



# THE CONVERGENCE

知德集

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# Foreword from Principal

Writing is unique and beautiful.

Writing is simple, yet profound. Writing expresses who we are and makes our knowledge, personal aspirations and feelings visible and accessible to others. Writing is the means to explain our ideas to ourselves, and to others, while preserving our personal experiences and our memories.

I have enjoyed writing since I was little. I used to jot down everything I saw, felt, and thought on a little notebook. My choice of vocabulary was limited and simple, and the grammar was not at all accurate. Sometimes I even started in the middle, but not in the beginning! However, I allowed myself to write badly, and it did not bother me. I simply liked writing. Gradually, the most magical thing happened – I had these ideas in my head, and they just gradually set down on the pages. I started to write better and better!

Writing had given me joy, calmness and a sense of accomplishment. It has helped me build my character without me even noticing. And that is one of the reasons why WFJLPS

places so much emphasis on writing and has such a strong atmosphere of reading and writing. Our relentless efforts have borne fruits, as evidenced by the numerous wonderful pieces of writings by both our students and teachers, as put together in this book.

“The Convergence” is a collection of our wisdom in both English and Chinese, showcasing the tremendous talents and excellence of our students in writing. On one hand, we want to honour the efforts and great works by our little writers. On the other hand, we would like to provide different platforms for students to share their works with each other and learn from others. Through the interclass sharing of works, it creates a culture of admiration of good works and understanding one another’s ideas and path of growth.

I hope all of you enjoy reading the writings from our students, and more importantly, I hope all of you enjoy writing, for writing can go a long way toward establishing you as a more complete person. Let’s pick up a pen and start writing today!

*Ms. K.S. Victoria Poon*



# THE POWER OF PERSEVERANCE IN SPORTS: THE PATH TO ACHIEVING SUCCESS

Mr. Yuen Tsz Chung

Do you love doing sports? Sports have been a trendy and integral part of our lives. Sports do not only offer physical fitness for us – they also teach us valuable life lessons such as discipline, teamwork and perseverance. In particular, perseverance is the ability to persist in the face of adverse circumstances, to despite setbacks or difficulties in their daily life. Apart from obtaining awards, success is often measured by an athlete's ability to overcome challenges and obstacles in the world of sports. Athlete can learn to be perseverant through different setbacks like a missed shot, a lost game or a serious injury.

Perseverance is a trait that requires dedication and effort to develop. It takes time and practice to cultivate as perseverance does not come naturally to everyone. Athletes must learn to push themselves beyond their limits, work through pain and fatigue, and keep going even when they feel like giving up.

Sarah Lee Wai-sze, Hong Kong's first-ever Olympic cycling medalist, serves as a shining example of perseverance and determination. Sarah remained committed to her dream of competing at the highest level despite facing numerous setbacks throughout her career, including injuries and financial struggles. When she was 18, Sarah fell and broke her left wrist while

trying to avoid a dog during a training ride, just two years after becoming a full-time athlete. Although her coach suggested her to quit, Sarah refused to let the setback defeat her. Instead, she worked tirelessly to regain her strength and fitness, demonstrating her fierce determination and unwavering perseverance. Lee's persistence and hard work paid off when she won a bronze medal in the keirin event at the Rio Olympics, making history as the first Hong Kong cyclist to win an Olympic medal in 32 years.

We can see how perseverance and a positive attitude are key issues in our life from Sarah's story. "It's going to take years of hard work and dedication for me to achieve success," Sarah used to say. "I've been cycling for 18 years. I didn't give up when I got hurt. I don't always feel exhausted when I really love what I do." It reflects her constant determination and resolve in facing adversity, but it also illustrates the power of perseverance when combined with a positive attitude.

In conclusion, perseverance is an essential quality for achieving success, both on and off the field. It requires pushing beyond our limits, embracing failure as a necessary step on the road to success, and never giving up on our dreams. Whether we are athletes or not, we must remember that perseverance is a skill that can only be developed and honed through practice and dedication. By cultivating a positive attitude, staying focused, and working hard towards our goals, anyone can achieve tremendous success and make a difference in the world around them.

## HOW TO BE HAPPY

Ms. Jasmine Cheung

The key to success is HAPPINESS. As a teacher, I never force my students to do their work. I believe that as long as my students enjoy their lessons with satisfaction and contentment, they will try their best to accomplish the tasks and learn English wholeheartedly. But the problem is...how can we be happy? Let me share a few tips with you!

- 1 Take a deep breath.
- 2 Smile at yourself in the mirror every morning.
- 3 Do exercises.
- 4 Sleep lots!
- 5 Find your goals!

**H**aving troubles? Step one, take a deep breath when you need to! This is the simplest way, yet people always forget about it. Experts emphasise that deep breathing stimulates the parasympathetic nervous system (the part of the nervous system responsible for lowering heart rate and blood pressure) which can magically change how we think and feel.

**A**nother method to be happy – Before going out every day, smile at yourself in the mirror! Studies have shown that when people smile, the brain releases dopamine, which makes people feel happy. Remind yourself to “laugh” when you realise you’re feeling down!

**P**lease exercise! Exercising is not only beneficial for physical health, but also a way to relieve stress and increase your sense of happiness! Give yourself a few minutes a day and choose a sport that suits you. Both taking a walk after dinner and jogging in the morning are good choices! For me, I enjoy every strolling moment with my two cute dogs!

**P**eople do not have excellent sleeping quality or sufficient sleep nowadays due to heavy workload and busy lifestyles. This makes them quite tired and unhappy. Therefore, step four, sleep lots! You can improve your sleeping quality by trying out the following methods: do something to relax your body and mind an hour before going to bed, such as reading, writing and playing with pets. You can even turn off the lights early, just lie in bed and think about interesting things that happened today and the things you are grateful for, and slowly fall asleep.

**Y**oungsters, last, but definitely not least, find your goals! Pursuing goals can make your life more meaningful and provide you with more motivation. Find something that makes you happy. See what you haven't done, then try it! In addition, you can regularly engage in activities you like, such as travelling! When waiting for a trip, your happiness will grow and grow because of anticipation, which is also one of the ways to make yourself happier!

There are more and more methods to be happy. Share with your friends and families your unique and creative ways to embrace happiness!

Happy

## HOW CAN ART HELP US FIND HAPPINESS?

Happiness is a state of mind that we all strive for. Art is one way that we can find happiness and joy in our lives. Through the creative expression of painting and other forms of art, we can explore our emotions and find ways to connect with ourselves and others. By learning about different cultures through art, we can gain a better understanding of ourselves and the world around us.

Ms. Joan Shum

### Tips for Creating Artwork That Brings You Joy and Satisfaction

Creating artwork can be a great way to express yourself, but it is also important to make sure that you are creating something that brings you joy and satisfaction. Here are some tips below to help you create artwork that will bring you happiness and fulfillment. From finding inspiration in everyday life to experimenting with different mediums, these tips will help ensure your artwork is something you can be proud of. So get ready to unlock your creativity and start creating artwork that brings you joy and satisfaction!

- 1 Remember that there are no bad mistakes in creating artwork. If you mess up, don't sweat it! A mistake can be a good thing if you are learning and trying new techniques; don't let perfectionism get in the way of creating your masterpiece.
- 2 Don't be afraid to take risks. Try new things and explore your creativity. There are a handful of artists who have taken their work from traditional, realistic forms of painting to abstract and non-realistic art forms.
- 3 Keep the process in mind when creating artwork. It is not always about the finished artwork. It is about how you get there. The journey is just as important as the destination!

Art provides us with an outlet for self-expression and a way to explore our innermost thoughts and feelings. We can use art to discover what truly brings us joy in life, so let's take this journey together!



## “NURTURING STUDENTS” IN CLASSROOMS – A HEARTFELT SHARING FROM A TEACHER

Ms. Tsang Yuet Ming

Our school has been actively promoting Character Building to guide students to be their best selves. A positive school year theme, rich subject knowledge, and teachers' daily practices are valuable learning experiences. This year, I am honoured to be able to explore different learning activities with my students to build a positive learning environment.

With the aim of building a loving and caring class, I set up a give-and-take corner in the classroom to encourage students to give praise and take action to spread kindness in the classroom. Teachers wrote different encouragement notes on the memos for students to take, such as "You can do it", "I believe in you", "Let's work on this together". If students took one, they had to draw a card from the "Give" session to take a giving-back action, such as "Help others to hold the door". Various tasks were included to let students help one another in different ways. Students were eager to write more kind words for others to take and were willing to offer their helping hands.

With the ambition to change the competitive environment, I tried to build up students' cooperation skills. In pair works, students were taught to give feedback in a constructive, friendly and supportive way to each other. To stop the never-ending

number chase among students, I challenged them to focus on improving from their own mistakes. I discussed students' mistakes like a trial-and-error experience and a lesson to learn from. We would laugh and joke about them. Then we would discuss how to avoid making the same mistakes. Even junior form students took control of their studies and became more aware of their learning.

Many brilliant minds and talents are gathered in our school. Yet, there are students with different learning paces and competence in each class. To address learner diversity, I speak to my students with their favourite movie quote, "With great power comes great responsibility." I told the more capable students I was glad they were doing great independently. Nonetheless, I encouraged them to make the right choice by using their talent and gifts to help others instead of making others feel horrible.

These are some of my attempts to promote positive education, and I am sure you may have even more brilliant ideas to share. Talk to your peers to exchange your thoughts and experiences. Let's work hand in hand to create the best learning environment for the next generation.

## LIFE IS A LEMONADE

Ms. Mae

When Hong Kong was hit by the 5<sup>th</sup> wave of COVID, many of us were bound inside the four walls of our houses. We were more unsure of what was to come as it was the worst wave yet. As a teacher, it was a worrisome time as online lessons are notoriously challenging and unpredictable. Moreover, I wondered if I could foster a genuine relationship with my students and aid them to build friendship with each other through merely the webcam and chat box.

Therefore, it was such a pleasant surprise when my P.2 students greeted me with big bright smiles in their first online lesson of the year. To them, the only thing that changed was the setting. They were still eager to learn and answer questions, to chat with their teachers, and to spend time with their friends. Understandably, they would rather be in school, but online lessons were not a road block to their enthusiasm to learn nor a hinder to their interaction with other students.



Going beyond my expectations, I also witnessed my students taking the initiative to bond and socialise with their classmates via Edmodo. Whether it be sharing about their day-to-day life at home or simply funny stories, their interaction was constant – like the notification sounds from my phone because comments and emojis flooded the Edmodo posts. Likewise, my supporting teacher, Ms. Chan, and I joined them, showing pictures of our baked goods and pet cats. It was heartwarming to see such young children remain optimistic and find their own ways to maintain the happy friendship they had built with their friends.

It is not easy to face adversity with a smile on your face. We as adults often live with a shadow overhead. We often focus on the negatives and fixate on finding solutions to our problems. On the other hand, my students have shown me that maybe sometimes, all we need to do is learn how to make our own sun in our gloomy days. When life gives you lemons, instead of focusing on how sour the lemons are, you can focus on the sweetness of life and make lemonade.



## KOBE BRYANT'S STORY

Mr. Hui Kim Fai

Hi kids, this is Mr.Hui, one of your P.E. teachers. Let me ask you a question. Who is your favourite NBA player? Kevin Durant? Stephen Curry? LeBron James? I believe most of you know these famous players, right? Allow me to introduce a unique player who has inspired me so much in my whole life. His name is Kobe Bryant.

Kobe Bryant is a 6-foot-6 player. As a matter of fact, he is not very tall or physically a musclehead. So what makes Bryant so special? Two stories of Bryant will tell you everything, including what the "Black Mamba Mentality" is about.

In 2013, Bryant was playing a game against the Warriors. All of a sudden, he pulled and tore his Achilles tendon. This is a fatal injury to any kind of athlete. It was unbelievable that he could even finish his free throw enduring such tremendous pain. Even a fatal injury couldn't cripple him.

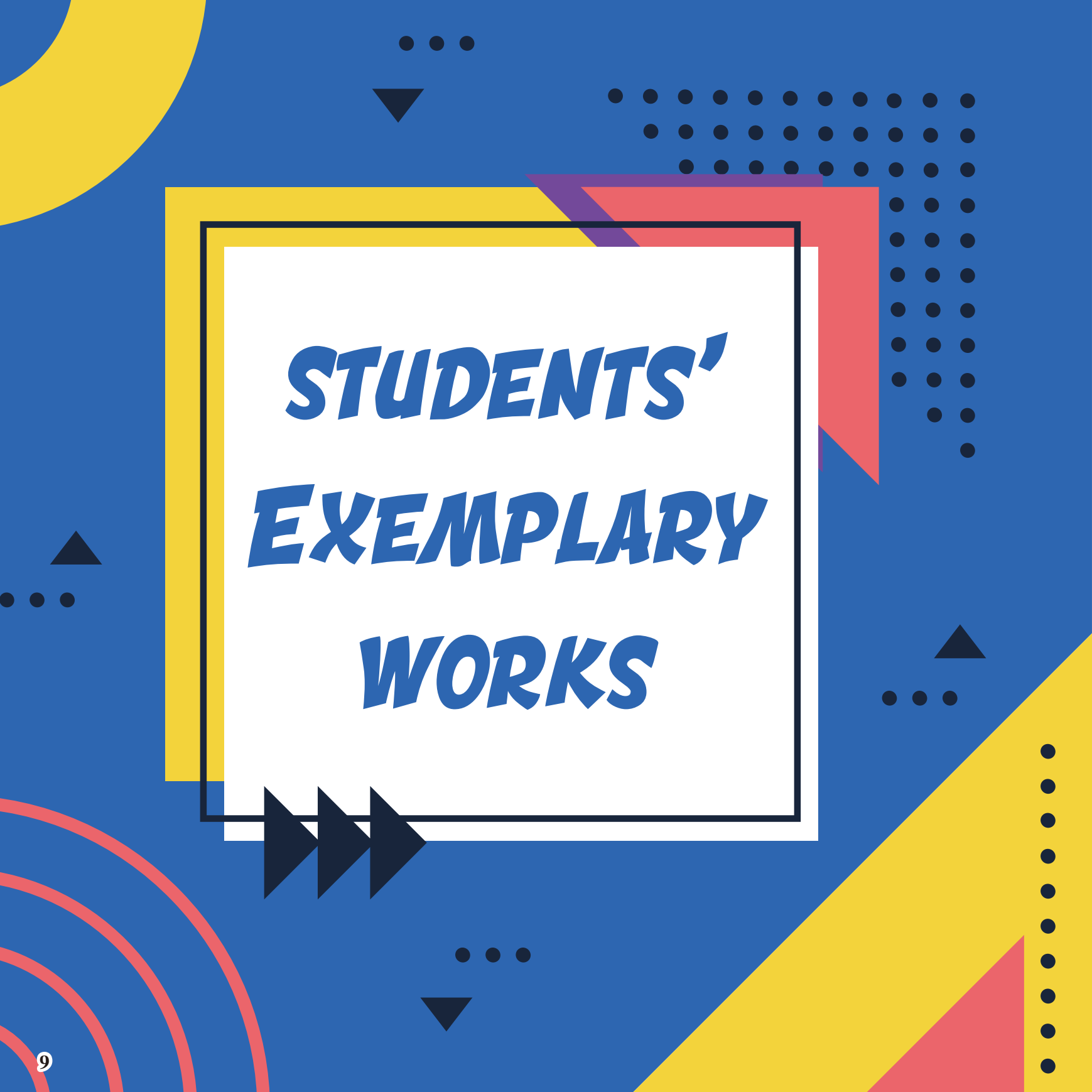
Later in 2015, 37-year-old Bryant dislocated his finger in a game. He slipped on the wet floor and his finger just jammed into the floor and it just popped right out. Usually, with that kind of injury, athletes would need to call a timeout and stop playing the game. However, instead of checking out of the game, Bryant popped his dislocated finger back into place, and then went back to playing like nothing had ever happened.

Some may see Bryant as "insane" from these two stories, but what I see in him is determination and the "Black Mamba Mentality".

If you look at the history of the NBA, you may find that he is not the "G.O.A.T" (Greatest Of All Time). However, the influence he has brought to the NBA or even the world is always greater than how many points he scored on the court.

Bryant is not only a basketball player, but also a mentor, a pioneer and an influencer. Kids, I hope you will learn more about the "Black Mamba Mentality" as you grow. I believe you will benefit one thing or two from it. And I believe with the "Black Mamba Mentality", you can overcome most of the difficulties you face in your life. Maybe one day, some of you will become the next "Black Mamba".





***STUDENTS'***  
***EXEMPLARY***  
***WORKS***

## EAGLES

### 1B Man Cheuk Ki

This is an eagle. It has two powerful wings, sharp claws and also a long beak. It is covered with long feathers. It can use its mighty wings to sweep down from the sky and use its sharp claws to catch food. It also can see four or five times better than humans. It can almost fly as fast as the flash! It can also walk on the ground. Its legs move fast but it cannot go very far.



## DOGS

### 1C Lau Ka Yi

This is a dog. It has four legs, two ears, two eyes, a tail, a mouth, sharp teeth, paws and a nose. It also has soft fur. It can run very fast. It is a very clever animal. It is very useful in catching thieves and attacking the strangers if it sees its master is in danger. It uses its paws to dig.



# Students' Exemplary Works



## MY PICNIC

1E Lam Hayley Sum Yee

I am going to the country park. I have a picnic on Sunday and I see a boy reading a book. I see Mom and Dad eating sandwiches. I see a girl feeding the fish. I see some tall trees. My brother is flying a kite. My grandfather is taking pictures. My grandmother is reading a book. I am very happy and I enjoy the picnic!

## MAKE A DIFFERENCE

2B Hsu Yan

I want to be a nurse because I like helping people get better. I especially want to be a pediatric nurse because I love babies.

Babies are adorable but fragile. They need to be taken care of attentively. I will feed them milk, change their diapers, bathe them and give them shots. I will look after them with patience and love.

Being a nurse has been my dream ever since I was six when I learned "People Who Help Us". I will do all that I can do to get into a school for nurses. I will become a dedicated nurse like Florence Nightingale.

I want to play an important role in my community and make it a better place.



## MEGAN'S SPOILED DAY AT THE BEACH

2C Kong Wing Tai

Today is a sunny day, so Megan decides to go to the beach. Plus, it's very hot, so Megan will bring her light purple swimsuit to swim in the cool seawater. As soon as she arrives, she sees a lot of playful kids. Some of them are sunbathing. Others are playing catch. She smells the fresh air. She can hear some seagulls chirping, waves splashing and some laughter too.

However, after a while, the sky begins to darken. Some people shout, "Get going, everyone. The sky is darkening!" But Megan can't hear it because she is too busy making her pretty sandcastle. After the sky darkens, gigantic black clouds begin to cover the sky. Then, the sun disappears and hides behind the

clouds. The raindrops drop bit by bit onto Megan's arms, legs, face and head. She hears "drip drop drip" falling into the sea. Instead of packing her stuff and going home with her parents, Megan stays there without even looking at the dark rainy sky.

In the end, Megan is soaked because she does not pack her blue spade and green bucket, or go home with her mum and dad. Megan's mom and dad suddenly come to pick her up when the huge storm is at the beach. Safe back at home, Megan learns that she must pay attention to what is happening around her to see if anything changes so as to be prepared and safe. The whole family does a family hug because they all feel very warm.

## MY NICE PRINCIPAL

2E Pang Ching Laam Karina

Ms. Poon is a special person in my community. She is my principal. She has long hair and black eyes. She has a kind smile.

She is special because she is helpful. She helps her students learn different things and helps think of the school class activities.

She is special because she is nice. She says hello to and chats with her students. She asks how we are doing and she tries to get to know us.

I am grateful to have Principal Poon in my community because she is nice and helpful. I love having her as my principal.



▲ This is Principal Poon. Sometimes, she visits us in our classroom.

# Students' Exemplary Works

## A STORY ABOUT A SHOES

3A Ip Ka Wai

Once upon a time, there was a pair of arrogant Mexican pointy boots- Timmy and Jimmy. They were stars on the stage.

One day, a boy called John went to the concert hall with his mom to enjoy an electronic music performance. After the performance, there was a lottery and the present was a pair of Mexican pointy boots. John drew the drawing lot and he shouted happily, "Yeah! I won the lottery!" John received the Mexican pointy boots and went home. He gave his dad the boots as a birthday present. His dad wore the boots every day because he thought they were so cool.

The next day, Dad wore the boots to work as John expected. On the subway, Dad hurt other passengers by accident because his boots were too long. In the office, Dad's colleagues always laughed at him when they saw his exaggerated boots. He was so embarrassed. At home, the boots complained with other shoes that they thought their life was so boring.

At weekend, John required his dad to wear the boots to play soccer with him and his friend because he wanted his friend to admire his dad's stylish boots. Unexpectedly, Dad kept falling as he wore the gigantic boots. He did not get any score. The boots kept yelling throughout the whole game as they felt painful. After the game, John's friends laughed at him and said that his dad was poor at playing soccer. John was upset and angry.

After they returned home, Jimmy and Timmy laid down in the shoe cabinet and said, "I hurt a lot! I miss my past life!" Other shoes comforted them and helped clean them up. They also polished them. The boots were grateful and they thought that they looked supercilious. At the same time, John's parents thought they needed to have a chat with John. They said, "John, we know you like these boots but we need to wear different shoes in different situations. We need to find a good master for them." John realized that he made a mistake and agreed with them.

Finally, John and his dad sold the boots in a thrift shop. Suddenly, a famous singer saw the boots in the shop. He thought the boots were perfect for him to wear on the stage. He bought them happily!

Now, Jimmy and Timmy are happy with their life as they become a pair of boots that brings joy and care to others!

## A STORY ABOUT A SHOES

3B Ong Mo Bin

Once upon a time, there was a boy called MoBin. One day, he walked into a forest for a long time. Finally, he got tired. There was a river, so he sat down at the riverbank.

All of a sudden, MoBin spotted something lying on a big rock. It was a shoe. But, why is a shoe lying here?

MoBin saw that there was a piece of shiny thing on the shoe. He went closer and examined the shoe carefully and found out that there was a label, "Tommy's" He couldn't recognise the words at all.

But just then, MoBin noticed some little decorations on the shoe. He scrubbed away the mud and realised that it was a very beautiful shoe. It was full of various decorations. MoBin liked the decorations very much. He then brought it home. However, he was a bit upset, because he couldn't find another shoe to match it.

MoBin posted his discovery on the Internet. After a few days, someone asked MoBin whether he found this shoe in a forest. MoBin replied, "Yes". Then the person claimed that it must be his shoe because he lost the same shoe in the forest. The shoe was dropped into the river and drifted away, so he couldn't get it back. He could only skip back home with one leg. He asked MoBin whether there was a label on the shoe. MoBin said yes. Then he said, "The label on the shoe shows Tommy's favourite shoe because I'm Tommy."

The next weekend, MoBin gave the shoe back to Tommy. Tommy was very grateful when he got the shoe and they became good friends from then on.



# Students' Exemplary Works

## POLAR BEAR ADVENTURE

3D Yeung Hoi Yap

I am a polar bear and I have less time to survive because global warming is getting more serious. Many icebergs are melting. In the past, my family and I searched for holes to wait for seals to breathe air and ate them. However, the icebergs are now melting so it is harder to find food since there are no more holes among icebergs. Seals can then breathe anywhere. Therefore, I decide that I should find a new home.

I start swimming the next day. I swim for three days and I see many humans using boats for travelling. I hope that they can use less gas and electricity in daily life. Finally, I arrive in a forest and walk to find food. On the way, I see Mr. Panda eating bamboos slowly, so I ask him, "Where do you think I should go?" he answers me in a slow motion, "I -would-prefer-going-to-the-South-Pole." I can't hear it clearly but I know it is the South Pole. However, I am getting sweaty because I used to live in the North Pole and this forest is too humid for me. I just hope that humans will be more environmentally-friendly. Then I thank Mr. Panda and head to the South Pole.

Then I accidentally show up in a desert and I see Miss Camel walking. I ask her, "Is it good for me to live here?" She shakes her head and says, "I don't think you can endure the desert heat because it can go up to thirty or forty degrees Celsius in daytime, but zero degrees Celsius at night. There is a great temperature difference between daytime and night-time so this is not a good option to live here. You'd better live in the South Pole." I am now getting disheartening, but I still thank Miss Camel and set off to the South Pole again.

However, when I arrive at the South Pole, my heart sinks since the penguin says, "Get out of here! We are facing global warming and there's no place for us to live!" I say, "I am facing the same problem too! Why can't we just work together to tell the humans to use less gas and electricity to stop global warming!"

After the conversation, we hack into the computers in the South Pole and tell the humans to be environmentally-friendly and use less gas and electricity in daily life. I hope that they listen to us and global warming will be alleviated. Then all the animals in both the South Pole and the North Pole are no longer homeless!



## MY DREAM MUSEUM: SHINKENSEN MUSEUM

4B Lee Yu Hon Jovon

I have a dream museum. It is called the Shinkensen Museum. I would like to talk more about it in detail.

Japan is one of the most famous travel countries for Hong Kong people. Shinkensen is one of the major transportations in Japan. We can know more about the train system by reading some books and watching the news about Japanese train. There is a cartoon called Shinkalion, which makes Hong Kong children interested in Shinkensen too.

Shinkensen Museum will be open in Tuen Mun. There will be three floors. It is because some of the industrial buildings in Tuen Mun are large enough for storing Shinkensen train tracks. The museum will look like a big train model with train tracks. It will be open from 10 a.m. to 11 p.m. The history of this museum is that a lot of people like Shinkensen. I will open this museum in 2030. Before that, I will take some photos of train lovers' favourite trains, such as the Yamanote Line and put them in the museum. In 2031, I will start a Shinkensen workshop, and children will make a Shinkensen with clay or a paper model there.



Visitors can also play the Shinkensen video games. It will be about the characteristics of different trains. The visitors can play the Shinkensen Simulator. They can enjoy the trip. For example, they can drive the Shinkensen in Tsing Ma Bridge by the Simulator. Not only can adults enjoy the games, children can play them too. For example, they can use the VR technology to take a ride of E5 Shinkensen from the museum to Mong Kok. There will be a café inside the museum too. The café will sell a lot of Shinkensen lunchboxes, and people can enjoy their meals there. After finishing the meal, they can take away the lunchboxes as souvenirs. When you finish your trip in the museum, you remember to go to gift shops to buy souvenirs.

I expect that there will be a lot of people visiting my museum. I hope my museum can gather most of the Shinkensen lovers to share their model making, news as well as their collections.

# Students' Exemplary Works

## CHIPS DAY

We all love having chips. It is one of the most popular food items for snacks. Do you know about Chips Day? It is on 6<sup>th</sup> of April every year and it is celebrated all over the world. Chips Day started with an argument between two sisters. Let me tell you about Chips Day!

This is how Chips Day started. In 2000, a girl was eating chips with her younger sister. When there was just one piece of chips left, they began to argue. Both the younger sister and the girl thought that they should eat the last one. Finally, they shared the last chip. Since then, we celebrate the girl and her younger sister's love and kindness through Chips Day.

There are lots of amazing and fun activities on Chips Day. People will dress up like different kinds of shapes of chips, such as circles, triangles, and squares. People also have chips-eating competitions and have a grand feast with just chips! It is fun to celebrate Chips Day!

## 4C Tsang Wing Sum

There are a lot of deep meanings behind the traditions. For example, people celebrate this festival because they want to spread the idea that sharing is caring. They want all people not only to share their food, but also kindness, fun and love. This interesting festival brings people closer together.

Chips Day is one of the most amazing festivals in the world. I think we should spread the idea that sharing is caring, and we should celebrate Chips Day with our friends and family too!



## AMAZING PLACES IN HONG KONG

4E Lo Chun Him

Hong Kong is one of the most popular vacation destinations in the world. Hong Kong is a unique city because it combines the Western and Chinese cultures that sculpt the history of Hong Kong. Hong Kong has much more to offer than just dim sum and stunning street views. Find out what to do and discover the best places to visit in Hong Kong!

Hong Kong has a lot of famous architectures. One of the signature statues is The Big Buddha. Being one of the top five largest Buddha statues in China, The Big Buddha is a gigantic bronze statue constructed from 202 bronze pieces. It is located in Ngong Ping on Lantau Island. Although walking up to 268 steps is tiring, once you reach the top floor of the Buddha, it will take your breath away.

There are stunning day and night views in Hong Kong. The best place to enjoy the scenery is from the Peak. It is the highest hill on the western half of the Hong Kong Island. It is an ideal place to enjoy the aerial view of the Hong Kong's iconic

skyline. Tourists can feast their eyes on the beautiful view of the Victoria Harbour. Tourists may take the Peak Tram, the oldest transportation in Hang Kong to get to the Peak. It has operated for over 100 years. They may also visit the Peak Tower to buy some souvenirs there!

Ocean Park is the second largest theme park in Hong Kong. It is not just a zoo, but also an amusement park. Animal lovers cannot miss the chance to visit the adorable animals at Ocean Park like artic foxes and penguins. Two rare giant pandas, Ying Ying and Le Le, are the most attractive animals there. Tourists may also see the coral reef fish and sharks in the Grand Aquarium. There are so many exciting roller coasters for tourists to ride on. They may also ride on the cable car to enjoy the sea view too! It is the perfect place to have an exciting day!

Hong Kong is a well-known place for tourists from all over the world. I think you have found out your favourite place by now. Hope you can visit Hong Kong soon!

# Students' Exemplary Works

## ADAPTING TO A NEW COUNTRY

### 5B Cheung Cheuk Chee

I will never see this intriguing country the same ever again.

When I was six years old, I never had the audacity to remove oneself from Hong Kong, but I substituted my thoughts to think about the astonishment I would have when going to another country. I always imagined going to America or Africa at that age. However, instead of America or Africa, I went to Japan. I thought it would just be like Hong Kong, but people speak Japanese, and all trees are cherry blossom trees. I was mistaken and not precise about the true nature of Japan, especially Hokkaido.

The moment I landed on the nation of Japan, I saw many vending machines that could fill a seventy-storey building! The airport was spotless and as neat as a button. I did some small skis on the floor too! My mother and aunt went to Japan with me, and we rode a bus to our hotel we would stay in. I was still in awe of the places. It looked so distinctive and extraordinary.

The people were bowing and talking in Japanese but also spoke English to us. My head was still brimming with excitement.

There were some negative things, too. I once stuck my chopsticks into my rice and my aunt anxiously told me to take them out. Apparently, doing this is said to bring bad luck. It reminds people of the special incense used in funerals, like sticking the incense sticks into the bowl of soil or coal. Luckily, I didn't get caught, but it was quite humiliating. I have avoided doing that since then.

I had chances to have some amazing opportunities to have fun. I went to a flower garden. It was so lively and was blooming with lavender and other flowers. The flowers were fresh and colourful and smelled delightfully pleasant. There was a purple ice cream stall in the middle, and it was near the entrance. I got some lavender ice cream which looked delicious and intriguing, and it was so good! It tasted just like the lavender flower, and I was starry-eyed. My mother got some melon ice cream and I had a teensy nibble of it, and it tasted so mouth-watering. This was one of the remarkable moments during the trip.

The trip to Japan was so remarkable and illustrious. The sights were certainly favorable and breath-taking! I will still remember not to stick chopsticks into my rice. Even if Japan is not as I expected to be, it is still brilliant in its own way.

## SPORTS DAY

5D Ng Shing Yui

It was the annual sports day. The azure blue sky was dotted with fluffy white clouds that drifted lazily in the gentle breeze. My classmates and I excitedly came into our classroom and sat down, waiting for the Sports Day opening ceremony. In the ceremony, we vowed to finish all competitions with perseverance and integrity.

After the ceremony, a teacher came in with five different speed stacking cup stacks. The teacher announced, "This is the start of the Speed Stacking Competition. Every student has one try to practise. You have three tries to stack the cups. We will only take your fastest try to be your final time." I started my practice, and I finished in 6.29 seconds. Eager to win, I put my hands on the timer, started it and my hands flew across the cups. I finished my first try in 8.73 seconds. I took a deep breath and started my second try. Then, I made a fatal mistake, hitting one of the cups on the bottom and all the cups fell to the ground. The chitter chatter of my classmates faded away and all I could

hear was the heavy thumping of my heart. My head swirled into a spiral and thoughts of losing filled my mind.

Out of the blue, the memory of my vow this morning dug into the centre of my thoughts. Perseverance is the key to win. Stepping into position, I wiped my sweaty palms on my pants and got ready. Shouts of encouragement could be heard coming from my classmates.

I knew my friends were there rooting for me. I won't let them down. "Ready, set, go!" With confidence brimming in my veins, I started my final try. As my hands cycled through the complex stack, I focused on my actions and speed, paying extra attention to where my hands were moving. I finished my final try in 4.97 seconds. I won!

Beaming from ear to ear, I accepted my trophy from Principal Poon. Hard work eventually paid off as I received congratulatory handshakes from my friends.

# Students' Exemplary Works

## KINTSUGI, WHERE GOLD SEAMS

5E Zhao Tsz Yan Vanessa

I was a research scientist who wanted to look for a rare and extraordinary herb on a mountain. Unfortunately, I must collaborate with my nemesis - Arabelle. Rumors were spread that she was problematic.

On a Wednesday morning, we set off to the high mountain to get the herb. The weather was bad already. The wind started howling furiously. An impenetrable cold breeze got into the gritty air.

"When can we reach there and finally rest? This is excruciatingly tiring." I said as I was panting uncontrollably at the base of the mountain.

Arabelle scoffed and replied, "Wow! So, all you care about is resting. We still have to find the herb. Productivity is the key to success."

I gave her a silent treatment and we continued the climb. My legs started to sore like a sharp pain racing through, and they started trembling. I could see Arabelle struggling too, yet

we hadn't reached the summit, where the herb was located. As I stopped to rest, the rock I was holding onto broke. So, I fell and my heart skipped a beat.

Luckily, there was a small edge I could hold onto, but time was running out. I was about to fall. Despair derived and hope was relinquished. Expectations were down to zero. Was hope not enough to act as a golden glue to mend our fractured bond? Suddenly, there was the moment of revelation. The hand was shone by merely little amount of sunlight. A helping hand was lent. I was utterly shocked. Why would she help me? Everyone knew that I hated her.

Although I had a guilt trip, I felt immerse warmth gush.

"Thank you so much, Arabelle! How can I ever repay you?" I said with my subtle smile.

"You don't have to repay," she mumbled.

Remorse flooded in my mind, and I regretted making judgment that shattered our bond like brittle clay.

We climbed and climbed, One day's effort only allowed to reach the middle of the mountain. Arabelle and I built a sturdy tent together and rested for a while. I was looking for my water bottle since I was thirsty. All of a sudden, I remembered that when I was

# Students' Exemplary Works

holding onto a small edge, my bag was opened and all of my stuff fell. I was petrified and dehydrated at that time. Arabelle saw my pale face and brought out a spare water bottle. Then, she handed it to me.

“I brought an extra water bottle just for emergency. Here, drink it! I know you’re desperate for water from the long trip we’ve had.”

There was reluctance. There was shame. Was it genuine kindness? Or was it just insult and humiliation? For my life, once, I chose to take her water bottle.

The next day, we began the adventure. The weather looked so favorable for a peaceful trip. At the midst of this journey, I had been contemplating. Was the bare hatred blinding my mind? I felt so remorseful for misjudging her.

The plasma blue sky faded, and the storm came with a sepia hint to the silver-black sky, as if they already knew the wind and rain would wrought havoc for an eternity. The drizzle immediately intensified into a blustery.

Memory relapsed in my mind. “What if I fall off again? What if I give up again? What if I ... again?” Arabelle and I got higher and higher up in the mountain. Breathing also became a trouble as the air became rarefied due to the high altitude. Another strong gust of wind violently brushed through our face.

Despite her affirmations, I did see her giving a long, weary sigh. Fear swallowed most of our courage and endurance.

Dilemmas occurred whether to be rational or emotional. At last, we found a cave for sheltering.

During night-time, Arabelle was crying. She was done with the myriad optimism. All she wanted was peace. Epiphany sparked. She is human after all. At that point, all my hatred was evaporated. I felt empathetic, and we survived through mutual support.

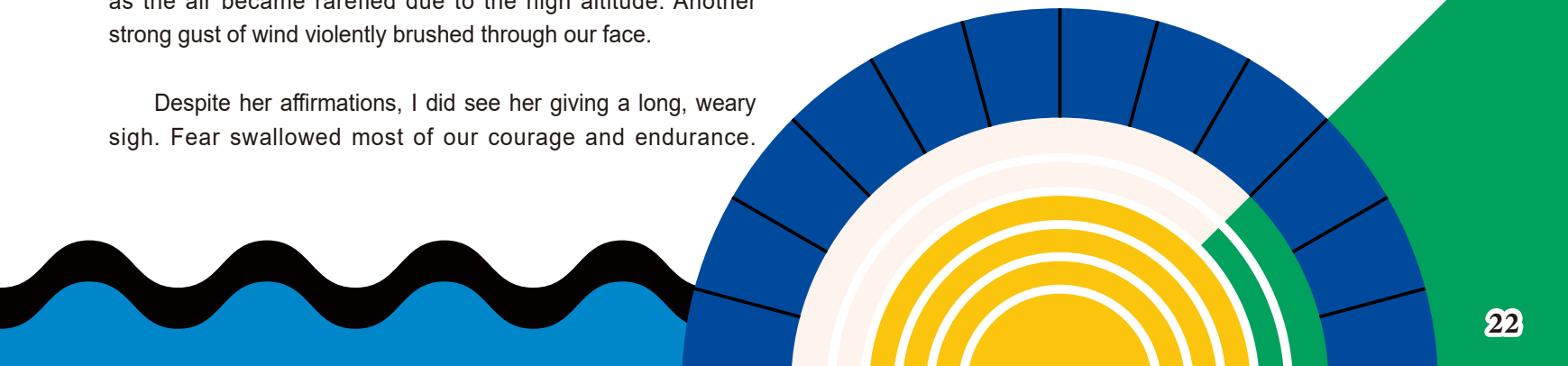
Reaching the summit before dawn. The herb was withered after the powerful storm. It was fine nevertheless.

Taylor Swift was right. We survived the platonic “great war”.

We made it to the sunrise. The sun was spreading its gleaming tendrils to every corner like golden threads, weaving our friendship asunder. The soothing air with dim lighting seemed immaculate, holding the promise of new beginnings

I was staring at the sunrise in awe and told her, “I am so glad that our friendship found redemption. We are a Kintsugi work of art, Arabelle.”

Arabelle smiled softly, and her smile reflecting the golden sunrise. "As am I, Allysa. Look at us. We're literally standing on top of the world. Our bond as strong as any Kintsugi oeuvre."



# Students' Exemplary Works

Some of you might ask, how was the adventure successful? It was just successful. The herb was no longer our priority, but there was a sublimation of our friendship. Without the remedy of friendship, I wouldn't have been able to share this fascinating experience. People often misjudge others based on what other people think. Or they refuse that if they see the good in everyone. They will be manipulated and fooled by their own kindness.

Perhaps, everyone is kind deep down. We are all good people who devote ourselves to the greater good. However, sometimes even people like me are blinded by other people's rumors.

Like a Kintsugi vase, every person holds potential to mend a relationship. Kintsugi is a Japanese art of repairing broken pottery by mending the cracks with gold lacquer and embracing the imperfections as reminders of the piece's history and character. It teaches us to appreciate the beauty that emerges from damage and mistakes, transform pain into purpose. Our journey was one of Kintsugi, where the broken relationship was mended with empathy, trust and understanding. My friend, now a golden tie that binds, reminds me always of life's most valuable lessons – chance and empathy.

Through mending a relationship, we see deep value in life's golden seams.

## Scientist





## HOMework SHOULD NOT BE BANNED

6A Yu Lok Sze

Should homework be banned? Many students have strong opinions on this subject. A recent study suggests that there are key benefits of having homework. In this essay, I am going to explain the reasons why homework is necessary.

Firstly, homework is an important tool to help students with their studies. Just by listening to teachers in a short span of time, students may not be able to fully grasp the concept of what is taught. Doing homework is an ideal way of consolidating students' understanding of the knowledge that is taught in class. It also gives students an opportunity to revise over and master the content of the lesson. Dr Nick Rupp of East Carolina University has proven that homework leads to significantly higher test marks and overall grades. Also, doing homework can consolidate students' memory, which helps them to get higher marks in exams. Students can apply the knowledge they have learnt in their daily life.

Moreover, doing homework is good for students' physical and mental health. By doing homework, students' cognitive

skills such as attention span, thinking skills and memory increase. Students are able to recall facts easily, think in a better and more logical manner and be more focused in class. Some special homework such as artwork, programming and projects can enhance students' creative thinking. Also, doing homework can make students feel very satisfied after their homework is appreciated by teachers. It can also enhance their self-worth.

Finally, doing homework can cultivate students' good character. Students will inevitably encounter many difficulties when doing homework, which can train their perseverance. For instance, when students are doing group projects, they need to communicate and cooperate with their teammates, which can train their team spirit. Also, students need to finish the homework and hand it in on time, which can develop their sense of responsibility.

Schoolwork outside school hours may not be pleasant, but there are good reasons why it exists. So next time you're feeling overwhelmed by your homework load, remember that it is preparing you for a successful future.

# Students' Exemplary Works

## A GOOD LESSON

6B Tang Ho Him

Have you ever quarrelled with your siblings over a single item? In other words, fight over something? Well, I had fought with my little brother over a Rubik's Cube.

One Saturday, I was casually doing homework at home. As soon as I finished it, I was looking for my Rubik's Cube that my mum bought for me not too long ago. I couldn't find it, so I thought that my stubborn brother, Owen, had taken it. I went to check on him. Once I went into his room, I found out that Owen was playing with it. I suggested, "Hey Owen, do you mind if you give me back the Rubik's Cube?" Instead of replying peacefully, he glared at me and shouted, "No way! I have just played with it for 30 minutes. Moreover, I already finished all of my homework. I even did my revision!" Despite him doing all his homework, I still tried to convince him and explain why he had to give it to me. I told him that the cube was a gift for me, meaning he had to give it to me whenever I wanted, but he still refused and pulled a silly looking face on me.

At that point, I was furious and annoyed by him. Knowing him, he normally wouldn't be this arrogant, but I had to stay calm because I had to be a good role model for him. I was the older brother, so I should be wiser. Then, I came up with an idea and said, "What about we take turns to play with it? That way, I can also teach you some algorithms to solve the cube!" After thinking for a while, he seemed keen enough to play with me. At that moment, I was glad that he was willing to share things with other people, so I made a decision to finally teach him how to solve the cube. His face instantly changed and the happiness on his face was just overwhelming.

In the end, he was sorry for being so stubborn about the cube. I also felt sorry because he was younger than me. As a big brother, I felt that I could be even more understanding. From that day on, we both learned to share our items and be grateful to people who lend their things to us. I also learned to be more patient and I realised that sometimes, I have to be creative in solving my arguments with my bother.

## THE IMPORTANCE OF HOMEWORK

6E Wong Cassidy Yuet Chun

Many students don't feel pleasant about homework, but the benefits are more than you can imagine. In this essay, I'm going to explain why homework matters a lot to students.

Firstly, doing homework deepens your understanding of a subject. It gives students extra time to practise and perfect their skills. Maths is a great example. Lots of Maths teachers cite that the more Maths exercise students do, the more accurate their calculation will be, because "practice makes perfect".

Doing homework also helps students to understand their own progress on learning and identify areas for improvement. Different students have different ways of studying. Understanding your own level of knowledge can help find the best way that suits you.

Thirdly, doing homework improves students' time management. Students are usually given limited time to do their work before the due date so they have to arrange their time accordingly to finish their tasks. When students grow up, they will also have to prioritise their daily schedule, which is crucial in

having a balanced life. Assigning yourself to do different tasks can make students experience life when they grow up. This can also help loosen up their stress – "work smarter, not harder".

Lastly, doing homework also ensures the independence of students. Doing homework gives students a chance to practise independently without the help of their parents, teachers or their tutors, since the majority of students' homework are given for them to do on their own.

On the whole, homework has great value on students. Next time, when you are not motivated to do your homework, remember it helps you and is preparing you for a bright future!





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## 師生關懷

老師的責任是多元的，所謂「師者，所以傳道、授業、解惑也」。要想成為一名負責任的好老師，不止需要注重學生在課堂中的學習情況，還應通過關愛學生的課餘、家庭生活，建立良好融洽的師生關係，從而幫助他們在校內有理想的表現。

在日常教學中，不乏遇上「問題學生」。屢次欠交功課、上課擾亂課堂秩序、與其他同學發生衝突，但這些情況會發生，真的是學生有問題嗎？他們本意就想如此嗎？他們或許只是在完成功課方面遇到困難，或許只是渴望引起老師與同學關注，亦或許只是不擅於和其他同學溝通。這些各種各樣的可能性，如果老師不去關懷學生的情況，就不會明白背後的原因。



梁 霄老師



作為較年輕的教師，也容易與學生拉近交流的距離。在我的班上，常有學生跟我分享他的課餘生活，或傾訴他生活中遇到的小煩惱。於是我也知道，有些孩子完成不了功課，是因為上課聽不懂英文；有些孩子在課堂上頻繁喊叫，是因為在家中缺乏關注，只能通過吵鬧來吸引注意；有些孩子與其他同學發生碰撞，是因為二人玩鬧時產生誤會。我了解學生的情況後，才能有的放矢，找尋解決辦法，幫助他們改善。

師生關懷，除了能讓老師更了解學生的情況，反過來也能影響老師的教學。有同學告訴我，他曾去公園春遊，於是我教授關於描寫春天的課文時，便邀請他向全班描述他所看見的春色，從而鼓勵其他學生留心捕捉身邊的美景，將課外的豐富體驗帶進課堂。這對於老師來說，又何嘗不是一種收穫呢？

# 讚賞的力量

余皓瑋老師

上周完成一次教學活動後，與我一起帶隊的老師對我說：「你是一位很好的老師！因為你做事用心，而且很有耐性。」獲得經驗豐富的老師讚賞，我這個新手老師感到有些害羞，但內心又為這句肯定自己工作表現的說話而開心了很久。

我不禁想，我作為一名成年人，也會因為他人的讚賞而振奮和自信，那麼對於還是青少年的學生來說，讚美的力量應該更強大。我回想起在班上讚賞學生的時刻：「你近期功課很用心完成呢！」「老師見到你熱心協助班級事務，真是一位負責任的同學！」讚賞不僅僅是誇讚，而是對他人的付出和才能予以認同和肯定。

而讓我意識到讚賞的力量，是誇獎班上一個中文成績較弱的學生：「你近期的默書成績進步很大！」她聽到後開心得發出一聲：「耶！」平時沉默寡言的她下課後還主動告訴我，為了這次中文默書她花了多少努力，甚至把這份快樂記錄在她的隨筆裏。這位同學的默書成績從上學期只寫對一兩個字，到現在變成只錯一兩個字，單總成績也進步了不少。

這件事令我明白，對於優等生來說，獲讚賞或許已司空見慣；但是對於那些在班上默默無聞的學生來說，老師的讚賞卻有改變他們的力量。我也慢慢發現，因為老師的關注和肯定，上學期上課經常打瞌睡的學生也開始寫筆記了；在中文課上喜歡用粵語來回答問題的學生，也開始嘗試用普通話回答了；平

時寡言少語的學生也開始積極地舉手了。學生的正向反饋，讓我更細心去發現學生的進步與優點。

近期有一件事也讓我更加確信讚賞的力量。在本月班際衛生比賽中，我們班月初時未能拿到名次，公佈結果時同學略有失落，不免唉聲歎氣。那天放學後，我見到班上有同學自發打掃課室，擺齊課桌；第二天早會時我便讚揚主動為班級貢獻的「志願者」，肯定他們的付出。誰知這樣無意的一句讚美，竟讓班級學生士氣大漲，不斷湧現自發整理課室的「志願者」，最終我們班在上周清潔比賽中榮獲季軍。班上同學們見到自己的努力有好結果，都大聲歡呼了起來。由此可見，讚美不僅能夠提升學生的自信心，還能激發他們的熱情和動力。

回想起學生時代，我是一個喜歡暗中觀察，默默欣賞他人，甚少表達的人。我很慶幸在和富慈善基金李宗德小學這個大家庭工作的第一年，從許多老師身上感受到讚賞的力量。我在這樣的環境中變得更加柔軟，逐漸主動地對學生，對家人，對朋友贈予真誠的讚美。讚美具有一股溫暖的力量，幫助我拉近人與人之間的距離，增加彼此之間的理解和支持。

在香港這個節奏急速的城市裏，我們不妨稍稍停下腳步，多多關注他人的改變，多多讚賞身邊的人，讓讚美的力量在我們的生活中繼續綻放吧！

# Happy

## 品德發展與學業成績

張嘉儀老師

根據香港教育局發出的《基礎教育課程指引》提出，學校課程應使學生「在德、智、體、群、美五育均有全面的發展，成為積極主動、富責任感的公民」。「五育」指「德育、智育、體育、群育、美育」，在此「德育」又被置於首。學校不但應該幫助學生建構知識，也讓他們培養正確的價值觀和態度，使他們擁有健康的成長和全人發展，為他們將來的人生和事業建立良好基礎。

中國傳統文化一直重視品德素養。《易·乾》論及：「君子進德修業」可見古人重德，以德育放在首要位置。根據《論語·先進》提及「孔門四科」：「德行、言語、政事、文學」，其中「德行」也是排在第一位，可見孔子對德育的重視。那麼學業成績呢？古人當然也重視下一代「智」的發展。不過孟子認為「是非之心，智之端也」，他認為「智」的核心內涵是明辨是非，這也屬於道德倫理的範疇。司馬光《資治通鑒》提及：「才者，德之資也。德者，才之帥也。」他認為才能（即「智」）是德育的資本，而德育卻是才能的統帥，位居領導地位。在傳統中國文化中「德」的地位已可見一斑。

可能有人會問：時至今天，這種以德為首的主張，仍然合時宜嗎？答案是肯定的。教育局一直重視推行品德教育，經過近年的課程整合後，改稱為價值觀教育，主張培養學生堅毅、尊重他人、責任感、國民身份認同、承擔精神、誠信、關愛、守法和同理心等素養，當中圍繞不少重要的個人生活技能和態

度。例如在課程中培養學生個人自理和自律的習慣，教導學生以正確的方法表達自己的情緒、感受和需要，學會與人溝通，以至建立良好的人際關係等等。學生擁有了這些技能和態度，不但能擁有健康的身心，快樂和幸福感也必會大大提升。而過往有不少教育心理學的研究指出，正向、快樂和幸福感對學生的學習動機和表現方面都有正面影響。

除此以外，當我們的學生都有擁有良好的品德素養時，往往同時間也會形成一個正向積極、具支持性的學習團體。在這樣的學習團體中，同學之間會有良好的互動關係，學生在這樣的環境下也會感到安全、受到尊重和重視，這樣對其學業成績也有正面影響。筆者曾有一位學生，高中畢業後考進了英國著名的大學。記得他小學時學業成績並不突出，反而令我印象最深刻的，是他勤奮的個性、做事井井有條，而且非常有責任心，總會準時繳交作業，師長所交付的工作也能按時完成。他待人友善、謙和，在班中人緣頗佳。據他說，高中時參加大學入學試前，經常與一群志同道合的「書友」放學後一起做功課，一起討論學習上的問題，大家不時互相考問，切磋考試心得。這種彼此無私的扶持，幫助他渡過了許多學業和心理上的難關。最終他們大部分的同學都取得令人滿意的成績。由此可見，擁有良好的品格和人際關係，不但使這個學生贏得了珍貴的情誼，也幫助他在學業上更上一層樓。

總結而言，學生的品德發展不論對學業成績和長大後的發展都有莫大好處，它會伴隨着孩子一生，絕對值得受到重視。能使我們的下一代擁有良好的品德和價值觀，可說是我們給予孩子人生最佳的禮物。那麼作為師長或家長，應該如何把握機會在教學和生活上好好培養他們良好的品德？

## 「繩」功背後

陳浩源老師

大家熟悉跳繩運動嗎？對我來說，從我懂事以來，跳繩運動可以說一直在我的生活當中。小學第一次接觸這項運動，中學入選校隊後便花更多時間練習，也開始參與不同比賽和表演；甚至到了大學，與志同道合的朋友創立跳繩學會，在校園推廣跳繩活動，同時亦兼職擔任跳繩教練，將跳繩的技巧傳授給中小學生。與學生閒聊時，其中最常被問及的一句話是：「為何你選擇跳繩？」

我從跳繩運動中得到了甚麼？我獲得跳繩的技巧、從練習中鍛煉而來的體能、多次比賽和表演培養的自信心。而當中最重要，就是面對困難的態度。

人生常遇到大大小小的困難，以怎樣的心態面對困難，奠定了最後的結果。跳繩是一項挑戰個人極限的運動，要進步

就要跳得更快更高，而伴隨着速度而來的便是失敗時的痛楚。我曾經在練習一個高難度花式時，被繩子在背上鞭出一道道傷痕。更有一段時間因為懼怕痛楚而產生放棄練習的念頭，但最後我還是繼續堅持下去，並在一次又一次的失敗中完美練成該花式。

遇到困難時放棄很簡單，但同時亦意味着徹底放棄成功的機會。發明家愛迪生曾經說過：「天才是百分之一的天份，加上百分之九十九的努力。」我們應該以堅毅的心面對困難，努力嘗試，絕不可輕言放棄，直至成功。

風箏逆風而飛，人生亦如是。人生中每個挑戰，都是讓自己進步的機會，讓我們飛得更高。願大家都能在逆境和困難中自強，活出不留遺憾的人生。





## 士是否該為知己而死？

陳沿媛老師

半夜醒來，海棠花未眠。隨意翻《刺客列傳》，頓時被豫讓的故事所吸引。花開不倦只為蝶戀香，人逢知己餘生無奢望。合上書卷，於是整夜都無睡意，徹夜難眠。也許是為着他的真誠，也許是為了他的信念，更也許是為了他自我犧牲的士氣而感動。

士，《說文解字》中記載：事也。數始於一，終於十。從一從十。孔子曰：「推十合一為士。」凡士之屬皆從士。大致意思便是做事凡都要善始善終。司馬遷筆下的豫讓可謂是真正做到了此「士」字。起初，豫讓為智伯臣子時，甚得寵，後來趙襄子滅了智伯，還羞辱他。豫讓從此立志為知己報仇，開始了一場可歌可泣的復仇之路。前兩次行刺襄王，漆身為厲，吞炭為啞，使自己外貌不可知。大致意思就是把自己搞成了殘廢，還醜陋不堪，但行刺都失敗了。最後一次行刺暴露時，連襄王都為他的道義所感動，願意主動放了他，而豫讓呢，最後也是見了棺材還不落淚，問襄王要了衣服，拿匕首象徵性地往衣服上捅了幾刀，算是報了仇，接着便自刎見他的知己智伯去了。看到結尾時，忍不住笑了幾聲，但過後內心卻是滿滿的愁意和秉其深深的崇敬之情。愁是心疼，這位刺客該有多大的信念才能將自己周身塗滿漆致生癩瘡，更不惜生吞熱炭改變自己的聲線？崇敬是因「士為知己者死」的信念如此之強，強到忘記了生死，這份執念穿越千年，令人震撼。

反觀現代，會有這樣真性情的「刺客」出現嗎？答案很顯然，高速發展的社會，人人自視清高，恐怕我們只能在書中受到這樣的感動罷了。我常常說古人骨子裏是浪漫的，不管是關於愛情的《蒹葭》、《關雎》，還是友人的伯牙絕弦，甚至是司馬遷筆下的青史。每一個人物栩栩如生，隨着情節的起伏，我的心情也在為之而改變。喜着「士」的喜，憂着「士」的憂，感受着「士」的感受。這一百三十篇，五十二萬多字，不愧為史家之絕唱，無韻之離騷。故此，希望我們現代人也可以浪漫一番。我們也可以推崇「士為知己者死」，但需要轉變一下理念，我們的「知己」應該是我們的理想、工作、信念，為此我們應敢於奮不顧身。

曾幾何時，我羨慕豫讓，也羨慕三國涿郡桃花盛開時，那身綠蟒袍、偃月刀的身影，溫酒斬華雄，千里走單騎。如今我也想嘗試羨慕新一代的學生們，你們的理想和抱負也會成為老師的驕傲，所以嘗試着把「知己」放入心裏，從此刻起，遇到挫折，向其傾訴；獲得成功，向他報喜，產生畏懼情緒，從他身上汲取力量。同學們，希望在漫漫人生路中，你們均能找到屬於自己的「知己」。



## 「拼」出個人生

葉子軒老師

念小學的時候，幾乎每天放學我都會留在學校裏參與不同的課外活動，例如乒乓球、足球、中文戲劇、中文辯論、Scrabble等等，但要數最喜愛的，就非英文拼字遊戲「Scrabble」莫屬了。

就連本文的開初，也以「英文拼字遊戲」來形容Scrabble。以前讀書時參加過一個全港最大型的校際Scrabble比賽，比賽場地旁邊有很多塊寫着「The Favourite Word Game」的橫額，Scrabble真的只是一個文字遊戲嗎？

這個遊戲陪伴了我大半的人生，由念中學時找學弟學妹組隊參賽，到念大學時與幾位熱衷玩Scrabble的朋友成立「香港Scrabble總會」，在香港舉辦比賽作推廣，又會到外國參加不同的國際比賽，學習到不同國家的文化。這個利用英文字母來下棋的桌上遊戲，看來不只是一個文字遊戲，究竟其樂趣何來呢？

是學習面對人生。

每一個Scrabble遊戲歷時一小時，在這一個小時的經歷裏，你會遇到不同程度的順境和逆境，每一場比賽就像極真實的人生體驗。Scrabble遊戲帶有幸運的成份，人生亦然，每一次把手放進字袋，都像是一次與運氣較量的機會。可能會因為抽出高分的字母而高興，又可能會因為抽出了不喜歡的字母而感到沮

喪。我選擇了無論順境、逆境都從容面對，泰然自若。即使運氣欠佳，我不會把情緒放在臉上，反而更會沉着應戰，在棋盤上作出最好的決定，一分一分地收復失地，扭轉劣勢。因為棋藝的世界與人生一樣，真的是「一子錯，滿盤皆落索」呢！

Scrabble遊戲也令我學會了面對失敗。「勝不驕，敗不餒」彷如老生常談，每一回合的Scrabble比賽最多一半的玩家能夠勝出，每場比賽也只能有一個冠軍。落敗的原因有很多，可能是在棋局中做錯了決定，但冷靜檢討過後，又要迎來下一個回合的比試了。人生也如是，人生又豈能盡如人意呢？來一個深呼吸，再堅強面對接下來的挑戰吧！

相比起以Scrabble來學習英語，我認為更重要是透過遊戲來讓學生接受品格的教育。Scrabble讓我學會了冷靜應對難題，改善了衝動的性格，也懂得要堅毅不屈。今年度學校開辦了Scrabble校隊，希望同學除了可以為校爭光，也能夠「拼」出個人生，從遊戲中學習面對人生的良好態度！



學生

薈萃

## 森林河流之旅

1A 林宏澤

星期六，爸爸媽媽帶我和妹妹去迪士尼樂園玩耍。

這次我們去「探險世界」的「森林河流之旅」坐船。首先，我們坐上一艘大約能坐二十個人的木船，然後小船駛進了一條環迴森林的河流。沿途我們看見了五頭大象，兩頭河馬，四匹斑馬，三頭長頸鹿和幾條黑黑的超大的眼鏡蛇。我們還看見四隻有毒的黑蜘蛛和四張恐怖的超大蜘蛛網，哇……好可怕啊！最後，我們還經過了一座噴真火的大火山，嚇得妹妹都哭了。

真是一趟既開心又刺激的旅程啊！



## 太平山頂

1D 賈若忻

元旦日，爸爸、媽媽和我到太平山頂觀光。

在太平山頂眺望，我們看到維多利亞港好像一面鏡子，倒映着一朵朵雲彩。近處有一座座高樓大廈，有的樓頂上立着一根避雷針。這時，一陣風吹來，很是涼快。

這真是寫意的一天啊！



## 彩虹

### 1E 余冠辰

今天，媽媽帶我和姐姐去昂平看滑翔傘，我興奮極了，像一隻快樂的小鳥。

此次旅行印象深刻的是，在短暫的雨後，我看見了五顏六色的彩虹，像天空中的一條彩色絲帶，非常美麗。而當我們在樹林和石澗拍照時，眼前也突然出現了一道紅色的小橋，真美麗啊！連橋下的魚兒們都穿着閃閃發光的衣裳呢！一陣風吹來，綠色的樹枝搖搖晃晃，葉子也隨風飄蕩！

此次的經歷十分難得，因為能看見彩虹，親近大自然，融入大自然。

## 春天的公園

### 2B 陳津霖

四季之首的春天來了，氣溫慢慢變得暖和。今天我決定到公園去探索春天的秘密。

一踏進生機勃勃的公園便聞到一陣陣淡淡的花香。放眼望去，一叢叢嫩綠的草叢上鑲着一朵朵含苞欲放的花兒，姿態萬千。看！那紅色的花兒低下頭，彷彿像一個垂頭害羞的小姑娘。那黃色的花兒在微風中搖擺，像是在向遊客招手。旁邊的小草也長出了嫩芽，一片片碧綠的草地，就像一張舒適的地毯。若是光着腳踏上去，還有一種毛茸茸的感覺。仔細地聽，還能聽見清脆美妙的歌聲。原來是小鳥在樹上唱歌，就像在演奏着春天的讚歌，彷彿歡快地說：「春天到了！春天到了！」

啊！春天的公園的景色是多麼美麗呀！這都是四季之首——春天的功勞！我愛春天的公園！



## 廢物回收活動

2D 李鎧妍



星期天，我們一家在家中進行大掃除。爸爸負責收拾物品，媽媽負責掃地拖地，而我就幫忙擦桌子。

大掃除結束，我們收拾出很多不需要的物品。爸爸正打算把它們丟進垃圾箱裏，我卻提議：「我們不如把它們送去環保回收站吧！這樣就可以愛護我們生活的地球了。」爸爸媽媽都很支持我的這一想法。

於是，我們把舊衣服、舊玩具和舊報紙送到了廢品回收站，那裏還有很多人在排隊，大家都帶來了各自的舊物品，不僅能進行回收，還能換取其他有用的東西。

最後，我們用廢品換了廁紙、相框和杯子等有用的東西，滿載而歸。

大家把不需要的東西回收，減少垃圾污染，能起到愛護地球、保護環境的作用，真是一件十分有意義的事呢！

# 大方的松鼠

2E 梁瑋茹

秋天到了，樹上長滿了松果，勤勞的小松鼠一天到晚忙着把食物收集起來。小松鼠對夥伴們說：「我們趕快把搜集到的食物藏到地窖裏吧！」小兔子、小猴子和小狗都不明白牠們在做甚麼，牠們覺得松鼠很愚蠢，竟然把食物藏起來，真奇怪！

有一天，森林突然起火了，小兔子哭着說：「哇！起火了！快救火呀！快拿水桶滅火！我們的家快要被燒光了！」雖然大家都合力救火，可是，火勢實在太猛烈了，無情的大火燒毀了牠們的家園！

痛失家園的動物們都非常傷心，坐在地上痛哭。經過這場火災，森林裏的食物都被燒光了。小兔子、小猴子和小狗都餓了好幾天。牠們很後悔沒有預先儲存食物。小松鼠路過，看到牠們的情況，覺得牠們十分可憐，於是靈機一動，趕緊把收藏在地窖裏的食物挖出來救命。

小兔子、小猴子和小狗迫不及待地進食，並露出甜絲絲的笑容對松鼠說：「太感謝你們了！要不是你們出手相助，我們一定餓死！」小松鼠客氣地說：「別客氣！」從此以後，牠們成為了好朋友。

這個故事告訴我們積穀防飢的重要，我們要提前為以後做好準備，以備不時之需。

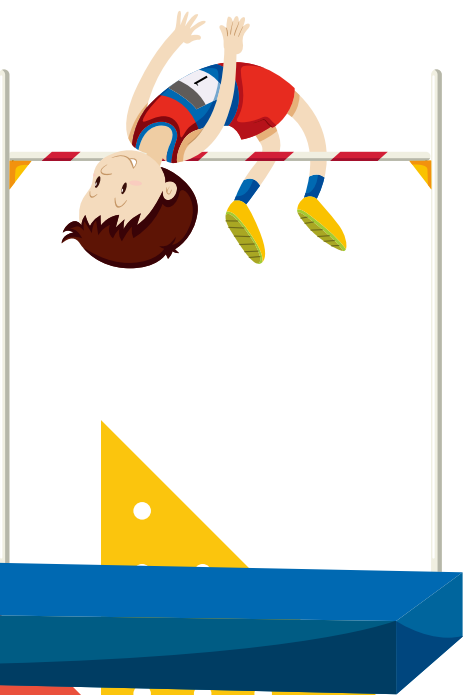


## 學校運動會

3A 周予晴

今天是我學校低年級同學的運動會。因為三年疫情，這是我小學生涯第一次正式的運動會。

我一早就滿心期待地來到學校，發現很多同學都在熱烈地討論運動會有些甚麼好玩的項目，老師也抓緊時間派發遊戲券，然後班際躲避盤比賽馬上就開始了。老師迅速將我們班分為兩組進行比賽，比賽過程又緊張又刺激，大家一會兒尖叫，一會兒哈哈大笑。結果我們班只贏了一場，我雖然有一點小失望，但更多的是開心，班際躲避盤比賽實在是太好玩了。



小息時，我們像一群小蜜蜂似的擁到小賣部購買小吃補充能量，然後便馬不停蹄地開始玩攤位遊戲。首先，我挑戰跳遠和跳高。我在跳遠跳了144厘米，哇！這個長度的距離比我的身高還高呢！而在跳高的時候，我像袋鼠一樣「咻」的一聲就取得了37厘米的成績，還得到了銀牌。然後，我又玩了「無形椅」的遊戲，居然又打破了遊戲紀錄！沒想到我這麼瘦弱也可以這麼有力量啊！

午餐後進行的是疊杯比賽，我緊張得手心一直冒汗。儘管我很努力練習，還是拿不到好成績。我心裏有些難過，但我安慰自己：不是每個人都擅長所有活動，只要盡力了，問心無愧便可以了。

萬眾期待的頒獎時間到了，我竟然被老師叫上台領獎兩次。很多同學都羨慕我，我謙虛地說：「只要你相信自己，努力嘗試，一定能夢想成真！」

我覺得這次運動會是我表現最棒的一天。



# 難忘的第一次

3B 莊潔銘

生活中，我們都會遇到許多難忘的第一次。比如：第一次游泳，第一次騎自行車，第一次坐飛機……許多的第一次就像我們走過的腳印，數也數不清。

我們所有的第一次可能是令人喜出望外、欣喜若狂的；也可能是讓人傷心、悲痛欲絕的。第一次不一定快樂，但卻十分新鮮；第一次不一定成功，但卻令人難忘。

記得還是在我四歲的時候，因為我看到家裏人除了我，都在包餃子，所以我就匆匆忙忙地把手洗得乾乾淨淨，便湊到了爸爸媽媽跟前，準備「大顯身手」。我先仔細觀察了爸爸媽媽包餃子的整個過程，感覺太簡單了！於是，我眼前就浮現出我成功包出了精美的餃子，然後得到爸爸媽媽誇獎的情景，還情不自禁地笑出聲來了！

結果，我把自己包的餃子跟爸爸媽媽的比較了一下，他們包的餃子像一個個挺着肚子的大將軍；而我包的餃子就像一個個傷兵，不免有點灰心失望。媽媽連忙安慰我，開始耐心地教我包餃子。先讓我拿起餃子皮，接着把肉餡放在餃子皮上，然後用手捏一捏就成功了。



最後，我包得愈來愈好，一個個餃子像一艘艘晶瑩剔透的白色小船向着我微笑，我最喜歡包餃子了！媽媽常常說：「虛心使人進步，驕傲使人落後！」這句話確實有道理，很多事情看起來很容易，實際上十分不容易！

# 最難忘的學校旅行

3D 曾湜嫻

上星期五的早上，我和同學們像以往一樣在學校裏閱讀和交功課。交完功課後，我就看到全班同學翹首以盼的眼神，因為今天跟以往不一樣的地方就是今天我們第一次到迪欣湖旅行。

經過了半個小時的車程，我們終於到達迪欣湖活動中心了，劉老師和呂老師先跟我們點名，然後我們就沿着分岔路，一直走啊走，終於到達了大草坪。我們一到達大草坪，同學們就像一羣猴子，一下子就溜走了。而我就在帳幕裏吃午餐，當我正想用相機拍下這美好的畫面時，電話中的相機程式像被魔法師變走了一樣，消失得無影無蹤，所以我只好打消拍照的念頭。吃完午餐後，我和組員在大草坪上玩了一會兒，我們玩的遊戲包括：跳繩和「躲避盤」遊戲。我最喜歡的是「躲避盤」遊戲，因為當我們在草地望向天空時，「躲避盤」頓時就成了那來自太空的飛碟，而我們則是來自太空的外星人，好像生怕這飛碟會把我們抓回外太空似的，我們一直在躲避它。這時，劉老師和呂老師都喊：「玩集體遊戲啦！三丁班！」我們立刻走到劉老師和呂老師面前集合。

到達湖邊的石地後，我們不禁讚歎道：「好美啊！」過了一會兒，劉老師和呂老師便開始講解「拋手帕」的遊戲規則。接着，遊戲就開始了，隨着遊戲的開始就連平時跑得比較慢的同學都表現得又興奮又緊張。玩了大約半個小時後，我們沿着分岔路，一直走啊走，終於走回了大草坪。

太陽緩緩從西邊降下去了，我們要準備收拾了，大家都手忙腳亂地收拾。收拾完之後，劉老師和呂老師便說：「我們要去拍大合照了！」話音剛落，我們就立刻跑去集合的地點去拍大合照。「咔嚓！」一聲，相機把美麗的迪欣湖風景和同學及老師們的笑臉拍成了一幅美麗的相片。一陣「叭！叭！」的響聲把我們從歡聲笑語中喚醒，原來旅遊巴士已經緩緩地駛進了迪欣湖的巴士站了，我們全班只好懷着依依不捨的心情離開了這麼美麗的迪欣湖。

我在旅遊巴士上一邊回想着在大草坪上玩遊戲的場面，一邊自言自語地說：「這次的旅遊真難忘啊！」



## 我收到試卷的那一刻

4A 文諾宜

每當我收到試卷的時候，老師和同學們鼓勵我的情境就會浮現在我的腦海裏。

「叮鈴鈴……叮鈴鈴……」上課的鈴聲響了，我懷着既期待又緊張的心情向課室門口張望。為甚麼？因為今天是派發試卷的日子。沒多久，老師的腳步聲愈來愈近了，課室也變得鴉雀無聲。我心裏想：我的成績會怎麼樣呢？

老師眉開眼笑地走進課室，我心裏也高興起來，我們的分數應該很好吧！當老師叫到我的名字時，我緊張地走到他面前。接過試卷，看了一眼，我頓時目瞪口呆——真的意想不到，竟然只有五十五分。我愁眉苦臉的，默默地低下頭，心裏想：為甚麼考試前我不好好溫習呢？都怪我太輕視這次考試了！我悶悶不樂地坐着，口中喃喃自語。課室裏，有些同學在談笑風生，互相分享他們的成績。有些同學經過我的座位時，我連忙把試卷收起來，不想讓他們看見我的成績。老師看見我垂頭喪氣的，鼓勵我說：「失敗乃是成功之母，不要灰心，只要能反省自身，查漏補缺，下次一定能考出好成績！」

小息時，同學們也過來安慰我：「以後小息，我陪你一起溫習，好嗎？」本來心事重重的我也頓時開朗起來，因為有同學的鼓勵和陪伴，令我感動不已。

從此以後，每次派發試卷時我都會想起那次老師和同學對我的鼓勵和關懷，我相信下次考試一定能取得好成績。



## 遊濕地公園

4B 李芷悠

在暑假的某一天，我和家人一起到香港濕地公園遊覽，探索自然生態。

來到濕地公園，我們先參觀「貝貝之家」，因為我認為這是整個公園最值得觀看的地方。透過玻璃，我們可以看見裏面的小灣鱷-貝貝。牠那豆大的眼睛正好奇地望着我們，一動也不動地趴在大石上。我好奇地問媽媽「貝貝」這個名字的由來，媽媽說是因為漁民在山貝河發現牠，所以得名貝貝。

告別了貝貝，我們經過一段凹凸不平的路，來到了「紅樹林浮橋」。站在橋上，放眼望去，到處綠意盎然，彷彿置身世外桃源。溪水綠得像一塊碧玉，清得可看見溪底的小石。一陣微風吹過，水面波光粼粼，猶如無數條銀龍在游動。旁邊的紅樹林下，一群群招潮蟹在覓食，牠們在陽光下一閃一閃的，就像一顆顆紅寶石鑲嵌在泥灘上，十分耀眼。

穿過浮橋，聽着鳥兒的歌聲，不知不覺就來到了遠離煩囂的「觀鳥屋」。「觀鳥屋」設有單筒望遠鏡，讓我們得以窺探各種鳥類的一舉一動。我貪婪地觀察着遠處灘塗上形形色色的鳥類，其中一隻純白色的黑臉琵鷺在曬太陽，牠優雅的姿態讓我深深為牠着迷。眼前的一切，讓我不禁慨嘆自然生態之奇妙。

最後，我們懷着依依不捨的心情離開了濕地公園。這次生動有趣的遊歷，不但讓我親近了大自然，更讓我深入了解了濕地的生態。



# 新年趣事

4C 鄭思愉

今年新年，我們一家人一起到姑婆家拜年，那天發生了一些有趣的事情呢！

年初一的早上，天氣雖然有點兒寒意，但卻清新涼爽。我歡天喜地跟着爸爸媽媽到達姑婆家後，就趕忙向每一位長輩送上祝福，然後一封封紅包「迎面而來」，逐一跟我「握手」。這時，姑婆拿着一封大紅包走過來問我：「你是思愉嗎？長得這麼高了！」姑婆那驚訝的表情，令我不禁笑出聲來。

然後，淳淳弟弟嚷着叫叔叔和我陪他到房間玩波子棋。在我們玩波子棋的時候，好勝又調皮的淳淳弟弟偷偷將自己棋子調換位置，但被精明的叔叔看到了。淳淳弟弟一知道自己的計謀被拆穿，他立刻說：「好像聽到媽媽叫我！」之後奪門而出，看見人小鬼大的他，令我和叔叔哭笑不得！

中午時分，一絲風都沒有，窗外樹上的幾隻麻雀也變得無精打采，似乎要睡覺；黃鶯也停止了那悠揚的歌聲，呆呆地望着天空。而姑婆家裏貼着紅對聯，掛着花燈籠，一片喜氣洋洋的景象。姑婆請我們坐在餐桌前享用她和伯父烹調的美味佳餚。用膳後，其他人有的在客廳閒話家常，有的在飯廳品嚐賀年食品。

這時，我和叔叔忽然聽到從客廳那邊傳來伯父的聲音：「哎呀！我忘記要給妍表妹紅包呢！」然後他把紅包遞給芬姑姑。芬姑姑頓時哈哈大笑，說：「表哥，我都結婚了啦，不收紅包了！」這是香港的習俗。伯父露出疑惑的神情說：「你不是阿妍嗎？」芬姑姑說：「我們從小玩到大，你還是分不清我們嗎？」弄得大家哄堂大笑。其實，芬姑姑和妍姑姑是孿生姊妹，無論是身高和樣子都有九成相似，但我從來都不會把他們錯認呢！嘻嘻……

最後，我們在歡聲笑語中渡過這一天。在這天，我看見不久前患了重病的姑婆綻放出燦爛的笑容，我也倍感欣慰。我希望她能夠早日康復，往後每年大家都健健康康、開開心心地聚首一堂，一起經歷無數「趣事」。

## 香港小夏威夷瀑布

5A 曾樂軒

星期天，我剛考完試，於是爸爸便帶我到香港一處有名的自然景點——小夏威夷瀑布去放鬆一下心情。

那天風和日麗，太陽就像為大地塗上了一層金箔。我和爸爸媽媽乘坐巴士來到了將軍澳。到達後，我們沿着鯨魚灣村拾級而上，沿途綠樹成蔭，像一把把綠油油的大傘子，替我們遮擋猛烈的陽光。我們一直向前走，便進入了小夏威夷徑。一片翠綠色的草地立刻映入眼簾，頓時令人感到心曠神怡。沿着小徑再走了不久，我們便到了堤壩遺址。

遠遠望去，一條條飛流直瀉的瀑布像一個害羞的少女，披着一層銀紗，在風中悄悄地哼小調；像山爺爺長滿了一臉的鬍鬚，在微風中輕輕地搖曳着；像小仙子們在山上悠然自得地跳着絲帶舞，不斷往山下擺動着一條條銀白色的綢帶，美麗極了！



我不禁走上前細看，那瀑布從上面沖下，猶如一條條珍珠綴成的簾子。當水流撞擊在巖石上的棱角，濺着的水花，晶瑩而多芒，彷彿那是無數雪白亮麗的珍珠在陽光下跳舞、嬉戲。一瞬間，小珍珠跳到瀑布的潭裏，潭水頓時蕩起一片又一片的漣漪，讓人感到美不勝收，如同置身仙境之中。

我輕輕地閉上眼睛，享受着四周的鳥語花香，靜聽着潺潺的溪水聲，這一刻我可以暫時把所有煩惱都拋諸腦後。氣勢磅礴的小夏威夷瀑布是一幅千姿百態的水彩畫，令人陶醉。這裏是遠離塵囂的，這裏是令人着迷的，這裏是令人悠閒自在的，我真希望我是一個畫家，把這裏動靜兼備的景色繪畫下來呢！

## 祖國最美之山水畫——張家界

5B 伍俊榮

張家界位於湖南，地貌奇特。那裏的山有着泰山之雄偉，華山之險峻，黃山之變化，桂林山水之秀麗。

那一座座的山峰連綿起伏，猶如一隻隻駱駝的背，而這就是張家界的名山——天子山。天子山素有「擴大的盆景，縮小的仙境」的美譽，遠遠望去，只見天子山山峰聳立，連綿不斷，千姿百態。有的像一位老伯伯背着籃子採茶葉，有的像一位菩薩端坐着，笑瞇瞇地對四面八方的遊客揮手。啊……大自然是如何把石頭變得千奇百怪的？真是鬼斧神工啊！

在天門山，有一個大洞，名為天門洞。從正面看，如同一個張開的大嘴巴。哇！竟然連羣山都為這美景感到驚歎，看來，張家界享有「奇峰三千，秀水八百」的美譽真是實至名歸。



要說張家界最美的湖，那就是寶峰湖了。碧綠的湖水就像一面明亮的鏡子，照着湛藍的天空，照着婀娜多姿的樹林，美妙又動人。寶峰湖的水真綠啊，綠得彷彿一塊無瑕的翡翠，引人注目。微風吹過，一片片葉子飄落到湖面上，擴散出一圈圈的漣漪，美麗極了！

張家界簡直是人間仙境，美得令人流連忘返啊！

# 人間天堂——九寨溝

5D 王藝瑩

人們常言：「有路天堂通九寨，此中仙境任盤旋。」這天，我有幸來到九寨溝，一睹其江山如畫的山水美景。

「黃山歸來不看山，九寨歸來不看水。」不得不提，九寨溝最美的是它的水。

我看見過波瀾壯闊、波濤洶湧的大海，欣賞過水色秀麗、波平如鏡的黑龍江，眺望過波光粼粼、微波蕩漾的遼河，卻從沒遇見過五花海這樣的海。它的水是那樣的晶瑩剔透，清得可以看見水下長而細的斷枝；它的水是那樣的碧藍，藍得彷彿一塊精緻無瑕的藍寶石；它的水是那樣的美麗絕倫，美得尤如置身人間仙境一般。春夏時節，佇立於海邊呼吸一口氣，似乎還能隱約嗅到一種專屬於大自然的氣味，使人心曠神怡。

我觀賞過雄偉壯觀的黃果樹瀑布，俯視過氣勢磅礴的千瀧溝大瀑布，凝視過氣吞山河的利泰瀑布，卻從沒看見過珍珠海瀑布這樣的奇景。這條瀑布有如李白筆下所描繪的「飛流直下三千尺，疑是銀河落九天」般從天而降。它位於海拔約二千五百米，遠看仿如神仙賜予人間的禮物，活像一條條白色的細滑絲綢。走近觀看，只見水花一點一點迎面而來，像楊花，像白雪，像蒲公英的種子，美得令遊人眼花撩亂，目不暇給。

我到訪過不少聞名遐邇的湖泊，可是從未瞧過天鵝湖這樣的湖。我乘着輕舟，悠閒地遠眺灘上綠草如茵的景緻，怡然地近觀湖面上天鵝成群的可愛。此情此景，不免使人愉悅，不免使人着迷，不免使人陶醉。灘上只有船槳激起一道道細微的波紋，一圈圈漪瀾隨之慢慢擴散開來，柔地提醒着我，船在前進，岸在後移。

「蜀山自古稱峨嵋，峨嵋哪比九寨奇？碧湖相連群瀑疊，水光山色仙境開。」九寨溝是仙境，九寨溝是天堂，九寨溝是大自然送給我們的禮物，令我每每遊歷此地，亦感嘆為觀止、流連忘返。



## 一位令我留下深刻印象的師長

6B 黃祈生

在六年的小學生涯中，有很多誨人不倦的師長，但最令我印象深刻的，就是我四年級的班主任——林老師。

林老師身材魁梧，看起來相當有威嚴，可是，他卻十分幽默。他的招牌動作就是手指從鼻樑往上「托眼鏡」，一般人會覺得「托眼鏡」這個動作很平常，可是，最特別的是，他並沒有戴眼鏡！林老師每次思考時都會「托眼鏡」，逗得我們捧腹大笑。除此以外，林老師有個經典金句最令人印象深刻，就是「我住在天橋底下！」每當他聲情並茂、可憐兮兮地說出這句話時，全班都哄堂大笑，連不苟言笑的班長也忍俊不禁呢！正因為他風趣幽默，所以我們都很喜歡他。

因為上課氣氛輕鬆愉快，連平常對數學不感興趣的同學也樂於投入課堂，從而對數學產生興趣。當同學們遇上困難時，林老師都會循循善誘，令同學們循序漸進地掌握書中晦澀難懂的內容。

雖然林老師現在沒當我的數學老師，但每當我在校園一角遇到他時，他都會關心我的學業成績及近況，他的關懷，如洪流般暖我心。林老師，你是一位才高八斗、盡心盡力的好老師，加減乘除，也算不盡你為學生作出的奉獻。對於你的苦心教誨，我感激不盡，並將銘記於心。



# 一次做家務的經驗

6D 施憲澄

農曆年假終於來臨了，可是我的假期功課堆積如山。我先把簡單的功課完成，只剩下我最討厭的中英文寫作。我坐在隨筆面前發呆，看着一個一個空格，我的腦海裏頓時一片空白。媽媽看見我懊惱的樣子，便叫我替她清洗碗碟。我聽見後非常高興，寧願做家務，也不想寫作，況且清洗碗碟是一件簡單的事，我便立刻答應了。

媽媽交代清洗的步驟，然後便回到房間工作。我心想：清洗碗碟是多麼容易的事，我一定能勝任！我戴上手套，拿起洗碗布，打開水龍頭，開始清洗。起初，我輕輕鬆鬆地用布在碗上來回搓着，過了一會兒，我的手臂有點疲累，加上廚房非常悶熱，我本想半途而廢，但想到要繼續寫作文和怕被媽媽責罵，便對自己說：「要繼續努力，不要放棄！」

過了片刻，我還有許多碗碟尚未清洗。我想得太入神，「碰」的一聲，不小心把媽媽最喜歡的精緻陶瓷碗打破了。我急得像熱鍋上的螞蟻，不知所措，心想一定會被媽媽責罵。媽媽隨聲而來，看見心愛的陶瓷碗被打破，不但沒有氣憤，還心平氣和地一邊撿起地上的碎片，一邊告訴我：「第一次洗碗總有不小心打破碗的時候，不要自責，只要用心便會做得好。」聽見後，我提起精神，全神貫注地清洗餘下的碗碟，努力完成我的工作。

一小時過去了，碗碟終於清洗完畢了。當我使用乾布把碗碟擦乾時，發現每一隻碗碟，也有殘留油汁，很油膩呢！我趕快把所有碗碟再清洗一次，用洗碗布在碗上擦來擦去，再過了一小時，所有碗碟被我洗得乾乾淨淨，它們像一面面鏡子，連我的臉都能看得一清二楚。

我坐在沙發休息，筋疲力盡，更發現我的手指產生了許多皺褶。我做一件家務已經很乏力，媽媽除了工作外，每天還要做許多家務，例如：掃地、打掃房間、洗衣服等，一定感到心力交瘁。我決定每天要幫媽媽做家務，減輕她的負擔，我也要努力學習，不要辜負她對我的期望和無私奉獻的愛。

## 一件令我後悔的事

6E 張昕嵐

看着手裏熟悉的照片，我便想起一件令我後悔不已的事，而回憶就像走馬燈似的浮現在我的腦海中。

記得那一天，天氣寒風刺骨，奶奶怕我會感冒，所以在我出門前說：「孫子，這幾天冷了，多穿點衣服吧！」她用關心的眼神望着我，同時用自己粗糙且長滿皺紋的一雙手把看似笨重的外套緩緩地塞到我的手中，我一直聽她這樣嘮嘮叨叨，心裏不禁感到不耐煩，而我的怒氣此時也上升到了頂端，我一手把外套摔到地上，一手狠狠地把門關上。我怒火中燒，但我從門縫中看見奶奶無奈且目瞪口呆的樣子，我心裏突然覺得有點兒愧疚，我想破門而入，跟奶奶道歉，但身體就如一尊不聽話且仿佛注入了石灰的雕像，一動不動。

幾天後，我感冒了，我病得很重，咳嗽聲連綿不斷，肺仿佛都快要咳出來了。但出乎意料的是奶奶仍然日以繼夜、無微不至地照顧我，她不惜用自己的時間來守護我。她在我餓時會煮一碗熱騰騰的粥，在深夜會為我探熱，在我病重時會為我準備藥物，整天馬不停蹄。當時，我恍然大悟般明白到奶奶的用心和關心。康復後，我想跟她道歉，可奶奶不久就已病重入院，我用閃電般的速度向醫院奔去，我緊緊地握着她的手，說：「對不起！」她點頭微笑，表示接受。病來如山倒，幾個星期後她就永遠地閉上了眼睛。我的心仿佛被一塊大石壓住，呼吸十分難受，而淚水也不斷地在眼眶中打轉，因為我知道我失去了一位真正疼愛我的親人。

那次之後，我就深深地明白到家人之間，一定會有爭執，但是不應該那麼任性，以免子欲養而親不在，後悔終身。

「奶奶，我想你了！」

