



# 保良局莊啟程小學

PLK CHONG KEE TING PRIMARY SCHOOL



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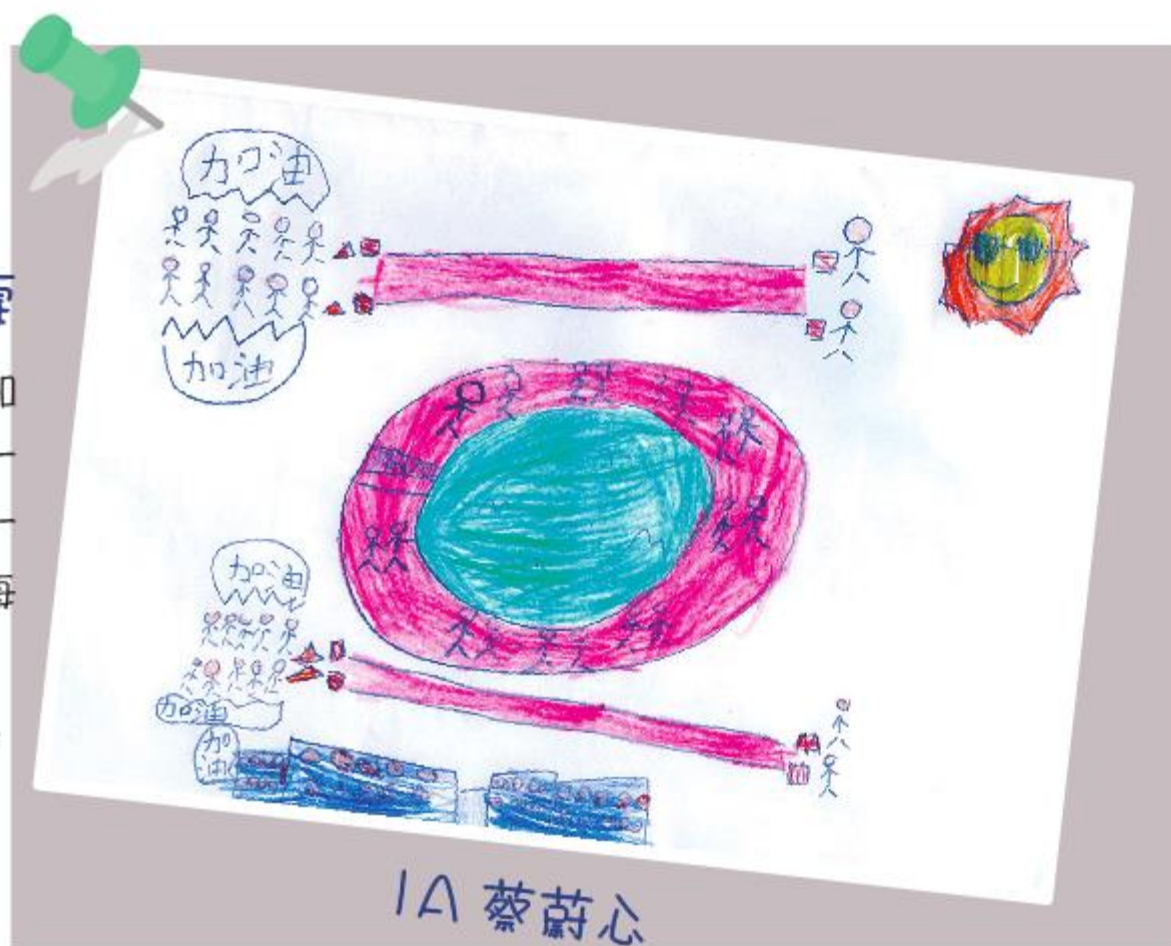


## 親親莊小運動會

1A 梁恩霖

星期五早上，我和媽媽一起到運動場參加「親親莊小運動會」，那裏很熱鬧啊！我們一起玩競技遊戲。首先拿雙筷子跑到對面夾起一隻紙鶴，然後跑回起點交棒給下一位同學。每一個同學都非常投入參與遊戲。

我喜歡這次的運動會，大家玩得真開心啊！



1A 蔡蔚心



1B 蔡芝苗

## 歡迎春天

1B 顏晞諾

春天到了，大家都歡迎春天，小草長出了綠葉。花兒開了，小蜜蜂和蝴蝶不停地採花蜜，樹上的葉子也長出來了。青蛙跳進池塘裏，小鳥在樹上開心地唱歌，鴨子在池塘裏快樂地游泳，小朋友在草地上開心地玩耍，大家都歡迎春天。



1C 楊念潼

## 親親莊小運動會

1C 李康晴

上星期五早上，我和同學們在馬鞍山運動場進行運動會。我們在看台上看高年級同學進行跑步比賽，為他們打氣。我們又和家人到了賽道上玩了五個遊戲，我感到很快樂。

## 歡迎春天

1D 莊嘉賢

春天到了，大家都歡迎春天。

小兔子在草地上跳來跳去。

鳥兒在樹上唱歌又跳舞。

小朋友在公園裏玩耍。

魚兒在池塘裏游泳。

松鼠在綠油油的草地上吃松果。

春天到了，大家都歡迎春天。



1D 黎曉桐

## 假期的一天

2A 丁羽晴

今天是新年的第一天，爸爸和媽媽在家裏告訴我，他們可以帶我到不同的地方進行不同的活動，所以我十分期待。

早上九時，我和爸爸媽媽到快餐店先吃一頓既豐富，又美味的早餐，我們吃得十分滿足。接著，我們到戲院的售票處購買《無敵破壞王》這齣戲的戲票。購票後，我們便走進戲院裏欣賞電影。過了一會兒，電影完結了，我覺得內容很有趣。走出戲院外，媽媽對我說：「你這次的考試成績理想，所以我和爸爸就帶你到「玩具反斗城」，買一份禮物獎勵你。」我興奮地說：「謝謝媽媽，我每一天都會溫習老師教授的內容。」到了玩具店，我便挑選一份積木。

最後，我們到尖沙咀維多利亞港看煙火表演，這個節目非常精彩，我看到五顏六色的煙火，真漂亮！看完煙火表演後，我們就依依不捨地回家。

## 假期的一天

2B 沈卓謙

今天是「香港特別行政區成立紀念日」，我們一家三口大約在上午九時到大家樂快餐店吃完豐富的早餐後，便開始我們的行程。

首先，我們在上午十一時到達電影院排隊購票，看我最想看的《老鼠大冒險》。排隊期間，我看見屏幕上剩餘的座位愈來愈少了，我十分緊張，希望可以快點輪到我。過了不久，終於買到票了。之後，爸爸、媽媽和我高高興興地進場欣賞電影。場內提供了一副高科技的眼鏡，佩戴後，有特別的效果，十分新奇！我們都覺得這是一齣非常好看的電影！

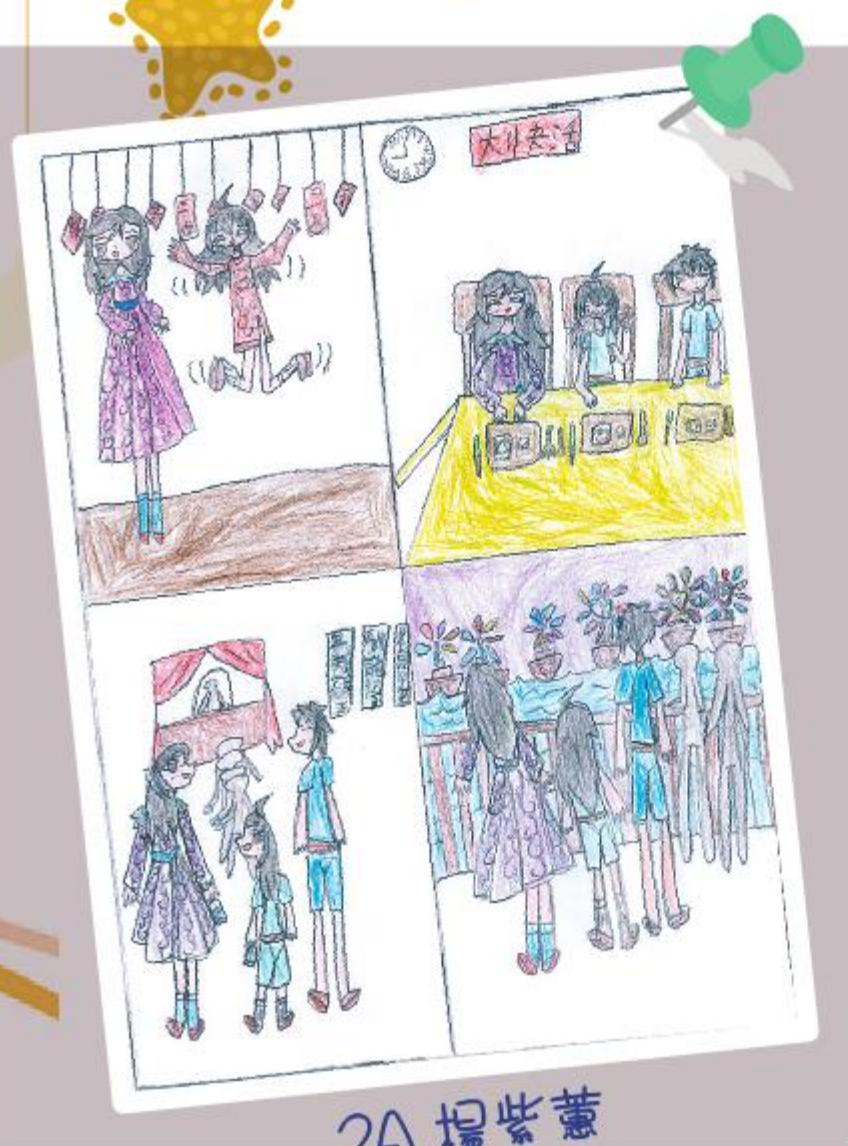
然後，我們在下午一時到麥當勞快餐店吃午餐，我們也吃得津津有味。媽媽為了獎勵我之前考試考得好，她決定帶我到玩具店買玩具給我。當我踏入玩具店時，看見我最喜歡的限量版模型玩具被別人買走了，我十分傷心。老闆看見後，決定把他的珍藏讓給我，我既開心，又感激。

到了晚上八時，我們約了親友和同學一起到維多利亞港看煙火，那些煙火七彩繽紛，十分漂亮。

最後，我們都懷着依依不捨的心情回家去。今天真是美好的一天！



2B 吳雪瑩



2A 楊紫蕙

## 西瓜皮

2C 葉紫悠

小力最愛吃西瓜。今天中午，小力在沙發上吃西瓜，他吃了一半，就發現垃圾箱已經滿了，於是就把西瓜皮丟到窗外去。

過了一會兒，老婆婆剛巧在超級市場買了一個很大的西瓜回家，她經過窗外，沒有留意地上有一塊西瓜皮，一腳踏在西瓜皮上，摔倒了。老婆婆痛得大叫，她說：「好痛啊！好痛啊！」姐姐聽到老婆婆的叫聲，連忙跑過來，扶起老婆婆，姐姐說：「老婆婆，你有沒有事？」老婆婆回答：「沒有事，不用擔心我。」姐姐把西瓜皮丟到垃圾箱裏去，便扶老婆婆回家包紮傷口。老婆婆謝了姐姐，還稱讚她是個好孩子。

當姐姐幫老婆婆包紮傷口時，小力走過來，覺得很慚愧，竟然令老婆婆受傷，便鼓起勇氣對老婆婆說：「對不起，老婆婆，我以後也不敢了。」老婆婆見他這麼誠懇地道歉，就原諒了他。



2C 何曉彤

## 假期的一天

2D 王凱萱

昨天早上九時，爸爸媽媽帶我到一間著名的餐廳吃早餐，我感到很興奮。

上午十一時，爸爸媽媽帶我去戲院購戲票，那齣電影真好看！

下午三時三十分，爸爸媽媽為了獎勵我默書成績很好，所以帶我到玩具店挑選了一盒玩具，最後，我選了積木，還買了一些衣服。

晚上八時，是我覺得最精彩的節目，那就是煙火表演了！煙火五顏六色的，多麼漂亮！當看完煙火後，我們就要回家了。我看着爸爸媽媽笑得開懷的樣子，我想他們也是覺得很快樂呢！



2D 區靜之

## 一次參觀的經歷

3A 梁泳晞

十二月十四日是學校的全方位學習日，我們三年級會到獅子會自然教育中心參觀。

到達後，我們首先參觀了貝殼館，館內介紹了各式各樣的貝殼，每種貝殼都有不同的形狀，令我印象深刻。

之後，老師帶領我們到農地參觀，農地裏介紹了本地常見蔬菜，例如：菠菜、白菜、生菜等。

然後，我們到了漁館參觀，館裏介紹了各種海洋生物，還有些有趣的遊戲讓我們玩呢！

最後，我們依依不捨地離開，今次的全方位學習日，是一次難忘的經歷，大大加深了我對大自然的認識，我非常期待下一次的方位學習日呢！



3A 藍逸朗

## 學校旅行

3B 蕭定熙

今天風和日麗，秋高氣爽，我們跟老師一起到西貢戶外康樂中心旅行。因為我太興奮了，所以旅行前的一天，我還睡不着呢！

到達後，老師先讓同學到康樂室遊玩。我在那裏玩了我喜歡的康樂棋。因為玩康樂棋要求的技巧很高，我只是一個初學者，多次輸給對手，所以我下定決心要加倍練習。

我最喜歡的活動是騎自行車。自行車場裏人山人海，幸好我要騎的是四輪車，大部分同學都在等兩輪車，所以，我很快就可以開始騎自行車了。這是在旅行日中最難忘的片段。騎自行車要有很高的平衡力，而且在轉彎的時候很容易跌倒受傷，因此我小心翼翼地進行練習。幸好我得到同學和家長義工們的鼓勵及教導，使我掌握到騎自行車的技巧，我終於能輕鬆地坐上自行車了。當車子快速地向前進時，一陣陣清風迎面吹來，我感受到秋天的來臨。

快樂的時間很快就過去了，我們真的要離開了。我拖着疲累的身軀回到學校。今天，我度過了既充實又難忘的一天，真希望下一次的學校旅行快些到來。



3B 鍾秉諳

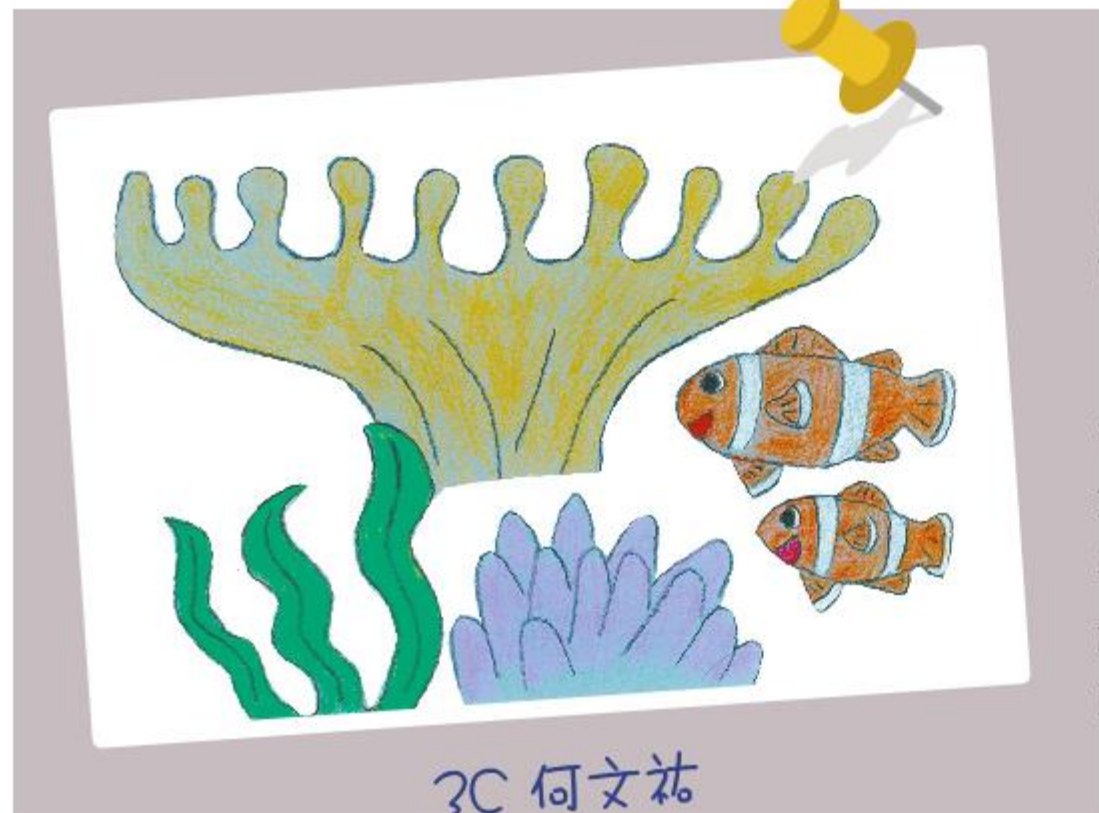
## 假如我是一條魚

3C 游善衛

我是一尾小丑魚，名字叫威威，我穿上一件橙白間條的衣服，既漂亮又鮮艷，當陽光照射在我身上的時候，會發出金黃色的亮光，吸引了很多小朋友來看我。

我住在彩色的珊瑚礁內，平日和兄弟一起玩捉迷藏。我們在橙色的海葵，紫色的珊瑚和綠色的海草中游來游去，速度時快時慢，好像賽車手駕駛賽車一樣，十分驚險刺激呀！我們一邊游，一邊觀察四周的環境，心裏開始感到有點奇怪，因為身邊的珊瑚顏色變得越來越淡。後來，一大片白色的珊瑚在我們眼前出現，嚇得我們目瞪口呆，於是我和小丑魚兄弟開會，商量怎樣拯救珊瑚。

我們商量得出的結果，就是人類要愛護環境，把垃圾回收處理，減少用電，減慢地球暖化的速度，使我們的海底珊瑚不會受白化破壞，我們就可以快樂地生活了！



3C 何文祐

## 買醬油

3D 江婉榕

媽媽準備晚餐的時候，發現廚房的醬油用光了。媽媽對我說：「小明，請你替我外出買一瓶醬油回來，好嗎？」我樂意地答應後，就到市場去。

途中，我看見便利店的門外有一部自動售賣玩具機。我想：如果我用少量金錢抽玩具，應該還有金錢可以買醬油。然後，我就去了抽玩具。

接着，我就把一個十元硬幣投進玩具機。我一扭，聽到「咕嚕咕嚕」的一聲，看見有一個黃色的球滾下來，我抽到到喜愛的玩具。我覺得自己是個幸運兒，但我竟然高興得忘記去超級市場便回家去了。

回家後，媽媽看見我手上沒有醬油，便立刻收起笑容，我就知道自己闖禍了，她生氣地說：「你是不是去扭蛋？我說了很多次，你下次再去，我就懲罰你一星期不可以看電視。」

我這次做錯了，十分後悔。經過這件事後，我明白了做事前要想清楚後果，所以我決定以後一定要做一個負責任的孩子。



3D 方雅意



# 共度新禧

4A 江致林

今年的農曆新年，我和家人朋友度過了一個難忘又充滿歡樂的新年假期。

新年的前兩天，我和媽媽分工合作，媽媽負責大掃除，我負責佈置家居，我把揮春貼在牆上和把吊飾掛在門上，然後我就把賀年食品放在全盒裏，令全家都增添了節日的氣氛。

到了年三十晚，我和我的好朋友到旺角逛年宵市場。我們到達年宵市場，那裏人頭湧湧，十分熱鬧。那裏有很多年宵攤檔，有的是賣氫氣球，有的是賣賀年食品，有的是賣水仙花……而最吸引我的是一個比卡超的氫氣球，所以爸爸就買了給我。爸爸也買了他最喜愛的水仙花，然後我們就高高興興地回家。

大年初一早上，我先向爸爸媽媽拜早年，然後就到姑婆家拜年。在姑婆家裏，我看見很多很久不見的親友們，感到十分高興，我恭敬地向他們拜年，跟着大家就品嚐姑婆製作的賀年糕點。大家吃過糕點後，長輩們便打麻將，我就和表弟表妹玩耍，他們十分可愛。晚飯時，姑婆準備了豐富的美食，有說有笑，我們就這樣高高興興地吃了一頓開年飯。

我很喜歡農曆新年，因為我能和好朋友逛年宵市場，又能與很久不見的親友共聚天倫，所以每年新年都是難忘又充滿歡樂的。



4A 孫靜恩

# 我最欣賞的人

4B 陳耀進

我最欣賞的人是我的妹妹。她很可愛，眼睛大大的，鼻子高高的，頭髮長長的，還有一張櫻桃小嘴。她正在讀幼兒園高班，出生於香港，最愛化妝。

她十分慷慨，有甚麼東西都會讓給我，例如：手機、食物、飲品，甚至電視遙控。她有甚麼都會和我分享。

她做事很專心。她做功課的時候，會很專心地完成，不會受到影響，就算我把電視開得很大聲，她也不會轉過頭來偷看。有時我想和她聊天，她也不會理我；就算我跟她扮鬼臉，她也不會理我，只會低聲地對我說：「你認真點做功課吧！做完功課不是就可以玩了嗎？」所以我十分欣賞她做事很專心。

她也很勇敢。我還記得有一次我們做完功課後去公園玩耍，她不小心跌倒了，她不但沒有哭，反而很勇敢地站了起來，我真欣賞她的勇敢呢！

她令我明白做人慷慨，做事專心和勇敢是很令人喜歡的。



4B 白恩臨

# 我最欣賞的人

4C 唐鈺如

我最欣賞的人是我的好朋友蔡卓怡，她是一個善良的人，大家有甚麼需要都會找她，她是我們的好幫手。

她很樂於助人。有一次，有一位同學跌倒了，拿不到書包，她第一時間幫助和照顧同學。她還是個誠實的人。有一次，她做錯了事，她會誠實地向老師道歉，不會欺騙老師。

她是個勤奮好學的人。上課的時候，她不僅會專心上課，還會抄筆記，方便溫習。她有些不會做的題目，就會向老師或同學請教。她也會不時做練習，還常常努力溫習。她是一個關愛家人的人。如果她的弟弟需要她幫助，她都會即時幫助弟弟。放學後，她會等待弟弟一起回家。回到家做完功課後，她除了幫助媽媽做家務，還會教弟弟做功課。

她有樂於助人、誠實、勤奮好學和關愛家人的品質，大家應該向她學習。



4C 黃芷悠

# 暴風雨前後

4D 馬民皓

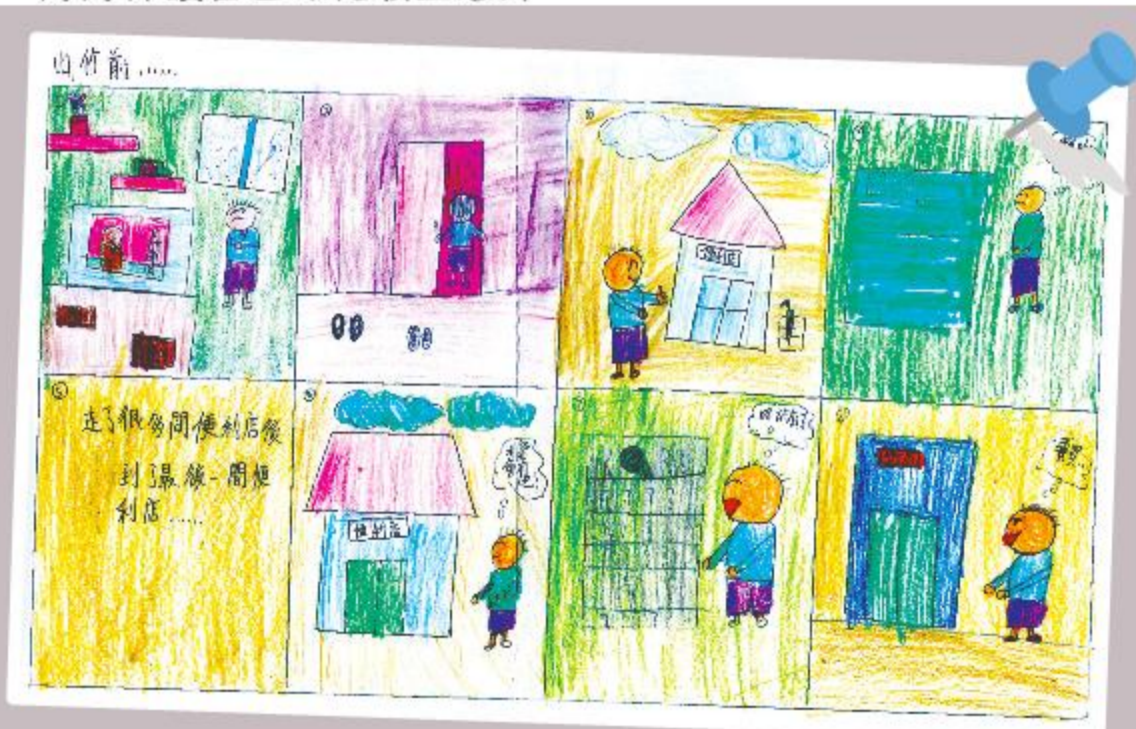
根據天文台預測，颱風「山竹」將於星期日晚上逼近香港，這颱風風力將是歷來最強的。

市民們都很緊張地做好防風準備，有的買膠紙，有的到超級市場購買食物。我也到商場購買膠紙，但走了幾間商舖都買不到，我很有耐性地走進最後一間，很高興終於給我買到最後的兩卷膠紙。

市場的食物也給市民瘋狂地搶購，我也買了白菜、番茄、青瓜、雞翅膀等等，為颱風的到來準備充足的食物。

回到家裏便開始在窗上貼膠紙，在家人的幫助下，我把所有的窗都貼上膠紙。看到窗上一個個漂亮的米字，終於可以鬆一口氣了。

晚上家中開着電視，大家都在看新聞，關注「山竹」的最新動態，希望「山竹」不要給市民帶來太多的損害，市民也要好好保護自己以免發生意外。



4D 林巧芝

第二天，超強烈的颱風——「山竹」終於走了。

這場罕見的颱風威力厲害持久，市面上社區設施和生態環境受到嚴重的破壞，很多樹木被吹得連根拔起。吹倒的樹木和雜物把很多道路阻塞了，大部分巴士停駛。從電視看到大批需要乘車的市民焦急徬徨。跨越重重困難，才可步行至港鐵站、巴士站，可是等了很久也無法上車。但有些有心人特意駛車來接送一些有需要的市民，我很高興他們能伸出援手。

很多工作人員連忙緊急地清理道路，將所有阻塞了道路的樹木雜物搬走，在他們的努力下，路面情況很快就回復正常。

很感激所有在這場颱風中救災救人的警察、消防員、各位工作人員和市民，我在此向他們道謝致敬！

## 我最欣賞的人

4C 唐鈺如

我最欣賞的人是我的好朋友蔡卓怡，她是一個善良的人，大家有甚麼需要都會找她，她是我們的好幫手。

她很樂於助人。有一次，有一位同學跌倒了，拿不到書包，她第一時間幫助和照顧同學。她還是個誠實的人。有一次，她做錯了事，她會誠實地向老師道歉，不會欺騙老師。

她是個勤奮好學的人。上課的時候，她不僅會專心上課，還會抄筆記，方便溫習。她有些不會做的題目，就會向老師或同學請教。她也會不時做練習，還常常努力溫習。她是一個關愛家人的人。如果她的弟弟需要她幫助，她都會即時幫助弟弟。放學後，她會等待弟弟一起回家。回到家做完功課後，她除了幫助媽媽做家務，還會教弟弟做功課。

她有樂於助人、誠實、勤奮好學和關愛家人的品質，大家應該向她學習。



4C 黃芷悠

## 暴風雨前後

4D 馬民皓

根據天文台預測，颱風「山竹」將於星期日晚上逼近香港，這颱風風力將是歷來最強的。

市民們都很緊張地做好防風準備，有的買膠紙，有的到超級市場購買食物。我也到商場購買膠紙，但走了幾間商舖都買

## 大自然的四季

5A 周樂盈

大自然的四季是那麼美麗，那麼的奇妙。春天溫暖，夏天酷熱，秋天涼快，冬天寒冷。

春姐姐一來到，喚醒了她的孩子們。大樹、小鳥和花朵都睜開了眼睛，那種感覺是溫暖的，是香甜的，是甜美的。鳥兒們開心得吱吱喳喳地唱，地鼠也鑽進了濕潤的泥土。

春姐姐一離開，夏伯伯就連忙趕過來。夏伯伯命令太陽放射陽光，令人們大汗淋漓。啊！你聽，那隻金蟬在快樂地唱歌呢！沙灘上，那些海星和貝殼都走出來輕鬆地曬太陽。「啊！好痛啊！」貝殼說。原來貝殼被人類用力地踢了一腳。

夏伯伯一走，秋弟弟就迫不及待地跑了過來。那時黃葉紛飛，不僅是天上有，連地上都是佈滿黃葉。突然樹上出現了一隻可愛的小松鼠。牠雙手捧着松果，一定很餓了。細心地嗅一嗅，那些空氣多麼清新啊！一陣秋風吹過，十分涼快。那迷人的風景，真是一生難忘啊！

秋弟弟告別後，冬爺爺就慢慢地走過來。一陣北風吹來，「呼」的一聲，大地就立刻變得寒冷。下雪了，那雪白的雪花給大地穿上了厚厚的大衣。冬天雪花紛飛，真是十分漂亮。雪花輕飄飄的，就像羽毛一樣，飄啊飄，飄到了我的鼻子上，感覺涼冰冰的。噢！快走！屋頂上的雪要滑下來了！



5A 林怡君

## 大自然的四季

春天百花齊放，夏天驕陽似火，秋天碩果累累，冬天白雪皚皚，這就是大自然的四季，生機勃勃。

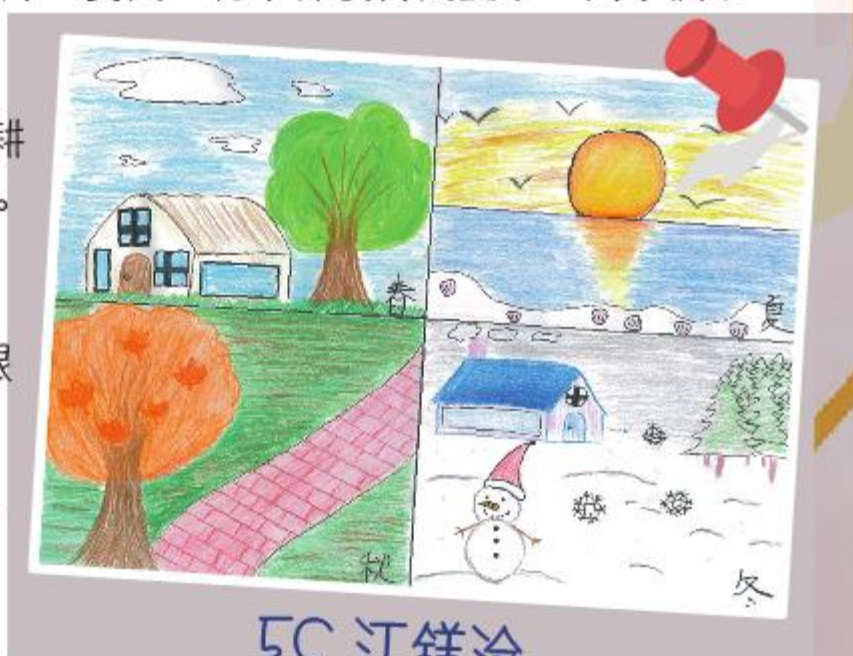
當氣溫不再寒冷，當雷電不再肆虐，當春雷叫醒沉睡的大地，當樹枝抽出新芽，當鮮花展開迷人的笑靨……，春天已翩然而至。小草慢慢地探出頭來，碧綠碧綠的，柳樹長出新的枝條，又細又嫩，隨風飄動；五顏六色的小花兒微微的向大地點頭。

天氣漸漸暖和，迎來了赤日炎炎的夏天。火紅的晚霞，蟬鳴陣陣傳遞著夏日的呼喚！夏天的顏色是紅色的。一切都火紅火紅的。只聽見「知了」美妙的樂曲和孩子們愉快的笑聲。人們在夏的樂園裡，體驗夏的熱情……小溪歡快地流淌，樹上的蟬兒激情地演唱，池塘裏的荷花含苞怒放，襲來陣陣荷香。回望田野，聽見蛙聲一片。夏天，花草都長得茂盛了，同學們也像它們一樣長高了不少，夏之紅日，寫在大家的臉上。

秋天終於來臨，它的涼爽趕走了炎熱的夏天。農民伯伯此時最快樂，自己辛勞耕作終於有了好收成：黃黃的玉米，紅紅的蘋果、紫紫的葡萄……秋天帶來涼爽的信。秋天，天氣涼了，每人又多穿一件衣服。天上的雨一滴一滴的落下，非常涼快。

冬天來了，帶來了寒冷，也帶來了銀白的雪。小河裡的水結冰了，小樹換了銀白的棉襖，小孩們打雪仗、堆雪人……冬天給我們帶來歡樂。

我愛一年四季，愛春天的活力，夏天的狂熱，秋天的涼爽，冬天的歡樂。每一年都有春夏秋冬，每季的變化都使我快樂！我喜歡這四季。



5C 江鏘渝

## 大自然的四季

春天，百花齊放，萬物復蘇；夏天，散發出獨特的花香味；秋天，是稻谷收成的日子，是人們的大喜日子，不禁唱起山歌來；冬天，是動物們冬眠的時候，特別寧靜。

春天到了，春雨淅瀝淅瀝地降落下，激活了流水，流水經過，喚醒還在沉睡的小草，喚醒還在沉睡的小蝸牛，喚醒還在沉睡的小蚯蚓。萬物復蘇，一切都睡醒了，欣然地張開了眼，害羞的小草也悄悄地從泥土裏探出頭來，看看這奇妙的世界。

夏天到了，萬物生機勃勃，剛出生的幼蟬吵鬧地鳴叫着，像小孩迷路了，哭着要媽媽。這時，天色變黑，烏雲密佈，便下起了大雨，幼蟬飛走了，傾盆大雨把森林都淹沒了。

秋天到了，落葉沙沙地凋落。這時秋風姐姐走過，把落葉吹走了，蜥蜴弟弟和蛇姨姨道別，各自回到自己的巢穴裏準備冬眠；小麻雀把空氣藏在自己的羽毛裏，看起來非常胖，十分保暖。

冬天到了，漫山都是雪，本來還有一點葉子的樹，現在光禿禿的，只有堅強的蠟梅媽媽盛開着，山茶妹妹也不甘示弱，學着開起花來，兩株花在爭妍，在鬥麗，誰也不比誰弱。

寒風刺骨的冬天過去了，春風和煦的春天又來了，又到了動物戀愛的季節了，蜥蜴弟弟和蛇姨姨都醒過來，向對方相互問好。萬物周而復始，又是新的一年。



5D 胡欣儀

## 寓言故事——孔雀選美

6A 陳思廷

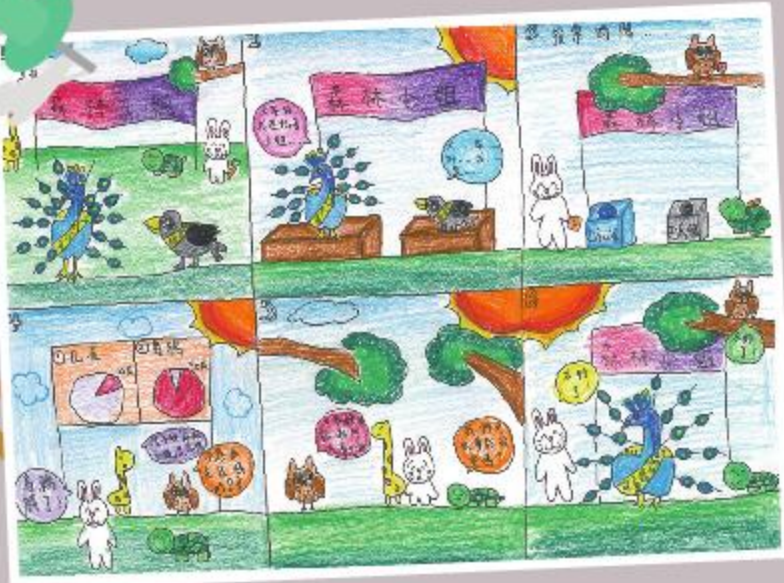
在一個酷熱無比的夏天，森林裏舉行着一年一度的「森林小姐」比賽。「森林小姐」主要是選出森林裏最漂亮及口才最好的一隻動物。

選舉的第一回合是候選人一號拉票的時間。候選人一號是美豔動人的孔雀。孔雀小姐在森林裏經常被稱讚她開屏時十分耀眼，因此她間中會驕傲自大。「大家好，我是孔雀小姐。我曾經有想過，如果我做了『森林小姐』後，我會否幫助一些想成為『森林小姐』的動物呢？現在我想告訴大家，我一定會……」孔雀的講詞十分詳細，可以看出她的口才十分優秀。

候選人一號拉票完成後，就是二號候選人烏鴉小姐的發言時間。烏鴉一上台，台下的觀眾都竊竊私語。烏鴉的講詞不但隨便，而且簡陋，差強人意。

拉票時間結束後，各動物都開始投票。「這年的『森林小姐』是烏鴉小姐！」主持人驚訝地讀出投票結果。善解人意、大公無私的貓頭鷹飛到台上，對大家說：「雖然孔雀小姐在學校裏經常向老師投訴同學，但這都是因為同學做錯了事，他們是應該受到懲罰的。孔雀小姐只是想盡自己的責任，提醒其他同學改過，她並沒有做錯呢！你們不應該因為學校的事，而不投票給自己心中所想的優秀人選，這是公報私仇！」其他動物聽後，都覺得很慚愧。於是，他們都要求重新投票。

最後，孔雀終於成功當選為「森林小姐」。這個故事教導了我們應該處事公正，不應公報私仇。



6A 林裕桐

## 香港一天遊

6B 陳詠茵

今天，爸爸媽媽告訴我，我們可以在香港遊玩一天。我十分期待，因為那些景點都是我從未去過的呢！

一大早，我們就到了尖沙咀的星光大道。那裏有不同影壇巨星的掌印，彷彿讓我看到他們在我面前一樣。再向前走幾步，就可以看到多位明星的雕像，真讓我大開眼界！

吃過午飯後，我們到了太嶼山的天壇大佛。在長長的樓梯下，翹首仰望，一座全球最高的青銅佛像像巨人一般展現在我們的眼前。走上樓梯後，我們進了展館，看見兩旁的牆壁上刻有經文，也刻有手印和佛理，令人肅然起敬。再從通道走到第二展廳，就會看見很多小型佛像和古舊的展品，每一樣都很精緻，讓人敬佩創作者的鬼斧神功。走近出口，一間手信店就在眼前，透過售賣紀念品的服務員介紹，讓我對這尊大佛更刮目相看。

晚上，我們到了太平山頂觀賞夜景。站在山頂上，我們飽覽到整個香港，美景盡收眼底。有趣的是，每棟建築物都細小得如火柴盒一般，就像用手也能握住幾棟似的。能夠欣賞到這樣的美景，真讓我畢生難忘啊！

這次旅程讓我對香港的印象加深了不少，也認識了香港更多的特色，欣賞到這「東方之珠」璀璨的一面。



6B 唐元晟

## 給孫悟空添法寶

雖然孫悟空神通廣大，但是他仍然有美中不足的地方，因此我決定發明「透視眼鏡」送給孫悟空和他的同伴，以幫助他們解決唐三藏經常被妖精擄走的問題。

「透視眼鏡」有三個按鈕，分別有藍色、黃色及紅色，各有不同的用途。

藍色按鈕可以幫孫悟空和豬八戒透視所有東西，即使生魔王假扮豬八戒的模樣，取回芭蕉扇，只要用了「透視眼鏡」後，便可以透視出原來假扮豬八戒的人是生魔王，以幫助孫悟空識破妖精的詭計。

另外，唐三藏的性格比較心軟和糊塗，所以容易被其他妖怪欺騙及綁架。因此，孫悟空戴上了這副「透視眼鏡」，並按黃色按鈕，眼鏡屏幕上便會出現唐三藏被綁架的地點，還可得知捉走唐三藏的妖怪有何弱點，這樣能令孫悟空如虎添翼，更容易打敗那些妖怪。黃色按鈕還有地圖功能，孫悟空除了能知道唐三藏的位置外，還可以知道附近環境的特點，他們便能早作準備，預先購置糧食或添置衣物。

紅色按鈕可以讓孫悟空偷襲妖怪，適合孫悟空和他的同伴使用。只要孫悟空按了紅色按鈕，便可以隱身，走到妖怪的後面偷襲他，令妖怪不能捉到糊塗的唐三藏。

只要孫悟空和他的同伴使用了「透視眼鏡」，便可以令他們無懈可擊，擊倒妖怪更是輕而易舉，取西經也容易得多了。



6C 蔡煒汶

## 觀景有感

有一年的暑假，我和哥哥回了鄉間度假，因為爸爸媽媽要在香港工作，所以我們就回鄉間的婆婆家度暑假。

我在農村裏，經常看見有水牛為人們拉貨物，因為那些貨物很重，所以牠們拉得十分辛苦，在路上慢慢地行走，真是好可憐啊！

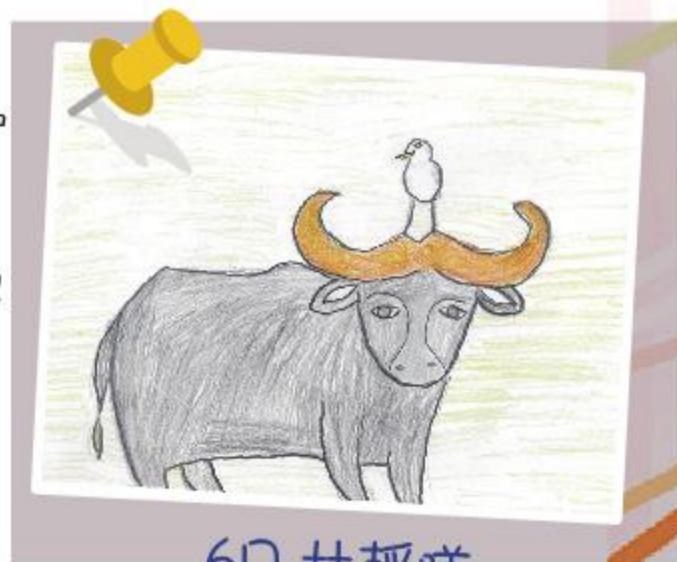
過了一會兒，水牛們又要工作了，牠們為人們拉車，把收成的莊稼送到每一家，每一戶去，看到牠們東奔西跑，忙個不停，我也覺得很悲哀。

拉車後，水牛們又要到田間耕田，牠們背着犁耙，在田裏幫助農夫把泥土翻得鬆軟。牠們在田裏走遍每一個角落，整天出賣勞力，沒有一刻停下來喘息，我心中感到不適意。

水牛一天的工作完結時，牠們愛到清涼的水塘休息，可是水牛浸久了，寄生蟲也會在水牛的身體上滋生，我也無法可想。這時候，牛掠鳥飛到水牛的身上，耐心地為水牛除去寄生蟲，我頓時安心下來，煩悶也一掃而空。

我心中深深地受了感動——

朋友啊！你是牛掠鳥，我是水牛。身上的寄生蟲來咬我，堆積如山的功課要做，讀書的壓力來襲，使我難受，使我透不過氣。除了你，誰能為我在遇上困難的時候，伸出援手，為我除去身上無數的「寄生蟲」？



6D 林靜曦



## My Classmate

1A Shen Zixuan, Cindy

Lucas is my classmate.

He is seven years old.

He is a boy.

He is tall and fat.

He is happy and kind.

He is hard-working and helpful too.

He has two blue and white rulers.

They are long.

## Me and My Toy

1B Bai Yen Zhang Eddie

My name is Eddie.

I am six years old.

I am a boy.

I like my train.

It is blue and green.

It is big and hard.

It has a cart, doors and there are children.



1B Wu Tsz Yan

## My Elephant Doll

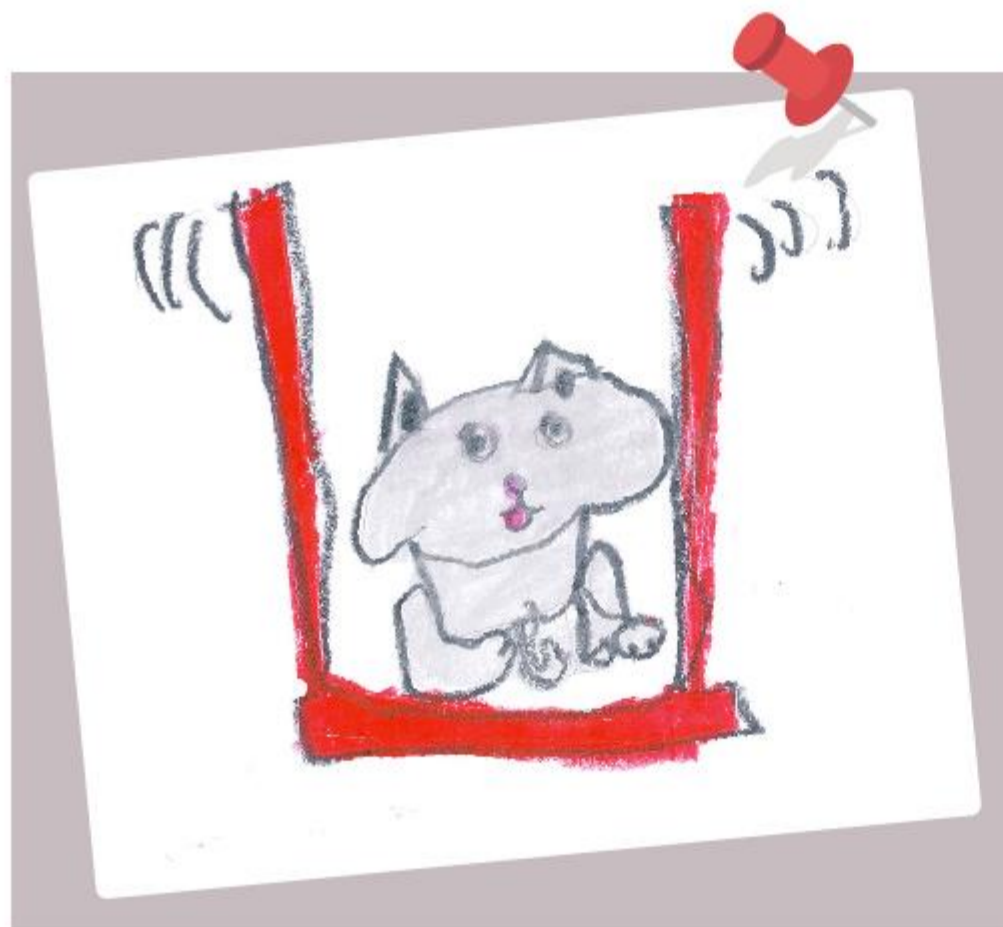
1C Keung Yi Shing, Angus

My elephant doll has a long trunk and big eyes. It has short tusks and big ears. It has a pink dress and an orange hat. It has red shoes and a yellow bow tie.

It can sleep and drink. It can walk and eat.



1C Li Hong Ching, Charlotte



## Me and My Pet

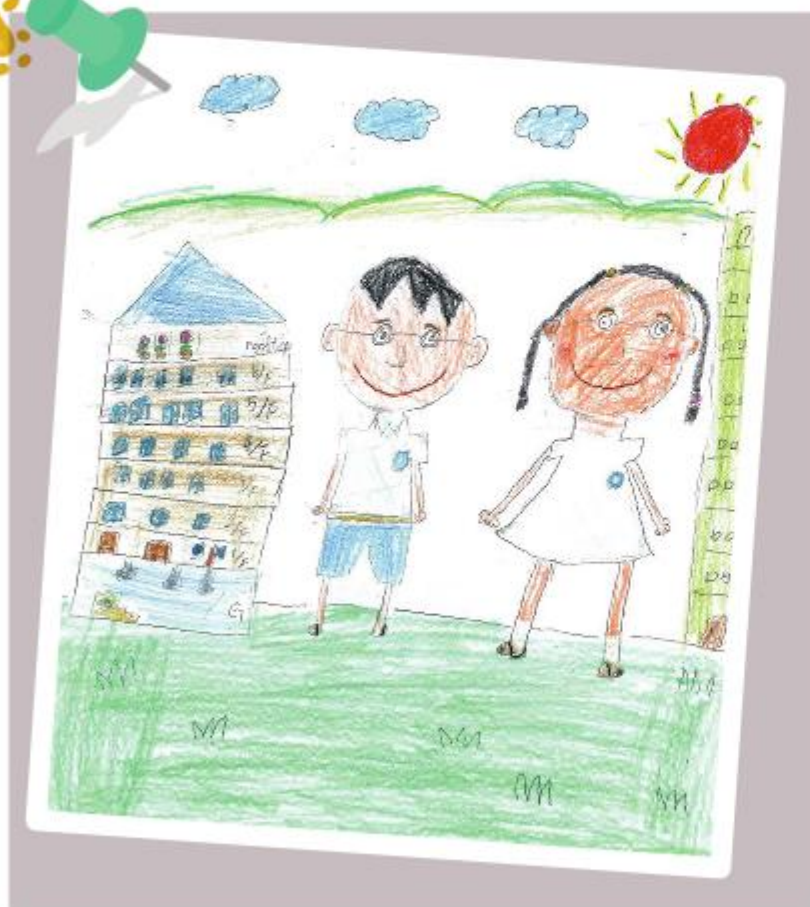
1D Szeto Suet Laam, Ariel

I am Ariel.  
I am six years old.  
I have a hamster.  
It is small and fat.  
It is grey.

It has small ears, short legs, a small nose, a short tail and short fur.

It can walk, run, jump and eat.





## My Friend

2A Ting Yu Ching, Rainie

My friend is Jason. He is seven years old. He lives in Ma On Shan. He goes to school by bus. He helps at home. He folds the clothes. I like him because he is nice.

## My Favourite Season

2B Law Sum Yuet, Effie

I like summer best. It is hot and sunny. Sometimes it is rainy and stormy.

I wear a T-shirt and shorts. I wear sunglasses and a hat. I usually go to the park to play with friends. We play on the slides. We are happy.

I usually go to the beach with my family. We swim in the sea and build sandcastles. I usually eat ice cream and enjoy the cool air from the air conditioner at home. I love summer very much.



2B Wu Suet Ying, Emma

## My Friend

2C Ip Clarissa Tsz Yau

My friend is Galie. She is eight years old. She lives in Ma On Shan. She goes to school on foot. She helps at home. I like her because she is polite and hard-working.



2C Lai Ching On, Alvin



## My Friend

2D Au Ginnie

My friend is Casey. She is seven years old. She lives in Ma On Shan. She goes to school on foot. She helps at home. I like her because she is so nice.

## Classroom Cleaning Day

3A Lam Joshua Yat Long



Today is Classroom Cleaning Day, we need to clean the floor, desks and the blackboard with brooms and towels. We clean the classroom from ten o'clock to eleven o'clock.

I wipe the desk with a towel, May sweeps the floor with a broom and Mary cleans the blackboard with a towel. We are a little tired. Suddenly, a bee flies into the classroom from the window. We are afraid. May and Mary are shouting and crying because the bee flies over my head. I run away to ask for help.

Miss Lee runs into the classroom, she opens the door and all the windows. A minute later, the bee flies out of the window. The classmates are proud of me.

## Birthday Party Diary

3B Siu Ting Hei, Ethan

10<sup>th</sup> August, 2018

Sunny

Dear Diary,

Today was my birthday, we travelled to Japan for the second time.

First we went to a department store to buy two toy trains. I like the trains very much.

Then, we went to the hotel to have a buffet lunch. I ate a lot of things, such as chicken wings, ice-cream, a birthday cake, sushi etc. I was very full.

After that, we took a train to a railway museum. I took lots of pictures of the trains. I also pretended to be a train driver. It was fun.

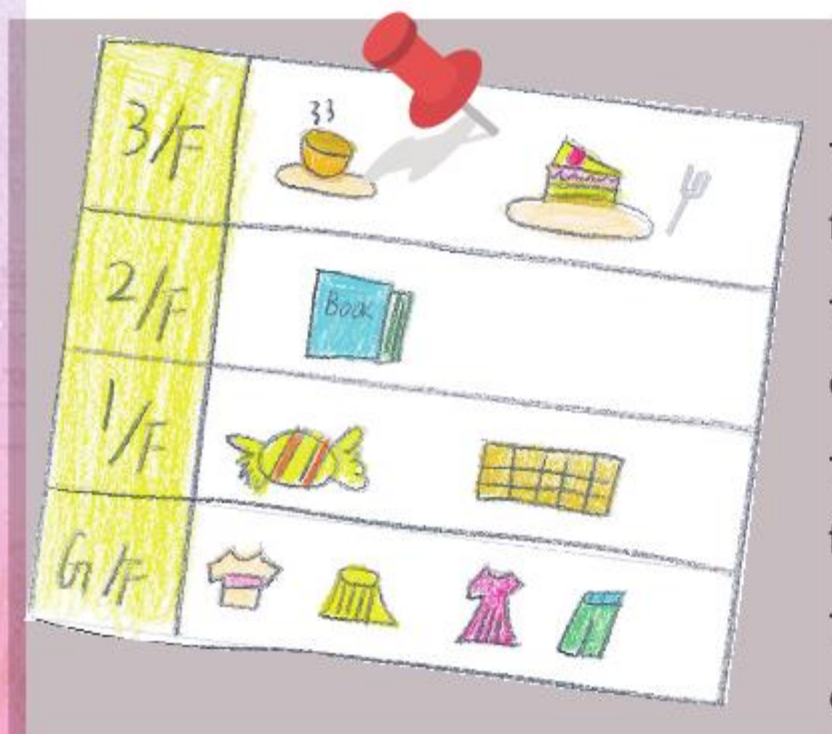
My happiest memory was that I pretended to be a train driver because I got high marks in the game.



3B Tse Lok Ki, Kitty

## My Shopping Centre

3C Fok Tsz Wan, Hayley



This is Sunshine Shopping Centre. The clothes shop is on the ground floor. We can buy cool jeans and beautiful dresses.

The sweet shop is on the first floor. We can buy yummy chocolate and delicious sweets.

The book shop is on the second floor. We can buy interesting comics and funny books.

The cafe is on the third floor. We can eat delicious cakes and drink yummy coffee.

## Tom's birthday

3D Yau Nok Hin, Bruce

Today is Tom's birthday. His dad and mum arrange a birthday party for Tom. There is a lot of delicious food. Dad buys a robot for Tom. He is excited. He says, 'Thank you Dad! I like it!'

Mom buys a chocolate cake for Tom. Tom is so happy because he likes eating cakes. Their lovely cat likes eating cakes too. The cat jumps to the table. It wants to eat the cake. The cake drops. They are very angry.

Suddenly, the door bell rings. Tom opens the door. 'Tom, it's for you! Happy birthday!' says Uncle John. Uncle John buys a big birthday cake for Tom. They are so surprised!



# A Terrible Dining Experience

4A Lai Tsz Him, Isaac

One fine day, Nick heard the doorbell ring. It was Dad! He had come back from his business trip in Canada. Nick was so joyful. It was only for a week but for Nick it felt like forever. Nick had a delicious breakfast and then he watched TV. While he was watching, he saw an advertisement for a restaurant called Mctasty Café. Nick thought it looked good so he suggested going there for lunch. When they got to the restaurant, Nick was really excited. He said, 'I can't wait to try the food!'

Nick had a great time eating a delicious lunch with Mum and Dad. Little did they know, something terrible was about to happen. While they were eating, Nick saw a mouse on a table! It was eating tuna sandwiches. Nick stopped eating. Mum asked, 'Don't you like the food, Nick?' Before Nick could even respond, the mouse jumped up and ran to their table! Nick was so startled that he jumped onto Dad's lap. This scared Mum half to death! Suddenly, the head chef ran out of the kitchen and chased the mouse with a net angrily, 'Get back here, you rodent!' He screamed while the scared mouse ran away from the chef quickly. He chased the mouse out of the restaurant but it got away. He had a regretful look on his face. 'Oh dear! Oh dear! The customer will be furious!' he said. And they were! The customers all stomped out of the restaurant, including Nick and his parents. While they were walking home, Nick said happily, 'Mum, Dad, look! There's KBC next to this restaurant. How about we go there instead?' While they were walking in, Nick saw a flash of grey in his eyes, could it be ...?



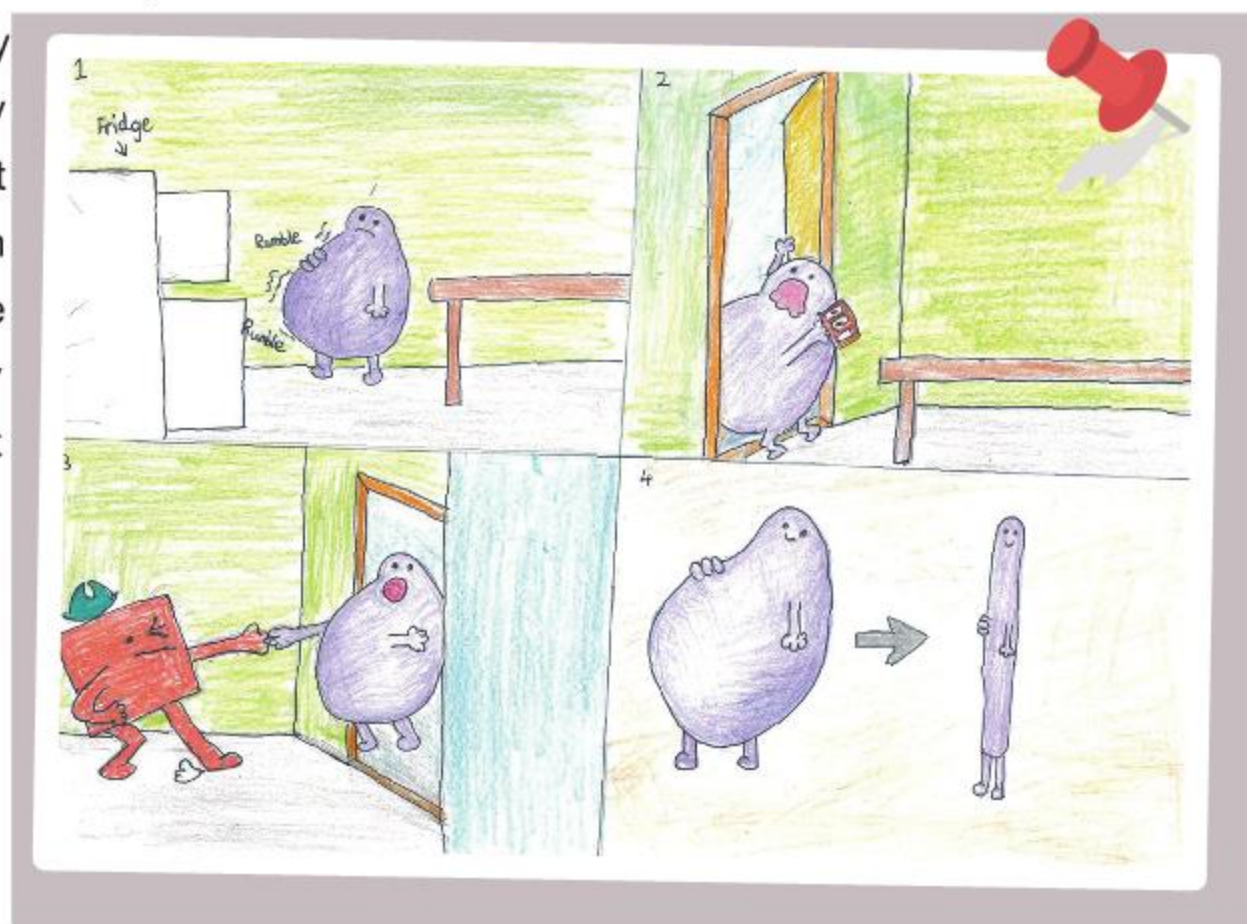
## How did Mr Greedy turn into Mr Thin

4B Lee Kam Ho, Michael

Mr Greedy was the fattest man in the world a few years ago. He had an enormous belly, tiny legs and he was purple. He liked eating, sleeping, watching TV and reading books. He didn't like doing exercise.

One morning at Mr Greedy's house, Mr Greedy was hungry. However, he ate all of his food the day before, so he decided to buy some food. He said, 'I'm so hungry! I want to eat something!' When he stepped out of his house, his tummy was so big that he got stuck at his door! He cried, 'Oh, no! What can I do? Somebody help me!' He cried so loudly that Mr Strong heard him when he was doing exercise. Mr Strong ran like a cheetah to Mr Greedy's house. Mr Strong used all his strength to pull Mr Greedy out. After that, he gave Mr Greedy some healthy advice. 'Mr Greedy, you ought to do more exercise, eat less meat and eat more vegetables.' Mr Greedy was scared that he might get stuck again, so from that day on, he had a balanced diet and did exercise every day. One month later, he became as thin as a stick! When Mr Strong came to check on his progress, he was surprised with the result and said, 'Well done Mr Gree — oh, I think I should call you Mr Thin instead!' 'But I'm still hungry!' replied Mr Greedy with a giggle.

Mr Greedy felt so proud of himself. He followed the food pyramid closely and he kicked away his bad habits. He became Mr Thin. People could not see the difference between Mr Thin and Mr Skinny. Some people thought they were twins! Mr Thin successfully turned himself from the fattest man to the thinnest man in the world, and of course he celebrated it by eating healthy food. At last there was one habit that Mr Thin could not change. He still loved sleeping! This is the end of this story, the story of Mr Thin.





## An Unforgettable Night

5A Yuen Kin Hei, Hayden

I am just a normal girl. One night, when I was sleeping, a shiny woman flew in the window of my room stealthily. I looked carefully and I saw that the lady was a fairy. She said, 'Today is your birthday. You can make a wish.' I wish I could have magic powers. After I replied, my wish came true. I floated in the air and I flew out of the window freely. I couldn't believe I had magic powers.

I saw some light moved quickly. I wondered what it was so I went closer and closer. It was a UFO. Some aliens were circling around the UFO. They were holding a laser gun. I was afraid of the aliens so I hid behind a cloud. I was lucky that they didn't know that.

After a while, they went into the UFO. The UFO started to fly which made a strong wind. It blew away the cloud where I was hiding. One of the aliens discovered me. He told his partners and they chased me. I escaped at once. They shot their guns crazily. I remembered I had magic powers. I made a protective net upon myself. Soon the protective net became weaker and weaker. 'Bang!'. All of a sudden, it was broken. I thought I would be killed but I was fine. My face felt wet and cool. Finally, it was just a water gun! I made a water gun too and played with the aliens happily. We were all overjoyed.

What an unforgettable night!

# The Adventure of Flat Stanley



One windy, cold day in Hong Kong, Arthur and Flat Stanley were going to Heng On Estate by train. Arthur was listening to the boring train announcement while Stanley was playing interesting games on his mobile phone. When the train arrived at Heng On Station, a lot of people rushed into the train. The train was so crowded that Stanley got stuck in it.

Stanley could not get off the train and he went to Ma On Shan Station. He saw a candy shop when he left the station. Stanley yelled cheerfully, 'Oh! A new brand candy shop has opened!' When Stanley was going into the candy shop, a strong, cold wind blew away poor Stanley. He could not defend against it at all! There was no doubt that Stanley felt very frightened.

Arthur saw Stanley flying in the sky so he chased after him. However, Arthur could not catch up with Stanley so Arthur felt extremely worried about him.

Stanley flew in the sky and he got tangled in a plane's wing so he struggled hard. Finally, he fell down into the sea and he changed into a surfboard. Suddenly, another powerful wind blew Stanley to a country park.

'Splat!' Stanley fell down onto the ground. Stanley stood up and saw a lot of people there. He saw the people having a picnic and jogging. Out of nowhere, someone screamed painfully, 'Help!' Stanley quickly ran to the place that the voice came from. Then, he saw a boy's leg bleeding and he was crying loudly. Stanley said calmly, 'I can help the boy.' Nevertheless, the people looked at him with suspicion. Stanley used a bandage to stop the boy's keeping bleeding.

Just after the people took the boy to the hospital, someone fainted! Stanley quickly transformed himself

into a giant fan to make the woman feel cooler. After a while, the woman was conscious. The people applauded excitedly, 'Wow! You are as wise as an owl! Can we give you a reward?' Stanley replied shyly, 'No. Thank you.' The people felt grateful because Stanley saved the boy and the woman. Stanley felt highly proud of himself because he helped the people.

Unexpectedly, another sudden gust of wind blew Stanley to the sky again. Then he became a parachute and floated across the sky. Stanley landed on the ground in Heng On when Arthur was running towards him. Arthur said worriedly, 'Oh! You are here!' Finally I found you! Where have you been?' Stanley preened himself and replied arrogantly, 'Well, I've helped some people!'

Arthur felt puzzled and confused because he did not know how Stanley helped the people. Stanley felt exhausted but overjoyed!

'What an unforgettable day!' Stanley cheered delightedly!





# A Greedy Monkey

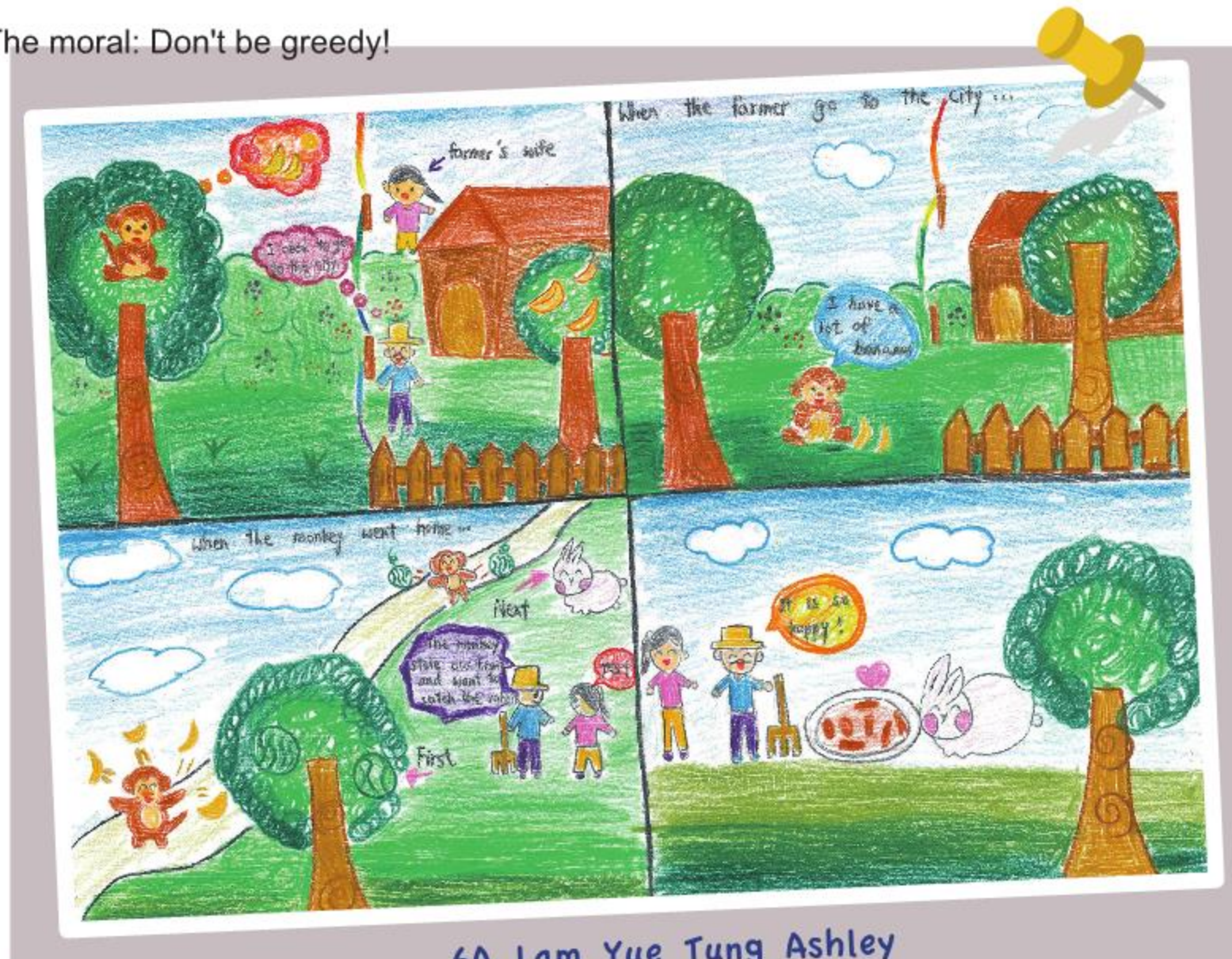
6A fu ka Ming, Daniel

Once upon a time, there was a monkey who lived near a fruit farm and always wanted to steal fruit from there.

One day, the farmer went to the city with his wife. After they left, the monkey sneaked in, 'What a nice day to get fruit from here!' he said to himself with joy. When he was on his way back home, he saw some watermelons in a tree. He immediately threw away all the bananas he had picked and climbed onto the watermelon tree. He did not stop until he got twenty of them!

On his way home, he saw a little white rabbit. Once again, he threw away everything he got and chased it. Just at that moment, the farmer and his wife returned and saw the big mess made by the monkey. They were so mad that they killed it and fed the rabbit with it.

The moral: Don't be greedy!



6A Lam Yue Tung Ashley

## 保良精神

相互尊重 團結合力 延展愛心  
行善助人 感恩知德  
造福社群的奉獻精神

## 願景

幼有所育，少有所學，壯有所為，老有所依，  
貧寡孤困殘病者皆有所望

## 使命

成為最傑出、最具承擔的慈善公益機構，  
發揮保良精神，以善心建善業，  
致力保赤安良，護老扶弱，助貧健診，  
培德育才，揚康樂眾，實踐環保，  
承傳文化，造福社群

## 價值觀

以人為本 關心感恩  
優良管治 務實創新  
廉潔奉公 安不忘危  
善用資源 注重本益  
專業團隊 愛心服務

## The Incredible Eyes

6B Mao Ka Yu Felix

Mr. Mao was a greedy president. He liked eating shark fin soup. He went to hunt sharks once a week because he thought shark fin soup was the most delicious food in the universe. He also believed that it could make him smart and powerful.

Many animal lovers criticized Mr. Mao for eating shark fin soup because it encouraged the hunting of animals. Sam was one of them. He wanted to protect animals. He was furious with Mr. Mao's behaviour. Actually, Sam was not an ordinary person. He was a good wizard. He had superpowers - he could use spells to go into the minds and dreams of others.

They were all very interested in this activity and luckily for them, they caught two sharks. They cut off the sharks' fins and threw their bodies back into the sea. To celebrate their lucky catch they drank wine and sailed back to shore. This was when Sam saw Mr. Mao and became very cross.

Sam went over and talked to Mr. Mao angrily, "You should stop eating shark fin soup because doing so means a lot of sharks die!" "Don't bother me!" shouted Mr. Mao. "I am the president! I can do what I want! If you keep disturbing me, I'll send you to prison!" Sam said, "Look at my eyes..." and he whispered a spell. Mr. Mao was mad, he shouted, "Go away. Now!" He went away with his officers. "You'll pay for what you have done!" murmured Sam and he left the shore.

That night, Mr. Mao had a horrible nightmare. In his dream, he was swimming in the sea. Suddenly a net came through and he was caught. He heard some sharp noise and he noticed a man was cutting a shark's fin. He suddenly realized that the man would do the same thing to him and so he cried for help. Then, that man came towards Mr. Mao and Mr. Mao noticed he was the man who argued with him in the morning! "Why are you here?" Mr. Mao said mystically. "I am a wizard!" said Sam, "I am going to punish you! If you were a shark, what would you feel?" Then, he picked up the electric saw and wanted to cut Mr.



Mao's fin. "Oh! No! Don't do that! Sorry! I will never eat shark fin soup again!" All of a sudden, he woke and discovered he was in his bedroom! He looked around and round, he couldn't get that terrifying scene out of his head.

From that day on, Mr. Mao became a different person. He never ate sharks fin soup again. In fact, he became more aware

of animal welfare issues. He set up new rules to protect animals and prevent the illegal trade of products made from endangered animals. He also, encouraged people to live in harmony with animals, as a result every citizen loved the president very much.