



香港南區官立小學

Hong Kong Southern District  
Government Primary School

# 學生文集

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## 序言

今次是香港南區官立小學第二年出版「學生文集」，我們非常高興今年學生投稿的人數比去年多，今期收錄的文章類型亦比往年更為豐富，期望日後有更多同學能夠體驗成為「小作家」的滋味。

看完各小作家豐富的作品，我深深感受到學生雖然年紀小小，但卻有豐富的想像力和創意，學生的童話童真確實令人雀躍萬分。這文集是我校學生一個小小的創作成果，文筆當然仍有進步的空間，但期望同學可藉此互相觀摩，彼此學習，同時亦希望家長能對子女給予充分的讚賞和鼓勵。

最後，我要感謝今次負責編輯和校對的一眾老師，特別是負責統籌的王淑德副校長，全賴他們的協助，文集才可以順利出版。

余志賢校長

一甲 周曉賢

## 中秋節

中秋節晚上，我們一家人先在舅母的家吃晚飯，然後到公園玩花燈。我看見月亮又大又圓，口中吃着的月餅又香又甜，我喜歡吃香甜的月餅和美味的柚子，一家人賞月真開心！

但是中秋節後，人們在公園留下大量垃圾，令我很難過，希望大家日後慶祝中秋之餘，也能愛護環境呢！

一甲 梁子力



## 遊公園

星期六的中午，我和家人到公園玩耍，玩得很開心。我想明天可以再來遊玩。

星期天的上午，我、羅逸昇和陳子朗一起到公園看美麗的風景。在公園裏，陳子朗看到小草，羅逸昇看到花朵，而我就看到樹木，我們每人都拍了多張照片，我們覺得非常開心。

我和朋友相約下次再到公園玩耍，我希望到時能看見我最喜歡的小蜜蜂。

我希望每個星期天都可以到公園遊玩。

一甲 鄭雅方

## 美麗的公園

星期天早上，我和家人一起遊公園。爸爸、媽媽坐在長長的椅子上看着我和妹妹玩耍，我們看見漂亮的蝴蝶在花間飛舞，也聽到樹上的小鳥在唱歌。

早上的公園真熱鬧啊！



一甲 張俊熙

## 春天到了

春天到了，我們一家人到公園散步。

在公園裏，我看到很多可愛的小朋友在玩耍，聽到小朋友的笑聲，聞到花兒的香味，摸到綠綠的青草。草是軟軟的，就像我家中的地毯。

啊！春天的風景多麼美麗，萬物充滿生機，我最喜歡的季節就是春天了！



一甲 張卓然

## 難忘的聖誕節

平安夜晚上，爸爸、媽媽和我一起到銅鑼灣吃聖誕大餐，我十分開心啊！吃過聖誕大餐後，我們一家人步行到添馬艦公園看美麗的燈飾。接着，我們在中環碼頭看到一個很大的摩天輪，我感到很高興呢！

一乙 簡洛妍

## 快樂的聖誕節

今年的聖誕假期節目真豐富呢！

爸爸、媽媽、妹妹和我一起到香港仔水塘遠足，欣賞大自然的風光。我們又到尖沙咀看燈飾和到九龍灣國際展貿中心看電影。此外，我們還邀約朋友到數碼港野餐和玩耍。

這個聖誕節假期，我可以和家人快快樂樂地進行家庭活動和跟朋友聚會，過得十分開心呢！

一乙 黃楚詠

## 美麗的春天

春天來了，我在公園裏看到美麗的洋紫荊，聽到小鳥在枝頭上歌唱，聞到小花的香氣。

春天來了，樹葉變綠，小草慢慢長大，粉紅色的花朵在盛放。我還看到蝴蝶在花間飛舞，蜜蜂在花叢中採蜜。

春天的景色美麗得像一幅圖畫。

一乙 庾悅

## 一次難忘的露營

在復活節假期裏，爸爸、媽媽和我一起到大帽山郊野公園露營。

第一天晚上，我們躺在草地上看星星，我感到十分開心。第二天早上，我們第一次在戶外煮早餐，例如：黑松露炒蛋、吞拿魚、方便麪和麪包，我感到十分興奮。

我很期待下一次的露營啊！

一丙 吳庭熙

## 愉快的中秋節

中秋節晚上，我和家人與朋友到公園玩花燈。

雖然那天的天氣不好，看不見月亮，但公園裏仍然有很多遊人，他們提着的花燈都很美麗。我的花燈是一輛黑旋風車，顏色有黑、白和灰色，十分漂亮。

我們度過了愉快的中秋節。



一丙 李淳風

## 我的校園生活

學校裏有老師，在早上，我會跟老師說：「老師早。」  
學校裏有同學，在小息時，我會和同學玩耍。  
學校裏有圖書館，我喜歡看圖書，因為閱讀多樂趣。  
我的班主任是梁老師，她教我們中文和常識。  
我的校園生活十分開心。

一丙 林晉宇

## 童話童詩

晉宇堆雪人。  
晉宇在地上堆雪人。  
聖誕節，晉宇在雪地上堆雪人。  
聖誕節，晉宇在雪地上堆白色的雪人。  
聖誕節，晉宇在雪地上開心地堆白色的雪人。



一丁 霍穎妍

## 聖誕節

聖誕節來了！  
聖誕節的燈飾很美麗，聖誕樹也很美麗，表妹一家人和我吃了一頓很美味的聖誕大餐，我更收到兩份聖誕禮物。  
聖誕節是普天同慶的節日，四處都充滿歡樂，我真是很喜歡聖誕節呢！

一丁 張潤柏

## 愉快的周末

星期六下午，媽媽帶我到薄扶林郊野公園郊遊。  
公園裏有涼亭、桌子和椅子供人們休息。路的兩旁種有許多樹木，例如：方葉五月茶、石楠、牙香和鴨腳木。  
在薄扶林水塘，我看見一條紅色的大鯉魚在水中游來游去；一隻小烏龜在岩石上爬來爬去。在林間，我看到黑色、橙色和藍色的蝴蝶在飛舞；我聽到小鳥在歌唱；還見到一頭棕色的大野豬。小溪的水嘩啦嘩啦地流下來，好像奏着美妙的樂曲一樣。媽媽和我在薄扶林郊野公園度過了一個愉快的周末，我希望日後可以再親親這美麗的大自然呢！

一丁 黃孝孜

## 遊公園



我很喜歡到公園遊玩。  
記得有一次，奶奶帶我到公園散步，公園裏有紅色的花兒和綠色的草地，爸爸還教我放風箏。  
又有一次，天氣很好，我和家人到公園野餐。由於秋天來了，樹上的黃色葉子都飄落在地上，景色真漂亮。  
遊公園，樂趣多。我喜歡遊公園，那裏有很多我和家人開心的回憶。

二甲 劉妍妍

## 我的洋娃娃

我有一個洋娃娃，它的名字叫愛莎。  
愛莎是我四歲的時候，媽媽送給我的生日禮物。它擁有一雙藍色的大眼睛，頭髮長長的和穿着一條藍色的長裙子。  
愛莎已經陪伴了我三年，我希望它一直陪伴我成長。

## 遊澳門

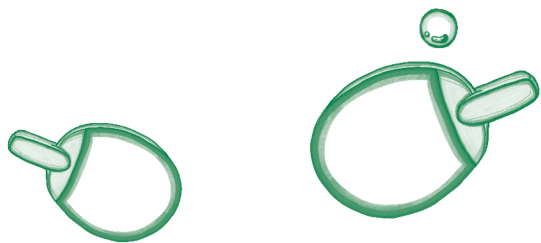
農曆年三十那天，媽媽、姨母、弟弟和我到澳門遊玩。

首先，我們到澳門名勝大三巴遊覽，媽媽說：「大三巴原本是一座教堂，因為經過一場大火的燒毀，只剩下這堵牆。」我倒覺得它像一幅平面圖形。接着，我們到達酒店會合爸爸，吃過晚飯後，我們返回房間睡覺。

年初一早上，我們觀看賀歲表演，表演人員在舞龍、舞獅和扮演有趣的大頭佛。他們表演得很精彩，在場觀眾都拍手歡呼。

晚上，我們來到煙花燃放區放煙花。爸爸和媽媽買了煙花給我和弟弟，我第一次放煙花，感到很害怕，害怕它會燒傷我的手。雖然煙花燃點後的聲音很大，震耳欲聾，但是五光十色的煙花很美麗，令我感到很興奮。玩了一會兒後，媽媽說：「我們要坐船回香港了。」

我們依依不捨地離開，我希望可以再來澳門遊玩。



## 我學會了打乒乓球

星期六，我和媽媽到香港仔網球及壁球中心打乒乓球。

媽媽開始發球，第一個球我接不到，第二個球我又接不到。我開始失望了，媽媽鼓勵我繼續努力，我認真地接球，一個、兩個……哇！我終於成功接到第一個球了，我非常開心！

我明白到做任何事情都不可以輕易放棄，只要堅持就會成功。

## 拜年記

農曆新年終於來到了。

年初一那天，我一早起牀，穿上美麗的新衣後，便和爺爺、奶奶拜年。他們給我和姐姐各人一個紅封包，我對他們說：「祝你們心想事成，身體健康！」爺爺、奶奶也對我說：「祝你學業進步！」

接着，我們一家人到太公和太婆家拜年。太公一看見我們便笑咪咪了。我們向太公說：「祝您身壯力健，笑口常開！」不久，所有親戚都來到了，我們一邊愉快地吃着豐富的晚飯，一邊聽着長輩們訴說他們以往的趣事，大家都開心極了！

農曆新年是一個歡天喜地的節日，也是我最喜歡的節日。



## 快樂的農曆新年

農曆新年終於來到了。

大年初一，哥哥和我一早起來，穿上美麗的衣服後，我們跟爸爸、媽媽到祖父家拜年。

祖父家裏人聲鼎沸、熱熱鬧鬧。姑母、表哥、表姐都來了。我們給祖父送上一盆四季桔，象徵大吉大利。祖父笑呵呵地給我和哥哥每人一個紅包。我祝祖父身體健康，祖父祝我快高長大，學業進步。祖父的祝福暖在我的心頭，所有春日的寒意也遠去了。

## 復活節假期的一天

復活節假期裏，我最難忘的一天是三月三十一日，因為那天我和家人到了迪士尼探索家度假酒店度假和跟媽媽慶祝生日。

那天早上，我和家人很早就起牀了，我們飛快地穿好衣服，急不及待想快些到酒店去。媽媽一邊為我們預備早餐，一邊收拾行李，忙得透不過氣來！

到了中午，我們先乘坐巴士到中環吃午餐。午餐後，我們再乘搭港鐵到酒店去。到了酒店後，我和爸爸參加了酒店安排的復活節活動，包括：做手工、玩尋寶遊戲及跳彈牀，我在抽獎環節中還抽到了一個《星球大戰》白兵洋娃娃呢！

到了晚上，我們到酒店吃自助餐。那裏的食物很美味，還有不同的迪士尼卡通人物和我們合照。晚飯後，我們便回到酒店休息。快樂的時光真的過得很快啊！



## 農曆新年

農曆新年終於來到了，我熱切地期待着回鄉拜年和燒煙花的新年活動。

大年初一，我一早起牀，穿上新衣和新鞋，來到外婆家拜年。我祝福外婆身體健康，外婆送我一個紅包，還祝我學業進步和快高長大。

大年初七，我跟爸爸和媽媽一起回鄉探望很久沒見的奶奶。奶奶家裏很熱鬧，因為叔叔、姑姑、姑丈全都來了。表姐帶我到廣場燒煙花，五光十色的煙花閃閃的散落在地上，漂亮極了！

## 我最喜歡的節日

農曆新年終於來到了。

我和家人在農曆年廿八為家居進行了大掃除。客廳、書房、浴室、廚房和睡房，它們原本丟三落四的，現在都變得乾淨整齊了。我們還在家中擺放了一些年花和張貼揮春，令家裏充滿新年氣氛。

除夕夜，我們一家人開心地吃團年飯。這頓晚飯非常豐盛，有魚、鮑魚、肉和菜。吃完飯後，我們逛年宵市場，那裏有七彩繽紛的氣球、小吃和家居用品。我喜歡逛年宵市場，因為那裏非常熱鬧。

農曆新年是我最喜歡的節日啊！



## 愉快的旅程

這個旅程我玩得非常開心。

大年初六，我們一家人和親戚到廣州旅行。一大清早，我們首先乘坐火車到福田口岸，再轉乘旅遊巴士到廣州酒店。

到達酒店安頓後，我們到了第一個目的地，它是一個大廟會。因為今年是狗年，我們參加了「狗年吉祥行大運」活動，我感到非常開心呢！晚上，我們一家在酒店吃自助晚餐，那裏的食物非常豐富及美味啊！

這個旅程我玩得非常開心，希望明年也同樣有一個愉快的旅程呢！

二丙 吳翹晴

## 難忘的夢

昨夜我做了一個夢，夢見收到兩份禮物，其中一份更放在我的手上呢！

當我起牀時，已是上午的十一時了。我把被子摺好後，竟然發現真的有一份禮物放在我的牀頭。

這個夢真叫我難忘呢！



二丙 陳志滔

## 運動會

上星期五，學校在香港仔運動場舉行了一年一度的運動會。

當天天氣晴朗，同學們都十分投入每項比賽，而我參加了擲豆袋比賽。

雖然我沒有得到任何獎牌，但我並沒有灰心，下年度的運動會我會繼續努力，爭取更好的成績。

二丙 鄭卓穎

## 我最喜愛的動物

我最喜愛的動物是海豚，因為牠很可愛。

我愛吃魚，牠也愛吃魚呢！我是游泳高手，海豚也是游泳高手，但牠的泳術比我厲害。海豚有很多不同的情緒，和人一樣。每當有空的時候，我和家人便會到海洋公園探望可愛的海豚。



二丁 關梓希

## 聖誕夢中記

聖誕節的晚上，我做了一個美好的夢，我夢見自己在北極看北極光，也看見聖誕老人和他的鹿車。

聖誕老人拖着他的鹿車，帶我去雪山玩，我看見企鵝、北極熊等，牠們搖着尾巴，舞動身體來歡迎我的來臨。雪花從空中飄蕩下來，我全身都被雪花蓋住，猶如白雪公主般，美麗極了！

然後，我和聖誕老人一起到白色小屋，把禮物載滿鹿車，給全世界的小朋友派禮物……

天亮了！我夢醒了！我發現牀頭的聖誕襪裏果然有一份禮物。我感到十分興奮，希望每一個小朋友都像我一樣收到聖誕禮物。



二丁 何衍邦

## 自我介紹

大家好！我的名字是何衍邦，今年七歲，是香港南區官立小學的學生，我也是二丁班第三組的副組長。

我的家有爸爸、媽媽和哥哥。我們常常一起去旅行，一起買東西，一起吃雪糕……我們生活得很快樂。

我喜歡畫畫、看書和做手工。上課時，我認真真地聽老師講課；下課後，我和同學快快樂樂地玩耍。

這就是我——何衍邦，希望大家喜歡我。





## 快樂的聖誕節

聖誕節是我最喜歡的節日。

今年的聖誕節，媽媽為我準備了不同的慶祝活動，例如：聖誕聚餐、火鍋聚餐、燒烤、欣賞聖誕燈飾、看電影和除夕倒數等。

在眾多活動中，我最難忘的是和表兄弟姊妹一起玩樂的時光，他們扮不同的鬼臉來逗得大家哈哈大笑。我們還一邊猜聖誕謎語，一邊吃美味的聖誕大餐，真是樂趣無窮！

## 一次教育性參觀

今天是一個陽光普照的日子，老師帶我們到食物環境衛生署參觀，不知道那裏有甚麼東西等着我呢？

到達後，我們先跟隨着導賞員到小戲院觀看一齣與食物衛生有關的電影，然後聽老師的詳細講解，例如：食物的用途、健康飲食和正確保存食物的方法等，真是讓我大開眼界啊！

然後，老師讓我們自由活動。我們玩了各種不同的遊戲，還在不同的展品前拍照呢！

我在這次的教育性參觀中學到了很多知識，真是一次很有意義的學習活動。



## 我的寵物

我我家養了一隻貓，牠的名字叫糖糖，今年十四歲。媽媽說牠是從寵物店買回來的。當時，只有兩個月大的糖糖不斷向着媽媽喵喵地叫，於是媽媽便把牠帶回家。

糖糖擁有一身白色的長毛，爸爸說牠看起來很像一頭獅子呢！糖糖的右眼是藍色的，而左眼竟然是綠色的，真的很特別，可惜的是牠的耳朵聽不到任何聲音，但是我們可以用動作和牠溝通的。

糖糖每天睡覺十六小時，清醒的時間只有八小時，媽媽說：「糖糖已踏入老年期，活動的時間會愈來愈少，但是牠仍然很健康活潑，開心的時候，還會發出呼嚕聲呢！」

爸爸說糖糖能捕捉蟑螂、蒼蠅、壁虎……每次捉到昆蟲後，爸爸都會稱讚牠。

糖糖是一隻很可愛的貓兒，我們一家人都很喜歡牠。



## 廣州之行

十月一日是國慶日，爸媽趁着兩天假期，帶我和弟弟到廣州探訪親友。廣州是媽媽出生和成長的地方，我一直十分好奇那是一個怎樣的城市，這次有機會到廣州遊玩，我開心得手舞足蹈。

我們一大早就出發，乘坐港鐵經羅湖到達深圳。我們經過著名的羅湖橋時，爸爸告訴我和弟弟：「這條是香港和中國內地的邊境分界線，別具意義。」我們都覺得很新奇。

我們來到了深圳火車站，只見到處都是人山人海，根本看不到售票處在哪裏，令我目瞪口呆。幸好我們獲得了一位叔叔的熱心幫忙，終於買到了去廣州的火車票。我第一次坐上「和諧號」火車，真是十分興奮。火車以最高時速一百八十公里行駛，鐵路兩邊的房屋、汽車和樹木飛快地往後退，令人目不暇給。

到達廣州後，我們來到著名的泮溪酒家吃東西，那裏的點心款式多樣化，美味可口，我們都吃得飽飽的！

晚上，我們相約親友吃晚飯。媽媽向我們逐一介紹：「這是姨婆、舅公、舅婆、姨丈公……」我一下子認識了很多公公婆婆呢！大家一起談天說地，非常開心。

第二天早上，爸媽帶我們去品嚐具地道風味的早餐，有生滾粥、腸粉、油炸鬼……令我一試難忘。

俗語說：「讀萬卷書不如走萬里路。」這次旅程使我增廣見聞，認識了很多廣州的地道文化和風土人情，真是獲益良多呢！



## 暢遊中華

如果我告訴你，我一分鐘便走完了整座萬里長城，你相信嗎？不信！我就告訴你我是怎樣做到的吧！

原來，我來到了深圳華僑城參觀中國民俗文化村，這裏有全中國各地名勝古跡的縮影：高大宏偉的西藏布達拉宮、歷史悠久的大同九龍壁、古老神秘的樂山大佛等。迷你版的萬里長城一眼就望到盡頭，就像是一座小花園，成為「長城好漢」自然是輕而易舉的事了！

在民俗村裏，遊人不但能遊覽中國各地名勝，還可以欣賞到各民族的歌舞表演。令我印象最深刻的是鳳凰廣場中上演的《錦綉中華》了！我們一坐下，演出就開始了，「刷」的一聲後，四周漆黑一片，旁邊的石頭老爺爺開始說話，嚇得我連蹦帶跳地躲在爸爸後面。之後，輪到最壯觀的七代君主同台亮相，他們的服飾華麗，身邊站滿士兵，十分威風。

我覺得中國真是地大物博，我長大後一定要到中國各地走一走，看一看。



## 中秋節

中秋節那天，同學都紛紛議論着晚上如何慶祝中秋節。

放學回家後，我馬上完成功課，然後便和爸爸、媽媽出發到外婆家吃晚飯。晚飯是由外婆和媽媽合力精心炮製的，我們吃得津津有味。晚飯後，我還吃了雪糕月餅呢！

回家後，已經接近晚上九時多，我拿着美麗的花燈和螢光棒，懷着興奮的心情到樓下的公園玩耍。在公園裏，我和朋友除了玩花燈外，還玩捉迷藏呢！到了凌晨十二時，我才依依不捨地跟爸爸、媽媽回家去。

今年的中秋節我玩得十分開心，因為不但能看到圓圓的月亮，還能和家人及朋友共聚一堂，真是很難得的呢！



三甲 梁睿舜



## 一次意外

十二月二十五日，我與家人一起到元朗遊玩。爸爸、媽媽和哥哥踏單車，我踏滑板車。

當我玩得興高采烈的一刻，在下斜坡時，因為路太斜，而我的車速太快，令滑板車翻了，我的左手撞傷了，十分疼痛，爸爸、媽媽看到我痛苦的樣子，十分擔心。

爸爸、媽媽馬上送我到醫院，醫生說我的左手骨折，手腕脫了臼。醫生把我的手骨按直，我痛得要命，但我強忍着淚水。

這次意外讓我明白踏滑板車時不要太快，還要看清楚四周的環境，才能玩得既開心又放心。

## 我喜愛的活動

我喜愛的活動是跳舞。我從幼稚園開始便學習跳「東方舞」，雖然我和同學每次在練習後都筋疲力盡，但是我們都很開心。

從書本學不到的知識，可以透過跳舞中學習的，例如我明白了一些可以令自己身心舒暢和強身健體的方法，而且跳舞前要多拉筋，這樣才可以使身體更柔軟。

我喜歡跳「東方舞」是因為它的動作優雅和服飾美麗，有着中國的獨有文化。當我和同學一起跳舞時，實在是一件很快樂的事呢！

我希望有更多同學喜歡跳「東方舞」，令我們的表演更精彩，還可令「東方舞」發揚光大。



## 假如我是飛機師

假如我是飛機師，我會駕駛我的飛機，飛到世界每一個山明水秀的地方，去看看每一個地方的不同文化及學習新知識。

我知道要成為飛機師必須要擁有良好的英文水平、具有豐富的飛行知識和要非常了解飛機的構造等。雖然我的英文水平不太高，但是媽媽並沒有因為這樣而叫我放棄當飛機師的夢想，反而常常鼓勵我說：「學習可以學到一百歲，只要學習的時候盡了自己的努力，日後必定會成功的。」

我知道當一位飛機師不是一件容易的事，但是我一定會朝着這個夢想而努力的。當我真的有一天成為飛機師的時候，我一定會帶媽媽和爸爸環遊世界，讓他們可以和我一起看看這個世界是多麼的廣闊，多麼的新奇，多麼的美好！



## 逛海怡廣場

聖誕假期間，我和家人一起逛海怡廣場，度過了愉快的時光。

一月二日那天，爸爸提議說：「不如我們一起到海怡廣場逛逛吧！」媽媽、弟弟和我聽到了都高興得手舞足蹈。

首先，我們來到美心餐廳吃煲仔飯，煲仔飯很美味，我吃得津津有味。

然後，我們一起到百佳超級市場買水果。我們買了香蕉、火龍果和橙，我們拿着水果高興地回家去。

海怡廣場有很多商店供我們購物，我很喜歡到這裏逛呢！



## 參觀幼稚園

一月十三日那天，爸爸、媽媽和我一起到妹妹上的幼稚園參觀，我覺得很開心。

我們約在上午十一時到達幼稚園。首先，我們欣賞表演。表演的節目很精彩，包括：「英語唱遊」、「小蜜蜂」和拉丁舞。我的妹妹表演拉丁舞，雖然她因失手而跌倒地上，但是年紀小小的她能勇敢地站在台上表演，我覺得她很棒。

接着，我們參觀藝廊。那裏展出了許多視藝作品，那全都是同學們的精心傑作，真是十分美麗，我們也被它們吸引住呢！藝廊的四周掛了不少氣球，氣球上居然有妹妹的樣子，令我感到很驚喜。

這次參觀，不但讓我認識妹妹的幼稚園，還令我明白到原來年紀小小的幼稚園學生也懂得做很多事情呢！





## 探望太祖母

今年的聖誕節假期，我過得既愉快又充實，因為每天也有很多不同的活動，但令我印象最深刻的是到澳門探望太祖母。

每次爸媽帶我和妹妹到澳門探望太祖母，我都會感到很高興，這次我們還在太祖母的家住了一晚。太祖母居住在郊區，我可以在附近的行人路上踏單車，又可以和太祖母一起在海傍散步，妹妹也玩了牠最喜歡的吹泡泡和沙炮。

此外，我們也一起到熊貓館去看熊貓。熊貓館內有一隻可愛活潑的熊貓寶寶，牠會靈活地爬到樹上，又可用手勾着樹枝，十分可愛。

聖誕假期快將結束，我希望農曆新年快些來臨，到時我可以再次到澳門探望太祖母了。



## 運動會

今年的學校運動會於十一月十日在香港仔運動場舉行。運動場上有中國國旗、香港區旗和我校的旗幟。升旗禮後，運動會就正式開始。

那天的天氣很好，我參加了六十米短跑和一百米接力賽，那些都是我期望參加的項目。終於到我比賽了，鳴槍一響後，心情緊張的我拼命地跑，我一路帶頭領先，最終取得六十米短跑冠軍。

我感到既興奮又開心，希望在下年的運動會也能獲獎。



## 一次病倒了

我的身體一向強健，很少生病，但我這次生病了，還持續發高燒呢！

在我發高燒時，爸媽擔心得像熱鍋上的螞蟻，半夜帶我到瑪麗醫院急症室看醫生，醫生說我要住在醫院觀察一天。

第二天出院後，第三晚我又發高燒了，要再次到醫院呢！到了醫院，醫生要我留院觀察。這樣反復燒了幾天，不能上學，我真擔心功課跟不上，但媽媽安慰我要好好休息，康復後才上學。

那次之後，我知道生病是很辛苦的，還會令爸爸、媽媽擔心，所以我以後會多做運動和注意營養，使身體更強健。



## 學校運動日

一年一度的學校運動會在黃竹坑運動場舉行。早上，我和爸爸、媽媽一起到麥當勞快餐店吃早餐，然後爸爸駕車載我、黃泊銓和袁以浚到運動場。

今年我參加了立定跳遠。每人有兩次跳遠的機會，以其中一次最好的成績來計算獎項。當大會宣佈比賽將要開始時，我感到十分緊張。比賽開始了，我用力一跳，然後工作人員記錄了我跳出的距離。全部同學完成比賽後，工作人員便宣佈我獲得了亞軍，我十分開心，興高采烈地返回到觀眾台休息。那天的運動會我覺得十分開心，因為我在比賽中得到了亞軍，雖然每人都汗流浹背，但是我可以和同學一起開開心心地玩了一天，這都是值得的。



## 一次快樂的旅程

在十二月二十三日，我和家人一行九人到日本大阪旅行。到達後，我們租了一輛十人座位的私家車前往我們租住的民宿。到了民宿放下行李後，我們立刻外出吃晚餐，我們步行到心齋橋吃著名的「一蘭拉麵」。

第二天，我們乘坐地鐵到大阪池田「合味道杯麵館」學習製作杯麵，並取得杯麵作為紀念品。之後，我們租借了日本傳統和服，大家穿著和服逛街和觀光。

第三天，我們到了大阪環球影城遊玩。那裏有不同種類的機動遊戲和設施，我覺得最特別的是「哈利波特學校」，真的令我大開眼界。

第四天，我們到了海洋館參觀，那裏有很多不同品種的魚類。之後，我們到樂高世界玩室內遊戲。接着，我們還乘坐摩天輪欣賞四周的風景。

第五天，我們到神戶滑雪場滑雪，那裏的天氣十分寒冷，我們還看見下雪的景象。

第六天，我懷着依依不捨的心情乘坐飛機回香港。這幾天我玩得很開心，我真的想再到這裏遊玩。



## 當上副機師

上星期日，我和爸爸一起到石崗駕駛小型飛機。

到達那裏後，我已經急不及待地坐上副機師的座位了。爸爸開動小型飛機後，我既興奮又緊張，下一刻我們就會衝上雲霄了。

飛機起飛了，它如一隻大鳥般展翅高飛。爸爸教我看一些飛行儀器，例如：高度計、平衡器、速度計等。突然，爸爸說：「副機師，由你來駕駛吧！」我戰戰兢兢地接受任務，我看見地上的建築物渺小得像玩具模型一樣，十分有趣，而四周的風景非常美麗。

飛機安全降落後，爸爸稱讚我是一個有天分的副機師，還送了一頂機師帽給我呢！



## 書信一則

親愛的外婆：

您好嗎？自從上一年的新年過後，很久沒有跟您見面，我時常掛念着您。最近身體狀況還好嗎？天氣開始轉涼了，您要多穿衣服，注意保暖啊！

我自從升上四年級後，功課比以前多，壓力比以前大，但是我的校園生活挺好的，您不用擔心。我在小息和午息時都會跟朋友一起玩，學校還會舉辦很多不同種類的活動，例如：學校旅行、生日會等。

在十二月二十二日晚上六時至八時，學校會舉行聖誕節晚會，讓我們可以輕鬆愉快地度過一個晚上，當晚的表演項目很多，有：合唱團、魔術、跳舞，還有我的吹笛子表演。

希望您能抽空出席，有您的鼓勵，我會更加有信心，有更好的表現。時間已不早，下次再聊，再見！

祝  
身體健康



孫女  
滿依敬上  
十一月二十日

## 遊海洋公園

在風和日麗的星期天，我們一家人到海洋公園遊玩。

我們帶着興奮的心情來到海洋公園，穿過拱門，眼前便是設計獨特的噴水池。海洋公園十分熱鬧，有些人在玩機動遊戲，有些人在玩攤位遊戲，也有些人在看小丑表演。

我們來到第一個景點——奇幻的「海洋館」。我們在那裏可以看到各種不同的魚類，爸爸還買了一個海豚洋娃娃給妹妹呢！

然後，我們繞過色彩繽紛的「日本花園」，到了「水母萬花筒」觀賞水母，牠們游來游去的樣子很有趣呢！

接着，我們來到「鯊魚館」和「海洋金銀島」參觀。最後，我們來到「海洋劇場」看海豚表演。牠們身手敏捷，從一處快速地游到另一處，非常可愛呢！

時間不早了，我們要離開海洋公園了，那時妹妹大叫：「不要走！」爸爸便拿出剛才買的海豚洋娃娃，說：「這是送給乖的孩子啊！」妹妹立即安靜下來，哥哥和我都禁不住大笑。

這天真是玩得十分開心，我希望可以再到海洋公園遊玩。



## 六秒

不知道你對六秒有甚麼看法呢？也許大部分人普遍認為六秒是很短的時間，轉眼即逝，根本不會令人記掛在心上，但我對於六秒卻有以下的體會。

六秒對於游泳好手來說是可以大幅拋離對手的時間。要取得六秒的進步，背後就要付出艱苦的努力。

我很榮幸今年又可以代表學校參加「港西」校際學界游泳比賽。雖然我沒有取得獎牌，但在五十米背泳中打破了我個人的最好成績——快了六秒。這成果得來不易，自從暑假開始，每周除星期一外，我每天都要訓練兩至三小時。每次訓練後，我的雙手雙腳彷彿注了鉛般沉重，又酸又軟。在我想放棄的時候，幸好有爸爸和媽媽的大力支持，教練的耐心指導，使我終於取得了六秒的進步。

同時，我也體會到堅持是做事成功的必備條件。要是我沒有忍着疼痛，堅持練習，我是不會有進步的。

我會堅持訓練，希望有一天能在五十米背泳中游出不到三十秒的時間。





## 神話新編

盤古創造了美麗的萬物後，又經過一萬八千年，他再次甦醒並檢視世間，發現欠缺了人類，十分苦悶。他創造了美麗的萬物，但沒有人類享用，這樣便白費了。

他再三思想，但也想不到有甚麼好辦法。所以，他便到山峯走走。走着走着，他看見一塊大石頭，靈機一動，把既大又重的石頭大力地拋出去，石頭爆開後，變成了很多人類：有白種人、黑種人、黃種人……

自從有了人類，他們不斷反映沒有食物，十分肚餓。盤古絞盡腦筋，終於想了一個辦法，就是創造動物出來，人們殺死動物後，便有食物吃。他把一塊塊石頭疊起來，然後用樹枝在石頭上畫出一些動物的圖案，接着人們一起說：「動物，動物，請出來吧！」過了幾秒後，動物從石頭走出來，有豬、牛、雞……多不勝數。那些動物，有些在空中飛翔，有些在海裏游泳，有些在陸地爬行。人們殺死動物後，既可以吃掉動物，又可以用動物的毛皮造衣服。

有了人類和動物後，盤古仍覺得還是差一些東西，所以他問人類還需要甚麼。人們說天氣十分悶熱，沒有季節，只有猛烈的太陽伯伯照耀大地。於是，盤古邀請了他的朋友：風神、雨神、雪神和雷神一起輪流幫忙，令人們不再因酷熱的天氣而感到不適，從此人們的生活便舒適起來。

盤古使人們的生活多姿多彩，但是他因為耗盡精力，筋疲力盡，所以他再次倒下來，就這樣與我們永別了！

## 高雄之旅

聖誕假期間，爸爸和媽媽帶我到台灣 高雄旅遊。

第一天，我們到達酒店時已經是晚上九時了，我們到酒店的天台餐廳，一邊看星星，一邊吃晚餐。天上的星星閃閃發亮，好像一顆顆晶瑩剔透的藍寶石，多麼美麗啊！

第二天，我們到了壽山動物園。我們看到了羚羊、黑猩猩、猴子……當中我最喜歡的是小羚羊，因為牠們既貪吃，又可愛。說到我最難忘的活動，當然是餵小羚羊吃東西。我興奮地餵小羚羊吃葉片，爸爸卻害怕被小羚羊吃掉手指。

第三天，我們到了一個商場，它的名字是漢神巨蛋。我到了六樓的兒童部，那裏有玩具、圖書，還有遊戲機呢！我首先在那裏選購圖書，接着便選購玩具。最後，我們到了一間日本餐廳吃東西，我吃了吉列豬扒蛋包飯配炸薯條，我吃得津津有味。

第四天早上，我們到了中央公園散步。期間，我們發現了一隻既可愛又膽小的小松鼠，牠一看見我們便快速地跑到一棵高高的樹上，慢慢地吃着美味的果子，真享受啊！再往前走，我看見一間非常有特色的餐廳，餐廳門前有一輛黑色的「蝙蝠俠車」，車身的兩旁有一對黑色的引擎，像一對蝙蝠的翅膀，真是非常型格！當我一踏入餐廳，便看到一個可愛的多啦A夢模型，多啦A夢身旁有一個木吉他，它後面有一個非常古舊的鋼琴。再往前走，我們便看見一幅白色的牆壁，牆壁上掛滿了歌星周杰倫的相片。原來，這間餐廳是歌手周杰倫開設的。最後，我們在這裏喝了花果茶便離開了。

四天三夜的旅程結束了，我們依不捨地回香港。這次的旅程既豐富又精彩，使我見識到高雄的面貌。



## 愉快的一天

聖誕節那天，我們一家人吃過早餐，便一起包禮物，因為我們晚上會到爸爸的朋友家交換禮物。接着我們到家附近的餐廳吃聖誕大餐，聖誕大餐的食物十分豐富，有：薯條、豬扒、牛肉、炸魚、雪糕……

吃完午餐後，媽媽便帶我和弟弟到戲院看電影。我們看的電影叫《柏靈頓》。戲院裏有些人在哭，因為他們覺得電影很感動；有些人在笑，因為他們覺得電影很有趣；有些人在大叫，因為他們覺得電影很刺激。

看完電影後，我便到維多利亞公園的游泳池練習游泳，而媽媽就帶弟弟到公園玩耍。兩小時後，我練習完了，媽媽便帶我和弟弟到爸爸的朋友家玩耍。

到了爸爸的朋友家後，我們首先吃美味的晚餐，接着玩遊戲。到了交換禮物時，我們根據年齡由小至大抽禮物。我的弟弟抽到一本有趣的圖書和一個美麗的筆袋。我抽到一個保溫水瓶，剛好我正需要一個保溫水瓶，可真幸運啊！而媽媽抽到了一盒膠手套，爸爸抽到了一個浴室磅。

交換禮物後，我們玩遊戲機，我的得分最高，我感到十分興奮。到了大約凌晨十二時，我們才依依不捨地回家去。

那天我玩得十分開心，回到家裏還睡不着覺呢！聖誕節是普天同慶的節日，我們要珍惜與家人和朋友一起共度的時光。



## 快樂的聖誕節假期

聖誕節假期的第一天，我們回鄉了，會在鄉間過聖誕節。

我們回到家鄉的老家後，已經是下午四時了，我們沒有時間燒飯，所以就外出吃晚餐。

第二天是爺爺八十歲大壽，很多親戚到來跟爺爺祝賀，如姨母、表姐和表哥等。壽宴一共二十席，食物非常豐富，有：菜心、魚、羊肉……

吃過晚飯後，我和表弟妹玩了一會兒，之後表哥和表姐就拿出一個巨型的生日蛋糕，那個蛋糕一共有九層，每一層都有一些精緻的巧克力壽桃和印有「壽」字的巧克力塊。那個蛋糕非常好吃，我們都讚不絕口。大家一邊吃蛋糕，一邊拍照，度過了愉快的晚上。

第三天就是聖誕節，因雲妹妹哭起來，整天下着傾盆大雨，我們不能外出玩耍，只好留在家中看電視。到了晚上，雨終於停了，我便到空地踏單車，玩得十分開心。

第四天，我們到了表姐家玩，表姐教我學會了踩滑板。晚上，我們在表姐家吃火鍋。

第五天，我們吃了早餐後，就依依不捨地回香港了。

我和家人度過了一個美好的聖誕節假期，我覺得很開心，因為能夠吃到美味的大蛋糕和跟親友們相聚。



## 我的夢想

我的夢想有很多，有時候是當太空人，有時候是當廚師，有時候是當警察。

我為什麼要選這些職業呢？因為我知道這些職業能夠回饋社會。有時候媽媽會反對我做這些職業，不過我不會受她的影響，因為我決定了要做的事就不會輕易放棄。

我想做太空人是因為我想在神秘的月球上漫步和到火星探險，浩瀚的宇宙真是深不可測呢！

我想做廚師是因為我想做美味的菜餚給客人品嚐，當我聽到客人的稱讚時，我會很開心，因為證明了我的實力。

我想做警察是因為做警察可以維持社會治安，為市民服務。

這就是我的夢想，為了達成夢想，我要努力讀書呢！



## 大掃除

每逢農曆年廿八，爸爸、媽媽都會不厭其煩地大掃除，但是今年我和哥哥感到特別奇怪，因為我們也要幫忙大掃除。我們問媽媽：「為什麼我們也要幫忙大掃除？」媽媽說：「因為你們已長大了，所以你們也要出一分力。」

爸爸逐一分配工作：我負責抹小狗波子的狗籠；哥哥負責抹地和家具；媽媽負責收拾房間和打掃廚房；爸爸負責清潔陽台和門窗。

我們開始工作了，大家分工合作，忙得不可開交。

到了晚上，我們終於完成了大掃除，吃晚飯時，因為我們肚子餓，所以覺得晚飯特別美味。



## 遊海洋公園

一月十三日星期六，我和媽媽一起到海洋公園遊玩。

到達海洋公園後，我看見那裏人頭湧湧，我們排了四十五分鐘，終於可以入場了。入場後，我們沿着一條小徑走，就到達「海洋列車」了。我們在「海洋列車」上可以欣賞一段有關海洋生物的短片。

下車後，我們便到達「高峰樂園」。首先，我們玩「碰碰車」，坐上「碰碰車」後，可以不停碰撞別人的車，真的很有趣。然後，我們玩刺激的「雷霆節拍」，它的速度時快時慢，令人感到有點暈眩。接着，我們玩飛快的「極地時速」，列車會忽然向下衝，又向上爬，我有點被拋來拋去的感覺。玩完這些機動遊戲後，我們就去看海獅和海豹，我覺得很開心，因為可以近距離看到難得一見的海洋生物。

黃昏時，我們乘坐纜車下山，坐在纜車裏，我們可以欣賞一望無際的海景和翠綠的山景。坐完纜車後，我們就玩攤位遊戲，這個攤位遊戲需要將金幣擲在有顏色的位置，我們幸運地擲到三個細獎和一個中獎。玩完攤位遊戲後，我們就去看煙火表演，這些煙火不但漂亮，而且很特別呢！最後，我們懷着依依不捨的心情回家去。

這天我覺得十分開心，因為可以玩到很多刺激的機動遊戲，又可以學習保護海洋的知識。我希望可以再來海洋公園遊玩呢！



## 我的家鄉

早上，我懷着興奮的心情乘坐旅遊巴士回到我的家鄉。在車上，我想着今次的旅程會發生甚麼有趣的事情。眼前的風景讓我猶如上了一輛時光巴士，由現代回到古代，因為今次的旅程是由城市出發到鄉村。

下午，我們到達家鄉。外婆曾答應讓我一嘗用石磨做年糕的滋味。我一到外婆的家，她便大喊：「外孫！我把材料跟石磨都準備好了，你快過來吧！」我一聽到這句話，就馬上扔下背包，跑到外婆面前了。她告訴我石磨的用法，我一手就把它的手柄拿着，然後放入糯米，再轉動手柄，磨成米漿。我看外婆做得輕鬆，但我卻磨得汗流浹背也磨不到丁點兒的米漿，弄得我手都酸了，真辛苦。外婆告訴我，一定要向右方磨才可以磨出米漿。唉！只怪我一時心急，沒看清楚示範，所以做不成，這令我學會了做事不要操之過急，要專心聆聽指示。

然後，外婆把糖漿和米漿混合一起，倒入一個大盤子裏，再放入用柴火燒的蒸爐。一小時後，美味的年糕出爐了，香氣撲鼻而來，令我口水直流呢！當我吃過自己親手做的年糕後，發現自己親手做的食物是另有一番風味的，我領會到「一分耕耘，一分收穫」的道理。

吃過年糕後，外婆帶我到她的農田。她種了很多蔬菜，有生菜、豆苗、番茄……我還看到一羣農夫在工作，我想：如果沒有農夫辛勤地工作，我們每天會有新鮮的蔬菜吃嗎？我們應該珍惜食物。

今次的旅程，讓我上了寶貴的一課，使我領悟到人生道理，更讓我懂得珍惜和家人相聚的時光。





## 我的媽媽

在家裏，有一個人無微不至地照顧我，呵護我。她身材矮小，長長的頭髮襯着一張橢圓形的臉蛋，樣子平凡，但在我心中，她佔有很重要的地位，她就是我的媽媽。

媽媽的英文水平不錯，加上她不用上班，有很多空餘時間給我說英文故事，跟我一起聽英文歌，這大大增加了我學習英文的興趣。媽媽待我完成家課後，總會帶我到附近的遊樂場玩耍，我每次也玩得汗流浹背才肯回家。

媽媽很有耐性，每當我向她請教時，她都會循循善誘地向我講解，讓我能清楚明白。她很有自信，從來也不會因任何事情感到自卑。她曾跟我說：「雖然我身材矮小，學歷不高，但我相信，只要我盡力，沒有事情是我做不到的。」那一刻，仿如有一束光芒從她的身上散發出來，非常耀眼。這就是我充滿自信的媽媽。

媽媽的教導方法與眾不同。她不是「怪獸家長」，不會因兒女第一次犯錯就又打又罵。當我第一次犯錯時，她會告訴我錯在哪裏；當我第二次犯錯時，她會作出輕微的懲罰，以作警剔；第三次再犯，她才會責罵我。

媽媽的缺點就是粗心大意，家裏很多碗碟也是被她打破的，我常常提醒她「經一事，長一智」，做事要小心呢！

儘管我的媽媽不是十全十美，但所謂「一個人的完美之處，在於能找出自己的缺點」，媽媽努力地改善自己的缺點，這點是非常值得我學習的。

我最敬愛的人就是我的媽媽。



## 可愛的清晨

每天清晨，當我醒來的時候，第一眼看見的就是那燦爛的晨光。陽光輕柔地照射到潔白的窗簾、整齊的桌子和柔軟的牀上，所有被陽光照射到的地方都被覆蓋了金黃色的光輝。

窗外，黃色的、紫色的、紅色的……花朵彷彿正在迎接早上的太陽；一顆顆有如珍珠般的露珠在碧綠色的葉子上滾動；一隻隻彩色的蝴蝶在七彩繽紛的花間裏穿梭，愉快地迎接著美好的一天。

我看着窗外的景色，溫柔地對太陽伯伯說：「太陽伯伯，早安！」



四丁 余一諾

## 中秋節

今天是中秋節，老師給我們特別少功課，讓我們能快點完成功課，晚上便可以和家人一起慶祝節日。

晚上，我們一家人到奶奶家吃飯，我帶了最新的手提遊戲機和表哥一起玩耍。我們玩得廢寢忘餐，爸爸提醒我們不可以只顧玩遊戲機，要和長輩親人寒暄交流。

晚飯後，我們到表妹家一起賞月和吃月餅，共度中秋節。今年的中秋節我玩得非常開心。

## 登玉桂山

上星期六，柔和的陽光照耀着大地，微風輕輕吹過，是個風和日麗的好日子。爸爸說：「今天天氣這麼好，不如去登玉桂山吧！」我爽快地答應了。

由於低級難度的山路已經走過很多次，所以我們這次決定挑戰中級難度的山路。我們一路上有說有笑，累了，就坐在大石頭上休息。眼見快要到山頂了，我不禁加快了腳步。突然，我踩到了一塊碎石，差點便摔得四腳朝天。幸好，眼明手快的爸爸及時扶住了我。

到達山頂後，我們便坐下來，一邊休息，一邊吃東西，一邊欣賞風景。那綠綠的草，藍藍的天，白白的雲，好像成了一幅天然的風景畫。養足精力後，我們走到下一個目的地——鴨脷排。我們小心翼翼地走過陡峭的山路，半小時後，我們終於到達鴨脷排了。那裏的風景也不錯，我們還看見海膽和海螺呢！那時，我已經筋疲力盡了。爸爸讓我再休息一會兒，然後便回家去了。

回家後，我整個人累得像一條「軟皮蛇」一樣趴在沙發上。晚飯後，我和媽媽分享了登玉桂山的趣事，並約定下次和媽媽一起前往。

我感到很累，但很滿足，因為我過了充實的一天，還成功挑戰自己。我學會不要放棄，堅持到底的精神。我決定下一次要挑戰更高難度的山路，磨練一下自己的意志。



## 一次難忘的演出

我在暑假期間參與芭蕾舞劇的精彩演出，那畫面現在依然歷歷在目，令我難以忘懷。

那一天，是我第一次公演芭蕾舞劇，是我第一次擔任女主角——善良的嘉麗，更是我第一次與大伙兒（一百一十八人）一起合作演出。

我們經過悉心的妝扮，不論大小朋友都變得漂亮動人。穿上了華麗的服飾，有的像一隻隻色彩鮮豔的蝴蝶，有的像一朵朵嬌俏可人的小花，有的像潔白無瑕的仙子……而我猶如一位可愛的白雪公主。

面對着台下五百多位觀眾，在台上的我既緊張又興奮，雖然我的舞份不多，但是戲份可多了。在劇中，我收到各式各樣的見面禮，還欣賞到不同的表演者輪流為我獻上不同風格的舞蹈：蝴蝶仙子、茶仙子（中國）、蛋糕仙子（俄羅斯）、咖啡仙子（阿拉伯）……各人都沈醉於美妙絕倫的樂曲中，翩翩起舞，直至樂曲終結，贏得了觀眾熱烈的掌聲。

輪到我獨舞的一刻，我表現得非常鎮定，把平日練習的一切在台上盡情地發揮出來，原來當你全情投入的時候是不會感到害怕的。最受歡迎的當然是「糖梅仙子」與國王的雙人舞，引得全場觀眾歡呼雀躍。在一片掌聲、歡呼聲中，這次的演出終於圓滿結束。

表演完畢後，很多小孩及家長都不斷叫：「嘉麗、嘉麗……你表現得很棒，能跟你拍照嗎？」我有點兒受寵若驚，但心裏卻是樂滋滋的。

經過這次芭蕾舞劇的演出，我感到非常滿足，因為我雖然花了整個暑假的時間練習，但得到的是大家的認同，而我也非常享受這次的演出。我學會了「台上一分鐘，台下十年功」這個道理，也明白到團隊合作的重要性。希望來年的演出，我的表現比今年更加出色。

## 第一次做飯

今天放學回家，放下書包後，我一邊看我最喜歡的卡通片，一邊躺在沙發上休息。我正看得入神的時候，婆婆說：「貝貝，我教你做飯。」我覺得很奇怪，因為我不知道婆婆為甚麼突然要教我做飯。我心想：要煮多久呢？卡通片會播完嗎？功課沒有時間做了！我不情不願地走到廚房。

「先勻兩杯平平的米放進電飯鍋，再把水倒進電飯鍋裏。」婆婆說。這個步驟很簡單，我不一會兒就完成了。「然後，把手伸進水裏，把米清洗乾淨。」婆婆一邊說，一邊給我做示範。我試一試，原來不難。「接着，把水倒掉，再重複剛才的步驟兩次。直到水不再混沌，變得清澈，米粒變得晶瑩剔透。」婆婆繼續說，「最後，把兩杯半清水倒進電飯鍋，記得抹乾電飯鍋的底部，不然就會把鍋燒壞的！」

終於完成了，我趕緊回去看卡通片，誰知已經播完了，我感到很掃興，說：「都是婆婆害我不可以看卡通片！」婆婆語重心長地說：「你已經十歲了，應該幫忙分擔家務！」我聽了，覺得很慚愧。

二十分鐘後，飯煮好了，我偷偷地打開電飯鍋蓋看了一眼，每顆米粒真飽滿，我感到很滿足。

吃飯的時候，我自豪地說：「今天的飯是我煮的！」我們都吃得津津有味。

我感到很開心，因為我學會了做飯。我明白家人的辛勞，我決定以後要幫助家人做家務，絕不會做一個「衣來伸手，飯來張口」的「港孩」。

## 媽媽，我想對您說

我長大了，思想也變得更成熟了。我開始想：媽媽，您真的明白我的想法嗎？

媽媽，我喜歡和您環遊世界，認識每個地方獨特的文化。到英國，和您去看位於蘇格蘭的尼斯湖，希望一睹水怪的真面目；到法國，和您去看位於巴黎的艾菲爾鐵塔，欣賞它獨特而漂亮的設計；到美國，和您去看位於紐約的「自由女神像」，見識照耀世界的「自由女神」呢！

媽媽，每次我做錯了事，您總會提醒我，甚或責罵我，但有時卻沒有仔細想想背後的原因，令我覺得非常委屈。記得有一次，您要我參加芭蕾舞考試，但我說不想參加，這是因為某一次的芭蕾舞訓練，我不斷做錯同一個動作，被舞蹈老師狠狠地責罵了一頓，當時的我覺得非常委屈，因為我真的已經盡了力。

媽媽，感謝您！在我生病的時候，您一直陪伴我，照顧我，為我祈禱；就算您疲累得很，您都沒有一點怨言。您除了要做繁重的家務，還要照顧我們這三個「頑皮鬼」，辛苦您了！

媽媽，我十萬個不願意是您放飛的風箏，由您鬆緊線繩。我不希望甚麼事都被您管束着，我希望能成為一隻小鳥，逍遙自在地在廣闊無邊的藍天飛翔。

媽媽，當您聽過我的心底話，希望您可以更了解我，因為我不是蠻不講理，我的舉動是有原因的。媽媽，請您傾聽我的心底話吧！



## 一次最難忘的活動

我最難忘的學校活動是甚麼？就是運動會了！因為它令我學懂了甚麼是團隊精神、體育精神和明白了「勝不驕，敗不餒」的道理。

在四年級那次運動會，爸爸跟我參加親子接力賽的情境，至今我仍然記憶猶新，歷歷在目。

一大清早，爸爸便與我一起到運動場。我參加的項目是跳遠。突然，一陣強風吹過，我不禁打了一個噴嚏。沒多久，就開始召集參加跳遠比賽的學生。我急得像熱鍋上的螞蟻，立即跳下看台，跑到集合地點。在比賽期間，我的肚子感到一陣劇痛。這一瞬間，我看着在旁觀賽的爸爸，心想：我要有體育精神，絕不能半途而廢的！我只好硬着頭皮，衝過助跑徑，跳啊！

雖然結果不太理想，但是我認為爸爸也會明白我的感受。當運動會結束後，爸爸拿着一碗可口的咖喱魚蛋，對我說：「兒子，結果並不重要，爸爸知道你已經盡力了。我相信你都已經餓了，吃吧！」我開懷地笑了。

運動會結束後，爸爸告訴我，我們班在接力比賽中獲勝，但同學並沒有驕傲，而落敗的同學也沒有氣餒，這就是「勝不驕，敗不餒」的道理呢！這天，我真是獲益良多呢！

我感到十分高興，因為我在運動會中學懂了很多人生道理，我決定要努力練習，寄望能在下一次的運動會中取得更好的成績。



## 喝中藥

以前，我體弱多病，經常發燒感冒，所以常常吃西藥，我可以說是吃西藥的「高手」。後來，西藥也不管用了，所以媽媽就帶我去看中醫。這樣，我就有了喝中藥的體會。

那天，媽媽熬藥時，廚房傳來陣陣難聞的氣味，我感到很噁心。中藥煎好了，我用雙手捧着那一碗黑糊糊的藥湯，嗅着那說不出的難聞氣味，我怎麼也喝不下去。我向媽媽講「條件」，要她在藥裏加一點糖，可是她語重心長地對我說：「『苦口良藥』，加了糖，藥效就減退了。你想快點康復，就趕快把它喝光吧！」

聽了媽媽的話，我就勉強點點頭。我端着碗，低下頭，閉上眼，深深地吸了一口氣，張開嘴巴，「咕嚕咕嚕」喝了幾口，可是實在喝不下去，我連忙喝一口白開水。爸爸在旁邊給我打氣說：「有進步！」媽媽沒作聲，而是用滿懷期望的眼神看着我。當時，我想到這碗藥是媽媽在天還沒亮時就起牀給我煎的，所以我咬緊牙關，閉上眼睛，硬着頭皮把剩下的藥全喝精光。

媽媽說得沒錯，雖然中藥很苦，但很有效用。我只是喝了兩天中藥就痊癒了。





## 新年活動

今年的農曆新年，我過得很快樂。

俗語說：「年廿八，洗邋邋。」家家戶戶都在這天把家裏打掃得乾乾淨淨，令家居煥然一身。我們這一家當然也不例外。年廿九，我們到百貨公司買新衣。年三十，我們一家先到維多利亞公園年宵市場辦年貨，然後到康怡百貨公司的一間食肆吃美味的日本海鮮料理。這真是一頓豐盛的年夜飯。

新年假期裏，我和家人去拜訪親友，我和妹妹收到了很多紅包。此外，我們還到了大埔林村參與二零一八年的「香港許願節」。我們欣賞了花車展覽和參觀了拋「寶牒」活動。在「許願樹」下人頭湧湧，幸好，我們一下子就把「寶牒」拋到樹上去，才不需要跟其他人擠在一起。

新年假期裏，我們還到維多利亞電影院看了一齣非常精彩的賀歲電影——《黑豹》。假期結束前，我們約了表兄弟姊妹到大澳暢遊一天。那裏有一種地道美食，它的體積大得像一隻大鰓鳥蛋，那就是「巨型大魚蛋」。此外，我們也參觀了有「水上威利斯」之稱的棚屋。置身其中，好像到了歐洲似的。最後，我們乘坐小船去觀賞中華白海豚。雖然未能有緣跟中華白海豚見面，但這確實是一次難得的體驗。

這個新年假期，我真是玩得十分開心呢！

## 二零一七年的最後一天

今天除了是二零一七年的最後一天，還是一個很值得紀念的日子，因為今天也是我的大表姐結婚的大日子。

今天早上，爸爸和媽媽乘車到麗思卡爾頓酒店，出席表姐給長輩敬茶的儀式。

大約下午三時，媽媽就回家接姐姐和我到酒店去觀禮。我們來到環球貿易廣場參加表姐和表姐夫的結婚註冊儀式。註冊時，表姐和表姐夫流露一臉幸福，我也感受到他們的喜悅。註冊完畢後，我們便拍照留念。

晚上七時半，我們便參加晚宴。我坐在主家席，能跟一對新人近距離接觸，多令我高興。晚上九時，晚宴終於開始了！司儀一邊致詞，一邊播放今天註冊時的花絮，場面多熱鬧和溫馨。晚宴後，我們一家到尖沙咀欣賞煙花匯演和參加除夕倒數活動。

今天，我感到很開心，我希望自己將來也可以在十二月三十一日結婚，因為這天確實是一個十分特別的日子呢！

## 我最喜愛的一道中國菜

你認識中國菜嗎？中國菜聞名已久，是廣受歡迎的菜式。你有最喜愛的中國菜嗎？我最喜愛的一道中國菜——五香肉丁炒飯。我第一次吃過這炒飯後，就對它印象難忘。

要做出美味的五香肉丁炒飯，祕訣就是使用「隔夜飯」。如果來不及做「隔夜飯」，煮飯時就少放點水，使飯的顆粒分明。材料上，就先要把蔥切成蔥花和把菜切成段，然後把雞蛋攪拌均勻，最後加上肉丁便可以下鍋炒。

五香肉丁炒飯也有它的營養價值。雞蛋含有豐富的蛋白質，蛋白質對建立和修復受傷肌肉十分重要，有助保持肌肉健康強壯。選用糙米去炒，更可以增加這道菜的營養價值。糙米比白米含有更豐富的蛋白質、纖維、鈣、鎂、維他命E和鉀，有助保持身體健康。五香肉丁炒飯的營養價值不是很高嗎？

我最喜愛的一道中國菜就是五香肉丁炒飯，你們也可以嘗一嘗，看看它可否成為你最喜愛的中國菜吧！



## 一位值得我學習的人

海倫凱勒是一位值得我向她學習的人。

海倫凱勒年幼時因患了一場大病而導致雙目失明和雙耳失聰。安妮·沙利文是她的家庭導師，在這位家庭導師的幫助下，海倫凱勒成功考進大學。

海倫凱勒在一九零四年成為史上第一位又盲又聾的殘障人士榮獲文學學士學位。在一九二四年，她更設立了「海倫凱勒基金會」，致力幫助殘障人士。

海倫凱勒那份堅毅不屈的態度最值得我向她學習。她即使失聰、失明也沒有放棄學習，最終還考上大學。對一位失聰和失明人來說，確實不容易，少一點毅力也做不到呢！

此外，海倫凱勒樂於助人。她積極為世界各地的殘障人士爭取興建適合他們就讀的學校，並經常到醫院去探望病人，跟他們分享自己的經歷，鼓勵他們和病魔對抗。她真是我學習的榜樣。

我欣賞海倫凱勒那堅毅不屈和樂於助人的性格，我以她為榜樣，學習她永不放棄的精神。



## 生日會

上星期五，我們學校舉行了生日會。

同學們準備了很多令人垂涎三尺的美食，例如：雞翼、田園沙律、七彩繽紛的蛋糕……大家都吃得津津有味。

老師還跟我們玩遊戲，例如：「估領袖」、「老師話」……同學們都玩得樂透了。進行「估領袖」這遊戲時，氣氛非常刺激，我被選中當領袖，我的心情既緊張又興奮。我立刻想出一些較難的動作，結果，跟我的想法一樣，同學們無法猜到我就是領袖，但他們也勇於接受挑戰，不用我給提示呢！

不久，生日會完結了，同學都感到依依不捨，因為大家都玩得很開心。



## 我最難忘的課外活動

學校每逢星期五都會有課外活動課，我們可參與不同的活動，而我參加的就是「綠色小先鋒」，令我最難忘的是這活動的第一節課。

二零一六年十月六日那天，正是所有課外活動課開始的日子，那天下午二時半，我們正在上生活課，正當大家在認真地上課時，鐘聲響起來了。同學在老師的指示下排隊到活動的地點去，而我就到五甲班課室去。那時，五甲班課室門外已有很多同學在排隊，有四年級同學，有五年級同學，也有六年級同學。

當老師讓我們進入課室後，我發現老師手上正拿着一包泥土，原來我們在這一課要學習種植。老師說：「這一節我們要學習種植，每一班的同學負責種植不同種類的蔬菜，幾個月後就會有收成。稍後，我會安排同學到七樓和地下的花園，你們先把種子放進泥土去，然後要定時替它們澆水。」

老師講解後，就帶我們到花園去，並把我們編成二人小組，再給我們一盤泥土、幾顆種子和一壺水。一開始，我們先把種子放到泥土裏，然後就澆水，可是我太心急，老師還沒給指示，我就把整壺水倒進泥土裏，當時的我不知所措，又不小心打翻了泥土，泥土灑滿一地，我非常狼狽。老師看到後說：「你太粗心大意了！」

這次的經歷令我感到很難忘，因為我沒有細心聽清楚老師的話就行事，結果犯了錯。從這件事中，我學會做事要小心，不能操之過急，我以後會聽清楚別人的指示才做事呢！

## 科幻狂想曲

夏季已經來臨，可街上的行人依然穿着厚厚的絨毛大衣，白皚皚的雪鋪滿了大地。從窗外看出，只見一片雪白……在二一六六年，這種天氣反常的情況已經司空見慣了。

「哇！」雖然已經見識過很多遍，但春雪還是給嚇了一大跳。自從春雪轉校到這裏唸書後，她就不得不接受這個難以置信的事實——這所學校的學生都有特異功能，沒錯，這所學校的每一位學生都有特異功能。儘管這個鐵一般的事實展現在眼前，她還是很難相信，直至自己親眼看見……

那一天是陰天，小雨淅淅瀝瀝地從天而降，彷彿在悲傷地啜泣。已經是第幾次轉校？春雪已經忘了，自從她的爸爸嗜賭成性，欠下一身債務後，她們一家就非搬家不可。每當春雪看見那些令人膽戰心驚的紅漆時，她心中的恐懼就油然而生；每當春雪看到那一個個兇神惡煞的紋身大漢時，她的心就加速跳動；每當春雪目睹那些紋身大漢不斷毆打她的媽媽時，她就感覺到一陣陣揪心的痛……

看着那陌生的校園，春雪躊躇着：爽快地走進去？還是拖得一秒就是一秒？忽然，「轟」的一聲巨響，把春雪嚇得魂飛魄散，她揉了揉眼睛，懷疑自己是否眼花了——一個人撞破了窗子，由六樓急速墜下……天啊！那是改良後的鋼化玻璃啊！那人怎可能撞破？但接下來，那人上演了更驚人的一幕——他像脫離了地心吸力似的，在空中飄來飄去。春雪看到這超乎常理的一幕，不禁眼前一黑，昏了過去……

春雪醒來，麥老師（他們的班主任）向她解釋了整件事情，當然還不忘狠狠地教訓了整班6A班。不過，麥老師告訴她自己也有異能，會是怎樣的異能呢？春雪滿心歡喜，不禁「撲嗤」一聲笑了出來。

「有甚麼好笑？」一名棕髮的女生說道。「認真點，不要整天都在做白日夢。」這名女生名叫卡隆，是6A班的班長，她平日和藹可親，又有禮貌，絲毫不擺班長的架子。不過她倒是因為為人直率這一點而得罪了不少人。

上演「空中『飄』人」的同學名叫歐陽亮，而引起這件事的「幕後黑手」便是叫慕容斯的女生。他們倆開學時就已經冰炭不投，最後更成了一對冤家。那天早上，歐陽亮因把慕容斯戲弄得有點過火，結果就釀成了這次「慘劇」。

突然，太陽光被一個不明物體遮擋住了，一把陌生的聲音在大家的腦子中迴響：「地球人，你們好，我們是來自某個遙遠星系的生物，也就是你們俗稱的『外星人』。現在，我會給你們一個考驗，以決定地球是否被列為要被觀察的星球。記住，要盡力哦！若你們沒有人成功的話，我們將會毀滅你們的星球。」大家聽了這番話後，不禁大驚失色，像掉了一個無底洞中……

這兒是哪裏？春雪緩緩張開眼睛，只見她的同學們有的醒了，有的仍在昏迷中。「你們只要走出迷宮即可。」那把陌生的聲音又在他們的腦海中響起，「我會好好觀察你們的表現。」這時候，十多隻野狼同時跳了出來，把他們團團圍住。大家被嚇得六神無主，不知如何是好。這時候，男班長曾子頌大喊：「這裏由我和阿健應付，你們快跑！只要有一個人成功逃出迷宮，地球就有希望了！」眾人遲疑不決，直至再次聽到男班長焦急的催促聲，大家才不捨地離去。

大伙兒不斷地奔跑，跑得上氣不接下氣，他們偶爾聽到野狼的嚎叫聲，也有人的慘叫聲。「他們倆會不會已出事？」跑了一段路後，春雪終於忍不住問。「不用擔心。」卡隆回答她說，「阿健的異能是昏擊，放心吧！他們都會沒事的。」話雖如此，但卡隆的心其實也在不安地跳動。

前面是一段分叉路，春雪的直覺認為左邊的路較安全，於是他們兵分兩路，繼續前進。

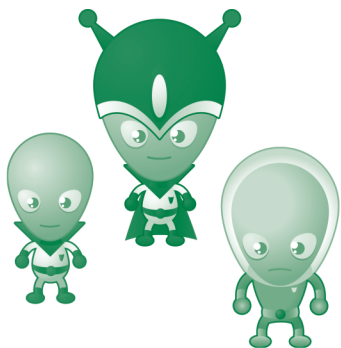
和春雪一起同行的伙伴越來越少了，現在只剩下卡隆、露娜、慕容斯、陽炎與她自己在不斷奔跑。她們被多不勝數的荊棘刺傷，偶爾甚至被只有在卡通片中才會出現的食人花咬上一口，當他們到達終點時，各人都不禁鬆了一口氣。

不知不覺，夜色已臨，月亮高高地掛在天空中。不過，今晚的月光似乎跟以往的迥然不同，似乎……散發着奇怪的光



芒。忽然，春雪感到背後一陣寒氣，是狼人！今晚是月圓之夜，難道……春雪不敢再多想了。狼人渾身充滿着殺戮的氣息，以迅雷不及掩耳的速度一爪子向春雪拍過去。這時，露娜擋在春雪面前，那狼人彷彿被定格一樣，動不了。「你們快走。」露娜說。此時，春雪失去了知覺……

「唔……」春雪不情願地醒來，哇！已經是早上七時十分了，要遲到上學了！可她只是輕輕一動，全身就像被火燒那樣劇痛，而且腦袋也一片空白，絲毫不記得昨天發生了甚麼事，她只記得那聲音，那把陌生的聲音——「你們的表現很好，我們決定把地球列入被觀察的星球。」



六甲 蘇詠婷

## 可怕的蟑螂

今天真的把我嚇得要命，因為我碰見了我最害怕的昆蟲……

今天天氣晴朗，最適合外出，我約了朋友可晴一起行山。要到達行山地點，需要坐一程巴士。我上車後，就如以往一邊聽音樂，一邊欣賞沿途的景色。

突然，我在車廂通道看見我最害怕的昆蟲——蟑螂。我嚇得驚惶失措。我很想大叫，但是我又不想騷擾別人，所以只好裝作冷靜。我留意到車上的其他乘客對那隻蟑螂都視若無睹，其中一個乘客還是一個小女孩呢！所以我決定鼓起勇氣，冷靜地面對牠。

正當車程接近尾聲的時候，我發現那隻蟑螂在我的座位旁邊，牠一步一步地逼近我，我很害怕，當我看見牠那可怕的樣子時，真的很嘔心呢！

三分鐘後，那隻蟑螂已經悄悄地到達了我的座位下面，我因害怕牠會觸碰到我的雙腿，所以只好把雙腿提起來，再蜷曲着身體。那時候，其他乘客都用奇怪的眼神看着我，我真的尷尬極了！

過了沒多久，那隻蟑螂終於離我而去，我立即鬆了一口氣，馬上把雙腿放下來。

經過這次後，我更害怕和討厭牠——蟑螂。



## 有感而發

香港是個幸福的地方，又稱「快樂之都」。為甚麼？因為香港很少發生天然災害，亦沒有戰禍，十分安全。最近，我在互聯網搜集有關常識科專題研習的資料時，無意中看到一張意義深刻，使我不禁流下眼淚的新聞照片。

相片中的男孩只有四歲，理應是天真爛漫的，為甚麼他卻一臉驚慌，高舉雙手呢？原來這張相片是攝於敘利亞，當地發生內戰，當時一名新聞攝影師向男童拍照，男童將相機誤當成手槍，於是便高舉雙手，以求保命。

看到這張照片後，我回想起自己四歲的時候，可跟剛出生的妹妹一起玩耍，可在校園跟同學一起吃茶點，可在公園跟朋友盪鞦韆。而這個生活在敘利亞的小男孩卻為逃避戰亂而流浪街頭，居無定所，他不但每天不得溫飽，還要用盡力氣逃跑，以求生存。生活在香港的我一無所缺，但生活在敘利亞的男孩卻一無所有。

我們生活在香港，得到家人無微不至的照顧，無論在「衣」、「食」、「住」和「學習」各方面都應有盡有，但身在敘利亞的孩子們又是怎樣呢？

在香港生活的孩子每季都可以換新衣服，可以有充足的衣物抵禦寒冬；在敘利亞生活的孩子一年四季也穿著破舊的衣物，即使在寒冷的天氣下也只有單薄的衣裳，無法抵禦寒風。

在香港生活的孩子每天都有充足的食糧，但我們卻揀飲擇食，嫌這嫌那；在敘利亞生活的孩子每天都沒有足夠的食物，甚至連乾淨的食水也沒有。

在香港生活的孩子都有一個家，但我們卻嫌面積太小，附近環境又不優美；生活在敘利亞的孩子，每天飽受戰火的威脅，流離失所，無家可歸。

讀書是非常重要的，因為有學識，有學問，才可以面對未來的挑戰。在香港生活的孩子可接受十五年免費教育，但他們卻嫌功課太多；在敘利亞生活的孩子沒有接受教育的機會，他們每天生活在惶恐下，十分悲慘。

香港實在是「快樂之都」，我們生活在這地方，真的很幸運。我們要珍惜現在擁有的一切，因為幸福並不是必然的，同樣是小朋友，但生活在地球上不同的地方，遭遇卻有天淵之別。

生活在香港真是多麼幸福啊！



## 我的一位好同學

在班上有很多同學值得我學習，但是令我印象最深刻的同學還是「她」。

「她」臉上時常掛着甜美的笑容，「她」有一對小小的眼睛，鼻樑上架着一副眼鏡，「她」還有一頭劉海兒和一個櫻桃小嘴，樣子十分可愛。

「她」有三個值得我學習的良好行為。首先，「她」樂於助人。有一次，我在有蓋操場散步，看到「她」扶起一個剛跌倒的一年級同學，之後，他們互向對方微笑，這刻令我明白到「施比受更有福」的道理。「她」樂於助人的性格令我深感敬佩。

此外，「她」那永不放棄的精神也很值得我學習。有一次上體育課，我們要為臨近的運動會加緊練習，「她」感到肚子不舒服，我和同學都勸「她」不要練習，可是「她」卻說：「不用了，我想繼續練習。」我心想：「她」真有毅力。

還有，每次默書和測考中取得最好成績的都非「她」莫屬，相信「她」一定付出了不少苦功。

「她」就是品學兼優的女班長——梁嘉晴。她是我學習的榜樣。



## 我設計的機械人

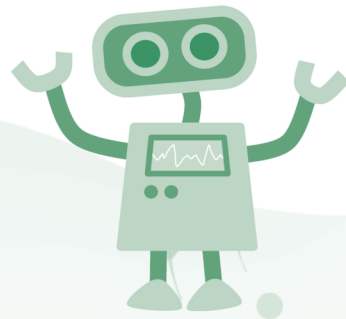
我設計的機械人名為「水探」，是水底探索的意思。它會幫助科學家探索海底，用細小的身體促進科技發展。

「水探」擁有嬌小兼可愛的外貌。它有明亮而大的眼睛、雞蛋形狀的頭部和像八爪魚一樣靈活的爪子。但它的身體只有三厘米長，方便它在海底裏躲在海草羣中觀察海洋生物，例如：瀕臨絕種的中華白海豚、千奇百怪的六角恐龍魚、極稀有的獨角鯨等。它也是一個聰明的機械人，當捕食者誤以為它是獵物時，它會懂得避開牠們，防止牠們捕食。

「水探」那明亮而大的眼睛有甚麼功用？那可多用途了！它那對大眼睛不只用來在海底裏照明，還可以錄影水中的情況，給科學家研究海洋生物。以往人類冒着生命危險去海底探索，可能會發生意外，但是「水探」去探索海底就安全得多了，因為它能快捷地游來游去，避開危險物。

「水探」最特別的地方，當然是它一條條像八爪魚的爪子。這靈活的爪子令它可以在海底裏迅速地游來游去，它的爪子還可以用來收集海水，給科學家研究海水污染的問題，「水探」會幫助科學家找出解決污染問題的方法。

「水探」這個機械人會幫助科學家探索海底，為人類帶來很大的貢獻。



## 悔不當初

夜風，輕輕地吹。風，並不冷，我卻凍得入骨，一個人呆呆地站在路中央，綿綿小雨從天而降，天在哭泣，是為我而哭嗎？

淚，徐徐落下，在我的臉頰上流走，再落到手中的考試卷上。明亮的星星像是感覺到我的傷心，都躲在雲朵後。閃爍的街燈，是我唯一的光明；原本充滿孩子歡笑聲的公園，現在卻寧靜得可怕。一切已成定局，沒法改變，早知如此，何必當初？回想起來，只可說是自食其果吧！

那年，我四年級，媽媽送了我一部新的手機。自此，我開始沉迷於網絡世界中，生活習慣也改變了許許多多。從前休息時愛看書的我，現在只愛拿着手機；從前愛做運動的我，現在只顧玩着手機。我每天都在虛度光陰，導致功課愈做愈差，專注力也降低了。

考試前，雖然我放下手機，坐在桌子前溫習，但卻心不在焉，幾乎甚麼都進不了腦袋。

到了考試那天，我才在開考前的二十多分鐘衝刺，真是「臨急抱佛腳」呢！

時間一分一秒地過去，寧靜的課室中，手錶發出的聲音格外清晰，「滴嗒！滴嗒！」彷彿在叫：「加油！加油！」可我腦袋一片空白，心裏在吶喊：「我死定了！」

好不容易，所有考試都完成了，雖然我心中十分清楚這次考試的成績一定不好，但總盼望會有奇蹟出現。

終於到了派回試卷的大日子，我的心七上八下，心跳的速度比平時快了一倍。當我從老師手上接過那張試卷時，老師那失望的眼神我仍記憶猶新。我看到成績，心裏原已懸掛着的石頭一下子跌到谷底，我連哭也哭不出來。

放學後，我失神地往回家的路上走，早已把五感全部封鎖，手凍僵得沒有知覺。現在後悔有用嗎？媽媽，對不起！我因沉迷玩手機而辜負了您對我的期望。往後，我一定會遠離手機，努力學習，不會再令您失望。





## 日記一則

十月四日 星期三 陰

今天是假期，弟弟、妹妹和我都不用上學，爸爸、媽媽也不用上班，所以媽媽提議到香港仔郊野公園遊玩，我們異口同聲地說好。

當我們換好衣服，收拾好背包後便馬上出發。由於當我們到達車站時剛好走了一班公車，所以我們決定乘搭計程車前往目的地。

我們好不容易才上了一輛計程車。坐了一會兒，我們覺得有點悶熱，所以便打開了車窗。誰知道，一打開車窗，便有一隻不知名的昆蟲飛了進來，嚇得我和弟妹高聲大叫。爸爸仔細一看，原來只是一隻蒼蠅。弟弟和妹妹一臉疑惑地問我甚麼是蒼蠅，對蒼蠅認識不多的我，只可以對他們說蒼蠅是昆蟲的一種，牠不會叮人的，但牠身上有許多細菌，被牠碰過的食物都不能吃，否則會吃壞肚子，其他的我就不太清楚了。

由於這隻蒼蠅飛得太快，我們一家人都拍打不到牠，只好一直盯着牠，直至下車。

經過了這次的經歷後，我才知道自己是那麼膽小，只是一隻小小的昆蟲已經把我嚇得要命。



## 一位值得我學習的同學

在六年的小學生活中，同學與我一同成長，有一位同學的良好行為非常值得我學習。

那一位同學擁有一頭烏黑亮麗的頭髮，個子高挑，十分文靜。

她樂於助人。每當我遇到功課上的問題，每當我的東西不翼而飛，每當我在溫習時遇到困難，她都會主動幫忙。有一次，我不懂得怎樣做中文功課，她看到我一臉煩惱，便立即走過來教導我，令我十分感動和感激。我想：這就是「患難見真情」吧！

她亦是一個做事專心致志的人。上課時，她不是全神貫注地聆聽老師講課，就是聚精會神地寫筆記，她那種認真學習的態度令人十分敬佩。

另外，她是一個謙虛的人。她成績優異，每次考試成績也是獨佔鰲頭，可是，她並沒有因此而驕傲，反而鼓勵我努力學習。她那種謙虛的態度使我十分佩服。

在這六年的小學生活中，這一位同學陪伴我成長，令我變得樂於助人，也不驕傲。她是誰？她就是江思瑩。從她身上，我明白了「助人為快樂之本」、「施比受更有福」和「勝不驕，敗不餒」的道理。

江思瑩，謝謝妳！



## 遺失了八達通卡

怎麼辦？怎麼辦？我的八達通卡究竟放在哪裏呢？我的眼淚在眼眶中打轉，就是因為我的八達通卡不見了，我心急如焚地翻箱倒櫃，務求找到它，因為我才剛為八達通卡增值了一百元呢！

今天早上，我一如以往慢條斯理地收拾好上學要帶備的物品。出門前，我找找書包旁邊的其中一個小袋子。咦？我的八達通卡呢？我東找找，西找找，不放過家裏任何一個有機會放八達通卡的位置。我累得氣喘吁吁，可惜還沒找到。如果再不出門，我就會遲到。於是，我在不情願下跑到巴士站，希望能趕上巴士，不要遲到。

放學回家後，我把事情告訴爸爸，爸爸叫我回想最後看見八達通卡的時間，我想起了，好像是遺留在巴士上……但如何通知巴士公司呢？也許被人拿去了……

雖然我經常因大意而遺失東西，但對我來說如此大的金額，還是第一次呢！我心中百感交集，越想越失落，那天的天氣亦格外寒冷，寒風刺骨，這是上天對我的懲罰嗎？「呼——呼——」窗外的北風先生對我的懲罰仍然沒停下來，我緊緊握着外衣。

最後，爸爸特地到港鐵站買了一張八達通卡給我。所謂「經一事，長一智」，這次的教訓使我體會了做事要小心謹慎，我發誓以後不會再這麼「大頭蝦」了！

## 助人為快樂之本

你曾幫助有需要的人嗎？我曾試過和同學一起協助一位年紀老邁的婆婆。

這天是我們的「解放日」——呈分試後到公園玩樂的日子，同學都十分興奮，一心要玩個痛快。

在快餐店吃過午餐後，我們便到公園遊玩。正當我們玩得興高采烈的時候，我們見到一位兩鬢斑白，坐在輪椅上的老婆婆，她一副一籌莫展的樣子，我們上前向她問個明白。老婆婆歎了一口氣，回答道：「我的輪椅走不下樓梯呢。」我們聽到後，班中的「大力士」陳衍縉和許家俊馬上合力幫助老婆婆把沉重的輪椅搬下樓梯。

老婆婆對我們說：「我今年已經九十歲了，從未遇過像你們這樣乖巧的孩子，我實在太感激你們了！」我們心裏甜滋滋的，就好像吃了蜜糖一樣甜。陳衍縉對老婆婆說：「要是妳還有甚麼需要的話，可找我們幫忙。」老婆婆點點頭，然後跟我們告別了。

所謂「助人為快樂之本」，這次的經歷實在令我畢生難忘，我以後也會樂於幫助有需要的人。



## 落湯貓

前幾天，我在大掃除時發現了一張照片，不禁大笑起來，這張照片是我七歲時給貓貓洗澡時拍的。

記得當時正是農曆年初一，我、表弟、表妹和姐姐在奶奶家過年，那時淘氣的我指着奶奶家的小貓說：「我們不如給小貓洗澡？」他們都一致贊成。

我和表弟負責燒水，表妹負責去抓小貓，姐姐是我們的「後備力量」。行動開始了，我和表弟開始燒水，表妹在小貓經常出現的地方布下了「天羅地網」，姐姐則悠閒地坐在牀上指揮作戰。我和表弟很快就把水燒好了，這時小貓也被抓回來了。

我又把「作戰任務」重新分配：表妹負責給小貓洗澡，我和表弟負責「後期戰鬥」，姐姐還是「坐山觀貓」。表妹把小貓按進水中，弄得小貓「喵喵」直叫，小貓用爪子抓住盆邊不肯下水，表妹絞盡腦汁也不能把小貓按進盆裏，就向我和表弟提出「增援」，我和表弟以「北斗七星拳」跟小貓搏鬥。最終小貓還是寡不敵眾，被我放進水裏。表妹開始給小貓洗澡，「手無搏雞之力」的小貓只能任人宰割，洗澡很快就完成了。那時，我們才發現舅舅給我們和小貓拍了照片。

美籍詩人奧登曾說：「貓實在是一種有趣的動物，而且總會用特殊的方法表達愛意。」這次替小貓洗澡的過程正正讓我感受到牠可愛的地方。我會一生一世照顧牠，不會拋棄牠的。



## 回鄉記

在剛結束的暑假，我回到家鄉探望我的外婆和外公。

那天早上，我懷着興奮的心情乘巴士回到我的家鄉。在車上，我想着這次的旅程會發生甚麼事情，因為這次的旅程是由城市回到鄉村，風景就像登上一輛時光巴士一樣，如同由現代回到古代。

我們花了一個早上的時間才回到老家。外婆曾答應讓我嘗一嘗她親自種植的柑。她一看到我便大喊：「外孫！外孫！快過來吧，我把工具都準備好。」我一聽到她的話就馬上扔下背包，急不及待地摘柑。她告訴我鉗子的用法：先按下安全按鈕，再調校好角度，然後再把柑逐一剪下。我只看着外婆做得輕鬆，「啪」的一聲就能把柑剪下，但我卻弄得汗流浹背，也未能成功把柑摘下來，只是把一小片的樹皮削下。外婆告訴我，原來我並未按下安全按鈕。唉！只怪我一時心急，沒看清楚示範，這令我學會了做事不能操之過急。

之後，外婆給我介紹果皮。原來果皮不但可以製造清潔劑、餡湯，還有助理氣開胃、去濕化痰、治脾胃病等功效，因此它是不少人的恩物。外婆就是時常用柑皮餡湯，化解我喉嚨裏的「怪物」。

這次的旅程，讓我上了寶貴的一課，我學會了要聽清楚指示後才行動，同時也明白了農夫「日出而作，日入而息」的辛勞，就是為了給我們提供新鮮的食糧，他們真值得我們敬佩呢！



## 倒霉的一天

一天早上，我被鬧鐘聲吵醒了，一起牀，頭就碰到了書架，我痛得大叫，我本以為這只是小事，誰知道原來這是「惡夢的開始」。

這天我遲了一點出門，我從容不迫地走到巴士站，這時竟發現巴士已經開走了，我之後足足等了半個小時，才等到下一班巴士。

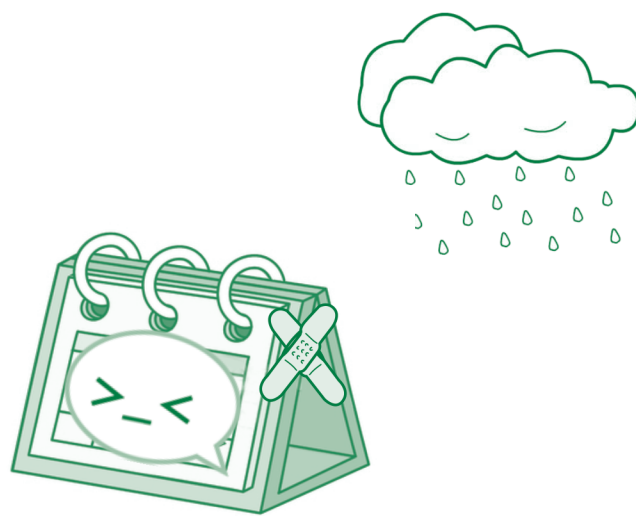
巴士到站後，我便跳下車，並拼命地跑向學校，差點兒就遲到了。我累得上氣不接下氣，心臟好像要從胸口跳出來一樣。我到達課室時，同學正在收集功課，我在書包裏翻來覆去地找，才想起我把功課袋遺留在補習社，結果令老師怒髮衝冠，我給老師教訓了一頓。

吃午飯的時候，我找不到我的飯盒，因此我到校務處借用電話，在致電給家人後，才得知因為交通擠塞，飯盒遲了送到學校。過了一會兒，家人送來了飯盒，可是倒霉的事「一浪接一浪」。我這天吃粥，由於冷縮熱脹的緣故，這使我未能打開飯盒蓋，有的同學提議用冷水去冷卻飯盒，有的同學提議用工具撬開飯盒蓋，有的同學提議找老師幫忙，可這些方法都不湊效。經過一輪「泡、扭、撬」後，終於打開了飯盒蓋，但這時已過了午飯時間，我只好匆匆地吃幾口罷了。

放學時，忽然下起傾盆大雨，我狼狽地在大街上找尋避雨處，並試用書包來擋雨，雖然有好心人用雨傘把我送到補習社，但被雨水弄得水淋淋的感覺真是糟透了！離開補習社時，外面的雨仍然很大，我決定「破釜沈舟」，直接衝到車站，希望能用最快的速度到達車站，可是，事與願違，我不但未能避開雨水，還摔了一跤，真倒霉啊！

回家後，我一直在玩電子遊戲，玩了一整晚。當我躺在牀上時，總是覺得忘了做甚麼似的。到了晚上十一時，我才想起要為寫作練習作準備，那只好馬上起牀找資料，「砰！」的一聲，我又撞到書架了。

這天的我真倒霉呢！





## 吃壞了肚子

一天，媽媽和我一起到「工展會」逛逛，那裏的貨品五花八門：有實用的衛生紙，有方便的家居電器，有美味的食物……真是包羅萬有。

可是悲劇發生了！媽媽買了一杯雪糕給我吃。回家後，我就像沒有牙的老虎一樣躺在沙發上，跟媽媽說：「我……我的肚子不舒服……」媽媽看見平日貪吃的我連吃飯的力氣也沒有，就知道出事了！

第二天，我不斷上廁所，每隔十多分鐘就上一次，連小腸也幾乎從腹中排出來，十分辛苦。

因為我肚瀉的情況還是十分嚴重，所以媽媽給我請了一天病假。她請了婆婆帶我去看醫生，醫生說我患上了腸胃炎，吩咐我不要吃「垃圾食物」。

經過這次的經歷後，我明白到「病從口入」的道理，我以後不會再貪吃了。

## 別了，母校！

眨眼間我就是六年級的學生，我快要小學畢業，升上中學了。

我很想留在小學，因為小學裏有我的好朋友——石善偉、梁智豪和徐君緹。他們給我帶來快樂，我們在學校裏常常聊天。石善偉是我在補習班認識的，梁智豪是我同班同學，徐君緹是我在幼稚園讀書時認識的。我們一起玩耍，互相幫忙，友情深厚。

學校希望我們能成為品學兼優的好學生，除了注重我們的學業成績，也重視我們在品德上的培育。我感謝老師不但給我傳授知識，還令我成為一位明辨是非的人。

我在小學生活了六年，我捨不得離開我的同學，捨不得離開我的母校。

## 沉悶的星期六

十二月十六日是一個非常沉悶的星期六。

由於是學校二至五年級的考試，所以我逢星期六在學校參加的課外活動「升中面試預備班」也取消了。早上，我睡到九時才起牀，因今天沒有甚麼活動，所以便打算用電話上網來消磨時間。哎！我忘記了上次弟弟弄壞了我的電話，要待媽媽晚上把修理好的電話拿回來才可以玩呢！

功課也全部做好了！我突然想到可以寫聖誕卡，因為下星期五就是學校的聖誕聯歡會，記得在過去的五年我也沒有給同學送上聖誕卡。不，我在上星期三已經寫好了聖誕卡！當我想到自己又沒有事可以做，我的情緒又低落下來。

我呆呆地坐在沙發上，又過了十分鐘。我這個沒有耐性的女孩子感到很煩躁，心想：為甚麼沉悶的時間過得特別慢，而開心的時間過得像光速那麼快呢？你們可能會有疑問，為甚麼我不去看電視？因我的弟弟很頑皮，他不肯與別人分享東西，要和正在看電視的弟弟爭看電視，只會給自己添上麻煩。

最後，我只好睡覺，我足足睡了三小時才醒來。在我的腦海中，十二月十六日是多麼沉悶的一天！

## 考試後感言

我還記得在五年級下學期的呈分試中，我的成績退步了，這是因為我在五年級上學期的考試中考得了好成績，所以便不用功溫習，只把課本馬馬虎虎地看了一遍。

考試的日子終於來到了，我滿懷自信地進入課室。我看見有的同學靜靜地坐在座位休息；有的同學埋頭苦幹地溫習，深信大家都希望可以在考試中考取好成績。

考試開始了，我一看到考試卷的內容便滿頭是汗，心裏想：這次的考試內容這麼艱深，我一定考得很差了！我心裏忐忑不安。第一部份是不供詞填充，我沒有溫習，只好寫一些合理的答案。到了重組句子，我根本不懂得作答，這兩部份已用了我不少時間。我的汗一滴一滴地流下，當我完成第一部份的閱讀理解時，老師說：「考試完畢，同學們把試卷傳上來。」我只好無奈地交卷了。

回家後，媽媽問我：「你今天在中文考試中的表現怎樣？」我說：「媽媽！對不起！由於我沒有努力溫習，所以這次考試恐怕不及格了！我辜負了您的期望。」媽媽說：「下次努力吧！」

經過這次後，我明白不應該驕傲自滿，更不應該抱着不勞而獲的態度，只有付出努力，才有回報的。



## 週記一則

三月十八日至三月二十四日

這個星期，我真是十分快樂，因為是媽媽的生日。我們一家人決定給她一個驚喜，於是花了很多時間和心思去準備，希望給媽媽送上一個難忘的生日。

星期五，爸爸已經在媽媽最喜歡的高級餐廳訂了餐。我準備表演魔術，妹妹準備唱歌，爸爸還訂了一束玫瑰，一切都準備好，只期待明天的來臨。

星期六，媽媽的生日終於來臨了。我們來到了餐廳，侍應給我們送上食物，是媽媽最愛吃的牛排。媽媽嗅到牛排的香味，已急不及待要大快朵頤。

接着，表演開始了。一開始是我的魔術表演，我十分緊張，但也成功完成表演。到了妹妹表演唱歌，她的歌聲十分動聽。我們的表演都贏得了爸媽熱烈的掌聲。爸爸藉此說出一番感人的話。原來媽媽生日當天就是十三年前，爸媽相見的第一天。最後，爸爸送了一束玫瑰花給媽媽，媽媽跟我們兩姊妹都感動得落淚了。

媽媽從沒有想過我們會為她慶祝生日，她感動地說：「謝謝你們！今年的生日是最特別的啊！」

雖然忙碌了一星期，但看到媽媽生日當天那溫馨的場面，令我感到再辛苦也是值得的。

祝媽媽生日快樂！祝爸媽恩愛到永遠！祝我們一家幸福快樂！



1A Chan Hui Hung

## Myself

My name is Alice. I am a girl. I am six years old.  
Miss Kan is my teacher. I like Hayden. He is a Monitor.

1A Cheung Chun Hei

## My Dog



This is my dog Lee Lee. It is small and cute. It is brown. It has a big nose.

It has two big eyes. It has two long ears. It has a small mouth. It has a long tail. It has four short legs.

The dog can jump very high. The dog can't read. The dog likes eating bones.

The dog does not like eating chilli. The dog likes playing with balls. The dog does not like playing with shoes.

1A To Florence

## The Chicks

Those are chicks. Their names are Kiki and Fifi.

They are small. They have four legs. They are yellow. They have small mouths. They have small wings. They have small eyes. They don't have ears.

They can walk. They can run. They cannot fly. They cannot jump.

1B So Po Nik

## Happy Chinese New Year

During the Chinese New Year holiday, I went to the Shenzhen zoo with my family. We visited many animals' homes. We saw pandas, tigers, lions, hippos....

I also fed the lions there. They were so fierce but cute. We saw the giraffes too. They were very tall. We took a lot of photos with them. I rode on a camel with my cousin. It was fun. We enjoyed it very much.

We were so happy during the holiday.



1B Rhea Kan

## My Family

My name is Rhea. I am a girl. I am seven years old. I have long hair and big eyes.

There are four people in my family. My father, mother, sister and I.

My father has short hair and big eyes. He has glasses. He likes to eat fish.

My mother has short hair. She has a big nose.

My sister has short hair too. She has big eyes too. She has small ears.

I love my family.

1C Lai Tsz Yui

## My Favourite Pet

This is my favourite pet. It is a rabbit. It is small . It has long ears. It has big eyes. It has a small nose. It has a short tail. It has a small mouth. It has long legs. It is healthy. It eats carrots and sweets.



1C Leung Hoi Ying

## My Cat

This is my favourite pet. It is a cat. It is big. It has small ears. It has a long tail. It has a small nose. It has small eyes. It has short hair. It has a small mouth. It has a big head. It likes to run. I like to play with my cat in the park.



1C Ying Ka Yi

## My Classmate

This is Justine. She is a girl. She is six years old. She is my classmate. She is in Class 1C.

She is nice. She likes to eat cakes. She likes to play with me. I like my friend very much.



1D Chau Sze Wing

## My Colorful Toys

I have two balls. Two balls! Two balls!  
What color are they? Purple and white.  
What color are they? They are purple and white.

I have two bears. Two bears! Two bears!  
What color are they? Red and pink.  
What color are they? They are red and pink.



1D Yip Chun Yau

## My Favourite Animals

I like this polar bear. It is white. It is strong. It eats fish. It can swim.

It lives in the North Pole.

I like this lion. It is strong. It is orange and yellow. It eats meat. It has a long tail. It can run fast.

2A Ng Wing Sum

## Chinese New Year

My family celebrated Chinese New Year in Macau.

At night, we bought some fireworks. We lit the fireworks and they were beautiful. There were a lot of people playing with fireworks and firecrackers. All of us were very excited.

2A Liu Raina

## Me And My Family

My name is Raina Liu. I am seven years old. I live in Ap Lei Chau. I come to school on foot.

I have one brother and one sister. My father is a postman. He takes letters to people. My mother is a teacher. She teaches English.

I love my family.

2B Chung Cheuk Yau

## My Friends

My best friend is Kiara Ho. She is seven years old. She lives in Aberdeen. She comes to school by bus. Niki Wong is my best friend too. She is seven years old. She lives in Wah Fu Estate.

She comes to school by school bus. Isabel Cheng is my best friend too. She is seven years old. She lives in Wong Chuk Hang. She comes to school by school bus.

2B So Pak Sum

## Me And My Family

My name is Adrian. I am seven years old. I live in Ap Lei Chau. I come to school on foot.

I have one sister. She is four years old. My father is a technical manager. He works in Pok Fu Lam. He looks after the laboratory animals. My mother is a legal manager. She works in Admiralty. She handles the legal documents.



2C Cheng Cheuk Wing

## A Lovely Day

We visited my dad's friend at Chinese New Year. I played with my friend Yan Yan and her younger sister Wai Wai. We went to the playground. Yan Yan did roller-skating. My sister Charlotte rode the bicycle. I rode the skateboard. I was very excited because it was the first time I rode a skateboard. I fell down twice. Then Yan Yan taught me how to ride. I can skate now. I am very happy.

2C Fok Tsz Yui

## Happy Chinese New Year

Our family had a gathering at Chinese New Year. Our family went to Jumbo Restaurant to have lunch. I wished my grandparents a good New Year and I wanted receive lots of red packets. The happy atmosphere of the Chinese New Year was very strong. I really enjoyed this Chinese New Year Holiday.

2D Lee Yat

## Daniel Is At School

Daniel is in the library. He is reading comics. The library is on the fifth floor. The toilet is near the library. There are two signs in the library, one says "Keep quiet" and another says "No eating or drinking". Daniel enjoys reading in the library.

2D Cheng Max

## Chinese New Year's Eve

On Chinese New Year's Eve, I cleaned the house with my parents and had a reunion dinner with my family. I wore new clothes at Chinese New Year. I visited my Grandma in Ap Lei Chau. I got red packets from my Grandma. We ate turnip cakes and Chinese pudding for lunch. After lunch, we watched the lion dance together.



2D Or Pei Yiu

## My Lovely Family

My name is Alex. I am seven years old. I live in Wan Chai. I come to school by car.

I have one brother and one sister. My father is a boss. He works in an office. My mother is a house wife. She is beautiful.

I love my family.



3A Cheng King Ham

## How To Make a Homemade Burger

First wash the spring onions. Cut them into small pieces with scissors. Throw away the roots. Then peel and crush the garlic. Next put all the ingredients into a bowl and mix them together with your hands.

After that, divide the mixture into 4. Roll each piece into a ball and squash them to make burger shapes. Finally grill the burgers for 15 minutes, turn once.



3A Ng Tsz Nok

## How To Make a Mushroom and Tuna Fish Omelette

First, chop the mushrooms into pieces. Then pan-fry them in the pan till cooked.

After that, add tuna fish and sweet corn. Next, pour the egg into the pan and fry it to make an omelette. Then add some black pepper and salt.

Finally, eat with some toast.



3A Bat Kwok Ho

## Peter Goes To The Beach

Peter and his mum go to the beach. Mum brings some chicken wings, two cans of cola, and some apple pies. Peter throws the rubbish on the sand. His mum is surprised because he throws the rubbish everywhere on the beach.

There is a lot of rubbish on the sand. A girl walks by. She steps on a fork. She hurts her left foot. She is upset. She is sent to the hospital. Peter and his mum are sorry for the girl.

They pick up the rubbish on the beach.



3A Lai Pui See

## Mary And Tom Go Shopping

It is Saturday. Mary and Tom want to buy David a present because it is David's birthday.

They go to Fun Toy Shop. Mary asks, 'How much is the toy car?' 'It's \$55,' says the shopkeeper. Mike says, 'Oh, no! We don't have enough money, what can we buy?' Mary says, 'We can buy a robot.' 'OK!' Mike says.

They are going to David's birthday party. They feel happy now.

3A Ko Wang Him

## Ben Gets Lost In The Shopping Centre

Ben and his mother go to Happy Shopping Centre today. Ben looks at a toy car because he likes toy cars. Then his mum sees a beautiful dress. Mum wants to buy it.

When Ben wants to ask his mum to buy the toy car, suddenly, Ben says, 'Where's my mum?' He cannot find his mum. At last, he thinks, 'Oh, my mum likes dresses. Maybe I can go to the boutique!' Ben goes to the boutique. He says, 'Mum, you are here!'

Ben is happy because he can find his mum. His mum is happy too!

3A Chan Tsz Wan

## At The Farm

I go to Happy Farm with my mum and dad. I see some corn, carrots, strawberries and watermelons in the farm.

Then I go to the pond. I see a boy and a girl throwing stones at the ducks.

I tell them to stop doing that because they will hurt the ducks.

Finally I go with my parents to see the cows and pigs.



3B Chan Ching

## My Favourite Subjects

My favourite subject is P.E., because I'm good at playing Rugby. Mr Chan teaches me P.E.. Every Monday and Wednesday, we have P.E. lessons. I have lessons in the playground. I do rope skipping in the lessons. I feel happy.

Another favourite subject is music because I'm good at playing the trumpet. Miss Poon teaches me music. I have lessons in the music room. I play recorder in the lessons. I feel happy.



3B Choi Chun Lok

## At The Fast Food Shop

Jason is at the fast food shop. He wants to buy a hamburger, a can of cola and an apple pie.

Then the waitress says, "Here you are." And Jason asks, "How much is it altogether?" Then the waitress says, "It is thirty dollars. But Jason says, "Oh! I only have twenty dollars."

Then Jason's friend gives him ten dollars. And they eat together. They feel happy.

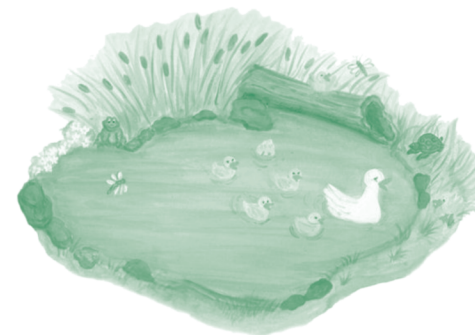
3B Mang Erela

## At The Farm

I go to the Happy Farm with my parents.

I look at the strawberries and watermelons in the farm. My mum takes pictures of the carrots. Father looks at the corn.

A boy and a girl throw stones into the pond and hurt the swans. I tell them to stop. The boy and the girl says, "Sorry, we should not throw stones into the pond!"



3B Cheng Hay Lam

## To Make Some Food

Mary and Susie are at their friend's home. They want to make some sandwiches to eat because they feel hungry.

They look in the fridge to find food. There is a lot of ham and some cheese, but there isn't any bread or any vegetables either! Finally they go back home and start making the sandwiches together.

3C Zhang Daren Ho Ming

## Harry's Family Hiking Trip

Today is a sunny day. Harry's family goes to the countryside to have a hiking trip.

After they walk for thirty minutes, they feel thirsty and sit down. When they pass by the hill, Harry sees an old man. His leg hurts and he is thirsty.

Harry helps the old man go down the hill and helps calling the ambulance.



3C Yuen Cheuk Wing

## My Classmate

Amy is my classmate. She is in Class P.3C. She is eight and a half years old. She sits between Yannis and Billy.

Amy has long hair and big eyes. She is tall and thin. She is quiet.

Her favourite subject is PE because she is good at running. She likes playing the erhu in her free time. She also likes reading fictions. She is my best friend. I play with her every day.

3D Ho Lok Yi

## Introducing Myself

My name is Tiffany Ho. I am eight years old. I am good at music. I can play piano and guitar. I am not good at sports. I can't play table tennis or basketball.



3D Yuen Yee Tsun

## My Happy Family

I have a happy family of four. Dad is good. He likes weight-lifting. Mum likes shopping, doing make-up and buying dresses. Grandma is good at knitting. She likes eating fruit. I love her because she cooks congee for me. It is delicious. I love my family.

## The Super Hero vs The Monster

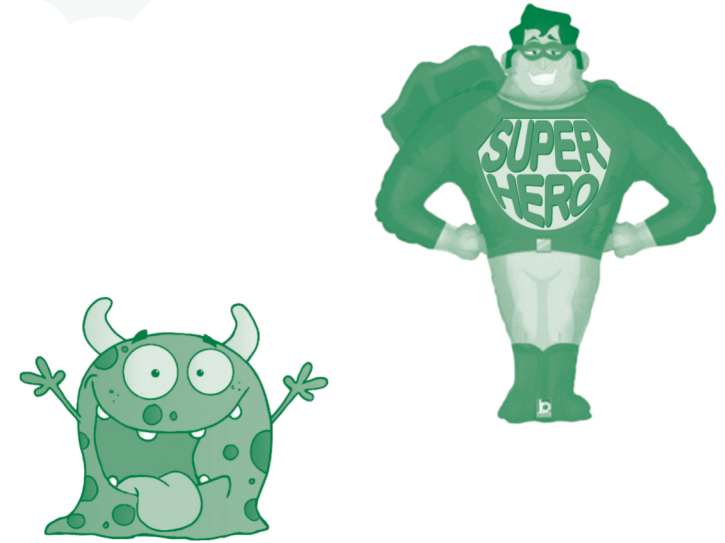
Long long time ago, there was a princess living in a castle. Her name was Safeia. She was very beautiful and kindhearted. One night, a monster caught Safeia while everybody was sleeping. On the next morning, the King and Queen discovered that Safeia was missing. They immediately asked Super Hero to find their daughter.

Super Hero found the road with the monster's footprints so he was sure that the monster caught the princess and he went to save the princess. Super Hero followed the monster's footprints. On the way, he saw a river but there were many cannibalistic creatures. Then he had an idea to use his cane to fly to the opposite side.

Suddenly, a lot of big stones fell from the sky. Therefore, his cape broke and he fell down. Fortunately, he was close to the shore so he didn't get hurt. After a while, he followed the monster's footprints again. He walked and walked, then he saw a broken bridge. However, at the bottom of the bridge, there was a bottomless abyss. Although Super Hero was very careful, the bridge still broke when Super Hero got to the middle of the bridge. Super Hero jumped to the other end of the bridge immediately. However, he jumped too hard so the bridge collapsed. Luckily, he managed to run to the other end.

At last, Super Hero was at the monster's doorstep. First he tried to find and save the princess. At the time of saving the princess, he was found by the monster. The monster was very angry and fought with Super Hero. Eventually, Super Hero won over the monster.

In the end, Super Hero and Safeia fell in love with each other and they got married. They went on protecting the castle. The King and Queen were very pleased with him.



## Tom The Hero

Once upon a time, there was a little boy called Tom who was nice and clever. He lived in a small village with his friend, Mandy. They always played and helped people together. There was a castle in the forest near the village. Ben, the bad witch lived in the castle.

One day, Mandy was caught by Ben! Mandy disappeared from her home, but Tom didn't know what had happened. The next day, Mandy's mother couldn't find Mandy. She saw a letter on Mandy's bed. The letter was written by Ben. It was about the fact that Ben caught Mandy and brought her to his castle. He also warned Mandy's mother not to find her daughter. Mandy's mother was afraid that Mandy was in danger. Therefore, she told Tom everything and begged Tom to save Mandy. Tom decided to go to the forest and save Mandy.

Tom walked through the field and went into a forest. He stood in front of a wide river. He tried to cross the river but it was deep. He couldn't find a bridge. Then, he swam across the river. He didn't care about his wet clothes. He just wanted to find Mandy as soon as he can.

Suddenly, he stepped on a hole which covered by hay. Tom slipped down to the bottom of the hole. He couldn't see anything because the hole was dark. Tom walked around the hole and tried to find his way out. He yelled and shouted but nobody replied. He needed to find his way out by himself. At that moment, he saw a little ray of light from a thin gap. A path was shown after Tom pushed the stone near it. When Tom stepped on the path, he heard some animal's whisper. He felt nervous. Then he

walked carefully to avoid its attack. Tom went away successfully, but a beast was waiting for him outside the hole. He ran away as quick as he could. Lastly, he got rid of the beast.

When Tom arrived at the castle, he found Ben. He used all of his methods to attack Ben. However, Ben was still alive. He couldn't knock Ben down.

Suddenly, Tom saw some water on the floor. Ben was in shock. Therefore, Tom discovered that the weakness of Ben was the fear of water. Tom took a bucket of water and splashed it on Ben as quick as he could.

Lastly, Tom saved Mandy. Mandy said, 'You are the bravest hero in my heart, Tom. Thank you!'





## Scientists Kidnapped By Aliens

One day, some aliens came to Earth. They wanted to catch a scientist to help them build weapons against human. They wanted to occupy places where human live.

The aliens went to the scientist's workplace. They were looking for the scientist when the scientist heard their voices. He wanted to find out where the sound come from. He looked around his workplace. Suddenly, the scientist saw some big aliens. He was really scared and wanted to run away. However, the aliens quickly caught him with a cage. The scientist felt sad.

The scientist was brought to the aliens' spaceship. The aliens forced the scientist to help them build weapons. The scientist rejected the aliens' request. On the other hand, the scientist's friend, Tom, went to the scientist's place to visit him but he discovered that the scientist was not there. Tom found some aliens' footprints. Then, he began tracking aliens with his machine.

After a while, Tom found the aliens' base. He walked carefully to avoid being discovered by the aliens. He found out the place where aliens falling asleep. He took this opportunity to save the scientist.

Finally, Tom saved the scientist successfully. They worked together to study new technology to fight against the aliens and prepared for their next coming.



## Hero And The Nine-Headed Monster

Once upon a time, a woman and Hero lived in a village. One day, the woman was screaming and running out of the forest. Hero saw her and asked, 'What has happened?' The woman cried, 'Help me please, my daughter is kidnapped by a nine-headed monster.' Hero then asked, 'Where's the monster?' The woman pointed to a mountain behind the forest, 'It's over there.'

'I can help you kill the monster,' said Hero. He brought his sword and shield and ran towards the forest. At that time, he did not know that there were a lot of traps waiting for him. Hero ran and ran, suddenly he saw a piece of land full of sharp and huge rocks on his way. There he whistled. His Pegasus came and he rode on it. They flew over the land. Later, he was stopped by a bottomless abyss. He decided to cut a tall tree near the cliff to make a bridge over the abyss.

Finally, Hero met the monster in front of a cave in the mountain. Then they started to fight. Hero cut all the monster's heads off. However, the monster grew out two new heads. There were nine small heads on these two heads too. What could he do?

Hero was intelligent and courageous. He decided to set fire on the monster. Therefore, the monster was burnt and killed by the fire.

Eventually, Hero rescued the kidnapped girl and brought her to her mother. The woman appreciated what Hero did. The villagers cheered for Hero. It was safe to go to the forest after then.

## Introducing Myself

I am James. I am a boy. My birthday is on the twelfth of December. I am tall and fat. I have short hair. I like playing basketball. I always play basketball on Saturdays. I like English. My English teacher is Miss Lai. She is nice. I often read comics when I am free. I like black. I have a lot of black pens and pencils. My favourite cartoon character is Darth Vader. My favourite food is chicken. I hate dancing and singing. My hobbies are reading and sleeping.

When I grow up, I want to be an astronaut because I want to explore the mysteries of the universe. I also read a lot of books about space. Space is very big. I am like a pig because I love eating and sleeping. Therefore I am fatter than Hanson. I am the funniest person in class. I always tell jokes and make my classmates laugh.



## An Unforgettable Day

Last Sunday, Sam and John's mother was sick, so they needed to buy some medicine for her. They were upset because they saw a lot of kids go shopping with their parents. However only Sam and John could not go shopping with their parents.

Suddenly, when they walked past a toy shop, John started crying loudly. It was because he saw his favourite robot and spaceship. When Sam looked at his pocket, he found out that he had only twelve dollars. So they went on walking. After a while, they found a wallet with a lot of money in it. John wanted to use it to buy his favourite robot and spaceship, but Sam gave it to a policeman nearby. The policeman said 'You are good children'.

After they bought the medicine, Sam and John went back home. They said all they did to their mother. Their mother was very happy and she said she would give them extra pocket money to buy whatever they want.

In the end, everyone was happy.



4C Kwok Wan Kiu

## My Classmate

Mandy is my classmate. She is nine years old. I am eight years old. I am in class 4C but she is in class 4D. She is lighter than me. I am one year younger than Mandy. We have one brother but she has no brothers. I am fatter than Mandy.

We both like P.E. because we like sports. We are like twins. I like playing football with Michelle and Mandy. We always go to the computer room to play computer games

In fact, we are cousins.



4C Lam Wun Yung

## My Best Friend

Phoebe is my best friend. She is nine years old. I am nine years old too. We are the same age. We are both in class 4C. She is taller than me. She has a brother and I have a brother, too.

We both like Chinese because we like reading. We have the same hobbies such as playing games and going swimming. She is heavier than me.

I like being friends with her very much. She is helpful. I like her very much.

4D Lam Yan Tung

## A Trip To Hong Kong

On the first day, we will go to Hong Kong Disneyland. We will ride on the roller coaster. It is exciting to ride on the roller coaster again and again.

On the second day, we will go to Tsim Sha Tsui. We will take photos on the Avenue of Stars. It is enjoyable to go shopping. It is wonderful.

On the third day, we will go to Sai Kung. We will eat seafood. The seafood is yummy. We can go hiking and smell the fresh air, too.

On the fourth day, we will go to the Peak. We will look at the view of Hong Kong. It is beautiful!



4D Ng Ho Ching

## My Christmas Party

Christmas is my favourite festival. I had a Christmas party last Friday. Our class teacher, Mr Chan, bought a lot of food and drinks for us. Everyone bought a gift for our lucky draw. I got a bowl. Dennis gave me a packet of snacks. After the lucky draw, we played a game. It was called 'Gale Blowing Game'.

We were happy and excited. I enjoyed the Christmas party very much!

## Another Cinderella Story

Once upon a time, Prince Charming held a party at his castle. He invited the girls in his country. He fell in love with a girl with the long, straight blonde hair. The girl's name was Cinderella. They danced and danced. When the clock pointed at eleven fifty-eight, she ran away and threw out a memo paper, 'I love you, prince! Bye! I should leave before midnight.'

Prince Charming fell down and started to cry. He rode on his fastest car and stopped beside a café. He bought a big cup of coffee and saw a lady sat in front of him that looked like Cinderella. He shouted, 'Oh! Cinderella.' The fat 'Cinderella' turned to Prince Charming and said, 'Oh Prince Charming! Help me!' He found Harry Potter and he used a spell to turn the fat 'Cinderella' into the real Cinderella.

Prince Charming thanked Harry Potter. Cinderella said, 'Prince! Thank you! A bad witch used black magic to curse on me to turn into an ugly fat lady. They decided to hold a huge, great party with all citizens in that country. Prince Charming was in a red suit and sea blue shoes. Cinderella was in a long, beautiful white dress. They were all happy as they could share happiness with each other.

Finally, they married and got blessings from all the citizens. They lived happily in Prince Charming's castle forever.



## A Day Trip In Zoological Park

Today was a sunny day. Fred brought her sister to the zoological park. Fred brought a large backpack to the park. Inside there were a lot of bananas.

When they arrived, Fred couldn't wait to see the monkeys so he pulled Daisy to the animal area immediately. 'Have you ever fed the monkeys?' 'I have a lot of bananas,' said Fred to Daisy 'Never! We shouldn't feed the monkeys. Look! The notice is written down,' Daisy said. But it was too late...

Fred didn't listen to Daisy. He took out a banana and showed it to the monkeys. Suddenly, one of them grabbed Fred's hand and Fred shouted loudly, 'Help! Help!' Then the monkey grabbed Fred's backpack and in five minutes they finished all the one hundred bananas! Every one was stunned at that moment. The monkeys threw all the bananas peels on the ground. Fred ran away fast but unluckily he fell on the ground because of bananas peels! He broke his leg and he was sent to the hospital.

Fred promised that he would never feed any animals in the zoo again.





## Another Cinderella Story

Prince Charming took the glass slippers with him and started to find Cinderella because he wanted to marry her. He walked through a forest and he was tired. So he found a café and in there he stayed. And then, he talked to a woman who really looked like Cinderella and who was sitting on the chair.

Suddenly, the woman turned around. Prince Charming was very surprised because the woman was fatter than the Cinderella he used to know! The fat woman was with a big hat and in a long dress. So Prince Charming said sorry to her because he thought he made a mistake. However, the fat woman told Prince Charming that she knew him and missed him so much! Prince Charming was open-mouthed and had no idea anymore. He didn't want to talk to the fat woman, he tried to escape but another woman stopped him. Prince Charming looked at her face and pleased to see the woman was the real Cinderella!

'Cinderella, what happened?' Prince Charming asked. 'I just played magic on myself and wanted to see if you were a kind person.' Cinderella replied disappointedly.

At last, Cinderella decided to go away. Prince Charming was upset and regretted.

We should never judge someone by their appearance!



## Tracy and Tina

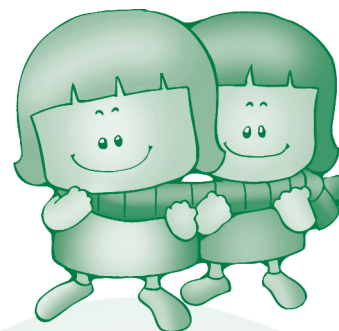
Tracy and Tina were best friends. Last Friday, they had Art lesson in the Arts Room on the third floor.

Miss Wong is their Arts teacher. She asked the class to draw a picture of a park. Tracy looked at Tina's picture. She shouted out loudly, 'Your picture is ugly!'

Tina was unhappy because all their classmates were laughing loudly at her. She was very angry and shouted at Tracy rudely, 'I hate you!'

Then they quarreled with each other and even fought with each other. Miss Wong came and stopped them. She asked them to calm down. She said to them softly, 'You shouldn't quarrel and shout at each other. You should get on with each other.'

Finally, they respected and got on with each other. They became friends again!



## If I Were Principal Of This School

Good morning, teachers and students! I am the new principal of Hong Kong Southern District government Primary School, Miss Lo. I am very honoured to be the principal. I will say the latest changes of our school now.

I have already discussed with the teachers. They agreed with this plan. Students, from now on, you can choose your favourite lessons you want to have. (Students: Hurray!) Recess time will be longer too! (Students: Hurray!) But you need to come to school earlier, before seven o'clock. (Students were shocked) These are the changes of the timetable in our school.

Next, I will talk about the survey we did last week. It is about what facilities students want to have at our school. Some students want to have a swimming pool, some want to have a bigger-sized library, and (I said angrily as I looked at a fear of the naughty) some naughty students said that they wanted to have an electronic games room because they could choose the electronic games class, EGC for short.

Now, I will announce the new facilities we will have at school. First, we will have an ice-skating rink for students to learn ice-skating. We will have a new extracurricular activity, figure skating (students cheered happily) .The ice-skating rink will be opened at recess. You can know more about this new activity from our school website.

Second, we will have a swimming pool. We will have swimming lessons and swimming is a new extra-curricular activity, too!

Third, we will have a big kitchen for students to learn about cooking or making desserts. Our school has invited some famous chefs to teach you how to cook. After the

cooking lesson, you will have two hours to try baking a cake or cooking a few dishes.

Students, are you pleased with these new changes of our school? (Students nodding their heads) Although some students are very naughty and make the teachers angry, I am still very glad to see many students feeling happy about the new changes. I wish everyone have a joyful 2018 with not too much pressure! Thank you!



## Tracy And Tina

Yesterday, Tracy, Tina and their classmates were having Arts lesson in the classroom. The teacher said they needed to draw a picture of nature.

Tracy looked at Tina's picture and laughed at Tina. Tracy said loudly, 'Your picture is ugly!' All classmates laughed at Tina.

Tina was furious. Tina said wrathfully, 'I hate you!' Then they quarreled with each other for half an hour. Then the teacher came to see what happened.

The teacher got to know about what happened. She said, 'We should not quarrel with each other. Both of you are friends. A friend is never known till a man has need.'



## An Accident In The Animal Park

Last Sunday, Fred and Daisy visited the Animal Park. But there was an accident there.

Fred and Daisy went to the 'Monkey Tree' first. There were a lot of intelligent but naughty monkeys. Also there were some big oak trees. It is a famous spot in the Animal Park.

Fred looked at the tricky monkeys and asked Daisy 'Have you ever fed a monkey?' Daisy answered 'Never, do you see the sign? We should not feed the monkeys!'

But Fred didn't listen to Daisy. He took out a banana from his backpack and wanted to trick the monkeys. He pretended to give a banana to a monkey who was climbing on the tree. Then he took it back and ate it himself.

Unluckily, the monkey became very angry!

It grabbed Fred's hand angrily. Daisy was frightened and cried, Fred was screaming.

Daisy ran to a zookeeper and asked for help. The monkey rushed to Fred and the zookeeper said loudly 'Just relax, the monkey will run away!'

Finally, the monkey went away and Fred felt safe too. Luckily, he didn't get hurt. He also learned an important lesson to always listen to people and follow the rules.

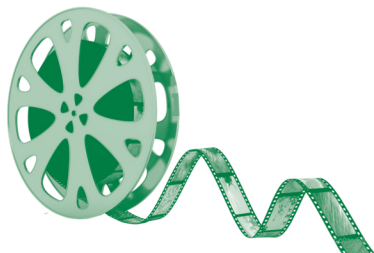


## My Favourite Famous Person

My favourite famous person is Stephen Chow. I like him because his films are very interesting and amusing. He always makes me feel great when I am sad.

He is an actor who acts mainly comedies. He is very famous in the world. He was born in 1962, he is 55 years old now. He has been an actor for 38 years. His first act was in 1980.

He is a generous man that donated lots of money to help others. He likes reading in his spare time. He teaches me that we should be generous. I'll help poor people when I grow up.



## The School Picnic

On the twentieth of October, it was my memorable day because it was my school picnic. We went to Jockey Club Tai Tong Holiday Camp. I went there with my group mates. We got there by coach and the journey took us an hour. We were very excited.

When we arrived, we took a photo with the principal. Then we went to Archery field to play archery. After that we went to the clubhouse to play chess. We also rode a bike on the cycling track. It was great. Then we sat on a mat on the grass. We felt comfortable and we had lunch there. Everyone brought a lot of food, for example, sausages with pineapples, sandwiches... I brought some rice balls too. They were all yummy! We took lots of photos there.

At last, we brought an unforgettable memories back to school in the afternoon. I was so tired. I am looking forward to the next school picnic.





## My Birthday

Yesterday was my birthday, I felt very excited.

Last weekend, my dad took us to the cinema called ABC Cinema. I wanted to watch a film called 'The Robot War', but my dad said, 'We can't watch the movie now!'

We haven't bought the tickets yet! And the film has already started! We should go back home now.' Then I started crying.

My mum said, 'I have already prepared for the birthday party. We can start it early.' In the birthday party, we had a lot of food, we had chicken wings, salad, French fries, a cake and some cookies. My relatives came to my birthday party.

When my relatives gave the presents to me, I opened them quickly. I saw a present, it was a ticket, I didn't know what it was, so I asked my mum, 'Mum, what is this?' Oh it is a movie ticket! Mum answered.

Finally, we went to the cinema and watched the movie. I felt very happy.



## A Duck's Adventure

Once upon a time, there was a little duck living near a forest with his family. One day, he went for a walk with his mum near a river. His mum went to toilet so his mum said, 'Don't go inside because it is very dangerous!'

But little duck didn't take notice of his mum and he was curious so he went inside. Suddenly, there was a wolf. He wanted to eat the little duck. He was afraid and shouted for help very loudly. Then an elephant came and used his long trunk to fight with him.

After a while, the wolf was died. The little duck's mum found him after a long long time. They thanked the elephant for his help.

This story tells us not to go to dangerous places by ourselves and listen to our mothers' instructions.



## My New Friend

I made a new friend. He is called 'King'. When I met him, it was summer. I was at the beach and I was building sandcastles. At the beach someone was playing beach volleyball and someone was sun-bathing. They were very happy.

Then I saw someone was swimming and I said 'Mum, can I swim?' Mum replied 'OK'. Next I went swimming. It was very cool and comfortable in the water. But suddenly my foot felt very painful. 'Help! Help!' I cried loudly. After that there was a boy swimming near to me and he said, 'Don't worry! I will save you.' Then I woke up and asked, 'What happened? And the boy replied, 'You were drowning!' 'You saved me?' I said. 'Yes,' the boy replied. 'Thank you! My name is Morgan, what's your name? I said. 'My name is King,' he said, so we become friends.

King is very tall and he is taller than me. He had short hair and big eyes. King is good at sports too. His favourite sport is table tennis. So do I. King is a funny boy. He often tells me funny jokes. So we often play with each other.

I hope we can be friends forever.



## New Cinderella

Cinderella is a good girl. Her step-uncle is nice to her too. He gives her diamonds and emeralds.

Then an eagle came. It brought her a letter. The letter invited her step-uncle to bring an animal to the castle. Cinderella asked, 'Can I go to the party too? Step-uncle said, 'Of course, but you need to go there by yourself.'

After that a kind zombie wanted to give the rhino to Cinderella and trade two emeralds. Cinderella said, 'No problem.'

She mounted her rhino to the castle. The rhino has a lot of talents.

When Cinderella went to the party, she saw her step-uncle with many animals.

The King said, 'Whose animal is the best? It will take the gold and the prince will make your wish comes true.'

Then everyone saw Cinderella's rhino which was walking on a thick rope and her orca tried to jump over the fire. Her step-uncle was so proud of him.

She dropped her hat. The Prince found all girls who were trying on the hat.

The Prince found Cinderella. He gave the gold and her wish to Cinderella. Cinderella gave a lot of food to the rhino and she gave many sharks to the orca too.

5C Choi Hung Ming

## Behave Well

It is important to behave well at home and when we are in public places.

We should behave well at home. We should get on with each other. We should not fight with each other. We should be nice to each other.

We should behave nicely in public places too. We should keep quiet. We should not talk loudly on the phone and talk loudly with one another.

We should behave well both at home and in the public places.



5C Ho Sheung Wai

## The Honest Policeman

A policeman was walking to the forest. Suddenly, he dropped his gun in a river. He tried to find his gun but he couldn't find it. He was worried.

A fairy appeared. She showed a gold gun. She asked, "Is this yours?" The policeman said, "No, it is not mine." The fairy asked, "Is this silver gun yours?" The policeman said, "No it's not mine. At last, the fairy took out a policeman gun. The policeman said, "It's mine."

The fairy gave the honest policeman all the guns.

5D Li Ka Chun

## The Good Manners In Public Places

It is important to behave well in public places.

We should behave nicely on the bus and train. We should not eat or drink on the bus. We should line up patiently at the bus stop. We must not smoke on the train. We need to let the passenger out first.

We shouldn't shout noisily in the cinema. We should watch quietly.

We shouldn't eat messily in the restaurant. We should have good table manner.

We should behave well in different public places.



5D Tang Yau Yin

## Our Interview With Mr Lai

Last Monday we asked Mr Lai about the places he has visited in Hong Kong.

Mr Lai has been to Disneyland for four times. He went there during summer. He took photos with cartoon characters and went on different rides. He thought the theme park was too small.

Mr Lai has been to Ocean Park on Halloween day. He rode the cable car and visited the Haunted House. He enjoyed it so much.

Mr Lai has been to the Space Museum twice. He went there in April and July. He watched the sky show and joined the workshop. He thought the sky show was very old and boring.

Mr Lai has been to Stanley once. He went there in August. He walked around the Stanley Market and swam in the sea. He thought the souvenirs there were very expensive.



6A Tse Tsz Hong

## Unforgettable Places in Hong Kong

Hong Kong is an international city or known as 'The Pearl of the East'. There are a lot of unforgettable places for you to visit in Hong Kong. You can visit these places with your friends or family.

If you like nature, you can visit Hong Kong Wetland Park or Hong Kong Park, you will see some special animals or look at the birds in the aviary.

Also, the view of Hong Kong is very famous, you can take photos and watch the light and sound show at Victoria harbor at night. The view from the Peak is very beautiful too, you can ride on the Peak Tram. Apart from the view, you can take photos of the wax figures at the wax museum, the wax figures look so real.

Hong Kong also known as 'The Shopping Heaven'. There are a lot of things to buy in Hong Kong. You can go shopping at Stanley Market or go shopping at the Ladies Market, there are so many people there. Ocean Park and Disneyland are also famous in Hong Kong. You can go on an exciting ride or visit the Disney characters. A lot of visitors like to go there on the holiday.





6A Cheng Oi Lam

## An Unforgettable Place In Hong Kong - Tai O

Tai O is a historic fishing village. It's also called "the Venice of Hong Kong". The view is stunning with birds flying across the sun set. The chimes from the golden sea always remind you, it is a moment to relax and applaud the natural beauty.

Stilt houses is the icon of Tai O. They hang over the water which gives you an interesting scene with a spectacular structure. It brightens up the city view in Hong Kong and add colour among the greyish skyscrapers of the city.

When walking along the streets, follow the flavor of the salted fish and shrimps where they are being sun-dried on the balconies to make shrimp paste. Buy one and try it! It's mouth-watering.

I treasure this place because It is part of Hong Kong and it is the beauty of our home.



6A Fan Siu Hei

## How To Reduce Air Pollution In Hong Kong

Dear Citizens of Hong Kong,

Good morning. Do you know what is the greatest problem that the world is facing today? Do you know the allergic problems of the upper respiratory that are getting more and more popular among the children as well as the adults? Do you know the global warming are endangering the animals and our lives?

According to the AQHI (Air Quality Health Index), most areas in Tai Po, Yeun Long, Tuen Mun, Causeway Bay and Mong Kok are alarming which may cause high health risk. What can we do to reduce this? Shall we think carefully before producing polluted gases? Should we think carefully before having a convenient lifestyle but making the environment pay a high cost because of the pollution?

Recently, the abnormal weather is also caused by the serious emission of pollutants in the air. They are poison gases emitted from the air conditioners, refrigerators, deodorants and insect repellents. They damage the ozone of the earth and create the global warming effect.

My citizens, act now! Work together to save our earth and what we do now will determine how well we live tomorrow!

Thank you!

## My Dream Job

I have a dream job of being a pilot since I was a little child. A pilot needs to steer safely around thunderclouds and turbulence. To keep passengers safe, a pilot has to be persevering, industrious and bright because a pilot needs to think quickly to avoid dangerous situations.

As far as I can see, flying is very nice. If I become a pilot, I can be closer to the sky and clouds. Although I don't have wings. I can fly in the sky. Mountains and the buildings are all under my feet. It's so exciting. I will enjoy the feeling of flying. It's my pleasure to take the passengers to places where they want to go. I will make friends on planes and get along well with them. I love this job very much. I believe it will make me free and happy.

The eagles can soar to great heights because of their strong and big wings. As for me, I can also achieve my dream with my 'wings'. I will hold on it. Although being a pilot is a bit tough, this is where my interest lies. With hard work and determination, I can achieve my goal of becoming a pilot.

'See me fly, I'm proud to fly up high!...'



## Morning Adventures

Yesterday was a very special day-my best friend June's birthday! I got up at 7:00 am and tidied up quickly. Then I packed the things in my crossover bag and picked up the bag to go to June's home.

When I walked into the lift, I felt that I had a presentiment. Suddenly, I heard a "BANG!" sound. And I fell down, I got up and pressed the alarm button because I thought I got trapped on the lift.

Ten minutes later, the firefighter came and used the big alligator chip to open the lift's door, I was relieved. I patted my suit and got out of the lift and ran to June's home. After I rang the bell, June opened the door and said, 'Come in, Sum.' And I smiled.



## How To Reduce Air Pollution In Hong Kong

Dear Citizens of Hong Kong,

As known, pollution is a severe problem in Hong Kong, air pollution causes a lot of side effects to the lives of people. We should stop polluting the environment immediately otherwise the planet will soon be destroyed.

Air pollution is mainly caused by smoke emission from the factories, cars and people smoking. We should encourage factories to use more environmental method to produce their products. Smoke and fumes from the factories will cause the greenhouse effect and this will create the problem of global warming. Such problem will increase the chances of flooding and many places on earth will be affected.

We should also need to use cars which are more environmental friendly, for example, electronic cars. It is more fuel economy and has no emission of harmful gas. The cars are also very quiet.

Furthermore, smoking is not only bad for our health, it is also bad for the environment. As a counselor, I will advise the government to ban smoking in the city. Those who smoke will be punished.

To conclude, we should stop destroying the Earth by polluting it. Love our planet as it is our home. Thank you!



## Eating Healthy

Eating healthy is important for everyone especially teens. A healthy diet is the key to being fit. It is unlike any diet. It even prevents some health issues. You will love your body and your body will love you if you start eating healthy. There are so many different reasons why eating healthy is important.

Eating healthy can prevent and control health problems. It has shown to help and prevent heart disease, high blood pressure, type 2 diabetes and even some cancers. As a teenager it is even more important to eat healthy. You are growing. While growing you are hungrier because you need the extra calories to grow. If you over eat, not exercise and eat unhealthy it can cause obesity. You need to make healthy choices to avoid obesity. Eat healthy in meals and snacks.

Eating healthy will provide the necessary nutrients that your body needs to function and create new cells. While eating healthy you will need to have balanced and varied amount of each food group.

Eating healthy is important. It can prevent and control health problems. It can help you stay balanced and improve your mood. As a teen you need to be eating more because you are growing but that doesn't mean you can't eat a balanced diet. Eating unhealthy can lead to obesity and you must stop doing this for the rest of your life. It provides the necessary nutrients that your body need to grow.

A healthy diet is the key to a happy, long and fit life.

## Eating Wise

Eating the right kinds of food keeps your body healthy and makes you feel good. When a person is healthy, they tend to feel good about themselves and their body.

When a person eats healthy food, like one of their daily food groups in the food pyramid: grain, poultry, dairy, they will be able to have enough strength and energy to last them a whole day.

When you keep your body strong, well, and clean, you are being healthy. In order to be healthy, the person will have to eat the right kind of food, exercise daily, take a shower, keep him/herself clean, and stay well. People who are healthy are likely to have the background of being drug free. Junk food is not one of the things people eat to be healthy. Eating junk food affects your body and can make you sick.

If a person were to eat a lot of junk food, drink a lot of soft drinks, and do things that could destroy their health, they are destroying their body. If they don't eat the right kinds of food, exercise daily, and stay clean, they could kill themselves faster and they could easily catch a sickness and die from it, because they don't have enough strength to fight the sickness.

So, in order to stay healthy, we have to eat the right kinds of food, so that we can feel good about ourselves inside and outside. If we don't eat healthy, we might become lazy or catch a sickness really fast and die. So, I leave you with this quote " Eating Wise, feeling good! "

## Health Is Wealth

Good morning,

The common saying Health is Wealth fits to everyone's life. Good health is the real wealth means money which has capability to help us always. Good health is the most important part of our life without which we are incomplete and living unhealthy life. Good health is really better than wealth and other things in this whole world.

A good health helps us to live a good, balanced and healthy life. Our good health needs several things to get done on daily basis. We need fresh air, clean water, proper sunlight, balanced diet, clean and healthy atmosphere, greenery environment, morning walk, personal hygiene and proper education.

Healthy food at proper time is very necessary for the healthy body which is possible only through the well-balanced diet. It promotes the proper growth and development of our body which keeps us mentally, physically and socially healthy. With the help of our good health we can overcome any bad situations in our lives. We should always remember that we need proper food, water, air, physical activity, sleep and rest on daily basis.

So, my dear children, are you going to maintain a healthy lifestyle?

Thank you!





6C Cheng Ho Tin

## What A Day

Yesterday was Sunday, Bill and Jeff played with water guns with me in the park after school. We didn't see the 'No water guns' sign. We made a lot of puddles on the ground.

Suddenly, a little girl wanted to jump in the huge puddle. I shouted, 'Stop!' Then I ran over to stop her.

While I was running over to stop her, I slipped on the puddle and hurt my arm.

In the end, I was happy because I helped the little girl, but I hurt my arm badly and I went to hospital.

6C Chan Cyrus

## Dog' Adventure

Yesterday I walked my dog Bobby in the dog park near my grandma's home. I met my classmate, Mary. We chatted happily and we released our dogs from their leashes and let the dogs play by themselves.

Bobby and Mary's dog Dolly played excitedly. A cat came near them. Bobby and Dolly saw the cat. We saw that they wanted to hurt the cat. We shouted at our dogs. But they wanted to play with the cat. We found that the cat looked like our classmate Max's cat.

In the end Max came to take his cat home and said 'sorry' to us because his cat disturbed us.



6D Huang Mui Ling

## My Dream Job

I want to be a nurse when I grow up because it is an important and meaningful job. If I become a nurse, I will take care of patients and help doctors do their job.

I should be a secondary graduate so that I can enter a nursing course. I should be a person with honest character, high moral accomplishment and noble thoughts and sentiments. I should have a healthy mind, be cheerful, talented and be open-minded.

Nurses need to be understanding so that they can care about patients who are suffering. They need to be stable, accurate, fast and agile. They need to be clear in mind so that they can carry out duties such as blood collection or checking patients' condition. Nurses need to be kind and gentle. They need to be attentive to finish meticulous work. They need to be hard-working so that they can look after each patient's condition and medication treatment.

I hope I can be a nurse someday.



6D Lee Man To

## A Meaningful Job

I want to be an architect when I grow up because it is a meaningful job. If I become an architect, I will design interesting buildings.

If I become an architect, I will study buildings around the world. I need to get lots of ideas for my designs. I can also refer to someone's opus. They can help me to improve my skill.

I need to be creative if I become an architect. I think this job is meaningful for me because I am creative and clever. I hope I can be an architect in the future.





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