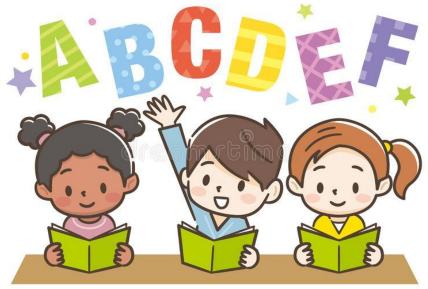
## 東華三院院次雲小學

## Tung Wah Group of Hospitals Sin Chu Wan Primary School

# **声描集**2021-2022 Seeds







#### Contents

1 <i>A</i>	My Best Friend	Ву	Wan Isz Ling	P.5
1B	Myself	Ву	Ching Pui Kiu, Hania	P.6
1B	My Best Friend	Ву	Wong Ching Ki, Phoebe	P.7
1 <i>C</i>	My Friend	Ву	Ng Wai Ling	P.8
1D	My Friend	Ву	Cheng Wing Lam, Selina	P.9
2 <i>A</i>	In the Country Park	Ву	Chak Hoi Shuen, Sara	P.10
2 <i>A</i>	At Home	Ву	Chong Chun Hei, Hayden	P.11
2B	At Home	Ву	Huen Katrina	P.12
2B	At Home	Ву	Zhou Tsz Hin, Damon	P.13
2 <i>C</i>	At Home	Ву	Luk Pan Yu, Bosco	P.14
2 <i>C</i>	Four Seasons	Ву	Hui Hon Man, Man	P.15
2 <i>C</i>	In the Country Park	Ву	Han Cheuk Ying, Venus	P.16
2 <i>C</i>	In the Country Park	Ву	Wong Yee Ching, Rachel	P.17
2D	In the Park	Ву	Lo Yat Hin, Tyler	P.18
2D	In the Park	Ву	Yeung Cheuk Pan, Peyton	P.19
2D	At Home	Ву	Yuen Yuen, Sally	P.20
3 <i>A</i>	Naughty Alice at the Zoo	Ву	Ip Shing Him	P.21
3 <i>A</i>	A Day in The Country Park	Ву	Leung Pui Ching	P.22
3B	My brother	Ву	Cheng Hoi Cheuk, Owen	P.23
3B	Naughty Alice at the Zoo	Ву	Kung Hiu Yan, Jasmine	P.24
3B	Naughty Alice at the Zoo	Ву	Leung Chun Ki, Kiki	P.25
3B	Naughty Alice in the Zoo	Ву	Leung Kei Yu, Arher	P.26
3 <i>C</i>	A Day in the Country Park	Ву	Li Cheuk Yiu, Yoyo	P.27-28
3 <i>C</i>	A Day in the Country Park	Ву	Wong Lok Ching, Elsa	P.29-30
3 <i>C</i>	Naughty Alice at the Zoo	Ву	Lee Yuet Kan, Ken	P.31-32
3D	Naughty Alice at the Zoo	Ву	Chung Pak Yiu, Melody	P.33
4 <i>A</i>	Jack's Birthday Surprise	Ву	Yeung Kai Lai, Curry	P.34-35

4B	Jack's Birthday Surprise	Ву	Keung Pok Yin	P.36-37
4B	Jack's Birthday Surprise	Ву	Liu Ching Shun, Vera	P.38-39
4 <i>C</i>	Jack's Birthday Surprise	Ву	Li Hon Lok, Franco	P.40-41
4 <i>C</i>	Jack's Birthday Surprise	Ву	Tang Shong Fung, Jayden	P.42-43
4 <i>C</i>	Lily's Resolution	Ву	Lau Chun Hei, Hadrian	P.44-45
4D	A Bad Day	Ву	Kwan Cheuk Ting, Redding	P.46
4D	Arctic Fox	Ву	Wong Tsz Yin, Jenny	P.47-48
5 <i>A</i>	A Letter to Yuna	Ву	Yuen Ka Hei, Kenny	P.49-50
5 <i>A</i>	A Missing Necklace	Ву	Wong Lok Yan, Elika	P.51-52
5 <i>A</i>	The Sports Day	Ву	Chan Man Ching, Megan	P.53-54
5B	The Sports Day	Ву	Yeung Chi Ying, Zoey	P.55-57
5B	A Strange Place	Ву	Wan Ho Laam, Helen	P.58-59
5B	An Unlucky Day	Ву	Wong Yankie	P.60-62
5B	The Good Big Brother	Ву	Ngan Albie	P.63-64
5 <i>C</i>	The Good Big Brother	Ву	Kok Ka Hey, Edwin	P.65-66
5 <i>C</i>	The Missing Necklace	Ву	Tian Borui, Borris	P.67-69
5 <i>C</i>	The Sports Day	Ву	Hui Yau Yau, Febe	P.70-72
5D	A Missing Necklace	Ву	Wong Lok Yee, Chole	P.73-74
5D	The Good Big Brother	Ву	Chan Ka Man, Kelly	P.75-76
6 <i>A</i>	A Visit to a Poor Village	Ву	Yau Chak Wang, Ivan	P.77-79
6 <i>A</i>	A Visit to an Elderly's Home	Ву	Lin Ka Yan, Rose	P.80-81
6 <i>A</i>	The Donkey in the Lion's Skin	Ву	Li Pak To, Freeman	P.82
6B	A fight between good and evil	Ву	Wong Cheuk Kiu, Chole	P.83-85
6B	A Visit to an Elderly's Home	Ву	Pak Hoi Yu, Mandy	P.86-89
6B	In good shape	Ву	Tsang Hei Man, Rita	P.90-93
6B	The Kitten and the Husky	Ву	Mak Chiu Fung, David	P.94-96

6 <i>C</i>	A fight between good and evil	Ву	Li Hon Yin, Hayden	P.97-100
6 <i>C</i>	A Visit to a poor village	Ву	Kwok Tin Yu, Hebe	P.101-104
6 <i>C</i>	A Visit to an Elderly's Home	Ву	Xiao Lucas	P.105-107
6 <i>C</i>	In good shape	Ву	Yang Eric	P.108-110
6 <i>C</i>	A Visit to a Poor Village	Ву	Ding Yu Wun, Evan	P.111-112
6D	It came from Planet Simile!	Ву	Chan Cheuk Yee, Mandy	P.113
6D	It came from Planet Simile!	Ву	Chung Pak Yui, Aiden	P.114
6E	A Visit to a Poor Village	Ву	Choi Ho Leung, Godfrey	P.115
6E	The Lazy Pig	Ву	Lee Tsz Yau, Yoyo	P.116-117

## My Best Friend

By Wan Tsz Ling (1A)

This is Kelly.

She is my friend.

She is six years old.

She is in Class 1B.

She is tall and thin.



She has a small cat.

I like my friend.



# Myself

By Ching Pui Kiu, Hania (1B)

I am Hania.

I am six years old.

I am short and thin.

I have small eyes and long hair.

I am in Class 1B.

I like English.

My English teacher is Miss Tam.

I have two sisters.

They are naughty.

My mum is tall and thin.

She is nice.

I love her very much.



# My Best Friend

By Wong Ching Ki, Phoebe (1B)

This is Bella.

She is six years old.

She is my classmate.

We are in Class 1B.

She is short and thin.

She has big eyes and long hair.

She likes pink.

She likes rabbits.

She is quiet and polite.

She is my best friend.

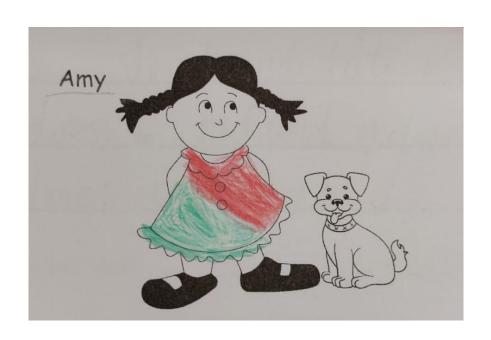




## My Friend

By Ng Wai Ling (1C)

This is my friend. She is Amy. She is short and fat. Her dress is red and green. Her shoes are black. She has a pet. It is a dog. It is white.



# My Friend

By Cheng Wing Lam, Selina (1D)

This is Kelly.

She is my friend.



She is in Class 1B.

She is tall and fat.

She has a small mouth and small eyes.



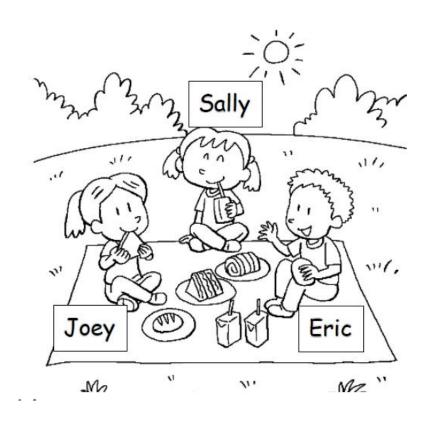
I like my friend.



# In the Country Park

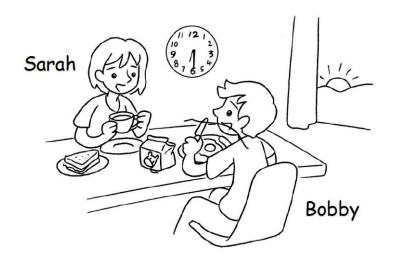
By Chak Hoi Shuen, Sara (2A)

It is sunny and hot. Joey, Sally and Eric have a picnic in the country park. Joey eats sandwiches. Sally drinks apple juice. Eric talks to them. They see a bird. It is cute.



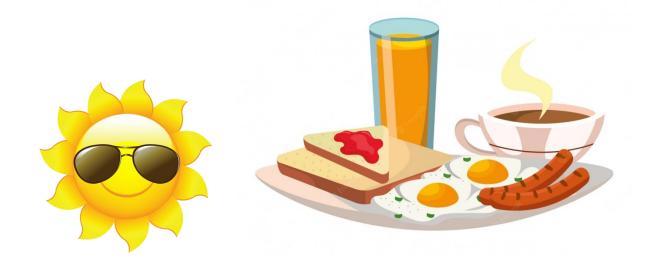
By Chong Chun Hei, Hayden (2A)

It is sunny and hot in the morning. The sun is coming up from the hill to the sky. Sarah and Bobby have breakfast in the dining room. Sarah drinks tea and eats a sandwich. Bobby drinks milk and eats an egg. They are pleased.



By Huen Katrina (2B)

Today is Monday. The weather is hot and sunny. At six thirty in the morning, Sarah and Bobby have breakfast at home. Sarah drinks chocolate milk. Bobby eats eggs. The food is yummy. They are full and happy.



By Zhou Tsz Hin, Damon (2B)

Today is cloudy. Sarah and Bobby are at home. They have breakfast at half past six. The egg is salty and the chocolate milk is sweet. They like the food very much. They feel great and delighted. What a good day!





By Luk Pan Yu, Bosco (2C)

Today is Monday. The sun is shining. It is six thirty in the morning. Bobby and Sarah are eating breakfast. They are sleepy but they feel happy because the breakfast is so yummy. Sarah is drinking coffee and Bobby is eating eggs. After Bobby and Sarah finish their breakfast at six fifty-five, Bobby shouts, 'Oh my god! We are late!' Sarah says, 'You are right. Hurry up!' They pick up their school bags. They go to school by MTR.



P. 14

#### Four Seasons

By Hui Hon Man, Man (2C)

There are four seasons in a year. It is warm in spring. I always go to the park and take photos. It is hot and sunny in summer, so I often swim in the swimming pool. In September, the weather becomes cool and windy. The autumn is coming! I have a barbecue with my family. Although winter is so cold, I like it so much! I can build a snowman with my friends. We play very happily!



#### In the Country Park

By Han Cheuk Ying, Venus (2C)

It is sunny. Mary goes to Happy Country Park with Tom and Ken. They are playing in the park. They are happy.

Mary is skipping on the green grass. She is happy. Tom is riding a bike. He is very fast. Ken is reading a story book and a comic book under the tree. They have so much fun today!

They go home by ferry and MTR at five forty-six. They have a great time today!



#### In the Country Park

By Wong Yee Ching, Rachel (2C)

Today is Sunday. It is sunny and the sun is shining. Mary, Tom and Ken go to Victoria Park. They go there by taxi. They are excited. They play in Victoria Park.

Mary skips on the grass. Tom rides a bicycle happily. Ken reads a story book about the haunted house. They feel super-duper happy.

They see a cat and a dog doing something. They take a closer look. The cat is eating fish and the dog is running. They have a happy day.

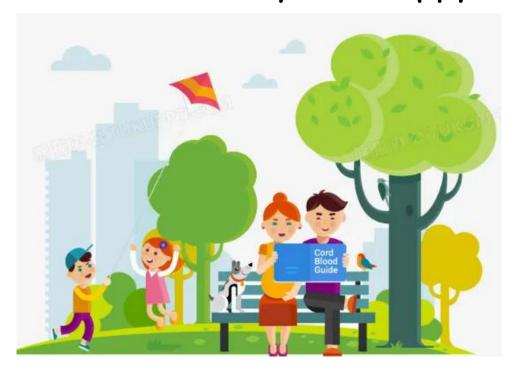


## In the park

By Lo Yat Hin, Tyler (2D)

Today is Sunday. It is sunny. Mary, Tom and Ken are in the park. The park is big. They have fun.

Mary skips in the park. Tom rides a bicycle. Ken reads a book. The cat eats a fish. They are happy.



# In the park

By Yeung Cheuk Pan, Peyton (2D)

Today is Sunday. It is a sunny day. Mary, Tom and Ken are in the park. The park is nice. They are playing in the park.

Mary skips in the park. Tom rides a bicycle.

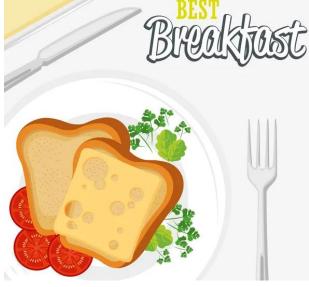


Ken reads a book under a big tree. They are pleased.

#### At home

By Yuen Yuen, Sally (2D)

Today is Monday. It is sunny and hot in the morning. Sarah and Billy are at home. They have breakfast together. Bobby eats some eggs. Sarah drinks some milk. The food is yummy. They are glad.



#### By Ip Shing Him(3A)

It was sunny last Sunday. Alice and her family went to Happy Zoo. They were delighted and happy.

In the morning Alice and her family looked at the tigers and the elephants. Then they went to Panda House

and visited the panda. The panda was cute. They were excited and glad.

At two o'clock in the afternoon Alice went to Ducks' Pond. She was naughty. She threw stones at the ducks. The zookeeper saw this and said, 'Stop! Stop!' Alice stopped and she felt guilty.

In the end, Alice said sorry to the zookeeper. The zookeeper forgave her. What a bad day!



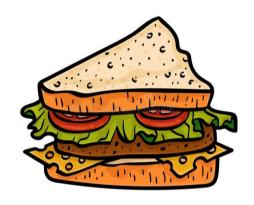
### A day in the country park

By Leung Pui Ching (3A)

Jack and Tom went to a country park last Saturday. They flew kites. They were happy.

In the afternoon they had a picnic. They ate sandwiches and drank orange juice. They were full. In the evening they wanted to go home but they lost their way. They were scared.

In the end Jack called his mum for help. He was happy because his mum found him.





## My brother

by Cheng Hoi Cheuk, Owen (3B)
Milo is my brother. He is six
years old. He is short and thin. He
has small eyes and small ears.

He is friendly. He always plays football with me.

His favourite subject is PE. He is good at playing football. He likes playing computer games in his free time.

I love my brother.

By Kung Hiu Yan, Jasmine (3B)

Alice and her family went on an outing last Sunday. In the morning, Alice and her family went to Happy Zoo. The zoo was big and beautiful. They were excited.

In the afternoon, Alice and her family looked at the tigers

SORRY

and elephants. The elephants were strong. They also visited Panda House. They were happy.

In the evening, Alice was bored so she went to



The zookeeper came and yelled, 'Naughty girl!' The ducks were scared. In the end, Alice said, 'I'm sorry, please forgive me.'

'OK, I will forgive you. You mustn't do it again!' said the zookeeper. Alice agreed and she was relieved.

By Leung Chun Ki, Kiki (3B)

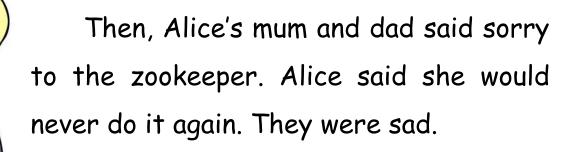
Alice and her family went on an outing last Sunday. They went to Happy Zoo. They were glad.

In the morning, they first looked at the tiger and the elephant. Then they visited Panda



House. The animals were cute. They were happy.

In the afternoon, Alice went to Ducks' Pond and threw stones at the ducks. The zookeeper shouted at her. She was unhappy.



By Leung Kei Yu, Arher (3B)

Alice and her family went on an outing last Sunday. They went to Happy Zoo. The zoo was big. They were glad.



In the morning, Alice saw a tiger and an elephant. They wanted to go to Panda House too. There were a lot of animals. They were excited.

In the evening, Alice went to Ducks' Pond and she threw stones into the pond. Alice was naughty. The ducks were scared. The zookeeper saw her and shouted at Alice to stop her.

In the end, the zookeeper told her dad. Her dad was so angry and shouted at her too. She said sorry to the zookeeper. Alice felt sad and cried.

#### A Day in the Country Park

#### By Wong Lok Ching, Elsa (3C)

Last Saturday was a sunny day. Jack and Tom did not need to go to school so they went to a country park. There were many trees and birds.

Jack asked, 'Let's fly the kites!' Tom replied, 'Good idea!' Then, they flew the kites. Jack said, 'Look! My kite is higher than yours!' Tom replied, 'Yes, my kite is not higher than yours but mine is more colourful!' They felt delighted.



Then, Jack asked, 'I'm hungry. How about

having a picnic?' Tom replied, 'Ok!' They felt excited. Then, they built a tent and opened their bags to get the food. There were two bottles of orange juice and four sandwiches. Jack asked, 'Do you want to eat some sandwiches?' Tom replied, 'Yes, please!' They shared the food with each other. Soon, Tom said, 'I'm very full!' Jack replied, 'Me too!' They felt pleased.

After that, they were tired so they wanted to go home but they lost

their way. Their hearts beat fast. They were very scared. They went back and forth. Tom cried, 'Help! Help! Mum, where are you? We want to go home!' Tom burst into tears so Jack comforted him. Suddenly, Jack said, 'I have a phone! I can call our parents for help.' Tom heard that so he stopped crying. Finally, Jack called their parents. Soon, their parents found them. They went home and played together. What a bad day!



#### By Lee Yuet Kan, Ken (3C)

Last Sunday, Alice and her parents went to the famous zoo, Happy Zoo. They wore sunglasses and caps because it



was a sunny day. Then, dad yelled, 'Where are we going to visit now?' Mum said, 'I don't know! Alice, do you have any ideas?' Alice replied, 'Yes, I

have an idea! We can go to the tiger house and elephant house. I can't wait to see those animals.' They felt interested

First, they looked at some adorable animals, for example, tigers and elephants. The tiger was sleeping while the elephant was playing with a ball. Then, Alice took some photos with them. She felt terrific. Then, they visited the panda house. The pandas were eating delicious

bamboo leaves. After that, they

went to the duck's pond. They saw a lot of cute ducks. Suddenly, Alice saw them and she threw a stone to them. The zookeeper saw it and he stopped her. He yelled, 'Stop! Please don't do it again!' Alice felt ashamed and she burst into tears.

In the end, Alice learnt that she could not throw the stone to the ducks. She promised the zookeeper not to do it again. The zookeeper forgave Alice. She said, 'Sorry, I will not do it again.' The zookeeper replied, 'Okay, I forgive you. Don't do it again!' Finally, Alice jumped up and down because she had fun in the zoo. What a lucky day.



#### My Sister

By Tang Hou Ching, Jova (3C)

Riva is my sister. She is eight years old. She is short and thin. She has straight hair too. Everyone likes her.

I like Riva because she is honest and talkative. She always tells me bad things happened at school. For example, her classmate tried to hurt her by a pencil. Riva is helpful too.

She helps mum sweep the floor when she is bored. She tidies her desk when it is messy.

Riva's favourite subject is Chinese. She is good at painting. She won a painting competition when she was in primary 2. She watches TV when she is bored.

I'm glad Riva is my sister.

#### My Brother

By Li Cheuk Yiu, Yoyo (3C)

Yiu Sing is my brother. He is 20 years old. He has small eyes and curly hair. He is thin and strong. He is tall too. Everyone likes him.

I like Yiu Sing because he is nice. He says 'good morning' to everyone in the morning. He is patient too. He looks after me when I am sick. For example, he gives me a bowl of congee and some medicines.

Yiu Sing's favourite subject is PE. He is good at running. He won a running competition when he was in secondary three. He plays basketball every Sunday.

I'm glad Yiu Sing is my brother.

By Chung Pak Yiu, Melody (3D)

Last Sunday was a sunny day. Alice and her family went to Happy Zoo and they were excited.

In the afternoon, Alice and her family visited the tiger and elephant. They went to Panda House to look at the pandas and took photos. They were happy.

Then Alice went to Ducks' Pond. She threw stones at the ducks. The ducks were afraid. The zookeeper was angry.

In the end, Alice said sorry to the zookeeper and she promised she would not do it again. Alice was regretful. The zookeeper forgave her.

#### Jack's Birthday Surprise

By Yeung Kai Lai, Curry (4A)

Jack liked eating sweet food. One day, he ate a lot of chocolate, cupcakes and sweets. He was pleased but his mum was worried. Later, they had dinner. However, Jack did not eat anything. He was full.

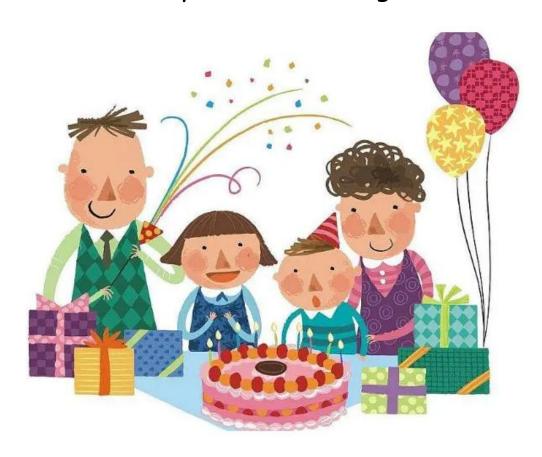
Jack's birthday was coming soon. Mum wanted to make a cake for him. Jack was excited because

Mum always made some

delicious food for him.

On Jack's birthday, he received a special birthday cake. Mum made a veggie cake for him. The cake was made with broccoli and carrots. Jack was sad because the cake was different from what he expected.

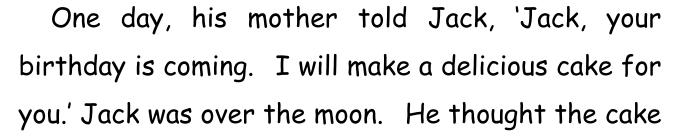
Finally, Mum told Jack that eating vegetables was important. Then Jack promised Mum he would eat fewer snacks and sweets from now on. They shared the veggie cake. It was tasty. They had a wonderful birthday celebration together.



## Jack's Birthday Surprise

By Keung Pok Yin (4B)

Jack had an unhealthy diet. He ate too much sugary food such as chocolate and candies. He ate snacks every day. His mother was worried about him. He didn't eat any vegetables because he didn't like eating vegetables.



would have strawberries, cream and chocolate. But the cake was not the same as what he thought.

On Jack's birthday, his mother took out a cake and she said, 'Look! This is your birthday cake! Are you surprised?' But Jack was disappointed because



the cake was made of carrots, broccoli and tomatoes. He sighed, 'Mom, the cake is not my cup of tea.'

Mom was upset because Jack didn't want to eat the cake. At that time, the other family members visited them and celebrated Jack's birthday. They suggested Jack trying it. Then he tried it. Jack shouted, 'The cake is very delicious!' From now on, he has a balanced diet.



# Jack's Birthday Surprise



By Liu Ching Shun, Vera (4B)

Jack was an unhealthy boy. He ate junk food every day such as sweets, cupcakes and chocolate.

At lunch, he didn't eat any vegetables. He only ate meat. It was tasty. Jack's mother was worried about him.



Jack's mother said, 'I will make a birthday cake for you.' Jack was excited because he thought there would be plenty of chocolate on the cake.

Today was Jack's birthday. His mother brought a cake and she said, 'Happy birthday, my son! I made a veggie cake for you. The cake has broccoli and carrots.' Jack sighed, 'The cake is ugly! It's not my cup of tea!' His mother was angry and she said,' I made it for six hours!' She was disappointed.

After that, Jack's mother forced him to eat the cake. Jack tried the cake and said, 'It is tasty! Thank you!' Jack's mother's eyes were full of tears.

Finally, Jack has a balanced diet from now on. He will eat more vegetables and less junk food.



# Jack's Birthday Surprise

By Li Hon Lok, Franco (4C)

My classmate, Jack is unhealthy because he always eats plenty of empty food such as cupcakes and chocolate. Every time, when his mum gives him vegetables, he says, 'It's not my cup of tea.' Jack's



mum thinks, 'What can I do to help Jack?' His mum feels worried about him because the empty food is bad for his health. He doesn't eat vegetables either.

One day before Jack's birthday, Jack's mum looked at the calendar. She wanted to celebrate Jack's birthday so she asked him, 'Jack, your birthday is coming. I'll make a cake for you.' Jack was eager and over the moon. Mum asked, 'What kind of cake do you prefer?' Jack's eyes opened wide and replied, 'Can I have a chocolate cake,

#### please?'

It was Jack's birthday. He couldn't wait to see the chocolate cake but his mum made him a disgusting veggie cake with broccoli and carrots. He got goosebumps when he saw the cake because he hated vegetables very much. 'You should eat more vegetables because they have lots of vitamins. They can make you healthy.' Jack's mum explained.

Jack took a small bite of the cake. It tasted surprisingly yummy. Then, he gulped down the whole cake. Now, Jack has a well-balanced diet. He likes eating vegetables and he eats less empty

food.



# Jack's Birthday Surprise

By Tang Shing Fung, Jayden (4C)

Jack is my classmate. He is unhealthy. He always eats plenty of empty food such as cupcakes and chocolate before his meal. When it is meal time, he can't eat anything because he is full. He also thinks fruit and vegetables are not his cup of tea. Jack's mum always urges him to eat healthily. She is worried about his health.

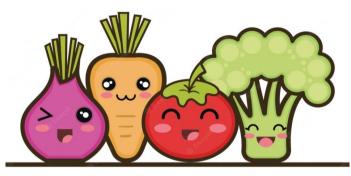
Last weekend, Mum asked, 'Jack, your birthday is coming. How are you going to celebrate it?' Jack replied, 'I want to have a chocolate cake!' Mum suggested, 'I can make a special cake for you.' Jack exclaimed,

'That's a great idea!' Jack was like a dog with two tails. He thought the cake would be even better than the chocolate cake.

Jack was excited on his birthday. He couldn't wait to eat the cake. When Mum took out a veggie cake, Jack couldn't believe his eyes. His face turned white because he doesn't like vegetables. Mum said, 'This veggie cake is especially made for you. There are plenty of fresh fruit and vegetables such as broccoli, carrots and cherries. It's healthier than the chocolate cake.' Jack was disappointed.

Jack tried a little piece of the veggie cake. 'Yummy!' He exclaimed after his first bite. Then he couldn't stop eating the cake. In the end, he finished the whole veggie cake! Now Jack knows vegetables taste good and they are good for him.

He promises he will eat plenty of vegetables and less junk food from now on.



Healthy Food

## Lily's Resolution

By Lau Chun Hei, Hadrian (4C)

Lily is my friend. She is lazy like a pig. She

doesn't like to study and she watches TV six hours a day. She never pays attention in class. She even does not do revision for her coming exam.



Last week, Lily got back her exam papers and she failed in all subjects because she thought it was a piece of cake and she didn't do her revision. Her eyes welled up with tears and she was disappointed. She murmured, 'What should I do? Mum must be very angry.'

Lily showed the exam papers to her mum when she returned home. Her mum's face turned red and shouted, 'Why's your result so bad? Did you pay attention in class and do revision? You can't

watch TV for a week as a punishment!' Lily cried, 'Sorry, mum. I will do better for the coming exam!'

Lily ran to her bedroom and wrote her goals. She wanted to improve her school result. She decided to pay attention in class, do her revision every day and be punctual. In the end, Lily passed the exam with flying colours. Lily and her mum both felt satisfied with the result. Mum was amazed to see Lily's change.



# A bad day

By Kwan Cheuk Ting, Redding (4D)

Emma and I went to a park last Sunday. We went to Happy Park. The weather was nice and we were very happy.

Emma suggested playing Frisbee but I wanted to go cycling. We wanted to play different things.

We had different ideas so we argued with each other. Emma shouted at me loudly and I was very angry. I pushed Emma onto the ground and she was hurt. She began to cry.

Suddenly, I realized that I was wrong. I should not push Emma. I was very sad. Therefore, I said sorry to her. Emma forgave me at last. I learnt that we should respect each other and not to fight.

### Arctic Fox

By Wong Tsz Yin, Jenny (4D)

My favourite animal is Arctic Fox. They are adorable with the bushy little tails.

#### Appearance

They have bushy white long tails,

curled black ears and small black noses. Although they seem pure white, their skin is dark under their white coats.

#### Diet and Habitat

Arctic foxes like eating small animals such as fish and seabirds.

Arctic foxes are found in the Arctic regions of the Northern

Hemisphere. Their round compact bodies minimize areas exposed

to the cold air.

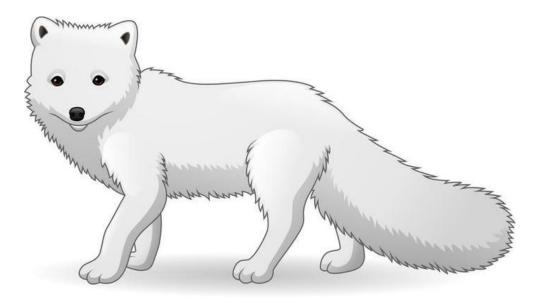
#### Size

Adult Arctic foxes can grow up to 25-30cm in height. Female Arctic foxes can grow up to 41-55cm in length whilst Male Arctic foxes can grow up to 46-68cm in length.

#### Other interesting facts

There are eight recognized subspecies of Arctic foxes. Arctic fox fur changes seasonally. In the winter, they sport fluffy white coats that blend into the snow; in the summer they shed these coats for brownish or grayish, shorter fur that helps them camouflage into bare rocks and dirt.

They can have two litters in a season and will emerge from the den at about four weeks old, staying with the male and learning to hunt.



### A Letter to Yuna

By Yuen Ka Hei, Kenny (5A)

Dear Yuna,

How are you? I have just finished my exam. I am free now. I am happy to know that you will come to Hong Kong with your friends. I want to give you some advice to plan your trip.

On the first day, you can visit
Mongkok in the morning. You can
try some local food, like fish balls,
smelly tofu, siu mai, and so on. They are
yummy! In the afternoon, you can go to Tsim
Sha Tsui. You can visit the Avenue of Stars.
You can see the handprints and statues of the
artists. They are interesting!

On the second day, you can visit Ngong Ping Village in the morning. You can visit the Big Buddha. You can pray to the Big Buddha

> and eat vegetarian dishes there. In the afternoon, you can go to Hong Kong Disneyland. You can ride on

the roller coaster and merry-go-round.

Then you can take photos with the Disney characters. I like Donald Duck. He is very cute!



Looking forward to hearing from you soon!

Yours, Peter

### A Missing Necklace

By Wong Lok Yan, Elika (5A)

Ben and Betty went to the park last week. They felt bored in the park so they wanted to

> go home. Suddenly Betty noticed her necklace was missing so she felt very worried and nervous. Ben suggested going to the park office to ask for help.

In the park office, they saw an officer with curly hair and in the uniform. Betty said, 'I lost my necklace. Have you seen a lost necklace?' 'No, I didn't see your necklace,' the park officer replied. Then the park officer helped them. He made an announcement, 'There is a necklace with a heart-shaped charm missing. If you see it, please bring it to the park office.'

Next Betty went back to the park to look for her necklace. The park was too big so she could not find it. Ben saw a woman in the spotted dress. She was holding something. Ben thought, 'The woman is very suspicious.' He told Betty what he thought. He said, 'The woman is holding a necklace in her hand.' The heard that and said, 'Don't woman misunderstand me! I just found a necklace. Are you the owner?' Better replied, 'Yes!' Then the woman returned the necklace to Betty. Betty was very thankful to the woman. She treated the woman a meal.



### The Sports Day

By Chan Man Ching, Megan (5A)

Yesterday Kenny and I were in the stadium. It was a sunny day. We had a running race. When we were doing warm up exercise, Kenny said, 'You can't beat me!' He



was bad. My eyes looked down and I frowned. I felt disappointed to him because I treated him as a good friend but he said these hurting

words to me.

Then Kenny ran fast during the running race. I felt worried because I did not want to lose the race. The competitors fell behind and thought they would lose the race.

Suddenly Kenny fell down. He felt very

hurt and cried. I helped him get up. We walked to the finishing point. The audience cheered us up. They shouted, 'Don't give up! Keep it up!' The competitors stopped running and walked with us. The audience clapped for our friendship.

In the end, Kenny felt ashamed because he was too proud. We learnt that we had to be humble.



# The Sports Day

By Yeung Chi Ying, Zoey (5B)

Last Friday, Kenny and Tom were at school. In the classroom, they were having an English lesson with Miss Chan. Kenny and Tom were talking about future jobs. Miss Chan asked Kenny, 'What do you want to be when you grow up?' Kenny replied with a smirk on his face, 'I want to be an athlete!' Miss Chan asked, 'Why do you want to be an athlete?' Kenny replied, 'I want to be an athlete because I am sporty and I would like to compete in the Olympics running competition!' After school, Tom and Kenny practised running for the upcoming sports day.



Yesterday, they had the school sports day at Shatin Sports

Ground. Both Kenny and Tom competed in the 100 metres race. While Tom was stretching, Kenny stood up, puffed his chest, looked down on Tom and said confidently to him, 'You can't beat me no matter how hard you try!' Tom didn't say a word.

The judge blew the whistle and the

race began. Everyone ran quickly. Soon, Kenny took the lead. The audience gave a round of applause and cheered for the competitors. Everyone thought Kenny would win the race. All the competitors were running towards the finish line. Kenny was the closest to the finish line. Suddenly, he accidentally fell down. He shouted painfully, 'Ouch, my leg! It hurts!' The other competitors didn't care at all. No one wanted to help him, except Tom. Tom quickly slowed down to help him. Finally, they crossed the finish line

together.

After that, Tom took Kenny to the hospital. He had an x-ray taken on his leg. The nurse said,

'Because you fell too hard on the ground. You fractured your talus in your left foot, so you have to sit on a wheelchair and wear a cast for twelve weeks or more for



it to heal the injuries.' Kenny's parents arrived and they agreed. Kenny felt guilty and ashamed for how he treated Tom. Therefore, he apologized to him. Tom accepted his apology and forgave Kenny.

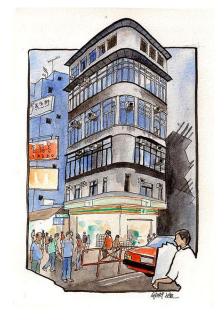
In the end, Kenny never looked down on anyone. Kenny and Tom became best friends.



### A Strange Place

By Wan Ho Laam, Helen (5B)

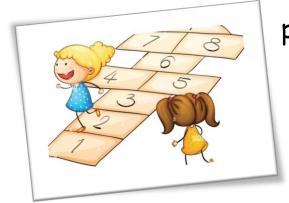
One day, I woke up in a strange place in the afternoon. I opened the windows and I saw some old



Hong Kong tenement buildings. I felt shocked. My hands covered my mouth. On the street, I could see some people carrying the old baskets. I could hear a man singing and playing the guitar. I could also smell the geese sold by the hawkers. 'Where am I now?' I asked

myself.

I felt bored so I went to the park. In the park, I could see the twins. Sally and May were playing the hopscotch. They played happily together. In the



past, people used to play roundabout and hopscotch. Nowadays, we usually play

online games. Suddenly, Sally lost her balance and fell on the ground carelessly. She hurt her leg. I helped her stand up. I felt very delighted. After I played the roundabout for 10 times, I was tired. I sat on the roundabout. I felt bored. Then, I rolled my eyes and said, 'I want to go home! Can you help me?' May and Sally shouted, 'Yes, sure!'

I stood at the centre of the roundabout. May and Sally pushed it faster and faster. 'Ring! Ring!' I heard the alarm clock ringing. I woke up tiredly. When I looked at the clock, it was eight o'clock in the morning. 'I am late for school!' I said. 'Don't worry! Today is Sunday!' My mum comforted me. I missed my friends in the dream whenever I saw the hands moving around the clock.

What an unforgettable dream!

# An Unlucky Day

By Wong Yankie (5B)

Last Sunday, the Wong family went to the beach. They were all thrilled. Mrs Wong prepared some tasty



sandwiches and asked, 'Lily, can you put the sandwiches in your backpack, please?' Lily replied, 'Okay!' Lily was putting the colourful kite in her own backpack.

Mr Wong was using the computer to check the weather report while May was feeding the cat. Mrs Wong reminded May to bring her swimsuit. Although they needed to prepare many things, they were still looking forward to going to the beach.

They smiled happily when they have just set off. However, they forgot to bring their sandwiches because they were covered by the newspaper. Lily asked, 'Why is my backpack so heavy? What do you put in my backpack,

mom?' 'I don't put too many things in your backpack. Maybe you put some toys and books?' Mom said. Actually, the cat sneaked into Lily's backpack.

Mr Wong drove his favourite blue car and arrived at the beach around noon. First, Mrs



Wong opened Lily's backpack to take the sandwiches out for Mr Wong because he was hungry. His stomach was rumbling loudly. Mrs Wong asked Lily shockingly, 'Where were my yummy sandwiches?' Mr Wong said disappointedly, 'Oh! The cat ate my lunch!' Then, Mr Wong went to buy some food in the convenience store. Lily and May were jumping up and down because they could play with the lovely cat. Soon, they wanted to swim but May forgot to bring her beautiful swimsuit.

Lily saw her sister was sad so she suggested, 'Don't be sad! We can do other things. Let's build a sandcastle!'



Suddenly, the weather turned bad. It was raining P. 61

heavily. The Wong family packed up quickly and jumped to Mr Wong's car. They were all wet and cold. Their bodies were shivering. Mrs Wong took a towel to dry their bodies and said, 'What an unlucky day!' Lily asked loudly, 'Why do we forget to bring our umbrellas?' Mr Wong said embarrassingly, 'The weather report shows today is a sunny day. I am so sorry.' In the end, they all hung up their sad faces and went back home. They promised they would prepare a checklist well next time.



### The Good Big Brother

By Ngan Albie (5B)

Yesterday, John and Sally were doing homework at home while their mum was out for shopping. Until it



started to rain, mum ran back to the house. She was wet and cold. She felt a bit of headache so she went to lie in

bed. Then, John and his little sister Sally went to get a cooling patch for their mum. Mum whispered to John, 'Please look after Sally for me today.' John and Sally were worried.

At noon, John and Sally went to the kitchen. When they opened the fridge, there was nothing inside. They only saw a jar of beans and milk. Sally was hungry. Her stomach was rumbling loudly. Suddenly, John found two packets of noodles in the cupboard. However, he told Sally, 'I can't cook noodles.' Sally said sadly, 'I can't cook noodles either.' They couldn't cook noodles by

MOODI

themselves because their mum always cooked food for them. At that moment, John's mind was going a mile a minute. Their stomachs were growling like dogs. John and Sally were helpless and hungry.

Suddenly, John asked, 'How about going to Jolly Fast Food Shop?' Sally agreed. She said, 'But it's raining. How can we go to the shop?' 'We can just call Food Panda to deliver the food to our house,' said John. After that, John called Food Panda. After that, Sally suggested watching TV but John disagreed. He said, 'No, we should not watch TV. We should play some card games when we wait for the food.' They smiled as bright as the sun when they played the games. In the end, the food was delivered to their house. John gave Mum a bowl of warm soup. After a few days, mum got better. Everyone was delighted.

### The Good Big Brother

By Kok Ka Hey, Edwin (5C)

Yesterday, John's mum got a fever. John was worried and Sally burst into tears. John comforted her and gave her a candy. Mum said, 'John, please take care of Sally today.'

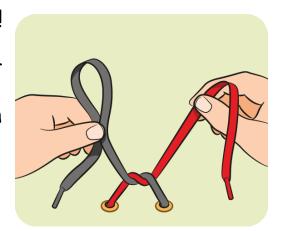


When John and Sally left the bedroom, Sally touched her belly and said, 'John, I'm hungry. What can we eat?' John opened the fridge but he found that it was almost empty. There were only a jar of jam and two cartons of milk. They did not have enough food to cook a meal.

Then, John and Sally went to the kitchen. They saw two packets of instant noodles. Sally was glad because she liked eating noodles. However, John said, 'Sorry, I can't cook noodles.' Sally was disappointed because John could not cook for her. She said, 'My stomach rumbled like thunder! What can we eat?'

Suddenly, John shouted, 'Ah! Let's go to Jolly Fast Food Shop!' Sally thought it was a great idea and she gave John thumbs up. 'We can also buy some congee and medicines for mum!' Sally

suggested. John replied, 'Great idea! Let's go!' Sally then put on her shoes but she could not tie her shoelaces. John gave her a helping hand.



When John and Sally arrived at Jolly Fast Food Shop, they ordered two slices of pizza and a bowl of congee. Next, they bought some medicines at the pharmacy. When they arrived home, Mum took some medicines and she felt much better. Mum was satisfied because Sally and John learnt to be independent. Now, John always takes care of Sally and he is a good big

brother.

### The Missing Necklace

By Tian Borui, Borris (5C)

Last Sunday afternoon, Betty and Ben went to the park to relax. They went to the park by bus. When they arrived, they saw a shop selling accessories so Betty bought a heart shaped necklace there. Then, they had lots of fun in the park. However, when they were about to leave the park, Betty noticed that her silver necklace was missing! 'Oh no! I thought my necklace was on my neck!' Betty yelled and searched in her pockets, but it was not there. They wanted to find someone to help. 'Oh! I know! Maybe the park officer can help us find the necklace!' Ben shouted. Therefore, they went to the park office hurriedly.

When they arrived at the park office, they talked to the park officer. The park officer asked, 'Is there anything I can help?' Betty told him that she lost her necklace. 'Can you tell me some details about your necklace?' the park officer continued. Betty answered, 'It has a heart shape on it.' The park officer then

nodded his head and took out the lost-and-found box. The box was almost empty, but there was a gold necklace with a heart shape on it. The park officer asked, 'Is this yours?' Betty shook her head and replied disappointedly, 'No, it isn't mine. Mine is a silver necklace.' The park officer then answered, feeling very sorry, 'Sorry, but there isn't anything left in this box. I'll make an announcement for you. If someone finds it, I will inform you immediately.'

Betty and Ben then walked out of the park office sadly. Ben cheered Betty up and gave her a candy. He comforted Betty, 'Maybe we can find it in the park!' After that, they started searching. However, the park was too big. They could not find anything. When Betty was going to burst into tears, Ben saw a



woman in a spotted dress sitting on the bench. She had something in her hands and looked very nervous. Ben said to Betty, 'Can you see the woman in a spotted dress? I think she took your necklace!' Without a second thought, they

walked to the woman and asked what she was holding in her hands. The woman opened her hands and showed them a necklace. It was Betty's necklace! Betty was stunned and shouted for joy. Then, Betty stared at the woman with an angry face. Her face turned

red like an apple. Betty shouted, 'Why did you steal my necklace?' The woman replied, 'Don't misunderstand me! I found this necklace under the bench so I sat here and waited for the owner!' Betty heard what the woman said and she

was ashamed. She apologized to the woman and thanked her with a bar of chocolate.

In the end, Betty and Ben were glad to find the necklace. They jumped up and down and they were over the moon. Betty breathed a sigh of relief and said, 'I learnt that I should take good care of my belongings!' What a memorable experience!





### The Sports Day

By Hui Yau Yau, Febe (5C)

Two weeks ago, Kenny and Tom had an English lesson at school. Their English teacher Miss Chan asked them to discuss about their dream jobs. Miss Chan asked, 'What do you want to be when you grow up?' Kenny raised his hand and answered, 'I'm energetic and strong. I'm good at sports too! Maybe I can be an athlete.' Everyone clapped for him. Tom said quietly, 'I want to be an athlete too...' Suddenly, Kenny pointed at him and said, 'If you want to be an athlete, you must be good at sports. However, you're just a weak boy.' Everyone laughed at Tom. Tom ran to the toilet and cried like a baby. He sighed, 'Maybe Kenny is right. I can never be an outstanding athlete.' He rubbed his tears and returned to the classroom. After a while, their PE teacher Mr Lau announced that the school sports day would be held soon.



Tom was nervous and his face turned pale. On the other hand, Kenny was confident and he was looking forward to sports day.

On sports day, students went to the stadium by school bus. When they arrived, Tom started to sweat because he was unconfident. All the runners gathered at the field and did some stretching. Kenny walked to Tom and shouted proudly, 'You're so weak! You can't beat me! Haha!' Tom did not say anything. He kept doing warm-up exercise and prepared well for the race.



Soon, all the runners were ready.

The race started. At first, Kenny led.

He ran as fast as the wind. He

laughed happily. All the audiences cheered for him. They were all amazed by Kenny and thought he would win the race.

When Kenny was about to reach the finish line, he stepped on a pebble and tripped over. 'Ouch!' Kenny shouted. Tom was startled. He felt surprised. Then he ran to Kenny quickly. He asked, 'Are you alright?' Kenny hurt his legs and arms. His legs started bleeding and he felt painful. Tom comforted Kenny and he said gently,

'Don't worry! I'll bring you to the medical room.' Kenny was shocked. He never thought Tom would give up the chance and helped him. Kenny felt touched and he hugged Tom. They smiled happily. He helped Kenny get up.

At last, Tom helped Kenny bandage his wound. Kenny learnt a lesson - he should be humble and never be proud. Tom learnt that everyone is unique and has our own talent. Although they did not win the race, they became best friends. They always practiced together and they became the best runners at school. What an unforgettable experience!



#### A Missing Necklace

By Wong Lok Yee, Chloe (5D)

played in the park. When it was time to go home,
Betty suddenly said, 'Oh, my favourite diamond
necklace is missing. It is important to my mum. I
must find it.' Betty felt nervous and her hands
trembled. Ben said, 'I have a suggestion. We can go
to the park office together and ask for help.'

Then they went to the park office. They saw a man with curly hair and in the uniform. He was the park officer. Betty said, 'Excuse me, did anyone see a diamond necklace?' The man answered, 'No, no one did.' Betty was disappointed.

Ben and Betty walked around the park and searched for the necklace again. Ben said to Betty, 'Look! There is a young woman in a spotted dress. She is holding something in her hand.' Then they walked to the woman. Betty asked politely, 'Did you see a necklace?' The woman showed them the necklace in her hand. Betty said, 'It is my necklace.' Betty was over the moon. She thanked the woman and went back home.



#### The Good Big Brother

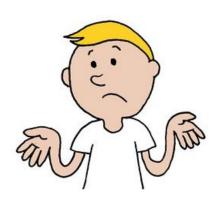
By Chan Ka Man, Kelly (5D)

Yesterday, there was something happened in John's home. John's mother was sick because his mother did not

get enough sleep. His mother told John to take care of his little sister, Sally. John felt worried because he thought that Sally is a bit naughty.



At noon, Sally told John that she was hungry. John wanted to get her some food. When he opened the refrigerator, there was only some milk. Although there were some instant noodles in the kitchen, they could not eat that because they did not know how to cook the noodles. They decided to go to the fast food shop. Before



they went there, Sally said, 'I can't tie my shoelaces by myself.' John replied, 'Let me help you.' After eating at the fast food shop, they bought some congee for their mother with their pocket money. When they returned home, they fed their mother with some congee. Mum was moved because John could take good care of Sally.





#### A Visit to a Poor Village

By Yau Chak Wang, Ivan (6A)

Three days ago, I visited a poor village in Cambodia with my schoolmates. We wanted to know more about the people's living there.



On the first day, we arrived at the poor village and met some villagers. The villagers only lived in the tiny huts with many family

members. Children there looked amazingly happy, but on the other side, they were suffered and needed help. They wore old and dirty clothes. They were skinny too.

At night I stayed in one of the villagers' hut. I was surprised to see a small room with a tiny bed without any fans or air-conditioners. That night I could not sleep well because there were not enough beds for us so we had to

sleep together on a single bed. It was too hot and crowded.

On the second day, we helped the villagers to collect and bring the water from the well back to their homes. We carried the buckets but they were too heavy for us.

It was hard for us to lift them up. I felt hot, tired and hungry. I took a bath with a little water before dinner. Sadly, there was not enough food for all of us.



On the third day, we went and visited a school. I went into the classroom. I saw the students with no uniforms and they read the only book on the table. There were not enough books or tables for them. They did not have enough money to buy all the stuff they needed.

After the trip, I am very concerned about the situation there. I learnt not to be selfish and mean to others. I think I can help them by donating my old clothes, books and toys to the poor. From that day on, I also learnt to reduce waste.



#### A visit to an Elderly's Home

By Lin Ka Yan, Rose (6A)

Last week, my classmates and I visited an elderly's home. This event was arranged by school. When we were on the way to the visit on the school bus, we felt nervous but excited. Soon we arrived. The elderly welcomed us in the front door. They clapped their hands happily.

First, we had lunch with the elderly but they could not eat by themselves. Therefore Jack and I needed to feed them carefully. It was not an easy job. It was tiring but enjoyable.

Then we played an easy ball game with the

elderly but they did not show any interest. When Sally and I were going to give the scarves to them, the scarves were disappeared. We did not know what to do. Jack suggested, "We can go to the garden and pick some flowers to make wreaths for them." I replied, "Good idea! Let's go."

The elderly saw the gifts which were made by us. They thought it was incredible. In the end, we took a photo with the elderly. The scene was spectacular!

Visiting the elderly's home was a meaningful experience. I will always keep this experience in my mind.



#### The Donkey in the Lion's Skin

By Li Pak To, Freeman (6A)

One day, in a forest, there was a donkey. He was always unhappy. The donkey said, "Why does everyone make fun of me?" All of a sudden, he was fallen over a lion's skin carelessly. The donkey had an idea. He put on the

lion's skin and went to the farm. He wanted to scare the animals there.

A dog saw him and barked at him loudly. The hunter heard the dog's bark and got his gun rushed to the farm. When

the donkey knew the hunter was in the farm, the donkey was frightened. The hunter pointed to the donkey with his gun. The donkey shouted, "No! I am not a lion. No!" Bang! Bang! Bang! The hunter said, "It's too late."

The real lion knew all the matters and said," I will never go to this farm."

This fable tells us that we should be honest.

## A fight between good and evil

By Wong Cheuk Kiu, Chloe (6B)

Billy is a boy who is short and chubby. He lives in a poor family so he wants to earn a lot of money and gives it to his family.

One day, he found a treasure map when he was reading the newspaper. He couldn't believe his eyes. He wanted to get the treasure.

One hour later, Billy packed his bag and set off for the faraway island. Billy didn't tell his family because he didn't want to make his family worried. He was excited and he went to a big forest called 'Magic Forest'. When Billy saw the forest, he yelled, 'What a big forest!' He rushed into the forest and saw a lot of

strange things. He saw a house that had wings, a cat that was bigger than a tiger and so on. Billy was walking when he saw a

house. He knocked on the door and said, 'Hello? Is anyone living in this forest?' Billy tried to open the door but he couldn't open it. He murmured, 'Maybe there isn't anyone in this house.' Then, he went away. One hour later, Billy was lost in the forest. He was terrified. The sky turned dark. His heart sank and he couldn't

Suddenly, there was a light shining near
Billy. When he was thinking about what it
was, a wizard appeared. Billy yelled with a
shaky voice, 'Who are you?' The wizard was
scared by Billy's voice and he said, 'Calm down!
Calm down! Don't be scared. My name is Tom.
What can I help you?' Billy said, 'I can't get

find his way to get out of this forest.

away from this forest and I wanted to go to a faraway island.' Tom answered, 'OK, I will bring you to the island but I don't know what is on the island. It may be dangerous. Billy said, 'I am not afraid of it. I am doing this for my family.' An hour later, Billy arrived at the island.

When Billy was walking, he saw a horrible monster. The monster had six hands, two heads, four feet and eight eyes! Billy was nervous and his eyes welled up with tears. He hid behind a big rock. The monster found Billy immediately. When it was ready to eat him, a strange light appeared again and it somehow hit the

monster. The monster was surprised that Tom appeared. The monster used its big hands to attack Tom. Tom ran at the speed of light to get away from the monster's hands and cast a spell on the monster. The monster's hands and feet disappeared. Tom cast a spell again and the monster collapsed and died. Tom and Billy were safe now. Billy thanked Tom, 'I am lucky that I can meet you, thanks!' Tom smiled from ear to ear and he disappeared. Billy found the treasure but inside the box, there was just another treasure map. He was disappointed but without hesitation, he decided to find another treasure...

#### A Visit to an Elderly's Home

By Pak Hoi Yu, Mandy (6B)

Hong Kong's population continues to age. The proportion of the population aged 65 and over to the overall population increased from 13% in 2011 to 20% to 2021. Even 20 years later, about 1 in 3 Hong Konger will be an elderly person aged 65 or above. The number of elderly sent to nursing homes has also increased with the changes of the time.



Last Monday the school took us to visit the nursing home. I was very reluctant at first when I got the news because I thought visiting the elderly would be a very boring experience. Therefore, I haven't been particularly involved in the preparation of gifts and activities with other team members. Other students

also understood my feelings and simply told me to prepare some cardboard.

On the second day, after everything was ready, the teacher asked us to prepare and then set off for the nursing home. All the



classmates were looking forward to it, except me. About ten minutes later, the school bus came and everyone got on the bus and set off. Soon we arrived at the door of the nursing home. We walked in one by one according to the teacher's instructions, and the dean of the nursing home came to welcome us. Dean Chen said with a warm smile, 'Welcome, the elderly are resting. They're going to have lunch in between. You can chat with them during this time.' After saying that, he left to prepare lunch. I looked at the elderly in front of me with inexplicable intimacy so I took the initiative to go up to chat with them. 'Why were you sent to a nursing home?' I asked curiously. They slurred but it was not hard to hear them saying because the children had to work and

didn't have time to take care of them. After I listened to it, I wondered what would happen to me when I got old. At this time, the lunch was also ready, and Dean Chen asked us if we wanted to feed the elderly. We all nodded excitedly and then Dean Chen also taught us some skills.

After lunch, we were leaving after giving gifts. Just as we were all waiting for the monitor Sally to take out the greeting cards and scarves we had prepared. Sally suddenly found that the scarves in the bag were gone. She was worried. Her face



gradually turned pale. She tremblingly said to the teacher, 'Miss.....Miss Lum, I seem to have lost the scarves.'

After she finished, I noticed that she burst into tears. Then

I rushed up to comfort her and said, 'It's alright. We also bought greeting cards. We can give them to the elderly. After all, the most important thing is the heart.' After I finished, other classmates also comforted her. Sally calmed herself down and she decided to take a look again. Finally, she found the bag

containing the scarves we prepared on the chair by the door. We were all jumping up and down with joy.

In the end we gave the elderly the scarves and the greeting cards together and told them, 'Grandpa and grandma, you have to take good care of yourselves. Bye!' After that we left with reluctance and at that time I saw warm smiles on their faces.

On the way back to school I had mixed feelings. I was very happy to have the opportunity to visit the elderly. I also regretted that I used to think visiting the elderly was boring so I didn't participate in it. However now I think visiting the elderly is a meaningful experience. I will never forget this experience. I was thankful that I came to this nursing home. And I will also tell

myself, I can't be prejudiced against

things or people.

# In good shape

By Tsang Hei Man, Rita (6B)

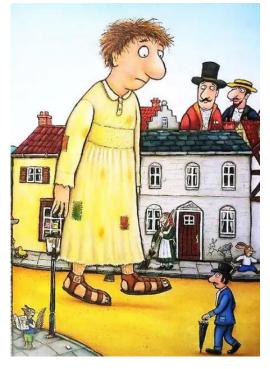
The moon watched behind the clouds as the stars blinked their eyes in fatigue. Everything was now in slumber, except a girl called Kelly — a girl who liked eating junk food very much.

She was very greedy and rude. When someone said, "Oh! Kelly, stop eating that unhealthy food! It is bad for you!" Kelly always impatiently replied, "Shut up! It's none of your business!" Therefore, no one wanted to be friends with her.



Kelly was watching TV while eating junk food. She always did it when everyone was sleeping so that no one could stop her. Unknowingly, it was already half past three in the morning. Kelly was tired and went back to her bedroom to sleep.

The next morning, when Kelly woke up, she stretched, "Bang!" Her hand hit the ceiling and made a big sound! "Ouch! My hand!" yelled Kelly, "wait a second. Why is my bed so small? Why



did everything turn into mini size? What's going on?" Kelly was shocked. Her jaw dropped to the floor as her eyebrows shot towards the ceiling. She looked at her body. "Oh my god...what has happened to me? I look like a giant!" Kelly looked like a huge giant. She was afraid and she cried for help, "Mum?

Mum! Where are you? Help!" However, no matter how loud she shouted, no one responded. It was silent. Suddenly, an old sharp voice sounded, "Oh look! What a poor little... oh, it's not little now. What a poor giant! I am a witch! I think I can help you. You need to know that I am a powerful witch, not just a normal one. I can grant you three wishes." Kelly was very excited.

She hesitated and decided to change back to a

normal size. She said, "First, please make me smaller to normal size." "Sure!" said the witch. "A-lo-mi-a" She cast a spell. Kelly was turning smaller and smaller. Kelly was happy. She moved her body. Everything was normal now. "What is your next wish?" The witch asked. "Err... I want a lot of money!" Kelly smiled from ear to ear. She could imagine that she was the richest woman in the world! "Sure!" said the witch. "Ding!" Instantly coins filled the whole room, almost full to the ceiling. Kelly was also crushed by the coins! "Help! It is too much," yelled Kelly. "Oh? This is too much?" The witch said. "Bing~" The coin all disappeared. Kelly



huffed and puffed. "Now you just have one wish left," said the witch. There was a hint of insidiousness in the witch's

eyes. Kelly was still gasping. The air from her mouth filled the whole room, getting stronger and stronger. It made the whole room very stuffy. "Oh my god! It is so hot! I want an ice cream!" Kelly irritably said. The wizard said, "So this is your third wish? Sure!" A huge ice cream appeared in front of Kelly. Kelly was exhilarated! She stuck out her tongue and licked the ice cream.

When she was licking the ice cream, her body started to turn smaller and smaller! Now she is a 'Mini Kelly'! Kelly was scared.



## The Kitten and the Husky

By Mak Chiu Fung, David (6B)

Once upon a time, a hungry husky was walking

around and trying to find food to fill his hunger. Suddenly, he saw some food in the distance. He had already forgotten that there was a village with people who always caught animals to



eat. It looked scary but the husky totally forgot about it. He walked closer and closer.

When he got there, he got trapped in a



cage. A few hunters came out with a needle with anesthetic inside. Then they injected it into the husky to make him sleep. When it fainted, they took away the cage with the

husky inside. He started to howl like a crying baby but nobody cared. Then, he heard a small voice and it said, 'I can help you but you have to do something for me.' He agreed. Then the husky saw its shadow and he thought it was scary for a second but it

turned out to be a kitten. It was not scary at all. It was so cute. He saw it with a screwdriver. It was breaking the lock and it opened the cage. He escaped. They heard a lot of people talking together and they sneaked out as quiet as thieves.



They were trying not to make any footsteps. When they got near the exit, they stepped in a trap with a bell. Those people saw them and shouted loudly, 'They're escaping! Chase them! Now!' They ran away faster and faster. They got far and far away from that place and they got tired after running this far. The husky asked the kitten,

'Thank you for helping me. What can I do for you?' The kitten replied tiredly, 'You don't have to do anything for me. You have done it already, which is being my friend. Good friends help each other, don't they?' They smiled from ears to ears.

If the husky hadn't forgotten there was a scary village, he wouldn't have been caught. The good thing was that the husky had made a new friend. He learned that he should help one another and never look down on any small creatures.



## A fight between good and evil

By Li Hon Yin, Hayden (6C)

Once upon a time, there was an adventurous boy called Billy. He always thought of going on adventures because going to school was too boring!

One day, Billy found a map in a corner of his room when he was tidying his bedroom. He could not wait to set off for his adventure. He thought, 'Thanks God! Thank you for giving me a chance to do something exciting!' Therefore, he packed everything he needed such as a

compass and a magnifying glass.

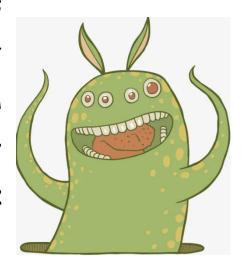
The next day, Billy took out the map and studied carefully. He marked his destination and planned his route. He was ready to set off. He went to the faraway island by boat. Soon, Billy arrived the island. 'Yeah! I'm finally here!' Billy could not see anything from the island except the sea. However, he did not mind and he followed the map. He swam through the river and walked through many



forests. He faced a lot of difficulties and he arrived the destination where he could find the treasure.

'Where's the treasure?' Billy thought. Suddenly, a monster with two horns and thousands of tumors appeared in front of Billy. 'Boom!' The monster stepped on the ground and everything was destroyed. The monster shouted, 'Beat me before you get the treasure!' Billy was

extremely scared. He hit the monster as hard as he could but the monster did not feel a thing. The monster touched him and Billy flew away. 'It's too scary!' Billy screamed while holding his knee. Black



clouds piled up in the sky and fat raindrops fell. Thunder struck everywhere. It seemed Billy would die.

However, a black shadow appeared in the sky and it flew near Billy as fast as lightning. It was Superman! He hit the monster hard and it finally got hurt. At the same time, thunder struck Billy and he revealed his special power. He became enormous and pointed at the monster. In a blink of an eye, thousands of thunder struck the monster. The monster tried to stand up but it could not.



The monster was defeated and said, 'You won! You can take away the treasure!' Then, it exploded. Parts of its body turned into gold and diamonds. Billy could not believe his eyes. He thanked Superman and took away all the gold and diamonds.

When Billy returned to his city, he donated all of the diamonds and gold to the charity. Billy did not get anything. Everyone in the city said he was a hero! Although Billy got nothing, he learnt a lesson. Keep trying until you succeed!

## A visit to a poor village

By Kwok Tin Yu, Hebe (6C)

Last summer, I spent three days in Cambodia as an aid worker for World Vision. Statistics from 2014 showed that about 13.5% of the country's population continues to live in extreme poverty. Therefore, I travelled to a poor village in Cambodia and experienced the lives of the villagers there.

On the first day, I arrived at the village at nine o'clock. The stars were gleaming in the sky. I visited one of the villagers' huts. It was very shabby. Then, I went



into their house. I couldn't believe my eyes as it was only the size of a single bed. I stayed there for a night and we squeezed in a bed. However, I could not fall asleep as they snored loudly.

On the second day, I woke up early because I couldn't sleep well. After brushing my teeth, the villagers asked me to take water from the well. We walked for three hours to the nearest well. When I arrived there, I was surprised as the water was muddy and smelly. I tried to lift a water bucket but I couldn't lift it with two hands! However, the villagers carried the buckets easily. After walking for two hours, I was exhausted as my body was full of sweats. Therefore, I decided to take a bath. I went to the bathroom but I couldn't stop shivering because the water was cold like ice.



After bathing, my stomach rumbled. Fortunately, it was time for dinner. I rushed to the dining table but my heart sank when I saw the food. There was only a small bowl of congee. Although it tasted awful, I swallowed it in a second as it was the only meal of the day. I tried to sleep with my empty stomach after dinner.

On the third day, I got up and went to the village school with the kids. When I arrived at the school, I was shocked. The school was about to collapse. The teacher told me, 'The school was cold in winter and hot in summer. We have neither lights nor fans.' The classroom was dark

and students couldn't read clearly. Some of them even had sore eyes. I thought, 'Although the learning environment was terrible, the students all worked very hard!'



After visiting the village school, I returned to the hut and packed my luggage as it was time to travel back to Hong Kong. On the way, I did a lot of thinking. I learned a lesson - It's more blessed to give than to receive! We should be grateful and we should never

complain. When I returned home, I joined a charitable organization and shared my experience in Cambodia. We organized a fundraising event and raised money for Cambodian. I look forward to visiting Cambodia soon!



## A visit to an elderly's home

By Xiao Lucas (6C)

Last Monday, our teacher talked about the total population in Hong Kong in General Studies lesson. There were 1.27 million elderly people living in Hong Kong in 2018 and the problem of aging population is getting more and more serious. Therefore, our teacher wanted us to visit an elderly's home so that we could learn more about the elderly.

Before the visit, our classmates and I prepared a scarf for the elderly because it was freezing. It was as soft as fluff and we hoped it would help them keep warm.

On the day of the visit, we arrived at school early in the morning. We took a school bus and it took half an hour. At the elderly's home, some of the elderly were sitting on wheelchairs. Some of them could not speak well. Some of them moved as slowly as snails. They smiled warmly when they saw us. Their magnificent silver hair crowned their faces.

It was lunchtime, we took care of them and fed them gently. I massaged the old lady's hand. They smiled from ears to ears. Their beautiful smiles melted my heart. I looked at the old lady and I found that tears welled up in her eyes. I had butterflies in stomach. I asked curiously, 'What happened?' She wiped her tears and replied, 'I'm touched that you took care of me well. My kids did not care about me.' She continued, 'You're such a good kid!' I was pleased. I thought, 'It's more blessed to give than to receive.'

Suddenly, someone called my name. Sally shrieked, 'The scarf is gone!' She was worried. I yelled, 'It's impossible! How can it disappear?' Everyone scratched their heads. Jack was as wise as an owl. He suggested, 'Let's perform a show!' We all nodded our heads.



'Ladies and gentlemen, welcome to our show! Let's enjoy some music!' I spoke loudly. Then, my classmates started singing. Some of them danced. The elderly enjoyed the performance very much and they could not stop laughing.

Suddenly, Tony took out a scarf and said, 'Sorry! I mixed it up with my own scarf!' Everyone giggled. He then gave the scarf to the elderly, but they refused to take the gift. One of the elderly said, 'Thank you very much for the performance! It's the best gift. It's the thought that counts!' She smiled - a beautiful toothless grin.

In the end, we took a picture and left the elderly's home reluctantly. I put the picture on my desk. Visiting the

elderly's home was a wonderful experience and it engraved on my heart forever.

# In good shape

By Yang Eric (6C)

Kelly was lazy and gluttonous. She worked in a restaurant but she did not like her job because she thought it was boring. She used to eat as much junk food as she could. She always dreamt of being the boss of KFC. One day, she was exhausted and needed a break from her work. The stars were gleaming in the sky. Kelly was eating junk food while she was watching her favourite cartoon.

The next day, Kelly found that she was as enormous as an elephant when she woke up. She could not move and her



mind was blank. Everything in the room seemed to be smaller. She had butterflies in stomach and she cried like a baby. Suddenly, a woman who wore ragged clothes appeared. She told Kelly that she was a witch. Kelly looked at her open-mouthed. The witch said she could grant Kelly three wishes. She



could help her turn into normal size. Kelly said hurriedly, 'Please turn me into normal size first!' The witch waved her magic

wand and Kelly really turned into normal size! Kelly could not believe her eyes. With hesitation, Kelly yelled,' I want to become the boss of KFC and eat a lot of hamburgers every day!' The witch smiled. She waved her magic wand again. She replied,' OK! I have already fulfilled your wishes. Bye!' She then disappeared. Kelly was on top of the world. She could not wait to eat junk food. In a blink of an eye, Kelly saw plenty of hamburgers on her desk and she ate as much as she could.



Days after days, Kelly did nothing but ate hamburgers at home. She started to hate eating hamburgers. One day, her friends visited her and asked her,' Why don't you go back to the restaurant? Everyone wants you to come back!' Kelly was moved. She used up a whole pack

of tissues. She found out that it was the evil witch's plan and she decided to change her eating habits. From that day on, Kelly never ate junk food again and she became a healthy girl.

## A Visit to a Poor Village

By Ding Yu Wun Evan (6D)

Last month, I spent three days in a poor village in Cambodia. Life there is hard. Cambodia is one of the poorest countries in the world. People in Cambodia do not have enough food or clean water.

I wanted to experience the life there.

I met a girl called Lily. She lived in a tiny hut with her parents and brother. They were poor and the hut was very



crowded because it was so small. On the first day, I fell asleep in the same bed with Lily and her brother. I could not sleep well.

On the second day, I got water from the well and collected firewoods with Lily and her

brother. We got very tired and Lily's back hurt because the water buckets were too heavy for her. I also sweated a lot. Then, we took a bath and had lunch together. The food there was terrible.

On the third day, I visited Lily's school. The school was too old. There were not enough desks,

Children did not have

enough books or pens.

However, they enjoyed

the lessons very much.



After the visit, I felt very surprised. I learnt that I should cherish the things I have.

I will donate money to the charities so that the people in poor countries can rebuild their houses and schools.

#### It came from Planet Simile!

By Chan Cheuk Yee, Mandy (6D)

This is Jason the Monster.

His head is rough like a brush.

His eyes are bright like diamonds.

He is as fierce as a tiger.

He is as brave as a lion.



#### It came from Planet Simile!

By Chung Pak Yui, Aiden (6D)

This is Ugly Monster.

His head is big like a balloon.

His eyes are bright like diamonds.

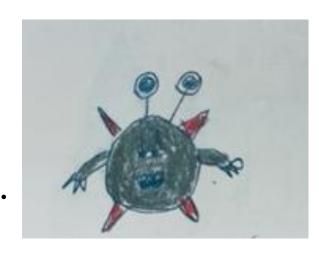
His ears are pointy like knives.

His mouth is as small as an ant.

He is brave like a lion.

He is as wise as an owl.

He is gentle like a lamb.



## A Visit to a Poor Village

By Choi Ho Leung, Godfrey (6E)

Last week, I spent three days in a poor village in Cambodia. First, I went to Amy's house. She lived in a tiny hut. The bed was very small. In the morning, Amy went to get the water buckets. The buckets were too heavy and the water was very dirty. However Amy and her family got the water to drink and wash their bodies.

In the afternoon, Amy went to school but there were not enough paper, books, chairs or desks for the students. The students had to share the things together.



After this visit, I want to help Amy because her family is very poor. I want to raise money for the poor children in Cambodia. We are lucky because we live in Hong Kong. We are healthy and strong so we

need to help the poor people and poor countries.

## The Lazy Pig

By Lee Tsz Yau, Yoyo (6E)

Once upon a time, there was a lazy pig and a hard-working sheep in the forest. Winter was coming, all the animals wanted to find enough food to prepare for winter.



The pig laid under a tree and sang a song. The sheep was diligent to move some food to

his home. The sheep was as hard-working as an ant. The pig saw the sheep and said, "Life is too short, it is so hard!" "Listen to Miss Sheep, if you don't prepare some food for winter now, you're going to starve!" said the sheep. "Oh, there's plenty of time, why are you so worried?" said the pig.

Few days later, summer went and the freezing winter



came. The wind blew and blew and the buckets of snow fell from the winter sky. "I'm so hungry," said the pig. The pig was weak like a baby. "I'm so cold!" The pig groaned. "Ant is right!" the pig said again. In the end, the lazy pig died.

In this story, I have learnt I should be hard-working.

