息。我還看到又香又漂亮的花朵。今天真是美好的一天啊！

### 《公園遊》

陳軒信 1A

今天中午，我和姐姐到公園賞花。公園裏的空氣很清新，姐姐說：「花朵很漂亮，嗅起來也很香啊！」我說：「是啊！姐姐，我們一起在這裏跑步，好嗎？」姐姐說：「好！」一路上，我們看到又高又大的綠樹，也看到很多蝴蝶在色彩繽紛的花間飛舞，還看到蜜蜂圍着花朵嗡嗡叫。公園的風景漂亮極了！我們都很高興呢！



## 《我的假期》

曾艾霖 1E

星期天下午，爸爸和媽媽帶我到位於朗屏的一個農場餵飼動物。

我看到農場裏有馬、魚、羊和鴛鳥。我還看到農田裏種了木瓜樹、芒果樹和香蕉樹。走着走着，我看到了一羣羊。小羊們有的胖胖的，有的懶洋洋的，有的很可愛，有的很凶惡，我真想摸摸牠們！然後，我們去餵飼小馬。小馬愛吃胡蘿蔔，有的很貪吃，吃完一塊還要再吃。最後，我去給魚餵魚糧。

時間過得很快，天黑了，我們要回家了。今天真快樂啊！

## 《我的假期》

洪子鑫 1B

放假的時候，我和家人會去不同的地方玩耍。今年的新年假期，我們去了香港濕地公園遊玩。那裏有很多人，有的在木橋上行走，有的在池塘邊拍照，還有的在樹下觀鳥。我們還看見許多不同種類的可愛小動物，青蛙在池邊呱呱叫，彈塗魚在泥地撲通撲通地跳，熱鬧極了！我們玩得真快樂啊！我的假期太精彩了！

## 《我的假期》

郭善思 1A

在一個晴朗的週末，爸爸媽媽不用上班，所以他們便安排了我和朋友們一起去沙田騎自行車。

城門河畔風景優美，沿途有很多人正在進行不同的活動，有的人在釣魚，有的人在寫生，還有的人在漫步，真熱鬧啊！

我和朋友一邊騎自行車，一邊談笑。一路上，充滿了嘻嘻哈哈的笑聲，轉眼間便到達終點了。這個假期過得真愉快啊！

## 《我的假期》

鍾卓希 1E

上星期天，爸爸、媽媽和我到東涌吃午飯和逛商場。媽媽給我買了一件新衣服。然後，爸爸開車載我們到龍鼓灘看日落！下班的太陽公公好像一顆鹹蛋黃，十分漂亮呀！我的假期過得很開心。

## 《我的假期》

陳心信 1B

新年假期的時候，父母帶我和哥哥到長洲遊玩。

長洲有很多遊人，有的在欣賞風景，有的在騎自行車，還有的在登山。

我們先去五行山登山。那裏鳥語花香，千奇百怪的岩石堆成不同的形狀。山上的人行路非常狹窄，兩旁是陡峭的岩石壁。我們走得特別小心，否則腳一滑，就會從山上掉下去。

下山後，我們去了山邊的小食亭吃午餐。長洲的特色小食——大魚蛋果然名不虛傳，外脆內軟，美味極了！

接着，爸爸騎三輪車載着我們仨環繞長洲看風景。小鳥在吱吱地叫，風在呼呼地吹，我們玩得很開心啊！就在這個時候，一輛三輪車撞向了我們，哥哥的鼻子被撞得流血了，幸好沒有大礙！真是有驚無險。

這是一個令我印象深刻的假期啊！

## 《我的假期》

陳葭瑜 1A

十一月的一個星期六，我們為了慶祝爸爸的生日，一家人到迪迪酒店吃自助餐。一進入酒店，我們就看到一棵又高又美麗的聖誕樹。

放下行李後，我們去參加手工藝和填色工作坊。我們可以選擇不同的卡通人物，有的人選擇米奇老鼠，有的人選擇高飛狗，大家都用心地做出漂亮的作品。

晚上，我們一家去一家餐廳吃自助餐，還給爸爸準備了美味的生日蛋糕。爸爸高興極了！這個假期真好玩！

## 《我的假期》

陳語桐 1B

假期裏，我和媽媽、我的好朋友壯壯，還有他的媽媽一起去龍脊爬山。

我們先乘地鐵，再乘坐巴士到達龍脊山。下車後，我和壯壯牽着手，走在山路上。到了有難度的地方，因為我擔心會摔倒，就去牽着媽媽的手，跟媽媽一起走。

終於走到山頂上了，我看到了美麗的風景，大風在我的耳邊呼呼地吹。有的人在拍照，有的人在看風景，有的人在唱歌。真是開心的一天！我的假期真快樂！

## 《有趣的一天》

許康兒 1D

早上，我和媽媽到附近的超市買水果。超市裏面有草莓、蘋果、香蕉和西瓜，還有龍眼。這些水果我都喜歡。結果，我們買了兩大袋子的水果回家。

下午，我跟姐姐到公園裏看風景。公園裏的空氣很清新，姐姐一邊看風景，一邊看蝴蝶。公園裏有大樹、小草和花兒，真美麗！

晚上，我們留在公園裏看星星。天上的星星一閃一閃的，真美麗！

## 《有趣的一天》

鄭諾晞 1D

早上，我和媽媽到超市買蔬菜和水果。我很喜歡到超市買東西，超市裏面有我喜歡的香蕉、龍眼、西瓜、草莓……

中午，我跟姐姐到公園散步。公園裏的空氣很清新，我們在賞紅花，看綠色的大樹和美麗的蝴蝶。我們十分喜愛公園！

傍晚，我和家人到朋友家裏吃飯。到達朋友家後，我和朋友馬上一起到房間裏玩耍，媽媽在客廳看電視，爸爸跟叔叔聊天，朋友的媽媽準備晚飯，真熱鬧啊！

## 《老師的愛心》

鍾禮謙 1C

老師的愛心在哪裏？  
我說在工作紙裏。  
一張張，  
老師改了一張又一張，  
讓我快樂地學習。

老師的愛心在哪裏？  
我說在欣賞印章裏。  
一個個，  
老師蓋了一個又一個，  
讓我充滿自信地學習。

## 《助人為樂》

陳凱莉 2B

今天，我和志強一起到公共圖書館借故事書。

在回家的路上，我和志強看到有一個小妹妹在傷心地哭泣。於是，我走上前問她：「小妹妹，你為甚麼哭呢？」她紅着眼眶回答：「我和媽媽失散了。」接着，志強溫柔地說：「不用怕，我們來幫你。」

接着，我們遇到了圖書館管理員，我們問：「姐姐，你有沒有看見這個小妹妹的媽媽呢？」姐姐笑着說：「你的媽媽正在借書處那裏焦急地等你呢！你們快跟我來吧！」

最後，小妹妹順利地找回了她的媽媽，媽媽也非常感激我們幫忙找到她的女兒。小妹妹誠懇地對媽媽說：「我以後再也不會亂跑了。」說完後，她們便跟我們揮手道別。

正所謂「贈人玫瑰，手有餘香」，能幫助別人，我也感到很開心。這件事也令我明白了「助人為樂」的道理，我決定以後要幫助更多人。

## 《助人為樂》

黃恩懿 2B

今天，我和志強一起到圖書館借書。我們一起在圖書館裏閱讀了《鬥嘴一班》，還度過了一個愉快的下午。

在回家的路上，我和志強遇到一個小妹妹。我們看到她哭得很厲害，志強問：「小妹妹，你發生了甚麼事呀？」小妹妹說：「我和媽媽失散了。」我問：「小妹妹，你知道媽媽的電話號碼嗎？我們幫你找媽媽吧！」

接着，我們遇到了圖書館管理員。我靈機一觸，便問圖書館管理員：「阿姨，請問您有沒有見過這位小妹妹的媽媽呢？」圖書館管理員回答說：「這位小妹妹的媽媽正在圖書館借書處那兒等着她呢！」

最後，小妹妹終於找到了媽媽。小妹妹對媽媽說：「幸還有那兩位大哥哥幫我，我以後再也不會跑來跑去了！」小妹妹和媽媽向我們道謝後，我們依依不捨地和她們揮手道別。

能幫助別人，我感到很開心。這件事情令我明白「助人為樂」的道理，我決定以後要幫助更多的人！

## 《我的成長故事》

雷宜睿 2D

一歲的我能扶着欄杆走路，還會叫媽媽爸爸。

三歲的我上幼稚園了，學會了唱英文歌，還會認字和講故事。

六歲的我會自己刷牙洗臉、穿衣服，還在幼稚園當過小主持。

現在的我會自己上網課，收拾課本，認真寫作業，還學會了跳繩。

將來的我想成為一位非常優秀的畫家，畫很多漂亮的畫。

## 《我的新年願望》

郭伊楠 2C

經過這段在家上網課的日子，我特別想念老師和同學們，還有在校園裏的生活點滴，所以我的第一個新年願望就是全香港的學生都可以回學校上課，重新回到校園，享受學習的樂趣。

我的第二個新年願望是有需要的人都能得到幫助，所以我會把我的壓歲錢捐給香港公益金，希望這些錢能為他們帶來一絲溫暖。

我的第三個新年願望是每個人都能開開心心，迎接新一年的到來。希望大家都能微笑着面對生活，彼此之間互相幫助，互相愛護。

## 《我的新年願望》

麥理皓 2C

我的新年願望是多跳舞和多學習知識。

我從小就開始跟從舞蹈老師學跳舞，每次跳舞的時候，我都會感到既興奮又快樂！當我的身體隨着音樂舞動，我就能忘記所有的不快，產生正能量！而且，我想着新年過後，我們很快就要回學校上課了。到時候，我可能有機會上台表演呢！所以我要時刻做好準備。

讀書是一個學習新知識的好方法，讀越多書，便越能習得更多知識和道理。未來，我想當一名科學家，所以我年幼時應該多學習，以免「少年不知勤學苦，老來方知讀書遲」了！

新的一年裏，我要努力達成這些願望，絕不能光說不做。我知道跳舞要練習拉筋，學習要勤奮努力，才能達成目標。

我會很認真努力的！

## 《我的生日》

趙樂怡 2B

今天是我的生日，家人在家中為我慶祝生日。爸爸送給我一輛玩具車作為禮物，媽媽為我做了一個既漂亮又美味的大蛋糕。我真是太幸福了！

正當大家準備為我唱生日歌的時候，弟弟忽然把我放在桌子上的玩具車搶去並跑走。我們三個都一臉驚訝。

我生氣極了！我忍不住大聲地對弟弟說：「你怎樣可以這樣搶走我的禮物？」弟弟被嚇得呆住了，接着便哇哇大哭。

弟弟邊哭邊撲進媽媽的懷中。看到他哭得那麼大聲，我慚愧極了！於是，我送了一顆糖果給弟弟，希望我們可以和好。

就這樣，今年的生日在笑聲和哭聲中度過了。

## 《我的老師》

易曦朗 2A

我最喜愛的老師是視藝科的曹老師。

曹老師擁有一頭波浪形的短髮，像一條條方便麵。曹老師有一把溫柔的聲音，像小鳥唱歌般悅耳動聽，也像一台變聲器，能隨時變成小女孩或老婆婆的聲音。曹老師戴着一副近視眼鏡，她的眼睛像星星般美麗閃亮。

曹老師給我的感覺就像媽媽一樣非常溫柔。曹老師的臉上經常掛着笑臉，就像彎彎的月亮，非常甜美。我記得小一下學期因為疫情的關係，同學們都在家中上網課。上堂時，我答對了問題，所以曹老師送了一副自畫像給我。自畫像畫得非常可愛漂亮，我喜歡極了！

你們喜歡哪一位老師呢？

## 《我的老師》

葉正淳 2D

我最喜歡的老師就是我的英文老師。

我的英文老師個子高高大大，身材胖胖的，還留着一頭黑色的短髮。她那張圓圓的臉蛋兒好像一個大西瓜，細細的眼睛上戴着一副近視眼鏡。眼鏡之下，嘴巴笑起來很可愛，也很友善。

我的英文老師說話很快，上課的時候好像在唱着一首又一首美妙的歌曲。平時，她會跟我們說笑話，非常有趣！記得有一次，我們上網課時等了她三分鐘還未到，等她進來時，氣喘吁吁地跟我們說：「我從五樓跑跑跑……下來的，很辛苦呀！」大家聽了都哄堂大笑。

你們也喜歡我這位風趣幽默的英文老師吧！

## 《我的老師》

鄭以翹 2E

我最喜歡的老師是郭老師，她是我的中文老師，也是我的班主任。

郭老師有一雙大大的眼睛和一張圓圓的臉，非常可愛！她的嘴巴小小的，常常帶着善良和藹的笑容。她很關心同學，而且待人有禮。

有一次，班上的一位同學受傷了，郭老師立即細心地為同學處理傷口，還溫柔地照顧她，我們看了都被感動了呢！

有人說：「教師是人類靈魂的工程師。」我希望未來能像郭老師一樣，做個善良的人，幫助身邊有需要的人！

## 《森林大火》

張子翹 2A

一天，哥哥、姐姐和我，還有朋友們在森林裏非常高興地玩耍。突然。我看見森林的另一端着火了，我們都表現得很着急。

不一會兒，遠處的火勢越來越猛烈，大家都很害怕。兩隻小松鼠驚慌得抱着對方大哭起來。我靈機一動，想到了一個辦法。

於是，我和另外兩隻小鳥合力用尖尖的嘴巴不停地啄大樹。小兔和小松鼠看見了，就馬上明白了我們的用意，於是跑過來幫忙。一邊用力地把大樹往河面推，一邊大聲喊：「加油！加油……」我們都累得滿頭大汗。

最後，樹幹「咔嚓」一聲斷了，橫躺在河上，我們終於能安全渡過小河。我們開心得歡呼起來！經過這件事，動物們都明白了遇到問題時要臨危不亂。



## 《過新年》

梁允言 2D

年三十晚，我們一家人在家吃一頓又美味又豐富的年夜飯，大家都很滿足。

吃過年夜飯後，我們一起逛年宵市場，場內設有很多攤位，有的賣年花，有的賣賀年飾物，非常熱鬧！媽媽還給妹妹買了一個小熊氣球，妹妹馬上跟媽媽道謝。

接着，媽媽挑選年花。她負責付錢，爸爸捧着一棵大大的桃花，而我捧着一盆又香又漂亮的水仙花。我有點緊張，因為我怕會把它摔破，所以我沿途小心翼翼地捧着花盆。

回到家裏，大家都迫不及待準備過新年。爸爸忙着封紅包，我和妹妹裝飾桃花，把紅包掛在樹枝上。媽媽說：「湯圓煮好了，快過來吃吧！代表團團圓圓。」暖烘烘的湯圓真好吃！

家裏充滿喜洋洋的氣氛，我們期待新年的到來。

## 《過新年》

鍾博皓 2B

年三十當晚，我們一家人在家裏高興地吃着美味的年夜飯。這晚的菜餚特別豐富，有肉、蝦、魚……我們都吃得津津有味。

吃完晚飯後，我們去了年宵市場購物。那裏人頭湧湧，非常熱鬧。那裏有各式各樣的攤位，有的賣氣球，有的賣春聯……令我目不暇給。我歡歡喜喜地向媽媽提議：「不如我們買一株桃花，好嗎？」媽媽笑著說：「好！就聽你的！」

接着，我們還買了另外一些開得燦爛的年花，準備帶回家：爸爸捧着美麗的桃花，而我捧着香香的水仙花。水仙花實在太香了，所以我迫不及待地帶它回家，讓滿屋都充滿它的香氣……真令人期待呢！

回家後，我和妹妹把紅通通的紅封包掛在桃花枝上，還佈置了客廳。這時，媽媽笑著大聲說：「新年來到了，快過來吃又熱騰騰又好吃的湯圓吧！」

年三十的晚上真教人難忘啊！

## 《過新年》

麥瀚丹 2E

年三十晚，我們一家人在家裏吃着又豐富又美味的年夜飯。

吃完年夜飯後，我們一起去逛年宵市場。大家左顧右盼兩邊的攤位。我看見了一個小熊氣球在空中搖搖擺擺，像是在跳舞。我對爸爸說：「哇！這個小熊氣球真可愛！您可以買給我嗎？」爸爸回應我：「當然可以！」。

接着，我們來到售賣年花的攤位。爸爸挑選了一棵粉嫩鮮艷的桃花，哥哥也抱起了一盆清香素雅的水仙，而媽媽則負責付錢。

回到家後，我和哥哥幫忙佈置客廳。不一會兒，我們的肚子便咕嚕咕嚕地叫起來了。這時，我們聽見媽媽溫柔地呼喚：「快來吃我準備的湯圓吧！」。我們急忙跑到飯桌前，一口吃下媽媽的湯圓，我感到特別幸福和溫暖！

## 《過新年》

黃啟德 2E

年三十晚，爸爸、媽媽、妹妹和我在家裏吃年夜飯，菜式又豐富又美味。

吃過年夜飯，我們一家人去逛年宵市場。這是我與妹妹第一次逛年宵市場，我們看到許多售賣不同貨品的攤位，感覺又新奇又興奮。我對媽媽說：「年宵市場真是熱鬧，明年一定要再來啊！」

逛了兩個多小時後，大家都各有收穫——妹妹買了一個可愛的小熊氣球，我買了賀年掛飾，媽媽買了桃花和水仙花，由爸爸和我這兩位強壯的「大力士」捧着它們回家。

回到家裏，大家忙着為迎接新一年做準備，我和妹妹裝飾桃花，爸爸趕着封紅包，媽媽則負責煮湯圓……很快，新的一年來臨了！只見媽媽捧着煮好的湯圓笑著對大家說：「新的一年來到了，快來吃湯圓吧！祝願小朋友們學業進步，大家一切都順利平安！」

## 《參觀大自然教育中心》

潘巧恩 3D

昨天，老師帶我們到大自然教育中心參觀。我們興奮地乘坐學校安排的校巴，到達目的地。

我們到達目的地後，老師先帶着我們去參觀中心裏不同的景點，我們看到了昆蟲館、園圃、鳥湖、中草藥園……真的讓人大開眼界呢！

老師帶我們參觀幾個景點後，就讓我們自己在中心內自由活動。我和最要好的朋友小美先到鳥湖欣賞美麗的小動物，然後到園圃看新鮮的蔬果。

我和小美在鳥湖看見很多小動物，長脖子的火烈鳥在湖邊跳舞，小烏龜在湖裏游泳。牠們真的很可愛呢！就在這時，一位大自然教育中心的員工走來問我和小美：「小動物們可愛嗎？」我和小美點頭回答：「很可愛啊！」員工又說：「你們覺得可愛就太好啦，希望你們在這裏好好參觀吧！」

接着，我和小美去到園圃。園裏有很多成長中的蔬菜和水果，它們都在泥土中努力向上。看到一顆顆新鮮的番茄，我們真的很想摘下來嘗一口呢！

最後，在老師的帶領下，我們依依不捨地離開中心，乘車回學校等家長接我們回家。

我今天真的玩得很開心呢！

## 《兔媽媽生病了》

張天行 3C

有一天，兔媽媽發燒了。她躺在牀上，樣子面紅耳赤。兔哥哥和兔妹妹看見了，感到十分擔心！他們問媽媽：「媽媽，您想吃點甚麼嗎？」「我想喝碗胡蘿蔔湯。」媽媽有氣無力地說。

於是，兔哥哥和兔妹妹趕緊拿起籃子到農田去。他們採摘了一些新鮮的胡蘿蔔和盛開的鮮花。兔哥哥說：「這些花真漂亮啊！我想把它們送給媽媽呢！」兔妹妹說：「這些胡蘿蔔也很新鮮呢，把它熬湯給媽媽喝，媽媽的病就會好啦！」接着，牠們就拿着花和蘿蔔，高高興興地回家了。

他們回到家後，兔妹妹連忙把胡蘿蔔拿去煮湯，兔哥哥就把鮮花包好，還寫了一張心意卡。過了一會兒，兔哥哥聞到了香噴噴的味道，他對妹妹說：「妹妹，你煮的湯真香啊！」兔妹妹說：「你的心意卡也畫得很漂亮啊！」

最後，兔媽媽喝了兔妹妹煮的熱呼呼的湯，收到了兔哥哥的心意卡和鮮花，很快就康復了。兔媽媽感動極了！兔哥哥和兔妹妹看見媽媽開心的樣子，明白到：關心他人是世上最好的藥。

## 《兔媽媽生病了》

陳凱琳 3C

森林遠處有一間小房子，住着兩隻可愛的小兔子和他們的媽媽，日子過得很幸福。

一天，兔媽媽生病了，發高燒。兔兄妹非常擔心，兔媽媽無力地說：「孩子們，我想我發燒是因為沒有足夠的營養，以前我會每天喝一碗胡蘿蔔湯，現在我想喝一碗，你們會做嗎？」兔妹妹點點頭答應了，她記得自己以前跟黃阿姨學過廚藝，所以她会做。

第二天一大早，兩兄妹到南天農田裏摘胡蘿蔔，摘着摘着，兔哥哥突然看見紅彤彤的鮮花，想起了媽媽喜歡紅色的花，於是他問大牛：「牛伯伯，可以送一些花給我嗎？」牛伯伯點點頭。

兔兄妹回家後，立刻打開裝胡蘿蔔的籃子，把胡蘿蔔拿到廚房。兔妹妹專心地煮胡蘿蔔湯，兔哥哥則在客廳畫心意卡，準備送給媽媽。

不一會兒，香噴噴的胡蘿蔔湯做好了！兔妹妹興奮地捧着湯，兔哥哥則拿着一束包裝精美的花和心意卡，一起去找媽媽。媽媽看見了非常開心。兔媽媽收下禮物，喝完熱乎乎的湯後睡了一覺，第二天醒來就退燒了。從此，兔兄妹每天都會煮美味的胡蘿蔔湯給兔媽媽喝。

這個故事讓我明白了孝順父母的道理。

## 《兔媽媽生病了》

丁藹穎 3E

一個陽光和熙的下午，兔妹妹和兔哥哥擔心地走進兔媽媽的房間裏探望她，因為她發燒了，面紅耳赤，而且滿頭大汗，虛弱地躺在牀上休息。兔媽媽疲累地說：「你們倆拔四根胡蘿蔔，然後弄一碗胡蘿蔔湯給我喝，那我便會康復。」聞言，兔哥哥毫不猶疑地回答：「我們知道了！」兄妹倆匆匆忙忙地跑出房間。

首先，兄妹倆直衝到廣闊的農田。胡蘿蔔彷彿知道他們要來把自己拔掉煮湯，所以它們都趕快爭妍鬥麗呢！兔妹妹負責拔下胖乎乎的胡蘿蔔，兔哥哥則負責採摘漂亮的紫色鬱金香。當他們各自採摘到材料後，兩兄妹異口同聲道：「我們回家吧！」

接着，兔哥哥和兔妹妹像豹一樣飛快奔跑回家。兔妹妹立刻到開放式廚房煮香噴噴的胡蘿蔔湯，而兔哥哥用心地在心意卡上畫了一個紅彤彤的愛心，再束好那束香氣撲鼻的鬱金香。

最後，兔妹妹小心翼翼地端着熱呼呼又甜滋滋的胡蘿蔔湯，兔哥哥興奮地捧着花束，陪伴着兔妹妹走進兔媽媽的房間，想給兔媽媽一個驚喜。兄妹一踏進房間，兔媽媽就看到他們捧在手上的心意，已經熱淚盈眶了。兄妹倆誠懇地說：「你能康復便好了！」兔媽媽感動地道謝。這個故事讓兔哥哥和兔妹妹明白了孝順父母的道理。

## 《我是一台手提電腦》

何允程 3A

我是一台手提電腦。由於去年疫情爆發了，所有學校都要停止面授課程。小主人的媽媽為了方便小主人上網上課堂，便把我買了下來，把我帶到這個溫暖的家庭。以後，每逢小主人要上網上課堂，我都會陪伴着她。

我的身軀纖薄輕巧，方便小主人隨時都可以攜帶我外出。我還有一個能夠亮着白色光的鍵盤，連結着一個會發出七彩繽紛的光的滑鼠。我的臉上是一個長方形的螢幕，能讓小主人看到她想看的資料。我的頭上有一個小小的鏡頭，能夠讓我看到小主人。我的外表是銀灰色的，看起來十分光滑。當我沒有力氣的時候，小主人會為我充電，讓我有足夠的力氣來幫助她。我能幫助小主人上網上課堂、讓她看她最喜歡的電子書本、搜尋她最需要的資料……

小主人會定期為我刪除不必要的資料，替我減輕負擔，使我時刻能保持像火箭一樣的速度去為她搜尋所需的資訊。她還會定期為我更新應用程式，使我能保持最佳狀態。

我記得有一次，小主人跟她的好朋友——小美在網上聊天。小主人就提及到我，說我是她的好助手，我害羞得臉蛋紅了起來，小美也十分羨慕小主人能有我這麼一個得力的好助手。

還有一次，我生病了。我的身軀裏的一件零件壞了。當小主人發現後，立刻帶我到一家專門為手提電腦維修的商店接受治療。過了一會兒，我的身軀裏的壞掉的零件換好了，我又回復健康。小主人這麼愛護我，我感到十分開心。

我要做一台歷久常新的手提電腦，盡心盡力地幫助小主人，給她帶來日新月異和無窮無盡的資訊。我希望每天小主人每次打開我的時候，都能帶着燦爛的笑容。

## 《我是一台電腦》

朱栢熙 3D

我是一台筆記型電腦，由普普公司製造。去年一月，小主人熙熙的媽媽把我送給他。從此，我便陪伴他在疫情期間在家中上網課。

我有一身像鋼鐵一樣堅硬的盔甲，保護着體內的電子零件。我有一個光亮亮亮的屏幕，方便小主人上網課和觀看影片。我實用的鍵盤與小主人的指頭合作無間，幫助他收發電郵。我身體的兩旁有多個方形的插口，歡迎不同的朋友前來合作，共襄盛舉。

疫情期間，我每天早上七時四十五分起牀，與小主人一起上網課直到中午。我的腦袋運算速度很快，常常幫助他在網上找資料，節省時間。

我是一台機器，可以不眠不休地工作。小主人在任何時候都可以和我一起學習。我偶然會為他送上卡通電影，助他舒緩身心，抖擻精神。

## 《我是一台電腦》

陳倬瑩 3E

大家好！我是小瑩的電腦。在我還沒有搬到小瑩家時，我住在一家電腦專賣店的櫥櫃裏。因為疫情關係，小瑩要在家裏上網課，所以小瑩媽媽把我買回家。

我是筆記型電腦，有一個黑漆漆的堅硬盔甲。別看我個子小，其實我有很多用途，例如：上網課、聽歌、瀏覽網頁等，用途可真多！

小主人每天早上八點便開始上網課。小瑩是個好學不倦的學生，上課時，她專心致志、目不轉睛地看着我。我也靜靜地坐在桌子上，使出渾身解數，幫助小主人學習，從不間斷。當我疲倦的時候，小瑩便會馬上幫我充電，於是我又變得精神抖擻了。

疫情期間，我倆天天相對，形影不離，就像一對感情要好的好姐妹。我希望我可以盡我所能幫助小主人，為她解決一個又一個難關。

## 《我是一台手提電腦》

夏玉恒 3B

大家好，我是一台電腦，嚴格來說我是一台筆記本型電腦，因為我的外型酷似筆記本而得名。與我那笨重的「兄弟」桌面電腦相比，我可謂是身輕如燕。一年前，我被小主人的爸爸帶回家，原因是小主人要在家中上網課。

我擁有強健的合金骨骼和銀色的皮膚，又有一張亮晶晶的臉蛋和鑲嵌着近百個黑色按鍵的身軀。每當小主人靈活的手指在鍵盤上翩翩起舞時，我的臉就會相應地變換出不同的表情。雖然我身材嬌小，卻神通廣大。小主人可以使用我來學習、購物、娛樂……對了，我還養了一隻寵物，人類叫牠「鼠標」。有了牠，小主人對我發號施令時，就更加方便了。

小主人學習時，我是小主人的良師益友。我陪伴小主人上了一堂又一堂的課，每當他答對了老師的提問問題，我也會歡呼雀躍。小主人遇到難題時，我會熱情地幫助他，帶他到網絡的海洋中尋找知識的寶藏。閒暇時，我是小主人的親密玩伴。我們一起玩遊戲、看電影、聽音樂……享受愉快的時光。

小主人很珍愛我，我會繼續盡心盡力地為小主人服務，讓他增長更多的知識。

## 《我是一台電腦》

張芷澄 3B

我是一台桌面電腦。有一天，小主人明明生日了，所以他的媽媽在電腦店把我買下來作為他的生日禮物，從此，我們就成為最好的朋友。

我有一張方形的臉，穿着黑色的外衣。我有幾位鄰居，它們是顯示屏、鍵盤、滑鼠和揚聲器，它們各有不同的功用，各有千秋。如果沒有了揚聲器，我就會變成一個小啞巴，小主人再不能聽到我美妙的聲音。顯示屏可以讓小主人看到我正在做甚麼。另外，若小主人想給我工作指示，就需要依靠鍵盤和滑鼠的幫助。

在我的身體裏，住着很多電腦軟件朋友。每當小主人輸入密碼，我就像魔術師一樣，把小主人的朋友帶到他面前。當明明在功課上需要搜集資料時，他就會找「谷歌」協助。明明空閒時，小主人就會到聊天室和朋友聊天或到「優兔網」看影片。另外，他亦喜歡閱讀，常到電子書網站看不同類型的書。

我和小主人是形影不離的好朋友。小主人有問題的時候一定來找我。我怎麼能不認真工作呢？

## 《我是一扇玻璃窗》

甄皓璋 3A

七年前，我的小主人和他的家人搬到了這新家。從此，我和他們便朝夕相對。

小主人他們搬來之前，我總是光着身子，身上滑溜溜的。現在，小主人的媽媽幫我穿了一件白紗外套，讓我變得很帥氣。偶爾，小主人會在我身上畫畫，寫數字，搔得我癢癢的。

我長得又長又大，有點像個大畫框，框着四季不同的景色。早上，我迎進溫暖的陽光為小主人的家帶來生氣。晚上，小主人和他的家人可以透過我看到閃爍的繁星與城市裏閃耀的萬家燈火交相輝映。

別看我薄薄的好像很脆弱，我可強壯呢！雨季的時候，我為小主人一家人遮風擋雨。冬季的時候，我為他們阻擋冷烈的寒風。

我要做一扇最強韌的，盡忠職守的玻璃窗。天天守護着小主人和他的家人，讓他們不怕任何風吹雨打。



## 《我是小圍巾》

王諾忻 3E

我是一條小圍巾，去年聖誕節，我的主人王諾忻的媽媽把我帶到這個家庭，讓我成為小主人冬季時最佳的小伙伴。以後的每一個冬天，我都會為她擋風抗寒，陪伴着她渡過每一個寒冬。

天氣和暖的時候，我會乖乖地躺在衣櫃裏睡覺；天氣轉冷的時候，我會像彎彎的河流，體貼地搭在我小主人的脖子上。我修長的身軀和寬闊的肩膀為她在寒冬中帶來最佳的保護，讓她感到溫暖。我身上全是漂亮的淺藍色羊毛，上面有一顆一顆紫色的繁星，像極迷人的夜景。我蓬鬆柔軟的羊毛既美觀，又實用，我靈活的身軀可以做出任何高難度的動作，如：彎彎、筆直、圍圈……甚麼也難不到我。我就像輕軟的青草地一樣，任她在我身上躺着，或者打滾，也不會有絲毫的損傷。我精緻的質料既不易掉毛，又不易起毛球，讓我成為一條歷久常新的小圍巾，當我的主人長大成人，我也可以挺起胸膛來保護她。

冬季時，我每天被蕭瑟的寒風吹得搖搖擺擺，可是我從不感到害怕。有一次，我的主人感冒了，我緊張得立刻圍着她的脖子，使她感到舒服一點，她的脖子頓時不冷了，臉蛋和耳朵也不會被冷紅。

我要做一條長青不老的小圍巾，盡心盡力地照顧主人的身體，給她帶來無限的溫暖，使她在每一個寒冬也感受到她媽媽對她的關懷備至，天天伴隨着她健康地生活下去。

## 《我是小水瓶》

劉珈齊 3C

「我要這藍色的水瓶，媽媽，你可以買給我嗎？」我聽到一位男孩跟媽媽說。他們提及的，就是我這個個子高大的小水瓶。

我是住在一家家品店的小水瓶。每天都期待有主人帶我回家。前天，終於等到我的主人來了，他是一個叫言言的小男孩。

我的身形高大，全身藍色的，上面還印有紅色小汽車的圖案，帥氣極了！我有一個圓形按鈕，只要小主人把它按一下，我頭頂上的蓋子便會自動打開，小主人便可以喝水了。我的肚子盛滿水後，已足夠小主人言言飲用半天了。

我知道言言很喜歡跑跑跳跳，幸好我有防摔功能，即使把我掉在地上，我也不會容易受傷。你知道嗎？我還有保溫功能呢！在寒冷的天氣下，我能給小主人送上一口暖和的開水，為小主人帶來溫暖。

不論是上學，或是放假去玩耍，我都希望小主人會把我帶在身邊，讓我隨時送上溫水。我會永遠陪伴着他，做他的守護天使。

## 《我是筆記本電腦》

王若安 3A

由於疫情的關係，我在人們的學習、工作中扮演着舉足輕重的角色。為了讓小主人能順利地進行網課和完成作業，小主人的媽媽把我從電器店帶回家，小主人看見我後活蹦亂跳。從此，我們成為了形影不離的好朋友。

我的外型呈長方形，表面光滑，穿着一身亮麗的粉銀衣裳，外殼堅硬，身形纖巧，像一本筆記本，可以摺疊起來，方便隨身攜帶。只要輕輕地敲打我的鍵盤，我就會發出「滴嗒！滴嗒！」的聲音，十分悅耳動聽。你們猜到我是誰了嗎？沒錯！我就是一台筆記本電腦。

別看我肚子扁扁的，其實裏面是個知識寶藏。只要小主人把要查找的資料輸入我的腦袋，我就能迅速地分析並導出所需。我不但博學，而且還功能齊全。小主人除了可以用我上網課，看教學影片，繼續努力學習，還能用我聽音樂，並且和同學聊天。因此，我也是小主人與別人溝通的橋樑。

我要好好發揮我的多功能用途，陪伴小主人在知識的海洋中探索，記錄她成長生活中的點滴，成為她的好幫手。

## 《我是玩具小兔》

黃珊銘 3A

小主人珊珊六歲生日時，從商店裏把我——玩具小兔帶回家。從此，小主人對我愛不釋手，形影不離，去哪裏都要帶上我。一直到現在，珊珊還把我當成最喜歡的玩具小兔。每當週末，小主人珊珊便會帶着我去逛街和爬山，每次回家後，她都要給我洗澡，洗得乾乾淨淨。

我的身形比其他的小兔子要小一點，一雙又可愛又精靈的眼睛閃閃發亮。我有一身柔軟的巧克力顏色毛髮，肚子是白色的，毛茸茸的看起來很可愛。有時候，小主人會和我聊天，說說學校裏發生的趣事。有時候，珊珊會用真的食物和我分享，這時她的姐姐就會笑珊珊把我當成真的兔子了……小主人就會很生氣地抱着我離開。

我來到小主人家已經三年多了，雖然我看起來有些髒乎乎的，肚子的白毛也已經變成灰色，而且我依然不會說話，不會跳，不會吃東西，但小主人對我不離不棄，從來都沒有嫌我髒，有甚麼心裏話都會和我嘮叨，我好感恩和慶幸有一位這麼疼惜我的小主人！

我愛小主人珊珊，而且我要做一個可以永遠陪伴她的小兔子！讓她每天安安心心地睡覺，讓她不要上學遲到。

## 《校慶嘉年華》

劉展睿 3B

今天早上，我和爸爸媽媽一早起牀，到學校參加六十週年校慶嘉年華。今天的學校和平時很不一樣，校園裏非常熱鬧，擠滿了不同年級的同學和他們的家人。

我們進入校園後，看見有很多攤位，有的是遊戲攤位，有的是美食攤位……爸爸媽媽陪我到遊戲攤位玩，我把小型的塑膠圈拋向雪糕筒，幸運地拋了三次，投中兩次，贏得二獎——樂高玩具一份，這真令我歡天喜地啊！

然後，我們被不遠處的畫作吸引，於是便走過去看看。我對媽媽說：「這些畫作的主角都是動物，是上個月視藝週的主題。」

最後，我們去欣賞芭蕾舞表演。舞台上的同學跳得很專業，展現出優美的舞姿。演出完結後，觀眾熱烈地拍掌，掌聲比獅子的吼叫聲還要大呢！

離開學校前，我討了一個大象造型的氣球，真是心滿意足啊！希望學校每天也舉行嘉年華呢！



## 《一件委屈的事》

劉曦彤 4E

今天是暑假前的最後一天，老師特別准許我們帶自己心愛的玩具回校跟同學們一起分享。於是，我便帶了心愛的遊戲機。

起初，我們都玩得十分愉快，突然小東坐在我旁邊，靜靜地看着我的遊戲機。過了一會兒，他便開始在我耳邊咕嚕：「不能用這招！」我感到厭煩極了！於是便走到別的地方玩。

接着，小東走來央求我讓他玩一會兒。我當然拒絕，這是最心愛的玩具，怎能借給別人玩？小東見我不願意借給他玩，居然伸手過來搶。我推開了他，他便揮拳打向我的臉。我頓時感到疼痛，急得淚如泉湧，直至老師走過來了解事情。

老師了解我們爭吵的原因後，便嚴肅地訓示了小東一番。小東也知道自己做錯了，低頭向我說：「對不起，我不應該動手打你。」我瞪着小東，沒有說話。老師輕拍我的肩膀說：「小東已經跟你說了對不起，你也應該跟他道歉。」我生氣地大叫道：「為甚麼我要道歉？明明是他先打我的。我根本沒有做錯。」

我感到十分委屈，快要哭出來時，老師溫柔地說：「小東向你借遊戲機，你不答應他，還推開了他，他才動手打你。小東已為了這件事跟你道歉。」我抹掉眼淚，看見小東臉上也有淚光。老師又加重語氣說：「打人不對的，但你可以原諒他嗎？」

我、小東和老師再三討論後，我決定原諒小東。我向小東解釋：「其實我不是不願意借給你玩，只是我那時正在專心過關，沒有理會你，如果你想借我的遊戲機，你可以問，但不可以搶我的遊戲機。不如我們約定暑假再一起玩吧！我們可不可以繼續做好朋友呢？」

經歷過這件事後，我學懂了一個道理：在每一件事，我們要堅持自己的原則，但也要跟朋友溝通，表達自己的立場，讓他們好好了解事情的經過，以免引起爭執。

## 《一件緊張刺激的事》

鄺尚熹 4A

當我看見桌子上那個金閃閃的獎杯時，我的心情就禁不住的激動不已。足球場上那一幕幕興奮的畫面又一次浮現在我的眼前。

上星期六是一年一度的聯校足球比賽。我幸運地被選中代表學校參加。我感到既驕傲又緊張。

當我和隊員們到達球場時，我看到七彩繽紛的旗幟，聽到同學們熱烈地歡呼：「王錦輝必勝！王錦輝必勝！」我和隊員們摩拳擦掌，準備迎接即將開始的比賽。

「呸——」我和隊員們一聽到哨子聲，便馬上進攻。可是對方先發制人，射進一球。我感到有點緊張，有的隊員們像洩了氣的皮球一樣，沒精打采的。突然，我的耳邊傳來了教練的吶喊聲：「加油啊！不要放棄啊！」教練的聲音像一劑強心針，注射到每個人的身體上。我們打起精神，奮起直追。在比賽結束前的五分鐘，我使出漂亮的一個頂球，直射進對方龍門。

比賽結束了，雖然我們打成平手，但是我和隊員們難掩心中的激動，歡呼着擁抱在一起。

我小心翼翼地拿起獎杯，看到獎杯明亮的光輝。我希望它一直提醒我：即使失敗，也不要放棄，堅持就會成功。

## 《一件難過的事》

蘇柏熹 4C

今天，我看見手機上的相片，就想起我家的小狗柔柔。

在九月十九日的晚上，媽媽、爸爸、妹妹和我如常在家裏溫習和做功課，小可愛柔柔突然高聲地慘叫起來。

頓時，家裏全部人都飛快地跑到牠的身邊，查看牠發生了甚麼事。原來牠身體不適，所以慘叫起來。柔柔精神不好，對平日特別喜歡的玩具也提不起勁；身體微微顫動，彷彿要花非常大力氣才能動一下。我心想：柔柔，你千萬不能出事。

過了幾分鐘後，柔柔奄奄一息地躺在地上，媽媽緊張地不停呼喚牠，我和妹妹傷心得痛哭起來，可是柔柔最後還是離開了我們。

那天晚上，我禁不住回想起我們一家跟柔柔相處的美好時光，因為柔柔一直相伴在旁，我甚至認為這是理所當然的事。不知不覺間，我只顧忙於學習，而忽略了柔柔，直到牠去世，我才猛然發現我們相伴的日子實在太過短暫了。想到這裏，我忍不住哇哇大哭起來，淚流滿面。

這個難過心痛的經歷讓我明白到要珍惜與摯親相處的時間。

## 《一件高興的事》

葉芷陶 4C

在三年級的聖誕節前夕，學校宣佈舉辦一個「聖誕薑餅人屋設計」比賽。我知道後十分興奮，心想：我要參加這個比賽。

最初，我是很雀躍的，接着我考慮到製作那個薑餅人屋是很複雜，要很有技術才能完成。於是，我開始萌生放棄的念頭。就在這時候，我幸運地得到了班主任的鼓勵。她更和我一同構思，以及給我很多寶貴的意見呢！

在班主任的鼓勵下，我找來一些廢紙和塑料袋設計了一個色彩豐富的薑餅人屋。意想不到的事情發生了，我竟能在比賽中勝出，真令我感到驚喜萬分！作品更被放在了學校大門的長樓梯上，給同學和老師們欣賞。

經過這件事，我深深明白到凡事不可輕易放棄，要盡力嘗試，機會是要自己把握的，還有要感謝班主任的鼓勵啊！

## 《如果有一天，疫情消失了》

李卓蔚 4A

如果有一天，  
疫情消失了，  
我們一家將會去海洋樂園再玩一次，  
盡情享受水上遊戲。

如果有一天，  
疫情消失了，  
我們將會到餐廳吃豐盛的晚飯，  
到凌晨仍然可以吃個不停。

如果有一天，  
疫情消失了，  
我們一家將會去電影院看一齣從來沒看過的卡通電影，  
一天看一個半小時，多麼快樂。

如果有一天，  
疫情消失了，  
學校將會有全日課，  
我們就可以在學校裏盡情地學習了。

## 《如果有一天，疫情消失了》

李曦蕾 4B

如果有一天，  
疫情消失了，  
我會和家人到世界的另一端，  
歡天喜地地感受異國風情。

如果有一天，  
病毒被聰明的科學家打敗了，  
人們就不用戴上口罩，  
跑步時再也不會呼吸困難。

如果有一天，  
疫情要跟人類說再見了，  
我會去主題樂園盡情玩樂。  
坐上最好玩最刺激的過山車。

致命的疫情，  
請你快點消失！  
因為你，很多人從這個世界消失。

## 《我是家人——五叔公》

郭諾銘 4D

郭教授是我的五叔公，也是香港一家大學的歷史學教授。

他有一張長長的臉龐，兩隻雙眼皮的眼睛在兩道帥氣的劍眉下閃閃發光，大鼻子下是一張棱角分明的嘴，戴上一副圓圓黑邊的眼鏡，很帥啊！

他不但鼓勵我怎樣學習歷史，還會循循善誘，用創新的方法教我。

他認為很多人對學習歷史不感興趣，是因為他們不知道為甚麼要學習歷史。也正是這個「為甚麼」就是學習歷史的原因，所以他鼓勵我要多看歷史故事書，從中找出這個「為甚麼」，更要多思考為甚麼會引發這些歷史，借古鑑今。

他除了大力推動學習歷史，更會想一些有趣的事情，吸引別人，包括我，去探索歷史知識。我記得在新年時，他就拿了一隻恐龍蛋化石給我拍照，問我它的價值及尋找它的故事。原來在幾千萬年前，地球因被殞石撞擊令所有恐龍滅絕，所以才有恐龍蛋化石的產生。有幾千萬年歷史的恐龍蛋化石當然是無價實呢！

這就是我敬愛的五叔公——一個使我從不識歷史的小朋友，漸漸對歷史產生濃厚興趣的家人。

## 《我是家人——弟弟》

吳凱澄 4B

弟弟是我最喜歡的家人，也是我們家的「開心果」。

他有一張鵝蛋臉，一雙烏黑的大眼睛，棕色短髮，身材高大瘦削。雖然他有時候很頑皮，但他也有負責任的一面。

他喜歡在家裏搗蛋。記得每次媽媽和爸爸外出工作後，弟弟就馬上把玩具扔到我們的睡房內，弄得亂七八糟。他又把一些零食拿到書房裏慢慢品嚐、把書房弄得非常骯髒。當媽媽叫我們好好收拾玩具的時候，他總會用不同的藉口推搪的，每次都只留下我去收拾，實在氣壞我了。

儘管他是這麼隨性，但他也會為自己的事情負上責任。又記得有一次，家裏只有我、弟弟和工人姐姐的時候。弟弟高興地提議說：「不如我們一同玩『大富翁』吧！」我回答：「我要做功課，所以不玩了，不如你和工人姐姐一起玩吧！」於是，他走到廚房邀請工人姐姐陪他玩。到了吃飯的時候，弟弟知道如果他不收拾的話，工人姐姐會很忙碌，所以自動自覺地收拾自己拿出來的玩具。這次，他終於表現出了一點責任感。

他有時會逗得我們笑聲不斷，他古靈精怪的表情，再加上他擁有很多鬼主意，實在為我們帶來很多笑話和歡樂。所以我很高興可以有這個活潑而搗蛋的弟弟啊！

## 《我是家人——弟弟》

張濠麟 4E

我的弟弟叫麟麟，今年九歲。他是一位三年級的學生。他是一個有耐性、有創意和文靜乖巧的小朋友。

他有一張白裏透紅的鵝蛋臉，一頭柔順而烏黑的短髮，兩道清秀的眉毛把一雙圓圓的大眼睛襯托得格外明亮，高挺的小鼻子下是一張棱角分明的小嘴巴。他在笑的時候會露出兩個小酒窩，真的非常可愛！

他是一個有耐性有創意的小朋友，他做任何事情的時候總能不急不躁，非常有耐性地處理。尤其每當他繪畫的時候，他會細心觀察，有時候可能花上半個小時去把物件的形態觀察清楚，然後再慢慢地繪畫出動物的形態。一天畫不完，就畫兩天。兩天畫不完，就畫三天，直到畫得出心目中的影像。所以他的作品既生動又具有創意。

他的性格比較文靜又乖巧，平常他喜歡靜靜地看故事書，畫圖畫和彈鋼琴。從小，他很聽從爸爸、媽媽和哥哥們的話，也非常守規矩。

這就是他——一個有耐性有創意和文靜乖巧的小朋友。

## 《如果有一天，疫情消失了》

關曉瑜 4B

如果有一天，  
疫情離開了，  
我就會常常去朋友家，  
和她們一起玩。

如果有一天，  
疫情被人類趕走了，  
我就能和家人去旅遊，  
到一些我從來沒有去過的地方。

如果有一天，  
疫情不喜歡在地球生活，  
老奶奶呼吸時，  
就不用那麼費力。

如果有一天，  
科學家帶領人類戰勝了疫情，  
人們就可以摘下口罩，  
看到彼此的微笑。

全世界的人類啊，  
讓我們齊心協力，  
共同努力，  
早日打敗這場沒有硝煙的戰爭！

## 《我的家人——外公》

黃梓灝 4D

我的外公，今年六十多歲了。他有一頭短髮，挺着一個大肚子！外公不但見識廣博，而且擅長下廚。

為甚麼我說外公見識廣博呢？因為我常常問外公關於第二次世界大戰的問題和一些經濟或世界的事情。每次我問外公問題，他都能回答我呢！譬如，有一次我問外公：「德國為甚麼要打英國、美國和法國呢？」外公回答：「因為德國在第一次世界大戰被打敗，所以德國掀起第二次世界大戰，想重返德國最佳狀態。」外公的回答十分言簡意賅吧！你說我的外公是不是見識廣博呢？

外公又為甚麼是精明能幹的呢？因為外公煮得一手又豐富又好吃的菜呢！我最喜歡吃的是炸雞翼、薯餅和煙肉，每次都吃得我津津有味呢！

這就是我最愛的外公，一個見多識廣又煮得一手好菜的家人。

## 《日記一則》

周子曦 4C

十月六日 星期一 陰

今天早上，我準時回到學校。在大門口遇到小明同學，我們开开心心地一起上課室，迎接新一天的開始。

「鈴！鈴！鈴！」上課鐘聲響起，就該上我倆最忙碌的班主任課了。我是中文科長，小明是英文科長，我們把同學們的功課整理好，就立刻拿到教員室交給科任老師。

交完中文功課，我準備離開教員室時，忽然看見小明正捧着一疊厚厚的功課本，從樓梯走下來。突然，他一不小心摔倒了，手上的功課本頓時散落一地，他大叫了一聲：「啊——！」我立刻跑過去扶起他，一面叫他不用擔心，一面撿起地上的功課本，再幫忙把功課整理好，和他一起捧到教員室交給王老師。

小明把剛才發生的事情一五一十，仔仔細細地告訴王老師。王老師微笑地看着我，稱讚我是個樂於助人的好學生，值得大家學習。我聽了老師的話，心裏感到樂滋滋的，更加明白「助人為快樂之本」的道理。

## 《這就是我》

劉海晴 4D

我叫小晴，今年七歲。雖然我樂於助人，但是粗心大意。

我有一把烏黑而濃密的長頭髮，一雙炯炯有神雙眼皮的眼睛上戴着一副圓圓的近視眼鏡，一張櫻桃小嘴就在小鼻子的下方。我的身形比較苗條，再加上瘦削的四肢，有點兒像瘦猴子。

我喜歡幫助別人，我經常記着一句諺語：「助人為快樂之本」。我覺得幫助別人時，就是一種最美好的享受。記得有一次，一位婆婆在馬路上推着一架堆滿了紙皮的手推車，看起來十分沉重。當人行過路燈的「綠色人像」閃動時，我連忙跑過去，幫婆婆把手推車安全地推到人行路上。我感到很開心，因為可以發揮自己的能力幫助別人。

可是，我有一個缺點，就是粗心大意。有一天早上，我突然從睡夢中醒過來，才想起今天是星期一。我趕快穿上校服，拿起書包跑回學校去。我一邊跑，一邊看手錶，喃喃自語：「糟糕了！還有五分鐘要遲到了。」到了學校時，我遇到一位保安叔叔，他懷疑地問：「小朋友，你在幹甚麼？今天是學校假期。」我才想起原來今天不用上學。

這就是我。一個熱心助人，但是粗心大意的小朋友。

## 《這就是我》

羅心兒 4E

我叫心心，今年十歲。我不但活潑開朗，也喜愛小動物。

我的個子高挑，身材苗條，頭髮又長又濃密，所以媽媽每天早上總要為我把頭髮綁成一條小辮子才讓我回校。我有一張紅潤的長臉，臉上長了一雙烏黑明亮的大眼睛和一個小鼻子。微笑的時候，露出一副參差不齊的牙齒，可愛極了！

我的性格活潑開朗，而且很喜歡做運動。假期時，我總是嚷着爸爸媽媽去郊外野餐。我常常在家裏跑跑跳跳，嘻嘻哈哈，媽媽常常也說我是一隻小猴子，有用不盡的精力。

除此之外，我也特別喜愛小動物。每個星期，我都會到表姐家裏跟她的小貓玩耍。我真的很喜歡小動物，任何人來到我的房間裏就能馬上觀察這裏放滿了小動物的裝飾。有空的時候，我喜歡看關於小動物的圖書，所以我知道很多關於動物的知識。

這就是我——一個活潑開朗和喜愛小動物的小女孩，希望大家會喜歡我。

## 《這就是我》

譚紀萱 4E

我叫萱萱，今年九歲。我是一個四年級的小學生，也是我班的班長。我不但充滿好奇心，而且還很勇敢。

我的身形纖瘦，個子適中。一張粉白色圓臉，臉的兩旁披着烏黑而柔順的長髮。清秀的眼眉毛下有一雙雙眼皮，笑咪咪的眼睛像彎彎的月亮。小巧的鼻子在臉中央，下面是一張常常展露笑容的小嘴巴，一張開口便閃亮着潔白而整齊的牙齒。

我有一個稱號叫「每事問」，無論看見甚麼事物，也會想盡辦法尋找答案。有一次在山頂公園裏，我發現了一條約十厘米長、粉紅色的正在蠕動的蟲。我像發現了新事物一般的叫了弟弟和我的好朋友靖靖過來：「啊！我找到了很長的昆蟲呢！」他們跑了過來驚訝地說：「會不會是蚯蚓呢？」正當我們感到半信半疑的時候，我跑過去找爸爸來證實一下，牠果然是一條蚯蚓啊！

又有一次，我在郊外露營的時候，我望着天上黑漆漆的天空裏，佈滿着一閃一閃密麻麻的星星，我突然記起我和爸爸在學校上過觀星課，學到了不同的星座。於是，

我好奇地問爸爸：「這麼多星星，有沒有星座呢？」爸爸微笑地說：「你很想知道嗎？我們一起查查看吧！」我和爸爸在網上搜尋着大喊：「啊！原來這是金牛座呢！」

除此之外，我也是一個很勇敢的孩子。四歲的時候，我參加了「森林教室」——一個帶孩子到大自然遊歷的活動。在這個七日六夜的旅程，小小的我每天要背着沉重的背包，離開父母，獨自跟導師和同學們到不同的地方郊遊。第六天，我們還要在學校的操場上露營。那天，我們合力弄了一頓既豐富又健康的素食晚餐，大家都吃得津津有味。吃過晚飯後，導師向我們說：「誰想跟我去探險？」我連忙地回答：「我去！」還有幾個同學跟着說：「我也要！」去過探險後，正當大家準備睡覺的時候，同學們開始惦念父母，有的要致電父母，有的需要導師的安撫，還有的嚷着要回家，而我……卻在呼呼大睡直至天亮。第二天早上，導師們都稱讚我是個勇敢的孩子呢！

我就是這樣一個喜歡尋找答案和勇於嘗試的小女孩呢！



## 《一位我尊敬的人》

康倬倫 5E

在學校裏，許多老師都值得我們尊敬，其中一位是卡卡老師。他是我的班主任，也是我的科學老師。他今年三十多歲，一頭金黃色的短髮，像金絲似光潤。他那白皙的臉上鑲鉗着一雙仿似藍寶石的大眼睛，藍色的眼珠時而發出銳利的目光，時而發出溫暖的光芒，時而發出得意的眼神。

卡卡老師對我們要求嚴謹。每天放學鐘聲一響，他就會啟動電子螢幕的計時器。然後坐在椅子上，嚴肅地看着我們每一位同學，直至我們全都收拾好書包，安靜地坐在座位上，才讓我們放學回家。還有，他要求我們收拾書包的時間比前一天的要快。因為卡卡老師的嚴格要求，所以我們養成自律的習慣，還成為五年級最有團體精神的一班。

不過，卡卡老師也有風趣幽默的一面。每次上科學課時，他除了教導我們課本上的知識，還會用風趣幽默的方法教導我們課外知識。有一次，他笑呵呵地說：「我像迪士尼《森林王子》這部電影裏的巴魯大熊，肚子漲得像大氣球，浮在水面上。因為我喜歡吃蛋黃醬，它含有高脂肪，吃得多就會變得胖乎乎，能輕易地浮在水面上。」聽到他用這種有趣的方式來教導我們，真讓我們哭笑不得！

雖然卡卡老師對我們嚴謹，但是我們不但能從他身上學到處事應有的態度，更能投入在他風趣幽默課堂內。你說，我怎能不尊敬他呢？

## 《一位我尊敬的人》

彭禧年 5A

我非常尊敬媽媽，她有一雙水汪汪而且炯炯有神的眼睛，一閃一閃的照着我。下巴尖尖的，頭髮濃密得快要變成一片樹林了！

媽媽經常溫柔提醒我，叫我寫手冊、做功課、彈鋼琴、打跆拳道等。有時候，我卻會因為這些提醒，而「狗咬呂洞賓，不識好人心」，亂發脾氣，但她並沒有責怪我。

有一次，我上課時要把功課抄到手冊，而其中一份功課就是詞語。當時剛放完假，沒有頭緒是哪一課，問旁邊的同學：「是哪一課？」他回應：「假期前那課。」我以為是《風箏》那一課，便掉以輕心，就想：不是已經做了嗎？太棒了！回家後，我就做了其他功課，碰也沒碰過詞語本。晚上，我就無憂無慮地倒頭睡去了。正做美夢做到精彩點，就被媽媽推醒了。我被推醒，當然火冒三丈，便問：「現在才六時半，怎麼把我推醒了？」她非常擔心的樣子，愁眉

苦臉地回答：「你的詞語不是《風箏》那課，是《姚明》那課！」我大吃一驚，以光速跑出大廳，拿出本子趕快寫。

媽媽很少會責備我，大多跟我說道理。就算她罵人，也是全世界最「溫柔」地責備。

那天，媽媽和我逛街，看見林林總總的商品，讓我看得頭昏腦漲。媽媽看中一個色彩繽紛的花瓶，便買下了。回家後，我一直圍繞着花瓶仔細觀察。就在我想離開的時候，我撞到了一個不知從哪兒冒出來的玻璃瓶。下一秒，我的腳踢中了新買的花瓶，它以一种極其自然的方式往下掉。「啪！」花瓶碎了，而我則懷着十五個吊桶——七上八落，我馬上向媽媽認錯。幸好，她只說：「下次小心一點啊！不要弄傷自己。」

這就是我的媽媽，無論我怎冒失，如何脾氣暴躁，她都包容我，接受我，所以我永遠愛她，尊敬她，孝順她。

## 《一位我尊敬的人》

郭曉晴 5A

我最尊敬的人是爸爸。他是中等身材，不高不矮，戴着一副粗框眼鏡，眼鏡下有一個高挺的大鼻子，看上去就覺得他是一位善良的人。

爸爸是家中的「和事佬」，常常為家人化解紛爭。平常，媽媽會陪我練習鋼琴。有一次，因為我不想練琴而發脾氣，把媽媽氣壞了。媽媽狠狠地把我教訓一頓，我因此哭個不停，場面幾乎失控。爸爸看到了就冷靜地說道：「你們都先停一停，去喝杯水，休息五分鐘，然後才繼續。」爸爸這樣做的目的是想讓我們冷靜一下，分散我們的注意力，結果我和媽媽的情緒確實因為爸爸的建議而平伏下來了。

爸爸做每一件事都很認真，要求嚴謹。有一次，爸爸看到我寫的詞語東歪西斜，便語重深長地對我說：「字如其人，字反映了一個人的內心素質。如果你再馬馬虎虎地寫字，我會要求你重新再寫一遍。」我聽見後，連忙把寫得潦草的字擦掉重寫。因為爸爸的要求和認真，我現在寫的字比以前進步了許多。

我的爸爸善於情緒管理，而且做事一絲不苟。我尊敬我的爸爸，我要好好向他學習。

## 《一位我尊敬的人》

譚善文 5D

我最尊敬的人是一位強壯的西班牙女單羽毛球運動員——卡羅列娜·馬琳。她有一頭烏黑而濃密的頭髮，把一雙深邃的眼睛襯托得特別炯炯有神、一個筆直的鼻子下是一張棱角分明的嘴巴。她那隻強而有力的左手為她奪下了多不勝數的比賽獎牌，更令她獲得了2016年奧運的女單冠軍。

卡羅列娜·馬琳是一位永不放棄的羽毛球運動員。有一次，她在決賽裏遇上了十分強勁的對手。起初，馬琳的對手不停地令馬琳失球，可是馬琳心想：只要我努力面對，我一定可以勝利的。就這樣，她憑着自己的技術和堅毅的態度，打敗了對手，成為了冠軍。

此外，卡羅列娜·馬琳是位勤奮認真的人。每次比賽前一個星期，她都會到達比賽場地練習，熟習場地的光線。有一次，她在前一次比賽中受傷還沒有完全康復，但她依然堅持要提前到場地練習。

卡羅列娜·馬琳不但不屈不撓，而且勤奮認真。她是我尊敬的人，我要向她學習。

## 《今天，我得了獎勵》

何在柔 5A

當我看着這條手鏈的時候，就想起今天發生的事情。

今天，爸爸和媽媽突然說要到公司加班。他們出門前提醒我們一定要乖，過後便出門了。

我和妹妹留在家裏。妹妹一會兒看電視，一會兒玩玩具，一會兒畫畫，弄得家裏凌亂不堪。我看到這個情景，便心想：爸爸媽媽回來後一定會十分憤怒，於是我主動把妹妹隨處亂放的玩具放到玩具箱裏，把電視遙控器放回原位，把畫筆放到妹妹的筆袋裏。這個時候，電話響起了，原來是媽媽打來的。她提醒我們要開始做家課。把電話掛掉後，我火急火燎地完成了家課。正當我準備吃茶點時，妹妹卻拉着我的衣角說她不懂怎樣做數學功課。面對她的苦苦哀求，我只好放下茶點，耐心地指導她。

時間過得真快，轉眼間已是黃昏了。爸媽回來後，發現家裏十分整齊，還發現妹妹的數學功課全對。妹妹說是我收拾房子，教她做家課的。媽媽聽後，不但稱讚我，還把她最深愛的手鏈送給我。這條手鏈是由一些珍珠串在一起而成的，閃閃發光。

今天，我感到十分滿足，因為我不但幫助家人，還獲得獎勵。我也學會了一個道理：在共用的空間裏，只要是看見應該要做的事就應該去做，不用探究是誰弄的，用過的東西就應放回原位。第二，當別人有困難時，應伸出援手，不能袖手旁觀。



## 《今天，我得了獎勵》

楊頌希 5B

今天，我在做功課的時候，看見桌子上的這枝鉛筆，回想起上星期，陸老師送對我的讚賞。

上星期上電腦課的時候，陸老師教我們製作一個立體虛擬城市，有些同學覺得很有趣，有些同學覺得很困難，有些同學覺得很有挑戰性，而我就覺得很有趣，很想快些完成，看看自己創造的立體城市會是甚麼樣子的。

陸老師要求我們用聖誕背景製作這個城市。首先，我將這個城市設定為晚上，因為晚上的聖誕燈飾閃閃發光，很像夜空上的閃閃繁星，美輪美奐。然後，聖誕老人和雪人當然必不可少！此外，我還加入了卡通人物比卡超和變形金剛，還給他們帶上聖誕帽和唱聖誕歌呢！看見自己設定的卡通人物在如此夢幻的場景內唱着聖誕歌，感覺十分有趣。

陸老師看過我的作品後，稱讚我很有創意，不但設計新穎，卡通人物還很特別，因此送了一枝鉛筆給我作為獎勵。

其實我只是將自己喜愛的人和事加到這個虛擬城市裏，這是我心目中理想的聖誕夜，沒想到竟會得到稱讚和獎勵。原來凡事只要全心全意地做，就會得到好的成績，我感到很滿足呢！

## 《今天，我得了獎勵》

黃樂妍 5B

夜深了，我睡在溫暖的被窩裏，回想着今天在學校發生的一件事……

今天，老師把上學期的一份默書派發給我們，讓我們重新核對答案，並且宣佈：「這次默書，只有一位同學拿了滿分，而這位同學就是——樂樂同學！」聽到這個消息後，我非常高興，接過默書本後便蹦蹦跳跳地回到座位上。

我一打開默書本，便發現了原來我有一個字寫錯了。怎麼辦呢？如果我告訴老師，可能就不是第一名人了，但如果不告訴老師，我就過不了我良心那一關……我的腦子裏有很多不同的念頭在打架，有一邊說：「哎呀，你現在連忙改了它，那不就神不知鬼不覺了嗎？」另一邊連忙說：「不行不行，做人要誠實，你怎麼可能為了一次滿分而丟失了誠信呢？」他們就像天使和惡魔，為了這件事吵得面紅耳赤。

最後，我決定把這件事告訴老師。老師聽完後，說：「樂樂啊，雖然老師很欣賞你的誠實，但是為了公平公正，這一題還是要扣分的。不過，因為你的誠實，我決定獎勵你。這樣吧！等一下你來我的課室拿一份禮物。」我聽到後非常開心，更加確定自己當初的決定沒有錯。

「沒有誠實，何來尊嚴？」做人其中一個最重要的是要誠實，因為謊言遲早會被揭穿的。

## 《到長洲一遊》

陳子祈 5E

每當我看見這條在長洲買的手鏈時，便會想起上個月我和家人去長洲玩的情景。

上個月的一個假期，我和家人到了長洲的市集逛街，那兒有各種攤檔擺賣各式各樣的東西，市集裏人山人海，鬧市中夾雜着不少嘈雜的叫賣聲和討價還價的聲音呢！這裏有各式各樣的小店，有的賣特色小食，有的賣自製手飾，有的賣懷舊玩具，我覺得很興奮，很有新鮮感。我還在一間手飾店買了一條夜光珠手鏈，十分精美呢！

然後，我們就走到海鮮街吃午餐。店員在門口拿着餐牌，招呼顧客進店吃東西。我們進去後，便找個位置坐下。一坐下，我便聞到香噴噴的海鮮味，令我食指大動。當店員送來大蝦時，我飛快地把蝦殼剝下來，再把蝦仁放進嘴裏，那隻蝦的鮮甜味兒彷彿在我的嘴裏游來游去。我覺得很滿足，很幸福。

沿着林林總總的商店，我們到達了東灣海灘，那裏海天一色，水清沙幼，風景宜人。然後，我買了很多特色小食，例如：冰涼的西瓜冰、彈牙的大魚蛋和皮薄餡多的糯米糍。當中有我最喜歡吃的大魚蛋，它大得像乒乓球一樣有彈性。我覺得那些小吃非常美味，令人垂涎三尺。

這次的遊玩，除了有美味的海鮮餐，還有特色的小食。最後，爸爸媽媽給我和妹妹買了我們喜歡的小飾物和懷舊玩具，我和妹妹都滿載而歸，樂不可支。

## 《媽媽，我想對您說》

梁昕悅 5B

媽媽，我十分害羞，一直不敢向您說謝謝。我想趁這次機會感謝您！

媽媽，感謝您常常替我檢查功課。對您來說，這也許不是一件大事，但我卻感激不盡啊！您知道我粗心大意，所以每天細心地幫我檢查功課，看到我做錯的地方會慢慢解釋給我聽。沒有您，我會因粗心而欠交功課！沒有您，我不會知道自己的錯處！

我準備「小天才」這份功課時，您總會和我一起了解題目，想想話題。我遇到困難時，您會給我意見。我可能會因為不同意您的想法而大發脾氣，不理睬您，但您總會包容我、原諒我。媽媽！我該怎樣向您表達謝意呢？

媽媽，您一直關心家人，家裏放滿零食，就是為了讓我們不會餓肚子。晚飯時，你會一直問我飽不飽，怕我吃不夠。有時，我會覺得您很囉嗦！但現在，我明白了，言語之間都是您對我的愛。

媽媽！我覺得您是世界上最好的媽媽！我考試不及格，你不責怪我，反而鼓勵我；我不開心，您會安慰我；我忙着做功課，您會幫助我。媽媽！您真好！

媽媽，您的關懷、體貼、體諒，讓我覺得您是世界上最美好的媽媽，我是世界上最幸福的女兒，謝謝您！

## 《媽媽，我想對您說》

黎曉情 5D

媽媽，我想對您說……

媽媽，我很感謝您！這麼多年您都在我身邊支持和鼓勵我。在我功課遇到難題時，您會教導我，讓我取得好成績；在我面對困難時，您會鼓勵我，讓我盡快越過難關；在我生病時，您會細心照顧我，讓我早日恢復健康。最難忘的是，您還經常對我進行生命教育，教我一些問題的核心價值，教導我要怎樣處理問題……

今天，我想對您說聲「對不起！」記得小時候的一天，我在廚房看到一個西瓜，心想：這個西瓜重不重呢？我一邊想，一邊把西瓜捧在手上稱重，一不小心，西瓜掉在了地上，跌爛了。當時的我非常非常害怕，立即把西瓜扔到垃圾桶裏。

過了一會兒，您想吃水果的時候，找不到西瓜就吃起了香蕉。在您扔香蕉皮時，打開垃圾桶發現了西瓜，就問：「咦？為甚麼西瓜會在垃圾桶裏呢？」我馬上說：「是弟弟扔的。」

弟弟真是倒霉，因為您相信我的話，結果弟弟被您教訓了一頓。現在想起，我仍覺得十分內疚和後悔，對不起弟弟，對不起媽媽您的信任！雖然已是很久以前的事情，但是一想到這件事，我就不開心……因為自己不敢承認錯誤，所以說謊，把責任推到別人身上，這是膽小和欺騙的行為！今天，我要鼓起勇氣，勇敢面對！我要大聲說：「媽媽，我錯了，請您原諒我！」

媽媽，我很愛您，您每天細心照顧我和弟弟，謝謝您！我一定會努力讀書，做個誠實善良的人，將來升讀大學，找到好的工作，照顧您到老……

## 《我最喜愛的蔬果》

羅天恩 5D

你猜猜我最喜愛的蔬果是甚麼呢？我最喜愛吃的蔬果是甜甜的雪梨。雪梨，是其中一種最常見的蔬果，卻是我的至愛。

「雪梨」香甜可口，而且營養價值高，更可以用來做多種菜餚，例如「燉雪梨」可以化痰潤喉，清心潤肺，滋腎補陰，化痰解酒等，所以吃雪梨是很健康的。

「燉雪梨」的做法簡單，而且外形美觀。你只需要一個新鮮的雪梨和一些紅草。先把鮮美多汁的雪梨切成兩半，再把雪梨中間的核切出來，然後把紅草放在梨的中間，接着放在熱水裏煮一會兒。完成！做好的「燉雪梨」又清甜又軟糯，真令人垂涎三尺啊！這樣看出來的「燉雪梨」給人視覺上和味覺上的美。

「雪梨」還可以做湯的！你只需要雪梨和熱水，做法跟「燉雪梨」很相似。先洗一洗黃綠的雪梨，接着把熱水放在鍋裏把水座熱，然後慢慢把梨子放在一起。完成！喝下去，你就會覺得很清爽可口。雪梨湯的營養也很高的！它可以降低血壓，又有養陰清熱的效果，所以高血壓、肝炎、肝硬化病患者常喝雪梨湯有很多好處的。

「雪梨」做法多，搭配多樣，而且營養豐富。你說，我怎能不愛吃呢？

## 《我最尊敬的人》

蕭卓盈 5C

我最尊敬的人是外公。他今年七十四歲，頭髮依然烏黑。他有一雙炯炯有神的小眼睛。一排假牙，笑起來精神奕奕。

外公退休前是一位貨車司機。他是一個勤勞的人。為了養活家庭，他一年三百六十五日都在工作，非常勤勞。因為他常常都要搬運貨物，所以他每天都汗流浹背。由此可見，外公是一個勤勞又愛家庭的人。

你們或許會很驚訝，外公並沒有染頭髮，但他的頭髮至今仍然烏黑發亮的。那是因為他退休後過着輕鬆的生活，不用擔心工作，也沒有煩惱。外公很喜歡四處遊玩，因為他經常說：「我是長者，每程車費只是兩元就可以到不同的地方參觀，何樂而不為呢？」

記得有一次……外公半夜忽然心臟病發，進了醫院做一個大型手術。他醒來後的最初幾天，心情低落。但他很快又提起精神，在醫院走來走去，跟其他病人聊天，更跟護士有說有笑，外公真是一個開朗樂觀的人。

外公退休前辛勤地工作，退休後就盡情玩耍。他的人生觀很值得我學習。我尊敬的人是我的外公，我愛他。

## 《日記》

鄧沛匡 5C

六月一日 星期一 晴

今天早上媽媽看見風和日麗，就提議到沙灘去遊玩。我聽了喜出望外，舉手同意，並提出可以約朋友一起去。

我們乘巴士去海灘。到達後，我們坐在海邊聽沙沙的海浪聲。忽然傳來陣陣的燒烤香味，原來有人在燒烤呀！我們遠遠看見燒烤爐上美味的食物，真令我垂涎三尺。

另一邊，我們聽到了喧鬧的聲音，回頭一看，發現原來正在舉行沙灘排球比賽。我們走到比賽的場地，一起坐下觀看了一場刺激的排球比賽。球賽結束後，我們便坐在沙灘上，一邊談天說笑，一邊吃薯片，就這樣吹着悠悠的海風，感覺很是寫意。然後我們拿着滑浪板衝向海邊，乘風破浪，玩了一整天。

當我們玩到筋疲力盡，躺在沙灘上，抬頭看見美麗的夕陽，它悄悄地告訴我們是時候回家去了。在回程的路上，我們回想起今天快樂的時光，心裏感到甜絲絲的。

## 《爸爸，我想對你說》

張力陽 5C

爸爸，雖然我平時對您的想法會有點厭煩，我也是一時生氣才頂嘴。可是我很感激您對我們一家人的付出。

您很努力造就溫馨舒適的家，謝謝您對我的關懷和照顧。記得有一次，我突然嚴重過敏，您十萬火急地帶我去醫院看病，您專心地聆聽醫生診斷的表情，我至今仍然歷歷在目。看着您那關懷的眼神，我十分感動！

當我為了功課而煩惱時，是您走過來，主動指導我。我能看出，您為我操勞許多。您是大樹，為我帶來陰涼，讓我休息，走向更美好的未來。

有一次，我考試沒考到好成績，您體諒地說：「沒事！下次努力考好！加油！只要有進步，總是好的。」謝謝您！您的體貼和尊重，是我努力的動力，使我充滿了力量，繼續向前。

爸爸，感謝您！因為有您，才有這個互敬互愛的家；因為有您，我才能得到舒適的生活；因為有您，我才有了學習的動力。雖然日常生活中會出現一些爭論、猜疑，但都不重要。您是我生活中重要的支柱，謝謝您！

希望在未來，我的學業不斷進步，祝福您身體健康。我們的關係越來越好！

## 《爸爸，我想對您說》

熊菲菲 5D

爸爸！我愛你！感謝你為我付出了許多。

記得有一次，我的功課沒完成，你一直陪着我。由於第二天要上學，我急得快哭了，你倒不着急。還教我做艱深的題目。那一刻，我真正體會到你對我的耐心、無私的奉獻。

有一次，你教我數學。有一道題目特別艱深，我怎麼都聽不明白，「公主病」又發作了！我哭着對你說：「爸爸，人家不會嘛！又不是功課，別為難人家！」你溫柔而堅定的說：「小菲，雖然這些不是學校功課，但你要每天完成！加油！」自從那次，我每天都堅持完成你為我安排的作業。

有一次，我和妹妹吵架了，你對我說：「女兒，你是姐姐，要讓妹妹啲！」我號啕大哭，叫道：「不！爸爸偏心！我不要妹妹！不要……」你卻不生氣，還教我怎樣思考呢。我再也忍不住了！抱住妹妹，嘴裏說着：「對不起……」原來你沒有偏心！

最後，我想對爸爸說：您，是多麼愛我和妹妹啊！因為您和媽媽，給這個家增加了不少溫暖！我和妹妹一定不會辜負你們的期望！

「誰言寸草心，報得三春輝。」爸爸！你的付出，教導我們，陪伴我們，希望我們一家都平平安安。長大後，我會報答你和媽媽的！



## 《一次助人的經過和體會》

蘇厚榕 6A

在火車站旁邊，有位老奶奶經常出現。她看上去大約七十多歲，常常穿着一件泛黃的襯衣，衣角還留着一片殘漬，她躬着腰，雙手忙碌地收拾她的紙皮。

當她從我身邊走過時，我覺得她的衣服空蕩蕩的，不知道是衣服不合身，還是她的身材太瘦小了。我走過去向她說：「奶奶，你好！」「小朋友，你好！」她說。我好奇地問道：「奶奶你每天收拾的紙皮能賣多少錢呢？」奶奶說：「我每天大約可以賣五十元。」「啊！才這麼少，今天天氣這麼熱，我把我買冰淇淋的二十元給你，你就早點回家休息吧！」我說。

聽了我的話，奶奶那飽經風霜的臉笑出滿臉皺紋，她堅定地說：「好孩子，謝謝你！但我不能接受，雖然收拾紙皮很辛苦，但是既環保，又能賺錢養活自己，一舉兩得。我為自己可以自力更生感到快樂。」後來，我把家裏不要的紙皮、舊報紙打包，拿去給老奶奶。老奶奶很高興，欣然接受，不停對我說謝謝。

我看到老奶奶真誠的笑容和忙碌的身影，覺得她十分值得尊敬，因為她憑着自己的雙手生活，不只依靠別人的援助。能夠幫助她，我心裏感到非常溫暖。

## 《一次捐贈衣物的經歷》

王健一 6D

每次回到學校，我都會想起三年級時候的一次經歷……

在一個風和日麗的早上，我帶着愉快的心情回到學校，大踏步走進課室。「鈴！鈴！鈴！」上課的鐘聲響起，老師說：「昨天跟大家講了捐贈衣物給非洲小朋友的活動，大家有沒有帶衣物回來呢？」我大聲說：「有！」當我把衣物拿出來時，我赫然發現原來這衣服是我最喜歡的運動服，我心想：不會是我拿錯了吧！

突然，我腦海裏出現了兩把聲音。魔鬼用它那把沙啞而低沉的聲音說：「如果那是你心愛的運動服，就不要捐了，少捐一件沒問題的！」天使說：「少捐一件衣服，就會少一個小朋友得到幫助，他們當中有的人可能因此沒有衣服穿，甚至因為寒冷而死去。」天啊！魔鬼和天使在我的腦袋裏吵得不可開交，我該聽誰的話呢？這個時候，我的好朋友問我：「你為甚麼還不把衣物放進捐贈箱裏？」我心裏七上八下，一直在「捐」和「不捐」之間掙扎。

最後，我還是選擇了捐贈，因為我想明白一個道理：運動服可以再買，但是捐贈的機會可能只有一次。

一個月後，老師給我們播放非洲小朋友收到衣服後的相片，裏面有位小朋友正穿着我的運動服，我開心極了！

經過這件事，我明白到能夠幫助別人，自己會比受益者更開心，因為有幫助別人的能力也是一種幸福。

## 《一次捐贈衣物的經歷》

翁雅妮 6E

每當我看到捐贈箱，就會想起一件往事——捐贈衣物。

記得有一次，回家的路上，我在小區門口前見到了一個巨大的衣物捐贈箱，上面寫着五個大大的紅字「請幫助難民」，還貼了一些瘦弱的難民用布裹着自己身體的照片。

那時，我的心突然一軟，便衝回家問媽媽：「媽媽，我們家有沒有一些我們不需要的衣物？如果有，可以給我嗎？」媽媽連忙問道：「寶貝，你為甚麼需要衣物呀？」我說我想捐贈出去。熱心的媽媽很贊同我的想法，便急忙給我找了幾件長袖衣服。

正當我快走到小區門口時，腦海裏突然冒出了一個聲音，那把聲音說道：「千萬別捐，如果是詐騙公司，那不是浪費了媽媽的用心良苦？」我想了想，它好像說得對。但是又有一個天使的聲音在呼喚我：「不要相信它！它在騙你！難道你忍心看到那些貧困的難民在無情的冬天忍受寒冷嗎？」魔鬼氣憤地大叫道：「就算你不捐，也有很多人會幫助他們，再說了，你可以把這些衣服賣出去，說不定可以賺一點小錢呢！」天使立刻反駁道：「你捐的衣服會送到一些災民手裏，讓他們在寒冷的冬天過得舒適些，有一絲溫暖的感覺。」

不知不覺間，我走到了小區門口。當我再次看到災民的照片，我的心就像脆弱的玻璃被狠狠地擊了一下，碎成了成千上萬塊碎片，我責備自己怎麼可以那麼自私自利，去懷疑別人的真心實意呢？於是，我毫不猶疑地把衣物投進了捐贈箱，並下定決心以後要幫助更多人。

## 《一次捐贈衣物的經歷》

趙晞晴 6B

我曾經對這件事有過掙扎，但是我沒有後悔自己的抉擇，假如時光倒流，我還是會支持當初的選擇。

一個風和日麗的早上，班主任老師對大家說道：「我們學校將舉行一個捐贈衣物的活動，你們可以把不合適的衣服帶回來捐贈給這些有需要的兒童，希望大家踴躍參加這個活動。」老師宣佈完這個活動後，我們都在熱烈地討論着。回到家後，我便在衣櫃最下層抽屜找到一些兩三年前買的衣服，現在已經穿不下了。我把衣服放進袋子裏，再放進書包，準備第二天拿去捐贈。

第二天，我懷着興奮的心情回到學校，當我要把舊衣服交給老師的時候，突然心中出現了一隻惡魔，他說：「這些衣服都是限量的，你忘了你當初是怎樣才買到的嗎？還有，這幾件衣服對你來說是充滿回憶的，之前媽媽更提到這些衣服可以用來做一張棉被給你蓋呀！」天使插嘴：「但你也不能只顧着自己啊，你已經有很多衣服啦，山區的孩童們連衣服都沒有，冬天快來了，如果沒有人捐助衣服，他們怎麼辦呀？」天使跟魔鬼在我心裏不停地爭吵着。天啊！我該怎麼選擇？心中波浪翻騰，萬千思緒像條條小蛇纏繞着我的心。

我坐在椅子上反復地想着，當我聽到幾個同學在討論山區的孩童有多麼可憐的時候，我覺得自己不能這麼自私，要遵從一開始的想法，幫助他們。最後，我把衣物交給了老師。雖然我失去了這些衣服，但是希望這些衣服能給孩童們帶去溫暖，當我想到孩童們滿足的樣子，我也感到很快樂。

## 《一次捐贈食物的經歷》

高詠翹 6A

今天，我去超市幫忙買菜，看到了一款餅乾，令我回想起三年級時捐贈食物的經歷。那段經歷至今仍歷歷在目。

三年級時，老師告訴同學們非洲出現蝗災，農田被大量蝗蟲吞食，場面令人震驚。許多非洲難民沒有食物，非常饑餓，不少人都因此而餓死了。有些慈善機構發起捐贈食物給非洲難民們的公益活動，發揮雪中送炭的精神，我們學校也參加了呢！

媽媽聽說後，便帶我到超市買食物，說要幫助非洲的難民們。隨後，媽媽選了一盒包裝精緻的餅乾，叮囑我一定要把餅乾帶回學校捐贈。我滿臉喜悅地對媽媽說：「媽，能給我多買一盒嗎？」媽媽卻拒絕了我，說：「家裏這麼多零食還沒吃完呢，下次再買吧！」這時，我的腦袋裏浮出了一些想法……

非洲的難民們十分可憐，沒有食物會餓死，如果我能出一分力去幫助他們，我也會開心。正所謂「送人玫瑰，手留餘香。」

但是，我吃過那款餅乾，實在非常誘人，我又有點捨不得捐。我要不要把餅乾吃了呢？還是捐出去呢？反正媽媽也不知道。這個問題纏繞着我，我最終還是選擇了……

捐！我不忍心非洲難民們餓死，我也想為他們出一分力，我們生活在這麼好的環境，為何不去幫助別人呢？我曾學過一句話「不要因善小而為」，就算我捐贈的食物微不足道，但如果每個人都捐贈一點，那將會是一個龐大的數目，會幫助到非常多的人，更何況能幫助別人也是件快樂的事呢！

## 《週記》

鄧舒丹 6D

十二月十七日至十二月二十四日

聖誕假期期間，我和媽媽在一家酒店和家裡進行隔離。

星期二，我和媽媽吃完午飯就背着背包、拖着兩個行李箱回深圳了。其中一個行李箱全裝滿了我沉甸甸的課本和功課，我覺得箱子快被我的課本壓垮了！由於回深圳的人太多了，海關人頭湧湧，大排長龍。晚上八點，我們才到達隔離酒店，那時我已經筋疲力盡了。今天又是我的生日，可是時間太晚了，爸爸訂不到蛋糕了，

於是打包香飄十里的烤羊肉串，祝福我十二歲生日快樂。這真是一個難忘的生日。

星期三至星期四，因為不能出門，所以我一口氣把全部聖誕假期功課都寫完了。快到聖誕節了，我想到為忙碌的醫護人員送上聖誕祝福。雖然我只能留在家中，但今天剛好有我喜歡的彩鉛畫藝術課，內容是畫蘋果和小鈴鐺，於是我決定學習這兩幅畫並將這些畫作為祝福。我在下午和晚上各用了一個多小時，完成這兩幅畫作。媽媽誇獎我畫的蘋果栩栩如生，

我心裡美滋滋的。但我覺得我的小鈴鐺還要稍微修飾一下，畫得更加有立體感。我想將這個蘋果送給奮鬥在一線的醫護人員，希望他們保護好自己。他們真的好棒，也非常辛苦，祝福他們健康平安。另外，我想把這個小鈴鐺送給遠在美國、不能回來和我們團聚，已經兩年沒見面的哥哥。祝願他在疫情肆虐的美國，度過一個快樂而平安的聖誕節。

這個星期，雖然我不得不一直呆在家裡，但是我還是過得很充實。

## 《我最喜歡的中國朝代》

盛樂軒 6C

中國五千年歷史，經歷了幾十個朝代的變遷，國運起起落落，浮浮沉沉。而我最喜歡的一個朝代便是唐朝。

唐朝從開朝到滅亡接近三百年時間，經歷二十三位皇帝的洗禮。全盛時期的唐朝風頭一時無兩，無論在經濟上，還是文化上，都是當時的「領頭羊」。當年日本很多學者都特地前往首都長安求學。以至於現今的日本有很多文化依然受着當時的唐朝所影響。

我最喜歡唐朝的原因是我喜歡當時的詩人！酷愛中文的我總能從當時詩人們的詩句中感受到當時的鼎盛情境，令我自豪不已！

唐朝初期的王勃從小就是個天才，筆下的「海內存知己，天涯若比鄰」至今仍被世人掛在嘴邊；出身名門望族的王之渙一輩子僅為世人留下六首詩，卻首首佳作，包括我第一首學會的古詩《登鸛雀樓》！唐朝最鼎盛時期，最受歡迎的詩人就是李白和杜甫，人稱「詩仙」和「詩聖」！他們留給我們的作品太多太多了。詩歌中描述了當時皇宮奢華的生活。而唐末的李商隱見證了唐朝沒落的歷史，也寫下了「夕陽無限好，只是近黃昏」的好詩句。

中國上下五千年歷史，每個朝代都有興衰的過程，我們更應該的是了解自己的歷史，然後更努力地創造自己的明天。

## 《我最喜歡的中國朝代》

田浩苒 6C

我最喜歡的朝代是唐朝，因為這個朝代裏有我欣賞的詩人和詩詞。

唐詩的數量是歷代中最多的，《唐詩三百首》廣為大家傳誦。《全唐詩》和《全唐詩補編》加起來超過五萬多首，再加上遺失的詩篇，數目多得不可想像。唐朝的詩人也是歷史上最多的：初唐的王勃，盛唐的李白、杜甫，中唐的白居易，晚唐的杜牧……他們留下了不少傳世之作，比如：《長恨歌》、《兵車行》、《春望》等。

唐朝詩人風格各異。詩仙李白誇張地寫下「飛流直下三千尺」；詩聖杜甫憂鬱地留下了「感時花濺淚，恨別鳥驚心」；多情的溫庭筠感嘆「溪水無情似真情」……唐朝詩人還多才多藝。王維精通琴棋書畫，是文壇全能，溫庭筠善於吹簫；張志和給自己的詞《漁歌子》作畫相配……

每當讀到《江村即事》，我就會想到詩人悠閑的田園生活；每當讀到《馬詩》，我腦海裏就浮現出大唐邊塞的夜晚；每當讀到《望嶽》，我眼前就出現了壯麗的泰山……唐詩讓我對唐朝的歷史和文化有了更深刻的瞭解。我喜歡唐朝！



## 《週記》

區弘睿 6E

七月十日至七月十六日

這個星期因為媽媽要到外地公幹一周，所以只有我和爸爸兩個人在家。

星期一至星期二，我在心裏默默地開心着。因為爸爸告訴我媽媽要到外地公幹一周後，我感到十分自由，猶如一隻動物園的動物被放生了一樣，無拘無束，可以吃我自己最喜歡的飯菜。

星期三至星期五剛好是學校的假日。平常，媽媽在的時候，她會請假帶我去不同的地方遊玩。但是現在媽媽不在家，爸爸又要上班，所以我只能獨自留在家中。當我做飯的時候，我把調味料分辨錯了，所以食物十分難吃。吃完那味道不佳的食物後，我還要自己清洗鍋子和抹餐桌，看着那油膩膩的鍋子，我開始想念媽媽……

星期六至星期日，我看見地上非常骯髒，就開始清潔。我懷着興奮的心情，等待媽媽回家。媽媽回家後對我說：「你真乖！媽媽不在，你也幫媽媽清潔家居。」

經過這個星期，我發現自己也有能力幫助媽媽做家務，不再是不懂照顧自己的小公主。當我要做飯、洗碗、還要打掃的時候，我深刻明白到媽媽平常是多麼的辛勞。我一定要好好孝順她，也要好好珍惜日常跟媽媽的歡樂時光。

## 《週記》

楊子園 6B

十一月一日至十一月七日

這是非常特別的一週，因為我的媽媽臨時要到外國公幹，這七天她都不會在家。

星期一早上六時半，鬧鐘響起，我睡眼惺忪地起牀了，如常走到餐桌前吃早餐——啊？怎麼沒有早餐？我走到廚房瞄一瞄，原來爸爸完全不知道即食熱香餅的烹調方法！結果，我們用盡九牛二虎之力，花了兩小時才看懂盒上的指示。自然上學也遲到了，我極不好意思地走進教室。

星期三，我放學回家走進客廳時，心裏出現了一個想法：平時都是媽媽管束我玩遊戲機的時間，現在媽媽不在，我不就可以痛快地玩個夠？最後，我竟然連續玩了三個小時，眼睛疲憊得充滿血絲，紅通通的，甚至看不清四周的物件。原來，媽媽平常的嚴厲全是為我着想！

星期五，我的期末考成績「新鮮出爐」了，但是同時也令我大驚失色——中文週記評估竟然拿了個「丙」！放學後，我立即跑回家，一直想着要聽媽媽的安慰，可是我忘了媽媽這週不在家！我只能飛快地跑回我的房間，躲在我的烏龜殼裏不斷地低聲哭泣……

星期天，媽媽終於回家了！我趕緊抱住她。原來，這麼多年媽媽一直默不作聲地「哺育」我，默默地照顧我，而我卻壓根兒沒有放在心上！「媽媽，您對我太重要了！」我大聲地對媽媽說。

## 《週記》

陳沛桐 6D

十一月二十三日至十一月二十九日

這個星期，媽媽因事到外地公幹一周。星期一至三，我和妹妹都在家中度過。這三天，我們過得十分平凡。不是瀏覽網頁，就是一起玩遊戲，但也不算很沉悶，因為我們各自都能做喜歡的事情，只是如果我們可以好好安排的話，就能過得更加充實。

星期四，妹妹弄壞了我心愛的玩具熊！那隻玩具熊是爸媽送給我的三歲生日禮物。那個時候，我的「怒氣值」從零直攀升到百分之一百。正當我準備罵人時，我聽到心中的小天使說：「妹妹只是一時貪玩而不小心弄壞我的玩具，不是故意的。身為一個大方體貼的姐姐，我不應該責怪她，而是要教導她，這樣她才能改正和進步！」隨後，我的情緒才得以平靜下來。接着，我就告訴妹妹小熊的故事，並教她要好好愛護玩具。她點點頭，誠懇地向我道歉。

星期六，爸爸不用上班，所以他帶我們去了附近的商場逛街。我們帶着很多「戰利品」高高興興地回家去。這時候，我開始想念媽媽了，我想：如果媽媽在的話，她會陪我們一起吃飯，一起挑選東西，一起開玩笑，這兩天應該會過得更開心吧！

在過去的一周，雖然我過得既順利又高興，但是如果媽媽在家，也許所有事情都會變得更美好，因為她是帶給我們幸福的媽媽。

## 《運動的好處》

張卓藍 6B

名人達·芬奇曾說過：「運動是一切生命的源泉。」當然，很多人也知道運動對身體有益，但究竟運動對我們有甚麼益處呢？

首先，運動能提升學習和工作表現。做運動能提升血的含氧量，而且人體百分之二十的氧氣是被腦袋消耗的。這時，腦袋的工作能力會變得更強，令理解能力、專注力及記憶力等能力提升、學生們的成績和效率都可以進步神速，他們就能有更多自信，而工作的效率和能力也會變得更好。由此可見，運動對工作和學習有很大的益處。

另外，運動可以改善心理健康。在運動期間，人體會製造血清素和安多酚，令人感到愉悅，並可以幫助改善心情。它們更可抑制抑鬱及焦慮症，並且提升睡眠質素，減少不同個人煩惱。運動量大的人，傾向非常樂觀，但運動量少的人，一般都是身體虛弱，容易患病，所以經常受健康問題困擾。有研究顯示，保持鍛鍊運動六個月有助建立自信心，幫助自己變得成功。所以，在壓力大的時候，應該多做運動幫助減壓，那感覺就像在炎熱的夏天喝冰冰涼涼的飲料一樣舒暢無比。

最後，運動能促進身體健康。運動不單可以強身健體，還可預防多種心血管疾病，減少跌倒的機會，調整和升級免疫功能。有研究指出：普通人在跑步機連續十天訓練，每天跑步三十分鐘，可大幅減少憂鬱；六十至八十八歲的長者連續十二週在跑步機訓練，每天跑步三十分鐘，可以強化記憶力。除此以外，運動也可以維持適當體重，增強心肺功能。

總括來說，運動對身體有很大的益處，所以大家可以嘗試多走樓梯，或提前一個站下車，然後走回家。希望大家做完適量的運動後也可以非常健康，做任何事都能得心應手！

## 《運動的好處》

徐樂然 6A

著名詩人歌德曾說過：「只有運動才可以除去各種各樣的疑慮。」其實做運動的益處不勝枚舉，你有沒有養成做運動的習慣呢？

首先，運動可以延長益壽，減低患上糖尿病、高血壓、心臟病等長期病患的機會。根據衛生署的數據，在二零零七年，百分之五十六的受訪人士一個星期裏沒有進行至少十分鐘的中度劇烈運動。專家指出，長期缺乏運動引致多種疾病。而香港在二零零七年，就有六千三百七十三人死於心臟病。相反，百分之七十的人有做低至中度劇烈運動，死亡和患病的機會大幅降低。

另外，做運動可以釋放壓力，改善心情。許多人在運動後會感到自己的壓力得到釋放，那是因為運動時，身體除了分泌安多酚，同時會減少「壓力荷爾蒙」之稱的皮質醇。此外，你也會感到愉快，改善心情，因為運動期間，身體會製造血清素。有研究亦指出，運動會增加腦部血液循環。

除此之外，運動也會提升社交能力。《臨床心理科學期刊》的一項研究指，運動包含了社會互動。例如：團隊精神、隊員之間互相支持、和諧的人際關係……運動時，你會學到與隊員相處，不但會提升社交能力，還會增加結識更多朋友的機會。

總括而言，運動有各種各樣的好處，不僅在精神，心理上有巨大的幫助，社交上也可以有很大的改善。運動的益處這麼多，我們要養成做運動的習慣。

## 《運動的好處》

江恩恩 6B

不知道你有沒有做運動的習慣呢？運動的益處多不勝數，讓我來介紹一下吧！

首先，運動可以增強人的抵抗力，減少疾病。運動能加速體內脂肪、蛋白質、糖的分解，因此有助預防糖尿病、高血壓、中風等常見疾病。運動也可以增加腸道的蠕動，幫助消化和排便……由此可見，運動對我們的身體有莫大的益處。

其次，運動可以加強團隊精神。記得有一次，我代表學校參加「全港五人足球比賽」。我的朋友小智本來想自己進球，但是他被對手包圍住，不知所措。正當他四處張望時，發現我一直在他的右邊，於是便立即傳球給我。最後，我把球踢進龍門得分。我們都高興得擁抱起來。比賽完結後，我們都明白了團隊精神的重要性。

最後，運動可以紓緩壓力，促進心理健康。因為做半小時或以上的運動可以讓自己身心放鬆。美國 耶魯大學一項研究分析當地一百二十萬人的數據，發現沒有做運動習慣的人平均一個月有三點四天不快樂，但是有做運動習慣的人減少至近一點五天不快樂。由此看來，做運動是有效的減壓途徑。

總而言之，做運動有保持身體健康、預防疾病和減少壓力等不同的好處。讓我們一起養成做運動的習慣，擁有健康的體魄，快樂生活吧！

## 《運動的好處》

鍾曦晴 6C

每逢假日，最適合一家人到戶外做運動。運動是一項有助身心健康的活動。到底運動有甚麼好處呢？下面我將會介紹三項關於運動的好處。

第一，運動可以幫我們擴闊社交圈子。例如：參加足球、籃球和棒球等團體運動，可以幫助我們結交新朋友。美國研究指出，與人一起做運動能使人快樂指數上升。當我們和其他人一起做運動時，也能因為快樂感上升而更容易結交到朋友呢！看完這份研究後，我便試着參加團體運動。在互相合作的活動過程中，我果然認識到很多新的朋友。因此，做運動有助於人們結交朋友。

第二，運動可以加強心肺功能，使人身體健康。它可以促進血液循環，增強心肺功能，也可以幫助我們排汗，從而排出毒素。但緊記運動後一定要喝水，補充水分。運動還可以鍛鍊我們的肌肉和骨骼，運動是最好的鍛鍊身體的方法。香港大學研究指出成人自三十五歲開始骨質流失，隨着年齡增加流失的速度也會加快，而運動是其中一種有效預防的方式。

最後，運動能幫助人保持心理健康，使人心情開朗。例如，運動時大腦會產生腦內啡，腦內啡是一種神經傳導素，在人的緊張、疼痛、大笑等情緒發生時，大腦就會產生腦內啡，來減緩當下的緊張、疼痛，或是讓感覺更加愉悅，因此腦內啡也有「人體的嗎啡」之稱。運動除了讓人心情變得愉悅，有助於穩定情緒外，也能紓緩壓力。所以常做運動是可以令人心曠神怡的！

運動的好處多不勝數，它不但讓人保持身體健康，而且使人心境開朗，甚至幫助人們結交更多的朋友、增進親情和友情。大家不妨多做運動吧！



# VISUAL ARTS GALLERY

## Under the Big Tree (Oil Pastel Drawing)



Lam Yu Ching / 1A



Poon Tsz Wang Cyrus / 1A



Cheng Yee Sen / 1B



Wong Lok Hei / 1B



Mak Ching Ling Averie / 1C



Wang Shun Yiu / 1C



Lo Jaime / 1D



Luk Yan To / 1D

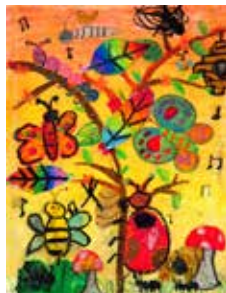


Man Yam Pok Jaycus / 1E



Mo Yui Man / 1E

## Insect World (Rubbing & Oil Pastel Drawing)



Ng Sum Yau Eliza / 1D



Kwok Sincere / 1A



Lai Ho Hei / 1C



Chan Ka Yu / 1A



Cheung Abigail / 1C



Lau Yan Ho / 1B



Lai Cheuk Lam / 1B



Lam Yik Hay / 1E



Ng Liana / 1E



Chan Wai Ching / 1D

## Hello Buildings! (Paper-cutting & Marker Drawing)



Ngan Luca Yui Leung / 2E



Wong Cristiano / 2A



Hsu Chi Yu Bethany / 2A



Wong Pui Hei / 2D



Tsao Ze Lin Hannah / 2A



Tang On Yu / 2D



Leung Hoi Kiu Chelsea / 2B



Chan Tsz Yuen / 2C



Wong Ang Debbie / 2E



Lam Hoi Tung / 2B

## Collage Ourselves (Collage & Oil Pastel Drawing)



Lo Yuen Ho Nathanael / 2A



Mak Yee San / 2A



Chan Asher Boaz / 2B



So Pak Ching / 2B



Woo Yan Wah / 2B



Chow Pak Kiu Ethan / 2C



Tang Yi Han / 2D



Wu Sheung Chit / 2D



Leung Beatrice Mo Pui / 2E



Tam Kei Yau Sheldon / 2E



## Your Feet Step on My Head (Paper-mache)

Chu Chik Sen  
Huang Shanming Coral  
Ng Park Yan  
Leung Yiu Long / 3A

Cheung Yui Nam  
Ho Hei Yi  
Wong Hong Yat  
Tse Yuen Yu / 3D



Mak Ho Chit  
Lau Ka Chai  
Chan Ho Ching  
Cheung Tin Hang Hillson / 3C

Lau Chin Yui  
Cheung Chi Ching  
Hariyanto Claire  
Ng Cheuk Yu / 3B

Yuen Chui Yin Avery  
Poon Man Hei  
Lee Hin Hang Jonathan  
Wong Nok Yan Evelyn / 3E

## Jungle World (Oil Pastel Drawing)



Ho Wan Ching / 3A



Liu Wing Yee / 3A



Ng Cheuk Yu / 3B



Sze Yeuk Hei / 3B



Fong Chi Yau / 3E



Cheung Tin Hang Hillson / 3C



Poon Hao Yan / 3D



Wong Tsz Yin Ayden / 3D



Chan Ho Ching / 3C



Zhang Shun / 3E



Yau Chi Hei Hailey / 4C



Law Sum Yi / 4E



Chan Torres Lachlan / 4E



Tang Sophia / 4A



Lam Hung Tak / 4A



Lee Man Hay Jeannie / 4B



Law Hiu Tung Hailey / 4B



Lai Cheuk Kwan Eunice / 4D

## Celebrating A-School's 15<sup>th</sup> Anniversary (Poster Color Painting)

## My Greek Trophy (Paper-mache)



Wong Yui Gi / 4B

Wong Ching Kiu Bethany / 4A

Cheung Long Kiu / 4A

Cheng Wing Kiu / 4D

Pang Hoi Kay / 4D

Chiu Patricia / 4C

Leung Tsz Yui Venus / 4C

Cheung Tsz Wai / 4E

Lau Chi Hing Melody / 4E

Cheung Ho Lun Linus / 4E

Wang Sum Ying Phoebe / 4B



## Our Beloved City (Watercolor Painting)



Chan Ho Ting / 5A



Chan Yee Ching Jamiee / 5A



Chan Pui Ki / 5B



Wong Lok Yin Joyce / 5B



Lee Chun Hei / 5C



Siu Cheuk Ying / 5C



Choy Hei Tung Eunice / 5D



Kwan Cheuk Ting / 5D



Chung Ching Sum / 5E



Lam Sum Yin Amelia / 5E

## Character Strengths Phone Stand (Paper Clay Modeling)



Chan Hei Ching / 5B



Ng Yan Hei Rane / 5E



Mao Kara Si Cheng / 5B



Ng Cheuk Ki Ethan / 5B



Wong Sum Yau / 5B



Chan Wan Sum / 5C



He Tsz Yun / 5C



So Sum Kiu / 5C



Yeung Chung Hei / 5B



Cheung Tsz Yau / 5E



Chun Wing Sum / 5D



Lai Hiu Ching / 5D



Chang Sum Monica / 5A



Tam Wai Ching / 5C



Poon Wu / 5D



Hong Cheuk Lun Marcus / 5E



Fong Chi Yeung / 5A



Kwok Hiu Ching / 5A



Ng Ho Yin / 5A



Li Hei Lui Hayley / 5D



Ma Sze Ching / 5E

## 15th Anniversary (Watercolor Painting / Oil Pastel Drawing)

1. Chan Yee Ching Jamiee / 5A
2. Kwok Hiu Ching / 5A
3. Lee Ryan / 5B
4. Chun Wing Sum / 5D
5. Liu Cheuk Ue / 5A
6. Chu Long Huen Colette / 5B
7. Tam Sin Man Cherry / 5D
8. Ng Yin Sum Ilus / 5E
9. Law Tin Yan / 5D
10. Lee Chi Ching / 5D





## Flourishing World (Ink & Marker Drawing)



Chung Stephanie / 6A



Kung Sum Yu Calie / 6B



Deng Angela Shudan / 6D



Au Wang Yui / 6E



Gao Wing Kiu / 6A



Yow Wah Chun / 6D



Au Tat Shing / 6C



Su Hau Yung / 6A



Lam Lucas Nicholas / 6D



Yip Him Wo / 6E



Cheng Kaile Hoi Ling / 6E



Tong Travis Sky / 6A



Cheng Hiu Ting / 6C



Yu Olivia / 6D



Mook Seppe / 6B

Chan Sze Ching Kate / 6E

## Learn from Masterpiece Portrait (Color Pencil Drawing)



Kam Anson Tsz Yin / 6B



Yeung Tsz Yuen / 6B



Choi Chi Yan / 6C



Law Chin Ting / 6E



Suen Yat Yee / 6D



Lam Cheuk Ki Hebe / 6D



Wong Yat / 6E



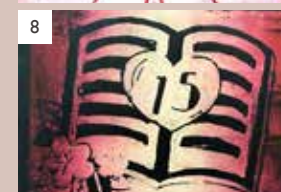
Ho Yat Nok Adrian / 6C



Yu Olivia / 6D



Kwok Hoi Lam Clarice / 6A



## Celebrate Our 15<sup>th</sup> Anniversary (Printmaking)

1. Lam Lok Yi Chloe / 6A
2. Chan Tsz Tsung Cayden / 6B
3. Hui Tin Yeung / 6B
4. Yim Ching Laam / 6C
5. Gao Wing Kiu / 6A
6. Yeung Tsz Yuen / 6B
7. Siu Ngai / 6B
8. Cheung Cin Win / 6C
9. Man Ka Yu / 6D



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