

## 假如爸爸媽媽在家不玩電話……

1A05 鍾浩林

假如爸爸媽媽在家不玩電話……

眼睛就不會

變小

他們便可以用明亮的**大眼睛**

看着我

長**大**

假如爸爸媽媽在家不玩電話……

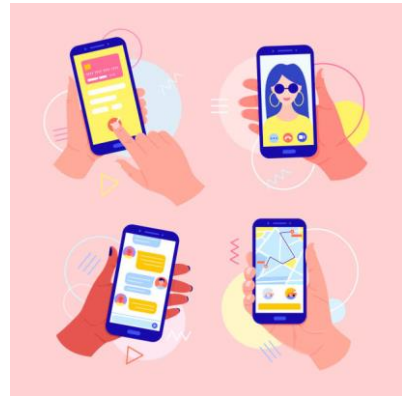
我就會

偷偷地拿來玩

他們便瞪大眼睛

對着我

大喊——**不准玩電話！**



## 假如爸爸媽媽在家不玩電話……

1A10 林貝而

復活節假期的一個晚上，天氣很好，空氣涼涼的，也很清新。我和爸爸、媽媽在家吃完火鍋後，他們倆便開始玩電話了。

我想：假如爸爸、媽媽不玩電話，我們可以到公園散步，天上還掛着彎彎的月亮，可以看到綠油油的樹木，色彩繽紛的花朵。我們一邊走，一邊看，還說到校園的生活。假如爸爸、媽媽不玩電話，我們一家三口該多愉快啊！



## 我談粵劇

1B13 林籽泳

最近，我看了一套有關「中國文化遺產」的系列短片，其中印象最深刻的是廣東地方的文化遺產——「粵劇」，我覺得十分有趣。



在粵劇中，每個演員都需要自己學習化妝和打扮，了解每個角色並配合不同的妝容和服飾，再配合鑼鼓師傅的音樂節奏去進行表演。每一場戲劇都包含了許多學問，需要花費大量的心思及精力，才能有一場精彩的演出。

我真的很佩服粵劇演員們的努力及堅持，才讓這種文化遺產得以保存和延續。

## 圍村盆菜

1B25 黃思珩

前些日子，我在家觀看了一個有關「盆菜」的視頻，它讓我了解到圍村的傳統習俗和用來製作盆菜的美味食材，十分有趣。

記得有一次爸爸的朋友結婚，飲宴後這位朋友送了一整份盆菜給爸爸，讓他帶回家給我們品嚐。這是我第一次品嚐正宗的圍村盆菜，擺盤精緻，用料講究，雖然我不是他們的圍村村民，但我也在其中感受到他們的用心和執着，真的很美味！

謝謝他們延續圍村的文化，讓更多的人認識盆菜這種傳統美食。



# 除夕夜的團年飯

1C15 梁綺恩

年三十晚，又稱為除夕夜，一家人濟濟一堂吃團年飯，寓意團團圓圓，和睦共處，迎接新一年。

在年三十當晚，平時很少下廚的爸爸媽媽一早便去菜市場買菜準備晚飯。回來後，爸爸媽媽便馬不停蹄地準備了很多菜式，包括龍蝦伊麵、椒鹽鮑魚、蟹肉粉絲煲、炒瀨尿蝦等，其中我最愛吃的是蟹肉粉絲煲呢！我和妹妹也一起準備桌墊、餐具和飲品，迎接親人的到來。待姑媽、姑丈和表妹到後，我們一家人便開開心心地吃起年夜飯來，實在是大快朵頤！

平日生活忙碌，大家都很少有機會可以聚在一起聊天吃飯。趁着除夕夜，一家人可以齊齊整整一同享用美味晚飯，之後還一起吃湯圓，真是不亦樂乎！我相信這就是團年飯的真正意義。



## 《廣府童謠氾氾轉》讀後感

1C21 湯心嫻

這本書是爸爸幫忙下，在網上的知書閱讀圖書館借閱的。還記得在我四歲時，我參加了舞台劇的演出，這部舞台劇講述了七八十年代香港人的生活。

在演出過程中，有一首歌曲名為《一枝竹會易拆彎》，四歲的我當然不知道歌詞的內容，只是有些印象。現在長大了，學習了不同的新字詞，再看到這本書中的這首童謠，開心得立刻跟爸爸媽媽一起唱起歌來。

在這本書中，我發現早在舊年代的香港，就已經有很多歌曲，就像現在我和妹妹在電視上聽到的兒歌一樣，節奏輕快，歌詞容易，琅琅上口。我更發現有不少童謠，是改編自外國的兒歌，例如《有隻雀仔跌落水》、《打開蚊帳》等。

童謠的歌詞，大多是記錄舊香港的日常生活，小朋友遊戲時使用，例如我跟同學一起玩耍時也會唱「點指兵兵，點着誰人做大兵……」的童謠。這些童謠雖舊，但不過時。

感謝這本書的出現，讓我了解到廣府童謠的歷史，雖然書內有很多生字，常常要爸媽幫忙解釋，但在閱讀過程中我們都十分享受。





## 《小蝸牛》

1D07 鍾曜祺

小蝸牛，爬呀爬，  
爬到公園想住下，  
吱吱吱，吱吱吱，  
卻怕小鳥啄傷他。

小蝸牛，爬呀爬，  
爬到森林想住下，  
啾啾啾，啾啾啾，  
又怕大象踩傷他。

不要怕，不要怕，  
只要努力向前爬，  
一定找到舒適的家，  
讓你平安開心地住下。

## 《水果店》

1D11 李諾怡

水果店，水果多，  
這邊柿子一箱箱，  
那邊蜜瓜一個個。  
檸檬酸，芒果甜，  
楊桃像星星，  
香蕉像新月。



## 有趣的漢字

1E19 潘彥橋

中國歷史悠久，漢字由甲骨文演變至今，已經有六千多年的歷史。中國的漢字十分有趣。

我記得讀幼稚園開始學習中文字，如「木」、「日」、「山」、「水」等。現在學習的中文字雖然複雜多了，但其實他們大部分都能被分拆成不同的組成部分，有不同部首，比如「木」字部，我的名字「橋」便屬於這個部首，還有「樹」、「棵」、「枱」、「林」等，這些字都和樹木有關。

「水」字部的漢字亦有很多，例如：我的姓「潘」字就是「水」部首。還有和水有關的「沼澤」、「江河」、「流汗」等，而「花」、「菜」、「菁」等都是和「艸」部首有關的。

我覺得漢字很有趣，它是中華民族幾千年文化的瑰寶，也是我們終身的良師益友，我要好好學習更多漢字。



## 我第一次製作麪粉娃娃

1E20 沈芊悅

今天，我觀看了一段影片，片中展示了很多可愛的麪粉娃娃，只見一位叔叔用一些簡單的小工具和色彩繽紛的麪糰就能熟練地搓捏出了一隻小猴子，他的手藝很精巧啊！

我起初還以為麪粉娃娃會像麪包一樣被叔叔拿到焗爐烤來吃呢！然而，媽媽告訴我這是麪塑技藝，已有二千年歷史，是中國傳統民間工藝、香港非物質文化遺產。它們不單是藝術品，有些還寄予着不同的寓意，有些娃娃代表着幸運和吉祥，有些則象徵着友愛和和諧，每個娃娃都有其獨特的故事。

我深深被這些既特別且栩栩如生的小動物吸引了，我希望自己也能用雙手塑造出我喜歡的事物，於是我嚷着很簡單，但製作過程可不是一件簡單的事情，必須要投入很多耐心呢！

我把麪粉、鹽、水和食用油攪拌並搓成麪糰，再加入色素作為顏料後，我便開始打開腦洞發揮我的創造力。我努力地搓呀搓，捏呀捏，用心地捏出頭部、眼睛、鼻子和耳朵，最後把手腳都裝上身軀，一隻隻獨一無二的娃娃就這樣誕生了！瞧瞧它們，真的可愛極了！

現在，我可以讓我的娃娃們成為我的好朋友，一起冒險和玩耍。我已經迫不及待想要製作下一個獨屬於我的娃娃呢！



# 這就是我

2A 何諾曦

大家好，我叫何諾曦，是一位男孩子。我個子瘦小，皮膚白白的，頭髮短短的，還有一雙烏溜溜的大眼睛。我喜歡的食物是冰淇淋，因為我愛甜甜的味道。我還喜歡吃土豆，因為它十分美味。

我喜歡運動。每天放學後，我都會去打乒乓球，因為它很有趣，而且運動能使我的身體變得更強壯。我還喜歡唱歌，現在是屯門兒童合唱團的成員之一呢！

自從升上二年級後，我感到很興奮，因為我認識了新的老師，還認識了新的同學，我十分享受和同學一起學習、玩耍的時光。不過，我覺得學習內容變難了，真希望有一個機器人能在測驗和考試的時候幫幫我呀！

你們想認識我嗎？想和我交朋友，一起玩遊戲嗎？那就趕快來認識我吧！



# 我的好老師

2A 余子淇

李老師是我二年級的中文科老師。

李老師是一個有耐心的人。有一次在功課堂上，我需要改正工作紙，但我總是寫錯「寫」字，把四點筆劃寫成兩撇。我漸漸地失去了耐心，開始變得急躁，甚至還想把工作紙撕破。

這時候，李老師走到我的身邊，輕輕地拍拍我的肩膀，用溫柔的聲音對我說：「不想反復寫錯字的話，就要專心一些，心平氣和就能做到。」接着，李老師一筆一劃把正確的「寫」字示範給我看。最後，我終於能寫對這個字了。

李老師真是一位好老師。只要每天都能上她的中文課，相信我的中文成績一定會越來越有進步。





## 幫媽媽做飯

2B 20 廖若涵

一天，小麗放學回到家。她一走進廚房就看到媽媽一個人在廚房裏做飯，心想：媽媽一定很辛苦，不如我幫她一起做飯。於是，她走過去對媽媽說：「媽媽，我來幫忙吧！」媽媽感動地說：「好呀！謝謝我的好女兒，我真開心！」



小麗先把雙手洗得乾乾淨淨，然後把蔬菜放到洗碗盤裏，認認真真地清洗乾淨，接着把菜整整齊齊地放回了洗碗盤。除了洗菜，她還小心翼翼地從冰箱裏幫媽媽拿了三個雞蛋出來呢！

有了小麗的幫忙，媽媽很快就做完了晚飯，她對小麗說：「你真是我的好幫手！」小麗覺得能做媽媽的小幫手，自己可真棒，心裏就像吃了蜜糖一樣開心呢！

## 老鷹捉小雞

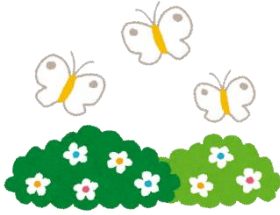
2B 21 麥穎恩

小息時，林老師和我們在操場上玩「老鷹捉小雞」的遊戲。我當老鷹，同學們當小雞，林老師當雞媽媽。

遊戲開始了。「老鷹」瞪大雙眼，緊緊地盯着「小雞」。他一會兒敏捷地撲向左邊，一會兒靈巧地撲向右邊；「雞媽媽」張開雙臂，一會兒緊張地擋住左邊，一會兒警惕地擋住右邊。「老鷹」調轉方向，繞過「雞媽媽」，向最後一隻「小雞」衝過去。「雞媽媽」見情況不妙，大聲呼喊：「小雞，小雞，老鷹來啦，小心一點啊！」「小雞」們有的焦急地向左跑；有的驚慌地向右跑。「老鷹」瞪着「小雞」們跑來跑去的，束手無策，結果「小雞」們都成功逃走了。

我們玩得開心極了！





## 郊遊樂

2C 李天穎

今天是一年一度的旅行日。早上，老師帶領同學們搭乘旅遊巴，前往獅子山郊野公園進行郊遊活動。

到達後，大家首先被美麗的景色吸引住了，而我也在開心地追逐着在半空中自由自在地飛舞着的蝴蝶。然後，朋友們喊我一起拍照，大家伸出手，一起比了「V」形手勢，讓老師幫我們拍。伴隨着「咔嚓」一聲，一張漂亮的照片就拍好了。接着，我們一起玩「盲人捉雞」的遊戲，可蕎蒙着眼，笨拙地向前一邊走，一邊摸索着。我們看見她那可愛的樣子，忍不住開懷大笑，玩得十分開心。

下午，大家都玩得筋疲力盡，於是我們去了公園野餐。大家都圍坐在墊子上，拿出了各式各樣的食物和飲品，有可口的橙汁、香脆的薯片、鬆軟的烤麩包、香甜的棉花糖……大家都吃得津津有味。

吃完午飯，老師要我們收拾好垃圾，於是我們同心協力地把周圍的環境打掃得很乾淨。

通過這次郊遊，我感受到了和同學們一起郊遊玩耍的快樂。



## 獅子和老鼠

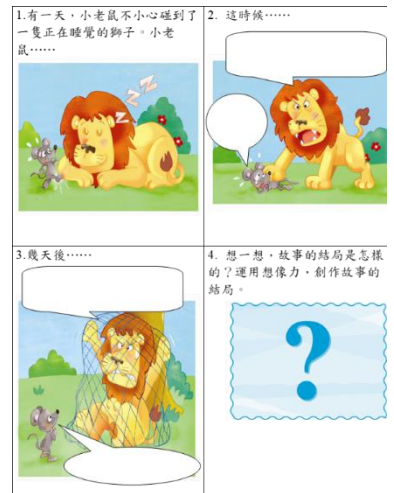
2C 陶暉洛

有一天，小老鼠在森林中尋找食物時，不小心撞到了一隻正在睡覺的獅子，他嚇得又慌張又害怕。被吵醒的獅子抓住老鼠，惡狠狠地瞪着他，想要一口把他吞了。老鼠見勢不妙，立刻求饒。

這時，獅子大聲地吼道：「你為甚麼要把我吵醒？」小老鼠可憐巴巴地說：「對不起，獅子大王，我把您吵醒了，我不是故意的。」獅子說：「我看你那麼可憐，我就放過你吧，但你下次一定要小心了！」

幾天後，獅子在一棵綠油油的樹下踏中了獵人的陷阱，無論怎麼用力也掙脫不開，於是他開始哀嚎道：「唉，真希望有人來救我啊！」這時候，小老鼠剛好經過，他看到獅子非常絕望，便認真地說：「不用擔心，我一定會救你的！」獅子心急地說：「你要怎樣解開繩子呢？」小老鼠說：「我會用尖銳的牙齒幫您把繩子咬開。」獅子聽完，開心地說：「謝謝你小老鼠！」

在小老鼠的努力下，獅子終於得救了。他滿心歡喜地感謝小老鼠，還說：「經過這件事，我學會了和其他動物互相幫助，只要你幫助了別人，別人也會幫助你的。」最後，小老鼠和獅子成為了朋友。



## 樂於助人的小美

2D23 湯庭昊

今天，小美在操場幫助了同學小強。

一大早，小美和同學們正有說有笑地在籃球場散步。由於天氣非常寒冷，大家都穿上了厚厚的外套，戴着溫暖的手套和圍巾。突然，小美看到自己的同班同學小強用雙手緊緊地抱着自己的身體，縮在角落發抖。她心想：小強看起來非常冷，我應該把我的手套借給他。於是，小美快速地走到小強面前，她脫下自己的手套，輕輕地把手套遞給小強，笑瞇瞇地說：「小強，你一定很冷吧，快快把手套戴上吧！」小強激動地接過手套，感動地說：「小美，有你真好！你真像一位善良的天使！」小美聽到後，感到滿心歡喜。

最後，小強開開心心地回到課室，不再縮在角落發抖。小美也感到很愉快，因為能夠幫助別人是一件美好的事。





## 母親節禮物

2D26 葉子杰

今天是一年一度的母親節，我一早就起牀了，打算送一份禮物給我的媽媽，以感謝她的照顧。

我心想：媽媽會喜歡甚麼禮物呢？不如送珍珠項鍊吧！可是漂亮的珍珠項鍊太昂貴，我的零用錢不足以購買一條珍珠項鍊。最後，我決定親手煎一個美味的雞蛋給媽媽吃。從小到大，都是媽媽為我下廚，這一次，我想為媽媽下廚來感謝她，我相信她一定會非常高興。

於是，我走進廚房，穿上媽媽的圍裙，準備好食用油、碟子、雞蛋和調味料。我學着平時媽媽在廚房的樣子：首先，把食用油小心翼翼地倒進鍋裏；然後，把雞蛋液慢慢地倒入鍋中；接着，等它發出吱吱響的聲音後，就用鍋鏟把雞蛋翻轉。由於我不太熟練，結果一不留神，就把雞蛋燒焦了。我擔心得手忙腳亂，汗流滿面，還有些氣餒。不過，當我想起媽媽平日溫柔的樣子，我就提醒自己不要輕易放棄。於是，我深呼吸了一口氣，鼓起勇氣，再煎一次，這次終於成功了。

我把自己親手做好的煎蛋捧到媽媽面前。媽媽嚐了一口，感動得眼泛淚光，她輕輕地摸着我的頭，笑瞇瞇地說：「你真乖啊！你煎的蛋真美味！」我感到滿心歡喜，因為得到媽媽的稱讚，我決心以後也要努力回報媽媽。



## 如果爸爸媽媽在家不看手機

2E 陳浚希

如果爸爸媽媽在家不看手機，他們就可以陪我看精彩的圖書。

如果爸爸媽媽在家不看手機，他們就可以陪我玩桌上遊戲。

如果爸爸媽媽在家不看手機，他們就可以陪我玩玩具。

如果爸爸媽媽在家不看手機，他們就可以陪我做運動。

如果爸爸媽媽在家不看手機，我們一家的生活會無比有樂趣。



# 一次難忘的旅行

2E何俊熙

春天來了，爸爸媽媽決定帶小雁菁菁去旅行。他們飛着飛着，小雁突然叫喊起來：「爸爸媽媽，下面的風景真漂亮啊！我要下去看看。」

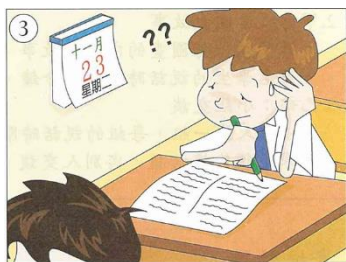
他們被眼前的景象吸引住了。草原的天是蔚藍的，像藍藍的大海，天空飄着一朵朵潔白的雲朵，有的像雪白的綿羊，有的像軟綿綿的棉花糖，有的像可愛的小白兔，菁菁欣喜地說：「這裏的天空真是千變萬化！」

一望無際的草原好像一張綠色的地毯，美麗極了！雁爸爸高興地說：「那裏很值得欣賞呢，我們就在那裏停留一下吧！」於是他們徐徐降落。

「太有趣了，太有趣了！」菁菁興奮地對爸爸媽媽說。只見一羣活潑可愛的綿羊在嫩綠的草地上生活，有的在靜靜地休息，有的在快活地奔跑，有的在悠然自得地欣賞風景。菁菁看着這一幅動人的風景畫，覺得心滿意足。

最後，小雁菁菁依依不捨地離開了草原。她對這一次的旅程讚歎不已，看着這裏如詩如畫的景色，決定下次還要再來這裏旅行。





## 不堪回首的考試經歷

3A 張睿庭

一月九日是學校的中文考試日，由於我考試前沒有認真溫習，所以令我這次的中文成績非常不理想。

考試前一星期，我每天不是在家裏玩遊戲機和看動漫，就是到公園裏打籃球。整個星期我都只顧着吃喝玩樂，完全沒有好好溫習，連書本的字都拋諸腦後了。

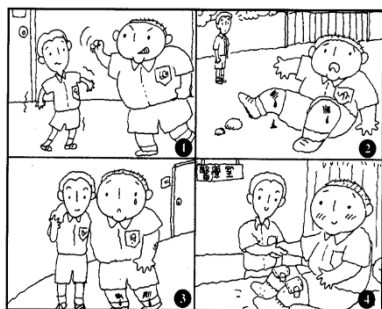
考試當天，當我一看到中文試卷上的題目，腦海瞬間一片空白，雙手不停顫抖，手心止不住地冒汗，心怦怦直跳……我心想：這次的考試題目完全看不懂，這可怎麼辦呀？我微微抬頭望望四周，發現同學們都低着頭，認真地完成試卷，只有我坐着發呆，不知所措。考試時間快結束了，最後我只能硬着頭皮胡填亂寫，草草完成試卷。

到了對卷日那天，我看着中文試卷上的分數，不出所料，這次中文考試成績非常不理想。我頓時感到羞愧難當，瞬間羞紅了臉，淚水更止不住地湧了出來，難過極了！

經過這次教訓，我承諾之後一定要認真學習，不再偷懶，爭取得到好成績！

## 我原諒你啦

3A 李芊慧



志光和家強是同班同學。家強外型高大強壯，而志光看起來卻弱不禁風，因此家強經常欺負志光。

一天，家強在操場上不小心被一塊石頭絆倒，摔傷了膝蓋，他痛得哇哇大叫，看起來非常痛苦！志光看到後，連忙跑過去把家強扶起並鼓勵他說：「不要怕，我來幫你！」之後志光更小心翼翼地攙扶着家強走去醫療室。路上，家強看到志光如此幫助自己，又想到自己曾經欺負志光的行為，不禁羞紅了臉，感到很慚愧。

進了醫療室後，志光一直陪伴着家強，直到他包紮完傷口。家強羞愧地對志光說：「真的非常感謝你今天的幫助！我以前經常欺負你，真的很抱歉，請你原諒我，我以後不會再做這種事情了！」志光握住家強的手說：「雖然你以前做得不對的，但你誠心改過，我就原諒你吧！」

從此，家強和志光就成了好朋友。



## 愛的味道



3B 林讚迦

今天是新年，我決定和好朋友一起製作年糕，用行動來表達我們對家人的關愛之情。

做年糕之前，我們先去超級市場買製作年糕的材料，買好材料我們便回家預備製作工具。一回到家，我們就把要用的工具徹底清潔一遍。

開始製作年糕了。首先，我們把糯米粉和澄麪過篩並倒入大碗，令粉粒蓬鬆細膩。然後，到了令我們感到興奮的步驟，就是把完整的片糖和蔗糖弄碎，整個過程就像玩打地鼠遊戲一樣有趣。接着，把碎糖和清水加熱煮成糖水，將糖水和椰汁、菜油攪拌在一起，再倒入過篩的麪粉，攪拌成年糕漿。最後，我們拿出錫紙盤，在盤邊塗上少許菜油，把年糕漿倒入盤內。我們小心翼翼地把錫紙盤放入蒸爐，用大火蒸大約六十分鐘便完成。

年糕製作好後，我便親手拿給爸爸媽媽享用，他們都吃得津津有味。爸爸說：「你做的年糕真美味，而且有模有樣呢！」媽媽眉開眼笑，說：「你親手製作賀年食品，真是暖心體貼。」於是，一家人一邊吃着我親手製作的年糕，一邊說說笑笑，非常幸福快樂！

我感到十分滿足，決定之後用更多行動給家人帶來溫暖和快樂。





## 給爺爺的一封信

3B 梁樂謙

親愛的爺爺：

您好嗎？我很想念您。謝謝您送給我的生日禮物，我喜歡極了！

升上三年級後，在學習上我覺得吃力了很多，因為中文默書、英文默書和數學單評都增加了不少難度。不過在新學年，我也結交了不少同學。我們小息時一起去小食部吃東西，邊吃邊聊天，十分快樂！

對了，我最喜歡的老師是李老師，她不但是我的班主任，還是我的中文老師。剛升上三年級時見到李老師，我以為她很兇，沒想到經過這段時間的相處，發現她既溫柔又有趣。不過，我最喜歡的科目是數學科，因為我覺得每個數字由不同數值加減乘除起來，非常有趣！

新學期，我還參加了兩個我十分感興趣的課外活動，逢星期二上陶藝班，逢星期五上木工班。不如這樣，等我們下次見面時，我帶上一些作品給您看看吧！

時候不早了，下次再談吧！請代我向奶奶問候一聲！

祝

身體健康

孫子

梁樂謙上

三月三十日





# 沙灘的一天

3C 陳映潼

今天陽光普照，爸爸媽媽帶我和妹妹到屯門的沙灘遊玩。

來到金色的沙灘，太陽對着我們打招呼，我聞了聞清新的空氣，又嚐了嚐海水，它的味道又鹹又苦。海浪不時拍打岸邊的石頭，嘩嘩的海浪聲使我心情舒暢。沙灘上人山人海，有的人在曬太陽，有的人在打排球，有的人在堆沙……十分熱鬧。

爸爸媽媽帶我和妹妹去游泳。我拿着浮板，妹妹拿着游泳圈，然後我們衝向海邊，興高采烈地跳進水裏。而爸爸和媽媽則在身邊一邊保護我們，一邊耐心地教導我們游泳的技巧。

到了黃昏，爸爸對我們說：「映潼和妹妹，我們要回家了。」我和妹妹都搖搖頭，捨不得離開。媽媽說：「不要緊，我們下一次再來吧！」我們立刻笑逐顏開，說：「好啊！」

就這樣，我們度過了愉快又難忘的一天。



## 給表弟的信

3C 鄭諾燊

親愛的偉強：

你好嗎？

聽說你前天意外受傷，弄傷了腳，現在好些了嗎？

我知道你的腳很痛，不能回校上課，但是你不用擔心，我會幫你補習的。週六，我會去你家，把老師佈置的功課交給你，如果你對學習有任何不清楚的地方，我都會認真教你的。

對了，最近學校裏發生了一件開心事：早前我們班主任說，如果我們能夠認真地改正功課，她就會送我們每人一枝花呢！為了拿到這枝花，我努力完成改正，最後我終於獲得了一枝漂亮的玫瑰花。下次我去你家的時候，我把那枝花送給你。

希望我的信能讓你開心起來，能讓你快點好起來。

祝

早日康復！

表哥

志文

五月一日



## 一次有意義的活動

3D 徐祖柏

今天，老師帶我們參加義工活動——探訪安老院。我們會到一間安老院，跟那兒的公公婆婆一起慶祝中秋節。

回到學校，我們首先在禮堂聽老師講解今天的活動流程以及注意事項。接着大家便收拾好表演的道具以及精心準備的小月餅，一同乘坐旅遊巴士出發前往安老院。

一到達目的地，我們便受到了公公婆婆們的熱烈歡迎，令我們受寵若驚。慶祝活動開始了，首先由我為公公婆婆們表演了一個魔術——將黃色的手帕放進魔術帽裏搖一搖，便變出一條紅色的手帕。魔術雖然簡單，但公公婆婆們都看得興高采烈，為我拍手叫好，令我覺得十分開心。之後其他同學還表演了唱歌、跳舞和話劇，並在最後一起送出親手製作的小月餅，令長者們喜笑顏開，合不攞嘴，整間安老院都洋溢着幸福快樂。

經過這次活動，我更懂得要有耐性去照顧身邊的長者，不僅如此，我也會好好珍惜和孝順爸爸媽媽。



# 我的生日

3D 鍾遨晴

十一月二十六日 星期日 晴天

今天是我的生日，我十分高興，因為我又大了一歲。

早上，媽媽進來房間，笑着對我說：「快點起牀，今天跟我去買菜吧！」我有些捨不得被窩，但最後還是不情願地答應了。然而，出門後媽媽卻帶着我乘上了向市中心方向的巴士。我急忙說：「媽媽，我們坐錯車了，街市在另外那邊。」可是，媽媽卻一臉神秘地說：「等一會你就會明白。」結果媽媽帶我去了一間我夢寐以求的餐廳。

看着我呆住的樣子，媽媽興奮地說：「驚喜嗎？今天是你的生日，生日快樂！」我用力地點點頭，笑着對媽媽說：「謝謝媽媽！」最後，媽媽不僅請我吃了一頓美味的大餐，連我最想要的玩具和圖書也買了給我。我真的意想不到，一整天都開心得不得了，心想：過生日可真好！

回家後，剛下班的爸爸也送了一個可愛的洋娃娃給我，就連伯父也送了我一本好看的圖書，我都喜歡極了！真的很感激有如此愛我的家人，我感到很幸福，真期待下一次生日的來臨啊！





## 我的自畫像

3E 劉思齊

我是劉思齊，就讀李金小學三年級，是家中的獨生女。大家想了解我嗎？讓我來告訴你吧！

我個子矮小，但有一雙修長的腿。一把烏黑透亮、長如瀑布的直髮從腦後傾瀉而下，和覆蓋着額頭的整齊瀏海互相映襯，顯得格外秀氣。開心時，我笑咪咪的眼睛好似月牙般向下彎曲，令四周變得生氣勃勃；生氣時，臉上會陰沉得如同烏雲遮蔽太陽，令全世界都沉寂下來。這就是我，一個令人難以捉摸的小女孩。

我做事十分堅持，永不言棄。記得第一次參加短跑比賽，結果強差人意，令我很挫敗，但我沒有因此而氣餒。經過每個星期的努力訓練，我終於在學校運動會上取得了金牌。

不過，我也有粗心大意的一面，這種性格導致自己常常犯些低級錯誤，不但令自己失望，更令到家人和老師失望。記得上一次考試，我犯了一些低級錯誤，導致丟失了很多分數。老師說以我的能力必定可以取得更高的分數，因此我下定決心改過。我有信心一定可以做得更好。

這就是我，你對我有更深的認識了嗎？我有好的一面，也有不好的一面。希望我可以不停地改進自己，令自己成為一個更好的人。





## 有愛心的媽媽

3E 潘曉怡

我的媽媽十分漂亮，有着大大的眼睛，高高的鼻子上架着一副眼鏡，尖尖的臉上常常掛着如太陽般溫暖的笑容。她每天都要照顧我和弟弟，對我們關懷備至，經常陪伴我們做功課和玩遊戲，教我們學做一個友善、樂於助人的小朋友，她是一個充滿愛心的人。

記得有一次，我和同學們到公園玩捉迷藏。突然，有一位同學不小心摔倒在地，受了傷，我的媽媽立刻跑上前將她扶了起來。媽媽臉上滿是慈愛，溫柔地安慰她說：「不要害怕，你哪裏感覺到痛，請告訴我吧！」當同學指出她受傷的小腿後，媽媽立刻在包裏掏出消毒用品，幫忙處理傷口，還幫她貼上膠布。媽媽就像一位善良的天使，總是無私地幫助他人。

我媽媽就是這樣一個有愛心的人，生活中常常以身作則教導我們要主動幫助身邊有需要的人，用行動教育我們付出、尊重以及同理心的重要性。在媽媽身上，我明白到人生正是有了愛心，才可活得更有意義。



## 一次難忘的中文課

4A 黃心攸

今天我們上了一節既刺激又難忘的中文課。

今天的第一堂是中文課，當熊老師一走進課室裏，她就笑瞇瞇地說：「各位同學，我們今天玩一個遊戲，叫做『擠眉弄眼吃鍋巴』，大家把鍋巴放在眉心，然後要不停地眨眼、皺眉、擠鼻子……讓鍋巴掉進嘴裏。」大家興奮地舉起手來說：「老師我來，我來！」最後老師選了陳同學，她還選了我和張同學出來。

陳同學上台後把鍋巴放在了他的額頭上，然後開始瘋狂眨眼睛，速度快得讓人看不清，很快鍋巴就掉到地上了，他遺憾地退到一邊，氣得咬牙切齒，「懊悔」兩個大字彷彿寫在了他的臉上。第二位上場的是張同學，她吸取了陳同學的經驗，眨眼動作沒有那麼誇張，可惜她選錯了路線，鍋巴直接從鼻梁上掉到了地上。

終於到我了，我的心情十分緊張，心裏好像放了一隻小兔子一樣，狂跳不止。當我拿到鍋巴之後，深吸了一口氣，把鍋巴放在了自己的眉心，面部微斜，並開始慢慢地擠眉弄眼。等鍋巴經過我的眼睛後，我稍微地側過腦袋，用鼻子做「障礙」，慢慢地眨起眼睛來。鍋巴慢慢地滑到我的嘴角邊，我見到成功在望，就馬上伸出舌頭想把鍋巴勾進嘴裏，試了幾次，終於把鍋巴成功帶進口裏，教室裏頓時發出了雷鳴般的掌聲，我是第一個成功把鍋巴吃進嘴裏的參賽者！我高興得一蹦三尺高，心裏樂開了花。

最後，熊老師讓全班同學討論了我成功完成任務的秘訣是甚麼，還讓要我們把今天的愉快經歷寫成作文。

這時，下課鈴聲響了起來，我們帶着依依不捨的心情上完了這堂中文課，如果每一天的中文課都能這樣邊玩邊學習就好了！

## 給筆友的一封信

4A 蔡晉謙

親愛的小明：

你好嗎？

昨天，我和爸爸、媽媽在香港濕地公園度過了美好的一天。我特意來信與你分享當天的所見所聞。

一踏進公園，我便看到一片遼闊的濕地，濕地中有一個小湖，湖面平靜如鏡，倒映着天上的白雲。湖邊的綠樹們像一位位挺拔的士兵，好像正在保護着濕地公園的各種植物和小動物們呢！微風輕輕吹着湖邊的樹木，樹葉被搖晃得沙沙作響，好像是在跟我們說悄悄話。

繼續漫步在這仙境裏，就能看見一座彎彎曲曲的拼接木板橋橫跨在水面上，一直向遠方延伸。

沿着木橋前行，茂盛的蘆葦密密麻麻地長滿在走道的兩旁，它們在陽光下閃耀着金色的光芒。突然，有一隻白鷺從湖邊飛過，然後慢慢地減速並停了下來。轉眼，這隻高貴又美麗的白鷺，已優雅地站在了水中，牠耐心地等待着獵物自投羅網。見到機會來了，白鷺迅速地伸出長嘴，一口就把小魚叨住了。

後來，我們還看到了可愛的彈塗魚和招潮蟹在水裏玩遊戲，看到了花蝴蝶在空中翩翩起舞，看到了……濕地公園到處瀰漫着大自然的清新氣息。

遊覽濕地公園讓我感到心曠神怡，大自然的美景安撫了我煩躁的心靈，為我的內心帶來了寧靜，令我忘記了日常生活的煩惱。我希望你也能有機會到訪濕地公園，來領悟大自然的這份寧靜。

祝

生活愉快

筆友

蔡晉謙

二月三日





# 我欣賞的人

4B 梁翹信

每一次我看見李老師的相片，都會想起我和她相處的點點滴滴，那些快樂的時光至今仍歷歷在目。

李老師是我最尊敬的老師之一，因為她很有愛心，她春風化雨般的教導一直留在我的心中。李老師十分隨和，她常常在小息時和同學們一起談天說地，一起做遊戲。我還記得，我常常和李老師在走廊其樂融融地談心呢！

除此之外，李老師也很關心同學。每當我們遇到困難，她都會溫柔地鼓勵我們：「別擔心，要樂觀一點，相信你一定能克服困難。」一有空，她就會留在教室教同學做難題，陪伴同學們一起成長。

李老師是一個溫柔的人，她常常用慈愛的眼神看着我們，就算是同學犯了錯誤，她也總是耐心地提醒和教導，不輕易責罵。當同學做得好時，她也從不吝惜自己的讚美和獎賞。

如果我能再見到李老師，我會對她說：「您是我們的好榜樣，您才是『萬世師表』，希望在未來的日子裏，仍能在您的陪伴下前行。」



## 我喜歡的玩具

4B 韓家瑜

我喜歡的玩具是黏土。黏土軟綿綿的，有着不同的顏色和氣味，可以在文具店買到。我常常混合不同顏色的黏土，來製作各種形狀的「食物」。

其中，我最喜歡的便是黏土薄餅了。首先，我會將黃色和橙色黏土混合成橙黃色，接着把它搓圓壓平，做成和我手掌一樣大的餅皮。然後，我會拿不同顏色的黏土，搓成不同形狀的薄餅配料，有一粒粒黃色的芝士，一條條紅色的臘肉腸，它們的樣子十分逼真。最後，我會把不同的配料黏在薄餅皮上。

每當我有空的時候，我就會自己製作黏土薄餅。在假期時，我也會和家人一起玩家家酒。我扮演薄餅師傅的角色，在家裏開餐廳，邀請家人來品嚐我做的「食物」。

我玩黏土的時候感到很快樂，因為可以創作千變萬化的作品，使我感到很有成就感。而且，還可以和家人一起玩，遊玩的時候其樂融融，真令人感到溫馨呢！





## 我終於成功了

4C 李浚言

我終於成功了！看着眼前這「完美」的小結他，我不禁回想起製作它的過程和遇到的困難。當時的沮喪和焦慮，至今仍然歷歷在目……

最初，我覺得製作小結他挺簡單有趣的。剛開始製作時還很順利，直至要拉上琴弦和安裝弦鈕時，我才意識到這並非我想像中的那般簡單。



其中，最困難的一步是為小結他拉上琴弦。我們要先把琴弦緊緊綁在下弦枕上，我嘗試了很多遍仍未能為琴弦打上結子。每次，眼見將要成功綁起一個結時，那琴弦的尾端就會不由自主地鬆開。我垂頭喪氣，眉頭緊皺，不斷拍打小結他的琴身，心想：你這條可惡的琴弦，怎麼這麼「乖巧」呀！我抬頭左顧右盼，本想尋求幫助，但看到同學們大多未完成，我只好繼續埋頭苦幹。那些彈力十足的琴弦就像一隻隻頑劣的猴子在跳動不停。難道我要就此放棄嗎？



正當我一籌莫展時，突然，我聽到我的好友——允皓大喊一聲：「我把琴弦拉好了！」他看見我沒精打采的樣子，便主動走過來幫忙。允皓微笑着對我說：「琴弦末端要預留多一些長度才可以更容易打上結子。」我聽後恍然大悟。之後，在他的幫助和我的不斷嘗試下，我終於成功把琴弦綁好並拉上，完成製作小結他。看着這把獨一無二的小結他，我開心得手舞足蹈，一蹦三尺高，並連忙向允皓道謝。



在製作小結他的過程中，我學會了就算遇到困難，也不應輕易放棄，只要努力不懈和靈活變通，便可獲得成功。除此之外，我也明白，朋友的幫助和鼓勵也很重要，如果沒有他們的幫忙就沒有眼前這把「完美」的小結他。





## 日記一則



三月二日 星期六 晴

4C 黃筠雅

為了欣賞春天的美景，我和爸爸媽媽今天來到香港動植物公園參觀。一路上，萬里無雲，涼風颯颯，天公作美，正是戶外遊玩的好日子呢！

一踏進香港動植物公園，燦爛的陽光映照在我身上，眼前姹紫嫣紅的花海香氣撲鼻，七彩斑斕的蝴蝶也在花叢中翩翩起舞，到處鳥語花香，繁花似錦，令人如痴如醉。

我們沿着小徑走，來到人工湖，不禁放慢腳步，駐足欣賞着這夢幻的美景。只見湖裏的金魚披上閃閃發光的金衣裳，偶爾把頭探出水面，自由自在地游來游去。人工湖清澈見底，在陽光的照射下，波光粼粼的湖面宛如有成千上萬顆鑽石在閃爍着。我被這如畫般的景色迷住了，情不自禁地往前走着，生怕錯過這美麗的風景。

過了一會兒，當我回頭一望，發現爸爸媽媽已消失得無影無蹤，自己卻仍逗留在滿是陌生人的花海之中。我感到忐忑不安，心裏暗暗叫苦：怎麼辦？我居然跟父母走散了？頓時，潑墨般的烏雲覆蓋了金燦燦的太陽，身旁的小草和花朵也低下了頭，顯得沒精打采的。



時間如流水般悄然流逝，然而熟悉的身影卻始終沒有出現。我焦急得像熱鍋上的螞蟻，淚水在眼眶中打轉。我環顧四周，強迫自己冷靜下來，並決定往回走。

就在我以為希望渺茫時，遠處兩個身影漸漸清晰，他們的輪廓與我的父母十分相似。我心中一喜，緊緊盯着他們，果然，那就是我的爸爸媽媽！我的心情瞬間從焦慮的地獄升騰到歡樂的天堂，感動得鼻子發酸，雙眼濕潤。內心的恐懼瞬間消散，我邁着輕快的步伐，迫不及待地奔向爸爸媽媽的懷抱……

在不經意間，夕陽已經緩緩西下，我抬頭仰望，只見它身披金黃的外衣，夜幕正悄然降臨，我們也即將踏上歸途。此刻，我依依不捨地回望這片園區，想到這一天的心情變化，不禁感到五味雜陳。



在這短短的一天裏，我深刻領悟到，面對困難時，需要保持冷靜與鎮定。今天的經歷不僅在我的記憶中定格了這片春意盎然的景色，更將那段曾令我驚惶失措的一幕深深刻畫在我的心間，成為我成長道路上的一筆寶貴財富。



## 我學會了珍惜食物

4D 陳樂信

今年，我和家人一起參加了「饑饉八小時」活動。通過這次活動，我深刻體會到要加倍珍惜食物，以後再也不浪費食物了。

活動之前，我每次吃飯都挑三揀四、嫌這嫌那的，尤其不喜歡吃菜。於是，在我的一番「操作」下，很多食物我只吃了一半，剩下的另一半餵給了廚餘垃圾箱，是個實打實的「食物浪費家」。



活動是從早上十一點開始的，我一開始認為短短八小時不吃東西，一點都不難。活動開始了！我對着媽媽擺出一副不以為然的表情：嘖！這有甚麼難的？三個多小時過去了，我的肚子不由自主地開始抗議，「咕咕」直叫，手腳也開始變得無力。

又過了一個小時，我覺得頭昏眼花，餓得簡直要前胸貼後背了！我滿腦子都想着各式各樣的美食——炸雞、漢堡、可樂……每過一秒都好像過了一年，我才幡然醒悟：原來饑餓的感覺是這麼痛苦呀！



八小時終於過去了，活動結束了。這「短短」的八小時，簡直是度日如年！原來八個小時不吃東西這麼難呢！但是，還有許多貧窮國家的人民不僅僅是八小時不吃東西，而是幾天，甚至是幾個月。他們每天風餐露宿、食不果腹，我又有甚麼理由再浪費食物呢？

這次活動令我懂得糧食來之不易，正應了那句詩：「誰知盤中餐，粒粒皆辛苦。」我以後一定會珍惜食物，珍惜自己擁有的幸福生活。





## 談禮貌

4D 曾凱樑

禮貌，是人類為維繫社會秩序而要求人們共同遵守的最基本的道德規範，也是我們為人的重要原則。唐代張九齡曾言：「人之所以為貴，以其有信有禮。」可見古人早已知道禮貌的重要性。那麼，你知道講禮貌有甚麼好處嗎？

禮貌，是彼此間溝通的橋樑。比如說：當別人幫助了你，你應當有禮地說一句「謝謝」；每天上學時，見到同學們互道一句「早安」；接受別人的感謝時，要回一句「不客氣」。這樣一來，我們在與別人交流時就能夠減少誤會，建立起良好的溝通關係，從而搭建友誼的橋樑，更能營造有禮的氛圍。

禮貌，是一種自身修養的表達方式。比如：比賽後，有禮貌地向評委彎腰鞠躬致謝；和別人談話時，大方地目視對方，以示尊重；在公共場合，保持舉止莊重，從不大聲喧嘩。這些行為不但是講禮貌的體現，還能反映出一個人良好的自身修養。

禮貌，是快樂的源泉。以我自己為例，每天早上，我見到鄰居老奶奶時都會說一聲「您早！」她常常逢人就誇我是個有禮貌的孩子，我知道後，心裏美滋滋的，可開心了！你看，講禮貌不正能給我帶來快樂嗎？

講禮貌，有那麼多的好處，請別吝惜你的禮貌！因此，在生活中，我們一定要做一個有禮貌的人。



# 我愛我的金沙

4E 陳鉉彬

我家養了一隻寵物，牠的名字金沙，是一隻三個月大的雄性唐狗。

叫牠金沙，是因為牠的毛髮在太陽下會呈現閃閃發亮的金黃色。金沙胖胖的，手腳短短的，像一個圓滾滾的小皮球。牠的眼睛好像兩顆寶石般明亮，鼻子像一顆栗子，上下兩片嘴脣彷彿兩塊厚厚的西瓜皮。最特別的是牠的胸口有一個心形圖案，真是可愛極了！

金沙很貪吃。每次牠吃完一整碗狗糧，都想要再吃一碗。吃完不到半小時，牠又會向我擺尾巴討食物。昨天晚飯時，金沙已經先吃飽了，可到我和爸媽吃晚餐時，牠看着我們的晚餐不停地流口水。我剛坐下，牠就跑來我身邊撒嬌，於是我給了牠一塊肉。但一分鐘不到，牠又來討食物。這次我不給牠，牠竟然跳到桌子上，快速地搶了一塊肉放進嘴巴裏，還得意得汪汪叫，彷彿跟我說：「我拿到了，哈哈！」我不禁笑了起來，牠真是一隻貪吃狗！

此外，金沙天生愛玩，活潑好動。每天我放學回家後，金沙都會馬上跑到我身邊蹦蹦跳跳，不斷地叫和擺尾巴，期待我帶牠外出散步。每次我帶金沙到公園玩球，牠都會特別興奮。當我把一個五顏六色的球扔出去，金沙就會立刻跑去把球撿回來給我。即使我把球扔了三十多次，扔得我的手已很酸了，但金沙還是樂此不疲，汪汪地叫着，像是在說：「快跟我玩，快跟我玩！」我心想：金沙，你何時會累呢？

金沙不但是我的寵物，還是我的好朋友。我希望牠健健康康，和我共度快樂的每一天。

## 漫步三聖

4E 楊子衿

星期三，我們四年級的同學在老師的帶領下來到三聖邨遊覽。

一走進三聖邨，映入眼簾的是三個印在大石上紅豔豔的大字——三聖邨。我們走過旁邊的天橋，來到了麒麟崗公園。公園裏有一塊形狀奇特的巨石，被密密麻麻的樹枝包圍着。那塊巨石像一隻抬着頭的老鼠，所以這塊石頭又叫「老鼠石」。據說當年填海造地時，政府要把這石頭炸掉，它卻流出了紅色的液體，好像血一樣。附近的街坊認為這塊石頭是一塊神石，應該把它保留下來，結果政府修改路線，避開大石，並將此處開闢為麒麟崗公園。

穿過公園，我們沿着樓梯拾級而上，來到三聖廟。此處之所以有「三聖」之稱，是因為裏面供奉着孔子、老子和釋迦牟尼三位聖人。走進神聖的三聖廟，我看見三位聖人的金色雕塑在燈光的照射下熠熠生輝，不禁肅然起敬。走出寺廟向下望，整個三聖邨盡收眼底，馬路上車水馬龍，街道熱鬧非凡，好一派生機勃勃的景象！

接着，我們來到海鮮市場。每家店鋪的門口都整齊排列着一個個大大小小的魚缸，魚缸裏面有張牙舞爪的螃蟹，有舌頭狀的方魷魚，有安分守己躺着的河蚌……突然，我聽到一聲驚叫，原來是一隻調皮的龍蝦揮舞着「武器」，嚇唬經過的游客，彷彿在說：「你們敢不敢來吃我？」看到牠趾高氣揚的樣子，我忍不住笑了起來。

走着走着，我們來到了最後一站——青山灣海濱長廊。走上海濱長廊，我朝右看，看見一艘艘漁船，「嗚——」的一聲，齊齊駛出了碼頭；向後望，一幢幢高樓大廈鱗次櫛比，一條條公路縱橫交錯。就在我看得入迷時，老師說：「集合了，大家準備回學校！」

我坐在校巴上，往車窗外看，咦？那不是剛才那隻龍蝦嗎？牠現在正在老闆手持的網裏掙扎呢！看牠那樣子，我哭笑不得。

沒想到平日不起眼的小漁村，竟然是一個充滿文化、充滿生機的地方。我不禁對它產生了濃厚的興趣，希望下次我能再來細細遊覽。



# 一位值得我學習的名人

5A 黃睿思

二零零三年的春天，香港經歷了一場可怕的「非典型肺炎」疫情。在那個人心惶恐的時刻，一位年輕的女醫生卻挺身而出無私救人，她就是「香港的女兒」——謝婉雯醫生。

謝婉雯出生於草根家庭，但品學兼優，從小就立志成為一名救死扶傷的好醫生。經過多年的努力，她成為了屯門醫院一名呼吸系統科醫生。但不幸的是，「非典型肺炎」疫情期間，她在為垂危病人插喉時，受病毒感染而殉職。

謝婉雯自小便心懷抱負，她不但沒有被清貧家境影響而自卑，反而為了理想更刻苦奮鬥。學業上她一直名列前茅，在中學會考中更獲得八優的佳績。考入香港中文大學醫學院後，她仍繼續刻苦求學，班上的同學都以她為榜樣。最終，憑着堅毅的意志，她達成了自己的理想。

謝婉雯是一位有責任心和勇敢的醫生。在疫情最嚴峻期間，很多醫護人員都因為恐懼和裝備不足，而不願照顧染疫的病人，她卻毫不猶豫地主動到最危險的隔離病房工作，盡心盡力地照顧每一位病人。只是上天並沒有因此而眷顧她，在照顧病人時，她不幸感染了病毒。雖然病倒了，她並沒有怨天尤人，仍然樂觀堅強，安慰家人和朋友，深信自己可以復原。只可惜最後她還是無法戰勝病魔，於二零零三年五月十三日去世，年僅三十五歲。

謝婉雯醫生的一生短暫卻充滿光輝。她為救治病人奮不顧身而犧牲，就如她進醫學院時的誓言：「從醫是為了服務他人」，她做到了。謝醫生的一生深深地影響着後人，我也從中明白到：不要因為自身條件比不上別人便感到氣餒而輕易放棄，更不要為了個人私利而斤斤計較，我們要學習謝醫生，心懷無私精神，為社會努力奉獻。



## 記一次學校運動會

5A 禰沛蕎

看着學校官網上一張張運動健兒們奮力拼搏的照片，昨天學校運動會的一幕幕情景在我腦中不斷浮現，耳邊似乎又響起一陣又一陣吶喊聲……

昨天早上，全校師生滿懷期待地到達葵涌運動場。到那兒時，運動場上已經人山人海，觀眾席上摩肩接踵，座無虛席，熱鬧非凡。只見老師和同學們紛紛拿出多不勝數的啦啦球，分派給在場的觀眾，並齊心協力地練習口號。忽然，賽場傳來一陣召集跑步比賽的廣播，於是各班選手紛紛到召集處等候。選手們有的自信十足，有的緊張不堪，還有的摩拳擦掌，準備迎接一場激烈的戰鬥。

「一、二、三！」比賽開始！一聲號令下，各位選手如離弦之之箭，飛也似的向前衝去。不一會兒，五乙班的選手大跨一步，超越了其他選手，一馬當先。其他班的選手也不甘示弱，緊追不捨。突然，有一名選手因經驗不足而像滾地葫蘆一般中途跌倒，但他並沒有放棄，而是一步一步地站起堅持完成賽事。觀眾們看見這情景，都忍不住為他拍手打氣。

這時候，正在領先的選手們咬緊牙關，他們離終點愈來愈近時，步伐就愈來愈急促，觀眾們的情緒隨之愈來愈高漲，吶喊聲也愈來愈大。最後，隨着五甲班的選手首先衝向終點，整個賽場全都沸騰了，吶喊聲、歡呼聲、掌聲頓時響徹雲霄。

賽事結束後，所有觀眾和選手都仍意猶未盡，他們個個離開時都依依不捨。經過這場比賽，我體會到贏輸並不重要，最重要是享受努力的過程和保持堅持不懈的態度。



## 令人生氣的事

5B 洪一芯

九月十七日至九月二十三日

曾經，我看過一句來自羅伯特·英格索的名言：生氣是吹滅心靈之燈的風。這個星期，我終於明白當中的意思了。

星期天，我完成默書溫習後，打算來玩我心愛的玩具，可是，我找了很久也找不到它。忽然，我想起昨天妹妹借了玩具去玩，於是我立刻去質問妹妹，妹妹卻一臉委屈地說：「我……我已經把它還給你了，我也不知道它在哪兒。」

明明是她弄不見的，卻裝作不知道。頓時，我的臉憤怒得像蘋果一樣紅，眼睛彷彿在噴火。我跑進房間，雙手即刻緊握成拳頭，朝着枕頭發泄心中的怒火。不一會兒，我氣得哭了起來，淚水滴在枕頭上，把枕頭都浸濕了。我哭到快要失聲，一邊抹眼淚，一邊在心裏責罵妹妹：她太可惡了，快快還給我啊！就這樣，我連着好幾天都鬱鬱不歡，沒有和妹妹一起談天、一起追逐。而平日似「開心果」的妹妹，也漸漸沒有了笑容。

星期四放學後，我在房間做功課。正當我打開雜物櫃，準備拿顏色筆出來時，赫然發現玩具就在雜物櫃裏。我頓時恍然大悟，當時一定是我顧着看電視而順手把玩具連同文具一起放進櫃內了。我心想：糟糕！我錯怪妹妹了！為甚麼我這麼衝動？

「妹妹，對不起！我應該先了解事情的真相，不應該沒想清楚就罵你，請你原諒我吧！」我愧疚地對妹妹說。妹妹鬆了一口氣，臉上的愁雲瞬間一抹而散，她也重新變回了笑咪咪的「開心果」，並笑着說道：「姐姐，我知道你不是故意的，我原諒你了！」

羅伯特·英格索說的「生氣是吹滅心靈之燈的風」這句話果然有理。生氣不僅令我和妹妹都沒精打采的，還影響了大家的心情和關係，我以後再也不要輕易生氣了。



## 奇妙的動物世界

5B 廖柏熙

地球上的動物真是多姿多彩。有的本領高超，有的外形獨特，有的連習性也格外引人注目。你知道世界上有哪些奇妙的動物嗎？讓我來介紹一下吧！

要是比本領，當然少不了大名鼎鼎的「貪吃王」——蛇。蛇的本領有甚麼特別之處？原來牠的腸胃肌肉的擴張能力特別強，能吞下比自己體型大十幾倍的龐然大物。此外，蛇的嘴巴能張開 130 度，而人的嘴巴卻只能張開 30 度左右，兩者簡直就是天淵之別，真不愧是「貪吃王」！

除了蛇以外，還有外形就像奇異果的奇異鳥也令人印象深刻。奇異鳥因啼叫聲奇妙而得名。除此之外，奇異鳥的體型也十分可愛，牠的身體胖胖的，好像一個充滿氣的氣球。奇異鳥現在屬於瀕臨絕種的動物，所以我們要變身為守護者，合力保護他們，避免他們胖嘟嘟、可愛的樣子永遠消失在地球上。

說到習性，家家戶戶飼養的狗可不遜色。狗又有甚麼特別之處呢？讓我告訴你，原來狗在大熱天會伸出舌頭來降溫。牠們這樣做是因為狗的汗腺主要分佈在舌頭上。所以在炎炎夏日，狗為了維持正常體溫，不得不伸出舌頭來散發身體的熱量，維持身體所需，你說奇妙不奇妙？

動物世界包羅萬有，還蘊藏着無窮樂趣，還有很多動物等着我們去探索、發掘呢！



## 怎樣保持樂觀心情

5C 陳芯瑤

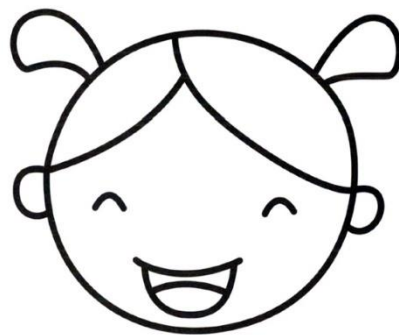
華盛頓說過：「一切的和諧與平衡、健康與健美、成功與幸福，都是由樂觀與希望的向上心理產生與造成的。」這句話表達了保持樂觀心情的重要性。保持樂觀心情能令人平衡、健康、幸福與成功。那麼，我們要怎樣保持樂觀的心情呢？

首先，我們可以通過做運動來保持樂觀的心情。比如某天你跟朋友吵架了，你感到煩躁，甚至憤怒，這時你就可以到運動場上做做運動。運動不僅能讓你活動筋骨、放鬆緊繃的肌肉、提升身體的基礎代謝率等，更重要的是，它還可以促進腦內啡（又名快樂荷爾蒙）以及正腎上腺素的分泌，而這些正是有助於身體減輕壓力的重要因素。

其次，我們也可以透過聽音樂來保持樂觀的心情。比如你馬上要參加一次重要的考試，你感到緊張、焦慮，此時你可以通過聽音樂來舒緩心中的情緒。根據西維基尼大學 公衛學院傳染病學教授金·伊恩斯的研究表示，聽音樂能夠使人心情愉悅、促進身心健康，並能改善認知衰退老年患者與壓力相關的指標。

除此之外，保持樂觀心情的方式還有很多，比如：良好的睡眠、美味的食物、開朗的微笑……這些都有助於我們保持樂觀的心情。

正所謂：「笑一笑，十年少。」無論是做運動還是聽音樂，亦或是睡眠、微笑，都能讓我們能夠保持樂觀的心情，讓我們的生活變得更輕鬆和愉快。所以，從現在開始，樂觀起來吧！



# 智能電話

5C 陳嵐昕

甚麼是智能電話？智能電話是一種既可以撥打行動電話又有多功能移動運算功能的移動設備。在現代社會中，人們隨時隨地攜帶着智能電話，不管是在公交、地鐵上、大街上，還是在商場裏，隨處可見使用智能電話的人們，智能電話彷彿是不可或缺的日常用品。那麼，你知道智能電話對青少年會產生甚麼影響嗎？

首先，智能電話給青少年的學習、生活等方面帶了極大的便利。例如，青少年有事需要告訴家人，可是家人不在身邊時，青少年可以用智能電話上的社交軟件聯繫家人。當青少年因學習壓力感到煩躁時，可以用智能電話玩遊戲、看視頻、聽音樂等，把煩惱拋得遠遠的；當青少年因故缺席課堂時，可以用智能電話隨時隨地進入網上課室進行學習，非常方便快捷……

其次，智能電話也給青少年的學習生活帶來了一些負面的影響。有研究顯示，全港有近五成學生因智能電話而影響他們的學習生活。青少年由於過多使用智能電話，導致他們把所有心思都花在智能電話上，從而沉迷其中，令成績下滑；而部分青少年因沉迷智能電話，更與家人發生衝突，產生很多家庭矛盾，從而影響家庭關係。

由此可見，凡事有利亦有弊，智能電話給青少年帶來便利的同時，也給青少年帶來一些不好的影響。俗話說：「適可而止，無貪心也。」做任何事都要適可而止，青少年使用智能電話也是如此。隨着科技的發展，智能電話已經融入到生活的方方面面，對此，我們要做一個聰明的使用者，讓智能電話真正為我們服務！



# 遊故宮

5D 王朗逸

暑假到了！我終於可以遊覽我盼望已久的地方——故宮。

今年暑假，我和家人到北京旅遊。說到北京，當然少不了提到故宮了。故宮是我國最大的宮殿，面積約 725000 平方米，恐怕讓我走到雙腿發軟都走不完呢！

一走進故宮，我就看到了一個氣勢恢弘的宮門——午門。往前走，穿過太和門，映入眼簾的是一座紅牆黃瓦、金碧輝煌的建築物——太和殿。我們立即被它的宏偉氣勢吸引住了：太和殿是「東方三大殿」之一，是中國現存最大的木結構宮殿，俗稱「金鑾殿」。它上承重檐廡殿頂，下坐三層漢白玉台，採用金龍和璽彩畫進行裝飾，整棟建築美輪美奐。抬眼看去，屋頂上顏色各異的仙人獸活靈活現，顯示出獨特的皇家格調。

然後，我們步出太和殿，來到了中和殿。中和殿最大的特色是屋頂上四個角各有十二隻脊獸。這十二隻脊獸由小到大排列着，形態各異，十分有趣。往殿內望去，我不禁「哇」地一聲驚歎起來。只見一把龍椅擺在殿的正中間，左右各放一個青花瓷瓶，真是莊嚴肅穆！

之後，我們還去了不同的景點，保和殿、乾清宮、坤寧宮……其中我最感興趣的是御花園。御花園裏五彩繽紛、綠葉成蔭，花香撲鼻。那裏的假山高高低低，層層疊疊，頗有一番趣味，讓人仿佛真的身處於大山之中。整個御花園猶如世外桃源，令我久久不願離去。

離開御花園，我看到了古色古香的武英門，抬頭一看，屋頂上用了色彩鮮豔的琉璃瓦作裝飾，在陽光的照耀下熠熠生輝。走進門內，我們看到了宏偉的武英殿。殿外牆上點綴着各式各樣的雕刻，精雕細琢，令人歎為觀止。

最後，我懷着依依不捨的心情離開了故宮。故宮真是太美妙了，經過這次故宮之旅，我想我很難再為其他宮殿着迷了！





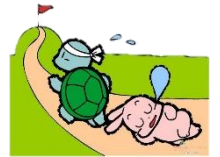
## 論勤奮

5D 羅妙芝

俗話說：「一勤天下無難事。」到底甚麼是勤奮呢？勤奮就是刻苦努力地做好每一件事，而且絕不放棄。今天，讓我來跟大家說說我對勤奮的看法吧！

首先，對一個人來說，勤奮是必須的。眾所周知，勤奮，是成功的祕訣，也是成功的基石。古人常云：「一分耕耘，一分收穫。」勤奮是成功的肥料，成功是勤奮的果實。如果沒有耕耘，又怎麼會有收穫呢？

其次，勤能補拙。相信大家都聽過《伊索寓言》中龜兔賽跑的故事吧？一開始，驕傲的兔子遠遠地甩開了烏龜，眼見烏龜不見了蹤影，便開始輕敵，倒在路邊呼呼大睡。可本來不佔優勢的烏龜憑着牠的勤奮與毅力，最終取得了勝利。這個故事不正驗證了勤能補拙嗎？



最後，勤奮可以造就成功。愛迪生是一位家喻戶曉的發明家，他發明的電燈泡給人們帶來了極大的便利。在發明電燈泡的過程中，他揮灑汗水，經歷了無數次失敗，但最終用勤奮換來了成功，大大地改善了現代人的生活。愛迪生總是永不言棄，三番兩次用行動證明了只要肯努力，沒有甚麼是做不到的。

接着，勤奮使人進步。呂蒙是東漢末年孫權麾下的名將。他聽從了孫權的勸喻，勤奮讀書，學識比之前大有進步，最終成功用計策打敗了蜀國名將關羽，名留青史。成語「士別三日，刮目相看」就是出自這段歷史。

相反，如果我們不勤奮，會有甚麼後果呢？《守株待兔》這個寓言故事向我們說明了不勤奮的後果。有一位農夫偶然看到兔子撞到樹樁上死了，從此懈怠工作，一心想着不勞而獲。結果可想而知，他不僅沒有再得到兔子，他的農地反而因多日沒有耕種而荒廢。由此可見，沒有勤奮，只想不勞而獲是不可能取得成功的。

綜上所述，只要我們能夠時刻保持勤奮，成功將指日可待。因此，我希望大家都能改掉懶惰的壞毛病，向着勤奮的方向邁進！







## 愛的雨傘

5E 吳祉瑤

十二月八日 星期五 雨



忘不了！忘不了！忘不了媽媽對我的好！只要我看見這把雨傘，便會想起那天發生的事……

那天早上，我迷迷糊糊地醒來，瞥見牀頭的鬧鐘，「七點半了！我要遲到了！」我大聲地叫道。我趕緊從牀上下來，換好衣服，只見媽媽給我準備的早餐已經擺上桌。我吃了幾口，就背上沉重的書包準備出門。但我剛剛走向大門，媽媽就叫我回來，說：「今天外面很冷，晚點還可能會下雨，你多穿點衣服，再帶把雨傘吧！」我看了看窗外，外面陽光明媚，因為擔心遲到，所以我並沒有理會媽媽說的話，轉身就跑了。



下午放學時，天上下起了傾盆大雨，有雨傘的同學自己走了，沒有雨傘的同學，家長也一一把他們接走。我一個人坐在課室裏等家長，心想：糟糕！爸爸上班了，媽媽也沒有空來接我，我該怎麼辦呢？突然，我聽見一把熟悉的聲音在呼喚我，於是，我走出課室。此時，媽媽正打着雨傘，手裏拿着一件衣服，溫柔地對我說：「寶貝，冷嗎？快換上這件衣服。」不知怎麼地，我的眼淚像瀑布一樣流了下來。

雖然外面下着大雨，颳着涼風，但我的心卻是溫暖的。那把小小的雨傘也頓時變得格外寬敞。媽媽，謝謝你對我那麼好！



## 遊黃金海岸



5E 李愷婷

說起黃金海岸，大家都會想起澳洲著名的黃金海岸。其實，香港也有一個景色怡人的黃金海岸。你們想知道黃金海岸有甚麼美麗迷人的景色嗎？請聽我娓娓道來……

春天到了，萬物都甦醒過來，我和家人在這個美麗的季節來到黃金海岸。首先，映入眼簾的是黃金海岸酒店，它的外牆塗上了粉橙色的油漆，就像小公主臉上的一抹胭脂，迷人可愛。它的建築造型像一座宏偉的梯田，高低分層卻又整齊划一地排列着，無論我們站在哪一層樓，都可以清楚看見眼前的海天一色，令人心曠神怡。

接着，我們到了酒店旁邊的沙灘，它是香港首個用天然海沙鋪設而成的人造沙灘。那裏水清沙幼，湛藍的海水與一望無垠的藍天相映成趣。海風輕拂，讓我想靜靜地欣賞這海天一色的美景，聆聽海風所奏的搖籃曲……

最後，我們沿着緩跑徑走到最後一個景點——海豚廣場。此時此刻，夕陽殷紅，霞影絢爛，為金光閃閃的海豚雕像描繪了一幅最美的佈景。偶爾，這邊魚兒躍起，激起水花四濺，那邊海浪擊石，驚起層層浪花。它們共同為栩栩如生的雕像合奏出最悠揚悅耳的交響曲。

我愛上了黃金海岸的一切，特別是它那迷人又美麗的日落景致，確實是「夕陽無限好」。這美麗的黃金海岸，令我流連忘返、如痴如醉……





## 今天真的很刺激……

6A 馮巧童

二月三日 星期六 晴天

今天真的很刺激，到現在我的心情都還沒有平復……

今天是我朋友的生日，在很早之前，我和她就已經約定好要去海洋公園·水上樂園遊玩。所以我很早就已經收拾好裝備，出發去海洋公園。

我和朋友到達後，就立刻去更衣室換上「戰衣」，迫不及待去體驗各種設施。其中最讓我覺得刺激的設施，非「旋風雙子梯」莫屬。我和朋友在穿上救生衣後，就坐上了救生艇。隨着工作人員的倒數聲「三——二——一——」，救生艇被工作人員一推，我瞬間進入了橙色的管道。救生艇移動得越來越快，我的心也跳得越來越快。很快，就來到了第一個急轉彎處，我的手緊緊地捉住扶手，雙眼緊閉，耳邊不時傳來朋友的尖叫聲。過了一會兒，救生艇的速度降了下來，正當我打開眼睛時，救生艇卻突然以迅雷不及掩耳的速度往下衝，水不停地拍打着我的臉。我被這突如其來的離心力和氣壓嚇得大聲尖叫，我的心也彷彿快要跳出來。

接着就是三個連續急轉彎，我和朋友的尖叫聲此起彼伏，震耳欲聾，就像在演奏「命運交響曲」。最後，我們終於到達了終點。我驚魂未定，卻吞吞吐吐地說：「刺……刺激！」

雖然每次玩水上滑梯時，我都會被嚇到，但我還是十分享受這種刺激的感覺呢！



# 智能校園

6A 賴堽晴

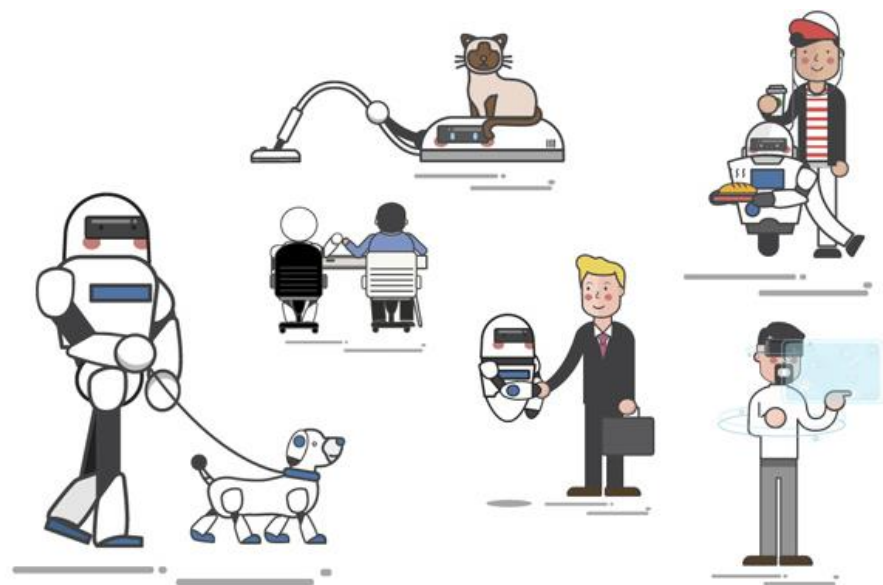
隨着科技日新月異，智能餐廳、智能家居、智能辦公室都不斷地湧現。莘莘學子們離不開的學校也陸續開始智能化了。在我心目中，智能校園是怎樣的呢？現在就讓我來告訴你吧！

首先，同學一踏進課室，智能黑板便開始運作了。它的左上角有一個攝影機，可以識別同學的身份，自動為老師點名。當同學坐下時，智能椅子會掃描他們的身高和體型，從而調整椅背的傾斜度和椅子腿的長度。

如果步出課室，便能看到我們的多功能智能操場。它的上方有一個透明的天窗，會因應天氣情況調節光線。例如：陽光太猛烈時，它便會像太陽眼鏡般變色，保護我們免被曬傷。另外，操場兩側有不少太陽能電風扇，會因應溫度的變化自動開啟和灑水，為大汗淋漓的同學們帶來一絲涼快。

最後，我們來到一樓的多元智能館。這裏集圖書館、自修室和遊戲室於一身。在圖書區，幾部智能圖書館機器人會迎接你，當你想閱讀某一本書時，只用語音輸入指令，它們就會幫助你找出那本書。在自修區，同學們會使用一部校內專用的智能平板電腦學習。這部平板電腦會分析學生的學習數據，提供相應的學習策略。

智能校園豐富了學生的學習體驗，提升了學生的幸福指數，也讓老師的教學更有效率。你想不想擁有這樣的智能校園呢？如果想，那麼從現在開始好好學習，為將來的智能校園出一份力吧！





## 《美麗的校園》

6C 陳臻琦

在我的心目中，美麗的校園有漂亮的花園，有寬闊的操場，還有高大的建築。因此，我的學校——李金小學，是最美麗的校園。現在，就讓我帶你參觀一下吧。

首先，踏進校園大門，左手邊是雀小臟全的接待處，右手邊是同學們親手製作的藝術品展覽牆，上面的圖案五彩繽紛，十分好看。穿過前方的有蓋操場，左邊的停車場裏栽種着兩顆茂盛的荔枝樹，樹上紅彤彤的荔枝果如同夜晚的羣星般點綴了整顆荔枝樹，生機勃勃。

沿着右邊的中央梯向上攀行，我們到達了二樓的籃球場。午息時，你可以看見同學們就像一羣羣剛飛出籠的鳥兒般爭先恐後，迫不及待地湧入操場，進行各式各樣的體育活動。放學後，你可以清楚看清操場的面貌：籃球架矗立在寧靜的操場上，就像四位氣宇軒昂的守護神，默默地保護着這個美麗的校園。

順着樓梯走到四樓，空中花園內長滿了一朵朵鮮艷奪目、獨一無二的花朵，香氣撲鼻，芬芳馥郁。一陣清風拂過，花朵們發出悅耳的「沙沙」聲，彷彿在呼喚着我靠近。我輕輕地撫摸着花瓣，軟綿綿地，猶如一個嫵媚動人、婀娜多姿的少女，讓人不忍心傷害她。如果我是這些充滿生命力的花朵，我一定會盡情地享受大自然的美好氣息。

今年，是我在這所校園裏學習和生活的最後一年。這裏充滿了美好、開心、難忘的回憶。這裏已經不知不覺地陪伴了我整整六年，見證了我的每一次成長。能夠成為這所學校的學生，是我的光榮，更是我的驕傲。我愛這所帶給我歡樂的校園，我愛你李金小學！





## 《難忘的一周》

6C 羅晞殷

九月二十四日至三十日

看着桌上那支精美的圓珠筆，不禁令我想起這周發生的事……

星期一是考試的日子，考試前我翻開書包準備拿出文具袋，可我無論怎麼翻找都找不到，才驚覺自己忘了把文具袋放入書包了。頓時，我冷汗直冒，焦急萬分，不知所措，如同一隻熱鍋上的螞蟻，心想：難道這星期的努力溫習都白費了？小美看見我那焦慮的樣子，便問：「咦，你怎麼了？」我悄悄地告訴她後，她便不假思索地把她珍愛的筆借給了我，我開心極了！ 😊

星期二那天，我打算把筆還給小美，可我見她不在座位上，便直接把筆放在了她桌面的筆記本上。小息時，她以為我還沒有還筆，便問：「你還筆了嗎？」「我還了呀。」我肯定地回答道。「你還了？放在哪兒了？」她質問道。「就在筆記本上啊！」我回應道。「我剛才看過了，沒有呀！你快還我！快還我！」她火冒三丈地大聲說着，可看到我嚇得啞口無言、目瞪口呆的模樣，便生氣地轉身離開。 😡

星期三早上，我懷着低落的心情緩緩地步入課室，發現小美正用帶着愧疚的眼神看着我。我看了她一眼，就立刻轉過臉，打算避開她的目光。這時，小美突然站起來，徑直走到我的位子，誠懇地向我道歉道：「對不起，昨天我不應該那麼衝動，沒找清楚就誤會了你。」然後，她從口袋中掏出一支令人熟悉的筆，說：「我已經找到我的筆了，原來我無意中把它放到了書包底，完全沒留意到你還給我的。」她接着就把筆塞到我的手中，說：「這枝筆就送給你吧！」我看着她那愧疚萬分的神情，也向她道歉道：「對不起，我也不應該把筆直接放在你的筆記本上，應該親手交給你的。」 😊 說完，我們相視一笑。

從此以後，我們成為了好朋友。經過這周的事情，我明白到做事情應該要有交代，不能應付了事。更體會到，做人處事不能太衝動，要冷靜思考，了解清楚，才不會產生誤會。這個星期真是令人難忘啊！



## 星期天的茶樓

6D 洗穎俊

疫後復常，我終於可以和家人到茶樓聚一聚，共度快樂的早上，一起談天說地。

星期天早上，我們一家人到了茶樓，想着取號拿票時，原來爺爺奶奶和堂哥已經到了茶樓，我一坐下看到點餐紙上那些各式各樣的點心，彷彿已有香氣撲鼻的感覺，我真想把那些我愛吃的點心全點一遍。不過為了禮讓爺爺奶奶，我還是讓他們先下單。

等待點心期間，大家開始談天說地。爸爸和我們分享這三年疫情的網上工作，我很好奇，因為平日裏爸爸工作室總是鎖門不讓我看，而今天我終於可以知道了。聽着聽着，多年未見的姑媽關切地問道：「為甚麼穎俊戴上了眼鏡？」我回答：「我很喜歡看書，每天夜晚都躲在被子看小說，現在看東西時視線變得模糊了，所以我才配戴眼鏡。」姑媽聽完後，提醒我要愛護眼睛。我點點頭回答：「我會的，謝謝關心。」

過了一會兒點心來了，看着桌子上一道道熟悉的佳餚，我聞到的不僅僅是一如既往的食物香味，更是懷念的味道。我立即拿起筷子，把所有食物都品嚐了一遍，而弟弟和表哥互不相讓，搶了起來。吃着吃着，我們發現燒賣只剩下八個。可是我們有九個人，該怎樣分呢？為了讓其他人可以多吃些，於是我摸摸肚子，說道：「我飽了，吃不下了。」弟弟看到我禮讓，便把他的燒賣分給我一半。這個舉動，令我既感動又溫暖。媽媽看着我和弟弟說道：「哥哥和弟弟，你們都長大了，懂得關心對方。」弟弟笑了起來。

歡樂的時光過得特別快，希望疫情別再來，阻擋我和家人的歡樂時光。



## 給表姐的一封信

6D 鍾曜倬

親愛的表姐：

你近來好嗎？近況如何？

今年，我快要完成小學階段的學業了。我在呈分試中獲得不錯的成績，能夠考入心儀的中學，可是父母為了我的前途，打算舉家移民到加拿大的溫哥華生活與學習。面對這個突然的決定，我內心喜憂參半。

一方面，我相信我可以認識到不同國籍的新朋友，從而認識到不同國家有趣的文化。還有，我相信我的英語能力肯定能夠大大提升，到時候我可以和外國人流暢地交流。

我為能結識新朋友、新老師而感到興奮。我期待能在新的環境學習新知識。我還能夠參與更多課外活動，因為在加拿大的教育系統中，功課量並不是很多。

除此以外，因為香港和加拿大的教育系統不一樣，我擔心學習進度跟不上，萬一考試的名次不理想，你說該怎麼辦？我還擔心人生地不熟，語言不通，甚至會被人欺負，無法適應那邊的起居生活，例如：飲食習慣、交通系統、居住環境……

表姐，如果你有好的建議，請你回信告訴我。

千言萬語都未能盡訴我的心聲，我希望能儘快適應加拿大的生活，暑假時我想邀請你過來加拿大找我玩。

祝

身體健康！

表弟

陳文和

五月三日





## 論小學生應否補習

6E 呂睿臻

作為亞洲金融中心，香港以快節奏、高效率著稱。在高壓的生活環境下，為生活而奔波勞碌的只有成年人嗎？我看未必。如今連小學生們也過着早出晚歸，直到凌晨才得以喘息的生活。難道是學校作業太多？當然不是！使小學生們忙碌起來的，是在學校課堂之外的補充學習——補習。

有人說補習可以有專人指導，幫助學生提高學業成績；又有人說補習只是浪費時間及金錢，只要在學校認真聽講，就沒有必要補習。其實，小學生究竟應否補習呢？我的看法是：對於小學生而言，補習有利也有弊，我們要三思而後行。

如果你的成績還不錯，通過補習可以令你接觸更多的題型、知識等，拓寬你的知識面，學習解難的技巧。遇上好的補習老師更是可以提升你的邏輯思維水平，豐富你的學習經歷，達到拔尖的效果。如果你的成績未如理想，補習社的操練可以令你熟能生巧，補習老師針對性的輔導有助查漏補缺，鞏固學校所學，解答學校老師沒有空間和精力幫你解答的疑難雜症，起到補底的效果。由此可見，補習可以幫助學生答疑解惑，提供更豐富的學習體驗，這也正是各位家長、學生對補習趨之若鶩的原因。

凡事都是「雙刃劍」，補習的壞處也顯而易見。現在有不少望子成龍的家長罔顧子女想法，瘋狂報讀補習班。這不僅會減少孩子們課外活動及休息時間，令他們身心俱疲，還會令他們在學校課堂上沒有精神導致無法專心。補習佔據了大部分休息時間，學生無法培養興趣愛好、無法與同伴玩樂、無法體驗到童年的無憂無慮。試問，有誰希望自己的童年如此沒有色彩？

不管是為了改善學習上的不足，為了鞏固對基礎知識的掌握，還是為了實現父母對孩子們的期望……補習這件事都要量力而行，不是每個孩子都需要補習，也不是每個孩子都能承受補習帶來的壓力。

總而言之，補習絕對不是百利而無一害的，家長要顧及子女的感受，三思而後行，避免適得其反。

# 活得健康

6E 鄭澤盈

正所謂「健康是無價寶」，健康對我們的生活至關重要。我們應該怎樣做才能擁有這件「無價寶」呢？想要活得健康，要有均衡的飲食、適量的運動、規律的作息，這些方法都可以令我們活得健康。

均衡的飲食是活得健康的重要一環。曾經有一篇報道：台灣一名男子幾乎天天只吃即食麵，結果才十八歲竟罹患晚期胃癌。如果每天只吃即食麵，如何確保我們攝取到足夠的蛋白質、脂肪、碳水化合物、維生素、礦物質和水分？如何滿足身體正常運作的基本需求？只有合理的、均衡的營養攝取才有助於提升免疫系統功能，減少感染和疾病的發生機會。由此可見，我們要飲食均衡才能活得健康。我們可按照「健康飲食金字塔」的建議份量，多吃蔬菜、水果和穀類，少吃垃圾食物。

適量的運動是活得健康的必由之路。俗語說：「運動是健康的靈丹妙藥。」每天維持最少二十分鐘的帶氧運動，能啟動我們身體的各項機能，亦能促進新陳代謝，強化心肺功能，大大增強我們身體的抵抗力，疾病自然離我們而去。此外，當我們做運動時，腦部會釋放出一種名叫「安多酚」的「快樂荷爾蒙」，有助舒緩情緒，讓我們把壓力拋到九霄雲外。因此，運動既能強身健體，又能舒緩壓力，真是一石二鳥啊！

規律的作息是活得健康不可或缺的因素。我們自小已知道「早睡早起精神好！」我們應該確保每天平均有八小時的睡眠時間，讓我們的五臟六腑有充足的時間排毒和休養，使我們能活得更健康。

總括來說，「健康是生命的泉源」，有了健康的生活方式，持之以恆地去做，便能活得精彩，活得健康。

那麼從現在起，我們一起坐言起行吧！

## The Dancing Fly

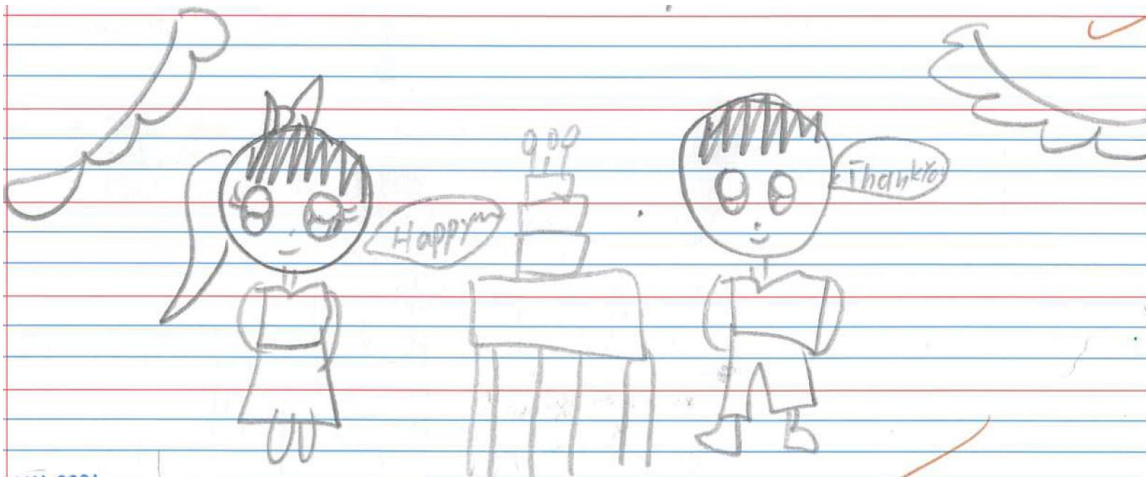
By Charlotte Ho Ching Yau, 1A

I am a cute rabbit.  
I have big brown eyes and soft ears.  
I sleep in a beautiful rabbit house.  
I jump in the beautiful garden.  
I jump in my house and the park.  
I love being a rabbit because it is very fun.  
Will you be my friend? Will you play with me?

## Shopping at Tuen Mun Supermarket

By Alina Yiu Nga Ching 1A

I go to Tuen Mun Supermarket.  
I buy some grapes.  
They are ten dollars.  
I buy some mangoes.  
They are fifty dollars.  
I buy some butter.  
It is free.  
I want to make a fruit cake because it is my father's birthday.



## Ash, the Running Boy

Bernice Cho Hoi Ching 1B

I am Ash, the running boy.  
I run over the grass.  
I see many tall trees.  
I run on a beach.  
I see a deep and blue sea.  
I run in a forest.  
I see many animals walking around the forest.  
I run into a dark cave.  
I see many bats looking at me.  
The bats look unfriendly.  
I feel so scared.

## My Birthday Party

Ravin Wong Sing Chun 1B

Dear Miss Lee,

I will have a birthday party at my home on 1<sup>st</sup> November, 2024. It is from one o'clock to half past seven. We will play hide and seek. We will eat McDonald's food too! Will you come to my party?

Love,  
Ravin

## What Do You Have?

Isabella Ho Lok Yan 1C

Isabella: Hamster, Hamster, what do you have?

Hamster: I have a big hat.

Isabella: What colour is it?

Hamster: It is dark green. It is soft and big. I like my lovely hat.

Isabella: I love your hat too.



## Marcus

Aidan Wong Tsz Yui 1C

Today is windy and cool.

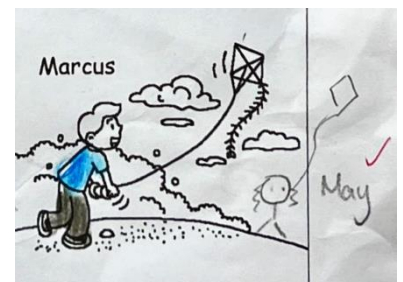
Marcus and his classmate May are in the park.

Marcus is wearing a blue T-shirt and grey trousers.

He can fly a kite with his hands. He feels happy.

He goes home at ten o'clock.

What a wonderful day!



## My Room

Alex Li Chun Wing 1D

This is my tidy room.

I have a beautiful school bag on my bed.

There are some flowers and a nice piano in the room.

I have a cool computer on my table.

I have two cute cats and a silly dog.

They are hiding under my bed.

My room is clean and tidy.

I am over the moon when I play with my pets in the room.

I love my perfect room!

## My Mother

Kiki Kung Tsz Ki 1E

My mother is fat and tall.

She has long hair.

She can run in the grass with her feet.

She will sleep with me and play with me.

I will help her feed the cat.

She likes cats and pandas.

She likes to cook with me.

Her name is Joey. She is very kind and lovely.

I love my mother very much and she will love me.

## **Will You Be My Friend?**

Ashley Shum Chin Yuet 1E

Ashley: Will you be my friend?

Peter: Sorry, I won't be your friend. I prefer to be friends with boys.

Ashley: Will you be my friend?

Mary: Yes, I will be your friend. You are adorable and cheerful. I think we can play dress up games in the house together.

Ashley: Thank you. I'm glad to be your friend.

## **My Little Brother**

Jaxton Pang Nok Jun 2A

On Sunday morning, Jaxton went to McDonald's and ate breakfast. On Sunday afternoon, he did Maths homework. On Monday morning, he had Chinese dictation. He felt worried. On Tuesday afternoon, he was disappointed because he failed the dictation. On Wednesday evening, he watched the sunset. It was beautiful. He felt joyful. On Thursday night, he went outside and played with the snow. He felt cold because it was  $-6^{\circ}$  C. On Friday afternoon, he caught a cold and rested in bed. He felt nervous. On Saturday morning, he felt great because he recovered.

## Welsie's Lucky Week

Welsie Yuen Wan Ting 2A

On Sunday, Welsie and Mom went to the playground. On Monday, Welsie and Dad went to Japan. On Wednesday, Welsie and her sister went to space. On Friday, Welsie went to school and many people played with her. On Saturday, Welsie, Dad, Mom and her sister went to a hotel. Today, Welsie had a birthday party for turning eight years old. I hope she can have another lucky week again.

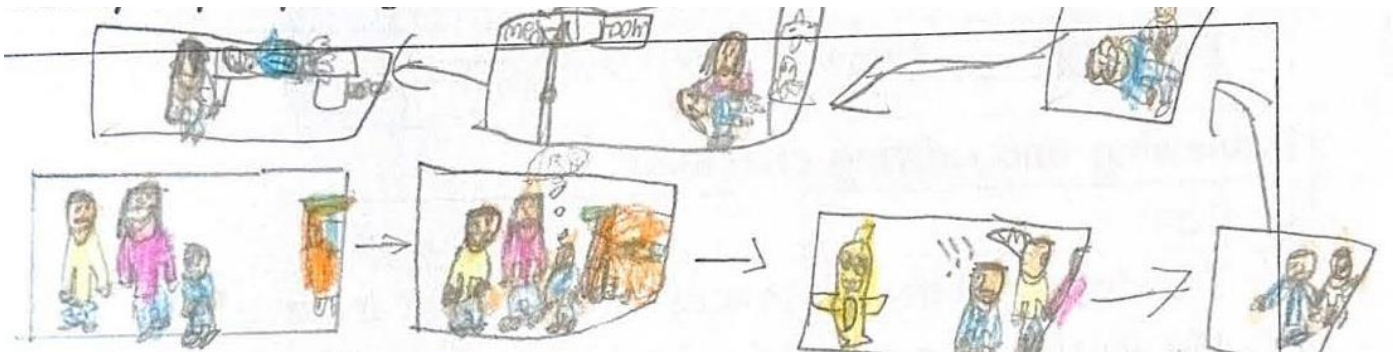
## Big Fat Toe

Darren Wong Tik Long 2B

On Sunday afternoon, Peter and his brother went to the aquarium with their mother. They went there by minibus. When they arrived, Peter was so excited to see turtles, rays, octopuses and sharks in a big tank.

Then, he saw a very cute baby shark. Peter kept chasing after it. Suddenly, there was a little boy running towards Peter. However, that he could not see him because the little boy was too short. Then Peter fell down on the ground and hit his toe. 'OUCH!' screamed Peter.

Then Peter's mother brought him to the medical room. Peter took off his shoe and sock. His toe became a big fat toe. The staff member bandaged his toe and said, 'It's alright. You'll recover soon.' 'Thank you for your help!' said Peter.





## A Burger

Ellie Leung Hui Tung 2B

### Ingredients

- buns
- tomatoes
- lettuce
- ham
- bacon
- beef
- eggplants
- onions
- cheese
- pickles
- oil
- mustard

### Steps

First, wash the tomatoes, lettuce, eggplants and onions.

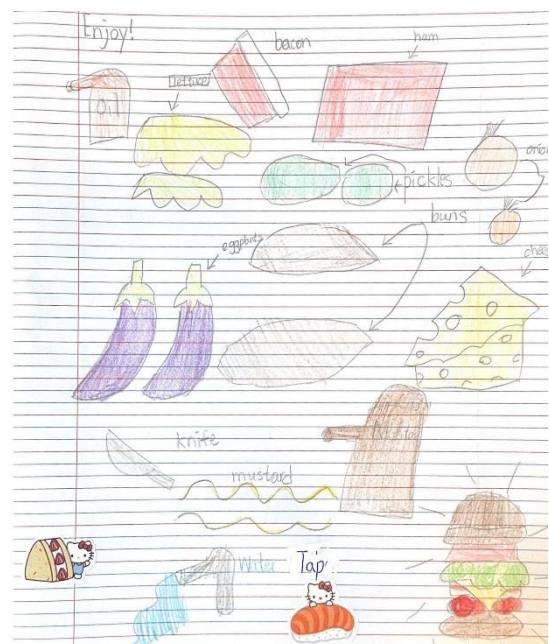
Next, cut the tomatoes, ham, bacon, beef, pickles, lettuce, eggplants and onions.

Then, put some oil into the pan and cook the beef, bacon and ham for a few minutes.

After that, add some mustard onto the bun.

Put the tomatoes, lettuce, ham, bacon, cheese, beef, pickles, eggplants and onions on the bun.

Finally, put another half of the bun on the top.

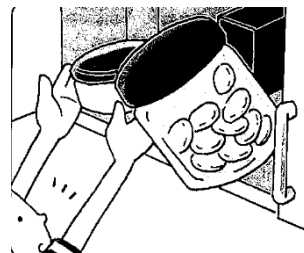
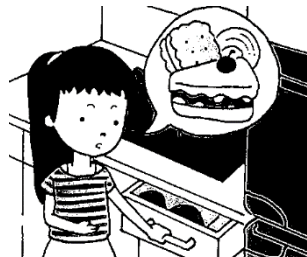


## Hungry Mary

Carson Wong Yik Sum 2C

Mary felt hungry last night because she did not eat much at dinner. She wanted to eat some snacks. She climbed up the cupboard in the kitchen but she dropped the glass bottle of cookies on the floor. The bottle was broken. She was afraid.

Mum heard the noise. She went into the kitchen and saw the broken bottle. She was worried about Mary. 'Are you OK?' she asked. 'Yes, but the bottle is broken. Sorry, Mum!' Mary said to Mum. 'Never mind. I can buy a new one,' said Mum. She cooked some noodles for Mary. Mary was happy.



## My Favourite Food

Hazel Ng Sum Kiu 2C

Chocolate is my favourite food because it is so delicious. It is so sweet and smells good. I like all types of chocolate. I would like to share my chocolate with my family. Miss Woo, do you like chocolate?



## A Surprise

Lau Pui Kiu, Allyson 2D

It was Amber's birthday yesterday. She had a birthday party in the 2D classroom. All 2D classmates were invited to celebrate with her.

Allyson wanted to give Amber an unforgettable surprise present. Allyson said, "Do you know what I will give you as a birthday gift? I will give you a big surprise! Please close your eyes and put your hands into the dark magical box."

Amber followed her words with an uncomfortable feeling. She screamed loudly, "Are those coffee beans?" Allyson smiled spookily. "No, absolutely not," replied Allyson. Amber kept guessing but she still could not guess the correct answer. Soon, Amber opened the box and saw some little ladybugs. Amber was very happy with the lovely present.

Suddenly, there were some bees flying out of the box. Emily asked, "Allyson, are those flying bees part of your plan?" "I have no spare money to prepare the bees..." replied Allyson. Emily screamed and all classmates ran away to escape from the bee attack.

Nobody was happy with the bees' visit because it made the classroom very messy. Everyone had to clean up the classroom.



## 2D's Birthday Party

Man Yik Shun, Milo 2D

Andy and I went shopping for 2D's birthday party. We went to Aeon to buy lots of party stuff.

I shouted, "Let's have an interesting party! We need to buy balloons, confetti and some decorations." Andy said, "Great! It will be fun."

Andy asked, "Shall we buy orange juice?" I replied, "Sure, it's more healthy than Yakult." Andy shouted, "Most of us like sandwiches, sushi and marshmallows!" I replied, "Right! I like strawberries, yogurt and salad."

"They're healthy and sweet." Andy said. "I totally agree with you! We are going to have a wonderful birthday party!" I exclaimed.

We cannot wait to celebrate with all 2D classmates.

## Noisy Dick

Hysan Chan 2E

Dick made noise this morning. He made noise when he ran in the park excitedly with his friend. He made noise when he had breakfast quickly at home. Dad said, 'You are too noisy, Dick. Please be quiet.' Dick said, 'I'm so sorry. I won't do it again.' He felt ashamed.

## Hungry Giant

Noah Fung Yan Ngai 2E

This is Hungry Giant. He is fat and big. He has a beard that reaches till his tummy. He has a mouth as big as a crocodile's mouth. He likes to eat butter, bread and honey. He always gets a bommy-knocker with spikes. When he is hungry, he will command the people to bring him some food. If the people do not listen to him, he will smash them into pieces. People are very afraid of him.



## Things I Do after School

Karlton Hui Ka Yui 3A

I finish school at ten past three every day. I go home on foot with my baby sister. We always chat and play happily on the way back home.

At home, I quickly finish my homework and play with my sister. Sometimes, we go to the park at Gold Coast. I always ride a scooter to get there. When I am on the swing, I feel excited and tingly. I scream loudly and everyone in the garden can hear me.

I love playing with my sister after school!

## Grandma's Visit

Selena Lam Sum Yuet 3A

Last Thursday, my grandma came for a visit from China. I picked her up from the airport and gave her a gift. The weather was cloudy. We went to Disneyland.

On Friday, it was sunny. We went to the beach. Grandma and I swam happily in the sea. We had a great time. Then, we went to V-city. We ate some scrumptious pizza there.

On Saturday, it was windy. Grandma bought a butterfly kite for me. It was pink and gold. I liked it a lot! We flew the kite at Tuen Mun Park. Then, we went to the art museum to see some paintings. We felt joyful.

On the last day of Grandma's visit, she said, "Before I go back to China, I want to give you this toy cat. It shows how much I love you." I waved goodbye to her with tears in my eyes. I love my grandma!

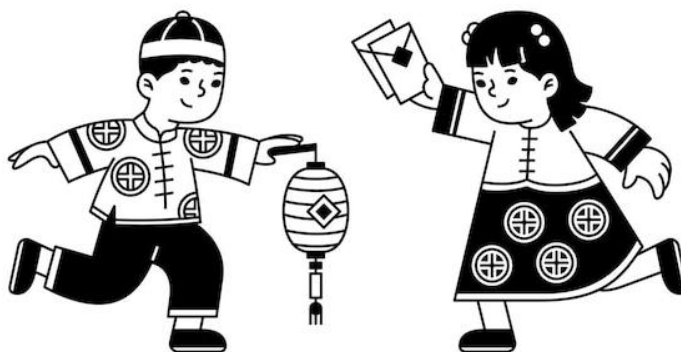
## Chinese New Year

Priscila, Leung Yau Hei 3B

Chinese New Year was coming. We went to the clothes shop to buy some new clothes. My mom bought a new red dress. My dad bought new black trousers and a white shirt. My sister and I bought a red shirt. We were happy. At home, we cleaned our home. Dad washed the new clothes. My sister swept the floor. My mom cleaned the windows.

At Chinese New Year, we had a reunion dinner with our family at night. When we finished the dinner, I said, "Kung Hei Fat Choi!" My grandparents gave us red pockets. We spent the money on buying books.

I think Chinese New Year is the best festival.



## What If Everybody Did That?

Kyson Wong Pak Ming 3B

Dear Editor,

I am now writing to talk about the misbehaviour of people in the library. People eat and talk loudly in the library. Some children run in the library. They are inconsiderate. I want to make a change so I write this letter to you.

First, when some children run in the library, they knock books down and hurt each other. I suggest the government put up signs to remind visitors.

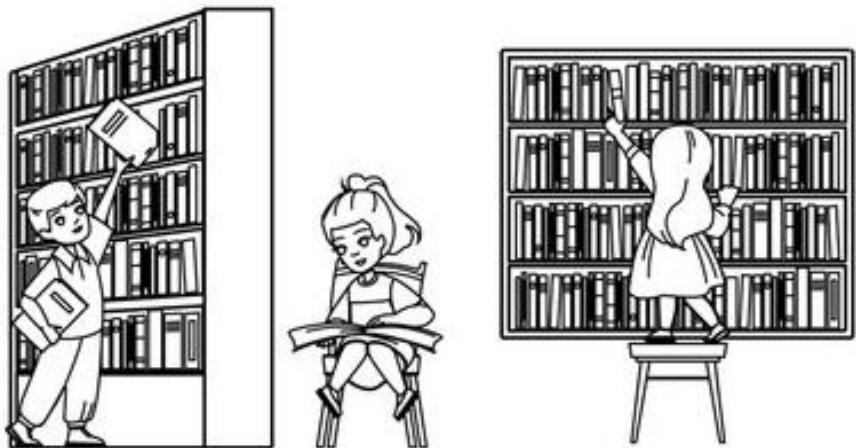
Second, when some children eat in the library, it damages the books. I suggest the government put some CCTV cameras in the library.

Lastly, when children talk loudly in the library, it disturbs others. Children should be well-trained and considerate before going into the library. I suggest the government should penalise the naughty children.

I think everybody should be considerate and be responsible when they are in the library.

Yours faithfully,

Kyson



## An Incident

Jordon Fung Kin Hei 3C

Mary and Paul were at the tuck shop yesterday. They looked at the shopkeeper in the tuck shop. They asked him for a hot cup of tea. When they got the tea, they decided to sit down by the table.

Suddenly, when Paul wanted to grab the hot cup of tea, he accidentally knocked it over. Then the tea spilled over Mary's skirt. Mary was upset because the skirt was new and expensive. Paul felt really sorry for Mary so he said sorry. Mary accepted his apology.

After that, they went home to chat and play video games. Mary and Paul were happy in the end because they forgot about the incident and they lived happily ever after.



## A Game at School

Hilary Lau Yu Hei 3C

I had a piece of paper and some colour pencils in the classroom. The paper looked like a menu. We used it for playing a restaurant game. I wore my school uniform. Suddenly, a piece of paper fell onto the ground and my friend stepped on it. She fell down onto the ground and cried loudly. The teacher came in and we went to the hospital.





## My Schedule

Valletta Fung Wing Tung 3D

On Monday, it was stormy and rainy. I stayed at home and watched TV. I watched Hello Kitty and My Melody. It was very wonderful and I love them very much!

On Wednesday, it was sunny. I learnt how to make chocolate cookies. I put some M&Ms on top. I ate it with my family after dinner. They said, 'I love it!' Then I felt very happy.

On Saturday, it was cloudy and windy. I felt a little bit cold. Then I had a drawing class. I drew the moon and the sun. My best friend, Hilary, had the drawing class too. She drew a rabbit and a carrot. We felt very happy.

On Sunday, my little brother and I went to the library to read books together. I read stories about rabbits and sheep. My little brother read stories about lions and fish. I read books happily and my little brother.

## A Letter To My Valentine

Tsui Marco 3D

Dear Mum,

You are my valentine. I love you so much. You cook for me and help me with my homework. You wash the dishes every day. You help me a lot. I want to give you a hug and a card to show how much I love you.

Thank you very much!

Love,  
Marco

## A Bad Day

Anson Tsui Long Fung 3E

Yesterday was a sunny day. Mary had a General Studies lesson at Lee Kam Primary School in the morning.

Miss Chan, her class teacher, talked about animals in class. She would like to show a frog to her students. She took out a frog from a glass container and put it on the teacher's desk. Everyone felt excited and came in front of the desk.

Suddenly, the frog jumped out of the container and landed onto Mary's arm. Everyone screamed and ran out of the classroom. 'Help! Help!' cried Mary.

Finally, Dan, Mary's best friend, ran into the classroom. He caught the frog and put it back into the container. Everyone cheered 'Hooray' for Dan. Mary said, 'Dan, you are my hero! I will marry you when we get older. I love you!' Everyone laughed and Miss Chan laughed too.

## An email to a penpal

Gianna Lau Sze Chai 3E

Dear Kim,

How are you? My name is Gianna. I come from Hong Kong. I'm eight years old and I'm in Grade 3.

I got to know you on Instagram. In one of your videos, you taught us how to write emails and you also said you wanted to exchange emails with a penpal from overseas. I really want to have a Korean penpal like you. Shall we exchange emails like a friend?

I'm a hardworking girl. Sometimes I even don't have a rest! I need to do a lot of homework every day. Although I'm tired of doing homework sometimes, I enjoy doing it!

I love playing video games because it is fun. However, my mum always doesn't let me play on weekdays. I like playing Roblox and Minecraft most. Do you like playing video games?

I would like to be a doctor in the future because doctors can help a lot of people and make so much money. With the money, I can travel around the world with my family and friends too!

I heard Koreans like eating kimchi. Do you like eating kimchi or any spicy food? Also, I wonder how you look like! Attached here is my photo.

Please write back soon.

Love,  
Gianna



## A Day in Old Hong Kong

Choy Chun Him, Andre 4A

When Sam woke up, he was in old Hong Kong. He saw people carrying baskets and some old transportation at the arcade. He was curious because everything seemed strange.

He was strolling around aimlessly and he saw two girls playing hopscotch. He asked, “Why don’t you guys play electronic games?” “We have never heard of that before.” the girls replied. He felt shocked.

“I want to go home. I don’t belong here!” he said sadly. The girls said, “You should find Mr Andre then! He is a famous scientist. He might be able to help you return to your home.” He said, “Thank you very much!” Then he ran as fast as a flash to Mr Andre with his pajamas excitedly.

He went on a bus and saw people talk and laugh loudly. The bus was bustling with noise. It took ten minutes by bus to reach Mr Andre’s home. Sam felt relieved once he saw Mr Andre in the garden. Sam asked, “I think I am in the wrong timeline. Can you help me return to where I belong?” He took Sam to the basement quietly and showed him a time machine. Mr Andre said, “Sit down and hold on tight!”

Soon, a bright light blinded his eyes. When he opened his eyes, he saw his mum and dad. He realized that he was back in his world. He hugged them tightly and immediately said, “I miss you two so bad!”

## How to make an encouraging crisp box

Leung Audrey Pak Hei 4A

Do you hate wasting toilet paper rolls? Here is a cute snack with encouraging words you can make with only three things! You can give this to anyone you cherish the most. You will need a toilet paper roll, transparent plastic paper, yellow coloured paper, scissors and glue.

First, cut any shape you want in the middle of the toilet paper roll carefully.

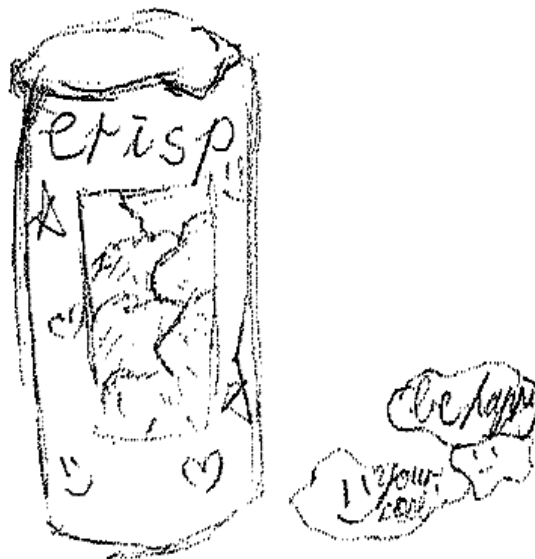
Then, get some transparent plastic paper and gently glue it behind the hole. Make sure to hide or cut out the excess paper!

After that, get your coloured paper, fold it in half neatly and cut it into small crisp shapes. You can write some encouraging words behind them.

Next, slowly cut two circle-shaped pieces of paper and stick them on both ends of the toilet paper roll.

Finally, add the crisps to the toilet paper roll neatly and draw some pictures or add some details to the paper roll.

Now, you can put the crisp box on your table for decoration.



## Book Report

Alva Wu Tin Lam 4B

Book title: Rapunzel

Author: Brother Grimm

Type of story: Fairy Tale

### Summary:

Rapunzel is a beautiful princess with long hair. One day, her mother wants to eat some vegetables in the malicious witch's garden so her husband goes inside for her. When he goes into the garden for the first time, he is safe. But when he goes for the second time, the evil witch sees him. She orders that when his wife gives birth to their first child, they have to give their baby to her. Soon, Rapunzel is born, her parents give her to the witch. The witch names her Rapunzel. When Rapunzel is 18, a prince comes to save her but the witch makes him blind. In the end, the prince recovers and marries Rapunzel. Then they live happily ever after.

### Opinion:

I like this book because the story is very imaginative. I think it is even more imaginative than Sleeping Beauty. My favourite character is Rapunzel because she is very poor and I sympathize with her. I wish I could become a princess like Rapunzel because I want to have beautiful long hair like her.

## An email to a friend

Jayden Leung Ngo Shun 4B

To: [alex1111@gmail.com](mailto:alex1111@gmail.com)

Subject: My favourite festival

Dear Tommy,

How are you? I want to share my favourite festival with you.

My favourite festival is Christmas. My favourite festive activity is decorating the Christmas tree. There's a Christmas tree in my living room. I enjoy hanging up decorations and putting gifts and Christmas crackers under my Christmas tree.

I'm always thrilled to go to Christmas funfairs because they are great fun. I can also ride on a sightseeing bus in Tsim Sha Tsui or Central to view amazing streets sparkling with Christmas lights from high up!

I also like Christmas parties. At the party, I can always eat a Christmas feast. I can eat lots of yummy food such as Christmas pudding and Christmas cake. I can also play with my best friends and exchange Christmas gifts. I still remember my Christmas gift last year was a railway set with fabulous vehicles!

Do you know what the most surprising thing is for me at Christmas? It's an unexpected gift put into my giant Christmas stocking at night. It must be from Santa Claus!

What is your favourite festival? How do you celebrate Christmas in the UK? What Christmas activity do you like most? I'm looking forward to your reply.

Best wishes,

Jayden

## A Journal Entry

By Li Tsun Yin, Karson 4C

5<sup>th</sup> October, 2023 (Thursday)

Last week, Mum, Dad, Emma and I went to Jolly Park because it was my birthday.

When we arrived at the park, Emma and I wanted to do different things. I wanted to ride a bike, but she refused and said, 'I don't even know how to ride a bike. Let's play Frisbee.' Then I said angrily, 'Today is my birthday, Emma. I let you see the animals when we went to the amusement park on your birthday. Let me go cycling this time. You can play Frisbee with Mum and Dad.' Dad told us not to argue with each other. However, Emma insisted on playing Frisbee with me.

I was very cross so I pushed Emma to the ground. Mum and Dad stared at me furiously. I said sorry to Emma. Emma said, 'Don't worry. Let's go home and play chess.' In the end, we went home and played board games together.

Now, I know that we need to be kind to each other. I want to say something to my sister, 'I love you, Emma!'

## **The New Jack and the Beanstalk**

By Wong Kwan Nga, Andrea 4C

Jack and his mother lived in an old house. They were impoverished and their tummies always growled with hunger. One day, they ran out of food. Jack's mother told Jack to sell their cow for money. On his way to the market, he met a strange looking man. The man asked, 'Can I trade your cow with these magic beans? They're magical.' Jack agreed and exchanged his cow for the beans. When he arrived home, he told his mother about the magic beans. His mother was fuming with rage and said, 'How could you be so stupid?' Then, she threw the useless beans out of the window.

The next day, just as Jack went out of his house, a beanstalk which was as high as a mountain caught his eyes. It was seven thousand metres tall and it reached the clouds. Jack was flabbergasted. Driven by curiosity, he climbed up and saw a massive castle on top! Jack went inside. A giant which weighed five hundred kilograms was watching a hen that was laying golden eggs. While he was watching, he dozed off. Jack wanted to be rich so he stole the hen as fast as a rocket. Out of the blue, the giant woke up. When he saw Jack holding the hen, he chased him down the beanstalk.

Jack got to the ground safe and sound. He used an axe to chop the beanstalk. The giant tumbled far away.

Jack's mother came out of the house and saw that. Jack told her that the hen could lay golden eggs. Both of them were in seventh heaven and leapt for joy. They became wealthy and lived a carefree life ever after.



## A festive programme

Emma Tsang Hoi Yau 4D

Lee Kam Primary School Lee Kam's Christmas Funfair	
<b>Today's programme</b>	
1:00 p.m.	<u>Christmas Game Booths</u> Come to our game booths and win some fantastic prizes! Can you guess what our biggest prize is?
2:00 p.m.	<u>Band Performance</u> Watch our Christmas band performance! We will sing some Christmas songs, such as 'Jingle Bells' and 'We Wish You a Merry Christmas'.
3:00 p.m.	<u>Crafts Competition</u> Come along and have a go! Make some beautiful Christmas crafts and have a competition. Ten winners will get a prize!
4:00 p.m.	<u>Christmas Clown Show</u> Watch a hilarious clown show and take photos with the clown family. They will tell you some funny jokes!
5:00 p.m.	<u>Christmas Food Fair</u> Come to our food stalls and try some yummy Christmas dessert. There are funny Christmas faces on it!

## **A presentation speech on healthy eating**

Nigel Lam Lik Wai 4D

Good morning Principal, teachers and students. I'm Nigel Lam from 4D. Today, I'm going to talk about healthy eating.

First, we should eat more fruit and vegetables. They have plenty of dietary fibre. It can help us to digest. Fruit and vegetables also have a lot of vitamins. Take lemons as an example. They are rich in vitamin C! Vitamin C can improve our immunity and keep our bodies healthy.

Second, we should eat less fatty food and salty food. Fatty food will make you fat. When you are too fat, the chance of getting heart diseases is higher. We should also eat less salty food. If you eat too much salty food, it will destroy your organs.

We need to eat a balanced diet to keep our body healthy. A balanced diet is very important for our health. Why don't we start healthy eating from now on? Thank you.

## **My resolutions for the coming school year**

Hillary Fok Tsz Ching 4E

14<sup>th</sup> May, 2024

Hi Future me,

How are you? I hope you are enjoying your life in Primary 5.

I had a wonderful time in Primary 4. I made new friends. All of them were kind, loving and caring. I also received cute and beautiful gifts from my friends. The best gift is a glittering-star pen because it is shiny.

Besides, I have two resolutions for the coming school year. I want to have a healthy diet because I didn't eat enough vegetables and fruits. I'm going to eat more healthy food. I want to improve my school results. I'm going to do revision.

Do you enjoy your Primary 5 school life? Let me know if you have anything special.

## My best friend

Garfield Lee Pak Shun 4E

My best friend is Jack. I always play basketball with Jack on Sunday afternoon. We have a good time together.

Jack is the most friendly boy in my class. He always makes friends easily. He is nice to everyone in class. We all enjoy spending time with him.

He is also very healthy too. He is healthier than me. He always reminds me to do more exercise and eat healthily. I want to be strong like him.

This is my best friend, Jack. We love and help each other.

## Invitation e-mail to the School Party

Darren Ng Wing Hei 5A

To: [jaydenmak@gmail.com](mailto:jaydenmak@gmail.com)

From: [darrenng@gmail.com](mailto:darrenng@gmail.com)

Subject: School Party

Hi Jayden,

How have you been? I was super busy with exams and felt too tired. I'm so happy they are over now.

Our school will be organising a party on 3<sup>rd</sup> February at school. It is sure to be brilliant! Would you like to join? I have plenty of tickets, so feel free to bring your whole family along.

At the party, there will be lots of fun games like musical chairs, hide and seek, and a lucky draw. You can also enjoy tasty food like sushi, jelly, cookies, mango puddings, and chocolate cake. They are definitely mouthwatering!

I hope to see you there. I'm sure you'll have a great time and enjoy all the fun at the party.

Let me know if you can make it!

Cheers,  
Darren

## A letter to a friend

Trinity Wong Yui Sze 5A

Dear Yannis,

How are you? Are you doing alright these days?

Last Saturday, I have visited Super Holiday Farm with my parents. Have you ever been to a farm before? Do you know what people can do in a farm? We can have a lot of enjoyable activities such as riding horses, picking fruits, making bread, making soap and playing in a treehouse there. I rode a brown horse. It was very cute.

Have you ever tried feeding animals before? I had the chance to feed cows, sheep, chickens and pigs. They had quite an appetite because they ate a lot of food such as grass, grain and meat. Feeding them was a ton of fun!

I hope your studies are going well. Please write back and let me know how you've been.

Yours sincerely,  
Trinity

## Dreaming to be a Basketball Player

Angela Chan San Yi 5B

Donna's honey brown eyes laid on a basketball player who had just scored. Donna had always been an energetic girl. And she was obsessed with basketball. She had dreamt of being a basketball player ever since she first watched a basketball match on television.

Each month Donna would ask the basketball coach if she could join the team or not. "Sorry, you can't join the team." was all he would say. One day, Donna thought that she had enough. She then switched to a healthy diet, practised basketball for two hours, and jogged in the park every day. She also drank milk every morning.

Donna grew stronger and taller each month. The following year, Donna asked the basketball coach, "Now can I join the basketball team?" The basketball coach finally nodded this time. "Sure! You can start joining our practice this week. It's on Monday and Wednesday," the coach said. Donna was overjoyed. On a day of practice, the basketball coach asked her to show him her skills. The coach was impressed that a little girl was capable of exceptional skills in the game.

During the practice on Wednesday, Donna was accidentally pushed by the tallest girl in the basketball team, Ayla. Donna fell on the floor with a bump. "Aw!" Donna cried. She soon burst into tears. Donna's mother soon came and went to the hospital with her. "Unfortunately you broke your bones. I am afraid to say this, but you won't be able to play basketball anymore," the doctor told Donna and her mother. Donna stared at the floor in silence, unable to accept his words.

Donna spent the rest of the day daydreaming about herself being a famous basketball player. "Donna, why don't you write your dream on a piece of paper?" Donna's mother suggested. Donna nodded at her mother's idea. She took out a pen and a notebook. She flipped open the notebook and started scribbling. When she came back to school, she told the coach that she broke her bones. Every day and night, writing was all she did.

When Donna grew up, she became a best-selling author. She learnt that dreams can't last forever. Our lives have lots of obstacles, and they are what make the changes for us.



## Weekend Camping Trip

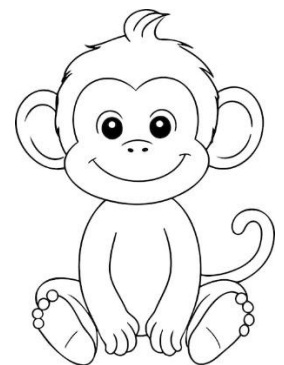
Luna Hung Yat Sum 5B

You wouldn't believe what happened to me and my family on our camping trip over the weekend. Let me tell you all about our memorable moments!

It was a beautiful sunny day. My family and I went camping. When we first arrived, my mum and dad were trying to set up a tent, but the tent kept falling off because it was too loose. While Mum and Dad were setting up the tent, my sister and I were sitting on a wooden bench, placing the food on the camp table. "Oh no! The apple is rolling away," my sister said as she ran towards the rolling apple.

"Look! A monkey!" I giggled with my sister and looking at the monkey far away. When Mum and Dad were cooking, a few monkeys ran to our barbecue table and stole our food. It turned out that the monkeys got lost and they didn't eat for a couple days. We shared some of our food with the monkeys and reported to the local zoo that we found the lost monkeys. The zookeeper was amazed by our action and thanked us truly.

At the end, one of the zookeepers took us to a supermarket and bought us some ice cream! I felt really glad because we helped the lost monkeys find their way home. What a memorable weekend! Next time when we go camping, we would definitely visit the zoo on our way home.



## An Unforgettable Day

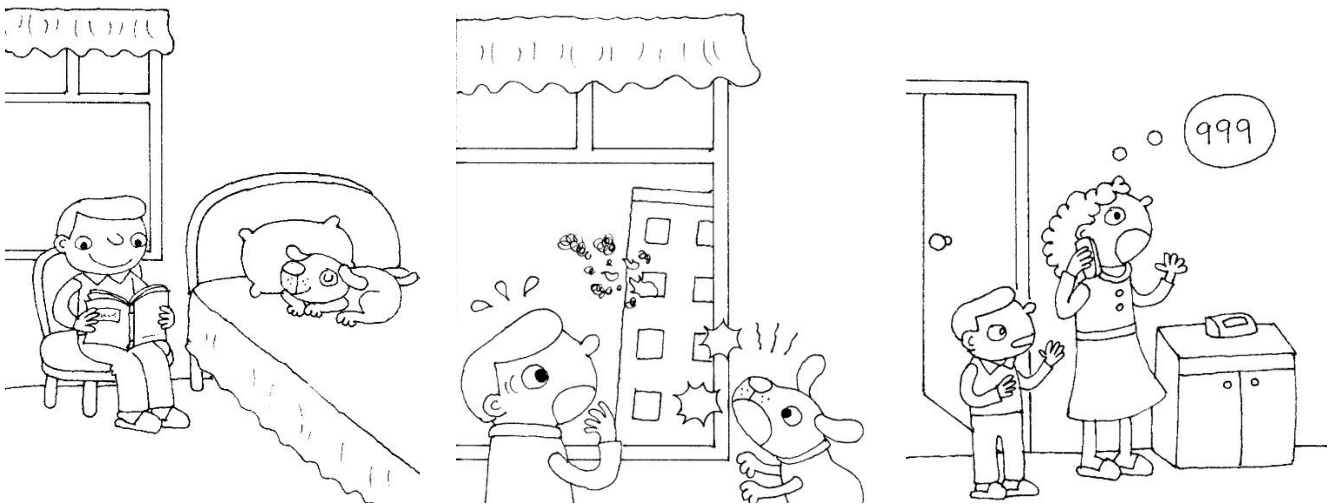
Catherine Leung Man Ching 5C

Yesterday, I stayed at home to read. It was a book my mum bought for me for my birthday last week.

While I was reading my favourite book, my cute little dog, Coco, was sleeping on my bed relaxedly. Suddenly, Coco woke up and barked loudly. I was puzzled as to why Coco was barking. Inadvertently, I discovered some fire at our neighbour's house! I told Mum what was happening. Mum called the police. We were frightened.

Soon the firemen came to the scene. While some firemen were helping put out the fire, some other firemen were checking if anyone got hurt. Luckily, no one was hurt.

At last, the firemen put out the fire quickly. Our neighbour felt grateful about what my mum and I did so they gave us a box of chocolate to thank us.



## My Trip to Taiwan

Colin Chau Yeek Nok 5C

Taiwan is a good place.

Amazing view, delicious food and friendly people,

I was excited about all of them.

What I enjoyed most was visiting the Bugcat Capoo House

As there were lots of interesting check-in points to take photos.

Nothing better than seeing my favourite character there.





## A Visit to the Elderly Home

Janice Ko Ching 5D

I visited an elderly home called 'Happy Elderly Home' with my classmates this morning. It was very easy to go there because it was near Tuen Mun Town Centre. I would like to help the elderly and bring joy to them.

It was my first time to visit there. I didn't know what to do. And my classmate, Kito, taught me how to do housework. First, I went to a room of an elderly. It was messy. I followed Kito to do the housework. Kito said, 'You only need to help the elderly clean up the room.' 'Thank you, Kito,' I replied. If she wasn't there, I wouldn't have know what I needed to do, so I was very thankful. After that, I helped Ms Chan, one of the elderly, tidy up her room. I also mopped the floor and cooked lunch for her. But I ccoked badly. Ms Chan did not feel disappointed at me and she ate her lunch happily.

Suddenly, someone sang 'Happy Birthday' and it was Mr Yiu's birthday. I was surprised. Everyone in the house was singing songs together. And I played the song of 'Happy Birthday' on the piano for Mr Yiu. He was happy.

It was the most meaningful visit that I have ever had. I hope I can go there one more time.



## A Kidnap

Hayden Lam Shing Hei 5D 8

Mrs Luna, the owner of a jewellery company, went missing in the party on Saturday evening. Inspector Jack Black tried to solve the case.

In the morning, Inspector Jack Black talked to the two guests in the wedding party on the next day. They were a man in a striped jumper and a woman in a floral dress. When Inspector Jack Black checked the CCTV images, he found that they talked to Mrs Luna but they said they didn't. They told lies.

Then, Inspector Jack Black found a jewellery box in Mrs Luna's office. It was under her desk. There were two pairs of gold earrings and a diamond necklace inside the box. Her secretary Kelly Lee said that the jewellery box was hers but she had no proof.

This afternoon, Inspector Jack Black checked the CCTV images of the wedding party, he found that two suspects caught Mrs Luna during the wedding party and they were the two guests that Inspector Jack Black met in the morning. Eventually, he found Mrs Luna in a hotel room. He fought with the two suspects and finally he won. He helped Mrs Luna to get out of the room. Mrs Luna thanked Inspector Jack Black for saving her. After this incident, she hired a body guard to protect her when she attended some parties again.



## A Two-day Trip in Hong Kong

Davies Adolph 5E

My uncle and aunt came to Hong Kong for a two-day trip last month. Today I am going to tell you what we did. First, we went to Lantau Island. We went on the cable car to see the Big Buddha. It was gigantic. We also went to Disneyland. We played on the rides and ate some food.

Next, we went to Tai O by ferry. We looked at the stilt houses. They were very old and big. We also ate a lot of seafood there. The seafood was very yummy and fresh.

Lastly, we went to the Peak by Peak Tram. It was a nice experience. When we got there, we went to Madame Tussauds. There were lots of wax figures. My favourite one is Bruce Lee. It was very cool.

The next day, we went to Hong Kong Geopark. I thought it would be boring because it took almost two hours to get there. However, when we got there, we found that the view was amazing. We took a lot of pictures.

My uncle and aunt said, 'We liked the trip. We hope we can come again next year.'



**Are you more independent now than you were in Primary One?**

5E17 Aiden Mak Ka Ho

Are children more independent now than they were in Primary One? Let's see what our classmates think. I think I am more independent now than I was in Primary One.

When I was in Primary One, I couldn't eat with chopsticks by myself. Also, I couldn't pack my school bag. I couldn't take a shower and wash my hair by myself when I was in primary one. My helper always helped me with these things.

Now I can do all these things by myself. But, some of my classmates still can't do these things. They always call for help!

Aiden, 10



## Lopburi Monkey Banquet – A Paradise Just For Monkey

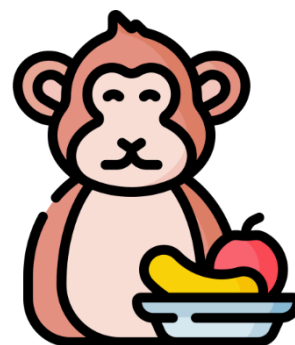
Chantal Lai Hoi Ching 6A

In Thailand, Lopburi Monkey Banquet Festival starts on the last Sunday of November. It takes place among the ruins of the Phra Prang Sam Yot Temple. Let me introduce this amazing festival to you now!

What is the Lopburi Monkey Banquet Festival? It starts with a ceremony where people dress up as monkeys to dance. They pile up mountains of food for the macaques, which are a type of monkeys. The offerings include fruits, vegetables and even soft drinks!

Why did they start the Monkey Banquet Festival? In 1989, a hotel owner named Yongyuth Kitwattananusont created this festival to thank the monkeys for bringing good luck, and to attract more tourists. They celebrate it in honour of the long-tailed macaques.

Although the Monkey Banquet Festival is fun, you should not pet the monkeys since they might attack you. I hope you can learn more about Thailand's cultural tradition, Lopburi Monkey Banquet Festival.



## Getting A Fever

Scarlett Fung Hau Tung 6A

5<sup>th</sup> March, 2024

Last week, I got a fever and it was an unpleasant experience. I felt unwell last Monday. I was tired and kept on sneezing and coughing. I got a fever because I didn't wear enough clothes when I went to the park on Monday morning. On that night, I felt very hot and I felt suffocated. Therefore, my mother took me to see the doctor at once.

When we went to the clinic, the clinic was full of people. So I waited for more than one hour. When I finally saw the doctor, the doctor checked my temperature. The doctor told me to take a rest for five days and drink more water. He also gave me some medicine. There were seven kinds of medicine! I hate taking them!

In the past, I thought that getting sick was not bad because I didn't need to go to school. I have changed my mind after this time. Now I know that getting sick is terrible. Also, I learnt a lesson that I need to wear enough clothes when it is cold. I hope I will not get sick easily again.



## An unfortunate accident

Clement Yau Yat Yuet 6B

Last Saturday morning, Candy had some spare time since she had just finished the final exam for SSPA. Soon, she decided to go cycling since she was too bored. She said to her mum, “I bought myself a new bicycle last Christmas so can I try it in the park?” “Sure!” answered Mum.

When Candy arrived at the park nearby, she couldn't wait to try her cool bike as she looked forward to riding it very much. Her mum was a bit tired after standing there for awhile so she sat on a bench which was far away from the place where Candy was cycling. Candy was over the moon and took a lot of selfies along the way. She didn't pay much attention to anything in front of her.

Suddenly, Candy bumped into a man who came out of the way. She fell and burst into tears in pain. Her leg was broken and her arm was twisted. When Candy's mum heard the sobbing sound, she quickly rushed to Candy and checked her injuries. Meanwhile, she called 999 and had Candy sent to the hospital.

Finally, Candy had to stay in the hospital for a few days. She terribly regretted that she didn't pay attention when she was cycling. Candy knew that she needed to concentrate on everything she's doing or else she would have to visit the hospital again.



## **Stop hunting shortfin mako sharks**

Hazel Yeung Ho Ching 6B

The number of shortfin mako sharks living in the wild has dropped greatly over the past few years. In the past, there were 2000 to 3000 of them but now there are only 400 of them.

### **What problems do shortfin mako sharks face in the wild?**

Why is the number of them dropping so quickly? The main reason is overfishing. Since people love eating shark fin soup, over 70% sharks are killed by humans. Sometimes, shortfin mako sharks are caught accidentally too.

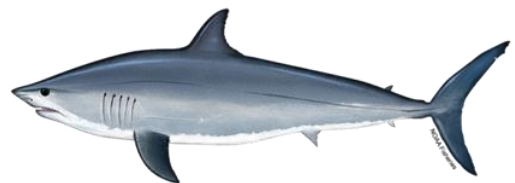
The second reason is the waste of energy by humans. NASA modeling was used in the study to forecast the outcome of climate-affected ocean temperatures in the decades ahead. As much as 60% shortfin mako sharks' habitat will be lost. Therefore, we should save energy.

### **What can we do to help them?**

To help save shortfin mako sharks, we should stop eating shark fin soup. Also, we should spread the word by telling. Tell our friends about protecting shortfin mako sharks. Unless we start saving shortfin mako sharks now, they will become extinct soon!

Do you know what is scarier than an  
ocean with sharks?

Answer: An ocean without them.





## Presentation Script of My Favourite Country

Cyline Lo Hei Yan 6C

Good morning everyone,

Today I would like to tell you about my favourite country to visit. My favourite country is China because China is a country with a long history and great culture. I am fascinated by its beautiful landscapes too.

I want to go to the Great Wall of China, Tiananmen Square and Beijing Zoo. As you can see in the picture, you can see the flag-raising ceremony in Tiananmen Square and it is very unforgettable. It also has a super amazing view of the Great Wall of China.

China is very famous for travelling because it has many glorious attractions. I'm crazy about the Great Wall of China because it is magnificent. It looks like a dragon stretching across the hills and mountains.

I also want to visit the Beijing Zoo because it's a fascinating place where I can see a wide variety of animals, especially the lovely pandas.

To conclude, China is a fantastic country to visit. It has plenty of amazing attractions. I hope you like this place too. Thank you!

## A Film Review – Iron Man 2

Rylie Lam Hang Yin 6C

Iron Man 2 is directed by Jon Favreau and it is a story about 'with great power comes great responsibility'. This action film is set in the U.S.A. It tells the way Iron Man defeated the enemy and how he saved himself from dying.

At the beginning of the film, Tony Stark competed in a car race when he was suddenly attacked by Ivan Vanko. He soon found out that the machine in his chest was getting him poisoned, but he survived by creating a new element to purify the machine.

The character I dislike most is Ivan Vanko because he faked his death and escaped from the prison. Then, he hacked into Tony's best friend, James Rhodes' suit. He was as cunning as a fox. I hate him a lot.

I like this film because there is a romantic part in the movie when Tony and his colleague became a couple. It was very touching. And I like the part where Tony got drunk at his birthday party. Rhodes couldn't stop him from going crazy!

Although this film is exciting, it may not be suitable for young children. To conclude, it is a great film that is worth watching and being recommended.

## A 'Go green' Campaign

Athena Wong Sum Ching 6D

Good morning, Miss Lam.

Today, I'd like to talk about the 'Go green' campaign from 26<sup>th</sup> January to 30<sup>th</sup> January.

The campaign aims to save energy. Unless we start saving energy, we will run out of it one day. We should start with changing our habits. Firstly, we should turn down the air conditioners. Secondly, we should use energy-efficient bulbs. Doing these will not only help save money, but also protect the environment.

We hope that this campaign will encourage students and teachers to save energy in their daily lives. Don't put it off!



## A Bad Experience on Public Transport

Hailey Chan Yan Hei 6D

I had a bad experience on public transport.

It was last Sunday. I rolled my eyes when I saw people push into the MTR. It was disrespectful. An elderly woman was pushed by a man and she fell down on the ground. The other man around her helped her stand up.

Then, when I got on the train, I saw a woman eat biscuits. I told her, 'Please stop eating. Otherwise, the train will be dirty.' However, she did not stop eating and just stared at me impolitely. I felt annoyed with her selfish behaviour.

Posted on 25<sup>th</sup> April, 2:29 p.m.



## A Change for a Witch

Tommy Lu Yui Chun 6E

In ancient times, there was a country that has disappeared from history. In this country lived a beautiful princess. Her eyes were as black as coal. Her hair was golden, smooth and soft like silk. She was kindhearted and always helped residents in need in her kingdom, especially orphans who had no family. Everyone liked her very much.

On the other side of the kingdom, there lived a black witch who looked very evil with a long nose and scars on her face. Although she was poor, she helped everyone around her. However, no one loved her because of her appearance. People believed she would do bad things. 'I helped people a lot,' the witch thought, 'Why does nobody like me?' Suddenly, an idea flashed through her mind...

One day, the princess went to a poor village in the mountains. 'Our princess comes! Our princess comes!' some villagers shouted. A few seconds later, many people came out from their houses, fields and farmlands to welcome her. A strong wind began to blow and grew stronger. Suddenly, the sky grew dark. Nothing could be seen. When the sky lightened again, everyone was fine except the princess. She had vanished!

'Where am I?' the princess found herself in a rock cage on the other side of the kingdom. There was nothing except a wooden bed in the room. 'Help! Is anyone there?' the princess was nervous. 'Help me, help...' 'Wahahahaha...' a sharp, wicked voice came from nowhere. 'Welcome to the Black Dungeon. You will stay here forever. Never have a chance to get out.' the witch walked slowly to the cage door and stopped in front of it. 'Why do you want to do this?' the princess asked frightfully. The witch hissed quickly, 'I tried to help everyone around me. Why does no one like me? They liked you, so I want to change bodies with you so that everybody will like me! Ha ha ha!' The princess smiled, 'It's easy. I can help...' 'Impossible!' the witch snarled. 'I can introduce you to everyone and lead you to do charities so that all of them will know you are a good witch,' the princess replied. The witch thought it was a good idea, so she let the princess out.

After that day, the witch followed the princess around the kingdom, helping others. Everyone in the kingdom liked both the witch and the princess. Over time, the scars on the witch's face lessened. No one was afraid of the witch anymore. All were happy.

Years later, the Princess died of an illness. Her last words were to let the witch be the next princess. But then, another bad witch came to the kingdom...

## My Farewell Speech

Yenbie Kwong Chak Ying 6E

Good morning, everyone. Today is a big day for us as we celebrate our graduation from primary school.

I would like to express my gratitude to my teachers and parents. It is you who have given me unwavering support and guidance throughout the ups and downs of my school life. Your patience and support have not only helped me excel in academics, but also forged me to become a kind and honourable person. I can't appreciate more your dedication as lifelong tutors.

Time flies. I have changed a lot over the past six years. I remember how timid and shy I was in Primary One. I even felt embarrassed to raise my hand to answer questions in class. Now, I have become confident and independent to face any challenges ahead. I have made lifelong friends. We shared moments of happiness and sadness together. I promise to keep this friendship forever.

As we move onto secondary school, we begin a new chapter of life. Congratulations, fellow graduates! Let us continue to pursue our dreams and embrace the bright future. This is the end of my speech. Thank you for listening!

2023-2024 年度

順德聯誼總會李金小學

《愛·夢·集》

作品編輯會

顧問

林珮玲校長 熊丹瑩副校長

編輯

賴小飛老師

稿務組

熊雅婷 吳泓 林穎恆 顧穎怡

校對

賴小飛老師

封面及封底設計

5E 黃思睿同學

印刷

School Printer Limited