



深水埗官立小學

Sham Shui Do Government Primary School

童心 妙語

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今天，我們學校舉辦了一場熱鬧的運動會。

早上六時四十分我便起床了，滿心歡喜地對媽媽說：「我非常期待今年的運動會呀！」

一大早，運動場擠滿了興奮的同學和老師。運動會的項目可真多啊！有跑步、跳遠、擲木球……

激烈的比賽開始了，同學們紛紛地吶喊着：「何洛妍，加油！加油！」我拼盡全力飛快地向前跑，終於順利衝向終點。最終，我取得了第三名，拿了一面銅牌。我和媽媽開心極了，她還表揚我非常棒。我感到十分自豪。

運動會快結束了，學校還進行了頒獎儀式。經過同學們的努力，我們班獲得了三年級全場總冠軍，大家都高興得跳了起來。

這真是一場難忘的運動會呀！我希望下年還能參加，為班級爭光！



一月二十九日 星期一 晴

今天是我的生日，心情特別激動！爸爸、媽媽和弟弟精心為我準備了今晚的生日會。他們一大早就去麵包店挑選了我最愛的蛋糕，期待着這個特別的時刻。

轉眼就到了晚上，外婆和外公也來到我家，為我慶祝這個重要的日子。這是我十歲的生日，感覺真是太棒了！當他們關上燈的時候，屋子裏瞬間變得神秘而溫馨。燃點蠟燭的那一刻，我們一起唱起了生日歌，伴隨着笑聲和祝福。

隨後，我們一起切蛋糕。我幫助媽媽一件一件地把蛋糕分給前來祝賀的親友，每個人臉上的笑容都讓我倍感幸福。我還迫不及待地打開他們送給我的禮物，心中充滿了驚喜和感激。

我真的很喜歡吃蛋糕，更喜歡和家人圍在一起的快樂時光，這樣的感覺讓我既開心又幸福。這個生日將會是我心中永遠的美好回憶！



上星期日，明偉的爸媽帶明偉去主題公園遊玩。他們一起玩機動遊戲、食雪糕和喝汽水，十分愉快。

明偉本來跟爸媽到處去玩機動遊戲的，但明偉興奮地走來走去，他回頭一看，發現爸媽不見了。他感到很害怕，便大哭起來。管理員叔叔看見他在大哭，便上前問道，說：「小朋友，發生甚麼事？」明偉哭着回答說：「我……我和爸媽失散了。」叔叔說：「不用害怕，我和你一起去找他們吧！」因為叔叔不斷安慰明偉，所以他才放心了不少。

最後，叔叔帶明偉到保安室坐着。之後，他透過廣播去尋找明偉的爸媽。最後，他們在保安室重聚了。當明偉一看見他的爸媽，便興奮地與他們擁抱在一起。明偉心想：「我以後都不會亂跑了！」



一月五日（星期五），麥老師帶領我們三乙班同學到郊野公園燒烤。我們在早上九時出發，一小時後就到達了。那兒的景色美麗，我們圍坐在燒烤爐旁，一邊烤食物，一邊談天，十分開心。

當我們正在燒烤時，天空突然下起了大雨。我跟同學們看見烏雲密布，還聽到滴滴答答的雨聲。老師叫我們收拾所有東西，又吩咐我們快走到涼亭避雨。同學們有些拿餐具，有些拿書包，有些拿食物。

同學們紛紛走進涼亭避雨，大家都感到失望極了。過了一會兒，雨停了，太陽出來了。我和同學們看見彩虹出現都雀躍起來。之後，我們又一起圍坐在燒烤爐旁燒烤、聊天、唱歌……

這天，我感到十分興奮，因為我看到了彩虹，又聽到了同學們的歡笑聲。



我的發明

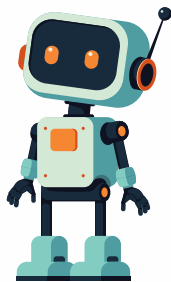
3C 黃芷晴

在創意科技室，我觀察到母親每日彎腰擦拭地板，父親反覆歸位散落的工具，深刻體會傳統家務耗費大量時間精力。

為此，我設計出「全能家務助手」機器人。其配備可調適多關節機械臂，能精準抓取不同形狀物品；底盤搭載激光導航模組，可建立立體室內地圖並規劃最佳清掃路徑。

實際測試中，這款機器人不僅能區分髒污程度，自動切換乾濕拖地模式，更能透過深度學習辨識家庭成員的收納習慣。

我計劃在未來整合太陽能充電面板與模組化清潔配件，讓這項發明不僅減輕家務負擔，更能成為推動智慧家庭的關鍵樞紐。



學校旅行

3C 黃建翔

星期三，學校舉辦旅行，我和同學還有老師一起到郊野公園遊玩。那裏景色優美，鳥語花香，我們圍坐在燒烤爐旁，一邊烤肉一邊唱歌。

就在大家愉快燒烤時，天空突然陰沉下來。我們看見雲層中雷光閃爍，低沉的雷聲不斷傳來。老師見狀立刻吩咐我們收拾食物盤和燒烤叉，迅速躲進涼亭。不一會兒，大雨傾盆而下。

幸好老師提早叫我們收拾，不然大家都要淋成「落湯雞」了。過了一會兒，雨停了，太陽探出頭來，天空掛上一道絢麗的彩虹，同學們不禁歡呼起來。

最後，我們在彩虹下玩遊戲、拍照，為這趟旅程留下難忘的結尾。



一次和家人去旅行

3D 林卓瑩

星期日，我和家人一起去大帽山遠足，我們都非常興奮。

首先，我們來到樹下乘涼和休息，我見到有很多美麗的花朵。我們休息後，爸爸要我們向山上行。因為他說山上的風景更優美，所以我們沿着小路向上走。

我們終於來到山頂，大家的心情都很興奮。我們爬上山頂後，爸爸馬上拿出相機和我們拍照留念。

這一天，我們都過得很開心。



難忘的聖誕

3D 陳卓航

十二月二十五日 星期日 晴

今天，我吃完早餐，我、爸爸、媽媽、爺爺和嫲嫲一起出發到澳門旅行。爸爸駕着車去到關口，車輛駛過一條長長的大橋後，我們很快便到達澳門了。

我們先到不同的地方拍照和遊玩，我們去了大三巴、大炮台、澳門新葡京酒店……那裏的名勝地方都有很多人旅遊，到處人山人海。



中午，大家都走得太累了，所以便來到碧濤意國漁鄉吃午餐。休息後，我們再出發去其他地方。這一次澳門之旅真是又難忘，又開心。

給聖誕老人的信

4A 薛雯茵

親愛的聖誕老人：

你好嗎？你最近生活怎樣？我是來自香港的小朋友，正就讀深水埗官立小學。這次，我想向你說出我的願望和一件有趣的事。

我先跟你說有趣的事，有一次，我在課堂上做水的實驗，就是把棉花、幼沙粒、粗沙粒和彈珠這四種材料分別製作成過濾器。看看哪一種流出來的水最乾淨，結果是棉花。看到這個結果後，我們都大開眼界！

另外，我的願望是希望世界和平，永不戰爭。戰爭不但會造成人命傷亡，還會留下很多孤兒。我覺得他們很可憐！我希望世界和平，永不戰爭。

期待你的回信！

祝

身體健康！

朋友

雯茵

七月十五日



今天，我在科學課時度過了既有趣又難忘的一節課堂。

課堂上，老師跟我們玩「預測遊戲」。老師問：「如果我把這張紙放在這個杯中，再把這個杯放在水中，你們猜這張紙會濕嗎？」聽完後，同學們都紛紛七嘴八舌討論着，有些同學說會，有些同學說不會。

實驗開始了，同學們都屏息靜氣地看着，只見老師把放有紙張的紙杯慢慢地放進水中，神奇的一幕出現了——那張紙竟然還是乾的！大部分同學都感到非常驚訝，但是那些猜中的同學則是一臉平靜，但我仍然不明白那張紙不會濕的原因。這時，老師解釋：「這是為甚麼呢？原來空氣是佔有空間的。」同學們都表現出一副恍然大悟的樣子。

回家後，我心想：這真是一節有趣的課堂啊！因為我不僅玩了「預測遊戲」，還學到一些科學知識呢！



一次幫助別人的經驗和感受

4B 車家俊

幫助別人是一件讓人感到溫暖滿足的事。

記得有一次，我在街上偶然遇到一位迷路的老人，他看起來有些焦急，不停地四處張望。我走上前去，輕聲問道：「您好，需要幫忙嗎？」

老人告訴我，他想去附近的一家醫院，但不小心走錯了路。我拿出手機，查詢了醫院的正確位置，然後耐心地為他指引方向。考慮到他年紀較大，我決定陪他走一段路，直到他能清楚地看到醫院的標誌。

在一路上，我們聊了起來。他告訴我，他的孫子剛出生，他迫不及待地想去看看。我們的談話讓我感受到他的喜悅與期待，而他也因為有人陪伴而顯得放鬆許多。

當我們終於抵達醫院時，他滿懷感激地握着我的手，連聲道謝。我微笑着說：「不用客氣，祝您和您的家人一切順利。」看着他走進醫院大門，我心中充滿了滿足感。



一次幫助別人的經驗和感受

4B 陳珀希

今天，我和姊姊吃過早餐後，到家附近的兒童遊樂場玩耍。我滑我最愛的滑梯，姊姊玩她喜愛的鞦韆，她盪得很高，盪到半空中，玩得不亦樂乎。

突然，有一個拿着拐杖的老伯伯在遊樂場附近心急如焚地走來走去，我覺得很奇怪，於是我便跑過去問他發生甚麼事。後來得知他的小狗走失了，老伯伯在到處尋找牠，非常擔心。我和姊姊便替老伯伯在遊樂場四處尋找，這個遊樂場真大呀！我們找了很久也找不到。

最終，我們看見草叢裏有一隻啡色的小狗藏起來。我和姊姊帶着小狗去找主人。小狗看見老伯伯，便圍着老伯伯蹦蹦跳，老伯伯開心地笑了，他說小狗的名字叫小籠包。

我在這一次幫助別人的過程中學會了「助人為快樂之本」，能夠幫助別人是一件值得高興的事。



一節有趣的科學課

4C 周健洋

上星期五，我和同學一起上科學課。老師在課室裏教我們做有關水壓力的實驗，壓力越大，水射得越遠，使我們覺得很有趣。

首先，老師先拿出一個大缸和一個水瓶。然後，他在水瓶上刺了三個孔，分別從上到下刺孔，最上的孔標上「A」，中間的孔標上「B」，最下的孔標上「C」。接着，老師把水瓶盛滿水，那個大缸就放在水瓶刺孔的前邊。跟着，老師叫我把水瓶的瓶蓋擰開，瓶蓋擰開後，水就流了出來。最後，我和同學們看見「C」孔的水射得最遠。老師告訴我們水的壓力越大，水射得越遠；水的壓力越小，水射得越近，所以水越深，壓力就越大。

我學到了水越深，壓力越大，所以潛水人員不敢潛太深，因為他怕水的壓力會把他壓扁。

我覺得很快樂，因為我和同學們一起做了很多實驗。



一次幫助別人的經驗和感受

4C 雲智勇

這天是星期日，是我的放假日，我和爸爸去深水埗，我們乘搭「七零二」號巴士。一會兒，我們到了南昌站時，有一位老爺爺去到我面前，正面看着我，我看到車上全部的座位被坐滿了。我和爸爸說：「爸爸，我可不可以拿起那個書包？」爸爸同意我的建議，我拿起書包後說：「老爺爺，請過來，給您坐的。」爺爺坐下後說：「多謝你。」

一會兒後，爺爺的錢包不小心掉了在地上，我連忙幫爺爺拿起錢包，爺爺說：「謝謝。」

過了一會兒，到了深水埗站，我和老爺爺說：「老爺爺，再見！」

我感到幫助別人是好事，也覺得很開心。



一次難忘的戶外活動

4D 蔡俊寶

上星期天，我和爸爸、媽媽一起前往警隊的歷史建築物——警隊博物館參觀。

那天早上，陽光普照，我們一家人乘坐城巴十五號巴士前往山頂，於灣仔峽道下車步行前往。

那裏的建築物具有獨特的風格，揉合古代與時尚於一身。一踏進館內，繁多的警察裝備映入我的眼簾，有電單車、手槍、對講機、手扣等等。

日落西山，我們一家人懷着依依不捨的心情準備離開。突然，身後有人大喝一聲：「小偷！別跑！」我轉身一看，一個矮小的男孩向我的方向衝過來，我身為少年警訊的一份子，有責任撲滅罪行，我立刻使出一招「掃堂腿」，小偷像「滾地葫蘆」一樣跌倒，最後被拘捕了，這真是一次難忘的經歷啊！



日記——難忘的一天

4D 鄧柏豪

十月五日 星期六 雨天

今天早上，我自己上學去。這時正在下大雨，但我沒有帶雨傘上學，所以全身都濕了。

我只好站在路旁等雨停下來，那時，有一個中學生對我說：「小朋友，你要到哪裏去？」我對他說：「哥哥，我要到深水埗官立小學。」真幸運！我遇上了一個好心人，他撐起雨傘，和我一起走到深水埗官立小學去。雖然我的校服還是有一部分淋濕了，但比起冒着大雨衝回學校去，已經好得多了，起碼我不會生病呢！

回到學校後，老師問我為甚麼會遲到，我便把原因告訴了她。

這是一件令我難忘的事，讓我感受到被人幫助的溫暖，以後，我也會一樣幫助有需要的人。



一次幫助別人的經驗

4E 江柏穎

上星期一，我在學校裏看見一位同學跌倒了，我連忙上前伸出援手。雖然是一件小事，但卻在我心中留下不可泯滅的印象。

記得有一次在小息的時候，我一如既往地在操場上閒逛，突然有一位同學跌倒了，他的手掌和膝蓋也擦損。我看見他顯得十分徬徨無助，正當我還在猶豫應否上前扶起他的時候，一股使命感從我心中油然而生，終於我鼓起最大的勇氣走到他跟前說：「同學，我來扶你起身吧！」雖然我很怕，但是我克服了內心的恐懼去幫助他，帶他到醫療室。

我溫柔地說：「慢慢走，不用着急！」我扶着同學走到醫療室，並將同學的情況告訴老師。正當我準備離開時，沒想到同學向我道謝，說：「謝謝你，幸好有你的幫助。」

回到家後，我感到很快樂，我明白到助人為快樂之本，我決定從今天開始我要為有需要的人無條件伸出援助之手。



我最喜歡上體育課，因為我很喜歡做運動。我記得有一次上體育課的時候，玩了一個十分有趣的遊戲。

上個星期一，上體育課時，老師帶我們到足球場，介紹了一個跑步比賽的遊戲，就是男孩子和女孩子進行對壘，看誰最先跑到對方的領地。或許你以為這個比賽對女孩子一點也不公平，畢竟男孩子跑得比較快。不過這個遊戲有一個特別要求，就是男孩子和女孩子相遇的時候，就要「猜包剪掙」，只要勝出才能繼續往前跑，輸了就要回到所屬領地，由其他隊員接力。

在老師一聲令下，遊戲便正式開始，雙方首名同學馬上奮力向前衝，其餘同學都為其隊友吶喊助威。雙方相遇後便「猜包剪掙」，其餘同學則屏息靜氣地觀看。當女孩子獲勝後繼續往前跑，其他女孩子們便爆出如雷貫耳的歡呼聲，而男孩子則立刻派出另一位隊員出戰，阻止女孩子繼續前進。

雙方你來我往，鬥得難分難解。經過一段長時間的拉鋸戰，終於輪到我出戰，我一路過關斬將，勢如破竹，在「猜包剪掙」上連勝四名男孩子，終於衝到男孩子的領地。女孩子取得最終的勝利，我們一起歡呼喝采，每位女孩子都興奮得跳起舞來。

這節課真令我感到很有趣。我趁着記憶猶新，連忙拿起筆，把這件有趣的事寫下來。



暑假的一天

5A 林倩瑜

在暑假的第一個星期天，爸爸媽媽帶我和弟弟去惠州著名的雙月灣遊玩。我在車上望向天空，天空萬里無雲，晴空當照，一路上草叢鬱鬱蔥蔥的，大樹密密麻麻的，鳥兒在天上悠閒地飛來飛去。

到達目的地了，我們首先去最著名的餐廳吃飯，那裏的食物超級美味啊！爸爸說：「這裏的食物又美味又便宜啊！」

我們吃飽後，一出門，我就被眼前美麗的景象吸引住了，只見大海一望無際、海水湛藍深遠，漂亮極了！我走向了沙灘，沙灘上的沙子細膩柔軟，就像踩在絲綢上一樣柔滑，舒服極了！爸爸媽媽舒服地曬太陽，我愉快地玩耍，弟弟興奮地玩水。

玩着玩着，一個不小心，衣服被海水弄濕了，不僅如此，海水又調皮地噴進了我的嘴裏，真鹹啊！我連忙把海水吐了出來，原來這就是海的味道。

天黑了，我要回家了，星星也要上夜班了，再見美麗的大海，再見美麗的沙灘，我們下次再見面，真是難忘的一天啊！



暑假時，我在外婆家過了難忘的一天。

早上，外婆一直在後院裏忙前忙後的，在樓上的我聽到動靜，就立即跑到後院裏，氣喘吁吁地詢問外婆：「外婆，你在幹甚麼？為甚麼地上會有這麼多的罐子呢？」「罐子裏的是我醃製的酸菜，早上給你配搭白粥吃啊！」外婆回答。聽了外婆的話，我立刻想到了一碗熱騰騰的，冒着熱氣的白粥配上外婆親手醃製的酸菜，想想都覺得很美味！雖然早餐很普通，但充滿了外婆的愛！

中午，二舅父帶着我和外婆一起去了海灘遊玩。到了海灘，我第一個就跑了過去，看到沙地上有很多小洞，剛想跑去看個究竟，突然腳下癢癢的，一看啊！有一隻小螃蟹在我的拖鞋上，正準備爬上我的腳上啊！可把我嚇了一跳。後來，我們還一起找到了八爪魚、螃蟹、扇貝……

黃昏的時候，外婆已經開始在廚房裏煮晚餐了，而我就和外公一起去田裏看他種植的各種蔬菜，有番薯、蘿蔔、花生，還有各種水果呢！回家後，一入門口香味撲鼻而來，原來是外婆煮好了晚餐，桌子上擺滿了各式各樣的海鮮。看見美食當前，我肚子不禁咕嚕咕嚕大響！

到了晚上，我躺在床上，看着窗外的星星，心想：今天可真快樂，但時光飛逝，一天就結束了，我多麼想時間就停留在今天，因為今天充滿了美好的回憶！



手錶是一種用於計時的裝置，廣泛應用於日常生活中。

它不僅能讓我們隨時掌握時間，還能展現個人品味和風格。手錶的結構主要包括錶殼、錶盤、機芯和錶帶。錶殼通常由不鏽鋼、金屬或塑料製成，能有效保護內部的機械部件。

錶盤上有時針、分針和秒針，讓人們讀取時間。機芯是手錶的核心，分為機械和石英兩種。機械手錶靠發條驅動，而石英手錶則使用電池供電，精準度相較於機械手錶更高。

隨着科技的進步，智能手錶逐漸流行，除了基本的計時功能外，還具備心率監測、步數計算和信息提醒等多種功能，成為人們日常生活的重要工具。

無論是運動、工作或休閒，手錶都能提供便利，讓我們的生活更加高效有序。



我的快樂聖誕假期

5B 黃可藍

聖誕假期時，我和家人展開為期四天的廣州與中山之旅，過程非常愉快。

首日我們前往中山國際賽車場。場地寬闊且設施完善，專業教練在賽前詳細講解了操作要領與安全規範。實際駕駛時，方向盤的強烈震動與高速馳騁令人既緊張又興奮。我與表哥、表姐及大表哥相互較勁，賽後焦急等待成績公布。雖然最終未能名列前茅，但競速過程已讓我充分享受。

次日造訪當地知名餐廳石岐佬，其仿三十年代的懷舊建築風格獨具特色。招牌菜脆皮乳鴿令人驚豔——金黃外皮酥脆可口，肉質鮮嫩多汁。我們還品嚐了特色燒雞、傳統煎堆及清炒豆角等菜餚，每道料理都展現出網紅名店應有的高水準。

旅程最後一日返回酒店休息，為四天充實的行程畫下完美句號。這次與家人共度的聖誕假期，無疑是段珍貴的美好回憶。



星期六，我和家人去到海灘時，我們發現海灘上有很多海洋垃圾，例如：膠袋、飲品盒、塑膠飲管……

為什麼海灘上有很多垃圾呢？人類為貪求方便，便胡亂把垃圾棄置於沙灘上或往海洋扔掉垃圾，真可恥！

根據世界自然基金會，每年流入海洋的塑膠垃圾至少有一萬五千公噸。這些垃圾會使海龜不能進食及身體受傷，嚴重甚至死亡。

要解決這個問題，我們要減少使用塑膠。在日常生活中，我們應自備環保袋、用紙飲管代替膠飲管和減少使用外賣塑膠餐具。

然後，我們不要往大海丟垃圾。自己製造的垃圾應該自己帶走，或棄置於附近的垃圾箱內。

總括而言，我們要解決海洋垃圾的問題和保護海洋生態，就要從源頭減廢，不應亂丟垃圾，否則人類終會自食其果。時刻緊記保護環境，人人有責！



每當想起那次經歷，不禁讓我感到難以忘記！那天晴空萬里，伴隨着溫暖的陽光，我與媽媽來到了荔枝角公園。我們從東門進入公園，首先看到嶺南之風十景之一「有鳳來儀」。我看到廣場上惟肖惟妙的木製雕刻鳳凰，我走上前看了看，這隻鳳凰形象活靈活現的，那羽毛好像在輕輕顫動。那裏的樹木高聳入雲，枝葉茂盛。「有鳳來儀」的雄偉景象使我感到十分讚歎，風景真是美麗極了！

我看完這裏的風景就向着「溪流映月」出發了。來到「溪流映月」，我便聽見小鳥吱吱喳喳地叫，令我感到心曠神怡。溪水從層層疊疊的石片上流下，奏出一首屬於大自然的樂曲。這個地方讓人們忘記一切煩惱，投入大自然。

太陽西下，我們來到了另一個出口，這裏有幾座房屋，在那個時代，人們注重房屋的門，我想到了一句俗語：「大門朝南，子孫不寒；大門朝北，子孫受罪。」

在這裏，我度過了愉快的一天，並且獲益良多，十分難忘。



一次深刻的教訓

5D 王嘉懿

我還記得在我讀幼稚園的時候，有一件事情在我腦海裏揮之不去。

在某一天放學的時候，我和同學一邊走，一邊聊天。突然，路中心有很多同學圍起來向着地面上看，我就很好奇地走過去看看發生甚麼事，媽媽則在旁擔心我，並叮囑我要小心，原來那兒有隻小動物在地上走動，所以同學們見到都特別開心和興奮，而我也例外，還走到最前面湊熱鬧。

不一會兒，小動物走進地磚之間的縫隙裏，我第一時間就想揭開磚塊看看，不想讓牠逃走。誰知有位同學在興奮之間不小心踏到那塊磚塊，同時亦把我的手指踩傷了，當下流了很多血。我當刻哭到死去活來，媽媽第一時間就和我乘的士到醫院，一路上我大哭大喊，到了醫院，護士姐姐見狀立即幫我消毒手指，那刻真是痛得無法形容。媽媽見到我大哭，也心痛地流下了眼淚，接着護士帶我去照X光片，最後亦幫我包紮傷口，之後我才可以回家。

經過這次的事，我以後都會長記性，不會再「手多多」，亦會注意安全的了。



一件難忘的事情

5D 陳誌颺

雖然事情已經過了很久，但每次我乘坐巴士時，那天的情景就浮現在我的眼前，久久不能忘記。

那天放學下着大雨，我忘記帶雨傘，匆忙地奔跑到巴士站去，亦被雨水弄得衣衫盡濕，十分狼狽。巴士終於來了，大家都迫不及待地排隊往車上湧。

正當我想拿出八達通卡支付時，我發現我的八達通卡不見了！我連忙低着頭在書包裏翻找，同時我感覺到臉開始紅了。我看看車窗外，天空已經黑了，雨似乎下得比剛才還要大，我怎能不着急呢？當我確定我已經遺失了八達通卡，只好向司機道歉，眼淚也差點跑出來。

「叮噠」一聲，兩個硬幣放進了投幣箱。「別找了，我這裏有。」一位熱心的小姐幫我付了車費，我連忙向她道謝。

我發現原來有需要的時候被別人幫助也是一件樂事。我以後也會幫助別人。



九月二日是新學年的開始，開學日那天所發生的事，令我難以忘懷。

星期一是開學的第一天，我早早起了床，心情既興奮又緊張。「興奮」是因為我能見到新的老師和新的同學，「緊張」是不知道新學期我在這所新學校會有哪些新的挑戰。

我背着書包上學去。一路上陽光明媚，微風拂面，彷彿在為我加油、鼓勵。到了學校，校門前已經聚集了許多老師和同學，大家的臉上洋溢着新學期的喜悅。

走進課室，看到陌生的同學們，我感到很緊張，因為對於言語不通的我，我是完全不知道他們在說甚麼。老師安排我坐在課室最後一排的位置。嘩！原來香港學校的學生椅子是有靠背的，和我以前在鄉間的不同，真是坐得舒服啊！

接着，我們就開始課堂了。老師講得生動有趣，但我卻聽得「一頭霧水」。小息的時候，很多女同學主動上前和我一起談天，彷彿忘記了我是一個插班生。

開學第一天是個美好的開始，我相信在新的學期裏，我一定會結識更多好友，我一定會努力讀書，取得更大的進步。



我和小貓的特別時刻

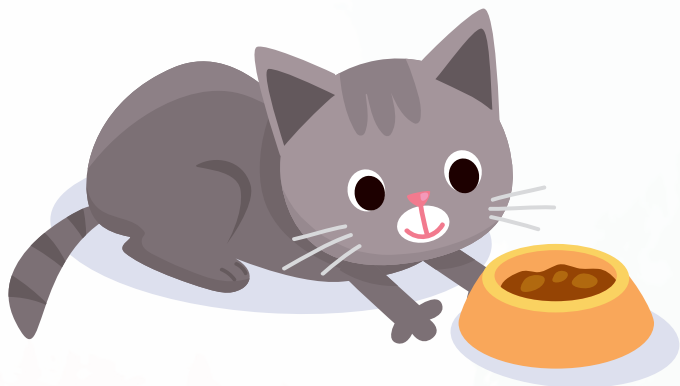
5E 郭紫鋸

某一天，我和同學去看電影，回家時看見一隻貓被人遺棄，我便帶牠回家。從此，我和牠成了好伙伴，我們一起生活，共度了多年溫馨快樂的時光。

一天，小貓不肯吃貓糧，又不肯喝水，我便帶小貓去醫院檢查。完成檢查，我讓小貓休息一會兒。休息過後，小貓喝了些牛奶補充能量。我滿有信心小貓會好起來，一直健健康康地生活下去。可惜……

檢查小貓的身體時，發現小貓之前吃了不乾淨的食物，影響健康。小貓治療很久的時間，最後小貓就去世了，我很傷心。

小貓很不容易遇見我，我在路上看了小貓一眼就喜歡了牠。牠的離開令我很傷心很難過，我希望小貓在「貓星球」會過得幸福。



一位我尊敬的人

6A 鄧雅心

葉老師是我五年級的中文科老師，也是我的體育科老師。我認為葉老師在各方面都非常厲害，是我最尊敬的老師。

記得有一天，我在上五年級的中文課，葉老師發給我們默書範圍。我心想：我終於可以展現給老師看我的實力了，他一定會誇獎我的！於是我開始努力溫習，又背誦課文，又抄寫詞語，甚至在小息時我還是在溫習。老師派發默書簿，我迫不及待地接過它，翻開一看，只看到八十三分三個大字！我立即眉頭一皺，小息時其他同學都在玩耍、聊天，只有我獨自坐在一角悶悶不樂。

那時，葉老師走過來溫柔地對我說：「不要傷心，只要你用心做，再注意字形筆劃，便可以改善錯別字的問題。」「但我做功課時，經常不懂做。」「你有不懂的地方可以來問我，我很樂意教導你。」葉老師爽快地回應我。他的聲音是多麼真摯又富鼓勵性。

自從那天後，他一直輔導我不會的中文難題，讓我掌握了學習的技巧，成績也漸漸進步。

雖然他今年沒有教導我們班，但是他說過的話依然鼓勵着我。葉老師，謝謝你！是你讓我熱愛學習，你永遠是我最尊敬的好老師。



健康生活對每個人都十分重要。甚麼是健康生活？健康生活不單要有均衡飲食，還要注意作息定時，更要多做運動，強身健體。

要有健康的生活首要注意均衡飲食，多吃營養豐富的食物，因為飲食均衡，不挑食的人體質會較佳，抵抗力也較好。這些人通常都能依照健康「飲食金字塔」的建議，每餐多菜少肉。飲食不均衡，揀飲擇食的人體質往往較虛弱，抵抗力也較差，容易生病。

要有健康生活也要注意作息定時。假如一個人作息混亂，他就容易精神不振，工作效率低，因此作息定時十分重要。這樣我們的身體才能恢復能量，才可應付繁忙的工作或學業。

最後要有健康生活，也要多做運動，鍛鍊身體，例如跑步、游泳、跳繩等。有研究指出兒童及青少年每天應最少做三十分鐘帶氧運動，以增強體質，提高免疫力。

總括而言：健康生活十分重要，我們需要每天努力堅持均衡飲食、做適時適量的運動、保持良好的睡眠質素等。你有沒有做到上列三項事情，令自己擁有健康的生活？



甚麼是健康的生活？健康的生活方式是指通過良好的習慣來促進身心健康，同時消除不良習慣。我認為健康的生活可以從三個方面入手：健康飲食、恆常運動和良好生活習慣。

首先，我們應該實行健康飲食。我們要選擇含豐富營養的食物，如蕃茄、薯仔、西蘭花……這些食物能促進身體的發育和成長，幫助我們獲得所需的各類營養素。

其次，恆常運動也是健康生活的重要組成部分。跑步是一項很好的運動，它能促進大腦和內分泌系統的功能，提升心跳率和氧氣供應，從而加強心臟的健康，改善消化和排泄系統的功能。古語說：「仙丹妙藥靈芝草，不如天天連長跑。」不過，運動也要適度，要根據自身的能力來進行，避免過度勞累。

最後，培養良好的生活習慣也不可忽視。早睡早起能讓我們精神飽滿，更有效地學習和工作。此外，減少壓力、保持積極的心態對心理健康也十分重要。

從現在開始，我們一起努力改掉壞習慣，養成健康的生活方式，讓生活更加充實和有活力吧！



甚麼是健康的生活？健康的生活方式是指實行良好的習慣，戒除不良的習慣。我認為健康生活主要包括三個方面：健康飲食、恆常運動和良好生活習慣。

首先，健康的飲食很重要。我們可以根據飲食金字塔來選擇食物，金字塔分為四層：穀物類，這一層的食物最重要，我們應多吃，比如米飯和麵包；水果和蔬菜，這是第二層，我們要多吃水果和蔬菜，這樣可以讓身體更健康；肉類、豆類和蛋，這一層的食物提供蛋白質，可以幫助我們長高；油、鹽和糖，這一層的食物要少吃，因為多吃會讓我們變胖。

其次，我們應該每天做運動，專家建議每天進行至少三十分鐘的中等強度運動，這樣能顯著降低死亡率。運動不僅能增強體力，還能改善心情和促進心理健康。

再者，我們還要培養良好的生活習慣，例如：避免煙酒，這些對健康有害；少吃零食，選擇五穀、蔬果作為主要食物；養成良好的睡眠習慣，每晚應睡夠至少八小時，以獲得充分的休息。

總括而言，只要我們每天做到以上三方面，就能擁有健康的生活，讓自己變得更好！



現在回想起那段經歷，我心中仍然有些不安及害怕，但又有點慶幸。從那天起，我學會了面對恐懼，更重要的是學會了克服自我。

那天清晨，我一起床便嗅到了廚房飄來的香味，原來爺爺已經為我準備好早餐，有包子、白粥和煎雞蛋。我邊吃邊對爺爺說：「爺爺，今天我想挑戰一下自己，放學後，我自己走回家，行嗎？」爺爺思索了一會，說：「好吧，不管你想挑戰甚麼，都注意安全啊！」我感到欣喜，彷彿瞬間成長為大人般自豪。

「鈴……鈴……」，放學鈴聲一響，我就自信滿滿地踏上了回家的路。走過學校門口附近的街道後，眼前便是那段令我忐忑不安的山路。本來還熙熙攘攘的街道，越往裏走，人就越少，到最後甚至一眼望去見不到幾個人影。高大的樹木在黃昏時分顯得格外神秘，陽光透過樹梢，灑下斑駁的光影，我告訴自己不過是一段山路，無需多慮，可是心中的恐懼卻如潮水般湧來。

走到半路，四周愈發安靜，只有風吹樹葉的沙沙聲和我越來越快的心跳聲。前方不遠處傳來窸窣的聲音，像是有人在樹叢中移動。我頓時緊張起來，汗毛豎起，心中不停地祈禱千萬別出甚麼幺蛾子，腳步加快，但天色漸暗，四周彷彿都有東西在逼近。忽然，前方的樹影間出現了幾點幽藍的光，就好像那傳說中的鬼火。我的心臟幾乎停止跳動，血液似乎都凝固了，猛地把頭蹲下，鼻頭一酸，眼淚也忍不住流了出來。我在心中不斷重複想着：「快走，快走！」可是，雙腳卻仿似被釘在地上。

在昏暗路燈的照亮下，我看清了前方的路，爺爺和奶奶的家就在不遠處。於是，我急忙站起來，一路狂奔到家門口，猛地把門拉開，急不可耐地想告訴爺爺「我成功到家了」這個天大的好消息。可是，我找來找去到處也沒看到人影，不禁失落地去想：「爺爺應該已經睡覺了吧！他沒有等我回來。」唉！我走出門外，伸手想關門，但一抬頭看見了站在不遠處的爺爺，原來他一直在我身後默默地守護着我。我走過去抱住了爺爺，他拍拍我的

肩膀，說：「知道自己害怕是好事，但更多的時候要面對和克服。」

那天的經歷，讓我明白了面對內心的恐懼並不是一件壞事，只有經歷和挑戰，才能真正地成長。



真誠的友誼

6C 蔡沙沙

我拿起放在床頭上的超人娃娃，想起了我的好朋友小許。

在四年級的時候，我在放學回家的路上遇到了她和她的奶奶。當時我跟她在班上並沒有甚麼交集，所以跟她們打了一聲招呼便走遠了。後來，在放學時經常能遇到她，她的奶奶還總是誇我：「小妹妹又遇到你啦！怎麼這麼有禮貌！」我都是害羞地點點頭，然後對着小許微微一笑。而她知道我很內向，就常常有一搭沒一搭地跟我聊天，這讓我們的關係更進一步。

有一次，老師說要換座位，話音剛落，老師就說：「沙沙，你去跟小許一起坐！」我朝着老師指的方向看去，她則是朝着我招了招手，示意我快走過去。再在後來，我有不會的題目，她總是很有耐心地教我。這讓我的成績大大提升，班上的同學看到後，老是開玩笑地說：「你們就是最好的鄰座同學！」我跟她對視一眼，都默不作聲地笑了笑。



後來，她知道我要來香港讀書，在上學的最後一天，她拿着一個超人娃娃，我永遠都記得她當時說的話。現在，我們會在手機上聊有趣的事情。在放假的時候，我們會一起出去玩。

我希望我們的友誼正如她曾經所說的一樣：「不管多遠，你永遠都是我最好的朋友！如果有一天，我們的友誼破裂了，超人娃娃一定會拯救我們的！」

一件難忘的往事

6D 王樂恩

雖然有很多的事都忘記了，但是有一件事，令我十分難忘。

那時，我看見別人騎着單車，我很羨慕，於是我便下定決心要學會騎單車。

第二天，家人帶我去挑選單車。挑選後，我迫不及待地讓姐姐和表妹到廣場去練習如何騎單車。到了廣場，姐姐一邊扶着單車，一邊鼓勵我，但是姐姐一鬆手，我便開始控制不住方向，車輛東倒西歪，我從車上摔了個四腳朝天。

第二次、第三次都沒成功，我泄氣了。姐姐走了過來說：「只要你肯努力，不放棄，再難的事情都能克服！」聽了姐姐的話，我爬了起來，又再一次上車，姐姐扶住單車的尾巴。我一搖一晃地騎着，姐姐突然把手放開了，我並沒有察覺到，繼續往前騎。姐姐和表妹忍不住歡呼起來，我連忙回頭，發現自己學會騎單車了！

這次經歷讓我懂得了一個道理：有些事看起來簡單，做起來卻十分艱難。然而，只要有恆心，甚麼事都可以成功的。



我有一個非常要好的朋友——小敏。我們從小就是一對形影不離的好友。無論我遇到甚麼困難，小敏也會幫助我。

我倆從小就讀同一班，但小敏的每個方面都比我好。有一回，我寫作業時，發現有些題目不會做，便去請教小敏，沒想到她教了幾遍，我都不懂。我本打算放棄，但小敏卻不答應。她說一定要我學會才肯停止。一直到了下午，夕陽灑在小敏的臉上，啊！她是多麼的善良，多麼的有耐心啊！

小敏就像一把利劍，隨時指出我的錯誤。有一次，我和小敏一起出去玩，猛然發現地上有一個錢包，我開心地拿了起來，正準備拿走時，小敏卻叫我在這裏等待原主，並教育我不能存有貪念。

啊！我的好朋友，我希望以後的路，我們都能結伴而行。



每當我看到那張舊舊的照片，便會想起我最好的朋友吳婕熒。

吳婕熒有一張鵝蛋般完美的臉蛋，一把柔順的短髮，一對水汪汪的大眼睛。

剛認識她是在開學那天，當時我剛轉到那所學校。我懷着緊張的心情，走進了教室，那時候課室已經有一小半的人到了，我隨便走到一個座位坐下。

她非常熱情地向我介紹班裏每個同學，讓我緊張的心情得以舒緩。一下課，她就去和別人跳繩，當看到我坐在座位上很無聊，她便邀請我和她們一起玩，我也慢慢認識了許多朋友，對學校的陌生感漸漸消褪。

有一天，她打電話給我：「下個星期六上午是我的生日會，你能來參加嗎？」我興高采烈地同意了。在她的生日會上，夕陽正好灑在她的臉上，猶如一位漂亮的仙女。她看到我，便一路小跑奔向我，我們快樂地擁抱在一起。

每當別人問她最好的朋友是誰，她總會毫不猶豫地說是我。在生日會結束的時候，她提議拍一張兩人合照，記錄我們的點點滴滴，就這樣，相片承載了滿臉笑意的我們，見證我們的承諾：每年絕不缺席對方的生日會。

我覺得我們的友誼肯定會越來越好的。

吳婕熒，你是我認識到最好的朋友，你就像一個小太陽，照亮了我灰濛濛的世界，祝我們的友誼可以永存，希望我們永遠是形影不離的好朋友！



十二月十七日早上，我們在籃球場集合，乘車去參觀明報。

坐了大約一小時的旅遊巴，我們便到達目的地。下車後，在老師的帶領下，我們穿過了停車場，來到了印刷廠房。我看見各種設備，聞到一股像汽油的臭味，非常刺鼻！

明報講解員向我們介紹了印刷廠房的印刷設施、用處、原理和印刷的過程。講解員帶我們向前走了幾步，又告訴我們當年明報是本港第一家購置印刷機的報社，該機器價格等同當年買二十八層樓的售價。

離開印刷房，我們跟隨老師，分批乘升降機到十五樓，進入活動室。我們坐下聽講解員介紹了明報的歷史和報紙生產過程，原來需要先靠記者採訪，採訪員把資料傳給明報，讓每個工作室的職員進行跟進工作，包括：撰寫、校對、排版和覆檢；總編會先定副刊內容，再定頭條新聞的內容。完成後，才可以印刷。最後，運輸工人把報紙運到香港各地報販手中，「新鮮」的報紙便「出爐」了。

其後，講解員帶我們到走廊，向我們介紹明報多年來獲獎的頭版作品。牆壁上張貼了明報多年獲獎的頭版作品，《黃鴨子》是最搶眼的一張，令我印象深刻。

我們再乘搭升降機回到十五樓的活動室，另一個講解員教我們如何為圖片配句子，他說句子開首一定要加上時間。講解完後，三班學生分成九組，再進行分組活動，我們親身體驗做頭版的工作，很有趣。

在等待工作人員為我們印製今日頭版時，另一個講解員給我們看了最近東京遊戲的消息，並借此介紹資訊素養和注意版權的要點，原來尊重版權是很重要的。



最後，我們跟隨老師回到停車場排隊，再乘車回校。這一天真是獲益良多，原來一份報紙的印製是一件不容易的事。

Me

1A Cai Wang Nam, Ken

Look at me.
I am tall.
I have big eyes.
I have a small mouth.
I have long legs.
I am smart.



My Friend

1A Xie Jiawen, Carmen

Look at my friend, Amy.
She is short and thin.
She has a long tongue.
She has big eyes.
She has curly hair.
She is funny.



My Fish

TB Kabir Sami

Look at my fish.

It is fat.

It has scales.

It has a long tail.

It has a big mouth.

It is cute.



My Friend

TB Luo Yuet Man, Sophia

Look at my friend, Sami.

He is thin and small.

He has short hair.

He has big eyes.

He has a small nose.

He is funny.



My Monster

1C Shahzaib

Look at my monster, Mr. Bobo.
He is tall.
He has big ears.
He has a big mouth.
He has a long face.
He is funny.



My Monster

1C Miyah

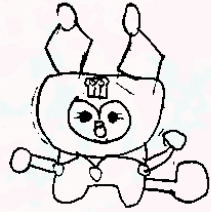
Look at my monster, Sasa.
She is small.
She has brown wings.
She has a lovely smile.
She is funny and cute.
She is adorable.



My Classmates

TD Li Kam Yui, Lucas

- Look at Phoebe and Apple.
- Their blouses are white.
- Their dresses are blue.
- Their socks are white.
- Their jackets are blue and black.
- Their shoes are black. They are pretty.



My Classmates

TD Wong Pui Lam, Apple

- Look at Mia and Kitty.
- Their blouses are white.
- Their dresses are blue.
- Their socks are white.
- Their jackets are blue and black.
- Their shoes are black.



The Playground In My School

2A Wu Yiming

The playground is on the ground floor.

There are swings in the playground.

We can talk with friends there.

We mustn't push others.



Introducing Myself

2A Lam Yee Man

Hi, I am Sally.

I am six years old.

I am in class 2D.

I don't like eating lemons because they are sour.

I live in Lai Chi Kok.

I come to school by minibus.

My mother is a nurse.

I have two sisters.



Me

2B Chloe Chan



Hi, I am Sally. I am six years old. I am in class 2D. I don't like eating lemons because they are sour. I live in Lai Chi Kok. I come to school by minibus. My mother is a nurse. I have two sisters. They are pretty.

Sharing fruit

2B Annabelle Lok

Dora and Derek go to the fruit shop to get some fruit. They meet a cat. She is hungry.

Dora: Do you want some bananas?

Cat: Yes, please. I love bananas because they are soft.

They don't have any fruit at last.

Derek: Oh no! We don't have any fruit now.

Dora: What can we do?

Derek: Let's go to the supermarket to get some.

Rabbit: Do you want some carrots?

Dora: No, thank you. I don't like carrots.

Bear: Do you want some cherries?

Dora: Yes, please. I love cherries because they are sweet.



Mom is proud of them because they share their fruit.

Me

2C Chan Wai Nok Justin

Hi, I am Sally.

I am six years old.

I am in class 2D.

I don't like eating lemons because they are sour.

I live in Lai Chi Kok.

I come to school by minibus.

My mother is a nurse.

I have two sisters.

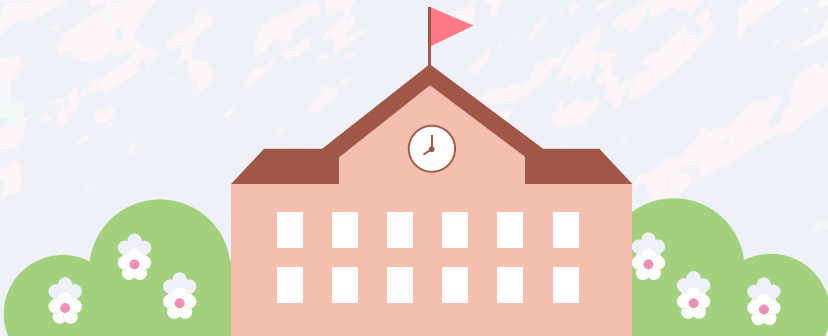


Happy Children's Centre

2C Momo Allen

There are five floors in Happy Children's Centre.

The toys room is on the second floor. There are balls and board games. We can play there. We mustn't spit in the toys room.



My Best Friend, Tam

2D Chong Nga Ki, Emma



Tam is my best friend. He is tidy and helpful. He helps me do homework all the time. He also does housework. He sweeps the floor every week. He is polite too. He says good morning to others.

Introducing Myself

2D Law Wai Lok, Eason

My name is Eason. My friend is Johnathan. I am hard-working. I study at home. I am helpful. I help teachers. I am tidy. I tidy my room.

At home, I make the bed. I mop the floor and water the plants. I have piano lessons on Mondays.



Introducing Myself

2E Cheung Ying Kiu, Heyden

Hi, I am Sally.

I am six years old.

I am in class 2D.

I don't like eating lemons because they are sour.

I live in Lai Chi Kok.

I come to school by minibus.

My mother is a nurse.

I have two sisters.



My Best Friend, Tam

2E Zhang Amanda

Tam is my best friend.

He is tidy.

He sweeps the floor every day.

He is helpful.

He always helps others.



A Picnic

3A Ng Ring Jamie

It is Sunday morning. Eric's dad says, 'It's warm and sunny today. Where do you want to go, Eric?' 'I want to go to the country park,' says Eric. Eric's mum puts some bread, sausages, bananas and jam in a bag. They go to the country park by bus.

They arrive at the country park at ten o'clock. First, they fly a kite. Then, they sit under the tree and have a picnic. Dad wants to make some sandwiches because he is very hungry. Eric says, 'The sausages look yummy. I want to eat them all.'

Then, a big dog walks near them. Suddenly, it runs to them and takes away their sausages. Eric says, 'Oh my god! Our sausages are gone!' Mum is scared and shouts, 'Oh dear! Where does the dog come from?'

Dad chases the dog. The dog runs to find its owner. The owner says sorry to Dad. She buys some sausages to Dad. Dad says, 'Thank you! Let's share the sausages.' Finally we have a picnic with the dog and its owner together.



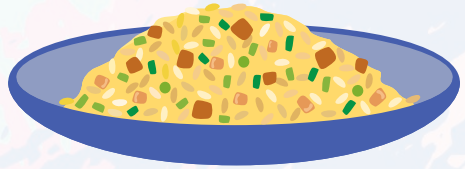
Cooking Is Fun

3A Tse Ho Wang, Aiden

Today is Sunday. Candy and Dad are watching a cooking show at home. They want to make fried rice.

Now Candy and Dad are in the kitchen. Dad asks, 'Are there any sausages?' Candy looks at the fridge and says, 'Yes, there are lots of sausages. There is some ham too.' Dad wants to start cooking but Candy says, 'Oh dear! There isn't any rice!' Dad is sad because they cannot make the yummy fried rice.

Then Dad goes to the supermarket to buy some rice. So, they can make fried rice. It is yummy. Candy and Dad feel great.



My Favorite School Event

3B Chen Yien Chen

My favorite school event is Sports Day because I can play with my friends.

Students can run in races and cheer for friends at the sports arena. Teachers and students can do exercises on the 12th of December.

We have this event because our school wants us to enjoy different kinds of sports. Everyone is very excited on Sports Day.



A Picnic

3B Ng Sum Yu, Olive

Dad, Mum and Eric are in the country park. They have a picnic. They eat some bread, some bananas and some sausages. They feel excited.

Then, a big dog walks near them. Suddenly, it runs to them and takes away their sausages. 'Oh, no!' cries Eric.

Dad is brave. He shouts at the dog. Then, the dog runs away. And then the dog goes back to his owner.

They feel happy again.



A Picnic

3C Wong Kin Cheung

It is Sunday morning. Eric's dad says, 'It's warm and sunny today. Where do you want to go, Eric?' 'I want to go to the country park,' says Eric. Eric's mum puts some bread, sausages, bananas and jam in a bag. They go to the country park by bus.

Then, they have a picnic in the country park. Eric says, 'The food is yummy.' A big dog comes suddenly. Eric is scared because the dog takes away their sausages.

Then, the dog runs to a man. The man says sorry to Eric. They make friends and they have a good time.



My Favourite School Event

3C Wong Tsz Ching

My favourite school event is the Christmas party. It is on the 19th of December.

It is a special day for students. We want to have this event because we can exchange presents. We have the party at school.

We have this event because it is fun. I like it because I can play. I feel happy.



A Picnic

3D Tsang You Chun, John

It is Sunday morning. Eric's dad says, "It's warm and sunny today. Where do you want to go, Eric?" "I want to go to the country park," says Eric. Eric's mum puts some bread, sausages, bananas, and jam in a bag. They go to the country park by bus.

In the country park, they have a picnic. "There is a lot of food," says Eric. "Let's eat now!" says Dad. Mum says, "Hurray!" They are excited.

Suddenly, a dog comes and takes away their sausages. They are shocked because the dog is so fast. "What?" says Mum.

There is no more food. Eric runs to the dog. Then, they play together. It is a happy day!



Cooking Is Fun

3D Lam Cheuk Ying, Lillian

On Sunday afternoon, Candy and her dad are at home. They are watching TV. They want to make yummy fried rice.

They go to the kitchen. Dad asks, "Is there any rice?" Candy says, "Yes, there is." Dad asks, "Are there any sausages?" Candy says, "Yes, there are." Dad asks, "Are there any onions?" Candy says, "Yes, there are some onions in the cupboard." Dad asks, "Are there any eggs?" Candy says, "Yes, there are." Dad starts cooking. He says, "Please pass me some rice." "Oh no! There isn't any rice!" shouts Candy.

In the end, Candy finds some noodles in the cupboard. Dad says, "Let's make fried noodles!" Candy says, "Good idea!"



Ben's Birthday

4A Choi Yan Wan, Sumi

It was the 15th of August. Ben and his mom were at their house. They wanted to go to Ocean Park. However, it was raining, so they couldn't go. Ben was very disappointed. His mom said, "I watched a video on my phone, and it said Yummy Restaurant was great. Let's go there." Ben said, "Sure!"

They arrived at Yummy Restaurant. A waiter came over and asked, "What would you like, little boy?" Ben said, "I'd like some macaroni, please." The waiter asked again, "Which would you like, macaroni with cream sauce or macaroni with mushrooms?" Ben said, "I'd like macaroni with mushrooms, please." His mom said, "And I'd like spaghetti with meat sauce." A few minutes later, they ate their food, but it was disgusting, so they went to Ocean Park.

After a while, they arrived. First, they went to a nearby restaurant. Ben wanted both a hamburger and a hotdog, so they bought both.

Finally, they went back home. But before they got back, Ben said, "Mom, today was the best birthday ever. Thank you so much!" And they went home.



Ben's Birthday

4A Jiang Chi Shing, Alan

It was the 15th of August. Ben and his mom were at home. It was Ben's birthday. They wanted to go to Ocean Park, but it was raining outside. Ben was upset, so they planned to go to Yummy Restaurant instead.

They arrived at Yummy Restaurant, and a waiter came to their table. "What would you like?" the waiter asked. "I'd like macaroni," Ben said. "Which would you like, macaroni with mushrooms or with beef?" the waiter replied. "I'd like macaroni with mushrooms, please," Ben said. "And for you, ma'am?" the waiter asked. "I'd like some spaghetti, please," his mom said. But when the food arrived, the macaroni was disgusting, and the spaghetti was too salty!

When the rain stopped, they went to The Peak. What a good day!



Ben's Birthday

4B So Sum Pak, Summer

On the 15th of August, it was Ben's birthday. Mum and Ben were at home.

They wanted to go to Ocean Park but it was raining. So they went to Yummy Restaurant.

At Yummy Restaurant, they wanted to order macaroni with mushrooms and spaghetti with meat sauce. The waiter asked, 'What would you like?' Mum and Ben said, 'We would like to have macaroni with mushrooms and spaghetti with meat sauce, please.' The waiter said, 'Sure.'

Then, Mum said, 'Yuck! The spaghetti is too salty!' Ben said, 'The macaroni is bland! I don't like it.'

Mum just thought of an idea to exchange food with Ben. Mum ate the macaroni and Ben ate the spaghetti.

Then, they went to a cake shop and bought a chocolate cake. They went to the toy shop and bought a toy. Ben said, 'Thanks mum, it is a wonderful birthday. Mum, I wish we can go to Ocean Park.' Mum said, 'Next time I will take you to Ocean Park!'

Ben enjoyed the day because it was unforgettable. He felt very happy.



A Special Childhood Memory

4B Yeung Chun Wan, Owen

Did you get lost and couldn't find your parents when you were little?

When I was six years old, I got lost. I could not find my parents. I cried hard. We were shopping in a shopping centre. It was crowded. I was attracted by toys. Later, a security guard helped me. I felt frightened. Mum was worried. Dad was also worried.

I learned that I must hold my parents' hands.



Introducing Myself

4C Abdul Haseeb

My name is Abdul Haseeb. I am in Class 4C. I am thin but strong. I have short hair and big eyes.



In my spare time, I do a lot of activities. I always play football on Saturdays. I sometimes go swimming in the swimming pool on Fridays. I like reading comics too. I think they are exciting.

I like Pakistani food best. Roti with curry is my favourite food. It is yummy. I always eat with my family on Sunday mornings.

I am happy with who I am. I hope you enjoyed reading about me.

Ben's Birthday

4C Mahmood Eshal Fahaid

It was the 15th of August. It was Ben's birthday. Ben and Mum were at home. Ben was disappointed because the weather was bad. 'Oh no! It's raining. We can't go to Ocean Park,' he said. 'Don't be sad. Let's go to Yummy Restaurant to have lunch,' said Mum.

They arrived at Yummy Restaurant. The waiter asked, 'What would you like?' Ben said, 'I'd like macaroni with mushrooms, please.' Mum said, 'I'd like spaghetti with meat sauce, please.' After a while, the food arrived and they ate the food. Ben said, 'The macaroni is bland. I don't like it.' Mum said, 'Oh dear! The spaghetti is also too salty.' They didn't eat the food and left the restaurant.

'Let's go to an indoor playground. We can have lunch and play there,' said Mum. 'Good idea,' said Ben. They went to an indoor playground to play. They also ate some fast food there. Ben said, 'It was the best birthday.' Mum was pleased too.



A Special Childhood Memory

4D Li Mung Sze, Selzina

How do you feel when you can use a spoon to feed yourself? I had a special experience when I was a little child.

I remember when I was in kindergarten, I could use a spoon to feed myself for the first time. It was unforgettable.

When I was two, Mum cooked chicken rice for me one day. It was so yummy. I started eating with my spoon without anyone's help. Mum said, 'Oh! You are great!' I was proud of myself.

Now I can do lots of things. I can wash my hair and cut my fingernails. Now I am smart and clever.



An E-mail: Plans For A Day Trip In Hong Kong

4D Man Yat Hei, Anthony

To: terry@gmail.com

From: anthony@gmail.com

Subject: A day trip in Hong Kong

Dear Terry,

How are you doing? I'm so happy that you'll visit Hong Kong next week. Let's have a fun time visiting some interesting places in Hong Kong.

In the morning, we'll go to Lantau Island. Next, we'll ride on the Ngong Ping 360 cable car. Then, we'll take photos of the spectacular Big Buddha. Let's have lunch at Po Lin Monastery.

In the afternoon, we'll go to Mong Kok. First, we'll go shopping at Ladies' Market. After that, we'll try yummy local snacks (e.g. fish balls and egg waffles).

Let's meet at Lai Chi Kok Station at 9:00a.m. next Sunday.

That's all for now.

See you soon!

Anthony



Introducing Myself

4E Ng Man Fei, Sonika

My name is Sonika. I am in class 4E. I am nine years old. I live in Lai Chi Kok. My birthday is on the 6th of December.

I have two small eyes and small ears. I have a round face. My hair is long. I like to wear trousers and pants too. I like eating sushi and sashimi from Japanese restaurants.

I often play badminton on Saturdays. I sometimes go to an indoor playground on Fridays. I enjoy playing badminton at an indoor playground because it is fun. I am happy with who I am. I hope you enjoy reading about me.



Introducing Myself

4E Wong Pak Hay, Parco

My name is Parco. I am in class 4E. I am nine years old. I live in Mei Foo. My birthday is on the 24th of March.

I have two small eyes and a small nose. I have a small and round face too. My hair is short. I wear glasses and I like to wear shorts.



I often go rock climbing at weekends. I like playing games with my friends too. I like spending time with my best friends. I think it is happy and fun. It helps me relax too.

I am happy with who I am. I hope you enjoy reading about me.

A Postcard: My Trip To Hong Kong

5A Chan Kwok Hang, Issac

11th December, 2024

Hi Mum,

I hope you're doing well! My trip to Hong Kong has been such an adventure, and I can't wait to share it with you. Each day has been better than the last, with so many exciting places to explore.

It all started with Hong Kong Disneyland on the first day. Walking through the magical castle and going on thrilling rides like Space Mountain were unforgettable. Meeting the characters felt like stepping into a fairy tale. After all the excitement, I couldn't help wondering what the next day would bring.

On the second day, I visited Ocean Park, which was completely different but just as another amazing world. The cable car ride offered a stunning view of the sea and hills. It reminded me of how diverse Hong Kong's attractions are. That made me curious to see more of the city's culture.

So, on the third day, I headed to M+, the incredible museum of visual culture. The modern art and design exhibitions were inspiring, and it felt like I was discovering Hong Kong's creative side. Standing on the rooftop garden and gazing at Victoria Harbour made me realize how much I had already seen, yet there was still one iconic experience left.

On the last day, I took the famous Star Ferry to explore Victoria Harbour. Watching the city light up during the Symphony of Light show was the perfect ending to my trip. The dazzling skyline felt like a celebration of everything I'd experienced over these four days.

Love,
Sam



Diary Entry for Day 1:

Monday 6th October, 2024

Sunny

I Had A Really Bad Day

I got into trouble with my best friend Xiao Li. Yesterday, we played in the park. We quarrelled because both of us wanted to occupy the slide. Neither of us would give in. Now, both of us ignore each other. I feel very sad. I hope we can make up and play together soon.



Diary Entry for Day 2:

Tuesday 7th October, 2024

Sunny

Friendship Is More Important Than Anything

After school, I walked alone on my way home, feeling unhappy. I felt regretful when I thought of fighting for the slide in the park with my best friend Xiao Li yesterday. I knew Xiao Li wanted to play on the slide more than I did, but I stubbornly refused to budge, and we both ended up on the wrong side of the fence.

The more I thought about it, the sadder I became and decided to apologize to Xiao Li. I gathered my courage and walked over to Xiao Li and said softly, 'I am sorry. I shouldn't have fought with you for the slide.' Xiao Li froze for a moment, then smiled and said, 'It doesn't matter. We are still good friends.' We laughed happily together as if nothing had happened. We held hands and went home together with a warm heart.

From then on, I didn't fight for toys with my friends anymore because I know that friendship is more important than anything.

Sam Told A Lie

5B Ho Lok Yin, Michael

Sam played online games all day. His friends told him to stay up all night to play with them. At 11:30 p.m., his mum scolded him for not helping with the housework and the noise from him talking to his friend woke her up. So he decided to sleep not knowing he had not done his homework.

The next day, Sam woke up and he was late. His mom told him to pack his homework. Then Sam remembered he didn't do his homework! When he arrived at school, he said, 'When I was sweeping the floor, my cat bit me and I fell. I hurt my arm so I couldn't do my homework.' Miss Chan said, 'I hope you'll get well soon. Breaking your arm must be painful.' 'It's fine. I have a bandage,' Sam said.

Sam was happy. He didn't need to do anything but then Miss Chan said, 'Today is our class outing day. We're going to Ocean Park! Sam, I don't think you can go because you have a broken arm. It will be too dangerous to go. You have to stay at school.' Sam jumped up and said, 'Ding! My arm has recovered! I can go now!'

In the end, Miss Chan punished Sam because he lied. His mum was angry with him. 'You should have learnt a lesson that you shouldn't tell lies because you must take your responsibility to finish your homework.' Sam was sad but he decided not to lie again.



Diary Entry for Day 1

7th October, 2024

Rainy

A Bad Day With My Friend

What a terrible day! It happened when Charlotte was playing in my house. She laughed at my drawing. I was embarrassed. After that, she broke my vase. I was angry with Charlotte. I yelled at her angrily and said, 'You are too careless!' So I poured a glass of juice on her and she threw my phone. I hate Charlotte!

Diary Entry for Day 2

8th October, 2024

Sunny

What an amazing day! While I was watching TV at home, suddenly I got a call from Charlotte, but I didn't pick up because I was still mad at her.

Later, I saw Charlotte at school. She came up to me and said, 'I am so sorry! Please forgive me.' After I heard what she said, I smiled at her and said, 'It's OK. I am sorry for what I did too.'

When I went home, I told Mum about everything at school. She felt relieved. I hope everything will go back to normal. I posted the whole story about it. I hope everyone will be glad to hear it. I will buy Charlotte a new dress and she promised me to repair my phone.



Lying is Never Right!

5C Akhtar Aizah

Last night, Sam stayed up late because he was playing online games. The next day, Sam was late for school. He wrapped a bandage around his arm before he came to school. Miss Chan asked, 'Why are you late, Sam?'

He said to Miss Chan, 'While I was doing housework yesterday, I broke my arm so I couldn't do my homework.'

Miss Chan said, 'Today we will go on a class outing but Sam can't go because he broke his arm.' Sam was shocked!

'I'm okay. I can come along,' Sam said quickly.

'People with injuries can't go,' Miss Chan replied firmly.

Sam sighed. He learned lying is never right and he shouldn't tell lies.



A Postcard: My Trip to Hong Kong

5C Li Yuan Shuo

9th December, 2024

Dear Mum,

Hong Kong is a wonderful city. Today is my third day in Hong Kong. I have already visited many interesting places.

On Monday, I arrived at Brain's school early. I met some new friends at school. They are nice to me.

On Tuesday, I visited Ocean Park with my host family. We went on some thrill rides but we did not have enough time to watch the panda show. I was so sad and disappointed.

Today, I went to the Space Museum with my host family. I watched the sky show. It was spectacular! Tomorrow, I will go to Disneyland. I will watch the toy show and play with the toys. I am very excited.

I love Hong Kong. I want to join the study tour next year again. I want to learn to speak Cantonese and eat some more local food.

Best wishes,

Sam



Sam Told A Lie

5D Lam Lok Ting

One night, Sam was playing online games, but it was 11:30 p.m. He didn't do his homework because he played online games. He forgot to do it.

The next day, Sam told a lie. Miss Chan asked, 'How did you hurt yourself?'

Sam said, 'I was sweeping the floor when I fell over. I broke my arm so I couldn't do my homework,' Sam said.

Then, Miss Chan said, 'Today is the class outing. We'll go to Ocean Park. Sam hurt himself so he can't go. He will stay at school.'

Sam was sad. He learnt that he shouldn't tell lies.



A Postcard: My Trip To Hong Kong

5D Yik Annie

3rd December, 2024

Hi Mum,

Hong Kong is amazing. Today is my third day in Hong Kong. I have already visited many interesting places.

On Monday, I arrived at school. I met new friends. I ate some delicious food and had revision. I was happy because my friends were nice.

On Tuesday, I went to Ocean Park. I went on the rides. I screamed loudly.

Tomorrow, I'll go to the park. I will play some games.

I love Hong Kong. Next year I will visit Hong Kong again. I think the tour is wonderful.

Best wishes,

Sam



Diary entry for Day 1

8th October, 2024

Rainy

A Terrible Day With My Friend

What a terrible day! It happened when Gary was playing in my house. He laughed at my drawing. I was annoyed. After that, he broke my vase. I was angry with Gary. I yelled at him angrily and said, 'You are too careless!'

Diary entry for Day 2

9th October, 2024

Sunny

I saw Gary at school in the morning. He said sorry to me, 'I was careless yesterday. I'm sorry, Emily. Please forgive me.' I said sorry to Gary, 'I spoke rudely to you yesterday. Can we be friends again?' We smiled at each other and we both felt much glad.

From this experience, we should care about our friends' feelings and forgive one another. We should also be careful about what we say.



A Story About A Lonely Witch

6A Cheung Tik Yan, Dean

Once upon a time, there was a witch called Agnes. She was very unkind and lonely. The witch envied the people outside because they were celebrating. Then, she made up a wicked plan. She destroyed the decorations and said, 'Abracadabra!' People turned into mice suddenly.

A few days later, she met a cheerful boy. When Agnes attempted to turn the boy and his family into mice, the boy invited her to be his friend. Agnes was touched. She regretted what she did to others. Soon she got back to the village and turned the villagers back to normal.

In the end, Agnes said sorry to the villagers and the villagers forgave her.



Ken's Red Packets

6A Hui Lok Hin, Lucas

Before Chinese New Year, Ken found Sally in the park. And then Ken asked, 'What will you do in this Chinese New Year?' Sally said, 'I will go to the flower market to buy beautiful flowers. What about you?' Ken said, 'I will visit relatives.'

On the first day of Chinese New Year, Ken went to visit relatives. He gave them good wishes. Soon, Ken got so many red packets from his relatives and friends. Ken went to the table and ate the rice cakes, and he said, 'Delicious!'

That night, Ken was bored, so he watched TV. The news reporter reported an earthquake in Turkey. Ken was shocked.

In the end, the rescue team went to Turkey to help people. They successfully rescued many people and restored local buildings.



Ken's Red Packets

6A Lai Ting Wai, Kara

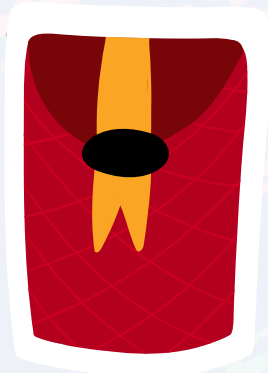
Before Chinese New Year, Ken and Sally chatted at the park. Ken asked, 'Hi, Sally! What are you going to do during Chinese New Year?' Sally replied, 'I'm going to visit the flower market to buy some beautiful flowers. How about you?' Ken said, 'I'll visit my relatives with my family.'

On the first day of Chinese New Year, Ken woke up early to visit his relatives. They gave Ken many red packets and he got a lot of money. He ate yummy rice cakes, and he felt glad. Ken and his family left at half past five.

That night, Ken saw a news report about Turkey. The news said there was an earthquake. He thought the refugees were miserable and he wanted to help them, but he didn't know what to do.

Suddenly, Ken had a good idea – he could donate money! When he was thinking about how much he should donate to the charity, he looked at the red packets placed aside. He took all the lucky money and donated it.

In the end, he was happy and satisfied since he could help others.



My Dream Job

6B Chen Bao Rong, Anson

I want to be a firefighter because I want to save people from fires and also I want to contribute to society. If I become a firefighter, I will rescue people from fires.

A firefighter needs to be strong, tall and brave. They need to rescue people from fires. They also need to help injured people and carry heavy equipment. They also need to be brave and not afraid of fire so that they can save more people from fires.

I think this job is suitable for me because I am very strong and brave. Also, I can run very fast. I can run into a sea of fire and save people as quickly as possible.

I hope no one gets hurt or dies in fires, so people can live happily with their families.



A Story About A Lonely Witch

6B Lam Long Kiu

Once upon a time, there was a witch. The witch was Agnes. She was unkind and lonely.

The villagers had a party. They sang and danced together happily. The witch envied people who had friends and families. Then, she had a wicked plan. She flew over the villagers and screamed, 'Abracadabra...' and destroyed the party. After that, the villagers turned into mice.

A few days later, a boy called Ben went to the village with his parents. At first the witch also wanted to turn them into mice. However, Ben was cheerful when he saw the witch. He invited her to play together. He held her hand kindly and said, 'Let me be your friend.' The witch was touched.

In the end, the witch became nice and kind. She let the villagers turn into humans. She didn't do bad things anymore.



A Story About A Witch

6C Bibi Mahnoor

Long long ago, there was a wicked witch living in the forest. She was named Lora who had no friends and thus she was lonely. Near the forest was a village.

In December, Christmas was just around the corner. Lora came up with an evil plan. She decided to turn the villagers into cockroaches because she wanted to destroy the village. She murmured 'Abracadabra'. Luckily, it was the wrong spell so no villagers were turned into cockroaches.

A week later, a villager named Steve walked in the forest. Suddenly, he saw an ugly hand stretching from a tree. However, Steve was not scared. He said to the witch, 'May I be your friend?' Lora was touched. She was sorry for her wicked plan.



My Dream Job

6C You Sen Hing

I want to be a social worker when I grow up. It is because I want to help people in need.



If I become a social worker, I will help people in need. A social worker needs to be caring. I need to listen to people's problems so that I can solve their problems. I think the job is suitable for me because I am a caring person. I am a good listener, too.

I hope that I can get satisfaction from my job through helping people in need.

A Story About A Lonely Witch

6D Ng Ka Lung

Once upon a time, there was a witch called Agnes. She was unkind so she had no friends.

It was Christmas and all the villagers were having fun. Agnes felt lonely, so she came up with a wicked plan which was to destroy everyone's Christmas. 'Abracadabra!' Agnes cast a spell and turned all the villagers into mice.

A few days later, Agnes met a cheerful family. They were new to the village. 'I hate cheerful people!' She said angrily. When she was about to turn the family into mice, a little boy touched Agnes' hands. 'Can I be your friend?' Agnes was touched. The family cooked a big meal for Agnes and they chatted happily.

Agnes realized it was better to be kind. She turned all the villagers into humans and apologized. Soon, she was friends with everyone!



A Story About A Lonely Witch

6D Huang Kaizuan

Once upon a time, there was a witch named Agnes. She was unkind and she didn't have any families or friends. She was lonely and she envied people who had friends and families.

It was Christmas and the wicked witch tried to destroy the happy families by turning those families into mice.

A few days later, Agnes met a cheerful family. They were new to the village. 'I hate cheerful people,' she said angrily. When she was going to cast the spell to turn everyone into mice, a little boy touched Agnes' hands. 'Can I be your friend?' The little boy asked. Agnes was touched. The family cooked a big meal for Agnes and they chatted happily.

Agnes realized it was better to be kind. She turned all the villagers back to humans. Soon, she was friends with everyone!



A Story Writing About a Lonely Witch

6E Ayden Chan

Once upon a time, there was a lonely witch called Agnes. She was unkind, evil and ugly. It was Christmas and people were dancing. They were happy. Agnes felt mad because the people didn't invite her to join them. She had a wicked plan. She turned everyone into mice. The spell 'Abracadala' could be lifted only if the witch had a friend.

A few days later, Agnes met a cheerful family. They were talking but the boy was looking at Agnes. Agnes said, "Let me be your friend." She invited the cheerful family to her home. The boy saw people were turned into mice. He was scared but he still made friends with Agnes.

In the end, all the people were restored to humanity because the witch found a friend named Jeff.



A Story About a Lonely Witch

6E Brooklyn Ng

Once upon a time, there was a witch named Agnes. She was a very lonely and unkind witch. It was Christmas and everyone in town was celebrating it. They were happy. Agnes was envious. She came up with an evil plan to force people into friendship or else she would turn them into mice.

A few days later, Agnes met a cheerful family. She told the boy to be friends with her or she would turn the whole family into mice. The boy accepted his request. He said, "Let me be your friend." Then, they went to Agnes's home.

After greetings, they had a feast. The witch drank some poisoned wine and died. In the end, people lived happily ever after without fear.



My Dream Job

6E Eugenia Pak

I want to be an artist because I like drawing with a lot of colours. If I become an artist, I will teach kids to draw.

Artists need to be creative so they can come up with new ideas. They need to be artistic so they can draw more beautiful pictures.

I think this job is suitable for me because I am creative and good at drawing. I can go to other countries to draw many pictures.

I hope I can be famous so lots of people can buy my work. Then, I can earn a lot of money.





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