# 嘉諾撒小學

Canossa Primary School

# 嘉農集



2021-2022

# 學生作品集





# 序

記得在我就讀小一的時候，學校舉行歌唱比賽。那個比賽並非讓同學公開參加的，而是須由老師挑選參賽代表。老師並沒有選上我。怎料，我班的代表於比賽當天不慎跌倒，擦破了嘴唇並血流如注……於是，老師決定另找人選出賽。

「孫福晉！你來代表我們班吧！」

我頓時呆了！我完全沒有心理準備，也從沒有練習過，如何出賽呢？不過在老師再三鼓勵下，我鼓起最大勇氣，站在台上高歌一曲，最後更奪得了比賽的季軍。

我後來成為了音樂老師，是否跟那次比賽獲獎有關呢？我不太肯定。不過可以肯定的是，那次比賽的確增強了我的自信心，更令我逐漸愛上舞台。在之後的數十年，我經常在舞台上參加各式各樣的表演，更成為一位業餘的舞台表演藝術家。

其實，每個人都需要一個舞台！這個舞台不一定是劇院裡的舞台，它可以是一個網球場、學校的禮堂、游泳池，甚至是家中的沙發。

我們嘉諾撒小學一向重視發展同學的「塔冷通」，即是同學不同的潛能。要達到這個目的，我們會設置不同的「舞台」讓同學發揮。今次的《嘉農集》正正就是一個例子。它提供了一個媒介給我們的同學展示自己才華，裡面不但收錄了中文科及英文科佳作，也包含了視覺藝術作品。

同學們，如果今次在《嘉農集》找到你的作品，恭喜你！如果找不到呢？不要緊！因為嘉小的舞台多的是！把握下次機會，好好展示天主給你的才能吧！

主佑！

**孫福晉校長**

**2022年11月**





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中文科
2021-2022
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作品

# 旅行日

1A 陳深穎

旅行日的大清早，老師和同學們到郊野公園遊玩。

郊野公園的風景很美麗，有綠油油的草地和彩色的花朵。過了一會兒，同學們做了很多活動，有的跑步，有的打球，有的談天，大家也玩得很高興！我在草地上愉快地打球。

這次的旅行日，我感到很快樂。

# 郊野公園一天遊

1A 劉鎧婷

星期日，我和朋友一起到郊野公園玩耍。

在郊野公園裏，有很多小鳥自由自在地飛來飛去，有白色的小狗在綠油油的草地上跑來跑去，還有美麗的花兒散發出芬芳的清香。



人們可以欣賞美麗的花兒，可以踢球，也可以愉快地散步。我和朋友在草地上跑來跑去。

這一天，我感到很快樂！

# 郊野公園一天遊

1A 嚴樂桐

旅行日那天，老師和同學們到郊野公園去遊玩。

郊野公園的風景真美麗啊！郊野公園裏有綠油油的草地和翠綠的樹林。同學們的活動豐富多彩，有的打球，有的在談笑，有的在玩捉迷藏。我站在草地上聽着小鳥愉快地唱歌。

旅行結束了，我感到非常快樂！

# 旅行日

1B 陳厚丞

旅行日那天，老師和同學們到了熱鬧的公園遊玩，真愉快啊！郊野公園裏的風景十分美麗，有高大的樹木，有青青的草地，還有漂亮的花朵。同學們在草地上進行活動，有的打球，有的跳繩，有的跑步，玩得十分快樂。我在青青的草地上跑步，有的同學在吃食物，有的在談天，真愉快啊！

這次旅行，我感到十分難忘。

# 郊遊樂

1B 湯驍號

今天是晴天，爸爸、媽媽帶我到空氣清新的郊野公園遊玩。



郊野公園裏有漂亮的花兒，有美麗的蝴蝶在採花蜜，還有小魚和小鴨在清澈的池塘裏有自由自在地游泳。

在郊野公園裏，人們可以在綠油油的草地上踢足球，可以欣賞美麗的花朵，也可以開心地散步。

我可以在青青的草地上踢球，也可以欣賞小鳥自由自在地飛翔。

這一天，我感到十分快樂。

# 旅行日

1C 梁俊傑

今天是學校旅行日，老師帶我們到郊野公園遊玩。

郊野公園裏有高大的樹木，有芬芳的花兒，還有青青的小草。

在郊野公園裏，同學們可以踢球，可以欣賞花兒，也可以跑來跑去。

在蔚藍的天空下，我坐在樹下看故事書，心情十分舒暢。

這一天，我感到非常難忘。

# 旅行日

1C 李祖兒

今天是晴天，媽媽帶我到郊野公園散步。

公園裏有青青的樹木，有紅紅的花朵，還有飛來飛去的小鳥。

在公園裏，人們可以愉快地唱歌，可以自由自在地踢球，也可以快樂地跑來跑去。



我在池塘邊休息，欣賞小鴨在池塘裏游泳。

這一天，我感到十分難忘。

# 旅行日

1D 黃翊僖

旅行日，同學們和老師到郊野公園遊玩，十分快樂。

春天到了，郊野公園有翠綠的樹木和綠油油的青草，風景十分美麗。

中午，同學們分組活動，有的打球，有的跑步，非常熱鬧。下午，我和同學在草地上愉快地野餐，真是十分開心。

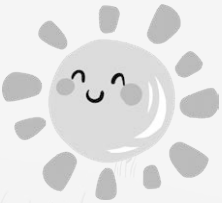
這次旅行，我感到十分快樂。

# 旅行日

1D 劉如初

旅行日那天，老師和同學們到郊野公園快樂地遊玩。

郊野公園有很多花草樹木，風景十分美麗。



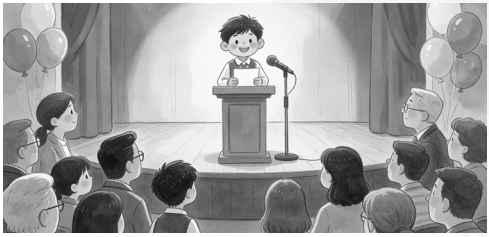
上午，同學們在草地上進行不同的活動，有的跳繩，有的捉迷藏。中午，我和同學在草地上愉快地野餐。

這次旅行，我感到很開心。

# 看圖說故事

2A 黃瑋善

今天，陳老師在教室向同學說：「下星期一，你們要做好講故事比賽的準備啊！」同學們都很興奮。



小息時，小美到圖書館借閱《龜兔賽跑》，為明天的比賽作準備。回家後，她望着鏡子練習說故事，還模仿兔子和烏龜的聲線及動作呢！她唸好後，便給家人講故事。

比賽那天，小美很緊張。終於輪到她了，她很輕鬆和投入地說故事，同學們輕輕地說：「加油！」大家也為她出色的演繹感到高興。

# 做個守規的孩子

2A 林延舫

星期六的下午，小志和小明一起去公共圖書館借閱圖書。他們興高采烈地談論昨天在學校玩捉迷藏的事情。雖然他們十分快樂，但是其他人就十分生氣，因為他們很嘈吵。



過了一會兒，他們有時奔跑，有時追逐。小美十分不滿，於是就向圖書館管理員投訴。

最後，管理員阻止他們再玩耍，還大聲地責罵他們。其他人也向小志和小明做了提醒他們保持安靜的手勢。

經過這件事後，他們明白公共圖書館不是公園，一定要為他人設想，保持安靜。

# 賀卡寫作

2B 曾穎瑜

浩軒：

恭喜你獲得全港小型網球比賽亞軍。你能獲獎，真是實至名歸。我希望你能繼續努力，不斷練習，爭取佳績。



朋友

穎瑜上

十月二十九日

# 參觀大自然教育中心

2B 潘彥霏

上星期三，老師帶我們到大自然教育中心參觀。那天天氣晴朗，我們乘坐校車出發，大家都很興奮。

下車後，我們首先跟導賞員到昆蟲館參觀。昆蟲館裏有各種昆蟲標本，每一種昆蟲標本都不一樣，牠們的形態真是栩栩如生。

然後，我們再到鳥湖參觀。那裏有紅鸛、鴨子和烏龜。我看到三隻鴨子在湖中游泳，兩隻紅鸛在湖中看風景，又看見一隻烏龜在石上曬太陽。



最後，我們依依不捨地離開大自然教育中心。我希望下次可以再來這裏參觀呢！

# 迎新春

2C 潘芷澄

除夕那天，媽媽煮了美味的湯圓，爸爸負責入紅包，哥哥和我一起佈置桃花。大家都熱切地盼望新年的來臨。

晚上，我們一家人吃團年飯，所有食物都是由媽媽煮的，有雞肉、魚、鮮蝦……我最喜歡的就是鮮蝦，我們吃得津津有味呢！然後，我們一起看電視，真高興呢！




吃過團年飯後，我們一起到年宵市場。那裏有各式各樣的早餐攤檔，四周人山人海，很擁擠，氣氛十分熱鬧。我看見有售賣氣球的攤檔，吸引了很多人去購買。

逛完年宵市場後，我們買了很多東西，我買了熊熊氣球，媽媽買了一束桃花和水仙。那天真是難忘的一天。

# 第一次說故事

2C 張森怡

上星期一，洪老師宣佈快要進行講故事比賽，並提醒我們要作好準備。

小息時，小美急不及待地到圖書館搜集資料，她在書架上尋找各種各樣的圖書，最後，她選擇了童話故事——《龜兔賽跑》。

回到家裏，她對着鏡子認真地朗讀，按照故事的內容，切換角色的聲音並加以動作去演繹，經過不斷反覆的練習，她終於露出滿意的笑容。



比賽那天，小美的心情既緊張又興奮！她以洪亮的聲線，維妙維肖的演繹，贏得老師和同學們熱烈的掌聲。經過這次比賽，小美明白到「一分耕耘，一分收穫」的道理。

# 旅行日

2D 胡依蕎

星期三，老師帶領我們到馬鞍山郊野公園旅行。我們乘坐旅遊巴士前往目的地。



到達郊野公園後，同學們有的跳繩，有的打羽毛球，有的玩捉迷藏，大家都玩得很高興。

然後，我們坐在綠油油的草地上休息。我們吃了三明治、雞翅膀和喝汽水，我們都吃得津津有味。

下午三時，我們準備回校。離開前，老師要我們分工合作清理垃圾。最後，我們懷着依依不捨的心情離去。那天，我的心情很高興，因為可以吃東西和玩耍。

# 迎新春

2D 麥鎵澄

除夕那天，我們一家人分工合作佈置家居。我和哥哥一起佈置桃花，爸爸準備紅封包，媽媽準備晚餐，我們都很期待。

晚上，我們一起吃團年飯，媽媽做了各式各樣的菜式，我們都吃得津津有味。我最愛吃媽媽為我們準備的蒸魚，因為新鮮的魚最美味。

吃過團年飯後，我們一起逛年宵市場。那裏有不同的攤檔，人山人海，十分熱鬧。我買了一個氣球，哥哥買了一串五代同堂果，我們都感到很快樂。

跟着，我們到花檔逛逛，爸媽在花檔買了漂亮的桃花和水仙花。

那天晚上，我們都感到很高興。最後，我們懷着依依不捨的心情回家去。

# 快樂的一天

3A 黃鈺娜

前幾天，媽媽買了海洋公園水上樂園的門票，準備帶我去遊玩。我聽到這個消息，不禁興奮得手舞足蹈。



星期四的天氣不太好，不但懸掛着三號風球，又伴着微微細雨，卻阻擋不了我和媽媽去玩樂的腳步。

早上，我們先到更衣室換好泳衣，然後真奔到樂園裏不同的設施，嘗試各項新玩意。這裏人山人海，非常熱鬧。我們有秩序地排隊等侯，大家又說又笑。

我們玩了「八彩天梯」。八歲的我挑戰成功，感受了高速移動和急速降落的快感，十分刺激啊！

接着，我們又相繼玩了很多項目：「湧浪灣」、「激流旅程」、「漂流探祕」……我最喜歡的是「威威水地帶」，因為這設施令人玩得流連忘返呢！

快樂的時間過得飛快，我們很快已玩至傍晚時分。一會兒，大家便懷着依依不捨的心情離開了水上樂園。

# 我們一起勇敢抗疫的日子

3A 洪穎晞

當我看見口罩的時候，我就想起在今年三月和四月裏，全港學生都要留在家中，度過了一個特別的疫假。

假期前，我們只能在家中上網課，我覺得很難集中精神。因為我們不能回校上課，就不能和老師、同學見面，我感到不愉快。

後來，我發覺這種消極的想法是不對的。因此，當我不開心時，我會利用電話，與同學聊天。我們會互相鼓勵，大家一起勇敢地抗疫。幸好，疫情有好轉，我們在四月二十五日復課，我們再可以跟老師和同學相聚，重過快樂的校園生活。

# 鉛筆的自述

3A 陳欽宇

我有一個尖尖的小腦袋，細長的身子，身穿一件五顏六色的外衣，衣服上印着「加油」兩個字，身上還散發陣陣木香，你們能猜到我是誰嗎？

在文具店的時候，我和同伴們被陳列在最顯眼的櫥窗裏，每天和周圍的朋友一起談天說地，日子過得十分開心。商場中，每天往來的人們都很多，小朋友們總會比我們特別的外表吸引着，久久不願離開。

直到有一天，小主人的媽媽為送生日禮物而將我買下來。當小主人看到我的時候，他温柔地撫摸着我身上那兩個字——「加油」，小主人明白這是媽媽對他的鼓勵，所以對我愛不釋手。

每當小主人考試的時候，他一定會把我帶上「戰場」。中文考試時，我能為他寫出妙筆生花的文章；數學考試時，我能為他解決一道道難題；英文考試時，我能為他寫出一個個整潔的英文字母……所以，小主人認為我是他的得力助手。



我除了能寫字之外，還能畫出一手好畫。小主人將我握在手中，在白紙上繪畫出一幅幅生動美麗的圖畫。看到主人流露出滿意的笑容，我就覺得非常有成就感。

看完我的介紹後，相信大家都知道我是每位學生都必備的鉛筆罷了！雖然我很普通，生命也很短暫，但每當想起自己能為主人展現才華，我就認為自己並不平凡了。

# 一次視藝課

3B 黃振峰

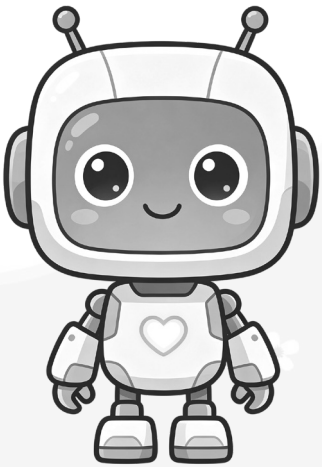
每當我看見這個獨一無二的蛋形機器人，我就會回想起那次視藝課的難忘經歷。

那次視藝課，我和同學們在課室一起製作了一個個可愛的蛋形機器人。

首先，我們視藝科老師——吳老師除了講述當天的學習主題——蛋形機器人，還給我們講解製作這個機器人所需要的材料和步驟。

那時，有些同學一邊聆聽老師講解，一邊製造機器人；有些同學就專心地聆聽老師講解的步驟；還有些同學卻只顧跟別的同學談天說地呢！

老師講解完畢後，我們便開始製作機器人了。首先，我拆開材料包，再慢慢地拿出材料。然後，我小心翼翼地利用錫紙包裹這個圓滾滾的蛋形發泡膠。接着，我仔細地把粗粗的絲絨線和幼幼的鐵線一起扭曲，令到機器人的支架更加穩固。



穩固支架後，我再在捲曲了的絲絨線和鐵線上穿上適量的彩珠，組成漂亮的四肢，再把四肢沾上少量白膠漿，分別插入蛋形發泡膠適當的位置。

完成四肢後，我把活動眼睛貼在蛋形發泡膠上適當的位置。最後，我再為機器人添上漂亮的新衣。

經過多番的失敗與嘗試，我終於製作了一個獨一無二、屬於自己的蛋形機器人了！我頓時感到很有成功感。

從那次視藝課中，我學會了「失敗乃成功之母」的道理。日後我一定會更努力、更用心地做好每一件事，不會半途而廢的！

# 生病記

3B 蔡咏希

上星期天，志強拿着他新買的遙控飛機想到公園玩耍。當他出門的時候，他的媽媽拿着一件外套勸告他，提醒他天文台已發出寒冷警告信號，叮囑他穿上外套才可以出門，但志強不肯聽從，就往外跑去。

當志強來到街上，他看到四周的人穿着厚厚的衣服，有的還戴着冷帽，圍着頸巾。這時候，他冷得發抖了。

回到家後，志強感到很不舒服，連忙躺在牀上休息。他的媽媽發現他發燒了，連忙用退熱貼敷在他的額頭上。

第二天早上，他的媽媽馬上帶志強去看醫生。醫生勸告他在寒冷的天氣下一定要穿上適當的厚衣服，否則很容易着涼和生病。

經過了這次教訓，志強明白到要聽從媽媽的教導，也要好好照顧自己的身體，因為生病實在太難受了，他以後再也不想生病了。

# 記一次做運動的經歷

3B 麥志聰

星期二上午，天氣晴朗，老師帶我和同學們到操場做運動。

到了操場，那裏十分熱鬧，有的同學在打羽毛球，有的同學在拍球，有的同學在跳繩……大家都樂在其中。

當時，我也一起跳繩。我先做熱身運動，然後拿起繩子；接着，我聆聽老師的指示，輕輕地揮動繩子，不停向上跳，跳着跳着，我被繩子絆了一下，馬上又重新開始跳，最後，我跳了一百多下。直至鐘聲響起，各位同學都暫停了活動。我把繩子放回箱子裏。

今天，我學會了一個道理，我們要聆聽老師教導，細心地觀察示範動作，加上反覆練習，才會學有所成。

# 一次視藝課

3B 黃卓謙

每當我看見紙盒裏的「蛋形機器人」，就想起我和同學們一起在視藝課發生的經歷。

上星期四，吳老師在課室教我們一起製作「蛋形機器人」。

吳老師先打開簡報，然後教我們製作「蛋形機器人」，但是有一些同學不專心，所以被老師責備一頓，有些同學顧着準備材料，還有些同學專心地聽老師說話。

聽完老師的說話後，我們就開始製作「蛋形機器人」。首先，我用錫紙包裹蛋形發泡膠，然後把絲絨線扭成一個圓圈，接着把鐵線扭曲圍繞着絲絨線。其次，我把膠珠穿在絲絨線。不久，我把四肢插入機器人的身體上。最後，貼上活動眼睛和加上裝飾，一個「蛋形機器人」就完成了。

這樣，一個有趣的「蛋形機器人」就誕生了。看着自己的製成品，我覺得很有成功感。

在這次視藝課中，我明白了「失敗乃成功之母」這個道理，因為要多嘗試，才會成功。



# 生病記

3C 何奕謙

有一天，志強想到公園玩耍。媽媽看天氣報告後知道外面風很大，便叫志強穿上外套才去玩，但志強不聽媽媽的勸告。

志強來到公園後，天氣十分寒冷。他看到所有人都穿着厚厚的外套，自己卻穿得十分單薄，他感到十分冰冷，全身發抖，身體縮作一團。

志強回家後，告訴媽媽：「我的頭很燙，我發燒了！」然後，志強躺在牀上，蓋上被子。媽媽很擔心，為他貼上退熱貼，又用毛巾幫他抹面，悉心地照顧他。

媽媽帶志強到診所看醫生。醫生幫他檢查身體及勸告他：「現在天氣寒冷，你要多穿衣服及準時服藥。」

經過這件事後，志強明白了要聽媽媽的勸告。

# 一次做運動的經歷

3D 張心柔

星期天下午，媽媽帶我和朋友到我家樓下的游泳池游泳，我感到十分興奮。

首先我們去更衣室換上泳衣和戴上泳帽，然後我們一起到游泳池游泳。這裏人山人海，十分熱鬧。我看到有些人在玩手槍、踢水、游泳和玩水球，還有些人坐在長椅上曬太陽，十分愜意呢！

由於我們都不懂游泳，所以媽媽提議我們每人拿一塊浮板走到淺水區，然後教我們一些游泳的動作。我們先練習憋氣和吐氣，接着用手划水，讓身體向前移動，再用腳踏水，有節奏向下踏，然後不斷重複地在岸邊練習，慢慢地我就掌握了一些游泳的技巧。

時間過得很快，不知不覺地游了三個多小時，我們都懷着依依不捨的心情上岸。

這次學游泳的經歷令我明白到「一分耕耘，一分收穫」的道理，同時與朋友之間的友誼增進不少。希望可以再次和朋友一起游泳，享受做運動的樂趣。

# 一次做運動的經歷

3C 湯斐斐

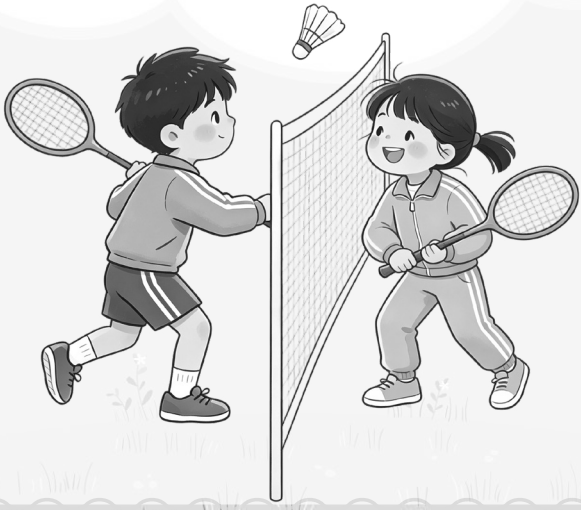
在假期的時候，我和媽媽一起到公園打羽毛球。那次做運動的經歷，我覺得非常難忘。

到達公園後，我看到那裏有很多人正在做運動，有的緩慢地跑步，有的三五成群地跳繩，有的歡快地打籃球，有的興奮地踢足球。

準備就緒後，媽媽先教我發球和扣球。經過幾次嘗試後，我終於成功。我首先一手拿着球拍，另一手拿着球，左腳向前踏出一步，膝蓋向下微微彎曲。接着，我把球扔起來。待球向下跌落時，我便用球拍對準了球，輕輕一打，球就飛過去媽媽的旁邊了。之後，我細心地觀察媽媽的動作，預測球的方向和落點。最後，我用球拍對準球，跳高，成功扣球。我覺得既開心又難忘。

打了一個小時羽毛球後，我已經滿頭大汗，但我卻感到非常舒暢。

長期運動能保持身體健康，心情開朗，我一定會多做運動來增強體質。我更學會了「失敗乃成功之母」的道理和做事要有恆心。日後，我不但會常常做運動，更會用心做好每件事。



# 一件令人快樂的事

4A 馬凱驛

上星期天是我最開心的一天，因為爸爸和我一起練習乒乓球，而且他教我學會了很多乒乓球的技巧，令我獲益良多。最近，我每天都練習乒乓球技術，因為我想成為一位出色的乒乓球手。

這一天，爸爸下班回家，看見我在乒乓球桌上努力地練習。於是爸爸就走過來跟我說：「要不要跟爸爸打一場？」我心想：爸爸一定是想測試我的技術，才跟我說比試一下，我連忙說：「好啊！」

後來，我和爸爸在乒乓球桌上練習起來。我們打了幾場比賽，我也贏了很多球，可是，我也輸了不少。最終，還是我輸得比較多。這個時候，我和爸爸早已經汗流浹背，累得很，我們便坐在休憩處休息。爸爸跟我說：「你比之前已經進步了很多，只要你一直努力練習，假以時日便能打敗爸爸了。」

最後，我明白了只要有恆心、不怕辛苦、努力不懈，凡事都能戰勝，並終有一日能超越比自己強的人，所以我今天感到很快樂。



# 我的媽媽

4A 何子言

我的媽媽是一個令我敬佩的人，也是我最喜愛的家人。

媽媽長得胖胖的，一張白淨的臉上長着一雙大大的眼睛。她有高高的鼻子，還有小小的嘴巴。

媽媽是一個善忘的人。記得有一次，媽媽送我回校上課，經過商場時，她說忘了帶手機，然後就用了後備手機打給爸爸，問他可否把手機帶給她。取回手機後，我們就準備乘地鐵回學校，可是到了地鐵站，媽媽又發現忘了拿八達通。最後，她只好用零錢去買票。到了學校，她又說忘了已經約了朋友，我便匆匆跟媽媽說再見，然後上學去。

此外，媽媽也是一位善良的人。那天，媽媽約了朋友來家裏玩耍，也有幾位小朋友一同到來，媽媽說今天大家會自製復活蛋，我們一邊看著材料，一邊聽著媽媽的教導，製作得很開心。製作完成後，我們就看電影、吃零食和吃晚飯，這一天，媽媽真的十分忙碌。最後，大家就說再見了。我問媽媽：「您不覺得辛苦嗎？」她卻說：「只要你們開心就可以了。」

雖然我的媽媽是一個善忘的人，但我知道她的心充滿了愛。



# 我家的小狗

4B 梁巧欣

小狗的種類有很多，而我家養了一隻貴婦狗。因為牠時常發呆，所以我給牠起了一個名字——小呆。他活潑可愛，貪吃調皮，惹人喜愛！

小呆有一雙水汪汪的大眼睛，那雙眼睛好像閃亮的鑽石。牠有圓滾滾的肚子，一條短小的尾巴，小小的鼻子和一對又大又彎的耳朵。牠穿着溫暖的啡色毛衣，摸起來毛茸茸的，還有牠的尾巴像一個小球一樣，可愛極了！

小呆是一隻貪吃的小狗。記得有一次，媽媽在廚房裏大叫：「開飯了！」小呆就會懶洋洋地走到媽媽身旁，坐在地上，等候媽媽給他一些美味的食物。別看牠一面溫馴的樣子，就以為牠一點都不貪吃。當牠接過媽媽給牠的零食後，牠便會狼吞虎嚥地把食物吃光。每當牠感到還不夠飽時，牠便會一邊把肚皮露出來，一邊在地上翻滾，似是求媽媽再給牠一些食物。如果媽媽不給的話，牠便會坐下來，發出失望的嗚嗚聲，令人忍不住再給牠一些食物。



此外，小呆也是一隻調皮的小狗。有一次，我正在和小呆玩網球時，不小心把球拋太遠了，小呆便拼命地追，誰知，牠不小心打破媽媽最心愛的花瓶呢！

這麼可愛調皮的小狗，有誰不喜歡呢？我希望牠會陪我一生一世，直到永遠，我也會做個盡職的好主人，讓牠健康快樂地成長，不要留下任何遺憾。

# 我家的小貓

4B 雷錦軒

我家養了一隻小貓，因為牠胖乎乎的，所以我給牠起名叫胖胖。牠是我非常親密的好玩伴。每當我放學回家後，胖胖都會從房間裏跑出來，用身子蹭我的腳，向我撒嬌。

胖胖的毛色灰白相間，在陽光下閃閃發亮，摸起來光滑極了！牠的眼睛小小的，猶如兩顆閃閃發光的黑寶石。牠的耳朵尖尖的，聽覺十分靈敏。我在牠的脖子上掛着一個黃色的小鈴鐺。

胖胖是一隻非常淘氣的小貓。牠整天都在家裏又跑又跳，在沙發上跳上跳下、在地上跑來跑去、在地毯上滾來滾去……有一次，胖胖趁我看書的時候，牠咬我的拖鞋，直到在我聽見很大的聲響時，我回過頭去，才發現胖胖已經咬爛了我一隻拖鞋，並在用力地撕扯我第二隻拖鞋。

此外，胖胖也是一個「膽小鬼」。每次牠聽見屋外面有聲音的時候，牠都會躲在房間裏。有一次，有客人來到我家，胖胖躲在我的房間深處，無論怎樣叫牠也不出來，直到客人走了，牠才慢悠悠地走出來。

這就是我家的小貓胖胖——一隻既淘氣又膽小的小貓。牠是我非常親密的好玩伴，我真的要好好珍惜我和胖胖相處的時光啊！



# 我最尊敬的老師

4B 梁樂怡

我最尊敬的老師又幽默又嚴肅。你猜猜她是誰？她就是我的班主任——洪老師。

洪老師的個子較高，有一雙彷彿像一顆透明水晶寶石的眼睛，鼻樑上有一雙圓得像皮球一樣圓的眼睛。她總喜歡穿裙子。平時，我們若欠交功課，她不會發怒，只會輕聲提醒我們說：「明天要記得帶呀！」當我們考試考得好成績，她會送零食給我們當是獎勵，所以很多同學也很喜歡她。

洪老師特別喜愛在課堂上說笑話。當她發現我們上課的時候無精打采，就會出動她的口才了得的嘴巴，她常說起她的兒子和女兒的趣事，我們就會哈哈大笑，讓我們四乙班充滿歡笑聲。

另外，洪老師也是個處事嚴肅的人。有一次，數學老師告訴洪老師說：「何崇禧、黃啟晉和陳霽森不停在課上搗亂，很生氣呢！」洪老師不但苦口婆心地教導他們，還打電話跟他們的家長溝通。

洪老師是一個又幽默又嚴肅的好老師，我希望她明年可以繼續擔任我五年級的班主任，希望我能夠做個努力學習的好學生，也希望我長大後也能像洪老師一樣，做個又盡責又博學多才的好老師。我很感謝有一個這麼好的老師。



# 我最尊敬的老師

4B 何崇禧

我有一個非常值得我尊敬的老師，她讓我無時無刻都感受到她對我們不離不棄的愛，你們猜猜是誰？她就是我的班主任——洪老師。

洪老師個子高高的，身材中等，時常穿著一條長長的裙子和一對漂亮的高跟鞋。她有一張和藹可親的臉，鼻樑上戴着一副眼鏡。她還有一把烏溜溜長長的頭髮。

洪老師十分仁慈。記得有一次，我忘記帶功課，生怕被老師責罵，然後，我誠實地跟洪老師說：「對不起！我……我……忘記帶功課。」結果，她不但沒有責罵我，還提醒我明天記得要帶家課。我有這樣的一個好老師，心裏真尊敬她。

此外，洪老師是一位十分溫柔的老師。有一次，我和同學因一些小事而打架，洪老師看見了，便立刻上前制止，還跟我們說道理。最後，我們互相向對方道歉。

洪老師不單是一個仁慈的人，還很溫柔，難怪她會成為我們班最尊敬的老師呢！



# 我家的金魚

4B 黃玥

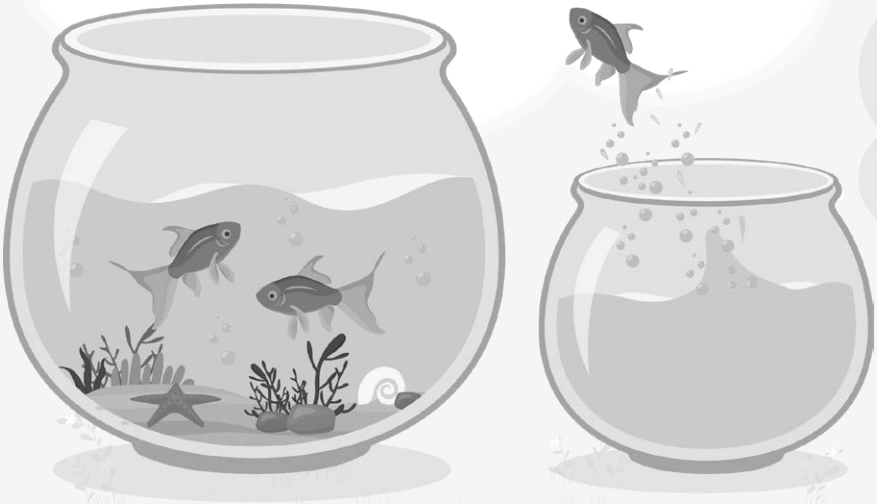
金魚的種類有很多，我家有一尾金魚，牠是屬於熱帶的金魚。

牠有一雙黑色像寶石一樣閃閃發光的眼睛，修長的身體上佈滿彩虹色的鱗片，剪刀似的像薄紗似的尾巴在水裏不停擺動。嘴巴一張一合，躥上躥下，好不快活。

我家的金魚十分冷傲。有一次，我站在浴缸旁看見牠直向我游過來，突然牠一個轉身快速地游向水面，擺動着如薄紗般又像一團火一樣的大尾巴，彷彿在向我炫耀美麗的外表。牠不停上下游動，一會兒像似在跳古典舞，一會兒像似在跳熱情奔放的恰恰舞，真讓人看得眼花繚亂。

金魚也十分膽小呢！有一次，我把門打開準備上學時，牠像受到驚嚇一樣飛快地游進海藻裏，一動不動，等牠覺得敵人已經走了，才慢慢地從藏身處「現身」。

我家的這尾金魚，以牠的天真、可愛成為我成長的夥伴，每天都給我帶來無限的歡樂。



# 我最尊敬的老師

4B 梁天心

她是一個博學多才的人，也是一個和藹可親的人。你猜猜她是誰？她就是我最尊敬的老師——洪穎琪老師。

洪老師有一張瓜子臉，一雙明亮的眼睛，高高的鼻子上有一副大大的眼鏡……她總喜歡穿着一條花裙子。大家也覺得她很美麗。

洪老師是我在學校見過最有愛心的老師了。有一次，有位同學在體育課跌傷了，還流了很多血。洪老師看見了，先上前慰問他，然後便帶他到校務處處理傷口，過程中，那鮮血還把洪老師的裙子「弄污」了，洪老師也冷靜地安慰他。最後，洪老師便把他從校務處帶回課室。

此外，洪老師也是一個風趣幽默的人。有一次中文課時，大家都表現得沒精打采，她便對我們說笑，這麼一說，我們真的不由自主哄堂大笑，課堂立即變得更生動！我們馬上精神起來了！

洪老師不單風趣幽默，還博學多才。我以後會努力讀書，將來也要成為一位好老師，把知識傳給大家！



# 我最尊敬的老師

4B 梁梓瑤

我有一個無時無刻都會覺得她是一個十全十美的老師，你們猜猜是誰？她就是我的班主任——洪老師。

洪老師個子中等，擁有短短的秀髮，眼睛大大，嘴巴小和戴着一副黑色的眼鏡，樣子平易近人。

洪老師是一個風趣幽默的老師。有一次，在安靜、沉悶的教室裏，洪老師突然說起她家裏的一些趣事，還說了一個大笑話，逗得我們開懷大笑。她令教室由沉悶變得歡樂和令我們積極上課。她可以用不同方法令我們感受到愉快的上課的氣氛。

還有一次，最後的課堂就是中文課，我和我的一個同學要急着打乒乓球，但怕洪老師要把功課先講完才放學。洪老師不但遷就了我們的時間，還怕我們太辛苦，叫我們小心做事，不要太勉強。洪老師真是十分仁慈和體貼。

我喜歡她風趣橫生及和藹可親的性格，她是我心中最尊敬的老師。我覺得洪老師是完美的，既風趣幽默，又很認真，更十分仁慈。從今以後，我會努力學習，希望將來也可以成為像洪老師一樣出色的人，成為一個對社會有貢獻的人。



# 一次被人讚賞的經驗

4C 陳詠心

上星期六傍晚，媽媽接種了新冠疫苗後，感到十分疲累。回家後，她坐在沙發睡着了。我看見媽媽那麼疲倦，於是我決定替媽媽弄晚餐。

我走進廚房，有點緊張，我先看看冰箱有甚麼食物，然後憑我的「智慧」，把食物弄成餸菜。一小時後，我把「豐富」的晚餐弄好了！我非常期待媽媽睡醒後，看到我為她準備的晚餐。

媽媽終於睡醒了，她看見滿桌子的食物很驚訝。她喜極而泣地讚賞我。我很感動！

我看着媽媽津津有味地吃晚餐，心裏很滿足。

那天的經歷使我明白到我們凡事能為人設想，自己也會感到快樂。

# 一次被人讚賞的經驗

4C 鍾晞妍

三年級是我最愉快的一年，因為我人生第一次獲得數學老師的讚賞，可以令數學老師開心，又令我明白到「一分耕耘，一分收穫」的道理。

那一年，我決心要提升我的數學成績，因為一、二年級時數學常常考試不及格，令數學老師非常擔心，所以，我下定決心在三年級專心上課，每天做練習，考試時還要通宵達旦地温習。

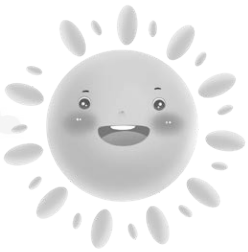
真的到了考試，試場內氣氛沉重，令我的心情十分緊張，汗流滿臉，但我仍保持鎮靜，用心計算。到派卷那一天，數學老師說：「晞妍，你今次數學考試獲得很好的成績！要繼續努力！」我開心得眉開眼笑。

經過這個考試，我終於可以得到老師的讚賞，以後我都會努力學習，全力以赴。

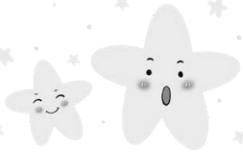
# 如果有一天

4D 張莉雅

如果有一天，
我考上了理想的大學，
我會全力以赴學好專業的本領。



如果有一天，
我成為了老師，
我會以身作則，
好好教導我的學生。



如果有一天，
我當了媽媽，
我會言傳身教
把孩子養育成對社會有貢獻的人。

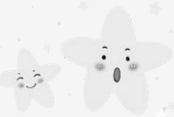




如果有一天，
我老了，
我會做個溫柔、慈祥的老人，
保持心境開朗，
不時到公園散步。



無論人生的哪一個階段，
我也要活得精采，
活得有意義。



# 如果有一天

4D 黃政熙

如果有一天，
瑪里奧覺得自己不再受人愛戴，
不再出現在遊戲機中，
我們就失去了玩瑪里奧遊戲的機會。



如果有一天，
路易吉不再喜歡瑪里奧，
遊戲世界裏就失去了瑪里奧兄弟。



如果有一天，
碧姬公主覺得自己不漂亮，
整天躲在家裏，
瑪里奧就失去打敗庫巴格的動力。

瑪里奧啊！
你是我們的歡樂，
我們喜歡你！





# 我最尊敬的老師

4D 張嘉怡

我心中有一位最敬佩的老師，你知道他是誰嗎？他就是陳計光老師。他是我一、三及四年級的數學老師。

陳老師是我的數學老師。他的個子高大，總是喜歡穿着整齊的恤衫和西褲來上課。他的樣子嚴肅，還擁有端正的五官。

陳老師十分嚴謹。記得有一次上課，我的數學練習做錯了，陳老師看到了馬上叫我重做，結果我雖然遲了放學，但我明白了一道難題。

另外，陳老師是有耐性的。記得有一次上課，我遇上不明白的題目，陳老師向我講解一遍又一遍，直到我明白為止，陳老師真是十分有耐性。

陳老師既嚴謹又有耐性，是我最尊敬的老師。

# 過去一年，我感謝……

5A 黃可兒

回顧過去一年，我要感謝我的父母，因為他們無微不至地照顧我和會教我很多道理。

在過去的一年裏，因為疫情的關係，四年級有大部份時間都在家中使用網課學習，沒有以往在學校進行實體課堂般容易，因此我在學習時會遇到較多的困難。這段時間十分需要爸爸、媽媽從旁的協助和教導，以填補網上課堂學習的不足。

爸爸媽媽雖然已經放下學業很久了，對現今的課程也不太熟悉，但他們都會想盡辦法幫助我學習，比如教我查字典、使用互聯網蒐集資料、陪伴我閱讀課外書籍等，讓我孜孜不倦地學習，學業成績能持續有進步。

辛勞的爸媽不但要上班，又要兼顧我的生活和學業，所以我很感激他們默默的付出。但願我能在將來用自己學會的知識回報他們無償的愛。

# 過去一年，我感謝……

5A 楊淇欣

回顧過去一年，我感謝所有為疫情付出的醫護人員，因為他們的無私奉獻拯救了很多病人，他們付出了自己的健康和青春來守護民眾。

記得有一次，我看到深圳確診的人數不斷增加，身為中國同胞的我卻無能為力，只能默默地祝福大家能平安渡過這段艱難的時間，但醫護人員卻站在防疫的最前線，承受着巨大的身心壓力。為了預防新型冠狀病毒，作為學生的我會一直跟隨政府和學校的指引：出門戴好口罩、食飯前洗手、減少和親友的社交接觸……盡力做好充足的防護措施，希望能保護自己和家人，減輕醫護人員的負擔。

我們應該為拯救了世界的醫護人員感到驕傲。我希望全球有更多的民眾能接種疫苗，這樣我們的身體才能變得更健康，不負醫護人員的努力和付出。

# 我學會了一個道理

5B 莊珺雅

記得一年前，媽媽帶我到游泳池學游泳。因為我不懂游泳的關係，每次朋友約我的時候我都不能去，所以我下定決心，要去學游泳。

我到了游泳池後，便立即做熱身，準備下水。因為游泳池的水不太深，所以我不太害怕，一開始我不斷地嘗試，可是我不停地沉下去，媽媽便跟我說：「不用急，如果你想讓身體浮起來，就要放鬆。」然後，她便用手托着我的腰和背部，讓我放鬆，然後她便把手放開，我果然浮起來了。雖然我有時候還會沉下去，可是我還是不停地練習。

過了一個星期，我不斷嘗試後，我終於學會了游泳，而且游泳的速度也越來越快，媽媽還說我快得想一尾魚呢！

這個經歷讓我明白到「只要有恆心，鐵杵磨成針。」這個道理。只要有恆心，勇敢去嘗試，你想做的事情都一定能做到的。

# 一次助人的經過和感受

5B 陳思璇

一個烏雲密佈的下午，我拿着雨傘用緩慢的步伐慢條斯理地從學校走回家。黑漆漆的天色加上灰濛濛的烏雲，真讓人感到沉悶極了！

突然，眼前的一幕在人群中吸引着我的注意。原來是一位拿着拐杖的老爺爺被一名中年男士撞倒了，老爺爺的手一鬆，就把剛拿出的卡片掉在了地上。

可是，那位男士卻直接離開了。老爺爺眼睛睜得大大的，驚呆了，只好試圖把卡片撿起，但無論如何都碰不到。因此，我連忙快步上前扶着險些跌倒的老爺爺，並彎腰幫助他撿起那張已被弄髒了的卡片。

待老爺爺站穩後，他連忙向我表示由衷的感謝，聽到老爺爺的話，我興高采烈極了！即使那天令人感到十分沉悶，但是短短幾句簡單的感謝話語，便已經用快樂溶解了沉悶的心情。

從這次經歷，我終於深刻地明白到「助人為快樂之本」的真諦。只要我們願意幫助他人，那麼，心中就會感到快樂，真是一次難忘的經歷啊！



# 我學會了一個道理

5B 何芷澄

「我拿到了，我拿到了，我終於拿到了！」看着手裏那銀光閃閃的獎牌，我心裏概激動又感動。獎牌沉甸甸的，我清楚知道它是得來不易，也明白了「失敗乃成功之母」的道理，我的思緒不禁飄到一個月前……

一個月前，我被老師推薦參加「第二十一屆校際畫畫大賽」，我又興奮又緊張。回家後，我便把這個消息告訴給媽媽，然後就開始練習不同素描的繪畫技巧。剛開始的時候，我怎麼也畫不好那些素描畫，畫那個花瓶總是把線條畫得歪歪扭扭的，像毛毛蟲一樣醜陋。我又憤怒又失望，把畫撕下來，團成一團，丟在地上。



媽媽看見我這個樣子，所以過來關心我，問我是什麼原因，聽清楚原因後，於是把我丟在地上的畫撿起來，打開皺巴巴的紙團，仔細看了我的畫作，然後耐心地告訴我失敗的原因：這裏畫得太快才畫歪了，這裏下筆要輕……我虛心接受了。

日子一天天過去，我在練習時，心裏牢牢地記着媽媽之前指出我的錯誤之處，開始畫得越來越像了。

到了比賽的大日子，我謹記之前失敗的原因，果然贏得了銀牌。我歡呼雀躍，心裏像吃了蜂蜜一樣甜滋滋的！不禁回想：假如我在起初失敗的時候就放棄，而不是耐心找出原因，今天穫獎的就不會是我。

這天，我學會了一個道理——「失敗乃成功之母」，我心裏暗自下定決心，以後在學習上也不會輕易放棄，無論遇到任何困難或挫折，我們都要勇敢面對，找出解決的方法，這才能成功。

# 我最尊敬的運動員

5C 林熙茵

我最尊敬的運動員是被稱為「牛下女車神」的李慧詩。她堅毅不屈和勤奮的性格都很值得年輕的我們學習。

身為全職單車選手的李慧詩，性格十分堅毅。有一次，在二零零六年，李慧詩遭遇了非常嚴重的意外，導致左手嚴重骨折。她經過三次手術都未能完全康復，至今仍然屬於輕度傷殘。但是，她未有放棄，依然堅持訓練，從不考慮退役，而且還以一百三十多公斤的槓鈴作體能訓練。結果，她在二零一零年亞運會取得金牌的成績。

此外，李慧詩也是一個勤奮的人。在二零一六年，她為了準備里約奧運的比賽，曾經接受過四年的「玩命」訓練。於昆明特訓期間，她每天踩功率車，由零秒起動，直至聽到功率車的輪子發出活像狂風的呼呼聲，仍咬緊牙關地練習，永不放棄。在烏雲密佈的一天，李慧詩任由雨水隨着狂風打到自己的身上，她仍然在單車訓練場裏不徐不疾地繞圈訓練。

李慧詩靠着堅毅和勤奮的精神，在不同的單車比賽中取得佳績，值得我們學習。我希望自己能效法她的優點，成為一個堅毅不屈的孩子。



# 助人為快樂之本

5C 梁心弦

我躺在牀上，回憶一下今天所做的一件善事。

今天是一個又晴朗又清爽的日子。日出時，我決定去運動場做運動。突然，天色轉黑，烏雲密佈，正要下大雨。雖然，我有帶雨傘，但是雨勢越來越大，便急不及待地找一個地方避雨。我看到一個老婆婆，她全身濕透，我立即跑過去，並將我唯一的雨傘送給她。

當雨勢稍為緩和，我提議送老婆婆回家，她欣然接受。原來這個老婆婆是獨居老人，她十分感謝我對她的關心。

我帶着一個興奮的心情回家。回到家後，我把整件事告訴給媽媽，她說我是一個好孩子。

經過這件事後，我學會了「助人為快樂之本」的道理，原來幫助別人可以使別人感到被關懷。因此，我決定會繼續幫助別人，令世界充滿着溫馨。



# 我學會了一個道理

5C 謝卓珈

每當我溫習英文默書時，就想起那次的經歷。那次的經歷讓我明白到「一分耕耘，一分收穫」的道理。

九月一日是我踏進五年級的第一天，這個星期真是輕輕鬆鬆地度過了。第二個星期，老師才開始有功課給學生，而第三星期英文老師便派發了一張英文默書內容紙給學生，準備在九月二十三日默書。

當天，在完成八堂課後，我放學回家便馬上完成功課。隨後，我便努力地溫習英文老師派發的那張默書紙。我的目標是拿到滿分，就是一百一十分。但是，我看見那張默書紙，認為默書的內容非常多，有些英文生字又深又長，是我從未看過的，看怕很難達到自己拿滿分的目標。



每天放學，我完成了功課，便會溫習英文默書，時間一天一天地過去，已經到了九月二十三日，是英文默書的日子。不知自己是否因認真地溫習英文默書的關係，我認為這次默書非常簡單。一星期後，老師派發英文默書給學生們。一看分數，我拿到一百零二分，自己感到非常滿意和開心。

我感受到每做一件事情都需要認真，才能拿到好成績。就像這次英文默書一樣，只要肯認真和努力準備，便會拿到高分。讓我明白到一個道理——就是「一分耕耘，一分收穫」。

# 一次助人的經歷及感受

5D 吳雪怡

上個月的星期六，我獨自在巴士站等候巴士。那天萬里無雲，陽光毫不留情地照着我，令我汗流浹背，眼睛也差點睜不開來。奇怪的是，我已經等待了大約十分鐘，巴士還是沒有來。

我等了好久，終於有一輛巴士到站了。疲憊不堪的我一看到唯一剩下的座位，簡直是兩眼發光，開心地坐了下來。不久，巴士停在了下一個站，只見一位老婆婆緩慢地走上巴士。她背着一大堆紙皮，腳也不停地抖動，而且她穿的衣服十分破舊，彷彿輕輕一碰就會爛掉。我環顧四周，看看有沒有人肯幫忙把座位讓給她，可是有些人一看到她走近，就做出睡覺的樣子；有些人只顧看着自己的電子產品，根本沒有注意到老婆婆的存在；有些人竟然盯着老婆婆，像獅子大聲地說：「你別過來啊！」而我發麻的大腿好像也叫我要對這件事視若無睹。

可是，當我看見走近的老婆婆滿佈修補了小洞的衣服，我突然鼓起勇氣，把座位讓給她。沒想到婆婆感動得哭了起來，並舉起了大拇指稱讚我。她告訴我她的兒子正在外地工作，但她不想兒子給她生活費而每天到不同的地方拾紙皮來換取金錢。我聽後深受感動，覺得如果這個社會裏每個人都樂於助人，一定會變得更美好。



我跟老婆婆談得很高興，差點忘記下車呢！下車後，我見到老婆婆正在微笑地向我揮手，不知不覺，巴士越開越遠，我眼看着巴士消失得無影無蹤。

希望老婆婆的生活能夠好起來，更多人能夠幫助這些貧窮的老人家，讓他們安享晚年吧！

# 一次助人的經歷及感受

5D 馬思行

今天，當我收拾房間的時候，看見一張糖果包裝紙，還有一張感謝字條，一陣暖流即時湧上心頭，那次幫助同學的經歷依然温暖着我。



兩年前，老師安排我和悦心同坐，我感到萬般不願意，因為她是一名留班生。她的頭髮總是凌亂不堪，身形瘦小，皮膚黝黑。灰黑的校服上總有一兩滴醬油印，每次考試和默書都不合格。而且她總會擾亂秩序，令身為班長的我十分討厭她。

直到有一天，我跟媽媽分享了對悦心的感覺，媽媽便對我說：「妳有沒有想過幫助這位令妳討厭的同學呢？」我瞪大眼睛看着媽媽，這句話好像暮鼓晨鐘，我心想：是啊！為甚麼我從沒有想過去幫助她？於是我嘗試放下成見，並好好幫助她。

回到學校，我主動提出要幫她背默。每天小息，我都和悦心留在課室裏溫習。由於相處時間多了，她也跟我分享她的家事。原來她的父母早出晚歸，所以她三餐都要外出吃飯，功課也沒有人跟進，更不要說跟她温習了。知道了她的情況後，我恍然大悟：難怪她的校服總是充滿皺褶，成績不佳自然也無心上課了！

老師派發默書的那天，我的心也七上八下。突然，悦心高興得在座位跳了起來，原來她得到九十一分呢！老師也特別誇獎了她，同學都對她刮目相看。第二天，她送給我一顆糖果和一張感謝字條，當我吃下那顆糖果時，味道比平常格外香甜，格外可口。

這次幫助人的經歷讓我深深感受到「助人為快樂之本」的道理。助人就像為他人在漆黑的道路上點上明燈，就算那是一件微不足道的事，也能為人帶來快樂，帶來溫暖，帶來鼓勵。一定會多幫助別人，為別人帶來光明。

# 我最尊敬的運動員

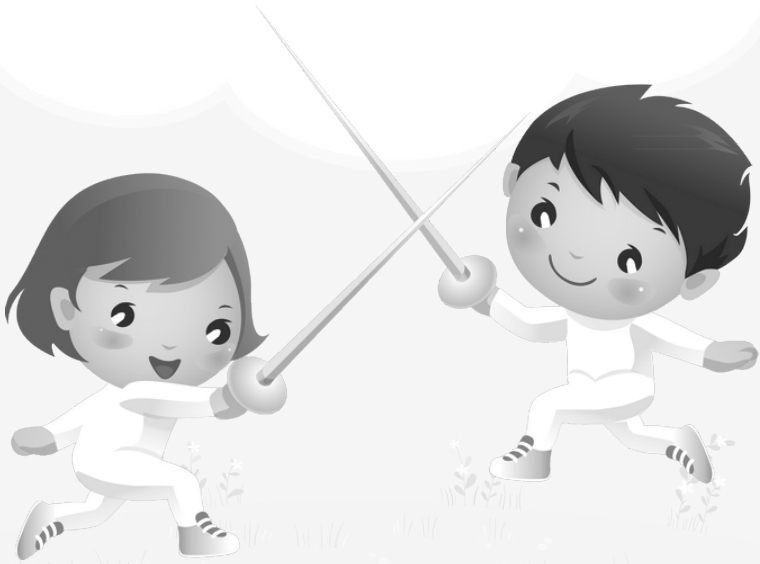
5D 羅婉晴

大家心目中一定都有自己最尊敬的運動員，你知道我最尊敬的運動員是誰嗎？他就是在奧運會得了相隔二十幾年金牌得主——張家朗。

我欣賞張家朗臨危不亂的性格。他在奧運會中的八強賽事，面對強勁的俄羅斯選手，在對方差一分便勝利的關鍵時刻，張家朗臨危不亂，馬上調整心態，連取五分拉平。在最後一分，他們兩個同時刺中對方，裁判判張家朗得分反勝，驚險闖入四強，在場人士無不歡呼喝采。

此外，張家朗是一個能沉着應戰的人。來到奪金之戰，面對曾兩次落敗的超強對手加羅素，張家朗在決賽之初先落後一比四，但他沉着應戰，連贏五分反超前。他繼續利用身高優勢施壓，將比分拋離十比五，對手全力反擊，一道最近至一分之差，張家朗再次站穩陣腳。最終以十五比十一取勝。

張家朗賽後透露會在自己戰鞋上寫上金句——無忘初心，提醒不要忘記打劍的初心，繼續爭取更多佳績。我希望自己能學習他臨危不亂、沉着應戰的精神，在自己的人生路上勇往直前，向成功的路邁進。



# 一份難忘的獎品

6A 王昊晴

「校長已經離開了工作崗位，與嘉諾撒小學無聲地告別。」看到這裏，我便緊緊地握着那支由杜校長親手送給我的鉛芯筆，眼淚亦一滴一滴沾濕了最後一篇由杜校長撰寫的《校長嘉書》。

從杜校長手中接過那支作為獎勵的鉛芯筆的那一幕，還歷歷在目。我還記得那一刻內心的激動，因為我從來沒有想過我會收到杜校長給予的獎品，而這一份獎品正正盛載着杜校長給我的肯定。

宗教科一直都不是我感興趣的科目，自從今年由杜校長任教之後，他的幽默使沉悶的宗教課變得生動有趣；他與同學們的互動使說教式的宗教課變成生活分享。就這樣，我漸漸對宗教課產生了興趣，更促使我在考試前好好準備，最後我在宗教考試中取得差一分便滿分的理想成績。

「要取得四十九分並不容易，這兩位同學一定有好好溫習。」杜校長溫柔地說。當時我在內心回應了杜校長：「對啊！我真的有用心地溫習，認真地上課。杜校長，謝謝您！」

今天，我不但想感謝杜校長給予我一份難忘的獎品，還想感謝他循循善誘的教導。

杜校長，我想念您！願您安康！



# 我真幸福

6A 梁綺喬



幸福是甚麼？幸福就是一種持續時間較長的心靈滿足。為甚麼我很幸福呢？因為我懂得彈鋼琴，擁有音樂天分，所以我認為我很幸福。

首先，我擁有很多漂亮的衣服。記得有一次，我和爸爸媽媽去買衣服，卻看到一位小男孩只穿着破舊的衣服，那時我心想：我真幸福。

再者，我擁有健全的四肢。有些人，他們因天生缺陷或發生意外而導致四肢傷殘。昨天乘坐地鐵的時候，我看到一位四肢傷殘的叔叔，就是因為他之前發生意外，所以導致四肢傷殘。相比那些殘疾人士，我真幸福。

擁有父母的愛也是我幸福的來源之一。每次，爸爸媽媽都把最好的東西給我，但有些人，他們天生就沒有父母，沒有家人照顧他們，所以我覺得我是幸福的人。

不過，我欠缺了運動天分，這令我變得越來越脆弱，所以從今天起，我會每天鍛鍊身體，使我的身體更強壯。

最後，我覺得所有人都是幸福的，不要因為一些缺點而放棄自己，「幸福就是身體的無痛苦和靈魂的無困擾」，要努力面對困難，才會成功。成功是其中一種幸福的來源。

# 閱讀的好處

6A 呂歡荃

「書中自有黃金屋，書中自有顏如玉。」閱讀是一種良好的習慣，多閱讀能讓我們跟得上時代的腳步，毋庸置疑，閱讀是百利而無一弊。

閱讀有很多好處：第一，閱讀可以讓我們足不出戶，卻能夠洞悉世界各地的時事新聞。不同類別的書籍可以提供各方面的知識，例如：歷史書籍可以令我們學習到過去發生了的事情，讓我們借古鑑今，同時亦令我們的見識更深遠。



第二，當你感覺到煩惱時，閱讀可以舒緩工作、學習上的壓力，並陶冶性情。當我們沉醉於「書海」之中，心境會隨着閱讀的時間變得溫和、平靜，並且把壓力及煩惱拋諸腦後，達致心情放鬆的效果。著名神經科心理專家——大衛．路易斯博士說過：「完全投入、置身於一本書是最好的放鬆方法。」可見閱讀可以陶冶性情，令人放鬆。

第三，持之以恆的閱讀已被證實可以防止「阿茲海默症」。在閱讀的過程中，大腦需要不斷處理我們所讀的資料，在大腦長期活躍的時候，大腦退化的可能性大大減低。根據美國一個研究顯示：不讀書的老人比讀書的老人患上「老人失智症」高達四倍，所以讀書可以減少患病的機率。

反之，如果長時間低頭看書，可能會導致近視，或各種脊椎痛症，所以看書也要有適當的休息。

英國文學家——培根曾說過「讀書陶冶性情，足以博彩，足以長才。」可見，閱讀能為我們帶來莫大的益處。我認為是時候讓我們放下手中的智能手機，走到「書本的世界」中尋找屬於自己的「黃金屋」吧！

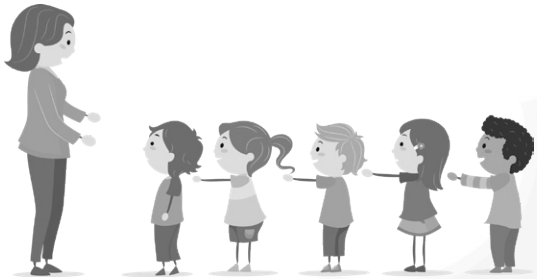
# 守規的重要性

6B 陳蘇珊

在學校裏，老師常常教導我們要守規，但是守規到底有多重要呢？讓我們一起來看看吧！

首先，守規可以讓我們成為一個舉止端莊，有教養的人。試想像一下，我們乘搭巴士，如果大家都能有秩序地排隊，在別人的眼裏我們就是一個個講禮貌，有教養的人，別人就會對我們留有良好的印象。因此，遵守規則，可以讓我們的舉止變得更有涵養，不會讓人覺得你是一個沒教養的人。

此外，守規可確保我們和別人的生活更方便，更安全，例如當我們到商店要買冰淇淋，就要一個一個地排隊，如果我們耐心地等候，很快就可以買到冰淇淋了，這樣對每個人來說都是一種便利。但若有人不守規胡亂插隊，就會造成爭吵，甚是打架！由此可見，守規是一個既便利大家，又能確保大家安全的方法。



然而，如果人人都不守規，一意孤行，例如乘搭巴士時爭先恐後，你推我撞；買東西時，不守規則，胡亂插隊就會引起其他人的不滿。若大家都不遵守各項規則，整個社會的規則就會大亂，嚴重的更會讓人們的生命受到威脅。

總括而言，守規是一瓶集提升素養，帶來便利，守護安全的「良藥」。只要塗上「守規藥膏」，我們就可以成為一個有教養的人；只要塗上「守規藥膏」，我們就可以為自己和別人帶來便利；只要塗上「守規藥膏」，我們就可確保自己和他人的安全。既然守規好處那麼多，我們就應該一起掙脫「頑皮魔爪」，齊齊做個守規的好學生吧！

# 守規的重要性

6B 賴以信

自古以來，社會就設立不少的規則，有人認為守規麻煩，更規範要自由，那麼究竟守規為何這樣重要呢？

首先，守規能令我們的生活有規律。規律就是規定某些事情在特定的模式中進行，譬如每天上學要在八時前回校，那麼這規則就規範了不會有些同學在上午上學，不會有些人在下午才上學；又譬如我們要每天做完功課，準時交齊，那麼就不會有人因懶散以至沒有好好地學習，而老師在收集同學功課時也能確保了一致性及公平性了。由此可見，守規能使我們的生活變得更有規律。

此外，守規能令人減少誤入歧途的可能性，因為規則規範了人們不能進行一些壞事，例如我們不能因貪念而搶掠別人的財物，因為這樣我們有機會受到嚴重的處罰，甚至要坐牢。因此一些壞人可能會因為害怕因不守規而導致的後果而避免做錯事。那麼既能保障社會人士的安全，也能減少我們誤入歧途的機會。



相反，如果我們不守規則就有增加意外發生的機會，例如在走廊、操場上等地方奔跑，就有可能會導致自己和他人受傷；在道路上，如果違反交通規則，也很容易釀成交通意外。所以如果不守規則就會增加發生意外的風險。

總括而言，守規能令我們的生活更有規律，也能減少我誤入歧途的風險。雖然守規會限制了我們的自由，但卻能為我們帶來更多好處，因此我們應該盡力守規。

# 一件難忘的禮物

6B 何卓喬

今天，我在家中收拾兒時的玩具箱看到一個兒童電話玩具，我頓時想起爺爺慈祥的笑容和深邃的眼睛。

在我的兒時，我的朋友都很喜歡模仿成人使用電話的樣子，因此幾乎身邊的每位朋友都會有一台電話玩具，我總是吵着要買一台。一段時間過後，爺爺終於變心軟了，便出外給我買回來。

過了不久，爺爺並帶着我心愛的電話玩具回家。但那時候，我總發現，爺爺好像總是想遮擋着自己的雙手，不讓我看見。當時，我年紀還小，並沒有太在意。

轉眼間，數年過去了，爺爺也離開了我們，到天堂去了。現在已是小學六年級的我跟奶奶談起這件事，我才發現，原來當年爺爺因為太着急替我買玩具，在乘坐舊式巴士的時候不小心跌了一跤。奶奶說由於當時舊式巴士的地板都是使用方格形狀的金屬板造成的，爺爺在跌倒的一刻，下意識用雙手按在地上，因此手臂被鐵片弄傷了，滿手都是鮮血。聽完這件事後，我的淚水不禁流下來，我很後悔。若不是自己貪玩不停地吵鬧，若不是自己頑皮，使不會令爺爺受傷。



這件事令我很難忘，那個玩具電話是我最喜歡和最珍惜的玩具，也是爺爺離開世界前最後給我買的玩具，所以我到現在還好好地把那個電話玩具保留在我的抽屜裏。

# 別了，母校

6B 陳怡婷

「鈴……」溫馨的校園鐘聲正催促我踏入校園。
同學們都知道，
六年的小學生活即將要畫上句號。
此時此刻，心情五味雜陳，
有回憶、有不捨、有感恩，亦有夢想……



踏入校園，
回憶的片段使我停下了腳步。
路過禮堂，
看到昔日站在台上做主持人的我，
台下熱烈的掌聲仍然在我耳畔迴響。
感謝母校，給予我這個舞台，
讓我在這裏可以盡情發揮……

講台上，
老師循循善誘的教導聲，
如黑暗中的燈塔，
引領我們走向光明。
感謝老師，給予我無限的支持，
鼓勵我在學校裏一展所長……

課室裏，
同學們嬉戲的歡鬧聲和笑語聲，
響遍每一個角落，
到處都充滿着我們共同的回憶。
感謝同儕，給予我深摯的友誼，
讓我們有了堅不可摧的感情……

就讓我們在離別之際，
一起許下承諾：
我們要奮發向上，
以夢為馬，不負韶華！
在此，
也祝願我的母校
年年桃李，歲歲芬芳！
別了，母校！

# 閱讀的好處

6C 梁俊豪

閱讀是一種良好的習慣。有人打開書本看見書本裏只有文字，沒有任何圖片，就覺得毫無趣味。對於這種想法，我並不同意。

正所謂「開卷有益」閱讀能讓我們足不出戶也能夠洞悉世界各地的時事新聞。閱讀既可以擴闊我們的視野，還能讓我們學習到新的知識，而且內容應有盡有。「讀書破萬卷，下筆如有神」，書籍是包含知識最多的寶庫，有些書籍能提高學生的寫作水平，避免成為井底之蛙。

每當我完成功課後，我便會到附近的公共圖書館借閱英文和科學類的圖書，因為英文書籍既可以增強我的英文能力，又可以啟發我的思維能力。科學書籍中，我最喜愛的類別是太空科學。因為太空裏有很多奇妙的奧秘，而科學圖書中有介紹很多自然現象的學問，我覺得十分有趣。

綜合以上所述，閱讀帶來很多好處，閱讀可說是有「百利而無一害」，因此我們應該多看書。

# 別了母校

6C 翁梓浩

光陰似箭，歲月如梭。
時間如流水般過去了，此時此刻，心情複雜。
離別在即，你又變得那麼珍貴。
在這裏，我們向母校告別。
是你每天照顧我們，我相信我在你的懷抱中，能編織夢想。
在這裏，我們向老師告別。
是你們教導和提醒我們，我們才不會感到徬徨。
在這裏，我們向同學們道別。
多年的朝夕相處，一起拼搏，我們建立了珍貴的友情。
最後，我承諾我會繼續努力，並祝願母校蓬勃發展。

# 一份難忘的獎品

6D 李鈺婷

今天，我在收拾玻璃櫃的時候，找到了一張遺失已久的獎狀，我不禁回想起那一次難忘的經歷……

在中秋節的前一天，媽媽替我和姐姐報名參加了一個義工活動——探訪老人院。那個活動是在中秋節舉行的，目的是希望老人家也能吃得有尊嚴，讓鰥寡孤獨、無依無靠的長者也能感受到被愛的感覺。

中秋節那天，我和姐姐一早便已經到達老人院。那裏的職員帶我們到廚房，他對我們說：「這裏有超過一半的長者都有吞咽的困難，不能吃硬的東西。」所以我們的任務，就是把雞肉攪成泥狀，然後再把它用雞的模具定型，放進冰箱裏，最後把已定型雞肉煮一下便可以了。步驟聽起來很簡單，但我們可是費了九牛二虎之力才完成的。

完成的時候，已經是下午三時了，長者們紛紛入座，準備吃午餐。我把不久前才完成的午餐放到他們的桌子上，他們看見我和姐姐，還很熱情地向我們問好。看着他們進食午餐時，我心情很緊張，因為媽媽一向都說我在烹飪這方面不太好。但下一秒鐘，我看到長者們既愉快又滿足的表情後，瞬間喜笑顏開，一些長者還向我舉起了大拇指呢！吃過午飯後，我和姐姐便和公公婆婆聊了一會兒，不要小看這短短的時間，和他們的談話內容可讓我獲益良多呢！

最後，我和姐姐還和長者們玩了很多遊戲，例如「呼拉圈傳傳樂」、「拍詞語」、「音樂傳球」、「記憶力遊戲」等。快樂的時間總是很短暫，轉瞬間便到了要離開的時候了，我感到很不捨。



臨走的時候，公公婆婆拿了一張獎狀給我，上面寫着「最佳義工獎」，我感到既驚訝又感動，原來他們趁着我去洗手間的時候，完成了這張獎狀。我走上前和他們拍了一張照片作紀念，並許下諾言：我一定會回來探望你們的！

# 我真幸福

6D 周鈺鏗

幸福的定義是甚麼？就是人生覺得快樂和有意義，以及有家人和朋友的愛、肯定和支持一我相信這些便是幸福的原材料了。有些人常常炫耀他們的人生有多麼精彩。我的人生雖然平淡無奇，我卻覺得已經是上天對我很大的恩賜了，正所謂「平凡是福」呢！

我的人生真快樂！我擁有健康的身體，四肢健全，生活所需無憂。反觀，有些貧窮國家的人，連吃和住也要擔心，生命常常受到威脅，他們的人生完全沒有希望。

我的人生真有意義！我可以擁有自己的興趣，例如打壁球和游泳。我在學校也是童軍隊長、圖書管理員和副班長，能幫助和服務他人，找到自己的價值和滿足感。相比起有些國家的人，因戰亂而忙於逃難，不要說追求有意義的人生，甚至性命也得不到保障。



我的人生充滿愛！我擁有家人和朋友的愛和支持。我快樂時，可以和他們分享；我傷心時，他們也可以分擔我的憂愁。其實，在世界上有很多孤兒，他們一出生就沒有父母，不論他們每天有多信心，也沒有人聽他們傾訴。

「世事豈能盡如人意」，很渴望有兄弟姊妹的我始終得不到。作為獨生子的我要捱過每天放學回家後的孤單寂寞，玩遊戲時也沒有作戰的夥伴。但「塞翁失馬」，正是這樣，我特別珍惜和朋友的相處時光，也因此贏得許多珍貴的友誼。

事實上，我今天得到的「平凡」，是過去至今家人和社會上很多人努力的成果。我很感恩，每天都可以平安地渡過。我希望透過參與義務工作，回饋社會，讓所有人都像我，能感受到無比幸福。


英文科
2021-2022
English
Writing

# I Like Monsters!

1A Chan Sum Wing, Rainie



This is my monster, Goal.
He has two long legs and four long arms.
He has five small eyes and a small mouth.
He has short hair.
He is tall.
He loves playing football.
He is cute.
I love him.
He loves me too.



# I Like Monsters!

1A Yim Lok Tung, Jolie

These are my monsters.
They have long hair.
They are thin.
They have one big eye,
one big nose and sharp teeth.
They have two long legs.
They can fly.
They are funny.

# Fun Time at Kowloon Park

1B Leung Ho Wang, Will



Today is sunny. The children are at Kowloon Park. I can see eight children, a ball and a swing. Alan is riding near the fence. Elsa is reading on the grass. Joe is jumping on the trampoline. Max is playing on the slide. Alex and Cara are playing on the see-saw. All of the children are happy.

# I Like Monsters!

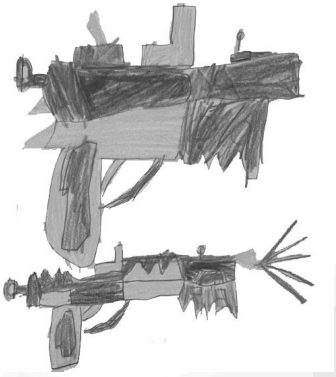
1B Chen Hau Shing, Justin



This is my monster, Peter.
He is big and fat.
He has twenty eyes and ten mouths.
He has six long arms and three short legs.
He is good.
I love him!

# My Toys – Guns

1B Wong Pak Yin, Jason



I have two guns.
They are yellow, red, blue and green.
They are big.
I like these guns.
Do you like my toy guns?



# My Toys – A Bear

1B Wong Pak Yin, Jason

I have one bear.
It is pink and white.
It is small.
I like this bear.
Do you like my bear?

# I Like Monsters

1C Wong Tsz Chun, Mavis



This is my monster, Woolf.
He has three mouths and three big eyes.
He has two big wings and one long tail.
He is funny.
I love him!

# Fun Time at Kowloon Park

1C Leung Chun Kit, Anson

Today is sunny and balmy. The children are at Kowloon Park. I can see some birds, some butterflies, a swing, a slide and a see-saw. Alan is riding a bicycle near the fence. Elsa is reading a storybook. She is on the grass. Joe is jumping on the trampoline. Max is playing on the slide. Alex and Cara are playing on the see-saw. The children are excited and very happy.

# My Puppet

1D Wong Yik Hei, Finn



He is Ben. He has a green T-shirt and blue trousers. He has black shoes.

He is my friend. He is happy and cute.

# My Puppet

**1D Wong Tsz Hei, Tristan**



This is Spiderman. He is a handsome boy. He is very brave. He is a super spider. He has a red mask and a red T-shirt. He has red trousers too.



# My Monster

**1D Han Yu Tung, Nicola**

This is my monster, Nicola.
She is thin.
She has five eyes.
She has three arms and a long leg.
She has a small nose and a big mouth.
She has long hair.
She is in yellow, I love her.

# My Lovely Mother

**2A Lai Tin Oi, Dorothy**

This is my mother. Her name is Agnes. She is a housewife now, but she was a social worker before my sister's birth. My mother takes care of me and my sister. She is good at cooking. She is funny! Sometimes she can't stop laughing at funny things. I love her very much.

# Lazy John

**2A Fan Yan Tung, Hailey**

John has dinner with his family at seven fifteen in the evening. He eats chicken and fish because the food is yummy. He feels full.

Next, John plays with his toys at eight thirty at night. He plays with his new toy plane and robot because they are new. He feels excited.



At eleven o'clock at night, John still plays with his toys. His mother shouts at him because he does not do his homework. He feels scared. His mother is very angry.

The next day, John stands in the classroom because he does not do homework every day. He feels upset.

# Lazy John

**2A Huang Wai, Kerry**

John has dinner with his family at seven fifteen in the evening. He eats a fish and a big chicken because they are yummy. He feels full.

Next, John plays with his new toy, Robot Bobo at eight thirty at night because he loves playing with toys. He is very excited.

At eleven o'clock at night, he is still not sleepy! His mum shouts at him, 'Why don't you go to sleep?' John is scared because his mum is angry!

The next day, John has to stand in the classroom because he does not do his homework. He is sad.

# My Favourite Place at School

**2A Lam Yin Fong, Anya**

My favourite place at school is the library. It is on the second floor. There are many story books in the library. I read books there. We must keep quiet in the library. We mustn't run around because we may disturb others.

I have fun at school every day. I love my school.

# Me and My Family

**2A Ng Cheuk Wing, Wing**

My name is Wing Ng. I am seven years old. My family and I live in Wong Tai Sin. I come to school on foot.



I have one brother. My mother is a housewife. She looks after the family. She is kind. My father is an audiovisual group technical consultant. He works in Causeway Bay. He goes to work by bus or by MTR. He is hard-working.

I love my family. We are happy every day.

# My Beautiful Mother

**2A Louie Chun Hang, Sam**

This is my beautiful mother. Her name is Chun. She is a waitress. She serves food to customers. She goes to work by MTR or on foot. She works in Kowloon. She likes to eat vegetables and she likes to play with me.

# My Favourite Place at School

**2B Li Sze Yiu, Aisily**

My favourite place at school is Reading Room. It is on the second floor. There are many toy animals in Reading Room. I play with toy animals there. We must keep quiet. We mustn't shout because other children cannot hear the teachers.

I have fun at school every day. I love Reading Room very much because I can learn a lot of English there.

# Lazy John

**2B Li Sze Yiu, Aisily**

John has dinner with his family at seven fifteen in the evening. He eats a big chicken and a fish because they are yummy. He feels happy.

Next, John goes to his room and plays with his toys at eight thirty at night. He plays with his new toy plane and robot. He feels excited.

At eleven o'clock at night, John still plays with his toys. His mother shouts at him because he does not do his homework. He feels scared.

The next day, John falls asleep in class because he goes to bed late at night. The teacher shouts at him and he has to stand in the classroom in the morning. He feels upset.



# My Favourite Place at School

**2B Tong Chi Lok, Carson**

My favourite place at school is the computer room. It is on the first floor. There are computers in the computer room. I draw with my mouse on the computer there. We must listen to the teachers. We mustn't eat there because we will make the room dirty.

I like my school very much!

# Me and My Family

**2B Li Sze Yiu, Aisily**

My name is Aisily Li. I am seven years old. I live in Wong Tai Sin. I come to school on foot.

I have one sister and two brothers. My mother is a housewife. She takes care of me and my family. She works at home. My father is a repairman. He repairs kitchen wares. He works in Kwun Tong. I also live with my grandpa and my grandma.

I love my family very much. They love me too. We are very happy.

# Lovely Winter

**2B Tsang Wing Yu, Chloe**

It is cold, dry and windy in winter.
I wear my coat, scarf and my pair of gloves.
I read some books at home in winter.
And I drink hot chocolate and have hotpot.
That's what I like to do in winter!

# My Beautiful and Hard-working Mother

**2C Cheung Sum Yi, Sammi**

This is my mother. Her name is Esther. She is a housewife. She takes care of me and my family. She often cooks delicious food for us. She does a lot of housework every day and checks my homework. Sometimes she goes to the supermarket to buy a lot of our favourite snacks. During the holidays, she takes me to go shopping and hiking.

Mum love us and we love Mum so much.

# Me and My Family

**2C Cheung Sum Yi, Sammi**

My name is Sammi Cheung. I am seven years old. I live in Wong Tai Sin. I come to school on foot.

I have one brother. My mother is a housewife. She takes care of me and my family. She usually goes to the supermarket to buy milk and fruit for us. She sometimes buys me ice cream and potato chips. My father is a supervisor. He works on Hong Kong Island. He goes to work by MTR or by car.

I love my family very much. They love me too. We are so happy.



# My Dream Job

**2C Lau Po Wan, Harmony**



My name is Harmony. I want to be a scientist because I am clever.

A scientist works in a science lab. A scientist makes medicine and new technology. A scientist wears a lab coat.

Here is my picture of a scientist:

# Me and My Family

**2C Loi Lok Cheng, Amiee**

My name is Aimee. I am eight years old. My family and I live in Wong Tai Sin. I go to school on foot. I like eating fish and sandwiches.

I have one brother. He is a lovely boy. He likes eating eggs and fish. My mother is a doctor. She helps sick people. She likes eating oranges and fish. She goes to work by MTR. My father is a policeman. He catches thieves. He likes eating apples and fish. He goes to work by bus.

I love my family. We all love eating fish.

# Me and My Family

**2C Ng Ka Yan, Yan**

My name is Yan. I am eight years old. I live in San Po Kong. I go to school on foot.

I have no brothers or sisters. My father is a delivery man. He delivers food and drinks to people. My mum is a nurse. She helps sick people. My grandma is a housewife. She looks after the family. My grandpa is a retiree.

I love my family. They love me too. We are happy.

# Me and My Family

**2D Ho Sum Yu, Sarah**

My name is Sarah Ho. I am seven years old. I live in Wong Tai Sin. I go to school on foot every day.

I have no brothers or sisters. My father is a security guard. He works in a shopping centre. My mother is a shopkeeper. She sells skin care products to customers.

I love my family. My parents love me very much. We are very happy.

# My Mum

**2D Lau Ka Yu, Zita**

This is my mum. Her name is May. She is a housewife. She takes care of the family. She is a kind mother and she is pretty! Every morning she goes to the market and buys some food. Then she mops the floor and washes the clothes. Mum cooks very well. My sister and I like Mum's cooking. Every day she cooks yummy meals for us. She likes coffee.

# My Favourite Place at School

**2D Tsang Ching Wan, Charlotte**

My favourite place at school is the playground. It is on the ground floor. I play ball games there. We must keep the playground clean. We mustn't run around because we may knock down other children.

I have fun at school every day. I love my school.

# The Greatest Helper at Home

**3A Mong Chun Wai, Tom**

My mother is a housewife and she works until very late. She is hard-working. She does all the housework. She washes the dishes, does the grocery shopping and does the laundry. My mum is as busy as a bee.

My brother and I always help at home. Every evening, I set the table in the sitting room. Also, I water the plants in the balcony twice a week. Not only that, I sometimes fold the clothes in the bedroom.

It is tiring to help at home because it is not as easy as ABC. However, I enjoy helping at home. I love to have a clean home.

# Chester's Way

**3A Chen Qin Yu, Jacky**

(Continue an open-ended story of the mouse Chester)

Victor is always on his own. He looks lonely all the time. In his free time, he chases after the butterflies or studies the ants on the ground. One day, when he is climbing up a tree. He knocks down a beehive accidentally. Many bees fly out from the beehive and chase after him. Victor is frightened and he runs as fast as he can.



Finally, he finds a pond and jumps into it. But he can't swim! He shouts loudly for help. Luckily, Lily, Chester and Wilson are having a picnic together by the pond. Lily hears his squeak and comes to his rescue. From then on, the four mice become very best friends.

Chester and Wilson and Lily and Victor, and Victor and Lily and Wilson and Chester. That's the way it is.

# My Favourite Activity

**3A Hung Wing Hei, Hayley**

Running is my favourite activity. I go running every Tuesday and Thursday at school. I usually run with my classmates.

I like running because I can run very fast. I feel excited when I am running. We sometimes play a game to see who can run faster and I always win. I am happy.

# Happy Sunday

**3B Lee Suet Ying, Garnet**

On Sunday morning, Peter plays football at Happy Park. He kicks the ball and the ball hits the girl's head. The girl is having a picnic with his mum at that time. They have some sandwiches, apples and water. The girl cries because the ball drops on the mat and makes the food dirty.

Peter wants to make the girl smile again. He says sorry to her and teaches her how to play football. The girl plays with him. He feels glad because the girl is happy again.

# Kathy's Interesting Day Out

**3B Chan Kwai Yung, Joanne**

Last Sunday, Kathy, her family and cousins went on a picnic in a country park. Dad and Mum prepared food. They were happy.

Kathy and her cousins played hide-and-seek. The cousins ran away. They were excited.

They could not find the missing cousin, Tony. They tried to find him together. 'Where is Tony?' They said. They were scared.

Finally, they found Tony. They ate food together. They were happy.

# Helping at Home

**3B Siu Ching Yi, Joly**

My mum is the best at doing housework in my family. Every day she vacuums the floor so that it will be clean. She also does the laundry. She collects the laundry and puts them inside the washing machine. She even irons the clothes. She is always very busy.



I sometimes help her with the housework after school. I can help her in my room because I can make my bed and tidy my toys. I sometimes fold my clothes and put them in the wardrobe.

I feel helpful to help on the housework like Mum's assistant. I like doing housework because I can help Mum so that I don't have a messy house.

# Go Hiking

**3B Leung Hang Fung, Jerry**

Last Sunday, I went hiking with my family on a hiking trail in Sai Kung. The weather was sunny. I felt very happy.

Mum and Dad saw a lake and a cave. I went to the cave and I wanted to find something. Mum was worried but I was happy.

I went to the lake and then I saw a girl and a boy. The girl was picking the flowers, and the boy was feeding the fish. But it's not allowed to pick the flowers and feed the fish. I stopped them.

My parents and I enjoyed the hiking and I found it fun in the nature.

# Go Hiking

**3B Wong Sze Ching, Sofia**

Last Sunday, I went hiking with my family on a hiking trail in Sai Kung. The weather was sunny. We felt happy.

There were a cave and a lake. Mum, Dad and I wanted to go to the cave because we felt curious.

When we walked to the lake, I saw a girl and a boy. They picked the flowers and fed the fish.

Their parents were very angry and said 'Isn't the sign saying that you can't pick the flowers and feed the fish?' They were shy and bowed their heads. They said sorry.

# Helping at Home

**3B Choi Wing Hei, Wing**

My mother is a housewife. She takes good care of my family. She makes the flat clean and tidy every day. She mops the floor, cleans the windows, dusts the shelves, washes the clothes and prepares meals for us. She is as busy as a robot.



Dad and I sometimes help with the housework at night time. I clear the dining table after dinner and make the beds. Dad washes the dishes and cleans the kitchen. Mum checks to ensure all the daily housework is finished before she goes to bed. And Dad says it is time to switch off the robot.

# An Unforgettable Day

**3C Lam Hei Chi, Tommy**

Last weekend, Kathy and her family had a picnic in Lion Rock Country Park.

They brought a lot of food such as sandwiches, chips and orange juice. After that, they started to play hide-and-seek. When their family were eating the sandwiches, Tom counted one to ten and the other friends hid themselves immediately.

Tom found all his friends but June. When they were going to give up, they heard a sound. It was June! She was sitting on a tree branch, and she couldn't get down. They were like a cat on hot bricks, they finally called their parents for help.

Their parents found a ladder and helped June to get down. They all breathed a sigh of relief. June also learnt a lesson. She will never climb trees again.

# Helping at Home

**3C Che Hiu Huen, Chloe**

Grandma does the housework at home. She makes meals and washes the dishes in the kitchen every day. She also cleans the table in the sitting room twice a week. I help Grandma with the housework because she is as busy as a bee.

I always help at home. I can help every Sunday after I finish my homework. I usually set the table in the sitting room. I usually feed the pet in the sitting room too.

I am happy to help at home because it is a piece of cake. I like to keep my home clean.

# An Unforgettable Experience

3C Tong Fei Fei, Fifi



Last Saturday, Kathy and her family went on a picnic in Lion Rock Country Park. Kathy's mum and dad prepared food. For example, bananas, sandwiches, apples, pears and cookies.

Kathy and her cousins played hide-and-seek for hours. They felt happy.

Then, Kathy and her cousins got lost in the country park. They could not find Kathy's parents and their cousins. They felt scared.

Later, they saw a man and asked him for help. The man said, "I see your parents and cousins. I can take you there."

Finally, they met Kathy's parents and cousins. They were relieved. They felt happy again. They had an unforgettable day!

# Go Hiking

3C Chow Tak Shing, Vincent

Last Sunday, my family and I went to Sai Kung. We went hiking there. We were happy.

We saw a cave. Mum took some photos. I felt curious.

Next, we went to a lake. I saw a boy. He fed the fish. I saw a girl too. She picked the flowers. But, they must not break the rules. So I was angry!

I shouted at them but they did not listen to me. So I called my parents to come. When they saw my parents, they were afraid. They ran away at once.

# In Happy Park



**3C Chow Tak Shing, Vincent**

Last Sunday, Peter played football in Happy Park. He was happy.

Suddenly, Peter kicked the ball and it hit a girl. She was having a picnic with her mum until the ball hit her.

The girl dropped her doll on the sandwiches. Her doll became dirty. The girl was very angry and sad. She cried loudly.

Peter said sorry to the girl. Her mum cleaned the doll with some water. The doll became clean again. The girl smiled. Peter went home happily.

# My Favourite Activity

**3C Wong Ching Yee, Angel**

I love making models so much. I make models every Sunday. I always make models at home with my brother because we have a lot of fun together.

I like making models in my free time because I enjoy the making process very much. I feel happy and relaxed when I am making models. I will try to make a more complex model next time.



# Helping at Home

**3D Kwok Yat Long, Lawrence**

Mum always does the housework at home. She helps wash the dishes, wash the toilet and clean the windows. Dad helps her with housework once in a while.

I always help do the housework from Monday to Friday. I can help make the bed in my bedroom, dust the shelves in Dad's bedroom, water the plants in the toilet and fold the clothes on the sofa.

I feel tired but happy because I can watch TV for one hour when I help do the housework.

# Go Hiking

**3D Cheung Sum Yau, Angelina**

Last Sunday, I went hiking in Sai Kung with my family. First, we went to a hiking trail. I felt happy. Then, we arrived at a cave. I felt excited and amazed. I thought the cave was dark and dangerous. Mum took photos as a souvenir.

After that, we went to a lake. I saw a boy and a girl. The boy fed the fish in the lake and the girl picked the flowers. I thought their behaviour was bad. I felt angry. I shouted at them to stop but they ran away. I felt unhappy.

Finally, we went home. I was tired but happy. I hope to go hiking with my family again.

# A Day in May Park

**3D Cheung Shing Hong, Joe**

Last Saturday, Tony and his family went to May Park for a picnic. It was a beautiful place. There were lots of trees. They took the food out of the box while they were hungry.

When Tony and his family ate the food at the picnic, a monkey jumped out of a tree and took some apples and bananas from them. Mum and Tony were scared and they screamed.

Dad was angry. He chased the monkey. The monkey jumped on a tree and farted at Dad. Dad was crossed. He climbed on the tree and took his food, but he also fell on the ground.

Tony and Mum ran at Dad. They thanked Dad and called an ambulance and took him to the hospital.

# Picnic in Lion Rock Country Park

**3D Tang Ho Chi, Venus**



Last Sunday, Mum, Dad, Kathy and other children prepared some food and went on a picnic in Lion Rock Country Park.

First, the children played hide-and-seek and ran to some places to hide. They felt delighted.

Next, they couldn't find the uncaught children. They looked into all places but they couldn't see them. They were confused.

Then, they had an idea. They called them to come back and played other games. They played football, badminton and other ball games. They felt excited in Lion Rock Country Park.

# A Day in the Park

**3D Wu Jinyan, Fitty**

In the morning, Peter goes to Happy Park with his mum and his sister. He plays football when his mum and his sister are setting the mat for the picnic. They have sandwiches and apples for lunch.

Peter kicks the ball and the ball hits his sister accidentally. He says sorry to her and makes her laugh. She stops crying and smiles again. Then they eat the food together. They are happy.

# Bad Eating Habits

**4A Ho Ingrid Tsz Yin**



Amy did not have a healthy diet. She liked to eat meat but she did not like fruit and vegetables. One day as she was eating, her mum said that she had to eat more vegetables and fruits now as she would be fat. But Amy did not listen. She walked away to watch TV. Her mum sighed and walked to her room for work.

A week later, Amy's parents took her to a buffet dinner. She ate plenty of fried food. Moments later, she ate a lot of sweets. She gobbled up all the food. However, she started to throw up. Her parents took her to the nearest hospital for a check-up. Then the doctor told them that she had a bad stomachache. She needed to eat more vegetables and fruits. As they were leaving, Amy apologized to her mum for not listening to her before. Her mum forgave her as well.

Now she was a new girl. She was stronger and healthier. She had a smile on her face.

# A Day with My Friend

**4A Ho Ingrid Tsz Yin**

Last Sunday, my friend Jasper and I went cycling in Sai Kung. First, we had a picnic. Then we went cycling. It was a new experience for me. It was my first time to go cycling.

After some time, I was tired, but I didn't know how to stop. I was thinking so hard that I didn't notice that I was about to hit a wall. When I was on the floor, I got up and noticed that I had blood over my knees. I called Jasper for help. He came to me just in time. He called an ambulance.

Seconds later, we were at the hospital. The doctors told me that I had to rest for a week! I was so upset. But Jasper tried everything to cheer me up. Well, I gave in.

A week later, I was better. Jasper asked me to play with him at his home for a welcome party, and I said "Yes!"



# An Accident

**4A Ma Hoi Yik, Kenny**

Last Sunday, I went cycling with my friend Jasper in the Hong Kong Science Park in Tai Po. The weather was good and sunny. There were not many people there. We were joyful and excited at the beginning of the trip.

Suddenly, Jasper fell down from the bicycle and hurt his knee. His wound kept bleeding. Jasper was upset and wanted to cry.

I walked towards him immediately and comforted him. I put a bandage on his wound and looked after him. Then I called an ambulance for help and it sent him to a hospital for further treatment.

After arriving at the hospital, the doctor told Jasper to be more careful and to ride the bicycle slower next time. Also, he asked him to have more dairy products in order to recover his broken bone more quickly.



# A Birthday Party Incident

**4A Yip Ho Shun, Davis**

Today was Louis's birthday. He wanted to celebrate his birthday, so he held a party.

In the afternoon, all his friends and classmates came. Now it was so lively. Louis ate too much. He ate like a pig. He ate a bar of chocolate, a loaf of garlic bread, two packets of sausages, a lot of chicken nuggets, plenty of fish balls and many cupcakes. He drank too much cola. He drank three cans of cola.

After that day, he told his mother that he had a pain in his teeth. His mum took him to a hospital to see a doctor. He said,' You should follow the food pyramid!'

After that, he went home and had his lunch. Now he eats more vegetables and fruit. He eats less junk food and drinks less cola. His teeth do not hurt anymore. He is happy now.



# Jim's Resolution

**4B Chan Yin Sum, Vicky**

On New Year's Eve, Jim was in the countdown party. He had lots of fun in the party. When he was eating, drinking, singing and dancing, some people laughed at him. They said, "You are lazy! You always sleep in class. You always eat junk food in class too." Jim's face blushed and wanted to hide away.

After the party, he went home. He hid in his bedroom and his eyes were full of tears. Then he thought about making a new year's resolution to improve his school results. He picked up his pencil and started to write his new plan. He said to himself, "I want to improve my school results. I am going to do more revision. I also want to stay healthy. I am going to have a healthy diet from now on!"

After a year, his wish came true. His school results did improve. He also had the best results in class! He did stay healthy and he was also the healthiest person in class! All classmates liked him very much because he always helped them when they were in trouble. He put a smile on his face and his eyes were wide open.



# One Year Later

**4B Leung Tsz Yiu, Sofia**

On 31st December, 2021, Jim was at the party room to join the countdown party. Jim was not only eating chicken, potato chips and sandwiches, but also drinking cola happily.

When he was eating snacks, somebody came to Jim and laughed at him because his school results were the worst in his class. He said, "Haha, you got no marks in all your exams!" Jim was sad and did not want to join the countdown. He went back home. His eyes were full of tears.

When he arrived at home, he wrote down his new year's resolutions. His goals include doing more revision, doing more exercise, having a healthy diet, etc.

Suddenly his toy robot, Felix, talked to him. Robot Felix told him to eat fewer snacks. Felix also took out the time machine to travel with Jim to see what would happen on the last day of 2022. They saw that on the last day of 2022, Jim's school results would improve, his school results would be the best in his class. He would become thin and healthy.

Jim felt glad because he was going to change his bad habits. He was going to have a good year in 2022.



# Louis'Terrible Stomachache

**4B Lui Kam Hin, Victor**

One day, Louis received a birthday party invitation from his friend. He was happy to go to the party. At the party, there was so much food. Louis' eyes were wide open. He gobbled up the food.

He gobbled up so much food because he was so hungry. He ate a lot of chips, chicken wings, sandwiches, etc. He drank many cups of cola too.

After the birthday party, Louis had a stomachache and he did not feel well. His face turned green and his lips turned blue. He felt terrible. His mum took him to see a doctor.

After the doctor's diagnosis, he gave Louis some advice, "Louis, you should eat less fried food and junk food, more noodles and pastas, and enough dairy products. You should change your bad eating habits, or you will have a stomachache again!" Louis knew it was so terrible, so he followed the doctor's advice.

Now, Louis is strong and healthy. He seldom gets sick.



# Hungry Louis

**4B Tsang Man Wing, Wing**

Louis' classmates invited Louis to his birthday party. Louis was excited. He was clapping his hands. He was ready to go.

When Louis arrived at the party, he saw a lot of food on the table. After his classmates welcomed him, Louis rushed to the table to eat the delicious food. He started gobbling up all the food, he ate like a pig and he ate as fast as a horse! His mouth was stuffed with junk food and fried food. He also drank a lot of soft drinks. However, healthy food wasn't Louis' cup of tea.

A few hours later, Louis' mum came to pick him up. When they were going home, Louis had a stomachache suddenly. His mum was worried so she took Louis to the hospital. At the hospital, Louis' hands started to shake. The doctor checked Louis' body. He told Louis to eat more healthy food like fruit, vegetables and dairy products. Louis learnt his lesson and would eat more healthily from then on.



# A Greedy Birthday

**4B Tsang Man Wing, Wing**

Last Saturday, Louis was excited because it was his birthday. Louis' mum helped him prepare lots of food that he loved to eat.

When Louis saw the food, his eyes were wide open. He hungrily wolfed down all the food. He ate like a pig too.

On the next day, Louis did not feel well in the morning. His stomach hurt a lot. His mum was worried about his stomach, so she took him to the hospital.

The doctor checked Louis' body and said, "It's sad that you have a stomachache, but if you don't want your stomach gets hurt again, you should eat less fried food or junk food, and you should eat more vegetables and fruit." The doctor gave Louis some medicine.

After that, Louis did what the doctor said and his stomach got well. Now he becomes healthy and he is no longer fat!



# Louis Got Stomachache

**4C Chan Wing Sum, Vincy**

Last week, Louis's friends invited him to join a party. He was excited as he loved junk food so much. He gobbled up all the fried food and drank a lot of soft drinks in the party and went home happily.

However, Louis suddenly got stomachache at night and his mum brought him to the hospital immediately. Doctor said that he ate too much today and reminded Louis that he should maintain a balanced diet.

From now on, Louis eats more fruit and vegetables as he does not want to get stomachache again!

# A Year that Changed Louis Well

**4C Lam Wai Yin, Venus**

One day, Louis went to his friend's party, he felt hungry. He got plenty of fried food and dessert. There were both ten chicken wings and three bowls of pudding. Everyone was surprised that he could eat so much.

He ate all he could get to see on the table. He ate like a pig. A waiter asked him 'Are you okay?' His mouth was fully stuffed with food and said 'I'm OK.'

Then, he did not feel well and he told his mum. His mum was so afraid and brought him to the Mongkok hospital.

The doctor said he got stomach problems. He must eat less fried food and dessert. He should eat dairy products. 'If you don't, your stomach will be so painful. You must drink less cola because it will make you have heart disease. The last advice is that you must eat the medicine.' The doctor said.

# My Best Friend - Marcus

**4C Lau Tsun Shek, Hayden**

My best friend is Marcus. He is my classmate. He is nine years old. I am nine years old too. We are the same age. He has black eyes and black hair. He has a medium nose with full lips. He wears glasses. He is sporty and neat. He is my best friend because he always plays with me.

We like playing erasers and talking in the free time. We sometimes go to the playground to buy some juice.

In the PE lesson, we are in the same team and always win. My team is better than other teams. I go to the library with him and borrow books.

I feel so happy. He is my best friend and I hope to play with him every day.

# I Am a Runner

**4D Cheng Ka Long, Casper**

My name is Casper. I am an 8-year-old boy. I study in Canossa Primary School. My English teacher is Mr. Lui. There are five people in my family. They are Grandma, Dad, Mum, sister and I. I go to school by school bus.

I like running in my free time. I always run in the park and I run once a week. I am good at it and I run very fast like a tiger, but I feel tired when I finish running. I sometimes go running with my dad. I run faster than him. I enjoy running very much.

Another thing about me is that I am good at playing board games. I always win in different games. I never lose in playing board games. I am a board game expert.

# The Resolution of Jim

**4D Yu Chun Kit, Keith**

On the last day of 2021, Jim had a school party. He ate a lot of chicken wings and sandwiches. He also drank a lot of cola.

Jim's friends laughed at him. "You always sleep in the class. You always get zero marks in your exams and you always play video games." Jim's friends said and they were clapping their hands.

Jim's eyes were full of tears. He ran back home and wrote down his goals. Jim wrote the goals which were staying healthy, sleeping earlier and having more revisions. "I am going to do more revision and I am going to go to bed early." shouted Jim.

On the last day of 2022, Jim said, "I am the smartest now!" Jim slept at nine o'clock at night. Also, he had a balanced diet in every meal. Last but not least, he studied every night. He felt very happy and his friends did not laugh at him anymore.



# The Last Day of 2021

**4D Lam Hiu Ching, Whitney**

On the last day of 2021, Jim invited his friends to a countdown party. He also ate a lot of food. For example, chicken wings and sandwiches. He drank a lot of cola too.

Jim's friends also attended the party. When they saw Jim, they laughed at him because Jim always sleeps in the lessons and gets zero marks in his exams.

Jim wanted to change in 2022. Jim said to himself, "I am going to lose weight. I am going to have a healthy diet. I am going to study hard too!"

At the year-end exam in 2022, Jim got eighty marks in three subjects. He got one hundred marks in other subjects! He felt so joyful. His friends were very confused. They popped their eyes out because Jim's change is unbelievable.

# My Dream Job

**5A Yang Ki Yan, Hayley**

My dream job is to be a tennis coach. I like to teach my students to play tennis and give them advice when they are in doubt. As a tennis coach, I need to teach them the correct posture and special tennis skills. I choose this job because I love this sport very much.

If I want to be a successful tennis coach, I need to be patient and good at communicating with my students. I think it is good to have a bit sense of humour in my teaching, so my students will enjoy my training.

To equip myself for my dream job, I need to train harder to improve my tennis skills for the competitions. I hope my dream will come true to be a famous tennis coach in the future.

# A Road Accident

**5A Chan Kok Yuen, Jaden**

Yesterday I went home with Mary after school. While we were waiting patiently at the bus stop, we saw a girl play with her mobile phone on the pavement.

Then we saw that girl cross the road without noticing that the traffic light had turned red. She was so preoccupied with her games. Unluckily, there was a minibus driving towards her while she was crossing the road. It was very dangerous, so Mary and I shouted loudly at her.



However, the girl could not hear us shouting and she kept on crossing.

At that critical moment, I saw a policeman and I ran to him for help.

He acted quickly and he waved to the minibus driver. Mary and I were so worried and anxious. Luckily, the driver noticed the girl on the road and he stopped the minibus immediately.

It was such a loud noise made by the minibus, it gave the girl a great shock. Although the girl was unhurt, she needed to be sent to the hospital for a check-up. What a close shave! Everyone who saw that incident was relieved. Mary and I were glad that the girl was saved. From this incident, I learnt that we should not use our mobile phones and should be alert about the road situation when we cross the road.

# My Dream Job

**5A Lam Hei Wing, Wayne**

My dream job is to be a scientist. Scientists need to have scientific minds because they need to do a lot of research and experiments like what Thomas Edison did in his entire life. I choose this to be my dream job because I am interested in science and I am inspired by Edison's work.

If I want to be a scientist, I need to be good at Science and Maths because I need to do research and experiments to gather information. I need to be creative and patient because I will invent new things to help people improve their lives.

To equip myself for the job, I need to study hard and spend my spare time reading books about science. I need to have great academic results in all my subjects. Although it is a challenging job, I need to be brave to face all the challenges. I hope I can be a great scientist in Hong Kong one day.

# A Shocking Experience

**5B Chan Sze Shuen, Shatina**

Yesterday, Mary and I were waiting for a bus after school. We lined up to wait for the bus. It wasn't crowded at the bus stop. There was a man standing in front of us. I was chatting with Mary to kill time while waiting for the bus.

Suddenly, a woman with a ponytail, earphones and a mobile phone crossed the pedestrian crossing when the traffic lights were red. Unfortunately, a minibus came towards her fast. My mouth was wide open. 'Stop!' I shouted immediately. Hearing the noise, she looked around the road. 'Oh!' She cried loudly when she saw the minibus.

Luckily, the minibus stopped on time. Her legs were still wobbling. After a while, the bus came so I went home. Today, I learnt that we shouldn't use mobile phones as we cross roads.

# The Unforgettable Accident

**5B Chong Kwan Nga, Anna**

Yesterday, Mary and I were waiting for a bus at the bus terminal after school. We waited for an hour but the bus didn't arrive. To kill time, I chatted with Mary.

Suddenly, we saw a girl who was wearing headphones and playing a game on her mobile phone. She was crossing the road but she didn't pay attention to the traffic condition because the traffic lights were still in red. At that moment, a minibus rushed over speedily. My hand was covering my mouth. 'Stop! Stop!' shouted Mary. We were all waving to her and tried to catch her attention, but it didn't work. I didn't know what I could do.

We were waving our hands when a man pulled her back to the pavement immediately. The girl was sitting on the pavement and her hands were shaking. I learnt that we should pay attention to the traffic condition. We shouldn't play games on mobile phones when we cross roads.



# My Dream Job

**5B Ho Tsz Ching, Kristy**

When I grow up, I want to be a chef. I choose this job because I like cooking and learning different cooking skills. As a chef who works in the kitchen, I am responsible for cooking delicious food and bringing joy to my customers.

If I want to be a chef, I need to have good cooking skills. Otherwise, it will be difficult to make customers happy in my restaurant. Other than improving my cooking skills, I need to be responsible, hard-working and cheerful so as to make myself a good chef.

To equip myself for this job, I should read more cookbooks and learn more cooking skills. I also need to be creative and have more ideas to make new dishes. I hope my dream will come true! I want to be the greatest chef in Hong Kong!

# A Traffic Accident

**5B Hui Lok Sum, Alice**

Yesterday, Mary and I were waiting for a bus after school. We lined up at a bus terminal and waited for a long time. We were bored.

Then, I saw a girl who was listening to music with the headphones and looking at the mobile phone. She was crossing a road when the traffic lights turned red. It was very dangerous.

Suddenly, a minibus came towards her. We shouted 'Stop! Be careful!' Unfortunately, she heard nothing. At that moment, the minibus knocked her down. She lied on the road and got hurt. My eyes were popping out because she kept bleeding there.

After that, I met a policeman. He said 'The ambulance is coming. Please wait for a few minutes.' I realise that it is important to stay on the pavement when the traffic lights turn red. I will cross the road carefully in the future.

# My Dream Job

**5C Chan Yu Ting, Tinsy**

My dream job is a lifeguard. I would like to help people in the water. As a lifeguard, I need to help people in the swimming pool, especially children. I choose this job because I like swimming very much!



If I want to be a lifeguard, I need to be good at swimming and saving people in the water. Starting from today, I have to be brave and helpful so as to save the drowning people.

To equip myself for the job, I need to do more swimming exercise to make myself healthy and skilful. I hope I can be a good lifeguard one day.

# A Traffic Accident

**5C Tse Cheuk Kar, Jessica**

Yesterday Mary and I waited for a bus at a bus stop after school. We chatted happily when we were waiting for the bus.

There was a young girl crossing the road at the pedestrian crossing. She was listening to music and using her mobile phone when the traffic light turned red. We were shocked and we shouted at her. But she could not hear us.

Luckily, the minibus stopped in front of her. We were so scared. The young girl was safe but she was terrified. I learned that we should not use our mobile phones when we are crossing the road. It is dangerous.

# A Two-Day Trip to Hong Kong

**5D Chu Long Yin, Aidan**

To: sarah@yahoo.com
From: friendsforever@hotmail.com
Subject: Re: My visit to Hong Kong

Hi Sarah,

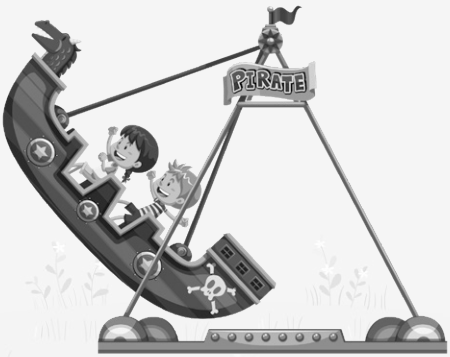
Thank you for your lovely email. I can't wait to see you. I haven't seen you for so long. Hong Kong has a lot of new things to explore. I can't wait to play with you.

I want to take you and your family to Ocean Park in the morning and afternoon. We will take the MTR to get there. We will ride on some exciting rides, like the pirate ship, bumper cars, or even the most exciting roller coaster. If you don't like these rides, we can see the animals and pretty coral.

In the evening, we can go to Tsim Sha Tsui for shopping. We can go either K11 Musea or Harbour City for shopping. There are a lot of shops that we can go to. We can go to Peninsula Hotel to have a buffet dinner.

The next day we will go to Ngong Ping Village, we will take a taxi there, it is not far. We will ride on the Ngong Ping 360 Cable car. Then we will go to the Ngong Ping Village.

Yours,
Aidan



# My Dream Job

**5D Ma Sze Hang, Gloria**

My dream job is to be an astronaut. An astronaut needs to perform experiments at the space station, travel in a spacecraft and work in space. I want to do this job because I am interested in space science and celestial study. Apart from this, it's extremely exhilarating to go for spacewalks, learn more about what is beyond our planet and see our planet from space.

To be an astronaut, I must have a few main things under my belt. I need to be good at Maths and Physics and be hard-working because an astronaut needs to do a lot of research and calculations. I also need to be strong-minded because when I am in outer space, I need to float around in a crowded spacecraft and handle many unexpected problems. I need to be patient too because I will be required to spend months or even a whole year away from my friends and family.

To achieve this dream, I need to work hard now to become a scientist. Going to space seems like a big adventure. I hope I can be an astronaut as my future career.



# A Bad Day

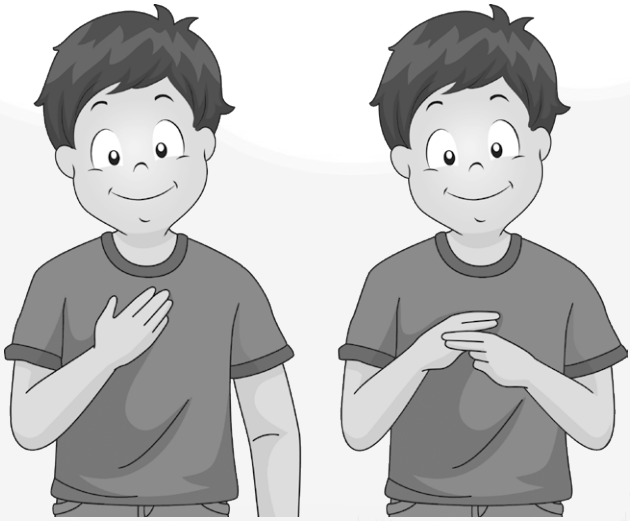
**6A Chan Lok Kwan, Quintus**

Last Thursday night, I watched TV and ate chips in the living room. Since I was focusing on the TV, I didn't know it was late.

The next day, I woke up and I felt uncomfortable. I tried to speak but I couldn't. Then I realized that I had got a sore throat. I guessed it was because I stayed up too late the night before.

However, I had an oral exam so I packed and went to school. I thought it would be fine. However, when the teacher asked me questions, I was shocked that I couldn't speak. I got butterflies in my stomach. Maybe it was because I was too nervous or I had a sore throat.

I tried to use body gestures to express what I wanted to say but I gave up in the end because the teacher didn't understand. Luckily, the teacher gave me a second chance to do the exam. She was so kind and I felt grateful to her.



# A Bad Day

**6A Lin Sarah**

Last Friday, I had a sore throat.....

On Thursday night, I ate a lot of potato chips and watched TV for a long time, but I forgot I had an oral exam the next day. I continued to watch TV until very late.

When I got up on Friday, I felt I had a sore throat. I was under the weather but I still went to school. In the second lesson, the teacher told me to do the oral examination. I was shocked because I couldn't speak. I was nervous. The teacher said I needed to drink more water and I shouldn't eat too much junk food.

After that, I followed her advice. Slowly, my throat got better. I was over the moon!

I was lucky because the teacher gave me another chance to do the oral exam.

# Self-Introduction

**6A Ng Wing Yee, Kathy**

I am Kathy. I am twelve and I live in Wong Tai Sin with my family. I study in Canossa Primary School which is located in Wong Tai Sin.

I am helpful and I always help my classmates and teachers at school. I have been a prefect for two years. I can learn to be a leader and build up my confidence.

I like Chinese most because this language is extensive and profound. Many excellent and artistic works were written in Chinese.

My favourite book is 'The Little Prince' by Antoire de Saint Exupery. It is about a little prince who is concerned about why grown-ups are only interested in figures or matters of very little importance in life.

# A Lesson for Sam

**6B Chan So Shan, Susan**

On Thursday, Sam stayed up late to play online games. He didn't do his homework. It was already half past eleven, but he was still playing. He finally went to bed at three.

The next day, Sam put a bandage on his right arm and went to school. When it was time to hand in the student's homework, Sam didn't hand in. His class teacher Miss Chan questioned him about his homework, he lied. He said, 'I broke my arm when I was sweeping the floor yesterday.' Miss Chan said, 'Oh! If I were you, I would do the homework after I have recovered.'

After that, Miss Chan started the lesson. She told the students, 'Today is class outing day. Please get ready now. Sam, you will stay at school since you have a broken arm.'

Sam was shocked. He has already forgotten about that! At last, he could not go to Ocean Park. He was ashamed of himself. 'Why did I tell a lie like that?' he thought. He will not tell lies again in his life.



# A Bad Day

**6B Chen Yi Ting, Cindy**

Last Thursday, I finished my final writing exam. I could finally take a break. Therefore, I stayed up late and watched my favourite TV programme. Time flew by, my eyelids got heavier and heavier, I rubbed the drowsiness away from my eyes and decided to go to bed.

The next day, I got up early for school. I totally forgot I had an oral exam! Worse still, I had a sore throat from binge-eating junk food the night before. The pain and scratchiness felt like there were many tiny needles pricking my throat. Feeling worried, I started fidgeting with my pencil, hoping that the teacher wouldn't call me for the oral examination. However, luck was not on my side, I was the first one to be called. My lips quivered, and I could barely keep my teeth from chattering. I took a deep breath and tried my best to deliver my speech. Upon hearing my hoarse voice, my classmates and teacher were deeply shocked.

Eventually, I used another method - body gestures, to tell my teacher about the problem. Luckily, she decided to give me a second chance instead of giving up on me. A smile hung like a crescent on my face.



From this incident, I learnt that I should be mindful of the important things in life and take good care of my body.

# A Bad Day

**6C Cheng Tsz Hei, Carson**

Last Thursday night, I stayed up late and ate a lot of chips. I watched a new cartoon. I felt free because my mum and dad were on staycation.

The next morning, when I got up, I felt unwell. I got a sore throat since I ate a lot of chips. I worried about the speaking exam I was going to have in the afternoon but I still went back to school.

During the oral exam, the teacher asked me some questions but I could not answer. The teacher was shocked and I was embarrassed. I could only use some body gestures to express my ideas which was unacceptable. Finally, I failed the exam.

Mum took me to the clinic after school. The doctor advised me that I should drink more water and stay in bed. At the same time, Mum also called my teacher to tell her my situation. The teacher allowed me to do the exam again the week after. I had to do it well. I dared not eat chips before the exam and I would sleep early too.



# A Bad Day

**6C Tan Wing Ching, Wendy**

Last Thursday night, I stayed up late. I watched a cartoon and ate chips until midnight. It was because my parents worked on the night shift.

When I woke up the next day, I had a sore throat. I could not speak. However, I would have an oral exam in the afternoon. I was nervous. I did not want to fail my exam.

When I was having an oral exam in the classroom, I could say nothing. The examiner, Miss Wong, was shocked as I always perform well in speaking. I tried to express myself with my body gestures. The teacher did not accept it and stopped me.

Fortunately, Miss Wong gave me another chance and I could present again the week after.

I must not miss the chance this time. I would never stay up late or eat snacks before an exam.



# My Dream Job

**6D Chow Yuk Hang, York**

When I grow up, I want to be a doctor. I want to be a doctor because I am a kind and caring person. I enjoy helping and taking care of sick people. Also, I am curious and always want to find out more about the human body.

If I become a doctor, I will give sick people medical advice and medicine to help them feel better. I will do operations to fix a damaged part of a human body.

Doctors need to be good at communication so that they can talk to patients who are from different countries. They cannot be careless because it will harm the health of patients.

I am going to study hard so that my dream can come true. I am going to read more books so that I can understand more about the human body. I am going to practice my listening skills so that I can be a good listener.



I hope I can be a doctor when I grow up. Maybe you will be my patient in the future.

# My Dream Job

**6D Lee Shing Him, Jayden**

When I grow up, I want to be a flight attendant because I like travelling around the world. I enjoy meeting people from different countries and talking to them. I am very curious, I want to visit different places in the world.

If I become a flight attendant, I will talk to different people from different countries. Therefore, I need to learn different languages.

I am going to study hard so that my dream can come true. I am going to learn different languages by taking courses so that I can talk to people around the world.

I hope I can be a flight attendant when I grow up. Maybe I will serve you on the plane in the future.

# My Dream Job

**6D Li Yuk Ting, Esther**

When I grow up, I want to be a social worker. I want to be a social worker because it is a meaningful job. I am caring and I enjoy helping people.

If I become a social worker, I will be a good listener. I will help them solve their problems and improve their lives.

Social workers need to be patient and considerate so that they can comfort people.

I am going to study hard so that my dream can come true. I am going to attend some courses to improve my communication skills.

I hope I can be a social worker when I grow up. Maybe I will help you in the future.


視藝科
2021-2022
視覺藝術
作品



1A 李俊宇 親親小貓



1A 陳深穎 星球



1A 曾逸朗 親親小貓



1B 劉澧耀 母親節鏡框



1B 徐渝喬 糕點



1C 陳宥妍 親親小貓



1C 黃梓臻 彩虹鳥



1C 黃梓臻
幾何圖形設計文件夾



1C 蔡以雅 動物禪繞



1D 李浚禧 彩虹鳥



1D 鄭奕飛 彩虹鳥



2A 伍乙甯 點點印印拼貼畫



2A 伍倬穎 花花世界



2A 黃瑋 夜幕臨下



2A 鄭子睿
點點印印拼貼畫



2B 周芊妤 生日蛋糕



2B 趙蔚晴 惡夢



2B 潘彥霏 夜幕臨下



2C 伍福籽 圖案的排列



2C 鄭巧琳 圖案的排列







2C 黃卓怡 夏日物語



2D 呂梓豪 夜幕臨下





2D 車姿雅 夜幕臨下



2D 劉嘉愉 夜幕臨下



3A 周晉賢 水果



3A 殷暐潼 民間虎



3B 張皓然 立體車



3B 余詩雅 浮雕多用鏡



3C 陳芷晴 小息



3D 鄧皓之 色輪



3D 林煜珈 遇見惡犬



3D 吳金妍 創意絨布領呔




3C 湯斐斐 創意絨布領呔



4A 何子言 飛鳥



4B 雷錦軒 排排坐



4A 莊詠希 奇雨



4B 鄭愷萱 貓咪剪影



4C 梁幸鈺 貓咪剪影



4C 許芊羽 禪繞木牌



4C 陳家欣 貓咪剪影



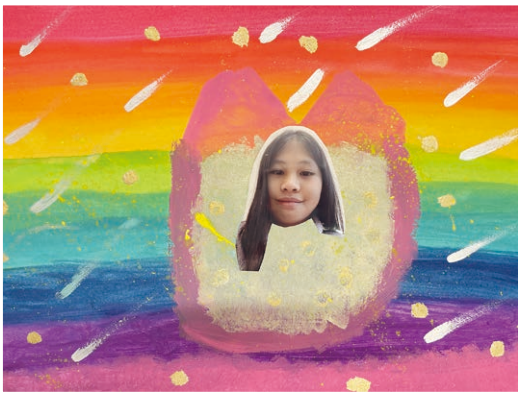
4D 吳琬螢 貓咪剪影



4D 趙蔚妍 排排坐



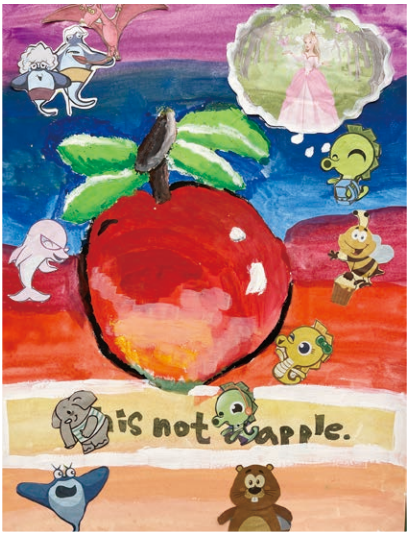
5A 楊淇欣 不一樣的漫遊世界



5A 黎穎喬 不一樣的漫遊世界




5B 宗芷喬 真是超現實




5B 鄧喬之 真是超現實



5B 許洛琛 樹木



5B 王藍欣 假如我是哈利波特



5C 李熙怡 向日葵



5C 林熙茵 向日葵



5C 陳禹婷 曼陀羅



5D 朱朗延 真是超現實



5D 馬思行 真是超現實



5D 黃逸琳 真是超現實



6A 馮卓楷 風光如畫



6A 王昊晴 風光如畫



6A 謝璟玥 風光如畫



6B 林樂兒 我要做老闆



6B 蘇佩琳 色彩



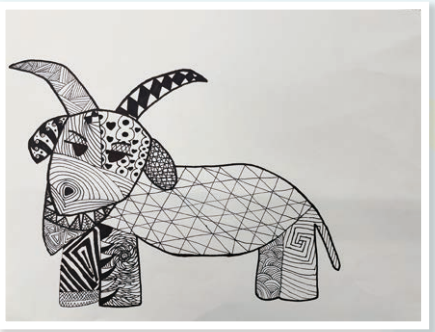

6B 陳蘇珊 奇異的髮型



6C 何心怡 活出我名字



6B 黃穎彤 星夜



6D 陳穎琪 動物禪繞



6C 李俊德
星空下的青馬大橋



6D 鄭芷睿 動物禪繞



6D 阮婉 奇異的髮型

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