







文萃 第六期

出版:宣道會葉紹蔭紀念小學

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製作:巧.克.力 網上學習平台

出版日期:2012月7日

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張昌明校長

文字力量之大,相信大家絕不會懷疑。

文字就像磚塊,不同的鋪砌方法,會塑造不同的建築;

文字也像食物,不同的烹調方法,可帶出不同的味道。

我們要認識文字,除了要認識文字的形、音、義外,更要認識組織文字的方法,從字到句,從句到段,起承轉合,成為一篇絕美的佳章,使閱讀者如坐春風,如嚼甘飴。

一篇好的文章,可以令人思潮起伏,引發無窮想像的空間;它可以令人捧腹大笑,或會心微笑,或流涕落淚,引發無限共鳴;它也讓人學識淵博,思路廣闊,能容下不同理念,倍增個人素養。不同體材的文章,雖表達目的各異,但共同點是,必先吸引讀者的與趣,讓讀者可專注地閱讀下去。

我看到同學們不斷進步的寫作技巧,寫出了篇篇優越的文章,刊登在 本期文集內,欣賞之情油然而生。同學們在寫作上的努力是有目共睹的, 你們必須堅持信念,捍衛理想,將來必能更上一層樓,再闖高峰,向無限 的成就進發。

就讓我們先一起出發,漫游浩瀚無邊的書海 — 第六期文集吧!

編者的話

任敏儀主任

好的作品不單具備基本的寫作技巧:用字精練,內容豐富,修辭優美,更重要的是作品本身充滿真摯的感情。好的作者能透過文字表達自己的經歷與感受,並發揮創意,能讓讀者投入作者文字的世界裏,一同歡笑,一同流淚,甚至引領讀者擴闊思想的空間,與自己的世界連繫,成為更遠更大的文字領域。

本校《文萃》第六期又與大家見面了,文章取材於學生日常中文及英文寫作課的佳作。一、二年級的作品以個人在學校及家庭日常生活為主題,三、四年級的作品多以人與人的關係及相處為中心,五、六年級的作品包括學校生活、社區認識以及香港遊蹤等。文章的寫作體裁多元化,包括日記、謎語、詩歌,以至議論文及書信等。

本校學生為成長中的小孩,他們的作品流露出孩子單純的性格,充滿人與人之間的温情,希望透過文集,讓讀者進入他們的世界,更希望讀者能給予他們由衷的鼓勵。

一年級



二月十七日 星期五 陰天

今天上體育課的時候,張老師帶我們到有蓋操場考拋球。張老師叫我們找一個同學做「拍檔」一起考試。我拋了很久很久,拋得很開心,還拋得不錯呢!

陳塏宜 1A

二月二十六日 星期日 陰天

今天早上,爺爺、爸爸、弟弟和我到公園踏單車。我和弟弟一起踏 呀、踏呀、踏呀,很快就踏了十九個圈。

回家後,我吃了一碗米粉,然後再和弟弟玩了。不久,到了晚餐時間,今天晚餐的餸菜有雞蛋、娃娃菜和豬肉。

我今天過得十分開心。

繆偉康 1A

四月二十九日 星期日 晴天

今天,我原本打算到公園玩,誰不知突然刮起狂風,下着暴雨,天文台還發出了紅色暴雨警告信號,我以為不能去玩,幸好,天氣很快便轉晴,我可以到公園玩了,我覺得很幸運。

江嘉濼 1A

四月二十日 星期五 陰天

今天晚上,我看見有一隻會飛的螞蟻從窗外飛進了我的家,牠在家裏 飛來飛去,我很害怕呢!過了一會兒,又有一隻飛蟻飛了進來,大姐姐勇 敢地幫我抓住了兩隻飛蟻,然後放了出窗外,真是太好了。

梁嘉聰 1B

四月二十一日 星期六 晴天

星期六,我們一家人乘搭旅遊巴士到長隆野生動物園遊玩。我們看見了長頸鹿、大象、老虎和猴子,這些動物都非常可愛!

五月五日 星期六 晴天

今天,很多老師、同學和我到屯門大會堂參加「鈴火相傳手鈴音樂 會」表演,這天有很多觀眾來欣賞,他們為我們鼓掌。我很開心啊!

何浩賢 1B

五月一日 星期二 晴天

今天早上,我和媽媽到了銀座百佳超級市場逛逛。媽媽買了很多水果和蔬菜,也買了一些零食給我。我們付款後,媽媽說要立刻回家溫習,因為明天要默書呢!

陳振恆 1B

五月十三日 星期日 雨天

早上,我們很早起牀。媽媽、哥哥和我一起上茶樓。當我們走進茶樓,我看見很多哥哥和姐姐跟他們的媽媽在喝茶,每個媽媽的臉上都有燦爛的笑容,我也很開心。

我祝福每個媽媽「母親節快樂」!

江嘉希 1C

四月一日 星期日 晴

今天,爸爸焦急地找着他的眼鏡,但我們看見爸爸正戴着一副眼鏡, 於是我說:「爸爸,你臉上有副眼鏡。」爸爸發現眼鏡原來架在鼻子上, 他十分開心。

陳孝君 1C

五月四日 星期五 陰

媽媽接我放學的時候,她帶給我四塊豆沙餅,我真是很興奮!但是, 有兩塊豆沙餅烤黑了,我又生氣又失望。我只好和弟弟一人吃一塊豆沙餅。

五月十一日 星期五 晴

今天我學畫畫,我做了一張母親節卡,我還親手做了兩朵玫瑰花送給 媽媽。媽媽很高興。

邱誠朗 1C

五月十一日 星期五 晴

今天,我穿着我的新鞋子,我覺得很開心,因為媽媽買的鞋子十分美麗。謝謝媽媽!

黄 婧 1D

二月二十五日 星期六 陰

今天是星期六,我去探望剛出生的表妹,她有一雙小小的眼睛和軟軟 的耳朵,非常可愛,我很喜歡她。

林子軒 1D

三月二十三日 星期五 晴

今天,爺爺帶我到爸爸的家裏玩耍。玩了一會兒,爸爸買了一些零食給我吃,吃着吃着,突然我感到咬着了一塊硬物,原來是的牙齒掉了下來。

張子晴 1D

四月二十日 星期五 晴

今天天氣很好,爸爸帶我和姊姊到公園玩耍。我和姊姊都玩得十分快樂,我們看見一隻胖胖的貓兒在樹枝上玩。

晚上,大姊姊帶我和子怡到頌富商場吉野家餐廳吃晚飯。姊姊買了牛肉飯給我和子怡吃,後來她還買了冰淇淋給我們享用。

四月十三日 星期日 晴

今天是星期六,我和家人到迪士尼樂園玩,我們玩了很多機動遊戲, 例如:旋轉小飛象、過山車。過山車時轉來轉去,十分刺激。

我們還坐船看周圍的風景,很美麗啊!到了晚上八時正,我們在城堡 看煙花,煙花展開時五顏六色,真的很漂亮啊!

Myself

Kong Ka Lok 1A

My name is Gigi Kong.

I am six years old.

I am a girl.

I am in Class 1A.

My class number is 11.

Myself

Chiu Sze Nga 1B

My name is Sarah.

I am a girl.

I am five years old.

I am in Class 1B.

My class number is 4.

Myself

Huang Kwun Hoi 1C

My name is Howard.

I am a boy.

I am six years old.

I am in Class 1C.

My class number is 9.

年級

My Class and Me

Law Wai Ki 1A

My name is Andy. I am seven years old.

This is Miss Fung. She is my class teacher. We are in Class 1A.

This is Miss Poon. She is my English teacher. We are in Class 1A.

This is Kitty. She is my monitor. We are in Class 1A.

This is Samson. He is our group leader. We are in Class 1A.

My Class and Me

Lau Chun Him 1B

My name is Himmus. I am six years old.

This is Andy. He is my classmate. We are in Class 1B.

This is Yoyo. He is my classmate. We are in Class 1B.

My Class and Me

Wong Ka Yi 1D

My name is Kelly. I am six years old.

This is Bosco. He is our monitor. We are in Class 1D.

This is Mary. She is our classmate. We are in Class 1D.

My Instruction List

Cheng Chun Tal 1A

- 1. Stand up, please.
- 2. Look at the blackboard, please.
- 3. Point to the door, please.
- 4. Come in, please.
- 5. Sit down, please.
- 6. Turn on the light, please.
- 7. Close the window, please.
- 8. Turn off the fan, please.

My Instruction List

Leung Wing Tung 1B

- 1. Stand up, please.
- 2. Clean the blackboard, please.
- 3. Sit down, please.
- 4. Come in, please.
- 5. Point to the fan, please.

My Instruction List

Ng Cheuk Tung 1D

- 1. Stand up, please.
- 2. Open your books, please.
- 3. Clean the blackboard, please.
- 4. Point to the door, please.
- 5. Turn off the fan, please.

Pets I like

Chan Hoi Yi 1A

I like that rabbit. It is thin and white. It has long ears. It has a short tail.

I like this dog. It is big and brown. It has a long tail. It has a big nose.

I like that cat. It is thin and brown. It has a small mouth. It has small ears. I like these hamsters. They are small and yellow, They have small mouths. They have small eyes.

I like those turtles. They are small and green. They have short tails. They have short legs.

I like these dogs. They are small, white and black. They have long ears. They have small mouths.

I like those rabbits. They are small and white. They have small feet. They have long ears.

Pets I like

Chan Hau Kwan 1C

I like this dog. It is brown. It has a big nose. It has big ears.

I like that cat. It is brown. It has a small nose. It has a small mouth.

I like these hamsters. They are yellow. They have small ears. They have short legs.

I like these turtles. They are green. They have small feet. They have short tails.

Pets I like

Wong Ching 1D

I like this dog. It is fat. It has a long tail. It has small eyes.

I like that cat. It is black. It has a long tail. It has a big mouth.

I like those turtles. They are small. They have small feet. They have small eyes.

I like these hamsters.
They are small.
They have small eyes.
They have small mouths.

Birthday Person

Mau Wai Hong 1A

This is my classmate.

He is short.

He is fat.

His eyes are big.

His ears are big.

His nose is small.

His hair is short.

His mouth is small.

Birthday Person

Yeung Wing Ki 1C

This is my sister.
She is Yeung Wing Sze.
She is thirteen years old.
She is tall.
She is thin.
Her eyes are small.
Her ears are big.
Her nose is small.
Her hair is long.



Birthday Person

Chan Pui Yu 1D

This is my sister.
She is Jenny.
She is nineteen years old.
Her legs are long.
Her eyes are small.
She is tall.



二年級



九月二十九日 星期四 雨

早上七時十四分,我覺得很奇怪,為甚麼媽媽不叫我起牀呢?因為媽媽平時都在七時便叫我起牀,於是我就去找媽媽,後來她告訴我今天不用上學,因為掛起了八號風球,教統局宣佈停課,所以不用上學。我聽了很不開心,因為我很喜歡上學。

陳文迪 2A

十月二十八日 星期五 晴

上星期五是我校秋季旅行的日子,旅行地點是大埔海濱公園。

早上,我懷着高興的心情上學,同學和老師同學在操場集合,一起乘坐旅行巴士出發.我們到達目的地之後,我和同學們到了昆蟲館,我們看見蜘蛛、毛毛蟲、蛇……昆蟲數也數不完。然後,我們吃小食,我們吃完小食後,便到遊樂場玩滑梯。

時間不早了,是回程的時候,我懷着依依不捨的心情回家。

黄丞澤 2A

十一月二十六日 星期六 陰

今天,我和爸爸、媽媽一起登山去。到達山頂,我看見自己的家在很遠很遠的地方,從山上往下看,山下的人像螞蟻那麼小,不久,我們就下山了。

接着,爸爸帶我去綠田園燒烤場玩遊戲,我玩了水上滾球,我在球上跑啊跑,跑了一會兒,我非常疲倦。最後,我們回家去了。

賴栢濠 2A

十月八日 星期五 晴

今天,我真不幸,因為我咳嗽得嚴重,所以不能上學,還要入院檢查,幸好,檢查的結果是只氣管敏感,其他問題都沒有,媽媽才鬆一口氣,但我還是不斷地咳嗽,媽媽和婆婆都很擔心,為了不讓她們擔心,我要增強自己的抵抗力,不能再讓病菌這麼容易在我身體裏出現。

四月十一日 星期三 晴

開心的假期已經過了一半,我本來約好了明天到堂弟堂妹的家裏玩, 誰知道,睡到半夜,我和弟弟都發熱。發熱實在很難受,就像有一個大石 頭壓着我。

第二天,爸爸、媽媽帶我和弟弟看醫生,醫生說我們感冒了。弟弟也 是很難受,他嚷着要媽媽抱,他也不肯吃東西。

我不想生病呀!我真想快點退燒呀!所以,我趕快吃藥,吃完藥就睡覺,不久,感冒消失了!

我明白了,健康的身體才是最重要的。

吳易燁 2B

三月二十五日 星期日 陰

今天是安逸表弟的生日,家人一起和他過生日。

我們圍著圓圓的大蛋糕,點着支蠟燭,插在蛋糕上。關上燈,燭光一 閃一閃的,好像天上的星星眨着眼睛。表弟閉上眼睛開始許願了,然後我 們四個小孩一起吹蠟燭。表弟切開蛋糕後,我們就一起吃蛋糕。

今天的生日會,我玩得非常高興。

簡希諾 2B

一月十五日 星期日 雨

新年快到了,我看見街上有很多人都買了年花和紅封包。我知道,新年裏,每個人都會買紅封包來送給親友,紅封包還可以用來做新年的裝飾,讓家裏有新年氣氛。我還看見很多店鋪外面都貼着不同字樣的春聯。 媽媽買了水仙花和「五代同堂」。爸爸、媽媽還為我買了新衣服和新鞋子過新年。我覺得很開心,因為我可以放長假。

我十分喜歡新年。

十二月十八日 星期日 晴

昨天早上,我在家裏吃早餐,然後在家裏面打掃衛生,我把地板清潔得一乾二淨。中午,姑媽來探望我,我很開心,因為她送了一件很漂亮的 衣服給我,還帶我到大家樂餐廳吃下午茶。

晚上,爸爸和我一起參加了學校的「跨世代的福氣」聖誕佈道晚會。 我看了精彩的詩歌表演,又玩了遊戲,還參加抽獎和收到禮物,可惜我沒 有抽中任何禮物啊!

我度過了一個歡樂的晚上。

郭 豪 2C

四月二十九日 星期日 晴

今天下着滂沱大雨,雷電交加,爸爸、叔叔、伯父和姑丈在打麻將。 媽媽在廚房做飯。堂兄弟、姊妹、弟弟和我在玩耍。

弟弟在床上跳舞,一不小心撞到了牆壁,頭上長了一個「大包子」, 他哭得很大聲,奶奶馬上安慰他,還給他吃雪糕,他就不哭了。

Muhammad Irfa 2C

四月六日 星期五 晴

今年的復活節假期,我們沒有到外地旅行,留在香港。

媽媽帶我和姐姐去看一部卡通電影。這部電影描述環保,提供愛護大 自然和珍惜樹木。如果人類不愛護地球資源,地球上的生物很快就會消 失。

這部電影教導我珍惜身邊的事物。

黎焯軒 2C

四月三日 星期二 晴

爸爸帶着我和哥哥到長洲旅遊,我們吃了很多美食,包括魚丸、薯片、豆腐花、炸雪糕……真的很美味啊!

我們還逛市集,那裏有很多售賣手工藝品的店舖,我買了一條精緻的 貝殼手鍊送給媽媽。

下午,我們到海灘游泳,然後在沙灘堆沙和拾貝殼,我們拾到很多奇 形怪狀的貝殼。

我們玩了一整天,雖然很疲累,但是我真的很開心啊!

一月二十一日 星期六 陰

今天早上,我上完英文公文班,便和媽媽到超級市場買藍罐曲奇、巧克力和瑞士糖。排隊付款的時候,前面的女人阻延了很久。離開超級市場後,我們先回家放下食物,然後乘車到旺角和姑姐、奶奶、三叔和爺爺喝茶。

下午回家後,我和媽媽寫揮春,然後準備新年全盒,這個全盒有很多食物,包括瑞士糖、巧克力、啫哩軟糖和花生豆。晚上,外祖父來我家吃團年飯,我送了一張「大吉大利」和「身體健康」的揮春給外祖父,他高興地說:「謝謝你!你寫的揮春很好啊!」我滿足地笑了。

我很喜歡過新年。

陳凱嵐 2D

九月十八日 星期日 晴

今天,我到教會參加兒童崇拜,教會裏有兒童崇拜的教室,裏面有很多玩具,那些玩具是幼稚園送給教會的。那些玩具有不同種類,包括洋娃娃、家家酒、玩具車、遙控飛機等,都是很好玩的玩具。在兒童崇拜時,我們可以玩玩具,兒童崇拜完了,我便回家去。

吳映彤 2D

十月十六日 星期日 晴

今天,我和姐姐参加了社區中心舉辦的農莊活動,這裏有三位社區姐 姐和我們一同出發。

到了農莊後,有位農場姐姐為我們介紹農作物,當我們聽完介紹後, 姐姐帶我們參觀農莊的農作物。我和姐姐都玩得十分開心。

張能偉 2D

十月二十八日 星期五 晴

今天,天氣晴朗。學校舉行「全校師生旅行日」。我們一、二年級到 大埔海濱公園旅行。

我們到了大埔海濱公園,那裏的風景很漂亮。老師帶我們參觀昆蟲館,昆蟲屋裏有許多昆蟲標本,有蝴蝶和蜘蛛標本等。然後,老師帶我們參觀香港回歸紀念塔,我們全班同學在塔上拍照留念。

到了下午,老師叫我們集隊準備回程,我們高高興興地乘車回校了。

十一月二十一日 星期二 晴

今天考試的科目是中文科,我對中文科的信心不大,但是我很想取得 高分,所以我一早回到學校馬上温習。在考試時,我非常緊張,不過我會 盡力完成中文試卷。

回家後,我吃完東西才温習英文科、數學科和聖經科。温習時,我十分緊張。爸爸說:「不要怕,你努力温習,就會取得好成績。」

What food do you like?

Ho On In 2A

Dear Mum,

It is your birthday! I want to make something special for you.

There is some milk in the fridge. There are some mangoes in the fridge. Would you like some milk or some mangoes?

There is some juice in the cupboard. There is a ham sandwich in the cupboard.

Would you like some juice or a ham sandwich?

I am going to the library now. See you tonight!

Love, Veanna

What food do you like?

Tse Ching Tung 2B

Dear Mum,

It is your birthday! I want to make something special for you.

There are some cakes in the cupboard. There is some lemon tea in the fridge. Would you like a cake or lemon tea?

There is some chocolate milk in the fridge. There is some tomato soup in the fridge. Would you like chocolate milk or tomato soup?

I am going to the library now. See you tonight!

Love, Tony Tse

What food do you like?

Wong Cheuk Yan 2C

Dear Mum,

It is your birthday! I want to make something special for you.

There are some eggs in the cupboard. There is some bread in the fridge. There is some ham in the fridge. Would you like egg sandwiches or ham sandwiches?

There is some salad in the fridge. There are some tomatoes in the cupboard. There are some noodles in the fridge. Would you like tomato salad or noodles with tomatoes?

I am going to the library now. See you tonight!

Love, Cherry

Library Rules

Ngan Ka Ki 2A

Things we must/ must not do in the library

- We must keep quiet in the library.
- We must not spit in the library.
- We must not litter in the library.
- We must not bring pets in the library.



Library Rules

Kan Hei Nok Faith 2B

Things we must/ must not do in the library

- We must line up.
- We must not eat or drink.
- We must keep quiet.
- We must not run around.

Library Rules

Wu Ho Ming 2D

Things we must/ must not do in the library

- We must not run around in the library.
- We must keep quiet in the library.
- We must not eat in the library.
- We must not talk on the phone in the library.

Missing

Fan Yat Yi 2A

This is my bird Hungry.
It is very noisy.
It likes to play with birds.
It has a short tail.
It is yellow.
It likes seeds best.
Please call Katrina at 21842896
if you see my bird.

Missing

Kong Yan Yee 2B

This is my cat.
It is clever.
It has big eyes.
It has a long tail.
It is black and white.
It likes meat best.
Please call Wendy at 5165 7888
if you see my cat.

Missing

Ho Yan Ching 2D

This is my rabbit.
It is very friendly and shy.
It has long ears.
It has big eyes.
It is black.
It likes carrots best.
Please call Melody at 2770 5164
if you see my rabbit.

Star Pupil

Kwok Ka Yuet 2A

Anson is a good pupil. He is helpful. He folds the clothes every Monday. He sets the table every Tuesday. He hangs up the washing every Wednesday. He feeds the dog every Thursday. He sweeps the floor every Saturday. He mops the floor every Sunday.

Star Pupil

Tse Ching Tung 2B

HoHo is a good pupil. He is helpful. He waters the plants every Monday. He sweeps the floor every Tuesday. He folds the clothes every Wednesday. He hangs up the washing every Thursday. He clears the table every Friday.

Star Pupil

Shek Hiu Fung 2C

Tracy Tang is a good pupil. She is helpful. She tidies the toys every Monday. She baths the dog every Tuesday. She walks the dog every Wednesday. She sweeps the floor every Thursday. She sets the table every Friday.

SYY School Rules

Wong Shing Chak 2A

Don't run around!

Don't switch on the CD player.

Don't climb up the trees.

Don't draw on the blackboard.

SYY School Rules

Wong Fransisca 2B

Don't light a fire.

Don't play ball games.

Don't climb up the trees.

Don't switch on the CD player.

SYY School Rules

Ngan Shun Lam Happy 2D

Keep off the grass in the garden.

Don't climb up the trees.

Don't run around.

三年級



記一件助人的事

劉曉嵐 3A

星期天,小志、小明和妹妹一起到公園玩耍,他們玩得很累了,小志說:「不如我們在長椅上休息,好嗎?」他們說:「好主意!」

休息時,小志看見一位老伯伯掉了一部手提電話,他說:「有一位老伯伯掉了一部手提電話,我們應該怎樣處理呢?」

妹妹說:「不如我們交給警察叔叔處理吧!」小明說:「千萬不要, 我們賣了電話便會有很多錢的。」小志說:「但是老伯伯要多買一部手提 電話,手提電話很昂貴的。」妹妹說:「那麼交給老伯伯吧!」小志說: 「好吧!」

小志就把手提電話交給老伯伯,老伯伯多次說:「多謝你,小孩子, 多謝你呀!小孩子!」老伯伯覺得小志很誠實可靠。最後,小志明白到助 人為快樂之本的道理。

記一件助人的事

邱浩賢 3B

星期天,小志和妹妹在公園玩捉迷藏。

忽然,小志看見老伯伯掉了一部手提電話在椅子下。小志向妹妹説:「那個老伯伯掉了手提電話在地上,怎麼辦?」妹妹説:「是啊!因為老伯伯全神貫注地看報紙,所以留下電話也不知道。」

小志對小明說:「不如我們物歸原主吧!」大家都點頭同意。小志 說:「老伯伯不要走,你掉了手提電話。」老伯伯對小志說:「你真 乖。」

最後,小志學到助人為快樂之本的道理。

記一件助人的事

歐麗晴 3C

星期天,小志和妹妹在公園裏玩捉迷藏,十分開心。在大樹旁邊,有一位慈祥的老伯伯在長椅上休息。

小志在公園裏看見有一位老伯伯遺下手提電話。小志和妹妹説:「這部手提電話是他的。」妹妹說:「我們快快告訴老伯伯。」老伯伯聽見後就回頭,老伯伯向他說:「謝謝你,你做得很好。」

最後,小志學會助人為快樂之本的道理。

鍾樂怡 3D

三年級

記一件助人的事

星期天,小志和妹妹到公園裏玩捉迷藏。

玩捉迷藏的時候,小志看見了一位老伯伯全貫注地看報紙。老伯伯拿着報紙回家的時候,忽然,老伯伯的手提電話從口袋裏掉了出來。小志想把電話還給老伯伯。小志的妹妹說:「不如我們把它用來換錢買東西吃。」小志沒有聽妹妹的話,決定將手提電話還給老伯伯。

老伯伯向小志説:「謝謝。」

小志的性格很善良,他明白幫助別人的道理。

彩虹

歐鍵鋒 3A

彩虹姐姐 你為甚麼會那麼漂亮?

彩虹姐姐 你是怎樣做出那麼漂亮的衣服?

彩虹姐姐 你會做一件像妳那件那麼漂亮的衣服給我嗎?

白雲

何梓勁 3B

一朵一朵白雲 飛在天空中

她們走的時候 一點痕跡也沒有

甚麼動物

何穎賢 3C

甚麼動物尾巴長? 甚麼動物牙朵短? 甚麼動物脖子長? 甚麼動物階兒尖? 風叔叔和雲姐姐 你們在做甚麼呢? 是在睡覺,還是在散步?

風叔叔 你在做甚麼呢? 風叔叔説:「我剛才在天空看書。」

雲姐姐 你在做甚麼呢? 雲姐姐説:「我剛才在天空的書店啊!|

中華文化日

鍾寶敏 3A

當我看到書桌上的照片,就回想起「中華文化日」。那天,我真的十分快樂。

那天,我最深刻的印象是招待幼稚園的家長來賓參觀食物攤位和遊戲攤位,當我開始替家長來賓點名後,竟然發現不見了一個人,原來他在找四處他的小孩子。吃午飯的時候,我發現小孩子不願喝涼茶,我說:「這些涼茶不苦的,很清甜的。」他們開始試一口,有個小朋友說:「很苦呀!」我覺得很奇怪,原來他跟我開玩笑。

在活動中,有一位家長稱讚我,我覺得能夠服務別人是一件最美好的 事情!我興高采烈得像一隻發現了寶物的小狗。放學時,我開心地回家。

中華文化日

李卓斌 3B

一月十三日是學校的「中華文化日」。那天雖然天氣寒冷,但是嘉 賓、家長和同學一早就來到學校參與遊戲攤位和美食攤位,大家都很開 心。

當天的舞龍表演十分精彩,我看見舞龍表演者彷彿飛龍上天一樣,這是一場精彩的舞龍表演。之後,我到一樓平台玩攤位遊戲,玩完攤位遊戲,我就到地下操場吃美味的食物。

我最愛吃串燒,但是我不慎給一年級同學撞倒了,我只好眼巴巴看着 地上的串燒,我忍不住大聲地哭了起來。幸好同學給我再拿一串串燒,我 開心得像得到一顆鑽石一樣。經過這件事,我不再粗心大意,還會好好保 護我的食物。

中華文化日

梁佩宜 3C

那天是學校的「中華文化日」,我十分開心。

雖然那天天氣寒冷,但是老師和家長們一早就為我們準備遊戲攤位, 他們十分興奮。那天有很多精彩節目,大家玩得興高采烈。我是一名表演 生,負責表演魔術。

我最深刻的片段是參與遊戲攤位的活動,活動在一樓平台進行。我和同學排隊玩「金龍吐珠」和「五爪金龍」,然後到禮物攤位換領禮物,我們高興得像盛放的花朵。

經過這個活動,我認識了很多中國文化,還學懂了要愛護同學。那 天,我覺得很開心。

中華文化日

梅嘉倩 3D

今天,我在商場看見有人吃魚丸,就想起了「中華文化日」的魚丸。

一月十三日,學校舉行了一年一度的「中華文化日」,學校裏擺放了 很多美食攤位和遊戲的攤位,真是十分熱鬧。

那天,我穿上傳統的中國服裝上學。回到學校,老師帶我們到禮堂欣 賞舞龍表演,表演者在打鼓時,發出像打雷一樣的聲音,十分震撼。

我最深刻的是可以吃到美味的食物。但當我在美食攤擋吃咖喱魚丸的 時候,我的衣領碰到了我的嘴巴,衣領沾滿了咖喱汁,我只好回家請媽媽 替我清洗。

那天,我認識到中國的美食和欣賞舞龍表演,我很開心,我希望可以 再參加「中華文化日」。

媽媽生病了

杜文麗 3A

昨天,媽媽患了感冒,爸爸和小美在家裏照顧她。爸爸給媽媽吃藥, 而小美在媽媽的身邊安慰她:「媽媽,你吃藥後,一定會早日康復的。」

下午,爸爸在家教小美做功課,爸爸向小美說:「我們一起做家務吧!」小美完成功課後,她和爸爸一起做家務,爸爸在客廳裏用吸塵機吸塵。小美真是一個孝順的好孩子,

晚上,爸爸和小美一起準備晚餐。小美在廚房負責洗菜,爸爸準備煮 一道小菜,但是他不懂烹飪,湯水突然從煲流出來了,爸爸焦急得像兔子 看見獅子一樣。

煮完晚餐後,他們扶媽媽出來吃晚餐。媽媽看見桌上的食物,大吃一驚,連忙說:「謝謝!謝謝!」最後,他們一起吃豐富的晚餐。

媽媽生病了

郭曉彤 3B

昨天,媽媽患了感冒,小美和爸爸便留在家裏照顧她。爸爸給媽媽吃藥,而小美挨着媽媽說:「媽媽,我和爸爸會幫你做家務,你不必擔心。」

下午,爸爸教小美做功課後,他向小美說:「今天,媽媽患了感冒,你已經做完功課,我們一起做家務吧。」小美負責摺衣服,爸爸在客廳裏吸塵。小美很孝順,雖然她年紀輕輕,但可以做很多事情。

晚上,爸爸和小美替媽媽準備晚餐,小美負責洗菜,但是小美把水龍頭開得太大,一下子水花四濺,弄得臉兒濕了,她哭得像缺了堤的堤壩,爸爸說:「你不要哭,如果被媽媽聽到,她一定很擔心呢!」之後,爸爸準備做晚餐,可是爸爸一點都不懂烹飪,弄得廚房十分骯髒。

最後,媽媽的感冒已經完全康復了,媽媽向爸爸和小美說:「我只是病了一天,廚房已經變得那麼糟透了。」小美和爸爸低聲說:「對不起! 是我們的錯。」之後,媽媽說:「不要緊,不要緊!我一會兒會收拾。」 小美心裏覺得很內疚。爸爸在小美身邊說:「你不用內疚,大家一起把廚 房打掃得乾乾淨淨。」

媽媽生病了

梁佩宜 3C

上星期六,媽媽身體不適,留在家中休息。我和爸爸一起照顧媽媽,好讓她早日康復。爸爸拿藥丸給媽媽吃,而我替她倒一杯水。之後,爸爸教我做中文和英文功課,我做完功課後,我和爸爸幫媽媽做家務,爸爸負責用吸塵器吸塵,我負責抹桌子,大家分工合作,很快便完成清潔工作。爸爸高興地對我說:「你真好!你真好!你是我的好寶寶。」

跟着,我們一起到廚房準備晚餐,我們準備了很多材料,例如:雞肉、生菜、蘿蔔和魚肉。那次是爸爸第一次弄晚餐,當爸爸開始煮菜時,他一不留神,很多燙水從湯煲裏擁出來,我看見這情形,焦急得像熱鍋上的螞蟻,不知怎麼辦。結果,廚房變得很骯髒。

最後,爸爸對我說:「我們一起到餐廳吃晚餐吧。」我回答說:「好 的!好的!吃過晚餐後,我們便去買一碗粥給媽媽吧。」

媽媽生病了

羅榮楓 3D

昨天,媽媽患了感冒,爸爸在家照顧她。爸爸無微不至地給媽媽吃藥,小美幫忙媽媽倒了一杯開水。然後,小美祝願媽媽早日康復。

下午,爸爸在家教小美做功課,並對小美說:「為了媽媽能好好休息,讓我們幫媽媽做家務和一起做一頓豐富的晚餐吧。」小美做完功課, 就開始抹桌子,爸爸在吸塵。小美是個孝順的孩子。

晚上,爸爸和小美分工合作,一起替媽媽準備晚餐,小美負責洗菜,爸爸負責炒菜,但是爸爸不懂烹飪,結果把餸菜傾瀉在地上,小美大吃一驚,於是幫忙把地板抹乾淨。

最後,小美和爸爸外出到快餐店吃晚飯,吃完了,便帶了一盒飯給媽 媽吃。

My New Friend

Tong Chak Sing 3A

Dear Uncle,

How are you? I am very happy because I have a new friend.

My new friend is Koei. She is eight years old. Her favourite toy is a ball. She likes eating apples. She likes drawing. She likes shopping too.

Who is your friend? Would you tell me something about your friend?

I look forward to your reply.

Yours sincerely, Andrew

My New Friend

Ng Ka Wing 3B

Dear Uncle,

How are you? I am very happy because I have a new friend.

My new friend is Kelly. She is nine years old. Her favourite toy is a teddy bear.

She likes shopping. She likes watching DVDs too.

Who is your friend? Would you tell me something about your friend?

I look forward to your reply.

Yours sincerely, Kary

My New Friend

Pang Hau Ching 3C

Dear Uncle,

How are you? I am very happy because I have a new friend.

My new friend is Yoyo Lam. She is eight years old. Her favourite toy is puzzles. She likes playing the violin. She likes playing table tennis too.

Who is your friend? Would you tell me something about your friend?

I look forward to your reply.

Yours sincerely, Kristy Pang

An E-mail to Eric

Kwan Wing Hei 3A

Dear Eric,

How are you? I want to go to the Fun Fun Holiday Camp with you.

I want to join the music activities because I can play the piano and the violin. I Don't want to join the sports activities because I can't play badminton or table tennis. I can play the Chinese chess but I can't play chess.

Love, Jimmy

An E-mail to Eric

Mo Hiu Ying 3B

Dear Eric,

How are you? I want to go to the Fun Fun Holiday Camp with you. I can play badminton and basketball.

I want to join the sports activities. I Don't want to join the chess activities because I can't play Chinese chess or chess. I want to join the sports activities because I can play basketball and badminton.

Love, Jimmy

An E-mail to Eric

Mui Ka Sin 3D

Dear Eric.

How are you? I want to go to the Fun Fun Holiday Camp with you. I can play the violin and the piano.

I want to join the music activities. I also want to join the sports activities because I can play basketball and football. I Don't want to join the chess activities because I can't play Chinese chess or chess.

Love, Jimmy

My Holiday Plan

Leung Yu 3A

I will have a long weekend next week. I will not go to school from next Friday to next Sunday.

On Friday, I want to go to the beach. I want to have a nap. I want to have a picnic too.

On Saturday, I want to go to the restaurant. I want to eat dim sum. I want to eat noodles too.

On Sunday, I want to go to the country park. I want to have a picnic. I want to fly a kite too.

My Holiday Plan

Sae Khoo Ho Yin 3B

I will have a long weekend next week. I will not go to school from next Friday to next Sunday.

On Friday, I want to go to the country park. I want to have a barbecue and go hiking.

On Saturday, I want to go to the beach. I want to go swimming and build a sandcastle.

On Sunday, I want to go to the playground. I want to play on a swing and play football.

My Holiday Plan

Yip Ho Tung 3D

I will have a long weekend next week. I will not go to school from next Friday to next Sunday.

On Friday, I want to go to the country park. I want to have a barbecue and go hiking.

On Saturday, I want to go to the park. I want to play badminton and draw a picture.

On Sunday, I want to go to the barbecue site. I want to have a barbecue and fly a kite.

My Shopping Plan

Lo Yee Ching 3A

I want to go to the Sunshine Supermarket. I want to buy three packets of sweets, five cans of apple juice and seven packets of potato chips. They are four hundred and twelve dollars.

I want to go to the Rainbow Fast Food Shop. I want to buy six apple pies, five cans of cola and seven hot dogs. They are one hundred and thirty-two dollars.

My Shopping Plan

Ho Tsz King 3B

I want to go to the Rainbow Fast Food Shop. I want to buy two hot dogs, two slices of pizza and two hamburgers. They are one hundred and twenty-four dollars.

I want to go to the Sunshine Supermarket. I want to buy two cans of apple juice, two ackets of potato chips and two packets of sweets. They are fifty-two dollars.

My Shopping Plan

Ho Ka Hei 3C

I want to go to the Sunshine Supermarket. I want to buy two packets of potato chips, two cans of apple juice and two packets of sweets. They are fifty-two dollars.

I want to go to the Rainbow Fast Food Shop. I want to buy four hot dogs, two slices of pizza and an apple pie. They are one hundred and forty seven dollars.

Riddles

Wong Wing Yiu 3A

It is round and hard.
You can see it.
It is in the kitchen.
It is on the wall.
What is it?
(Answer: a clock)

It is square and hard.
You can see it.
It is in the bedroom.
It is on the desk.
What is it?
(Answer: a computer)

It is rectangle and rough.
You can feel it.
It is in the living room.
It is in front of the door.
What is it?
(Answer: a doormat)

Riddles

Lee Ka Ling 3B

They are soft.
You can feel them.
They are in the bedroom.
They are on the bed.
What are they?
(Answer: pillows)

It is round.
You can see it.
It is in the living room.
It is on the wall.
What is it?
(Answer: a clock)

Riddles

Ng Cho Yi 3D

It is round and smooth.
You can see it.
It is in the living room.
It is on the wall.
What is it? (Answer: a clock)

It is square and smooth.
You can feel it.
It is in the bathroom.
It is on the wall.
What is it? (Answer: a mirror)

四年級



周詠誼 4A

「啪」,原來是一盒木顏色筆從我的書桌掉了下來。我呆呆地看着這 一盒木顏色筆,就想起去年與小美吵架的情況。

小息的時候,我的木顏色筆不見了,心裏頓時變得焦急,因為那盒木顏色筆是外婆送給我的第一份生日禮物來的!那時,我看見小美拿着一盒木顏色筆,她看着木顏色筆微笑起來。我看見後,心想:這個小美竟然偷了我的木顏色筆,我絕不能放過她的。

於是,我走到小美面前,瞪着眼睛對她說:「你偷了我的木顏色筆!」我以為小美會立刻「認罪」,不料她反駁說我怎看見她偷木顏色筆,這下我被小美氣得像獅子咆哮一樣。

那時,陳老師剛剛經過,看見我和小美在吵架,便走過來,停止了我們,說:「吵架解決不了問題。」

這時,小彤看見我的木顏色筆在地上,我眼巴巴看着它,我羞愧極了,我立刻向小美道歉。我們的吵架就這樣完結了!

這盒木顏色筆就像我的啞老師,提醒我做事不要衝動了!

一次小風波

彭彦博 4B

當我再用那枝鉛筆時,我就想起那次我誤會了別人而引發吵架的事。

那天,我因為前一天沒有削鉛筆,所以上課時只剩下一枝鉛筆可以用。我想用鉛筆的時候,我發現惟一的鉛筆不見了,我大叫:「糟糕!我的鉛筆不見了!」我看到志健拿着和我一樣的鉛筆,我很生氣,我瞪着眼睛對他說:「小偷!你怎能偷了我的鉛筆?」我以為他會認錯,但是他竟然不承認,更大叫:「我沒有!」。

我真的很生氣,吼叫道:「一定是你偷了我的鉛筆!」他沒作聲,我 也不再理會他。轉堂時,我拿出上課的書本,突然看到我的鉛筆就在我的 書本裏。我的臉立時紅了,我二話不説向志健説對不起。

每當我再用那枝鉛筆時,就會想起那個教訓,凡事要三思而後行,避 免不必要的誤會。

一次小風波

郭綺文 4C

小息的時候,我在課室裏做功課,發現我的橡皮不見了,這時,我看 見志明拿着我的橡皮,我立時十分生氣。

我走到志明面前,瞪着眼睛對他說:「你偷了我的橡皮!」但是志明說:「我沒有偷你的橡皮!」這下我就更光火,說他手上的橡皮就是證物。志明聽了我這麼說,就吼叫道:「胡說,這是妹妹送我的禮物!」

不久,老師來了,說吵架是解決不了問題的。之後,老師在地上發現 了我的橡皮,看到它,我才知道我真的冤枉了志明,我立刻向他道歉。

發生了這件事情後,我知道不可隨便冤枉別人。最後,我們還成為了 好朋友。

一次小風波

黄芷晴 4D

今天早上,我和小吉弟弟在家裏吃早點。婆婆為我們做了小年糕,她把小年糕放在桌子上,不久全被吃光了。我走到了小吉面前,瞪着眼睛對他說:「你吃了我的小年糕!」這時我十分生氣,小吉吼叫道:「你太過份!不要誤會我!」

這時爸爸聽了,他說:「對不起,請你們……請你們原諒我吧!」原來爸爸以為是婆婆為他預備的早點,所以全都吃掉了。

一場小風波總算過去了,這次事件能夠提醒我們下次不要亂吃別人的 東西,以免令別人不開心。

一次小風波

劉駿傑 4E

星期六下午,光光和明明一起到遊樂場玩捉迷藏。

玩了一會兒,光光不小心地碰到明明,明明憤怒地說:「光光,你碰得我很痛。」光光說:「我怎會碰到你呢?」於是,他們打起架來,光光向明明揮揮拳,明明也憤怒了,他們互相追着對方。

不知不覺已是七時了,光光和明明跑得累了,冷靜下來,還是覺得自己有不對的地方,於是互相道歉,最後他們和好如初了。

朋友應該互相愛護,互相幫助,不應該為了小事而爭吵。

旅遊中的教訓

林雅音 4A

當我看見案頭上的大合照,就回想起我校的旅行日(四月三日),地點是清山灣郊野公園。

那天,我的心情特別興奮,一大清早,我們就回到學校。聽了老師的 講解,我們就乘車出發。

到了清山灣郊野公園後,我們先拍照,然後進行分組自由活動。同學們有的在踢足球,有的在放風箏,有的在踢毽子,有的在打羽毛球,十分熱鬧。踢足球的同學笑容滿面,興高采烈,而我跟小美和組員玩追逐遊戲。

自由活動結束了,老師召集我們到燒烤區,有的同學坐在燒烤爐旁, 有些同學則蹲下來吃三明治,而我坐在燒烤爐旁,我和組員分別烤了羊 肉、雞翅膀和棉花糖,大家都吃得津津有味。

快要回校了,老師走到燒烤區,看見佈滿垃圾的草地,便皺起眉頭, 嚴厲地對同學們說:「快把垃圾拾起,要不然,休想回校!」大家都只好 乖乖地清潔這個「堆填區」。

從這件事中,我們學會了要有公德心,現在只要一望到案頭上的大合照,都會心微笑。

愉快的學校旅行

黄譯葶 4B

十月十二日是學校旅行,我、老師和同學一起到清山灣郊野公園旅行 去。

我們到達郊野公園後,先拍照留念,然後我們分組活動,有的同學像 馬兒那樣奔跑,有的同學像猴子般踢球,有的同學像鳥兒一樣踢毽子。小 文和小健在綠油油的草地上踢球,小文大聲地說:「你不會贏我的!」小 健立刻神氣地說:「這是你的想法!|大家都玩得興高采烈。

分組活動完結後,老師召集我們到燒烤爐旁,我們烤了香腸、玉米和 雞翅膀,大家都吃得津津有味!

燒烤後,老師看見同學隨地拋垃圾,便皺起眉頭,叉着腰,生氣地對同學說:「大自然是我們的,所以請你們保護大自然!」那天,我學會了要愛護大自然,最後,我們懷着依依不捨的心情回校去。

當我現在看見案頭上的大合照,我都會微笑,回味着那愉快的一天。

旅行記趣

郭綺文 4C

當我看着案頭上的大合照,不禁令我回想上一次旅行的情況。

那天,我的心情特別開心,我們出發到清山灣郊野公園,我們先來拍一張大合照,然後,同學進行分組活動,同學有的在踢球,有的在放風筝,有的在打羽毛球。同學在綠油油的草地上踢球,你追我趕,他們玩得眉開眼笑,十分愉快。

遊玩後,老師召集我們到燒烤區,我們在燒烤爐前面燒烤,我們烤了 雞翅膀、香腸和魚丸,大家都吃得津津有味。

老師看到同學在燒烤區亂扔垃圾,燒烤爐四周都是垃圾,便惱羞成怒,責備同學說:「你們快把垃圾扔進垃圾箱。」大家聽了老師的說話後,感到十分慚愧,於是分工合作,把垃圾扔到垃圾箱裏去了,把地方收拾得乾乾淨淨。

難忘的旅行日

梁嘉瑋 4D

一天早上,老師和我們乘坐旅遊車到清山灣郊野公園旅行,我們十分 開心。

當我們到達目的地後,我們立即分組活動,同學有的在踢球,有的在打羽毛球,有的在放風箏。

我們都玩得累了,老師叫我們到燒烤場集合,我們坐在燒烤爐前面燒 烤,我們烤了雞翼、香腸和牛排,大家都吃得津津有味。

老師看見有些同學亂拋垃圾,立刻責備同學,老師說:「要趕快清理 地上的垃圾。」最後同學快快拾起地上的垃圾,並牢記老師的教導,以後 不再亂拋垃圾。

一次愉快的旅行

陳諾言 4E

看見案頭上的一張大合照,令我回想起我校在十月十四日的旅行日,旅行地點是清山灣郊野公園。

那天天氣晴朗,我的心情十分興奮,一大清早,我回到學校,聽了班 主任的講解及祈禱後,我們便出發了。

到了清山灣郊野公園後,我們聽了老師的介紹,先來一張大合照,然後進行分組活動,同學們有的在打羽毛球,有的在踢足球,有的在放風箏。我們不急着玩耍,於是坐在綠油油的草地上吃東西。分組活動完畢後,老師召集我們到燒烤區,我們坐在燒烤爐前面燒烤,我烤了香腸、雞翅膀和魚丸。

老師看到同學在燒烤區隨地亂拋垃圾,燒烤爐四周都是垃圾,便皺起眉頭,責備同學說:「你們要收拾地上的垃圾,以後不要再亂拋垃圾。」

雲

陳祖耀 4A

雲,你是否一個冒險家? 你每天都四處冒險, 我很羨慕你啊!

雲,你是否一個忍者? 你每天都神出鬼沒, 我很羡慕你啊!

雲,你是否一個魔術師? 你每天都不同形狀, 我很羨慕你啊!

龍. 株風.

鄭 陶 4B

能捲風像個暴躁的哥哥 用力捲起地上的房子 能捲風哥哥啊! 你能不能温柔一點?

龍捲風像個貪吃的哥哥 狼吞虎嚥地吃雪白的雲 龍捲風哥哥啊! 你為甚麼那麼肚餓?

雨傘

楊倖弦 4C

它為我們遮風擋雨, 為我們遮擋豔陽。

它好像我們的好朋友,和我們一起度過難關。

揮春

石家慧 4D

火燄先生

鍾建維 4E

火燄先生、火燄先生 為甚麼你燒破那麼多東西? 是在吃東西? 是在玩玩具? 還是在哭呢?

火燄先生、火燄先生 為甚麼你燒破那麼多東西? 是太生氣? 是做運動? 還是在跳舞呢?

閱讀課外書的好處

金楚穎 4A

俗語説:「書中自有黃金屋,書中自有顏如玉。」你知不知道閱讀課外書有甚麼好處?其實,閱讀是一種既有趣又有益身心的事情,請你來看 看我的解説吧!

閱讀有很多好處,例如增加知識、幫助思考等。閱讀課外書可以增加 我們的課外知識,當我們閱讀歷史書,例如《三國志》,可以增加我們對 中國歷史的認識;當我們閱讀童話書,例如《木偶奇遇記》,就可以讓我 們學習誠實的態度。所以,閱讀課外書可以增加我們的課外知識。

閱讀課外書還可以幫助我們思考,當我們閱讀推理小說,如《女生賈梅》,我們會跟着小說的情節思考;閱讀一些故事,如《數學測驗卷》, 我們會想想角色做得對不對,又會猜想他之後會怎樣做,這就可以幫助我們訓練思維能力。所以,閱讀課外書可以幫助我們思考,所以,你也看一看吧!

總括而言,「玉不琢,不成器;人不學,不知理。」如你一直在課外書中探究知識,就一定會找到一本內容豐富的書本,幫助自己變得學識淵博,我們就一一去發現吧!

閱讀課外書的好處

梁宏頌 4B

俗語說:「開卷有益。」多閱讀可以擴闊視野,除了閱讀課堂的書本外,還要多看課外書,以增加自己各方面的知識。

閱讀課外書可以幫助我們思考,當我們閱讀推理小說如《金田一之事件簿》的時候,我們會跟着小說的情節思考;閱讀一些故事如《神探福爾摩斯》,我們會想想角色做得對不對,又會猜想他之後會怎樣做,這就可以幫助我們訓練想像能力。所以,閱讀課外書可以幫助我們思考。

閱讀課外書還可以豐富詞彙,當我們閱讀成語故事如《趣味學成語》,當中有一些詞語,如「不可一世」、「十全十美」等,這些都是我們沒有在課文中學到的。所以,閱讀課外書可以豐富詞彙。

總括而言,「開卷有益」真是至理名言,大家都應該多閱讀課外書, 所以現在立刻去借閱課外書吧。

閱讀課外書的好處

郭綺文 4C

俗語說:「知識就是力量。」除了閱讀課堂的書本,我還認為要閱讀 課外書。究竟閱讀課外書有甚麼好處?

閱讀課外書可以增加我們的課外知識,當我們閱讀歷史書,例如《秦 始皇》,可以增加我們對秦朝的認識。

閱讀課外書可以幫助我們思考,當我們閱讀推理小說,如《小天才破奇案》,我們會跟着小說的情節思考;閱讀一些故事,如《三隻小豬》, 我們會想主角做的事對不對,又要猜想他會怎樣做,這就可以幫助我們訓練思考能力。所以,閱讀課外書可以獲得課外知識。

總括而言,讀課外書有很多好處,所以我們要多讀課外書。你喜歡甚 麼課外書?

閱讀課外書的好處

林海婷 4D

俗語説:「書中自有黃金屋。」除了閱讀課堂的書本,我還認為要閱 讀課外書。究竟閱讀課外書有甚麼好處?

閱讀課外書可以增加我們的課外知識,當我們閱讀歷史書,例如《三國演義》,可以對歷史的認識;當我們閱讀科學書,如《十萬個為甚麼》的時候,就可以增加對科學的知識,所以,閱讀課外書可以增加我們的課外知識。

除此之外,閱讀課外書可以幫助我們思考,當我們閱讀推理小說,如 《冒險小虎隊》的時候,我們會跟着小說的情節思考;閱讀一些放故事, 如《老鼠記者》,我們會想想角色做得對不對,又會猜想他會怎樣做,這 就可以幫助我們訓練思考能力,所以,閱讀課外書可以幫助我們思考。

閱讀課外書的好處

林海雪 4E

俗語說:「知識就是力量。」除了閱讀課堂的書本,還要閱讀課外書。究竟閱讀課外書有甚麼好處?

第一,閱讀課外書可以幫助我們思考。當我們閱讀推理小說,比如 《福爾摩斯偵探故事》,我們會跟着小說的情節思考;閱讀一些故事,如 《跑步媽媽》,我們會想想角色做得對不對,又會猜想他之後會怎樣做, 這就可以幫助我們訓練思考能力。所以,閱讀課外書可以幫助我們思考。

第二,閱讀課外書可以提升我們寫作技巧。當我們閱讀小說,如《出發!玩具兵團》,當中有一些寫作技巧可以讓我們學習,如擬人法、誇張法和暗喻法,我們可以把這些技巧運用到平日的寫作上。所以閱讀課外書可以我們提升寫作技巧。

總括來說,閱讀課外書有很多好處。所以,我們要多看不同類型的課 外書。你也想和我們一起看課外書嗎?

A letter to my new pen friend

Wong Chun Sang Johnson 4A

Dear Tom,

I have read some of your information in my school magazine. Would you be my pen friend? Let me introduce myself.

My name is Johnson. My birthday is 15th December. My e-mail address is johnsonwong2002@yahoo.com.hk. My phone number is 2157 9328. I am 123cm tall.

My favourite colour is yellow. Do you have any hobbies? My hobbies are playing and volleyball and watching TV. My favourite subject is PE. I like doing sports and playing ball games.

I look forward to your reply.

Yours, Johnson Wong

A letter to my new pen friend

Cheng To Liel 4B

Dear Tom,

I have read some of your information in my school magazine. Would you be my pen friend? Let me introduce myself.

My name is Liel Cheng. My birthday is on 14th August. I like doing crafts and playing computer games. My favourite subject is Maths. My favourite color is red.

My e-mail address is nangfer@hotmail.com. My address is Flat H, 33/F, Block 9, Lynwood Court, Kingwood Villas. My phone number is 92509423.

I look forward to your reply.

Yours, Liel

A letter to my new pen friend

Chao Sze Man 4C

Dear Tom,

I have read some of your information in my school magazine. Would you be my pen friend? Let me introduce myself.

My name is Chao Sze Man. My birthday is on 22nd September. I like going swimming, doing puzzles and playing ball games. My favourite colour is blue. My-email address is emily@yahoo.com.hk. My address is Room 4, 1/F, Hang Chi House, Tin Hang Estate, Tin Shui Wai. My phone number is 96288888.

I look forward to your reply.

Yours, Emily

My Friend and I

Chiang Ping Yi 4C

Issac is my friend. We are the same age. We are nine years old. We are different heights. I am shorter than him. We are different weights. I am fatter than him.

We have different hobbies. I like doing folk dancing. He likes doing karate. We like the same subject. We like PE. We like different animals. I like dogs. He likes hamsters.

My Friend and I

Leung Ka Wai 4D

Areej is my friend. We are the same age. We are nine years old. We are the same height. We are 122cm tall. We are different weights. She is heavier than me.

Areej and I have different hobbies. She likes going rollerblading. I like doing crafts. We like the same subject. We like PE. We like different animals. I like dogs. She likes cats.

My Friend and I

Chan Nok Yin 4E

Benjamin is my friend. We are the same age. We are ten years old. We are different heights. He is shorter than me. We are different weights. He is lighter than me.

Benjamin and I have the same hobby. We like swimming. We like the same subject. We like PE. We like different animals. I like cats. He likes dogs.

Food Items in SYY Supermarket

Wong Ka Ho 4A

A packet of Jolly potato chips is cheaper than a packet of Super potato chips. It is more delicious than a packet of Super potato chips too. I decide to buy a packet of Jolly potato chips then.

A bar of Super chocolate is cheaper than Jolly chocolate. It is seven dollars eighty. A bar of Jolly chocolate is heavier than a bar of Super chocolate. I decide to buy a bar of Jolly chocolate.

A carton of Jolly milk is more expensive than a carton of Super milk. It is twenty three dollars twenty. Super milk is healthier that Jolly milk. I decide to buy a carton of Super milk.

Super milk is more popular than Jolly milk. A carton of Super milk and a carton of Jolly milk are the same price. I decide to buy a carton of Super milk.

Food Items in SYY Supermarket

Ng Kit 4B

A packet of Jolly potato chips is cheaper than a packet of Super potato chips. It is more delicious than a packet of Super potato chips too. I decide to buy a packet of Jolly potato chips.

A bar of Jolly chocolate is more expensive than a bar of Super chocolate. It is heavier than a bar of Super chocolate. I decide to buy a bar of Jolly chocolate.

A carton of Jolly milk is creamier than a carton of Super milk. A carton of Super milk is more delicious than a carton of Jolly milk. I decide to buy a carton of Super milk.

A tin of Jolly tuna fish and a tin of Super tuna fish are the same price. A tin of Super tuna fish is heavier than a tin of Jolly tuna fish. I decide to buy a tin of Super tuna fish.

Food Items in SYY Supermarket

Lee Cheuk Laam 4E

A packet of Jolly potato chips is cheaper than a packet of Super potato chips. I decide to buy a packet of Jolly potato chips then.

A bar of Super chocolate is heavier than a bar of Jolly chocolate. I decide to buy a bar of Super chocolate then.

A tin of Super tuna fish is more delicious than a tin of Jolly tuna fish. I decide to buy a tin of Super tuna fish then.

A carton of Super milk is healthier than a carton of Jolly milk. I decide to buy a carton of Super milk then.

What do you fancy?

Li Cho Yin 4A

What would you like? What's tasty to eat?
I'd like something cold and sweet.
Let's have some fruit cake. Which would you like?
Mango or banana? They are both very nice.

What would you like? What's tasty to eat?
I'd like something cold and sweet.
Let's have some pancakes. Which would you like?
Strawberry or mango? They are both very nice.

What would you like? What's tasty to eat?
I'd like something without meat.
Let's have some sandwiches. Which would you like?
Egg or tomato? They are both very nice

What do you fancy?

Fu Tsz Chun 4B

What would you like? What's tasty to eat?
I'd like something cold and sweet.
Let's have some fruit cake. Which would you like?
Mango or banana? They are very nice.

What would you like? What's tasty to eat?
I'd like something cold and sweet.
Let's have some pancakes. Which would you like?
Peach or mango? They are both very nice.

What would you like? What's tasty to eat?
I'd like something hot and spicy.
Let's have some curry. Which would you like?
Beef curry or chicken curry? They are both very nice.

What do you fancy?

Kwok Kin Wang 4D

What would you like? What's tasty to eat?
I'd like something cold and sweet.
Let's have some fruit cake. Which would you like?
Mango or banana? They are both very nice.

What would you like? What's tasty to eat?
I'd like something hot and spicy.
Let's have some curry. Which would you like?
Chicken curry or pork curry? They are both very nice.

What would you like? What's tasty to eat?
I'd like something without meat.
Let's have some salad. Which would you like?
Potato salad or tomato salad? They are both very nice.

The Super Kid in our group

Li Cho Yin 4A

Kitty could do a lot of things by herself when she was little.

She could comb her hair by herself when she was two. She could get dressed by herself when she was three. She could tie her shoelaces by herself when she was four. She could climb the stairs by herself when she was three. She could read storybooks by herself when she was three. She is very smart. She could eat with chopsticks by herself when she was four. She could pack her school bag by herself when she was four.

Kitty is our Super Kid.

The Super Kid in our group

Yuen Man Hin 4C

I could do a lot of things by myself when I was little.

I could pack my school bag and do up my buttons when I was three. I could put on my shoes and comb my hair by myself when I was four. I could get dressed and eat with chopsticks by myself when I was five. I could tie my shoelaces, make breakfast and climb the stairs by myself when I was six.

I am the Super Kid.

The Super Kid in our group

Wong Ko Chun 4E

I could do a lot of things by myself when I was little.

I could tie his shoelaces by myself when I was four. I could pack my school bag by myself when I was four. I could make breakfast by myself when I was six. I could get dressed by myself when I was three. I could put on his shoes by myself when I was three. I could do up my buttons by myself when I was three.

Tony is our Super Kid.

五年級



我的同學——黎皓霖

郭桓峰 5A

黎皓霖是我班的班長,他的眼睛鳥溜溜的,散發出聰慧的光茫,短髮,有一張櫻桃,圓臉,戴着藍色框眼鏡。外表跟其他同學看起來沒有甚麼分別,但他在我的心中,有不一樣的感覺。

記起有一次,我們全組都要做一個觀察蝴蝶的專題研習,老師說要下星期一交,時間過得真快,到了下星期一,我們正當把搜集回來的資料整理好的時候,李鋭霆突然大聲叫着:「究竟發生了甚麼事?」我緊張得連冷汗也流下來,他戰戰兢兢地回答:「我們……忘記……做其中一張工作紙!」正當老師走過來,要我們匯報時,我們屏着氣,當時靜得連蒼蠅飛過也聽得見!只見黎皓霖從容不迫地拿出那張工作紙來,天啊!我們得救啦!我心中不禁暗暗感激地說:「黎皓霖,幸好有你在此,如果不是,我們都要受罰!」他原來擔心我們會忘記做這份功課,想不到,現在真是大派用場了。

他不僅做事認真,也很幽默。小息時,他說了一個挺有趣的笑話,令 我笑得合不攏嘴。

這位班長,雖然外表平凡,但做事認真,我真慶幸認識他。

我的同學

許靜婷 5B

邱潁漪是我的知心好友兼筆友,我們在四年級認識。

起初我們談天的時候,班主任說我們很相像,連語氣也一樣,我們互相看了看,原來我們真的很相像,都是一張瓜子臉,小眼睛,也不怪老師 老把我們認錯。

不知不覺,我們做了知心好友。她經常來我家和我一起做功課,當我和她一起做數學功課時,我才知道她的數學能力差得用一百個形容詞也不能形容,但我也不可否認她的英文確實比我好得多。過了幾天,我請她一起寫作,她毫不猶疑地答應了。

看完她的文章後,我知道了她是個粗心大意的人,常把字重複地寫錯。我認為她的樣子很容易被人欺負,所以我也要保護她。有一次,她跟我說:「你下次生日我想給你禮物!」到了我生日了,她送了我很多紙給我,她說:「我是你的筆友。」

因此我和她用一支筆,一張紙,說了很多祕密。如果她能和我一直紙 上聊天就好了。

我的同學——鄭玉瑩

周卓妍 5C

鄭玉瑩是我的好朋友,也是我的好同學。

鄭玉瑩長得很可愛,臉兒像一個大蘋果,頭髮烏黑的。她的眼睛很明亮,好像黑色的寶石一樣。她大大的眼睛前戴上了一副黑紅色的眼鏡。她的皮膚非常幼滑,像嬰兒的皮膚一樣。她很温柔、細心和斯文大方,她好像一位小姑娘,也像一位小公主。

有一次,我不小心用筆弄傷了她的手,我馬上說:「對不起!」然後 我送她到醫療室去。她回到課室時,她對我說:「不要緊,你是不小心弄 傷我的,我就原諒你!」我的心立時覺得一點點温暖湧上來。

從這件事看,我覺得玉瑩是一個很好的孩子。

我的同學

鄧佩珊 5D

我有一位同學,她叫余凱彤,她是我最好的同學,她的性格開朗,無 論遇到甚麼困難,都會積極地面對。她的臉子圓圓的,戴着一副眼鏡,常 常笑臉迎人。

有一次,我遺失了錢包,我心裏很害怕,余凱彤就問:「鄧佩珊,你做甚麼呀?」我就說:「我的錢包不見了!」她驚奇地說:「不是吧!」她馬上就幫我。找啊找,找啊找,突然,她興奮地說:「找到了!」她在我的書包裏找到了錢包。從這件事,我知道她的確比我細心呢!

我會珍惜我倆的友誼,大家永遠都是好朋友。

我的老師

莊濠怡 5E

王老師是一位風趣幽默的老師。他有圓圓的臉蛋,有薄薄的嘴唇。在 說話時,他的臉蛋會頑皮地跳動。他有短短的頭髮。

他的教學方法很有趣。講課的時候,他會把複雜及深奧的詞語,通過 一些有趣的例子來表達,使我們更容易明白。記得有一次,有一位同學把 所有功課都胡亂地做,王老師不僅沒有責罵同學,而且耐心地教他做功 課。

王老師就像辛勤的工蟻一樣,每天都有做不完的工作。我們在他的指 導下,慢慢地成長。

我感到非常幸福,我很感謝我們的王老師。

我心目中的領袖生正隊長

曾敏怡 5A

我心目中的正隊長應該為同學服務,幫助同學去解決困難,而我心目 中真正的正隊長,就是李嘉梨同學。她曾經當班長,現在是一名領袖生副 隊長。

她的成績很好,常給老師稱讚。她喜愛交朋友,所以班上有很多好朋友。她健談開朗、性格樂觀,笑容常掛在她的臉上。

她樂於助人,我有時在小息做功課,如果她不用當值,她會來教我做功課。有時候,我在圖書館的工作太多,她還會來幫助我。我經過她管理的班別,看見她十分認真地當值,不停幫助同學解決困難,她很有管理能力和幫助同學解決困難的精神,真是一名勤力的副隊長。

我覺得要當一名好的副隊長或正隊長,真是好不容易,要付出很多代價。我希望她會自豪地當一名領袖生正隊長,不停地為同學服務以及解決 困難,成為同學的好榜樣,成為學校的驕傲。

我心目中的領袖生正隊長

陳慧莎 5B

我心目中的領袖生正隊長是凌慧詩,她曾擔任的崗位是領袖生副隊長。

她很願意幫助別人。有一次,我班十分嘈吵,有些人在談天,有些人 在交功課,有人在玩遊戲,非常吵鬧,雖然領袖生命令我們安靜,但同學 們依然在談天、玩遊戲,剛好凌慧詩來到我們的課室,她說:「若果你們 繼續玩遊戲、談天,我就記名。」同學們都不敢再談天和玩遊戲了。我覺 得她很像威嚴的老師一樣。

慧詩十分勤奮,就算她做了領袖生副隊長,她的成績仍然優異,每當 老師宣布中文、英文默書一百分和九十幾分的同學名單時,我總是聽到她 的名字。

我覺得慧詩既聰明,又樂於助人,所以我覺得她可以擔任正隊長一 職。

我心目中的領袖生正隊長

Rehman Monnawar 5C

我和李世豪是好同學,也是好朋友。我們認識了一年,不知不覺變成 了好的朋友。我們放學後一起到補習社去,還一起回家。

李世豪很喜歡幫助人,所以老師挑選他當「葉小小老師」。他很善良和有忍耐力,當他教我們做功課的時候,他很有耐性,很像我們的媽媽,我和他每天都一起做功課。

他不但喜歡教小朋友做功課,也喜歡和他們一起玩。記起有一次,我 在一樓當值時看見他正在教一年級的同學做功課,雖然那同學寫字寫得 慢,但世豪仍靜靜地等待他。

李世豪是我心目中的領袖生正隊長。

我心目中的領袖生正隊長

利顯基 5D

我心目中的領袖生正隊長就是劉芷熒,她的樣貌不僅可愛,還會讓人想起卡通人物——小鳩。她的身材高高的,戴着一副紫色的眼鏡。

她的成績一向很好,在一年級的時候,她拿到三次全班第一名,她的性格開朗、謙虚,積極進取。

有一次,她經過一甲班,看到有一個小朋友受傷了,劉芷熒馬上上前 扶起他,並立即帶他去醫療室。還有一次,學校舉辦了捐款,她捐了五十 元,我覺得她有一顆善良的心。這件事突顯出她有樂於助人的性格。

從這兩件事,我覺得她有能力可以當上領袖生正隊長。



我心目中的領袖生正隊長

羅雅穎 5E

我心目中的領袖生正隊長是梁雯雯,她是五年級乙班學生。

梁雯雯個子矮小,身型瘦削,戴着一副紅色框的眼鏡。她性格開朗、 待人有禮、樂於助人、處事認真和公正。

有一次,一位一年級的學生正在抄同學的功課。她看見後就叫她停止,不要再抄同學的功課。她說:「如果你有不明白的地方,我可以教你做,但你不可以抄同學的功課,因為這是不當的行為。」

又有一次,她的好朋友犯了校規,她把這件事告訴老師。她說:「雖 然我們是好朋友,但我會公私分明,我會公正地處理這件事。」

從這兩件事知道,梁雯雯是一個公正嚴明,但又有愛心的女孩子。我 心目中的領袖生正隊長就是梁雯雯。

剷除忘記帶上課用品

陳韻薇 5A

為甚麼剷除忘記帶上課用品這壞習慣是那麼重要?因為只有全班都帶齊上課用品,才能做一些一致性的活動,否則只會錯過了一堂的學習。還有,如果沒有帶齊上課用品,別人在做事情的時候,自己就只能呆坐着。

萌萌以前都不會收拾書包,因為她覺得忘記帶上課用品只是會記手冊,也不會記在成績表上。但自從學校宣佈帶齊上課用品會有三個積點後,萌萌就開始改掉壞習慣。她每天收拾完書包後都會再檢查一次,也會打電話問同學,看看有沒有帶齊用品。還把要帶的物品寫在小紙條上,收拾書包時就照着小紙條收收拾。其實大家也可收學萌萌一樣,改善自己的缺點。

約·凱恩斯說過:「習慣形成性格,性格決定命運。」艾門斯也說過:「習慣若不是最好的僕人,便是最差的主人。」有好的習慣,就有好的將來。既然帶齊上課用品也是養成良好習慣的一大因素,大家又為何不做呢?

剷除欠交功課的壞習慣

林偉樂 5B

原來,欠交功課往往由懶惰的觀念引起。樂樂就是一個好例子,他整 天只懂吃喝玩樂,到了晚上,他便會找藉口不做功課,結果他欠交功課, 使他失去了一些青梅竹馬的好朋友,令他十分後悔,所以他決心要剷除這 個壞習慣。

他先為自己製作一個時間表,然後他把所有電視、電腦和遊戲機的電源關掉,讓自己有一個寧靜的環境做功課和温習。

過了一個月後,樂樂欠交功課的習慣有改善,他原本的好朋友,也為 他感到高興。現在,到了六年級,他也沒有再欠交功課了。

要剷除欠交功課的壞習慣,可以把注意力集中在「做正確的事」上, 也就是說,我們無論做甚麼事,只管用心去做,盡自己最大的努力去做就 行了。

你學會剷除欠交功課的方法了嗎?就讓我們做一個好孩子吧。

带齊功課的重要

蕭梓琪 5C

學生要負的責任真多,但這是我們應該承擔的。那為甚麼班中很多同學都欠交功課呢?很多同學都只管放學回家後看電視,不願做功課,而且 他們沉迷玩電腦遊戲,忘記了做功課。

有甚麼方法能改掉欠交功課這個壞習慣?我建議用時間表分配時間或 寫在手冊。其實在班裏有一些從沒欠交功課的同學,例如:陳浩天、何穎 琳和潘慧芬等,他們都是我們學習的好榜樣。

總括來說,我們可以向這些同學學習,努力改掉這個壞習慣。



剷除遲到的壞習慣

洪嘉敏 5D

在我們身邊有許多人都有遲到習慣。小明本來是一名學習成績好的學生,由於不停玩遊戲機再加上懶牀,學習成績一落千丈。

原來,很多人因為天氣冷,就躲在被子不起床。這是一個不好的習慣。遲到會記手冊和影響學習進度。你可以請媽媽把幾個鬧鐘收藏在床上,當鬧鐘響起來,你要在床上找來找去,找完了,你就可以清醒起床。

其實,你只要少一點玩遊戲機,就可以增加你的學習時間,學習成績 高一點,還有得到老師和同學的讚美多一點。為了這一點的進步去加把 勁。

有幾次,小明一回家就看電視節目,看完一部動畫片,準備去做作業,誰料他一起身,動畫片又來了……他又津津有味的看了起來。一個小時、兩個小時……他一直看到十二時,就急忙馬虎地做完作業,到深夜二時計才上牀睡覺。結果,每天都是遲到,上課時睡覺,作業懶得做,默書由九十幾分,降到不合格,這時小明才恍然大悟,明白「一寸光陰一寸金,寸金難買寸光陰」的道理。

小朋友,你們明白遲到是壞習慣嗎?我們要剷除遲到,才能變成一個好學生。

剷除欠交功課的壞習慣

彭星武 5E

為甚麼剷除欠交功課的壞習慣那麼重要?因為做功課是我們的責任,如果不做功課,欠缺練習,考試就不懂得回答試題。其次,如果經常欠交功課,我們的操行成績就會下降,影響升中派位。

我們怎樣可以解決欠交功課的問題?放學回家後要馬上做功課,並立即放在書包內。如果忘記做功課,可以請家人提醒自己,但如果家人太忙碌,你也可以把功課內容寫在紙上,貼在當眼的地方,提醒自己。

所謂「種瓜得瓜,種豆得豆」,如果不剷除交功課的壞習慣,那就會 影響我們的學習,將來更加影響我們的工作表現。

培養健康飲食習慣的重要

曾梓櫻 5A

你認為健康飲食的習慣重要嗎?其實健康的飲食習慣是非常重要的。 那又怎樣才可以培養健康飲食的習慣呢?

首先,我們要了解健康飲食的重要,健康的飲食可以令我們增強抵抗力,也可以令我們增強視力,更可以令我們的身體變得更健康、更強壯,還可以預防疾病。

想要健康的身體,其實非常簡單,只需要遵守以下四個原則:

- 一,根據「三低一高」進食,三低就是低糖、低鹽和低脂,而一高就 是高纖維,所以高糖、高鹽和高脂的食品要避免進食。
 - 二,就是根據「健康飲食金字塔」來飲食。
- 三,就是多吃蔬果,因為蔬果含有豐富的維生素,對我們的身體有很大的裨益。而且,蔬果還有豐富的膳食纖維,有助腸道蠕動,減少便祕。
- 四,就是不偏食,不能只吃某種食物或是不吃某種食物,我們一定要均衡飲食。

總括而言,健康飲食的習慣是非常重要,所以,由今天開始,不管是你、是我,還是他,都要一起來培養健康飲食的習慣吧!你認為健康飲食的習慣重要嗎?其實健康的飲食習慣是非常重要的。那又怎樣才可以培養健康飲食的習慣呢?

培養健康飲食習慣的重要

盧明杰 5B

大家應該聽過這句口號「健康飲食最重要」。那你們知道健康飲食有多麼重要嗎?

首要,健康的身體可以預防患冠心病和癌症的機會率,也可以為身體帶來能量。其次,均衡飲食可以鬆弛神經、舒緩精神壓力和增強自信心。 最後,為身體帶來能力,可令你想做運動,加強心肺功能,繼而減少頭 量。

有人問:「如何才算健康飲食呢?」首先避免吃太多煎炸食品,多吃清蒸或較健康的食物。接着,每天應喝八杯水左右和要「三低一高」,三低一高即代表低鹽、低油、低糖和高纖維。另外,我們每餐最好就吃到七成飽,不要吃得太飽,這能確保長壽。還有,飯後半小時內,不要做劇烈運動。

總括而言,健康的飲食習慣就是可以令身體健康和放鬆身體。

培養健康飲食習慣的重要

高麗珊 5C

很多人都忽略了健康飲食的重要性,認為健康飲食只是小朋友才會做的事情,因為他們需要營養來發育成長,但是,是否只有小朋友才注意飲食的營養呢?

不管是成年人、青少年,甚至是老人家,都需要注意健康的飲食習慣。首先,健康的飲食習慣能增強抵抗力,減才患病的機會;其次,健康的身體能提升我們的工作和學習效率;最後,健康的飲食習慣能增強心肺功能,減少患冠心病、高血壓等慢性疾病的機會。

怎樣才算是健康飲食呢?第一,吃蔬菜及生果等食物照「食物金字塔」的方法。第二·定時定量地吃早、午、晚三餐。這樣,就是均衡和健康的飲食習慣了。

總括來說,健康飲食對我們的身體是百利無一害的,要做到也很簡單。養成這些習慣,既對身體有裨益,又簡單易做,我們何樂而不為呢?

培養健康飲食習慣的重要

陳浩宇 5D

相信大家都聽過「培養健康飲食習慣」這一句說話,你認為培養健康 飲食習慣重要嗎?其實,健康飲食並不困難,只要有幾個健康飲食的理 念,從自己做起,就可以了。那麼,我們應該怎樣進食呢?

第一是必須要「均衡飲食」,均衡飲食是不偏食。例如:我們吃飯的 時候,應吃多一點蔬菜,少吃點肉類,因為蔬菜有很多的維他命和纖維, 所以我們應該多吃。

第二是均衡飲食有很多好處,例如:如果我們多吃肉,就可以有多一些能量,多喝牛奶可以鞏固骨骼,所以我們要多吃和多喝一些比較有營養的食物。

總括而言,只要每個人都努力實踐這兩個健康習慣,大家就可以有一個健康的身體。

培養健康飲食習慣的重要

沈進康 5E

相信大家都聽過「健康飲食好處多」這句話。我從前都不相信這句說話,直至我患了一場病,我才領略這句話的意義。

三年級的時候,我很喜歡吃零食,例如薯片、蝦條和糖果是我的至愛。除了正餐外,零食就是我的生命。由於吃了太多零食,導致沒有胃口吃正餐。因此我的抵抗力不斷下降,之後更因營養不良而患了一場大病。起初我以為是遺傳所致的,後來經醫生的解釋和勸告,我減少吃零食,我的病情開始好轉,身體也日漸強壯起來。從此以後,我開始減少吃零食,改吃一些比較健康的食物。

甚麼是健康的飲食習慣?健康的飲食習慣就是少吃油、鹽、糖和肉類食物,多吃水果和蔬菜,並且減少吃零食。健康的飲食習慣能夠增強個人的抵抗力、防止冠心病等。

來!從今天開始,大家一起努力,做一個健康的好孩子。

Be Good!

Lam Sum Yin 5A

You should wait for the lift patiently.
You should speak to the sales politely.
Don't be so naughty, Paul!
You shouldn't run around so quickly in the shopping mall.

You should wait for the train patiently. You should not talk on the phone loudly. . Don't be so rude, Elaine! You shouldn't sit improperly on the train.

You shouldn't speak to your friends loudly.
You shouldn't eat so noisily.
Don't be so noisy, Emma!
You should keep quiet in the cinema.

Be Good!

Au Hoi Ching 5B

You should wait for the lift patiently.
You should speak politely.
Don't be so naughty, Paul!
You should not run quickly in the shopping mall.

You should wait patiently. You should not talk on the phone loudly. . Don't be so rude, Elaine! You should not put your feet on the train.

You should not eat noisily.
You should not talk on the phone loudly.
Don't be so rude, Emma!
You should speak softly in the cinema.

Be Good!

Lee Hin Kei 5D

You should wait for the lift patiently. You should speak to the saleslady politely. Don't be so naughty, Paul! You should be polite in the shopping mall.

You should line up for the MTR patiently.
You shouldn't put your legs on the seat.
Don't be so naughty, Elaine.
You shouldn't talk loudly on the phone on the train.

Advice from Miss Chan

Lai Ho Lam 5A

Dear Lisa,

I am sorry to hear that you always fight with your brother.

I think you should be patient with him. You should get on well with your little brother, Chris.

You should talk to your brother more often. You should share things with him. You should always play with him. Moreover, you shouldn't argue with him. You shouldn't fight with him. You shouldn't shout at him. You shouldn't wait for your turn to play the computer impatiently.

I hope you will talk to each other again. You will surprise him if you do it first! If you want to talk to me, I am always here.

Love, Miss Chan

Advice from Miss Chan

Rehman Monnawar 5C

Dear Lisa,

I am sorry to hear about the fight with your brother.

I think you should be patient with him. You should not fight with him. You should share things with him. You should talk to him politely. You should play with him. You should listen to him patiently. You should not shout at him.

I hope you will talk to each other again. You will surprise him if you do it first! If you want to talk to me, I am always here.

Love, Miss Chan

Advice from Miss Chan

Tang Kei Tung 5D

Dear Lisa,

I am sorry to hear about the fight with your brother.

I think you should be patient with him. You should talk to your brother in a friendly way. You should share things with him. You should always play with him. You should not argue with him. You should not fight with him. You should not shout at him.

I hope you will talk to each other again. You will surprise him if you do it first! If you want to talk to me, I am always here.

Love,

Miss Chan

Who are they?

Tsang Wing Yan 5A

Dear John,

How are you?

My family and I went to France last month. Here is the photo for you. The lady who is holding the baby is me. Cartoon is my son. He is holding the lollipop. Jessie is my daughter. She is the girl who is playing with his brother. Johnson is my husband. He is the man in the waistcoat. Wendy is my second daughter. She is the girl with the straight and long hair. We had a wonderful time.

Hope you are well and write soon.

Love, Amy

Who are they?

Hung Ka Man 5D

Dear John,

How are you?

My family and I went on a holiday in Japan. Here is the picture of my family. Kiki is my younger sister. She is the girl with the long straight hair. Jacky is my brother. He is the boy with the glasses. KK is my sister. She is the girl in the beautiful dress. Connie is my mother. She is the lady with the curly hair. Hank is my father. He is the man in the jeans.

Hope you are well and write soon.

Love, Lily

Who are they?

Law Nga Wing 5E

Dear John,

How are you?

My family and I went on holiday in Japan. Here is the picture of my family. My father is the man with the curly hair. My mother is the lady with the straight hair. My sister is the girl with the long hair. My brother is the boy with the short hair. My grandfather is the man who is playing table tennis. My grandmother is the lady who is cooking.

Hope you are well and please write soon.

Love, Wing

Fun in Hong Kong

Tong Sing Ho 5A

Last Monday we asked Christy about the places she has visited. Christy has been to the Space Museum once. She went there last year. She watched a sky show there. She thought it was wonderful and meaningful.

Christy has been to Sai Kung once. She went there last Saturday. She went hiking there. She thought it was interesting.

Christy has been to Hong Kong Disneyland once. She went there during last Christmas holiday. She went on some rides and took photos with Mickey Mouse. She really enjoyed that trip.

Christy has never been to the Cultural Centre. She hopes she can go there next month. She wants to watch some interesting shows there.

Fun in Hong Kong

Ko Yan Ting 5B

Last Monday we asked Yoyo about te places she has visited. Yoyo has been to Mong Kok twice. She went there in 2011. She bought souvenirs. She thought it was very good.

Yoyo has been to Ocean Park three times. She went there in 2010. She rode on the cable car. She thought it was exciting.

Yoyo has been to the Hong Kong Wetland Park once. She went there in 2009. She watched the birds. She thought it was very enjoyable.

Yoyo has been to Stanley once. She went there in 2008. She bought souvenirs. She thought it was interesting.

Fun in Hong Kong

Parel Reinniel John Silo 5E

Last Monday we asked Chan Wai Chung about the places he has visited.

Chan Wai Chung has been to Ocean Park once. He went there in 2006. He took photos there. He thought it was fun. He enjoyed going to Ocean Park.

Chan Wai Chung has never been to the Peak. He hopes he can go there next month. He wants to watch the views there.

Chan Wai Chung has never been to Stanley. He hopes he can go there next year. He wants to take photos.

Chan Wai Chung has never been to the Ladies Market. He hopes he can go there in the future. He wants to buy something there.



The Best Citizen

Cheung Hoi Kit 5A

Berry has done a lot of good things. She has planted trees before. She last planted trees in 2010. She has donated money to charity before. She last donated money last year. She has given away old toys before. She last gave away old toys last year. She has never spat on the ground before. I think Berry is the best citizen in my group.

The Best Citizen

Chow Cheuk In Charlene 5C

William has done a lot of good things. He has visited an old people's home before. He has bought tickets for charity before. He has sold flags for two years. He has given away old toys for one year. I think William is the best citizen in my group.

The Best Citizen

Leung Yee Man 5E

Kate has done a lot of good things. Kate has donated money to charity before. Kate has gone on a charity walk before. Kate has bought flags before. Kate has visited an old people's home before. I think Kate is the best citizen in my group.



六年級



天水圍的美

陳斯敏 6A

天水圍山明水秀,空氣清新,我們一定要到天水圍的濕地公園逛逛, 不如我們來一個天水圍一日遊吧!

在濕地公園裏,我們首先走到觀鳥屋仔細地欣賞那斑爛耀眼的鳥兒。 原來只要你能細看小鳥飛翔的姿態,就可以中知道那隻鳥兒的性格,這是 多麼具興致的活動啊!然後我們再走到紅樹林,我們在浮橋裏可以近距離 觀賞紅樹的生態特徵,和觀察在林中棲息動物的一舉一動。在觀賞的過程 中,卻拉近了我和大自然的距離。

遊完了濕地公園,我們來到了下一站——銀座商場。在天水圍裏有許 多一站式的商場,銀座商場正是我們經常逛街的好去處。我們在商場中去 了一圈,吃了快餐、玩過遊戲、逛了文具店……

之後,我們來了到圖書館靜靜地看書。我們先找個有利位置坐下,然 後才慢慢享受地走入書中的世界,遊歷各種的地方的文化,讓自己好像親 身環遊世界。

最後,我們以歡樂結束這次愉快的旅程。我們去了天水圍公園一遊, 多種的設施,讓我們的歡笑不斷呢!追逐、奔跑、跳躍、歡笑、尖叫不斷 地在公園裡重複着……

相信我的朋友已經對天水圍有不少的認識,天水圍真的有不一樣的美。



年級

今天,我將要實行我的行程計劃——帶銘明到我家附近的景點參觀, 好讓他多認識社區,適應其中。

一大清早,「啊,上天帶來了晴朗的天氣,好讓我們有一個難忘的一天」我期待着今天的行程。我和銘明會和後,便乘輕鐵出發去了。「真特別!我從未看過這樣的交通工具……」銘明用他一口流利的普通話説了一大堆話,他挺是雀躍。走到濕地公園門口,我拉着他的手,跑到一大片青綠的草地,向高處跑去,還可以眺望到大自然的景色,我們仰視着蔚藍的天空,吸着清新的空氣,令人心曠神怡。我們到觀鳥亭參觀,裏面有些雀鳥木雕,都顯得栩栩如生。雀鳥們都大展才能,千姿百態,哄得遊人拍掌呼叫。銘明滿臉笑容地對我說:「真讓我大開眼界!現在我終於知道甚麼叫作『百聞不如一見』了!」我們拍了不少照片留念。

到了中午十二時,我便帶他離開此地。向另一個景點——天恩公園前進。我們再次乘輕鐵前往天恩,在短短幾大分鐘的車程裏,銘明向我訴說濕地公園的有趣景點,看到他那笑臉,我的笑容不由自主地展現出來。我帶他到單車專門店租自行車,我們騎自行車到天恩公園。一路上,我們一邊騎着自行車,一邊欣賞身邊的優美風景:燦爛的太陽,草叢中色彩繽紛的花兒……到天恩公園,我們玩了一會兒,便回家去了。

我和銘明在回家後,都互相來電,他多次我道謝,他説這次旅程對他 來說有一種特別的感受,畢生難忘。



六 年 級

在一個陽光燦爛的日子,我帶着新認識的朋友——小新到我家附近的地方遊玩。

首先,我們從家裏出發,沿着公路行走,一邊走着,一邊聊天。到了 天耀商場,那裏人來人往,商店林立,商品包羅萬有,讓我們看得目不暇 給。

到了中午,我們在麥當勞餐廳那裏點了一個套餐,我們吃得津津有 味。

後來,我們坐輕鐵到座落於樂湖的新北江。那裏風景優美,鳥語花香,是假日逛街的好地方。

一走進商場大門,我們就聽見叫賣的聲音,實在太多人了,我們要千辛萬苦才能站在扶手電梯上一樓,到了一樓就嗅到撲鼻而來一陣香味,一看,原來是讓人垂涎三尺的「雞蛋仔」、「小丸子」、「章魚燒」等誘人的小吃,我們的腳仿佛不受控制地過去,買了各種各樣的食物。然後,我們邊吃邊逛整個商場,我們都感到很滿足,而且吃得不亦樂乎。最後,我們依依不捨地離開了。

這次遊覽讓小新更了解這個社區, 更愛這個社區。

天水圍一日遊

郭家琪 6D

上周日,一個天朗氣清的早上,我和友人相約在九時正於銀座商場左邊的酒店集合。我們一進入銀座商場裏,那金碧輝煌的大堂,數百間的商店活現眼前,令我們讚不絕口。

十時正,我們就乘坐本區最具特色的交通工具——輕鐵,到達了濕地公園,裏面有鱷魚館和觀鳥台呢!我們首先去看看鱷魚貝貝,牠看起來動也不動,我們傾前身子細看時,牠突然張大嘴巴,露出尖尖的牙齒,頓時把我們嚇得目瞪口呆、臉色蒼白。再到觀鳥台看鳥兒的生活,那些小鳥們姿態萬千,簡直是動物界的模特兒呢!

在公園玩了半天,下午一時,我們到綠田園燒烤場玩耍。那裏有小羊、小馬、小牛……動物包羅萬有。小羊既可愛又活潑,小馬興奮得尾巴亂擺,小牛更努力工作。突然聽到我倆的肚子咕咕地叫起來,我們的臉上又熱得泛起了兩片紅蘋果,所以我們要立刻到燒烤場燒烤充飢了。

到了下午五時正,我們就乘輕鐵回家。不是這次意外的一天遊,我以 往一點也不覺得,天水圍的景色是如此迷人的。

天水圍一日遊

温健輝 6F.

我還記得上周日的時候,我做了一天導遊,因為我帶了一位初認識的 朋友到我家附近的地方參觀,讓他認識這個社區,以下就是當天所發生的 幾件事。

早上九時,因為當時我們都很餓,所以我們就去了綠茵閣餐廳吃早餐,當時餐廳人來人往,十分熱鬧。

早上十時,我們就出發到天水圍公園。大約經過了十分鐘的車程,我們終於到達了天水圍公園的入口,那兒有兩根宏偉的石柱屹立在入口。然後,我們到了一個很大的花圃,那兒有很多不同種類的花,有向日葵、玫瑰、捕蠅草等,還有很多狂蜂浪蝶被這些七彩繽紛的花吸引住。那些顏色鮮艷的昆蟲,有的在採花蜜,有的在產卵,有的在交配,有的在捕食……然後,我們就到了公園的遊樂區,那兒有一個繩網陣,所以我們就比賽誰可以較快攀到盡頭。我們還玩了幾次滑梯,然後就到下一個地方遊玩。

中午十二時,因為天氣太熱,所以我建議到天水圍游泳池游泳。我們 換上泳衣,就立刻到游泳池游泳。在炎炎夏日於游泳池暢泳,真是人生一 大樂事。到了下午三時,我們到天水圍體育館打乒乓球。我先領先一球, 然後我就開始輕敵了,幸好最後我也勝利了。

那天,我們都很愉快。不知何時才能與好友再一起遊玩呢?我充滿期 待地想着,不禁笑了起來。



唯一的我

何浚泓 6A

世界上約有七十億人口,每個也是獨一無二。當然少不得這唯一的我……

雖然世上不如意的事多得很,但也不能令我快樂的心動搖,更不會令我垂頭喪氣,一蹶不振。我無論遇到甚麼困難的事情,我都會以笑容去面對。

但最能代表我的,可非體育莫屬了!我也算是學校中的「體育之星」。因為我常在各種體育比賽中取得獎項。體育更是我的生命支柱,支持我的日常生活。我能接受別人的意見。每當我有錯失時,同學們便會向我作出提點。我也樂於接受,再加以改進。

古語有云:「光陰似箭,日月如梭。」當然,我也很會善用時間。因 為我相信善用時間可令成績進步更快。考試分數更高、知識更多。

現在你能揭開我神秘的面具了嗎?我就是常穿體育服,面上總掛着笑臉的何浚泓。

我就是我

楊靜雯 6B

大家好!我叫楊靜雯,就讀宣道會葉紹紀念小學六年級乙班。我的樣子十分平凡,只是一個束馬尾辮,戴眼鏡的小學生。還是不認識我?那就等我詳細説給你們聽吧!

我相信世上所有人都有自己的優點和興趣吧!我就是其中一個,先說 說我的優點吧。我的優點是膽子大,我有很多朋友都害怕螞蟻、蜜蜂…… 這些小昆蟲,我這個優點可以幫她們趕走那些令她們害怕的小昆蟲,我這 個優點還真有用呢!

第二,我的專注力十分強。很喜歡看書,但我看的不是愛情小說、漫畫這類型的書,我看的是推理小說和科幻小說,只要我一對這些書專注起來,可以連飯也不吃,直至我看完整本書為止。

我十分喜歡運動,同時運動也是我的長處,例如打籃球、羽毛球等, 我覺得一星期只有一節對我們這些喜歡運動的人來說實在太少了。

大家對我的認識加深了嗎?我就是一個樣子平凡,但膽子很大,專注 力很強,又喜歡做運動的人。 你知道我是誰嗎?我叫張曉鏻,現在就讀宣道會葉紹蔭紀念小學六年 級丙班,想認識我更多嗎?那就請你留意下文。

我相信所有人都有長處和短處,我先說我自己的長處吧!我有很多朋友,小息時我們會集合在某一處像「開會」一樣聊天,當朋友有心事時, 我們也會一起用心傾聽。

還有,我的成績也不錯,我每一次考試都在首十名以內,默書也從未 試過不合格,不過我不會驕傲自滿,還要繼續努力,用盡全力預備升中考 試。

不過,我也有缺點的。我每次面對老師和一眾同學時,說話會變得吞 吞吐吐的,令我感到十分尷尬、難堪。

我就是一個平易近人,卻又十分害羞的人。現在,你能認識我嗎?

平凡的我

徐家綸 6D

相信你看到我的名字和模樣,一定會想出一種水果——「黑加侖子」。因為我的膚色黑黝黝的,而且我的名字是家綸,剛好和「加侖」是同音的,十分有趣。

雖然我的膚色黑黑的,但我不是非洲人,我是一個香港和印尼的混血兒,所以同學也這樣稱呼我,因為我的爸爸是香港人,而媽媽是印尼人, 所以我真的是一位混血兒呢!

每個人也有優點和缺點。而我的優點就是數學能力優異,我常常在數學課上記下筆記,專注聆聽老師講解,這不但可以讓我更容易吸收數學知識,而且也可以細心總結當中的規律,所以我才能在考試中得到理想的成績。

而我的缺點就是英文能力稍遜,每次都要花上很多時間才能把字詞記下來,但我並沒有因而灰心,反而向英文老師請教,並請她把更多的英文練習送給我做,我更會主動參與英文補課,希望改善成績表現。

總括來說,每個人也有優點和缺點,我只是平凡人,但我卻相信只要願意努力,改善缺點,你就會成為一個成功的人,但我仍要繼續努力,向成功邁進。

真正的我

謝詠恩 6E

大家好!我是謝詠恩,我現在已經讀六年級了!我的眼睛大,嘴巴細小,個子也是小小的。

我是一個非常有創意的人,因為我會把別人想不到的事情想出來。有一次上藝術課的時候,我旁邊的同學把手工紙剪破了。當時每個同學都在想辦法幫助她。那時,我的腦子裏就想出了一個辦法,就是叫她把剪破了的手工紙重新剪成另一件作品。這樣就可以環保一些,也不會浪費紙張了。

另外,我在設計方面也非常厲害。當我沉悶時,我會拿出一張白紙, 把喜歡的衣服款式都設計出來,還得到別人的稱讚,說我在時裝設計方面 很有天分呢!

除此以外,我也十分喜歡音樂,所以上音樂課的時候,我會特別專心。在學校,我參加了手鈴隊,因此我感到很高興呢!

現在認識我了嗎?我就是一個愛創作和音樂的人。

偉大的大樹

賴瑩芯 6A

可能很多人都會覺得大樹是微不足道,讓人們任意破壞它們,但我卻 覺得大樹是很偉大。

冬天時,大樹雖然年紀老邁,抵不住寒風,但他都不忘落下樹葉,幫助無數的小生命熬過寒冬。

在春天時,大樹是大地之母孕育出無數的小生命,喚醒了沉睡中的小 動物。

在夏天時,大樹用強而有力的手臂去保護弱小的小動物。

在秋天的時候,隨著不同季節的轉變大樹的年紀也隨著增加,但他也 不忘和風先生一起合奏著柔和的安眠曲,讓小動物盡快入睡渡過寒冬。

大樹的貢獻就像現在慢慢息微的行業,它們的貢獻良多但我們卻不懂 珍惜,反而親手把它們消滅得無影無蹤。

ハ年級

盼望着,盼望着,春風來了,春天的腳步近了。我最喜歡的季節—— 春天,已經來到了。

春天是大地的媽媽,綠油油的森林充滿了無限生機,在這裏孕育着千千萬萬個小生命。春天綠草如茵、百花齊放、綠樹成蔭、滿園春色……仿佛讓人身處仙境一般。途中所見盡是蟬鳴鳥啼。這些蟬的翅膀長有白色的班點,飛起來翅膀活像蝴蝶的彩翼一般,豔麗非常。而花側是大紅大紫,像向遊人推銷自己,場面十分壯觀!

草地上長滿各種顏色的花朵,她們有的嬌媚,優雅動人;有的害羞, 儀態萬千。一股花香撲鼻而來,混和着泥土和清新空氣的味道,令人心曠 神怡。遠處鳥兒「吱吱」的叫聲;「淙淙」的流水聲;蟬兒「知了知了」 的叫聲,混合在一起,正是一首交響樂曲。

春天生機勃勃,孕育了無數的生命,所以我們要愛護大自然,不要破壞它們,我們一起保護大自然吧。

大海

陳雪兒 6C

在這個風光明媚的大日子,我決定到沙灘走一趟。

當我走進沙灘的第一步,我已被壯觀的大海吸引住了!

煙波淼淼的大海,有時波濤洶湧,有時風平浪靜,我今天卻看了它頑皮的一面,每一個大浪都洶湧澎湃地衝過來,好像有甚麼東西激怒了它一樣,可惜大海這樣的性格,沒有人敢親近它,而我也不例外,當我害怕着的時候,清涼的海風從我身邊掠過,溫柔地撫摸着我,我輕輕呼了一口氣,踏進大海,啊!原來大海並不是想像中的恐怖,海浪慢慢減退,像安慰我一樣。

我在海中向上仰望潔淨的天空上點綴着一片一片的雲朵,偶然會有一兩隻小鳥在天空上盤旋着。

我又在沙灘上,向下俯視,金碧輝煌的沙中蘊藏着無數貝殼。

洶湧澎湃的大海,清涼的海風,金碧輝煌的沙灘都使我對大自然嘆為 觀止。

這裏並不是高樓林立的城市,但卻是個可以令人心懭神怡的地方;這 裏也沒有人山人海的景像,只有數隻小鳥偶然飛過。大自然給我們的禮 物,豈不是能讓城市人停下急速的腳步,來欣賞這個地方? 人生中第一次看見既平靜又洶湧的大海,大海真是讓人摸不透你的性 情。

本來大海平靜得像一面鏡子。我看見鏡子上有些人自由自在地游泳, 有些人在玩水上排球,有些人在水裏躲迷藏,水翠綠得像一塊翡翠,晶瑩 剔透。

後來,大海忽然洶湧地衝向岸邊,好像一頭兇惡的殺人鯨衝向岸邊, 打算吞噬岸上的一切東西,那先前還在游泳的人們差點兒走避不及,被大 浪捲走。海浪一浪接一浪頑皮地撞向礁石,水花四濺,就連我的站在岸 上,衣服也被沾濕,身上涼了一陣子,但礁石卻沒有生氣,依然靜默地站 着。

最後,大海不知接到甚麼命令,浪花又一浪一浪地變回一面平靜的鏡子;由數層高的浪花又變成平坦的潮水,可能是接到上帝的旨意,叫它歸回平靜安穩吧!

大海

張偉旗 6E

今天,我跟家人到海邊漫步。途中,我的心情有點緊張,也有點興奮,因為我很久已沒有探訪過大海了。

我站在金黃色的沙灘上,感受着腳下沙粒帶給我的温柔觸感。由近處望着大海,只見一個個的白浪衝向沙灘,將沙灘上的碎石吞噬至它無窮無盡的身體裏。忽然,我嗅到一股清新的海水味,把我近日的疲勞和憂愁一掃而空,令我心曠神怡。

向外遠眺,我在那水天相連的地方,先看見了那平靜的海面像一面鏡子,反映着天空的景色,再看就看見了那一望無際的天空上,點綴着幾朵純白色的雲朵,形成不同的形狀。突然,一陣強風吹過,層層白浪迎風而起,拍打在岸邊那黑黝黝的礁石,奏出一首澎湃的樂曲。

造物主是多麼偉大啊!祂創造出那奇妙又美麗的大海,所以我們應更 加珍惜大海,將這美麗的大海一直好好保存下去。

一次在食店發生的難忘經歷和感受

王曉天 6A

每次經過這間食店,我都會想起那次難忘的經歷.....

記得在我五年級暑假的時候,我到食店吃午餐。我買完餐後,剛坐下來,我就看見有兩夫婦在你一言我一語地吵架,那個男人說:「你不要這麼自私好嗎?孩子都長大了,有自己的看法了!」那個女人接着說:「這不叫自私!你常常只顧上班,就甚麼都不知道……」他們在食店裏吵個不停,更有很多顧客因此散去。

在這個時候,餐廳裏幾乎只剩下我一個人,那對夫婦走過來說:「小子!你來評評理,讓你說說誰對誰錯?」然後他們跟我說清楚事情的來能去脈,我用我僅有的知識分析後,然後說:「其實你們俩也有錯,只要你們大家彼此原諒,問題便可以迎刃而解。」他們俩最後都彼此原諒對方。接着,那對夫婦為了答謝我,他們更宴請我在食店內吃自助餐。

經過這件事後,我明白到「助人為快樂之本」的道理。而且我還學會 了遇到突發事情時,一定要保持冷靜,才能夠想到辦法去解決問題呢!

一次在食店發生的難忘經歷和感受

陳愷昕 6B

每當我去到餐廳時,腦海裏不禁想起一件令我難忘的事.....

在四年級的暑假,我、表姐和舅母去餐店吃午飯,餐廳有很多人,有的在吃午飯,有的在談天。

在餐廳,我們正享受着午飯時,突然,坐在鄰近的一位女士呼吸很困難,很不舒服,服務員經過女士的身邊,就說:「這裏有沒有醫生?有位女士很不舒服。」餐廳的客人聽到都把目光向着女士,舅母的夢想是成為護士,希望可以幫到有需要的人。於是舅母立即去幫忙,舅母吩咐服務員去找女士的手提包有沒有藥物。

服務員就找到支氣管擴張藥,女士馬上用了支氣管擴張藥。首先將支氣管擴張藥搖勻,然後徹底呼氣,最後將支氣管擴張藥噴向張大的嘴巴,慢慢吸氣,女士吸入了藥物後,情況並沒有改善,所有的客人都圍着那位女士,客人都很擔心會不會有生命危險。服務員馬上報警,而表姐說:「希望所有人不要包圍這位女士,讓她有多點新鮮空氣。」醫務人員到了,很多客人都協助醫務人員,例如:把餐廳門打開、告訴醫務人員病人的情況……最後醫務人員將病人送進醫院。

經過這件事,令人學到遇上一些病人不舒服的時候,不要太緊張,要冷靜。

一次在食店發生的難忘經歷和感受

單咏詩 6C

那天是聖誕假期,我、媽媽和爸爸一同去餐廳裏吃晚餐。

我一走進去,已經覺得有點不安了,我便叫爸媽快離開這裏,但是他們沒有聽從我勸告,還是選擇在這裏用膳。我們馬上選了幾道美食,然後一邊享受美食,一邊開懷地説笑。

進食期間,當我往洗手間時,一位眼神詭異的婆婆鬼鬼祟祟地走向我的座位,我以為沒有甚麼特別,便沒有理會。誰知當我從洗手間出來時,看到爸媽目證口呆地看着我放在枱上的手提包,我又奇怪又驚慌地問究竟發生甚麼事,沒想到平時滿有道理的爸媽變得膽小如鼠,竟眼巴巴地看着那位婆婆從我的手提包偷了我的電話,也完全沒有阻止,還裝作聊天看不見。那時我心想:我自認自己是個膽小的人,但是我的父母還要比我膽小,真豈有此理!

雖說那天很倒霉,可是我也學到一些東西:要小心把財物放好,不要 讓賊人有機可乘。

一次在食店發生的難忘經歷和感受

彭進輝 6D

當我每次見到這所酒店,我就不禁想起當天在店內發生的難忘經歷。

當天,爸爸、弟弟和我一起到酒店的酒樓內吃飯。那裏有的人在談天,有的人在品茗,有的人在看雜誌,大家都很悠閒。就在我們剛點完菜後,一群匪徒突然衝進酒店來,拿着手槍指向我們,高呼地說:「全部人都蹲下!」我們都很嚇得目瞪口呆,弟弟更是眼有淚光,猶如快要被宰的羔羊一般。

匪徒劫去錢財後,正準備要逃走的時候,突然發出「砰」的一聲,一位匪徒突然中槍倒地,原來店裏的其中一位客人是便衣警員,他擊中了那個匪徒的右腳,匪徒卻不甘心地還擊,接着店內發生一輪激烈的槍戰……各人均大叫起來,嚇得淚水直流。不一會,大批警察到場將他們一網打盡,我們當時十分害怕,只有伏在桌子下,緊緊地擁抱着爸爸,但我們心裏真的很感激警察們的英勇表現,後來匪徒被抓走了,更來了數輛救護車,接載傷者到醫院治療。幸好,我們一家人也安然無恙呢!

這次經歷真是驚險!回家後,心裏仍然十分惶恐,但我和家人卻互相 傾訴,一方面慶幸一家人能平安回來,另一方面亦更加珍惜與家人共聚的 時光呢!

一次在食店發生的難忘經歷和感受

温健輝 6E

今天,爸爸和媽媽帶我到彌敦道的一所餐廳吃自助餐,但我卻因為吃 得太飽而不停地嘔吐,整件事情是這樣的:

我進入了餐廳後,爸爸和媽媽只點了好幾款食物,但我卻像一隻饑餓的野獸,不停地進食,吃了很多東西,包括:意大利咖啡芝士蛋糕、生蠔、大閘蟹、咖哩牛尾、印尼炒飯、泡芙、炒麪和雜錦海鮮湯。

喝完湯後,我繼續狼吞虎嚥地吃呀吃,爸爸和媽媽已經不停地勸止我,叫我不要再吃東西了,可是,我卻不聽他們的勸告,繼續暴飲暴吃,直至百分之百飽足才不吃。幾分鐘後,我的面色青得像青蛙的顏色,然後不停地嘔吐,引來眾人圍觀。經理連忙扶我到洗手間。我嘔吐了幾分鐘後,終於停止了,可是下一個問題又來了,就是我的胃部十分疼痛。接着,爸爸和媽媽帶我到附近的醫院求醫,醫生說我因為吃得太多食物,所以胃部發炎,醫生吩咐我以後不能一下子吃那麼多東西了。

經過這件事,我領悟到「少吃多滋味,多吃壞肚皮」這個道理。

My Friends' Dream Jobs

Lai Ying Sum 6A

In our group, everyone has a dream job. I want to be a painter when I grow up. If I become a painter, I will paint a lot of pictures.

Esther wants to be a doctor when she grows up. If she becomes a doctor, she will help sick people.

Angel wants to be a cook when she grows up. If she becomes a cook, she will cook delicious dishes.

Candy wants to be a designer when she grows up. If she becomes a designer, she will design a lot of new clothes.

Hope our dreams come true!

My Friends' Dream Jobs

Yau Hau Yu 6B

In our group, everyone has a dream job. I will be a designer when I grow up. If I become a designer, I will design a lot of new clothes.

Ivy wants to be a pop singer when she grows up. If she becomes a pop singer, she will have a lot of fans.

Eric wants to be a lawyer when he grows up. If he becomes a lawyer, he will help a lot of people.

Jack wants to be a writer when he grows up. If he becomes a writer, he will write many stories.

John wants to be a lawyer when he grows up. If he becomes a lawyer, he will help a lot of people

My Friends' Dream Jobs

Sae Chua Yuk Ming 6C

In our group, everyone has a dream job. I want to be a lawyer when I grow up. If I become a lawyer, I will help a lot of people.

Shirley wants to be a vet when she grows up. If she becomes a vet, she will help a lot of sick animals.

Tracy wants to be a pop singer when she grows up. If she becomes a pop singer, she will have a lot of fans.

Miss Wong wants to be a vet when she grows up. If she becomes a vet, she will help a lot of animals.

Lisa wants to be a reporter when she grows up. If she becomes a reporter, she will meet a lot of famous people.

Review of The Brave Knight

Shek Hiu Man 6A

Mickey is a knight. He wants to save the princess from a castle. He meets the donkey before he goes into the castle. The donkey tells Mickey that he cannot fight with the dragon until he gets a sword. Then Mickey goes to the pond. The sword is in the middle of the pond. He drinks the water and becomes strong. After that, he takes the sword to fight with the dragon. Then, he kills the dragon and saves the princess.

I was touched by the film. My favourite character was Mickey because he was brave. I would recommend it to my friend.

Review of The Brave Knight

So Man Ki 6B

George is a knight. He wants to save the princess from a castle. On his way, he meets a donkey before he goes to the castle. The donkey tells him he cannot fight with the dragon until he gets a sword. He cannot get the sword until he drinks all the magic water. He is very strong after he drinks all the magic water. He fights with the dragon and kills it. He saves the princess. Finally, George and the princess get married. They live happily ever after.

I was excited by the film. My favourite character was George because he was brave and smart. I would recommend it to my friends.

Review of The Brave Knight

Luo Li Fang 6C

George is a knight. He wants to save the princess from a castle. He meets the donkey before he reaches the castle. The donkey tells George he cannot fight with the dragon until he gets the sword from the stone. He cannot get the sword until he drinks all the water in the spring. He becomes very strong after he drinks the water. He fights with the dragon after he gets the sword. He fights with the dragon until the dragon is dead and George is going to save the princess.

The film was exciting. I was excited by the film. My favourite character was George because he is very brave. I would recommend it to my friends.

A Letter to the Principal

Wan Hoi Ki Vicky 6A

Dear Principal,

We are writing because our class would like to help Sowers Action to raise money for village schools in China. We think our ideas will help solve problems for the children there.

There are not enough desks in village schools in China because people are poor. In addition, children in China do not have enough pencils because their parents are poor. Moreover, there are not enough heaters or fans in schools because schools are too poor.

We want to sell flags to raise money for the village schools in China. We would also like to find a sponsor to collect stationery. Furthermore, we would like to run a stall to raise money.

We hope you will be able to help us to organize the charity events.

Yours Sincerely, Vicky

A Letter to the Principal

Muhammad Ifza 6B

Dear Principal,

We are writing because our class would like to help Sowers Actions to raise money for village schools in China. We think our ideas will help solve some problems for the children there.

Village schools in China are too old. Children do not have enough books because they cannot afford them. Children do not have enough desks because the schools are too poor. There are no heaters or fans too.

We would like to go a charity walk and perform a magic show to raise money. We would also like to run a second- hand stall to collect books.

We hope you will be able to help us to organize the charity events.

Yours sincerely, Ifza

A Letter to the Principal

Tse Lok Shan 6E

Dear Mr. Cheung,

We are writing because our class would like to help Sowers Action to raise money for village schools in China. We think our ideas will help solve some problems for the children there.

Village schools in China do not have enough chairs, desks, or blackboards because they are too poor. Schools in China have no heaters or fans because heaters and fans are too expensive.

Children do not have enough pens because their parents are poor. We would like to run a second-hand stall to collect books. We would also like to perform a variety show to raise money.

We hope you will be able to help us to organize the charity events.

Yours sincerely, Fiona

Festival

Liu Hei Wan 6A

Dear Jenny,

How are you? I think winter is a good reason to visit Hong Kong. Chinese New Year is in winter. The weather is very cold and dry. At Chinese New Year, people visit their relatives and decorate their homes. I like visiting my relatives. It is enjoyable. I like eating rice cakes too. They are delicious.

Last Chinese New Year, I went to Wan Chai with my family. We watched the firework display. Then we went to a restaurant for dinner. After that, we went home.

If you come to Hong Kong in winter, we can have a reunion dinner together. We can watch the firework display and eat rice cakes there. We will have great fun.

Love, Sari

Festival

Cheung Wing Sum 6B

Dear Jenny,

How are you? I think spring is a good season to visit Hong Kong. Chinese New Year is in spring. The weather is wet and warm. At Chinese New Year, people visit temples and get lucky money. I like getting money because I can buy new toys. I like having reunion dinner. It is delicious. I do not like watching the fireworks because it is too boring.

Last Chinese New Year, I went to Tsim Sha Tsui with my family. We watched firework display. Then we went to a restaurant for dinner. At night, we visited temples.

If you come to Hong Kong in spring, we can have reunion dinner. We can watch the firework display in Tsim Sha Tsui. We can go shopping too. We will have great fun.

Love, Winnie

Festival

Wong Wong Kuen 6D

Dear Jenny,

How are you? I think winter is a good season to visit Hong Kong. Chinese New Year is in winter. The weather is chilly. At Chinese New Year, people burn joss sticks and eat rice cakes. I like watching the fireworks because it is exciting. I like eating rice cakes too because they are delicious. I do not like eating turnip cakes because they are not delicious.

Last Chinese New Year, I visited relatives. I watched the fireworks too.

If you come to Hong Kong in winter, we can have a buffet dinner. We can watch the fireworks. We will have great fun.

Love, Steven Hi Ken,

My name is Karen. I am 12 years old. I read about you and your country on the 'Around the world' webpage. It was very interesting.

I live in Hong Kong. This is the place where I live. I live on 26/F. My housing estate has facilities such as parks, a taxi stand, a shopping mall and a swimming pool.

This is the school where I study. My school has facilities such as a music room, a library, a computer room and a tuck shop.

At school, we do activities such as playing table tennis, reading books and playing hide-and-seek.

Hong Kong is famous for food such as dim sum, fish balls and egg pancakes. It has many tourist spots such as Ocean Park, the Space Museum and the Peak.

Love, Karen

Something about myself

Wong Hoi Ying 6D

Hi Jenny,

My name is Bernice. I am 11 years old. I read about you and your country on the 'Around the world' webpage. It was very interesting.

I live in Hong Kong. This is the place where I live. I live on 15/F. My housing estate has facilities such as a gym and a playground.

This is the school where I study. My school has facilities such as a music room, a classroom, a computer room and an art room.

At school, we do activities such as playing chess, reading books and playing games.

Hong Kong is famous for food such as tea with milk, a strong-smelling preserved bean curd, fish balls and egg tarts. It has many tourist spots such as Ocean Park, Disneyland and the Peak.

Love, Bernice

Something about myself

Yu Sin Yung 6E

Hi Miss Poon,

My name is Yo Yo. I am 11 years old. I read about you and your country on the 'Around the world' webpage. It was very interesting.

I live in Hong Kong. This is the place where I live. I live on 37/F. My housing estate has facilities such as a playground, a badminton court and a food stall.

This is the school where I study. My school has facilities such as a hall, a classroom, two computer rooms, a library and an English reading room.

At school, we do activities such as reading books, doing homework, skipping and playing badminton.

Hong Kong is famous for food such as dim sum, fish balls and milk tea. It has many tourist spots such as Victoria Harbor, Hong Kong Gold Coast and Clock Tower.

Love, Yo Yo



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