

2021-2022



6B 胡紫茵

記一次做義工的經歷

看到人來人往的商場外，那金燦燦的陽光映射着的亭子，令我想起與同學一起賣旗的那一天。

暑假的一天，我與小文一起賣旗。為了籌到更多的錢，我和小文打算找一個人來人往的地方，最終選擇了商場附近的亭子賣旗。雖然那天驕陽似火，火辣辣的太陽照在地上，但幸好我們站在亭子裏比較涼快，我們沒有被曬傷。

當我們賣旗時，一位小朋友拿着爸爸給她的十元硬幣，害羞地放進我的旗袋裏。她的爸爸鼓勵她要大膽一點，不要害羞。我笑了笑，並把貼紙貼到她的衣服上。

這時，一位老先生拄着拐杖走了過來，我說：「請買一支旗。」他不慌不忙地拿出了五十元紙幣放進旗袋裏。我有點震驚，因為這是我第一次看到別人捐五十元。那位老先生也看到我震驚的樣子，便主動跟我訴說着他的往事：原來他以前生活十分困難，但得到熱心人士的捐助，生活才有所好轉。所以他現在熱衷於慈善事業。

聽完後，我恍然大悟。以前，我十分不明白為甚麼要賣旗，所以每次爸爸讓我把他的錢放進旗袋裏，我都有十萬個不願意。現在，我改觀了。

賣旗活動很快結束了。我和小文提着沉甸甸的旗袋到學校歸還。老師看到我們籌到很多錢，紛紛讚我們是「賣旗小達人」呢！

經過這次賣旗活動，令我明白到「施比受更有福」的道理——真正的快樂是施予後的那份喜悅和滿足。做善事既能帶來滿足感，又能幫助別人，何樂而不為呢？



應否在公共交通工具內設立關愛座

關愛座，顧名思義，是為了宣揚關愛文化而特別設立的座位，起源於北歐地區，是為了讓長者、病者、孕婦等人設立的座位，對於應否設立關愛座，我認為理所當然。

老年社會學家——戴維·德克爾曾說過：「對老年人的尊敬是自然和正常的，尊敬不僅表現於口頭上，而應該體現在現實中。」這句話說明戴維·德克爾認為社會對老年人的關愛還不足，而設立關愛座可以提倡年輕人及中年人士主動讓座的行為，讓老年人享受更好的社會待遇，不用怕因沒有人讓座而減少乘坐公共交通工具。

如果不設立關愛座，長者、孕婦等人可能會因座位問題而發生爭執，但設立關愛座後，發生爭執的機會便會大大減少，因為關愛就是專門為這些有需要的人士設立的，自然就可以避免一些不必要的爭吵。

有些人說：「設立關愛座會增加尷尬的場面，因為會讓有需要的人受到歧視！」這點我不太贊同，就算不設立關愛座，歧視者也不會改觀，所以必須設立關愛座，幫助有需要的人。

總括而言，我認為必須設立關愛座，幫助有需要人士。



小狗闖禍了

昨天，我在書房做功課時，小狗拿了我心愛的布偶來玩，小狗用口咬着公仔使勁地左搖右晃，我想從小狗的口中拿回我的布偶，但小狗卻以為我在跟牠玩耍，便跑出了客廳。我不以為然地繼續在書房做功課。

過了一會兒，我聽到「噼啪」一聲，於是急急忙忙地跑了出客廳看看發生了甚麼事。我看見小狗用布偶把媽媽的手提電話掃到地上，手提電話的玻璃表面都被摔破了。我頓時驚呆了，腦海一片空白，心想：糟糕了！糟糕了！媽媽回來後一定會責罵我了。我應該向媽媽一五一十地和盤托出真相，還是將電話收藏起來好呢？我焦急得像熱鍋上的螞蟻，不知應該如何是好。

「叮噹！叮噹！」門鐘突然響起。原來媽媽剛才匆忙地出門，忘記了帶手提電話，她發現電話掉在地上，頓時生氣極了！這時小狗知道自己闖了大禍，牠瑟縮在牆角下不敢哼一聲。

在媽媽快要破口大罵的時候，門外響起鑰匙開門的聲音，原來是爸爸下班回來了。爸爸看見這個情景不禁笑着說：「這份神秘的禮物剛好送得合時啊！」爸爸從公事包裏拿出一盒小禮物送給媽媽。媽媽迫不及待地拆開這份神秘禮物，原來今天是爸爸媽媽的結婚紀念日，爸爸特意買了這一款最新型號的智能手機送給媽媽，媽媽原本繃緊的面孔即時放鬆並向爸爸說多謝。我結結巴巴地向媽媽道歉，並向她承諾以後會嚴厲地訓練小狗，希望我說出指令，小狗聽到後，便會跟從我的指示，不會再做破壞東西的行為。

經過這次的教訓，我學懂了飼養小狗，除了要照顧牠的飲食外，還需要肩負起訓練牠的重任。我以後要做一個負責任的小主人！



我的家人

我的媽媽是一名家庭主婦。她的膚色白皙，個子不高，體型偏瘦。她有一雙水汪汪的大眼睛、彎彎的眉毛和一張櫻桃似的嘴巴。她的頭髮烏黑亮麗，不長不短，與她如瓜子般的臉型非常相襯。她笑起來的時候，會露出潔白的牙齒，非常迷人。

我的媽媽是一個勤勞的人。她每天做家務、接送我上學和放學、給我做美味的飯菜，十分忙碌。從她那粗糙的雙手可以知道，為了照顧我和這個家，她每天都工作得很勞累，所以我很感激她。

我的媽媽也是一個溫柔體貼的人，從來不會對我打罵。記得有一次，我的考試成績很不理想，她沒有責備我，反而溫柔地說：「我知道你已盡了力，不要灰心，下次再努力吧！」聽完這番話後，我頓時放下了心頭大石。

媽媽常常教導我要熱心助人，而且她會以身作則，幫助別人。例如有一次，媽媽看到一位小女孩不小心跌倒在地上，便立刻上前扶起她，並為她腿上的傷口塗上藥水。小女孩很感激媽媽，連忙說謝謝。我很自豪有一位這麼熱心助人的媽媽。

我的媽媽雖然有時候有點嘮叨，有時候做事有點粗心大意，有時候有點孩子氣，但她對我的愛是不求回報，所以我要努力學習去報答她，我真的很喜歡她！



日記一則

十月三十一日

星期日

晴

今天是假期，我和家人到大棠郊野公園遊玩。

到達大棠郊野公園，我們便在燒烤場燒烤，食物很美味，我們都感到很開心。

我們吃完東西後，便在草原吹泡泡和拍照，公園的風景真美麗，我們都感到十分舒暢。

今天我能和家人到大棠郊野公園遊玩，我感到十分快樂。



遊濕地公園

我從小就遊過很多地方：迪士尼樂園、海洋公園、鼓浪嶼……可是我最喜歡遊濕地公園。

星期日早上，爸爸媽媽就帶着我和弟弟到濕地公園的入口買票。一進去我的眼界就開闊了：旁邊的小草正在與風共舞，樹上的葉子正在為它們伴奏，前面的「濕地互動中心」映入眼簾，我們已經迫不及待地想去「貝貝之家」和「溪畔漫遊徑」看看了。

我們急不及待來到「貝貝之家」看看鱷魚是長甚麼樣子的，「咦？鱷魚呢？」弟弟疑惑不解地問。這時，不知道哪個人喊了一聲：「看！鱷魚浮出水面了！」我們連忙向水面看去，只見一個通體呈墨綠色，全身帶有尖刺的鱷魚浮出水面，別說，牠在水裏的小爪子還挺可愛的。

我們繼續向前走，來到「溪畔漫遊徑」。又高又大的樹上長着密密麻麻的綠葉子，光線從樹上照下來，透過樹葉，形成美麗的黑白畫，也像森林之路。我馬上向裏面走去，到了一個「荷花池」，裏面還有一些顏色各異的鯉魚，可惜現在不是夏天，不然滿池的荷花都綻放開來，活像一個個粉色的小精靈。

濕地公園還有很多好看的地方，大家也去看看吧！



記中秋節

今天是農曆八月十五日，是中秋節的大日子，媽媽、爸爸、外公、外婆和我一起慶祝中秋節。我們先上酒樓吃晚飯，然後再到公園玩耍。

我們到了公園的涼亭，之後一邊吃月餅，一邊賞月。當我抬頭看月亮的時候，月亮就像向我微笑！媽媽與我分享「嫦娥奔月」的故事，她更手舞足蹈地告訴我們這個故事，我聽得着迷，真有趣啊！

聽完故事後，我們便開始玩遊戲。首先，我們把燈籠亮着，然後又拿起不同顏色的螢光棒，我們不停地揮動，有紅色、有橙色、有黃色……它們就像天空中的星星一樣，一閃一閃地發光，真的漂亮極了！

最後，我們要回家了，捨不得要跟大家道別。今年的中秋節真是難忘啊！



尊重他人

星期三，我和媽媽乘搭巴士到菜市場買菜。巴士上擠滿了乘客，我們只好緊握扶手，站在安全的位置。

下一站，有一位年邁的老婆婆上車，由於巴士滿座，她唯有站在樓梯旁。剛巧婆婆的旁邊坐着一位年青人，他正沉迷玩智能電話，並沒有察覺婆婆正危險地站立着，我們看見他的行為都感到很憤怒。

後來，坐在近窗邊的婦人主動讓座給老婆婆。這時，年青人才發覺自己不敬的行為，於是連聲道歉，並馬上把座位讓給婆婆，大家都不禁對他另眼相看。

經過這件事情，我明白到關愛的重要，要尊重他人，只要大家願意付出多一些，人與人之間就會更加和諧了。



我眼中的卡通人物

你猜猜我最喜歡甚麼卡通人物？那就是多啦A夢，他有一張圓臉，圓臉上有一雙明亮的大眼睛，還有一個紅鼻子。

多啦A夢有樂於助人的個性。有一次，他在排隊乘車時，看到一位背着很多行李的老婆婆在過馬路，他便毫不猶豫地上前扶她過馬路。過馬路後，老婆婆問：「你喜歡吃甚麼食物，我請你吃。」那時候，多啦A夢只是說：「助人為快樂之本！」之後，他便離開了。

此外，多啦A夢還有一個特別的性格，你知道是甚麼嗎？那就是堅毅不屈了。有一次，他很喜歡一本書，即使爸媽跟他說：「這本書那麼貴，不能買。」他還堅持儲了三個月的零用錢去買了那本書。

除此之外，多啦A夢為人公平公正。有一次，他在運動場看到比賽中有人作弊，他毫不猶豫地向裁判舉報作弊的人，這可見他講求公平公正的個性。

總括而言，我很欣賞多啦A夢有樂於助人、堅毅不屈和公平公正的性格，我會好好向他學習。



遊郊野公園

星期六，我和媽媽一起去郊野公園遊玩。我們乘車時，我看到了車窗外的花草樹木，我聞到了濃郁的花香味。

不久，我們到達郊野公園寬闊的大草坪。草坪的盡頭有一幅小瀑布，流水淙淙。一陣清涼的空氣襲來，我伸手摸了摸瀑布的水，一股透心涼的感覺令人心曠神怡。刺眼的陽光讓人睜不開眼睛，我彷彿看見一道若隱若現的彩虹。到了觀景台，幾隻黑臉琵鷺瞬間劃破天際。我的目光追隨着琵鷺，看到蔚藍的天空中朵朵白雲飄浮，剎那間我詩興大發：「兩個黃鸝鳴翠柳，一行白鷺上青天」。

在知識房裏，我學到了原來剛才的黑臉琵鷺是生活在濕地的。我頓時想起一首歌：「走過這片蘆葦坡，你可曾聽說過……」。

「夕陽無限好，只是近黃昏。」一片金黃色的晚霞鋪滿了整片天際。我們還不想離開，唯有將此情此景記錄在相機內，留給日後一一回味。



遊大帽山郊野公園

今天早上，媽媽、我和妹妹一起遠足，收拾好後我們便出發了。

到達大帽山郊野公園後，映入眼簾的是一番幽雅恬靜的景象。首先，我們去蝴蝶園。途中我看到荷花盛開了，陣陣花香隨風飄送。終於到了蝴蝶園，我們看見蝴蝶們穿上了五彩繽紛的裙子在翩翩起舞。

然後，我們經過了一座彎彎曲曲的拱橋，然後看見綠油油的草地、小瀑布和流水淙淙。走了一會兒，我們來到了一個小魚池，裏面的游魚時而追逐嬉戲，時而結伴覓食，坐在旁邊的椅子上，偶爾清風吹送，讓人感到心曠神怡。

接着，我們到了大帽山最有名的中式涼亭，在涼亭裏向外看可見峯巒雄偉的景色，真是大開眼界。

最後，我懷着依依不捨的心情離去。



怎樣為環境保護出力

地球受到嚴重的污染，使我們的生活環境受到影響。我們可以從衣、食和住這三方面入手為保護環境出力。

首先，我們可以從衣着方面為環保出力。我們要避免買由動物皮毛製造的衣服，這樣便可以減少過分捕獵動物。

此外，我們還可以從飲食方面為保護環境出力。假如我們在外用膳，可以按量點餐及可以自備餐具。這樣就可以減少廚餘垃圾及製造塑膠廢料。

除此之外，我們還可以從居家方面為保護環境出力。我們要節約用水，例如以淋浴代替浸浴，也可以關閉不用的電器，節約用電。這樣就可以減少浪費資源。

總括而言，我們可以從衣、食和住這三方面去保護環境。只要大家一起改變生活習慣，便能改善生活環境。



多功能機械人

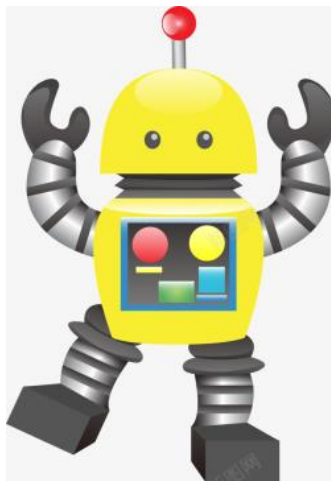
香港都市人生活繁忙，每當大家做家務做得累了，為了烹調菜式而煩惱，又或為子女的功課而操勞時，是不是也曾渴望過擁有一個全能的助手來減輕負擔？我設計的這個「多功能機械人」一定能幫助你們。

首先，這個機械人有清潔消毒家居的功能。它有一對會笑的大眼睛，不要小看它們，是用來偵測病毒的。現在的新冠肺炎非常嚴重，它可以把全屋徹底消毒，減低感染風險。這個機械人有兩對機械手臂，可以幫忙做家務，吸塵、抹地和清潔消毒都難不到它，是家居的好幫手。

其次，這個機械人有烹調美食的功能。它是一位智能廚師，有一對烹調美食的「巧手」。機械人中間有五個按鈕，可以輸入不同的餐單，只需五分鐘便能烹調不同的菜式。有兒童餐、老人餐、減肥餐或因疾病有特別需要的餐單，以配合家庭成員各自的飲食需要。

除此之外，這個機械人有檢查功課的功能。它是一位智能老師，只要你把功課放在它的嘴巴裏，功課的內容會自動顯示在身上的大屏幕，然後它會自動幫忙核對功課。如發現有錯誤，它會作出適當的提示，讓我們改正。它比起補習老師更有耐性和稱職，是家長和學生們的好幫手。

總括而言，有了多功能機械人，無論在家務上、煮食上，還是處理功課，它都能為人們帶來很大的幫助，可以減輕繁忙的都市人的負擔。



家居機械人

相信各位下班、放學回家後都不想做家务，所以我設計了一個機械人——家居機械人。它不但能替人類處理家中的大小事務，還具備尖端的人工智能，是新一代理想的家居好幫手。

家居機械人的「腳」底有八個可作三百六十度旋轉的滾輪，使它可以在短短一秒內改變前進的方向，動作十分靈活。它的機械手臂是利用橡膠來製作的，手臂中有一個個的充氣室，只要施加不同的氣壓，手臂便能靈活地伸縮，做家务時更得心應手。

家居機械人的「肚子」上有兩個螢幕，可以報告時間和天氣。它還有一個儲物櫃，可以收納物件。

作為一個家居機械人，當然會做日常家務。除了洗衣服、買日常用品和打掃衛生外，它還會為主人烹製二百種不同的美食。近至中國的長沙臭豆腐，遠至法國的紅酒燉牛肉，它都能應付自如，比餐廳裏的大廚還要厲害。

值得一提，家居機械人是利用太陽能操作的，不僅不用補充電源，而且能把太陽能轉化為電能，供家中其他的電器使用。

如果家居機械人可以大量生產，普及應用，一定會使人類更加幸福和快樂。



我的迷路記

上星期日，發生了一件讓我印象深刻的迷路事件。猶記得那天，爸爸說遠足有益身心，所以我們一家四口就去了城門郊野公園遠足。當時我既開心又興奮。

當天我們很早就準備了去遠足的行裝，媽媽還提醒我要帶備充滿電的手提電話，方便聯絡。到達目的地後，映人眼簾的是滿山的花草樹木，空氣十分清新！

我們遠足的時候，小花向我們微笑，小草也為我們指路。我們都感受到大自然的熱情！上山兩個小時後，我有點兒疲倦，便坐在一塊大石頭上休息。這時，我看到了許多小蝴蝶在我的身旁翩翩起舞，真是漂亮極了！

當我不再感到疲倦的時候，我便東張西望，嘗試尋找父母及弟弟的身影，可是他們都不在我的附近，這時我醒覺我犯了一個很大的錯誤，就是忘記了告訴父母我要停下來休息！我立刻向前走，越走我的心就越害怕，那時我才發覺自己迷路了。我開啟我的手提電話，心想：幸好這裏有訊號，我可以致電給媽媽。接通電話後，我立即問：「媽媽，你們在哪裏？」媽媽回答說：「我們就在前方的路口，你快點過來！」聽到後，我興奮地跑上前，終於看見了他們，我們開心地擁抱爸爸、媽媽和弟弟，我很想念他們。

經歷了這次迷路的事件後，我明白到出外時一定要跟着父母。



我是文具盒

我是一個文具盒，一直和同伴們住在文具店的櫃子裏，直到兩個月前我搬家了，恩蕎成為我的新主人，我非常興奮，因為這是我第一次見到新主人！

我是一個藍色的文具盒，身上有米奇老鼠圖案，眼睛是黑色的，身體的形狀是長方形的。

我的新主人非常喜歡藍色，所以她一看見我就把我買了下來，我非常喜歡這個新主人，她也非常喜歡我。

我的身體容量很大，主人每天都會擺放很多鉛筆在我的身體裏。雖然我收納了很多東西，但仍然很輕巧。

我盡心盡力地照顧小主人，小主人非常珍愛我，把我當成她的小寶貝了！



小狗闖禍了

完了、完了……花瓶破了，花也折斷了。這次我和小狗要如何面對爸爸和媽媽呢？

這一切要從頭講起，今天我放學後立即去找小狗彬彬玩耍。但牠好像不太開心，原來牠被關在一起的龍貓阿健欺負了！

我放了彬彬出來，牠為了發洩怒氣，把桌子、椅子、茶几……都撞翻了。我連忙阻止牠，但牠無情地咬了我一口之後繼續搞破壞。於是，花瓶破了，花也折了……媽媽聞聲而至，果然生氣地責罵我和小狗。

不一會兒，媽媽看到我手腕上的傷口立刻說：「你受傷了怎麼不早點跟我說啊？」媽媽着急地替我消毒傷口，又小心翼翼地替我貼上創口貼，比起剛才，現在的媽媽就像天使一樣。

看着媽媽緊皺的眉頭，我心裏沉甸甸的。之後媽媽還買了一隻小狗玩具讓阿偉磨牙，從此牠們不再打架了！

我明白到這次是我太大意了，以後要做甚麼事情之前，我都要小心保護自己，不讓媽媽擔心，也要多留意動物的行為，負起當主人的責任。



向沉迷玩智能電話的壞習慣說不

根據研究顯示，學生日常約花二至三小時使用智能電話，在假期時，使用時間更超過三小時以上。接下來，我會從健康、學業及社交方面講述智能電話如何影響青少年。

首先，我們從健康方面講述智能電話的影響。長期使用智能電話會引起青光眼、近視等問題。當人們沉迷使用智能電話時，甚至會忘了吃飯。而長時間垂下頭也會引致頭痛，睡眠不足會令眼睛充滿紅血絲。越愈敏醫師說：「這是在盯着智能電話看時，眼睛淚液蒸發過強，可能會出現眼乾澀，有異物感等情況。」

此外，我們還可以從學業方面講述智能電話的影響。長時間使用智能電話不但會荒廢學業，還會因睡眠不足而引致注意力不足，令到同學記不住老師在課堂上講述的知識，只會記得在遊戲中的情節，長久下去會導致學業成績下降。

最後，我們從社交方面講述智能電話的影響。長期使用手提電話，會減少我們與家人、朋友直接接觸的時間，令人與人之間變得疏離。影視明星成龍曾說：「遊戲中的你，無論多麼強大，都是假的。」因此，不要沉迷在遊戲世界中了，應多點跟現實生活中的人互動，建立活力充沛的社交生活。

總括而言，智能電話對人們的健康、學業和社交有很大的壞處。我要呼籲人們不要長時間玩智能電話，並且認真規劃玩智能電話的時間表。



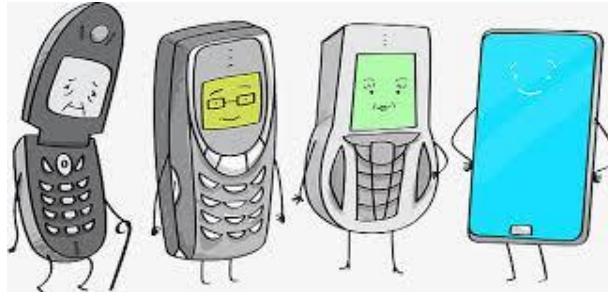
手提電話的自述

我是一部長方形粉紅色的智能手提電話。有一次，主人在賣手提電話的店舖裏看到我，便把我帶回家。

我有上網功能，可以透過互聯網與世界接通，取得可用的資料及跟朋友聊天。

有一次，主人嫌棄我殘舊，而且上網的速度變慢，令他無法快速地跟他的朋友對話和取得可用的資料，他便低頭對我說：「明天把你送給祖母。」

希望祖母見到我後，不會嫌棄我是一台「老電話」。





我的迷路記

你曾經迷路過嗎？我相信每個人都經歷過迷路，我也不例外。在五年級的暑假期間，我們一家人到郊野公園遊玩，那次經歷十分難忘，至今想起還十分激動。

我們在進入郊野公園之前，每人都拿了一份郊野公園的地圖，因為郊野公園有很多通往不同地方的小道，十分容易迷路。我們走進郊野公園後，我一直在東張西望，十分興奮。有幾次，媽媽好心地提醒我：「你要跟着我們，不要只顧自己看風景，在郊野公園很容易走散、迷路。」我十分不耐煩地答道：「知道了！知道了！」卻沒有聽進媽媽的話。

突然，我看見一隻雪白的兔子飛快地從我身邊跑過。我頓時眼睛一亮，很想捉住小白兔，並且把牠帶回家。於是，我便跑去捉白兔，跟着白兔跑進樹林。可是，我沒有發現兔子跑的方向和我的家人所走的方向截然不同。跑着跑着，兔子突然轉彎不見了，我只好停下來，我左看看、右望望，發現自己跑到了一個陌生的地方，而我的家人也不見了踪影。我的腦海閃出了一個恐怖的想法——我迷路了！

那一刻，我絕望了！當我發現我迷路之後，便開始大叫：「有沒有人啊？有沒有人啊？直至我口乾舌燥，我再停下來休息。可是，我喊了很久也沒有人過來，我癱坐在地上，十分絕望。此刻的我又累又渴，只想快點走出這裏。於是，我重新站起來，打算往前走，突然，一張紙從我的口袋掉了出來。我走過去撿起它，原來是一張地圖。當時我只是隨手把地圖放進口袋，沒想到現在可以大派用場，我心裏欣喜若狂。我沿着地圖上的指標慢慢向前走，終於走出了郊野公園。我立即到售票處問人借電話打給媽媽。

不一會兒，我的家人便出現在我的眼前，我跑過去擁抱着他們。原來，當我跑開後，我的家人在到處找我。我感到十分後悔，因為如果我當初聽了媽媽的話，不到處亂跑，就不會迷路，也不會令家人擔心了！經過這件事情，我明白外出時要緊跟家人，不要隨便亂跑，也學會遇到事情要冷靜處理，找出解決方法。

紫荊花的自述

我叫紫荊花，我擁有深紫色的花瓣、金燦燦的花蕊和綠油油的葉子。我有很多不同的功能，比如我可以被人類欣賞、為人類治病等等。

我是「藥箱」。我樹皮上的花梗不但可以入藥，還有解毒消腫之功效；種子也可以用來製作農藥，有驅殺害蟲的作用。

我是「傢俱廠」。我的樹幹可以用來做衣櫃、餐桌等等各種生活傢俱。

我是人類的「小息場所」。春天，每當人類與我擦肩而過的時候，他們都能聞到一股芬芳的氣味；夏天，綠樹成蔭，人類都懶洋洋地坐在我的身體下乘涼，有的人在專心致志地看書，有的人在如痴如醉地聽歌，有的人在閒適地玩遊戲。

我的用處雖然多，但希望人類不要過度度砍伐，我非常願意與人類和平相處，造福人類。



我的好朋友

黃思欣是我的好朋友，她有一頭又黑又濃密的長髮，一張圓圓的臉和一雙水汪汪的眼睛。

她十分樂於助人。每當我有功課上的難題，她都很樂意回答，從來都不會拒絕我。

她也十分勤奮用功。每到假日，她都會帶齊書本到自修室溫習，她每次都會溫習三小時。另外，她還會去借閱課外書以增進自己的見識。

黃思欣真是個樂於助人和好學上進的好學生。她十分值得我去學習，她是我的好榜樣。



抉擇

今天下午，我和弟弟做完功課後，媽媽讓我們到公園裏踢足球，弟弟使勁一踢，把足球踢向公園辦事處的玻璃窗，結果玻璃窗被打破了。

那一刻，弟弟十分害怕地跑來找我，說：「姐姐，我不小心用足球將辦事處的玻璃窗給打破了！」我聽到後並沒有太害怕，只是沉思了一下，便決定帶弟弟去道歉。

當時，我和弟弟走進辦事處的時候，好像上了刑台的樣子，我沒管那麼多，就火速地向各位職員道歉，他們也沒說太多，只是罰我們打掃整個辦事處。

之後，我們便去衛生間拿上了掃把和拖把打掃起來，大概過了一個小時才打掃乾淨。打掃完後，我們就跟職員道謝和再次誠心道歉。

通過這件事，我和弟弟學會了做人要誠實，不能說謊！



我的週記

九月三十日至十月七日

星期一，爸爸帶我去軍事夏令營，因為我對軍事感興趣，所以我滿懷期待。

然而在星期二，我就開始不耐煩了，原來軍訓要在太陽的曝曬下跑步和做五十個俯臥撐，力氣小的人是做不了的！但畢竟是軍訓，教練比較嚴格，我就只能硬着頭皮不停做，直到教練滿意為止。之後在宿舍裏還要複習今天所學的知識，這樣刻苦的軍營生活，我不煩躁才怪呢！「小軍人」果然沒這麼好當啊！

星期五，我和室友們一大早便起床了，因為今天要舉行考試，我們一早起來複習課本。考試時，我感到很緊張，心裏想：「萬一我考不好，就要接受做六十個俯臥撐的懲罰！」好不容易考試結束了，就在考試後一小時，結果出來了，我竟然得到第二名！我真的意想不到呢！

原來是因為教練的嚴格訓練，讓我的體格和力量越來越強。最後我對爸爸說：「我還想體驗一次！」爸爸欣慰地點了點頭。



國王的新衣續寫

某一天，國王穿着新衣參加巡遊。

起初，國王滿面春風地坐在馬車上跟民眾打招呼，他成為了整個廣場的焦點。廣場下的觀眾都開始起哄，國王以為他們是說他的新衣很好看。

後來，國王漸漸發現人們的眼神不太對。這時，天上剛好下起大雨，人們借機說道：「國王！你沒穿衣服啊！」這時，國王也發現自己的身上濕了，他疑惑地說道：「我不是穿着衣服嗎？我身上怎麼會濕呢？」

正巧，患有幻想症的雄日說：「你們不要亂說！國王穿的衣服多好看啊！」這更使國王相信自己穿着衣服，正當國王八面威風的時候，雄日的媽媽走了出來，說：「國王！我兒子，也就是剛剛那個小孩，是個幻想症患者，所以他說的都假的！」

在她說完話之後，馬兒從國王的控制中掙脫，風又把國王的馬車吹倒了。國王光着屁股在濕漉漉的地上坐着。這時，國王的威風也隨着人群的離去慢慢消散。騙子乙對騙子甲說：「要是那些大臣和宰相一開始就說真話，如今國王也不必淪落到如此下場。」



一位誠實的同学

星期五小息的時候，我和小文在操場上小息。我們一邊談天，一邊分享零食，非常開心，突然，小文發現地上有一個錢包。

小文把錢包拾起，裏面有很多現金，我提議用這些錢去小食部買薯片。小文嚴肅地說：「我們不可以貪心，要做個誠實的孩子。」我聽到後覺得很慚愧。

小文把錢包交到校務處，班主任黃老師看見錢包裏的學生證，知道失主是小花同學。

小花急忙來到校務處，小文把錢包交給她，她看見失而復得的錢包，非常感激，連忙向小文道謝。

黃老師讚揚小文是一個誠實的同学，我要向他好好學習。



我是一故事書

我是一本故事書，我的外表是長方形的、厚厚的。書的封面有一個佈滿海洋和陸地的地球，展示不同國家的特色。

我的肚皮內擁有精美的插畫，可以輔助不同讀者的閱讀能力。我不但可以消磨時間，還可以學到豐富的人生哲理，因此小主人每天都想閱讀我一遍。

到了晚上，小主人的媽媽將我的故事說給小主人聽，讓她更容易入睡，讓她精力充沛地應付每天的活動，所以小主人經常說我是她的好幫手。

小主人喜愛我的另一個原因，就是當她遇到困難的時候，可以從我身上獲得豐富的知識，協助她解決困難，我真是她的好幫手啊！

我就是這樣盡心盡力服務小主人，小主人也很珍愛我，把我當成她的小寶貝呢！



我是洗衣機

我是一台洗衣機，一直和其他電器住在一家電器店。不久以前，梓朗跟他的家人在電器店把我買了下來。梓朗成為我的小主人。

回想那天，梓朗在電器店被我的顏色深深吸引着，我是金色和銀色的頂揭式洗衣機，頂部有一個透明的膠蓋，可以看到內部的情況。

我除了樣子討人喜愛，還會認真工作。我主要是用作清洗衣物及毛巾等紡織品的機器，我不可以洗硬物或塑膠品，如果放進去，就會令我生病。我還有其他清洗模式，例如：快速、輕柔和脫水。

梓朗一家很愛惜我，因為在疫情期間我顯得尤其重要，每天工作兩至三小時，跟他們一起抗疫。



遊校園

學校開放日那天，老師委任我擔任校園大使，負責帶領嘉賓參觀校園，我很緊張。

首先，我帶領嘉賓經電梯到位於三樓的圖書館參觀。那裏有大量的圖書和一部自動借閱機。同學們都專心地看書，環境寧靜。嘉賓都說圖書館的書十分益智、有趣，內容精彩，怪不得同學們都看得津津有味。

接着，我們往前走到英語活動教室。那裏展示了很多英文圖書和同學的作品。有的同學在跟外籍老師傾談，有的同學在專心地聽老師講故事。嘉賓都異口同聲地說同學們學習認真，值得表揚，我很開心。

最後，我們走樓梯到二樓的視藝室。那裏有五顏六色的作品和很多不同種類的教材。同學們在認真地剪紙，剪出美麗的圖案送給嘉賓。嘉賓稱讚同學的剪紙技術十分高超，同學們都很興奮。

那天，我帶領嘉賓參觀了學校的三個地方，嘉賓都稱讚同學的表現十分優秀，還稱讚我用心為他們講解。能令嘉賓對學校有更深的認識，我得到很大的滿足感和成就感。



電腦的自述

你知道我是誰嗎？我就是能幹的電腦，是小主人的好夥伴，也是他的良朋知己。

我的樣子像一面明亮的鏡子，雖然聰明伶俐，但相對安靜。我的身體不怕冷也不怕熱，經常陪伴着小主人。我有兩位好朋友，他們是會跳舞的滑鼠和會彈鋼琴的鍵盤，我們一起辛勤地為小主人服務。

我是出色的偵探，當小主人遇上疑難，我會幫助他搜尋資料，完成困難的功課。小主人非常感激我，經常與我一起熱烈地討論，各抒己見。

我是多才多藝的按摩師。當小主人感到疲累時，我可以播放有趣的卡通片給他欣賞，令他放鬆心情。當小主人感到煩悶的時候，他會利用我和他的朋友溝通和聯絡感情。我能夠令小主人感到幸福和舒暢。

我是學富五車、博學多才的學者。小主人可以利用我學到學習到不同的知識，增廣見聞，獲益良多。小主人十分依賴我，令我得到滿足感。

我是小主人的好夥伴，也是他的良朋知己，帶給他方便美好幸福的生活。



國王的新衣故事續寫

某一天，國王穿着新衣參加巡遊。

國王坐在馬車上擺動着各種各樣的姿勢，覺得自己穿着新衣顯得更帥氣了。但是遊人們都看不見國王的新衣，為了不讓別人知道自己是愚蠢的人都誇讚道：「哇！陛下你這件新衣的花紋簡直是巧奪天工啊！」「是啊！這件新衣更加顯得你帥氣呢！」各式各樣的稱讚接踵而來。後來有個很天真、誠實的小朋友心心大聲說道：「媽媽，你看！國王沒有穿衣服啊！」國王也突然意識到了自己出糗了，馬上掉頭回皇宮了。

回到皇宮後，國王龍顏大怒，不過幸好他是一個明君，為了教訓那兩個騙子，國王想到了個好辦法。於是他馬上召來那兩個騙子，國王笑嘻嘻的對他們說：「你們做的衣服太好看了，我要你們再多做幾件。」兩個騙子為了不被斬頭只好答道：「好……好。」隨後國王給他們報酬，可是錢袋裏甚麼都沒有，國王解釋道：「噢！這是聰明人才能看見的。」聽完後他們立刻面紅耳赤，國王立即表示：「你們穿上這新衣到街上巡遊吧！一定會大受歡迎的！」他們逼於無奈只好答道：「好，陛下。」

這件事後，兩個騙子改過自新，都有了自己的美好家庭；這個國家也越來越繁榮昌盛。

x



郊遊有感

我這次考試得到全班第一名，所以爸爸決定獎勵我今天到下白泥欣賞日落。這是我第一次看日落，感到既興奮又期待。

首先，我們乘車到達目的地。下車後，我們看到旁邊的小賣部有很多美食，香味撲鼻而來，讓人忍不住想吃一口！正當我們準備去欣賞花卉時，突然下起了大雨。沙啦啦，沙啦啦……飄飄灑灑的雨絲從天空灑落。

接着，我和爸爸走到旁邊的小花園。雨剛停下，樹葉上還凝聚着雨珠。還有撲鼻的花香，讓人陶醉在其中。正當看得入神時，爸爸的聲音把我喚醒了：「不要再看了，不然就來不及看日落了。」我回過神來，跟爸爸一起繼續向前走。

然後，我們沿着小路行，小路兩側有蔥蔥郁郁的大樹；有金黃色的油菜花；有粉紅色的桃花；有雪白的梨花……小路上的風景真是美極了！不知不覺，我們已經走到了泥灘。在泥灘裏，有很多小動物在嬉戲，彈塗魚在濕漉漉的泥灘上躺着，有小螃蟹匆匆忙忙地躲進小洞裏。

黃昏來臨前，喜愛攝影的人已經準備拍攝黃昏時下白泥的美景。最初，天空由淺黃色漸漸變成橙紅色，就像五個太陽聚在一起那麼亮，亮得整個泥灘都在發光。後來，天色開始暗下來，日落就像一幅油畫一樣美，真是世外桃源呀！

黃昏的下白泥是最美麗的，這個「動中帶靜，靜中帶動」的日落，真讓人難以忘懷。雖然路程又熱又累，但是只要看到這個日落，覺得一切都值得了。



1A Ho Pui Yi, Penny

Parrot

It is a parrot.

They have two big red eyes and one long blue tail.

They have two big yellow wings.

They have a small brown beak.

They live in the forest.

They eat insects and fish.

They can fly.



1B Lai Yi Hang, Hayden

My friend and I

My name is Hayden. I am seven years old. I have small eyes and small ears. I have a robot and a dinosaur. I am wearing a yellow T-shirt, blue trousers and red shoes.

This is my friend, Baylee. She is six and half years old. She has small eyes and small ears. She has an orange basketball and a colourful puzzle. She has a blue shirt. I like Baylee.



1C Kerung Jeswin

My friend and I

My name is Jeswin Kerung. I am seven years old. I have long brown and black hair and two brown eyes. I have a toy dog and a tall purple doll. I am wearing a yellow T-shirt and white shorts. I like my toys.

This is Eshaal. She is six years old. She has long orange and brown hair. She has colourful diamonds and a big book. She likes her toys. I like Eshaal.

1D Zeng Wenxing, Kimi

My friend and I

My name is Kimi. I am seven years old. I have two big black eyes and black hair. I have a small brown teddy bear and a red robot. I am wearing a brown T-shirt and brown trousers.

This is my friend Helen. She is seven years old. She has two big eyes. She is wearing a purple T-shirt and blue shorts. I like Helen.



1E Cheung Tsz Ho, Edwin

Lion

It is a lion.

They have one big yellow nose.

They have two small black eyes.

They have two big white ears.

They have one long yellow tail.

They have one big yellow mouth.

They have four big yellow legs.

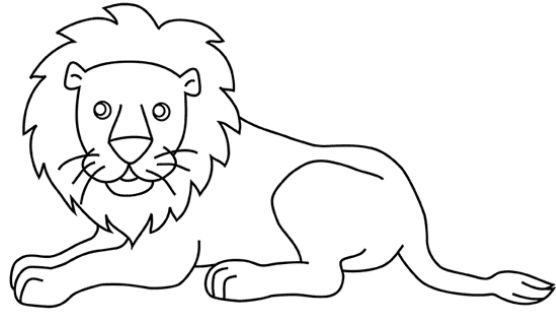
They have four small yellow paws.

They have short yellow fur.

They live on land.

They eat meat.

They can run.



2D Wong Tze Ching, Purple

Rex is at the Museum

On Monday morning, Rex goes to the Science Museum by school bus. It is sunny and hot. He feels happy.

In the computer room, Rex and his classmates are playing computer games. They feel great.

Suddenly, a small monkey is jumping out from the computer. Rex feels excited.

Finally, the monkey and Rex go into the computer world to play games. They feel happy.

At the Beach

It is Sunday morning. Rex, Mandy, Mum and Dad are at the beach. Rex is swimming in the sea. He feels very happy. Mandy is digging in the sand. She feels very good. Dad and Mum are sleeping.

Oh, no! A big wave is coming. They are scared. They are running away from the big wave. They are OK.



Happy Hamster's Sunday

Happy Hamster goes to swim at six o'clock on Sunday morning. She goes with her mum. They go to the beach. They like swimming because it is fun.

Happy Hamster goes to run at two o'clock on Sunday afternoon. She goes with her dad. They go to the sports centre. They like running because it is interesting.

Happy Hamster goes to eat at seven o'clock Sunday evening. She goes with her family. They are at home. They like eating noodles because it is yummy.

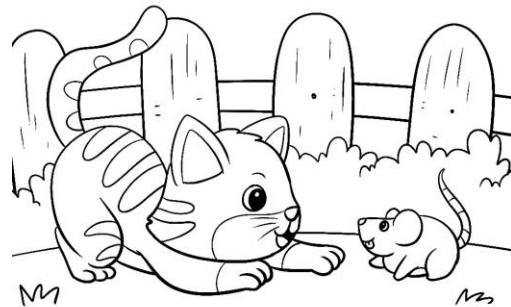


Mouse to Mouse Story

After midnight, there are two mice running on the soft armchair in the living room. The pink one is called Mabel and the blue one is called Mike. They jump on the smooth coffee table. They are sliding on the coffee table. They make the flower vase fall off on the floor. Then they jump and catch the pull switch of the lamp. They are swinging on the pull switch in the air. They turn on the lamp too.

At this moment, a fat black cat is running out of the kitchen. Her name is Coco. Mike and Mabel are so scared. They jump onto the top of the lamp. Coco is swinging her tail and screaming loudly in front of them.

Suddenly, the master comes into the living room. His name is Harry. He yells at Coco, ' Be quiet! I need to sleep!' At this moment, Mike and Mabel are running away quietly.



3A Ting Wing Yan, Yannis

What's for lunch

At the weekend, Aunt Fifi, Aunt Eve, Katarina, Steve and Bella were at the pier.

They felt excited because they were going to the Bun Festival. They went there by pirate junk.

Pirate Pang was on his pirate junk. Katarina, Steve and Bella were excited. They got on board.

Katarina, Steve and Bella were hungry. Their tummies rumbled.

Luckily, Aunt Fifi and Aunt Eve prepared some food for them. They were happy. What a great day!



3C Tsui Sum, Jayden

Cool kids Story

At the weekend, Spike , Barbet , Gaysha and Bacon are at the Mega Mall. They feel excited. They are talking about food and shopping. They are hungry so they go to a fast food shop. The name is Gail's Fast Food. They feel happy because they like fast food. They go inside, it is very big and colorful. They sit in the last table. They have a lot of food like pizza, orange juice and French fries. They see a mouse steal the pizza. They feel angry so they want to eat the mouse. The mouse runs away very fast. But Spike catches the mouse and eats him. And they all feel full.

Oh, no! Mr Lo!

On Monday morning, Joe, Rose, Betty and Danny went to school. First, they went to Mr. Lo's huge technology classroom. It is on the sixth floor. They were excited and looking forward to Mr. Lo's lesson because it is always full of fun. Mr. Lo told them they would make a machine. They shouted, 'Yeah!'

Then, they made a machine named Polly. She was a pretty machine. She wore a pink ribbon on her head. Suddenly, Polly picked up Mr. Lo and put him in her mouth. He was very scared and shouted, 'Arghhal!'

Next, Polly ran around in circles, out came a tiny Mr. Lo! He looked like an ant! The children felt worried about Mr. Lo! They planned to make another machine to help Mr. Lo become bigger.

After a while, they had an idea to save Mr. Lo. They made a new machine to stop Polly. The new machine was called Joker. He was a clever boy. They used cardboard boxes to make him. Danny put tiny Mr. Lo into Joker's mouth. In a second, a big Mr. Lo came out! They were excited because they made Mr. Lo big again! They were surprised. Finally, Mr. Lo said thank you to his students. Everyone was delighted.



Amy's Diary

At noon, I went to a restaurant with my family by bus. We waited outside because there were lots of people inside the plaza.

Thirty minutes later, we could sit down and order some food. I felt hungry and I waited for the food. The food was finally here. My dad ordered so much food. There were lobsters, chicken wings and more! We ate lots of food and my mum said, 'Don't eat so fast!' and I said, 'OK.' I was full.

In the afternoon, we went to Yoho Mall by bus. My little sister wanted to go to a toy shop so we went to the toy shop. My mum bought toys for my little sister. My dad went to Nike to buy a pair of shoes. My mum gave me 50 dollars to buy something I like. So I bought some school stuff.

After that, we went home by taxi. My dad and my mum cooked dinner for my little sister and me. The food was delicious. At ten o'clock, I took a shower and went to bed.



An Email to Mr. Henry

From:kelly@htsps.edu.hk

To:mrhenry@htsps.edu.hk

Subject:Re:Hello

Dear Mr. Henry,

Hi Mr Henry, here is an email about me.

My name is Kelly. I am nine years old. I have long hair, big eyes and I'm tall. I like having long hair because I like to pull my hair up into a ponytail. I am taller than my sister Milly. But I am shorter than my friend Zinnia. And my eyes are bigger than my dad's.

I like playing computer games and reading books. I also like watching TV. I like reading books because it is interesting. I play computer games every day. I also watch TV and read books every day. When I play computer games, I also invite my friends to join. It is a lot of fun.

My favourite subjects are English and Maths because I always speak English to my sister. My friend Zinnie is in England right now so we chat on Instagram. I hope we can meet soon. I like listening to Black Pink songs like Ice-cream and How do you like that. I don't like Chinese. But I am fine with General Studies. I like eating candy and ice-cream. The computer game that I like is Roblox.

Hope to hear from you soon. And what do you like doing in your spare time?

Kind regards,

Kelly



4A Donnie

Reply a letter

Dear Tom,

I can't wait to see you on 31st July. I have a good plan for your one-day trip in Hong Kong.

On Sunday morning, we will go to The Peak. First, we will look at the view of Hong Kong. Then, we will do shopping. We will feel excited.

In the afternoon, we will go to Lantau Island. First, we will ride on the Cable car. Then, we will visit the Big Buddha. We will feel happy.

I am really looking forward to seeing you!

Your friend,

Donnie



4C Liu Cheung Kwan

One-day Hong Kong Tour

Paul and his mum planned to go to Lamma Island on May 25. They wanted to go hiking and eat seafood. But when that day came it was rainy. Paul was sad and said, 'Can we still go to Lamma Island?' Paul's mum said, 'No we can't go to Lamma Island anymore.'

Paul's dad was scrolling on the internet. He found a restaurant with yummy dim sum. So they planned to go to Golden Restaurant.

In the evening, they went to Golden Restaurant for dinner. The food and dim sum was yummy. So they kept ordering a lot of food. A few minutes later, they were very full, so they took away the food. Paul said, 'I had the best food in my entire life!'

Marco the Mouse

Marco was a mouse. He has a pair of small black eyes and two big teeth. Marco was fat. He has a big belly. His height was only 145cm but he weighed 95kg. He was thirty-three years old. He liked going jogging once a month. He liked to eat fast food five times a week.



4B Sin Wing Yan

David's Dog

Last Saturday, David and his dad went to Joy Park with their dog, Bobby. They all felt excited.

David played badminton with his dad happily. They did not know that Bobby had run away. After 15 minutes, they couldn't see Bobby anywhere. David and his dad yelled, 'Bobby , Bobby. Where are you?' They walked all over the park. However, they couldn't find Bobby. David and his dad were worried and did not know what to do.

At this moment, David suggested going to the snack shop of the Joy Park. David thought Bobby might go to the snack shop and smell tasty chicken legs' smell because Bobby was a food lover. Finally, David and his dad ran to the snack shop immediately. Bobby sat in front of the snack shop. His mouth was watering for the chicken legs. David and his dad felt delighted that they could find Bobby.

In the end, David learnt a lesson that he needed to look after Bobby all the time.



4D Cheung Man Ching

An Email to Mr. Henry

From:kayley@htsps.edu.hk

To:mrhenry@htsps.edu.hk

Subject:Re:Hello

Dear Mr Henry,

My name is Kayley. I am nine years old. I am thin. My hair is longer than my friend Mary's. Mary is taller than me.

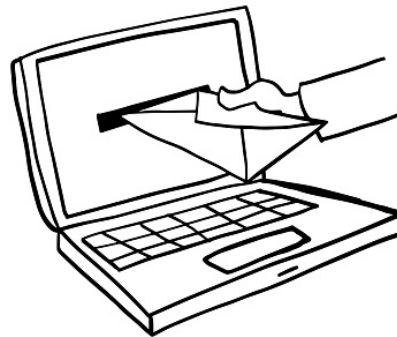
I like reading magazines in my spare time. I do it once a week. I do it with my friends. I also like playing table tennis. I play with my family at weekends.

My favourite food is mango ice cream because I like sweet food. I like eating ice cream in summer. My favourite subject is English because it is interesting when we study in class.

Hope to hear from you soon. I hope you enjoy my sharing and get to know me more.

Yours truly,

Kayley



My Little Sister's Birthday Party

It was my little sister's fourth birthday last week. We held a birthday party for her at McDonald's because it was my sister's dream to hold a birthday party at McDonald's. To celebrate her birthday party, she invited so many friends and classmates that I couldn't count!

When the birthday party just started, I saw lots of waiters in colourful vests put a lot of food on the big table. For example, burgers, French fries, chicken wings, jelly... Soon we enjoyed the food together after singing the birthday song. My sister and her friends ate the food happily.

After lunch, they played games. They ran around and jumped here and there until they felt tired. Then, they played card games. Suddenly, our father appeared and gave two special birthday presents to my sister.

My little sister thought for a while, and she opened one of the presents. It was a yummy birthday cake! So she cut the cake for her friends and classmates. Then, she opened another present. It was a cute doll! My little sister felt so surprised and happy that day. I felt happy too. What a fantastic day!

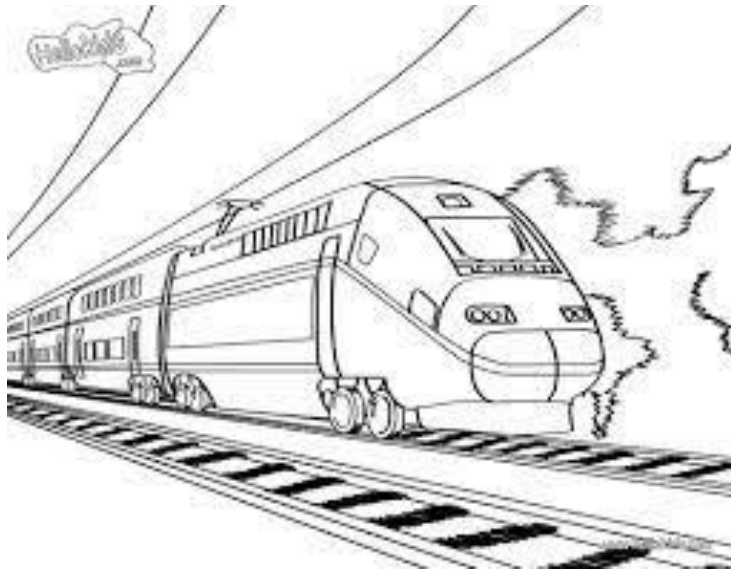


My Favourite Transport

My favourite transport in Hong Kong is MTR. I travel by MTR once a week. I always go to Yuen Long because I have to go to my good friend's home to play with him.

I like MTR because it is cheap and fast. It takes 15 minutes to go to Yuen Long from my home. It takes 20 minutes to go by bus. Although travelling by MTR is cheap, it's cool.

We should be quiet when we are on the MTR and we should not eat or drink on the MTR. We should not run around either. We should keep the MTR clean.



Sam's Lie

Sam played online games in his bedroom at half past eleven last night. Sam didn't do his homework, but just kept playing online games. He felt happy but not worried because he decided to tell a lie on the next day. Sam thought it was not a matter if he did not do homework.

On the next morning Miss Chan asked Sam, 'Why didn't you do your homework yesterday? Sam told a lie. He said, 'I accidentally broke my arm yesterday and needed a bandage so I could not finish my homework.' Miss Chan was sad about Sam.

Miss Chan told the class, 'We will go to Ocean Park today, but Sam broke his arm so he has to stay in the classroom.' Sam's classmates were very happy about the outing but only Sam was surprised and disappointed.

In the end, Sam needed to stay in the classroom. Miss Chan and Sam's classmates went to Ocean Park. When Sam stayed in the classroom, he did his homework. When Miss Chan and the class came back, Sam told Miss Chan the truth and gave her the homework. Sam asked Miss Chan to forgive him eventually. Miss Chan forgave him and said, 'Do not tell a lie anymore.'

My Little Sister's Birthday Party

Last week, I held a birthday party for my little sister. This year, she is 4 years old. My sister's birthday was held at home because she could invite many friends to join the birthday party and ate a birthday cake. My sister invited her classmates because those were her good friends.

My sister was wearing a blue skirt with some white laces. My mum bought a lot of snacks, including marshmallows, candies, chocolate... My mum also bought a birthday cake with milk tea flavor. We played an idiom game at the birthday party.

My sister received many gifts from her friends. My sister was very happy because she ate lots of yummy cake and many delicious snacks. She also got a lot of gifts from her friends.

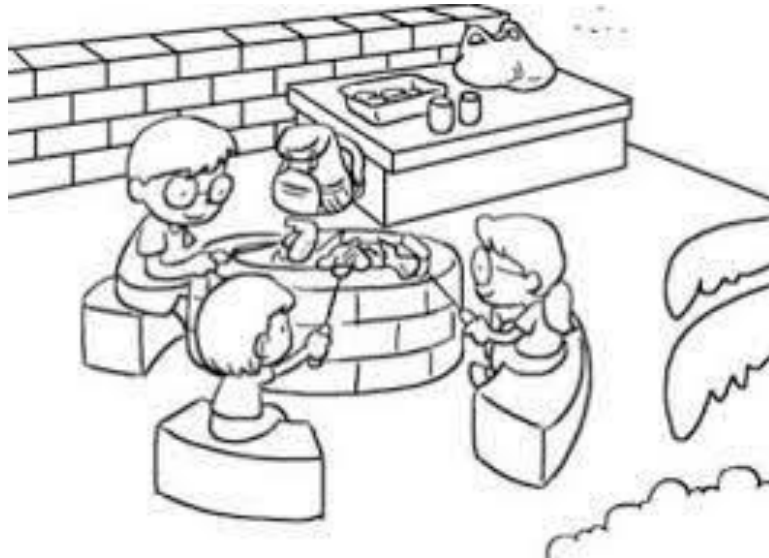


A Picnic

Yesterday, I went to a country park with my family by bus. When we arrived, my dad carried all the bags of food for us. I felt relaxed because the air was fresh. The weather was sunny. Soon we sat around the barbecue pit. When the fire was ready, we put some sausages and bread on top of the fire. The food was tasty. At the same time, we chatted together. We felt happy.

Then, my sister came close to me and suggested, ‘Shall we play together?’ I answered, ‘What activities would you like to do, fly a kite or play badminton?’ She decided to fly a kite. I told her we could do it after the meal.

When we were enjoying the barbecue, the sky turned dark. After that, it started to rain heavily. We felt shocked. All of us got wet. We packed all our things quickly and found shelter to wait under. We hoped the rain would stop later and could keep on our barbecue. Unluckily, it kept raining, so we went home unhappily.



An Accident

Last Sunday, Tom went hiking with his mum because the weather was nice. The view there was as beautiful as a drawing and there were only a few people.

After they took a short walk. Tom felt tired. Luckily, there was an open area with a rock and bushes in front of them. His mum suggested that Tom could sit on the rock to have a rest. Tom agreed. After Tom felt better, they prepared to continue hiking. But when they wanted to go, a few butterflies flew to them. Tom wanted to take a photo of them, but they flew so high. So he stepped on the rock to take the photos.

All of a sudden, he tripped over. The butterflies flew away because he moved suddenly. He cried loudly as he was bleeding. Mum wanted to bandage his knee but she only brought a few snacks. She called Dad and he suggested that waiting for other hikers to help them was the best solution. So they did as Dad said.

After a while, a hiker saw them. He had a roll of bandage. He bandaged Tom's knee then told him and his mum that when they went hiking, they must prepare bandage, food, a phone and a map. Tom and Mum nodded their heads.

After that, they went down the trail and back home.



A Day I will Never Forget

How can I forget what happened in my terrible experience? The sky was grey and overcast. I was on my way back home when I heard loud thunder. All of sudden it began raining cats and dogs! People were sprinting towards the nearest shelter. Unfortunately, I didn't bring my umbrella!

The downpour was so heavy that water was flowing over the pavement .I saw some children were splashing gleefully in puddles. Suddenly, a passing car splashed muddy water all over me. My uniform got drenched. I mumbled to myself, 'Why I am so unlucky today?'

Time was running out so I needed to run as fast as I cloud go back home. The ground was slippery and I stumbled and plummeted to the ground. Luckily, I was not injured.

Anyway, I got back home finally! I felt tired that some bad things happened to me before...The lesson I learnt was that I would take care of myself and be cautious.



School Sports Day

Last week, Tom and his friends had School Sports Day in Tin Shui Wai sports ground. A team was formed by them to race for the 4X100 relay race. Although they all felt nervous, they all thought they would win the race. So they trained so hard.

After the training, the race started. The first one was Jack! The second one was Sam! The third one was Ken! The last one was Tom. Jack, Sam and Ken all ran the fastest they could run, nearly as fast as a horse. So Tom was in the lead. After Sam, Jack and Ken's turns, they all cheered for Tom, but when Tom was near the finish line, he tripped and fell down badly. He could not catch up with the others racers. They lost the race. They all felt disappointed .When the race was over, Ken was angry as a lion and he shouted at Tom, 'What were you doing? We lost the race!' 'Don't shout at Tom. He does not want to fall down too!' said Jack. Tom felt upset and started crying loudly. Ken saw that and he felt bad so he said sorry to Tom.

Although they felt upset, suddenly Sam remembered that they will have a Running Day at school , so they practiced hard every day and they aimed for the first. They hoped they will win. So they felt excited.



School Sports Day

Last week, Tom and his friend had School Sports Day at the sports ground. Tom and his friends were in a team. They really wanted to win the first prize. They were excited.

When it was Tom's turn to run, he ran as fast as a rocket. Tom's friends cheered Tom up, 'Go on!' When Tom was near the finish line, he tripped and fell down badly and lost the prize. Tom's friends felt sad and disappointed.

After the race, Tom was sad. Ken was angry with him. Jack comforted him, 'It's OK. We can win a prize next year.'

Finally, Tom's friend took Tom to the medical room. They forgave Tom and decided to prepare the game for the next year.