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逛超級市場

1A 何思潁



今天,我和爸爸到超級市場購 物,我打算買糖果、餅乾……我感 到十分高興。

在超級市場裏,我看到各種各 樣的東西,有牛奶,有水果,還有

巧克力。

購物時,我和妹妹在超級市場裏奔跑。爸 爸說:「不可以在超級市場裏奔跑!這是十分 危險的,還可能失平衡跌倒。我聽到爸爸說 的話,立即跟妹妹說:「我們不要再奔跑了。」

最後,我和妹妹向店長道歉:「我們知錯 了。」我們都感到很後悔,也明白到:在超級 市場裏要守規。



我最喜爱的玩具

1B 林彦妤



我最喜愛的玩具是音樂變身 棒,那是媽媽買給我的。

這件玩具是彩色的,它最特別

的是有閃亮的寶石設計,一按心形鍵,便會發 出動聽的音樂,寶石也會閃動起來。

因為它來自一個美少女會變身的卡通片, 所以我十分喜愛這個玩具。



給大樹的禮物

1B 李善予



我會送籬笆給大樹,因為他為 我付出了所有,所以我要好好珍惜 他。



復活節假期的一天

1B 李善予



復活節假期的一天,爸爸、媽媽帶我和弟弟一起到<u>海洋公園</u>玩耍。

海洋公園裏,有「翻天覆地」, 有「極速之旅」,還有「雷霆節拍」 等的機動遊戲。

在那裏,我和弟弟一起玩了「極地時速」, 我還玩了「超速旋風」。雖然疲倦,但我感到十 分開心。

下午四時,我們才依依不捨地回酒店休息 去了。



沙灘上

1D 周晉希



星期天,天氣炎熱,爸爸、媽媽帶我和妹妹一起去<u>蝴蝶灣泳灘</u>游泳,我感到十分興奮。

到達後,我看見深藍色的大海,沙灘上有金黃色的細沙,還有高大的樹木。

我們在沙灘上先玩了堆沙,我們堆了沙堡,還堆了小魚,我感到十分高興。之後,我 們便拾貝殼。

接着,我們便游泳。游泳時,我看見防鯊 網外面有一條鯊魚,我十分驚訝。於是,我立 刻返回岸上告訴爸媽。

我們玩到黃昏,才依依不捨地離開沙灘回 家去。



我最喜爱的食物——冰淇淋

1D 邵梓謙



我最愛吃冰淇淋 它是彩色的 它是甜甜的

它是上圓下尖的 就像一把火炬

我最愛吃冰淇淋 因為它很美味



我的好朋友

2A 霍恩彤



我的好朋友是<u>李禕靖</u>,她是我的鄰座同學。我們在幼稚園認識的。她是 一個勇敢的人。

她有一張瓜子臉。她的臉上有一 雙水汪汪的大眼睛,就像兩顆黑色的 4時母,以海路內根

葡萄。她笑的時候,小酒窩會開心地跳出來。她的 頭上有鳥黑亮麗的頭髮,她經常束着馬尾,樣子十 分可愛。

記得有一次,我和她到公園遊玩。在公園裏,有一個十分高的攀石場,她可以獨自往上爬,所以 我覺得她十分勇敢。

我在她身上學會了要主動積極。我希望我們可 以友誼永固,如果日後她遇到困難,我一定會幫助 她。



給大樹的感謝卡

2B 郭靖

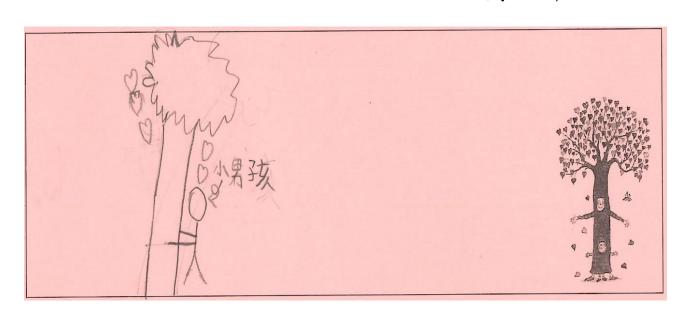


親愛的大樹:

謝謝你為我遮風擋雨。感謝你每 天聆聽我向你訴說的開心和傷感的事 情。希望將來的每一天,我也會和你

在一起。

爱你的小男孩上 四月二十五日



童詩練功房——海豚

2B 林愷悠



眼睛圓圓像波子, 身體光滑像豆腐, 尾巴尖尖像剪刀。

海豚是一個游泳選手, 在大海中與其他海洋動物比賽。

> 你開心地對我微笑, 有禮貌地向我揮手。

> 啊!温柔的海豚, 真想抱抱可爱的你!



糖果雨

2C 楊海賢

有一天,我約了<u>小琪、小明和小琳</u>一起到草地上玩耍。我們玩了足球、捉迷藏和跑步比賽,大家都玩得很高興。

當我們正玩得興高采烈時,突然,天 上掉下很多很多的糖果,<u>小琪</u>興奮地大叫:「糖果雨啊!糖果雨啊!」掉下來的糖果是有很多不 同形狀的,我們也在研究糖果雨是從何地來的。

天上怎會突然掉下糖果呢? 大家都覺得十分奇怪,於是我們來 到森林找一找線索。走了很久,我 們看見了小狐狸、蝴蝶小姐……我 們又走了很久,終於找到是誰變 糖果了!原來是鯊魚精靈在施展 糖果雨魔法,我們都很驚訝。



原來牠想感謝大家不吃魚翅,才變出糖果來。我們 還把糖果放進潛水機械人去送給其他小朋友,大家都很 感謝鯊魚精靈。

一次難忘的家庭活動

2D 張柏怡



九月二十六日,我和家人到樓下 公園玩耍,那天天氣十分炎熱。

到達後,我看見有很多小朋友在 玩耍。公園有一條滑梯,還有一個蹺蹺 板。

最難忘的是我跟哥哥和爸爸賽跑,跟妹妹玩蹺 蹺板,我們一家人還一起跳繩。我真的很開心,因 為我很久沒試過跟家人到公園玩耍了。

黄昏的時候,我依依不捨地離開。我希望疫情 好轉的時候,可以再來玩耍。



一次與家人郊遊的經歷

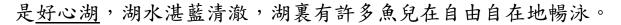
3A 陳廷禮



看到照片上一張張歡欣的笑臉,不禁令我回想 起復活節假期,我們一家人去<u>茂名露天礦生態公園</u> 郊遊的情形。

那天陽光明媚,我 們一家人到茂名露天礦

生態公園郊遊。那裏空氣清新,綠樹成蔭,一片鳥語花香。最令我印象深刻的



我們沿着<u>環湖路</u>漫步前行,來到一間小木屋。木屋周圍是一片 綠油油的草地,我和姐姐一起在草坪上玩飛機。一開始,我的飛機 老是「自殺式」往下掉,在姐姐的指導下,我才掌握了控制的方 法,我的飛機終於飛得又高又遠了!

之後,我們繼續向前走,到達一個很有特色的涼亭,涼亭是連一顆釘子都不需要用的全榫卯結構木質設計,我們就在這兒野餐。午餐後,我和姐姐去放風筝,我正玩得高興,突然來了一陣大風,風筝差點兒就碰到電線桿了!爸爸趕緊把風筝拉了回來,它才逃脫了電線桿的「魔爪」,真是驚險萬分啊!

到了黄昏,我們將要回程了。我們在草地上拍照,把這美麗的一刻留下來。我依依不捨地對公園說:「我一定會再來探望你的!」

誰來了?

3A 黃梓燿



誰來了? 漆黑的夜空俏皮地眨眨眼睛, 好像老師在黑板上劃了一筆。

誰來了? 孤單的晚空忽然滿天閃閃發亮, 好像黑色天幕上佈滿閃爍不停的寶石。

> 誰來了? 人們立刻興奮大叫起來, 許願啊!許願啊! 願望就會成真了!



假如我會飛(一)

3B 鄭嘉樂



我一直在想,如果人會飛,會怎麼樣呢? 翅膀又能怎樣長到人身上呢?

直至 2059 年,這些問題終於得到了答案!這年, 人們成功研發出機械翅膀,人們只要穿上它,並按下 開關,就可以自由自在地飛行了。

為了體會飛的感覺,我搶先做了試驗者,一開始 飛,我整個人輕飄飄的往上飛行,真有種「飄飄然」的感覺。我在飛 翔……飛翔……十分陶醉。

忽然,我聽到媽媽的呼叫聲:「兒子,起床啦!再不起床就遲到了!」原來一切都是夢,但我對「飛」的熱情,仍然無法磨滅,真希望人類能研發出「翅膀」呀!

假如我會飛(二)

3B 鄭嘉樂



假如我會飛 我會飛到戰場 去給災民温暖和快樂

假如我會飛 我會飛到世界各地 遊覽各地名勝古蹟

假如我會飛 我會飛到亞馬遜森林 撫摸那些可愛的猩猩

春天

3C 蔡懌



誰來了? 小草們急急忙忙地打開衣櫃, 換上簇新的綠衣迎接新一年。

誰來了? 正在冬眠的動物被暖風叫醒, 再次在綠油油的草地上上學。

誰來了? 露水先生教導每一顆小種子, 怎樣才可以成為漂亮的花。



給大樹的感謝信

3D 陳力錡



親愛的大樹:

感謝你對我無私的付出,你無懼風吹雨 打,日曬雨淋,依然屹立不倒為我不斷付出。 你為我吸入車子所排放的二氧化碳,釋放出更

多氧氣,讓我可以呼吸到更新鮮的空氣。你讓我躲在你的樹蔭 下乘涼,使我無懼太陽伯伯的煎熬。你結出一顆又一顆美味的 蘋果,讓我生津解渴……最後,我想衷心跟你說聲:「謝謝!」

祝

百年樹木

小男孩敬上 四月二十五日



一次與家人郊遊的經歷

3D 楊綽蕘



看着照片上的歡欣笑臉,令我情不自禁地回 想起那次學校的親子活動。

那天是幼稚園高班秋季旅行,爸爸媽媽和我 到<u>北潭涌渡假營</u>旅遊。首先我們到了充滿大自然 氣息的公園,那裏有綠油油的草原,像棉花糖一

樣的白雲,還有五彩繽紛的花朵。我和同學們玩遊戲弄得滿頭大汗,於是老師便建議我們稍作休息。

接着,我們到野餐區吃了些小食。 突然,有一隻頑皮的猴子偷了我們的 食物,我被那隻猴子嚇得心驚膽跳。



然後,我們前往行山。因為路上有

很多石頭,所以我摔倒了。我的膝蓋血如泉湧。當時我非常緊張, 幸好媽媽帶了一些急救用品以防萬一,很快便把傷口止血了。因 為傷口非常疼痛,令我學會了下次行山要小心一點。

雖然那天發生了一些不幸的事情,不過只要可以和家人在一起,無論發生甚麼事情,也會變得愉快。我們要緊記一句說話, 「沒有任何事比家人重要」,我會好好珍惜和家人相處的時間。

《爱花的牛》故事改寫

4A 何啟匡

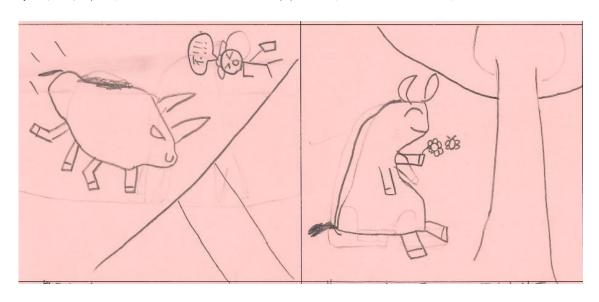


<u>費迪南</u>被逼來到鬥牛場,牠戰戰兢兢地走 到鬥牛場的中央,非常害怕地望着鬥牛勇士。

門牛勇士不斷要求<u>費迪南</u>開始門牛活動, 但<u>費迪南</u>拒絕,並堅決地說:「我不是鬥牛!」

<u>費迪南</u>再也忍不住了,牠往反方向跑,並用盡全身力氣撞 向鬥獸場的外牆。

<u>費迪南</u>撞破了外牆,並逃了出去,從此以後,<u>費迪南</u>再也不需要鬥牛了,而牠也能繼續過愉快的生活了。



刁蠻的堂妹

4A 何啟匡



我的堂妹,最適合形容她的詞語莫過於「刁蠻」 了。她有一雙炯炯有神的大眼睛、瘦削的身形,五官 很分明,手腳一樣是幼幼的。最可怕是,當她生氣時 會滿臉通紅,而且搖身一變變成一隻「速龍」,用長 長的爪子(指甲)攻擊其他人。我當然也是受害者之

有一次,我、妹妹和她玩飛行棋,我比她快一步到達終點,刁蠻的她便開始大哭大叫起來:「不公平!不公平!」於是,叔叔便開始安慰和教導她,但她冥頑不靈,不僅不停下來,而且還反罵叔叔,更大力把棋子踢走。其實叔叔已經很有耐性了,沒有罵堂妹,加上我們並沒有作弊,但她卻不斷埋怨不公平,我們真是感到莫名其妙。這次也是我第一次覺得她是一個刁蠻任性的女孩。

之後,一個假日的早上,弟弟正在靜靜地玩玩具,突然堂妹把他的玩具車一把搶走,我立刻上前阻止她,堂妹立即化為速龍,大聲地尖叫起來,震耳欲聲,結果驚動了長輩過來,他們還差點誤會我欺負她呢!

這個堂妹真刁蠻!但願有一天,她可以變得不那麼刁蠻,與我們和睦共處吧!

海豚的自述

4B 陳俊儒



大家好!我是一條美麗的海豚,體型粗壯, 背鰭矮,呈現三角形,嘴修長。我的身體是灰 色的,浮升時嘴喙露出水面,潛水時背部明顯 拱起,尾鰭會揚升出水。

有一天,我在家裏感到很苦悶,我便去八爪魚<u>明明</u>的家,相約他去玩耍。我約他在三時半去深海探險。<u>明明</u>到了,我們就游去深海裏,不久,我們便發現了一艘沉船,我們往裏面一探,竟發現許多寶藏!裏面有很多晶瑩剔透的寶石和亮晶晶的金幣,我們開心地拿了一些寶石和金幣。當我們離開時,遇到了一條凶神惡煞的鯊魚,他準備吃掉我們。正當我不知所措時,明明噴出墨汁,讓鯊魚無法看清四周的環境,助我們逃脫。

晚上,為了答謝<u>明明</u>,我邀請他來我家吃飯。所謂「患難 見真情」,希望我和明明的友誼永固!



遊濕地公園

4B 賴柏澄



昨天,爸爸媽媽帶我到位於<u>天水圍濕地公</u> 園路的濕地公園參觀,我們乘坐輕鐵到那裏遊 玩。我一踏進<u>濕地公園</u>,便看見很多動物的石 像,我感到既興奮又期待。

從入口進入涼快又舒適的訪客中心,向左,沿着小路往前走,便到達<u>貝貝之家</u>。我看見一個寬大的水池上有一些綠油油的植物,懶洋洋的鱷魚<u>貝貝</u>與周邊的環境融為一體。<u>貝貝</u>打呵欠時張開了大口,牠的大口彷如一個黑暗的洞穴,令我覺得<u>貝</u>十分可怕!有很多遊人在圍觀<u>貝貝</u>,有的人在拍照,有的人在逗<u>貝貝</u>玩,有的人唱歌給<u>貝貝</u>聽,令原本寧靜的<u>貝貝之家</u>突然變得熱鬧起來。

我們走出<u>貝貝之家後</u>,一直往前走,很快便來到<u>溪畔漫遊徑</u>。我走在小徑上,清幽的荷花香氣撲鼻而來, 婚艷欲滴的荷花就像一位美麗的小姑



娘佇立在荷葉做的小船上。荷花池旁邊的小瀑布像絲綢一樣,在温暖的陽光下銀光閃閃,並不斷發出洪亮的「沙沙」聲。

經過<u>溪畔漫遊徑</u>後,沿着<u>演替之路</u>,就會到達<u>河畔觀鳥</u> 屋。我從屋子內遠眺,看見多不勝數的鳥兒,有小白鷺、黑臉 琵鷺、琵嘴鴨……有些鳥兒在高歌,有些鳥兒在跳舞,有些鳥 兒在玩樂器,非常熱鬧,我彷彿在這裏聽了一場美妙的音樂 會。

離開河畔觀鳥屋,繼續往前走,便會到達紅樹林浮橋。沿着紅樹林浮橋緩步而行,兩旁滿是紅樹。我看見一些精神奕奕的招潮蟹在大搖大擺地「橫行」,揮舞着牠那猶如一面盾牌的大螯足,威風極了!而牠們的「鄰居」——彈塗魚,正在「噗通、噗通」地歌唱。我抬頭一看,原來已經日落西山了,於是,我們便依依不捨地離開了。

濕地公園綠意盎然,鳥語花香,令人身心舒暢。這次參觀 讓我認識了很多居住在紅樹林和濕地裏的動物,令我大開眼 界呢!



爸爸,謝謝你!

4C 李迦南



去年夏天,我在會所的泳池用游泳圈游泳 時,我的好朋友都已經學會了游泳,所以我也 希望學會。

開始時,我嘗試拋開游泳圈,扶着泳池邊游,之後我慢慢地放開手,突然我嘴裏灌了幾口水,所以心裏很害怕,我的雙腿不斷地蹬水,但是身體漸漸往下沉,實在太辛苦了!在我不知所措的時候,爸爸衝過來抱起了我,我哭着說:「我不想學了!」爸爸安慰着我說:「難道你不想跟同學們一樣自由自在地游泳嗎?」於是我便下定決心要學懂游泳。」

我看着正在游泳的人,於是再下水試試。爸爸耐心地教導 我,我學會放鬆肌肉,於是身體就能浮起來!在爸爸的鼓勵 下,我不斷嘗試,終於能浮在水面了!我感到十分雀躍。

那天我雖然沒學會游泳,但總算學會了浮水。爸爸,謝謝你!謝謝你的鼓勵和耐心教導。



我的暑假生活

4D 林澄鎧



令我盼望已久的暑期生活開始了!我們休閒的日子開始了!當爸爸媽媽工作時,我就和哥哥一起在家玩我們最喜歡的玩具。爸爸媽媽下班後,我們一起出發去跑步和遠足,十分開心。

最難忘的是我們去了有「山水甲天下」之稱的<u>桂林</u>旅遊。一到目的地,我們便去了<u>象鼻山公園</u>。顧名思義, <u>象鼻山</u>就像一隻大象,它有長長的鼻子垂在湖中,貪婪地吸食着 甘甜的湖水。<u>桂林</u>的山連綿起伏,形狀不一,非常壯觀。

接着,我們坐竹筏遊<u>漓江。漓江</u>江水清晰見底,肉眼可見很多大大小小的魚。我們還買了一條烤魚,一邊吃一邊坐竹筏看魚。有時經過一些十幾厘米的瀑布,當竹筏穿過瀑布時,涼颼颼的水就撫摸着我的腳,十分舒服。最後一天,我們依依不捨地回家了。

回到家中,我收起放鬆的心情,開始 做功課,迎接開學的生活。

我覺得我的暑假生活多姿多彩,既能 放鬆身心,也能親親大自然,學習到更多 課外知識。



玩樂之區——東涌

5A 張穎藍



一想起最適合一家大小去的玩樂好地方, 大家是不是都會想到位於東涌的迪士尼樂園 呢?不過,大家又知道東涌這個地名是怎樣來 嗎?其實東涌位於香港新界大嶼山北部,屬於

<u>離島區。東涌原稱東西涌</u>,因東西邊各有一河涌流入海中,最後東邊的鄉鎮發展較好,人們統稱整個地區為「東涌」。自<u>宋</u>朝開始,東涌已有人居住,以捕魚及務農為生。現在就介紹一下這玩樂之區的好去處吧!

其實<u>東涌</u>除了<u>迪士尼樂園</u>之外,還有很多玩樂的地方,首要介紹的就是<u>動物世界</u>。這個地方集合戶外和室內,面積大約28公頃。那裏有很多可愛的動物,種類多於78種。還設有親親動物的互動區,可以近距離撫摸牠們。不同區域都有林林總總的主題動物餐廳。動物世界真是一個親親動物的好地方。

嫌<u>動物世界</u>不夠刺激?<u>室內運動樂園</u>必定令你盡興而歸!這個<u>室內運動樂園</u>最大的好處就是不像平常戶外一樣,就算酷熱天氣或下雨天都不用怕。這個地方有很多室內活動,例如攀岩、彈床一分鐘、賽車等多種活動。還有最特別的兩種,

就是競技比賽和冒險活動,全都是要經過重重難關,才可以完成任務。



如果較喜歡文靜活動 的朋友,我就推介東涌 的朋友。這個地方可以看 到各式各樣的展品,也可 以參加形色色的藝術 作坊,參加者可以參加 作坊

做小畫家、親子繪畫、手工藝和傳統藝術等活動,讓你過上品味非凡的一天。

最後我還想推介<u>夢想世界</u>。在<u>夢想世界</u>裏可以看「3D」和「4D」電影,大家也可以創作自己的 3D 人物,更可以在虛擬 天幕看看流星雨和閃爍的星空,就像躺在一片大草原上觀天 一樣,真是一個思考夢想的好地方。

東涌真是一個玩樂的好地區,有數之不盡的有趣地方,適 合一家大小來玩。如果你和你的家人有空餘時間,也可以嘗試 一起到東涌遊玩,感受一下這地區的玩樂氣息吧!

蜜餞

5B 布子霞



不論是小時候還是現在,我都十分喜歡吃蜜餞。每當我在 吃蜜餞時,我總會想起我的奶奶。

我的奶奶臉上總是會掛着一個慈愛的笑臉,頭上綁着一個有些少白髮的「小包子」,看起來十分温柔。

小時候,我和村裏的小朋友總是愛圍着奶奶轉,因為奶奶

總可以在她那神奇的口袋裏,拿出數之不盡的蜜餞給我們吃。每當我拿到蜜餞後,我就會一口把它們塞進我的口裏,像隻倉鼠一樣,把臉頰塞得滿滿的。

在我開心時,奶奶會給我一個蜜餞,令我更加滿足;在我傷心時,奶奶也會給我一個蜜餞,然後哄我,希望我變開心。還記得有一次,我摔倒了腳,便大聲地哭了起來,奶奶還是和平日一樣,給了我一個蜜餞,然後開始哄我。吃了蜜餞後的我沒有哭了,而是轉頭對着奶奶問:「奶奶,你會一直陪着我的,對吧?」奶奶還是掛着那個笑容說:「對……對……只要我的寶貝孫女想我陪着她就會了!」「我最喜歡奶奶了!」我聽到回應後高興地抱着奶奶。

但隨着我一點一點的長大,奶奶也愈來愈老了,奶奶沒有變過,只是臉上的皺紋變多了……只是頭上「小包子」的白髮變多了……只是腿站不穩了……我坐在椅上,看着病床上的奶奶,淚連綿不斷地湧出眼角,「滴答、滴答」連綿不斷的淚水湧出了眼



外,浸濕了病床,而病床上沉默不語的奶奶只是慢慢地拿出一個蜜餞給我,然後 用她顫抖的手撫摸着我的臉。我也輕輕地用雙手提着她在我臉上那充滿皺紋的 手,不知過了多少時間,病床上的奶奶永遠地沉睡了。那一晚,我哭了很久……

我最喜歡我的奶奶!她給我的蜜餞是世界第一的,其他蜜餞都比不上奶奶的甜。

困難,我終於打敗你了!

5C 何沂慧



正當我在泳池裏愉快地游泳時,看到不遠 處有一個小男孩在學游泳,令我不禁想起了一 件往事.....

幾年前,我在電視上看到運動員在飛快地 游泳,便跟媽媽說:「我想學游泳,因為學懂後就能跟他們一 樣游得很快了!」之後,媽媽便幫我報讀了游泳課程。

一開始,我學得很輕鬆,教練教的東西很快就學懂了。我感到春風得意、沾沾自喜。直到有一節,正當我樂滋滋地踏進游泳池,突然,遠處傳來了教練的聲音:「現在你們要自己從這裏游到對面!」我心想:這個距離才七十米!難不到我的!便毫不猶豫地游了起來。沒想到,我太輕率了,竟然把水吸進鼻子裏了!最後,我千辛萬苦才把水弄出來,卻已經下課了。

下一節,教練說了相同的話,我聽後已經不寒而慄,害怕 又會像上次一樣鼻子進水。上次那種不舒服的感覺,令我不敢 再自己游泳,每次我想踏出第一步時,我卻總是心有餘悸,完 全沒有膽子去游泳。結果,我整節都只是站在游泳池裏,沒有 真正地去游泳。 那天下課後,我悶悶不樂地回家。回家路上,我一直嘀咕着我討厭上游泳課,上課猶如做惡夢,我不想再去了!但在媽媽的堅持下,我唯有繼續學游泳。

來到第十節,我下定決心,絕對不要再白白浪費時間了! 於是,我立刻開始游泳。過了一會,我感到有點疲累,但我告 訴自己絕對不能放棄,要堅持下去,要想想成功後的感受!我 便加快了速度,游呀游,游呀游,沒有理會身體的疲憊,繼續 向前游,心裏一直想像着自己成功的畫面。

最後,我成功了!我樂不可支,心裏比吃了一大瓶蜜糖還要甜!太棒了!我興奮得跳起來,喊着:「我終於打敗了困難,學懂了游泳!」這一喊,相信把住在天上的爺爺都嚇了一跳!

游泳的困難,終於被我擊敗了!我以後都不再輕易害怕任何困難了!



我眼中的媽媽

5C 葉子睿



「世上只有媽媽好,有媽的孩子像個寶……」相信大家都聽過這首歌吧?但我偷偷告訴你,我差點成為沒媽媽的孩子……

我有一位充滿正能量、堅強勇敢、樂於助人的媽媽。她有一雙水汪汪的眼睛,在高高的鼻子下,有一個櫻桃小嘴。在我小時候的印象中,媽媽有一把又濃又黑的長髮,但這把

烏黑亮麗的長髮,隨着她生病,便一去不返。

媽媽是堅強勇敢的!在我五歲時,她被診斷有乳腺癌,需要做手術、化療和電療。那時我還小,不知道為甚麼她沒再陪我上學,整天去醫院,並在一夜之間成了光頭。那把烏黑亮麗的頭髮消失了,但在她的臉上,卻看不到悲傷,並且堅持地面對疾病,臉上依然掛住甜甜的笑容。媽媽說頭髮沒了沒關係,只要健康,能陪着我和哥哥長大就好。她也會好好吃藥,堅強地配合治療,讓我

媽媽是個樂於助人的人。她性格開朗和熱心,她的朋友都很喜歡她。只要朋友需要幫忙,她一定會竭盡所能。她也常常教導我們要做個善良的人,因為「施比受更有福」!

們相信她!那時,我覺得光頭的媽媽也很美。

媽媽更是個美食家,她每天都能將平平無奇的菜色,變着花樣將它們變成 了色香味俱全的美食!因此,她就是我們專屬的美食家!

這就是我的媽媽,一個十分堅強樂觀的媽媽。我們都愛她,希望她能永遠 健康,陪着我們長大,讓我永遠成為她的寶貝。

《爱花的牛》故事改寫

5D 陳文俊



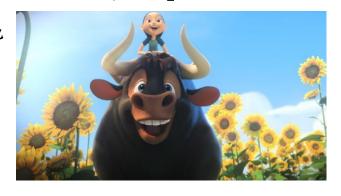
費迪南來到鬥牛場後,牠不願成為鬥牛,終日愁 眉深鎖。牛場負責人把牠困在牢房,每天只供應少量 食糧給牠吃。負責人心想:你不做鬥牛,那麼就把你 賣給牛販,給人類宰殺。

費迪南聽到負責人的心聲,眼泛淚光。突然天空 一道光照射着<u>費迪南</u>,一位女孩從光中浮現,她對<u>費迪南</u>說:「政府不 會再舉辦血腥的鬥牛節,你不用成為鬥牛。」

費迪南半信半疑,整晚忐忑不安在牢房地上輾轉反側,直至天亮, 急促的腳步聲越來越近,牠心想:我是否快要離開世界?負責人把<u>費</u> 迪南拉到鬥牛場,現場全是達官貴人,市長走近,牠感到十分恐懼, 流下眼淚。

市長看見牠的樣子,內心慚愧,更向眾人宣佈,從今天起不會再舉辦血腥的鬥牛節,他說:「牛是有生命的動物,不應為了人類喜歡欣賞鬥牛節目,而令牛隻受傷,最終要人道毀滅,這是自私的行為,反而我認為牛隻應該是受保護動物,不應承受傷害!」

費迪南聽後內心雀躍萬分,牠還被市長挑選為「特赦鬥牛」呢!



那些年,我們一起的日子……

5D 劉梓翹



這天起床,我矇着眼走向洗手間,發覺今天天氣 有點寒冷,便穿上那件早已破破舊舊、佈滿縫紉痕跡 的外套,身上立刻温暖起來。這份温暖令我想起對我 疼愛有加的婆婆……

記得在八歲時的冬天,我因為著涼了便在家中 休息。外婆温柔地跟我說:「<u>梓翹</u>,聽媽媽說你抵抗力差,不如外婆和你一起造一件外套給你穿吧!」「好呀!那我們快快去布料店買布吧!」我興奮地穿上鞋子便準備出門。

這就是對我疼愛有加、慈祥的外婆,她有一雙招風耳和一對小小的瞇瞇眼。當她笑的時候,眼角便出現一陣漣漪,看上去和藹可親的。 她常常穿着七彩繽紛的衣服,很愛坐在沙發上編織毛衣。

和外婆聊着天的功夫,很快就到了布料店。婆婆一走入布料店,便不假思索地取出紫色的布匹去結帳。我好奇地問外婆:「為甚麼你一眼就選擇了紫色的布呢?」

外婆微笑着回答:「傻孩子,那當然是因為你最喜歡紫色吧!」我驚訝地望着外婆,沒想到她竟然會知道我最喜歡的顏色。外婆接着說:「平常見你會背着紫色的書包,又會在草地上放着紫色的風箏,踏着紫色的單車四處去,在家中時還會把紫色的暖包貼在手上看動畫片,而且你還會抱着五個紫色的暖水瓶睡覺,我怎會不知道你最愛紫色

呢!平時你還會拉着我的手去家附近的冰淇淋店買甜品、去糖果店買棒棒糖、去公園玩耍……我怎會不了解最常待在一起的孫女呢?」我目瞪口呆地看着外婆,心想:沒想到外婆原來這麼了解我呢!難道外婆是我肚子裏的一條蟲子?

回到了家,婆婆從抽屜取出編織箱就動工了。婆婆先用 鐵針刺入布料,然後上下來回穿插,很快便在布上織出一個 個小小的「交叉」縫合了布匹。我在一旁看得一頭霧水,她 卻是一副習以為常的樣子,架着老花眼鏡瞇着眼便繼續拿 着鐵針和布匹不斷地織。這時我心想:婆婆不是有老花眼 嗎?為甚麼她的動作這麼純熟?難道這是婆婆的超能力?



三天後,外婆已經織完外套了,我馬上興奮地穿上這件紫色的新外套,這份温暖的特別感覺是其他外套都沒有的。我真誠地向外婆道謝,外婆也微笑着說:「希望你以後穿上去都能感受到温暖啊!」

從此,每到天氣冷的時候,我都會穿上這件温暖的外套。在春天, 我會穿上它和外婆在草地上野餐;在秋天,我會穿上它和婆婆下田種菜;在冬天,我會穿上它和婆婆在家裏開着暖爐,一起玩桌上遊戲。 有外婆陪伴的日子都是温暖的……

直到現在,我如常地穿上外套。外婆啊!我會好好珍惜這件外套,每天都會悉心地打理它。你年紀老了,也許你的雙手已經不能靈活地編織,但是我長大了,我也學會編織了,終於可以編織出一件屬於你的外套了,也會繼續編織我們温暖的親情……

第一次釣魚——我真倒霉

5D 黄穎廉



今天我和爸爸在<u>青山灣</u>跑步時,看見有釣 魚客在釣魚,令我想起第一次釣魚時有趣的經 歷。

在去年暑假期間,因為天氣炎熱,所以在家裏的爸爸突然提議到姨婆的魚排上釣魚,在郊外散散心。我心想:釣魚是甚麼?難道釣魚可以賺大錢?可以跟魚做朋友嗎?好奇的我和姐姐異口同聲地說:「好吧!」

姐姐和我懷着既興奮又好奇的心情出發。到達魚排後,我 好奇地東張西望,這時我發現腳下的魚排裏有無數條巨大無 比的魚在左搖右擺地暢泳。魚排四周被海水包圍着,感覺置身 在海中城市。

爸爸牵着我和姐姐的小手先到房間換上釣魚用的服裝, 細心的姨婆更一早為我們準備了釣魚工具,有魚竿、魚餌,還 有擋陽光的太陽帽,真窩心呢!

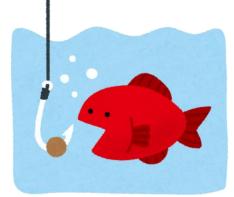
接着,姨婆便教我釣魚的步驟,先把魚餌鈎在魚鈎上,身體挺直,雙腳分開站立,然後用力向魚塘拋竿,鈎着魚餌的鉛片便直入水中,等待大魚上釣。

過了很久之後,還是沒有收穫,我心裏說:這不是魚排嗎?應該有很多肥美的大魚呀!為何連一條小魚也不上釣? 我開始有點不耐煩了!姨婆見狀便鼓勵我說:「先吃午餐吧! 吃完午餐才有力氣釣大魚啊!」

就在我吃東西時,魚竿那邊竟傳來一陣陣的水花聲,我心想:終於來了!一定是大魚啦!我不顧一切地跑過去緊握魚竿,感覺到魚鈎下的大魚使勁地往下拉着魚杆,浮標也直往下沉,而魚竿也被拉得彎曲了。每當我拉向左,大魚就游向右,我拉向右邊,牠又游向左邊,就像是跟我作對一樣,怎樣都不願上釣,牠真的太重了!我越拉越是心想:這次真的沒有白費時間,可以給我釣到大魚了!我鼓足幹勁,用力一拉臂,釣竿往上一提,令我眼前一亮——竟然只是一隻爛水鞋。

最後發現釣上來的只是一隻爛水鞋,我無奈地心想:噢! 天呀!我真是太倒霉了! 眾人看見我無奈的樣子也捧腹大笑

起來。雖然這次沒有任何收穫,但令我 想再挑戰釣魚。現在,我看見眼前這群 耐心等待大魚上釣的釣魚客,更加激發 了我要成功釣到魚。



遊嶺南之風

5D 沈澤彦



在剛過去的星期天,我和家人一起去了<u>荔枝角嶺</u> 南之風遊玩。那天早上,我們乘坐港鐵到<u>荔枝角</u>。在路上,爸爸告訴我,嶺南之風佔地一點二五公頃,以傳統 嶺南風格而建造的中式園林,是繁囂城市中的世外桃 源。聽着聽着,便到達了目的地。

到達<u>荔枝角</u>後,我們沿着指示牌走到北門,北門也稱「美孚門」。邁 步進園,微風輕輕吹拂我的臉,一陣陣花香撲鼻而來,映入眼簾有碧綠、 翠綠、淡綠、湖綠……錯落有致的大樹矗立在我眼前,彷彿歡迎大家來 臨,而小花小草在淺綠的地毯上走來走去。我翹首仰望,和煦的陽光照 耀着綠色巨人,顯得格外温暖。

沿着蜿蜒的小路走,便到達「觀雲逐月」。這裏有一個以英德石堆砌而成的樓台,簡單樸素,彷彿是一位慈祥的老奶奶,膝下依偎着許多子子孫孫,享受着天倫之樂,十分温馨。聽爸爸說這樓台是紀念康有為先生而建造的,稱「有為台」。我從翠綠的窗框隱約看見園內景色,帶有絲絲神秘。沿着樓台旁的石梯徐徐而上,我站在台上俯視整個公園,園內景致一覽無遺,真是令人豁然開朗,令我深深體會到詩人王之渙筆下的「欲窮千里目,更上一層樓。」

告別了「有為台」,我們沿着迂迴曲折的小路走進湖中的「亞字亭」。 這座亭以桃紅木雕砌而成,是一位妙齡少女在湖面上跳着華爾滋,而我 也情不自禁地跟着翩翩起舞呢!我們欣賞湖中的景色,有水鴨在嬉水, 有石龜在曬日光浴,有仙鶴在滑水,十分悠閒。

接着,我們經過彎彎曲曲的小徑到達「溪流影月」。這裏有一個涼



亭,叫「方亭」,亭後有一條小石溪,長約 五十米,流水聲淙淙。清澈的流水拍打石塊 而發出充滿節奏的潺潺聲,與枝頭上的小 鳥和聲,奏出一首悅耳動聽的樂曲,好讓我 閉上眼睛享受此刻的寧靜。此時,淘氣的弟

弟蹲下來伸手沾沾溪水,便哇哇大叫:「哇!好冰涼,好冰涼呀!」瞬間 打斷了樂曲的和諧,真是太煞風景。我本想追着弟弟教訓一番,隨即被 媽媽拉着安撫地說:「如果晚上到這裏來,可欣賞皎潔的月色,小溪會 映出又圓又大的月亮,故名『溪流影月』,極有詩情畫意呢!」我心想: 下次我不能帶弟弟,我要獨自享受水聲、月影和寧靜!

最後,我們沿着小徑,穿過筆直的橋廊,轉個小彎便到達「群星邀月」。庭園三面長廊相連,圍牆上有多扇漏窗,每扇漏窗都可看到了園中不同的風景,彷彿置身於畫廊中,欣賞一幅又一幅渾然天成的名畫,真叫人嘆為觀止。庭中有一個精緻的「六角亭」供人賞月、吟詩作對。還有很多小峰石像,各具形態,有的蹲在地上沉思,有的來回踱步,還有的懶洋洋地睡覺……貪玩的弟弟也努力參與其中,跟石像玩起角色扮演遊戲,真令人哭笑不得。

嶺南之風真是一個老少咸宜的好地方,能在假日與家人漫步園中, 覺得十分滿足,又可以親身體會到嶺南之風的古色古香氣息和大自然的 風光,暫時拋開俗世的煩惱,享受寧靜與悠閒,實在是一件賞心樂事。

回顧小學六年生活

6A 黄熙淵



光陰似箭,日月如梭。一晃眼,六年的光陰像雲彩一般離我而去。小學六年的生活令我懷念,令我迷戀、令我回味無窮。如今,我和同窗的生活快要結束, 我就快畢業了!

在這六年裏,我就像一根幼苗、一根小草,在「園丁」——老師的悉心照料和用心灌溉下茁壯成長,成為一棵大樹,將來回報社會、母校和老師。看着空蕩蕩的課室,聽着老師一遍遍的叮嚀,我的思緒好像回到了我和同學在課室內追逐嬉戲的快樂時光,一起在操場上揮灑汗水的時刻,一起在課室埋頭苦幹努力的時刻。這一幕幕的片段像跑馬燈般在我的腦海不斷浮現,我的思念和牽掛之情就如滔滔江水一般湧進心裏。

在過去六年,我們有喜有悲,有歡笑也有淚水,如今全都拼湊成 一幅幅美麗的圖畫。同學們、老師們,即使我們即將分離,但我相信 我們會在各自人生路上繼續努力,去追求人生的夢想!



禮多人不怪

6B 梁梓琪



禮是<u>中國</u>傳統的美德,也是一個人良好品德的表現。事實上,以禮待人可以減少人與人之間的磨擦、得到別人的尊重、 人際關係良好,正所謂「禮多人不怪」,我們應該以禮待人。

中國教育家<u>孔子</u>曾說過:「不知命,無以為君子也;不知禮,無以立也;不知言,無以知人也。」禮貌是一種修養,使你養成良好的品德,受人愛戴及尊重。禮是決定你一生要走的方向。

以禮待人可以減少家庭的爭執。在<u>中國</u>古代中有一個關於禮的故事,講述<u>中</u> 國政治家<u>孔融</u>讓梨的故事。<u>孔融</u>小時候,父親讓<u>孔融</u>把梨子分給兄弟們。<u>孔融</u>把 大的梨子分給哥哥和弟弟,自己只拿了最小的梨子。由此可見,<u>孔融</u>是個懂得禮 讓的好孩子。他的行為減少家人之間的紛爭和矛盾,亦令家庭融洽。

禮可以潛移默化,感染他人的。<u>法國</u>律師<u>曼德斯鳩</u>說:「禮貌使有禮貌的人喜悅,也使那些受人以禮相待的人喜悅。」有禮的人能將愛與關懷傳揚開去,令人獲得快樂。



可是,並不是每個人都懂得禮貌的重要。近年有調查發現八成家長表示子女 很少,甚至從不待人有禮。可見現今的孩子並不瞭解禮有何重要,禮也漸漸受人 忽視。社會已響起警號,我們需要正視培育孩子成為有禮的人。

總括而言,「禮多人不怪」並不是虛偽的行為,我們要待人有禮。只要大家 以禮待人,就會得到尊重,人與人之間便能融洽相處,一起共創祥和的未來。

健康的生活

6C 陳愷昕



何謂健康的生活?世界衞生組織指出「健康生活是指有益於健康的習慣行為,具體表現為:健康飲食、適量運動、不吸煙、不酗酒、保持心理平衡、充足的睡眠、講究日常衛生

等」。缺乏體能活動及不恰當的生活模式是導致肥胖及多種慢 性疾病的風險因素。

首先,在飲食方面,均衡飲食是維持健康的要素,我們應依照「健康飲食金字塔」的原則飲食,以穀物類為主,並多吃蔬菜及水果,進食適量的肉、魚、蛋和奶類及其代替品,減少鹽、油、糖分的攝取;多採用低油量的烹調方法如蒸、燉、炆、烚、白灼等煮食,減少煎炸,以達致飲食均衡、促進健康。此外,每天喝六至八杯流質飲品。進食太多或太少都不利於身體健康,我們身體每天需要一定分量的營養素來維持最佳狀態。如進食過少,就很可能出現營養不良或相關的疾病;相反,若進食過量,則可導致營養過多或增加肥胖的機會。

在生活方面,我們應養成早睡早起的習慣。要孩子有健康的生活習慣的話,家長應該以身作則。世界權威學術機構的多

項健康研究證明早起對身體十分有益,專家們根據研究結果 總結了早起的好處:充足的睡眠,精神狀態會更好,有助改善 大腦注意力和記憶力,能夠幫助人們更好地解決複雜的問題。 人們不易生病,提升他們的免疫力。患上抑鬱症的風險也較 小。因此有充足的睡眠十分重要,這樣才能應付每天的活動。

在運動方面,我們應每天進行不少於一小時中等到劇烈程度的體能活動。恆常運動的好處是增強心肺功能,促進血液循環舒展身心,舒緩精神壓力,消耗身體過多的熱量,控制體重,預防骨質疏鬆。現時電子媒體提供的娛樂多不勝數,當中不少活動如看影片、玩電腦、上網和打遊戲機等深受小朋友歡

迎,過多的屏幕活動,減少幼兒參 與體能活動的機會,一方面妨礙幼 兒經探索環境學習新事物的主動 性,另一方面減少了體能活動的時 間,長遠會引致肥胖等健康問題。



綜合以上例子,健康的生活方式就是健康的基石。良好的 飲食習慣、適量運動和有規律的生活方式,才能活出好人生。

《爱花的牛》故事改寫

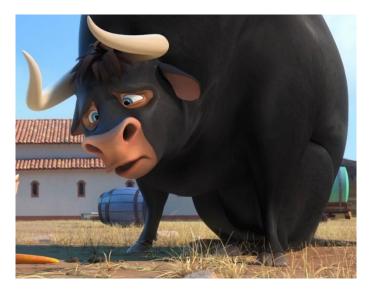
6C 温綽然



費迪南彎下腰欣賞着花兒。門牛勇士十分 的生氣,氣得他用長劍刺向費迪南,毫無防備 的費迪南被刺中了。門牛勇士用劍指着費迪 南,說:「來決門吧!」費迪南緩緩起過身,望

着他。沒有一句說話,也沒有一個動作……門牛勇士注意到, 牠傷口的一旁,早已血流成河。他動搖了。<u>費迪南</u>的動作也引 起了各名記者的注意。鬥牛勇士跑過去,為牠止血。他感動了 所有人。可惜,牠失血過多,去世了。

臨死前,牠平靜地說了句:「鬥牛,人永遠都是自願的,可是,我們卻是被迫的,只為……取悅你們……哈哈!真可笑……」說完,牠閉上眼,和這世界道別了……



禮多人不怪

6D 陳柏浩



人生在世,甚麼事我們應當追求?那絕對是禮儀。「禮 多人不怪」此句不假,只要你的禮儀是出自內心,再多的 禮別人都不會怪責你。因此,我認為以禮待人是人人都必 須具備的待人態度。

《說岳全傳》記載,一天,<u>牛皋</u>向一位老者問路,他傲慢無禮地吼到:「嘿,老頭兒!爺問你,小校場往哪去?」老

人不但沒有給他指路,反而生氣地罵他是冒失 鬼。過了一會兒,<u>岳飛</u>也來到這裏,他碰到了同 一位路人,他先離鐙下馬,然後向他施禮:「請問 老丈,剛才可曾見一個騎馬的人?他往哪條路去 了?」老人見岳飛很有禮貌,便耐心地給他指路。



明明<u>牛皋和岳飛</u>都向同一老者問路,為甚麼他們的結果不一樣呢?原因甚 簡單,就是因為<u>牛皋</u>無禮,而<u>岳飛</u>有禮。這正如俗語所說:「禮到人心暖,無禮 討人厭。」由此可見,禮是十分重要的。

然而,有些人認為禮多是虛偽和不必要的行為。真的如此嗎?其實不是。 會否給人虛偽的感覺,視乎你的禮儀是否出自真心。如果你的禮儀並非出自內 心,會給人一種「皮笑內不笑」的感覺。所以,只要你的禮儀是發自內心,再 多的禮儀別人也不會怪責你。

總括而言,以禮待人令我們得到別人的幫忙和耐心教導,也能在別人心中 奠定自己的良好印象。你想一想,我們應該繼續過無禮的生活、討人嫌棄,還 是開始有禮貌的生活,受人愛戴呢?

遊大澳

6D 黄子鋒



今天,我終於去了我期待已久、朝思暮想的地方——<u>大澳</u>。

在乘船前往<u>大澳</u>的途中,我看見無數隻海 鳥在廣闊無垠的天上飛着,我還看到清澈的海

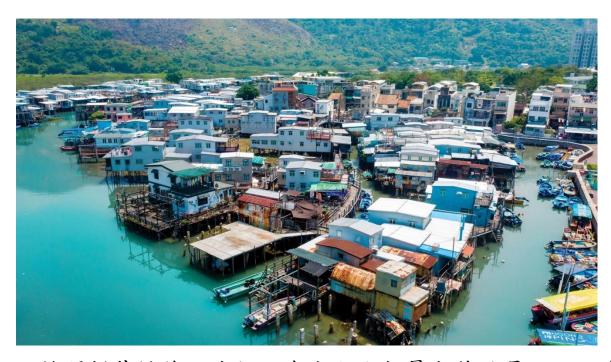
裏有一群一群的海洋生物在看不到盡頭的海裏無拘無束地暢泳。正當我看得入神時,我們的船就到達大澳了。

在<u>大澳</u>碼頭下船後,我們便走向第一個景點——<u>大澳文</u> 化室。當我走進<u>大澳文化室</u>時,映入眼簾的是歷史悠久的文 物。那裏的設計復古,我好像坐了時光機到了古代。

參觀完文化室後,我們沿着小路向大澳文物酒店走去。那裏的路崎嶇不平的,非常難走。我看見山上的大炮保護着大澳,令大澳免受海盜的威脅。清涼的海風輕輕地撫摸我的臉頰,我感覺很舒服。走着走着,我們就到文物酒店了。我看着它的外牆,心想:這也沒甚麼特別的嘛!但想不到內有乾坤,裏面的裝潢設計得很好,搭配得宜。裏面還保留了警局應有的東西,例如:拘留室、牢房、偵訊室等。

離開了文物酒店後,我們走了一會兒,就到了新基橋了。

我站在<u>新基橋</u>上,看着密集卻錯落有致的棚屋,看着如玻璃般一樣清澈的河水,看着在水上無數顆閃亮亮的小鑽石,我感到心曠神怡。



離開新基橋後,我們就走向全班都最期待的景點——永 安街。當我們還沒走進去時,食物發散出的香氣已被我們嗅到 了,我們頓時垂涎三尺。所以我們都加快腳步,希望能快點到 達。當我們抵達美食街時,我們看到多不勝數的美食攤檔,令 大家都垂涎欲滴,爭先恐後地衝上前購買。

轉眼間,我們就要回去了。我們都依依不捨地離開。雖然這次遊大澳很累,但是我們很高興,因為嘗試到了新東西。我希望我下次可以再來一次這個世外桃源!

At Fun Zoo

1A Wong Long Ching, Chesley



This is Fun Zoo.

I can see a sloth.

There is one sloth.

It is in the big tree.

It is brown and fat.

It has long hair and big hands.

It likes leaves.

It can climb trees and swing.

It always sleeps.

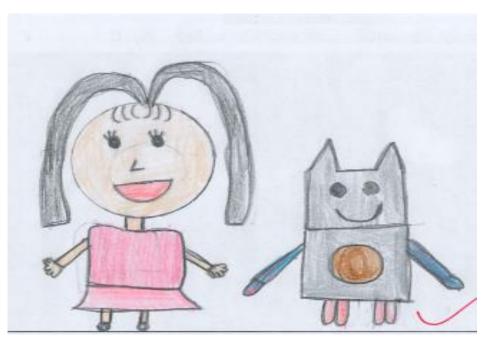


The Girl and the Beast

1B Sin Lok Ching, Holiday



I like this story. The girl and the little beast like dancing together.



My Good Friend

1B Yuen Ring G, Gisele



This is my good friend. Her name is Bella. She has big eyes and short hair. She has a blue dress, red shorts and black shoes. She can skip, swim and play games.

She likes dogs. She likes drawing and reading. She is drawing in the classroom now.



Fun Zoo

1C Lee Lok Hang, Eugene



This is Fun Zoo.

I can see some zebras.

There are two zebras.

They are on the grass.

They are black and white.

They are big.

They have short hair and small eyes.

They like grass.

They like leaves.

They can run.



My Good Friend

1D Chau Yuen Ching, Hailey



This is my good friend.

Her name is Venus.

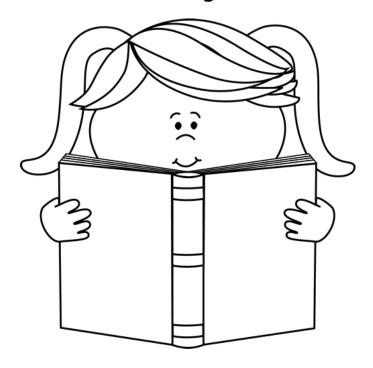
She has big eyes and long hair.

She has a blue dress and a white T-shirt.

She can play with dolls and eat fruit.

She likes dogs and cats.

She is reading at home.



Our Favourite Activities

2A Tam Ching Wan, Wancy



My favourite activity is playing the Chinese flute at ten o'clock on Saturdays. I play the Chinese flute with my friends at home. I enjoy playing Chinese flute because

it is fun.

My mum's favourite activity is watching movies on Sundays. On Sundays, Mum and I watch a movie at the cinema. I enjoy watching movies because it is interesting.

My aunt's favourite activity is diving. She went diving in Palau four years ago. She went with her friends. My aunt enjoys diving because it is fun and exciting.





A Postcard to the Teacher

2B Lam Hoi Yau, Karina



Dear Miss Lee,

How are you? I live in Tuen Mun. There are two rooms in my home. There is a big bed in my bedroom. I like to play with my doll in the bedroom. I live with my father and mother. My mother is hard-working. She likes to cook.

I miss you. When can I see you?



To: Miss Lee

Room 302, 3/F,

F.D.B.W.A. Chow Chin Yau Sch.,

Siu Shan Court,

Tuen Mun, N.T.,

Hong Kong

From,

Karina

The Big Carrot

2C Ho Sze Hang, Hannah



to pull the carrot out and eat it.

Ricky is in the garden. He is hungry. He wants to grow some carrots to eat.

Many days later, the carrot looks big. Ricky is very happy. He is hungry. He wants

Ricky tries to pull out the carrot. The carrot is very big. Ricky feels tired.

He asks his friend to help him. He runs to his friend's house to ask for help. They pull out the carrot together. They eat the carrot and they are happy.



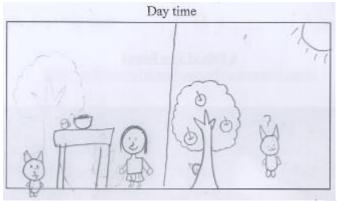
The Girl and the Beast

2D Chan Tsz Kiu, Emmie



Every morning, they eat breakfast and then they play hide-and-seek at the park.

Every night, they read books in the room. Then, they sleep on the bed.





My Family

2D Wong Chi Him, Himson

ത്ത



My name is Himson. I live in Tuen Mun.

There are three members in my family.

They are my father, mother and me.

My father is a delivery man. He goes to work by bus. He arranges delivery. He likes to play video games. He is hard-working and strong.

My mother is a housewife. She works at home. She looks after the family. She likes to make cupcakes. Her cupcakes are yummy and she is kind.

I like riding my bicycle with my parents on holidays. I love my family.



A Birthday Story

3A Wan Sum Yu, Tori



It was Jacky's mum's birthday last Friday. Jacky and his dad went to the supermarket because they wanted to give mum a surprise by cooking lunch for her. They knew that mum loved eating vegetables so they went to the vegetable section to buy some fresh

ingredients. They bought some tomatoes and some potatoes. As they were about to pay, Jacky's dad took some eggs and paid for them. Jacky was confused why dad bought some eggs but he didn't question it.

They went back home and started cooking. Dad told Jacky to whisk eggs while he was cooking soup. After Jacky whisked the eggs, dad told Jacky to leave the rest to him. A few minutes later, Jacky came to check on dad and saw a bowl of soup. Dad then made a salad.



In the afternoon they put the food on the dining table, and mum was surprised. She took a bite of the omelette and knew it was salty. She asked Jacky to get her some water. Dad didn't know what to do. Then mum had an idea. Mum said, "Let's go to the restaurant!" They had a wonderful meal there.

The Girl and the Beast

3B Lo Chun To, Tony



They play frisbee in the playground in the morning. They are so happy.

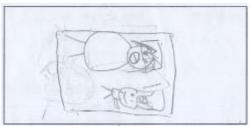
Then they play computer games for a long time in the afternoon. They feel

hungry so the girl eats some pancakes, noodles and pizza. Little beast doesn't like these food, so the little girl takes the little beast to the woods to look for some food.

Finally, they sleep together on the bed at night. They have sweet dreams.







My Diary

3B Lo Chun To, Tony



18th June, 2021 (Saturday)

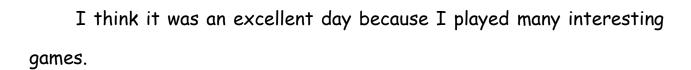
Rainy

This morning, I did my homework seriously at home. At noon, I finished my homework and I felt bored so I wanted to swim. Mum said 'OK'! I felt so happy.

In the afternoon, I arrived at the swimming pool with my mum. Suddenly, it started to rain before I was going to go for a swim. I was so sad. 'Never mind, we can go to your cousin's home and play in the evening,' Mum said. 'Hooray! Thank you,

Mum.' I said.

In the evening, we went to my cousin's home. First, I played computer games with my cousin. We felt excited. Then, we ate a big meal. At last, he told me a story. I was fascinated with it. Finally I said goodbye to him, then I reluctantly left his home.



In the Maths Lesson

3C Tang Ngong Ping, Ashley



In the Maths lesson, Tom and Mark are doing Maths homework in the classroom.

Mark can do sums really well.

Tom can't do sums because it is really difficult for him. Tom feels worried and puzzled. "Oh! Miss Lam will be angry," says Tom.

Mark laughs at Tom, "You can't do sums." Tom feels sad and upset. "Stop laughing at me, Mark," cries Tom.

In the end, Mark feels guilty and he apologizes to Tom.

"I'm sorry, Tom. I promise not to laugh at you again," says Mark. Tom forgives Mark and they become friends.



A Day with Grandma

3D Wu Tsz Hin, Theodore



Today is Sunday. Grandma calls Joe and Lily to go to ABC Shopping Centre with her. Why does Grandma call Joe and Lily to go with her? Is it because she is bored?

At one 'o clock, they go to the toy shop. Joe sees a robot and he wants to buy it. Lily sees a teddy bear and she wants to buy it too. Grandma buys the robot and the teddy bear. It costs one hundred dollars in total. The children are happy.

In the afternoon, they are in a restaurant. They eat dim sum there but Lily wants to eat some noodles and Joe wants to eat a sandwich. Grandma enjoys the tea very much.

At night, Joe and Lily play at home and they say "thank you" to Grandma. They feel happy today.

The School Picnic

4A Chan Wing Tung, Yasmine



6th November, 2020 (Friday)

Sunny

It was a sunny day today. I went for the school picnic with my teachers and classmates at the park. We went there by a shuttle bus in the morning.

When we arrived there, I felt hungry so I ate some food. I ate some chocolate chips, lollipops and chicken nuggets. They were yummy.

Then, we were bored so we played hide-and-seek. James was going to catch us. I was the winner because James couldn't find me. After that, I bought some toys to play with my classmates. I felt happy because it was fun.

In the afternoon, I saw my friend, Kitty was hungry. She sat on the bench and I shared my food with her. We enjoyed the food because it was yummy.

During the picnic, I learnt to share with others. Not only food but happiness. I was happy to play and eat with my classmates. I am looking forward to the next school picnic.

An Unhealthy Boy

4B Chan Chun Yu, Alex



Joe was an unhealthy boy. He liked eating junk food so he was fat. He had a lot of sugary food, salty food and soft drinks for breakfast. He felt great to eat a lot of food every day.

One day, Joe and his

classmates played basketball at the basketball court. He felt tired after two minutes and he could not play anymore. Then, he felt sad and

sat on the bench. Dan saw Joe so he comforted him. Dan said, "You need to eat more healthy food, do more sports and drink 6 to 8 glasses of water. Then you will be strong and fit!"



Joe wanted to be fit and strong. He ate a lot of healthy food. He ate a lot of dairy products and grain products every day. He did a lot of sports. He played basketball and football with his classmates after school every day. He drank 6 to 8 glasses of water. In the end, he became thin and strong.

The story taught us that it is important to eat more healthy food, drink more water and do more sports to keep our body fit and strong.

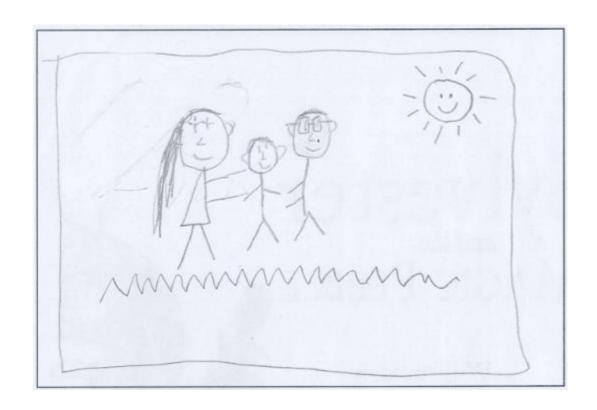
My Most Important Thing

4B Lai Pak Ching, Mario



If I have a magic box, I want to put my family photos inside forever. When my mum and dad pass away, I can look at the photos to recall my happy memory. I love them

very much and they are the most important people to me. I would feel sad if I lost the photos.



A Reply Letter

4C Lee Canaan



Dear Nina,

How are you? Thank you for your three-day holiday plan. I really enjoyed the trip in Macau. I also have our three-day holiday plan for you in Hong Kong.

There are many interesting places to visit here. On the first day, we will go to Lamma island by ferry from Central. We will arrive at Yung Shue Wan. Then we will take a hike to Sok Kwu Wan. This path is around 4 kilometres long. We will walk pass through Hung Shing Yeh beach and Lamma Winds and Mount. Later we will have a nice seafood meal there.

On the second day, we will go to the Peak by peak tram. The peak tram is one of the world's oldest railway, rises to 396 metres. We will have a great shopping and dinner at the Peak Tower. We will look at the view of Hong Kong. It will be an unforgettable experience.

On the last day, we will go to Ocean Park. We will go there

by MTR. We will go to the Ocean Theatre to watch the famous dolphin show. Then we will go to the aquarium to see some fish and sharks. All the sea creatures are lovely.

I can be your tour guide. I hope you will like this three-day holiday plan and enjoy your stay here. See you soon!

Love, Jennifer



A Holiday Plan

4D Tsoi Man Wai, Kathy



Dear Nina,

How are you? I am very glad to know that you will come to Hong Kong for three days next month. I will design a three-day

holiday plan for you.

There are many interesting places to visit here. On the first day, we will go to Hong Kong Maritime Museum by bus and go to Four Seasons Hotel by ferry. We can find out how the ships were built. We can feel nostalgia for the old days. At night, we can eat seafood in Four Seasons Hotel. It is fantastic! After dinner, we can have a sauna in the hotel and it can make you relaxed.

On the second day, we will go to Empire Centre by MTR. In the morning, we can buy cosmetics in the beauty stores. Then, we can go to Chihuahua Pie Shop to buy

mooncakes and crackers as they are very popular. In the afternoon, we can go to a café called 'Black Sugar Coffee' to have lunch.

On the last day, we will go to Disneyland by MTR. We can visit Disney characters there. We can also play on the exciting rides. We will have dinner in a Chinese restaurant.

I hope you will like this three-day holiday plan and enjoy your stay here. We will meet soon!

Love,

Jennifer



Pet's Umbrella

5A Mok Wai Yiu, Charley



Do you think when it's raining, but your pets want to go for a walk is so troublesome? If you do, this new invention is the thing that you need.

This invention is called the Pet's Umbrella. Mostly the whole thing is made of plastic. The supporting frame

is made of metal, and the collar is made of cotton, so it won't make your pet uncomfortable.

It looks like a normal transparent umbrella but in an upside down way, so it can cover your pet nicely. You are supposed to use it when it's raining.

This invention is used for preventing our pets from getting wet. Let the pet wear the cotton collar and the owner can hold the handle. It is an excellent invention because you don't need to dry off your pet after you go out.



And now, because of the invention is new, we have a discount. The original price is \$150, but now it just costs \$100. Don't worry about the gender of your pet concerning the collar. We actually have four colours for you to choose. The discount will last for two weeks, so come quick!

A Complaint Letter

5A Mak Damon



Hi, my name is Damon Mak. I am ten years old and I study at F.D.B.W.A. Chow Chin Yau School.

I'm writing this complaint letter to talk about the misbehavior of people and to give advice to others.

In the cinema, I ran into people who like to talk loudly on the phone. They caused a huge disturbance to others, making them unable to listen to the audio of the movie. They should keep quiet. It really frustrated me that the staff members did nothing about them.

Also, these people ate their popcorn noisily which caused some disturbing sound. They also made the cleaning lady's job much harder by spilling their popcorn everywhere. Once, I experienced this and got so annoyed that I stood up and went to call a staff member. He told the man to stop doing it and even had to confiscate his popcorn!

Some other people like playing games on their phones. This ruins the darkness of the cinema and makes it harder to see the movie. Some apps make noises so it also makes it harder to hear the sound of the movie. It distracts a lot of people.

It annoys me that these misbehaviors ruin the movies that the audience have spent their hard-earned money to watch. They shouldn't break the rules that the public have established, otherwise it will be a disturbance to others.

People in Hong Kong should be nice to, help and respect each other. They shouldn't be inconsiderate. In the end, we should all get along well with one another. I hope that after you read this you can help me spread the message to all readers and hopefully all of us can help maintain good public order in our community.

Yours faithfully, Damon Mak



My living place - Hong Kong

5C Ho Yee Wai, Yvaine



I like living in Hong Kong because it is a great place. I have lived in Hong Kong for ten years.

First, Hong Kong has many different kinds of delicious food that are cheap too! There are

many restaurants. We can eat Chinese food such as chilly crab, rice rolls and bird's nest soup in Chinese restaurants. Some restaurants sell Japanese cuisine like sushi, tofu and ramen. My favorite is sashimi. It is fresh, soft and juicy. We can even eat pizzas and hot dogs in a fast food shop!

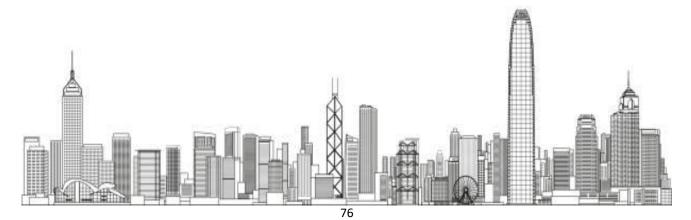
Second, the weather in Hong Kong is different and sometimes it is unpredictable. In spring, the weather is warm but winter is cold. There is a great temperature difference between day and night too. During the day, the temperature can go up to over twenty degrees. At night, it can be around ten to fifteen degrees.

My favourite thing about Hong Kong is that we have

convenient transport. MTR is my favourite transportation because it can take me to every developed place in Hong Kong. I can go to Sha Tin, Lok Fu, Tin Shui Wai, Admiralty and even Wong Chuk Hang just by MTR. I like MTR very much.

I think there is a problem in Hong Kong. Some Hong Kong people are living in a small area because we don't have enough land. Their living units are less than two hundred feet or even one hundred feet! They are so small that they can't fit in all the furniture that they need. How can these people live in a house without a refrigerator, washing machine, or even enough space to walk around? No way!

I like Hong Kong very much, even more than the MTR. There is a lot of delicious food for me to taste. I like the convenient transport too, especially the MTR. I wish Hong Kong can solve the problem of living space. Then, it will be a perfect place for us to live.



The Most Important People In My Life 5C Tong Ho Yiu, Eric



I think the most important people in my life are my lovely mum and my cute dad. It is because they always look after me carefully especially when I am sick. Also,

they cook yummy food for me and play with me. They can give me an extraordinary love.

If I lost them, I might become a miserable boy. I can't imagine if no one takes care of me or accompanies me to grow up. They seem to be a treasure of mine.

I must cherish and respect my beautiful mum and my handsome dad. When I grow up, I will take good care of them and live with them together. I hope sincerely they will be healthy forever and ever.



My Best Friend

5D Cheng Ka Nam, Christy



I have a best friend. She is Kettle. Although she is studying in other primary school, we are still friends.

She is the girl with the perfect face, dark eyes, a small mouth and wears a pair of glasses. She is a kind person. Yesterday, a girl fell down and cried. Kettle took a tissue to the girl. She gave her to wipe her tears and used water to clean her wound and bandaged it. The girl thanked her. She is a polite person. When we go to everywhere, she always says 'thank you' or 'hi' to people. She is hard-working too because she always does revision until five o'clock.

We became best friends when we were in the kindergarten. At that time, we were in the same class. I remembered that my classmates always bullied me. They always made me cry and threw my bottle. At that time, Kettle came out and saved me. Then, I thanked her and we became best friends. I learnt to be a kind person from her.

Helping Indonesia

6A Huang Xi Yuan, Eric



Indonesia is suffering from a terrible and devastating typhoon. They are facing lots of problems. Now, it is more like an infernal in Indonesia. Let us see what

happened!

Firstly, there are a lot of casualties so neither the rescue teams nor the public hospitals can handle so many wounded people. This leads to a lack of supplies which makes them weak. Their immunity and resistivity are decreasing. Another problem is that people are impecunious because they are in an immense poverty situation. Therefore, they cannot even maintain basic life. They are experiencing impoverished life. Poverty is widespread there. Most families' supporting members got hurt or lost their jobs. It makes the situation worse. The

third hardship is the severe financial loss of the country. The government cannot provide any financial aid to the people. Thus, the injured cannot get immediate help which makes the condition worsen because they do not have enough money to buy exorbitant medicines. Finally, the destructive typhoon causes tremendous damage on the poor.

To help them, not only the charities can raise money for

them and donate alms to Indonesia to assist them. The masses should not be stingy and should show our care when there are some crowdfunding activities. Moreover, news agencies can propagate and disseminate the devastating situation to the public.

All in all, I realize that I own so much happiness. I hope everyone can help the Indonesians so that they can recover soon.

My Favourite Movie Character

6B Leung Tsz Ki, Coco

Sens



I have watched many films in the cinema. Now, I will tell you about my favourite movie character.

My favourite movie character is August Pullman. He is from the movie 'Wonder'. He is a boy who was born in 2006. August Pullman is tall. He has

short blonde hair and a round face. He suffers from Trencher Collins syndrome, resulting in face deformity. However, I think he is handsome.

August Pullman is proactive. Although other people discriminate against him, he isn't upset. He is helpful, too. He helps his classmates when his classmates are in need.

Let me share with you an unforgettable shot which I like most.

At the end of the movie, August wins the medals at the commencement. He is happy because he gets support from his family and friends. His optimistic personality moved me.

From August Pullman, I learnt that I need to be optimistic. I can change how others think about me with my actions. You can do that, too.

A Complaint Letter

6C Lee Lok Yiu, Vivian



Dear People on Earth,

Hi, I'm the King of sea turtles. I am writing to tell you that we are endangered. You can rarely find us in open water and coasts anymore. We need your help as soon as possible.

The number of us is decreasing. There are only about 6.5 million of us left! I know it is still quite a number of us. Yet, a lot of us are very old. People are polluting the sea and so we don't have clean water to live in. I have already moved home more than 10 times this year! We have nowhere to stay! Besides, the dirty water contaminates our food. We get sick after eating and also we don't have enough food to eat since the small fish, algae and seaweeds all die because of the water pollution.

I hope you people can help us. You need to protect

the ocean by stopping people from dumping toxic waste into the sea. In addition, you should stop buying us as pets. Otherwise, we will become extinct very soon. You can't see us anymore.

I hope that you people will STOP catching us and destroying our home now. I also hope people will protect us and be friendly to us.

Yours,

The King of sea turtles



Thank you, street cleaners!

6D Cheung Pak Hei, Oron



What do you think about being a street cleaner? Are they smelly? I don't think so. They help us every day. They clean the streets and roads. If our living place does not have street cleaners, the streets will be dirty.

The street cleaners make the streets clean and

give us a better environment in public places so we can walk comfortably.

If there aren't any street cleaners, the streets will be smelly and all the people will feel comfortable.

Their job can affect their own lives so much! When the weather is hot outside, they will be very tired. Their job is very hard and they have such a low income, so they cannot have much money to buy things they need. They may get sick easily because they always deal with the rubbish.

I know that their job is very hard. Cleaning the street is not easy so I will not pollute the public places anymore. From now on, I will keep the street clean so that the street cleaners will have fewer jobs to do.

Street cleaners, thank you very much!

The Most Valuable Thing In My Life 6D Shek Lai Ho, Issac



The most valuable thing in my life is love. I love my family members, friends, and everyone I met in my life.

Love is a great feeling and we are always searching for it. Love is my motivation behind everything I do, so it is important in my life. For example, I take care of my family, because of love.

Everyone will be happy if we love each other. Therefore, I love everyone and everything around me.

