

THE
CONVERGENCE
2024-2025
知德集



FOREWORD FROM THE PRINCIPAL

Principal Poon K. S.

TEACHERS' WRITING CORNER

Discipline and Guidance in Education

Music is life

The Importance of Social Emotional Learning in Primary Schools

The Lessons of Rugby: Bridging Sports and Education

The Power of Brain Breaks in the classroom

Mr. Chan Yiu Tung

Mr. Chan Chin Yeung

Ms. Yuen Lo Ka

Mr. Tang Chun Yiu

Ms. Cheung Chi Kiu

P. 1

Sentence Making for the word "feel"

Postcard

My Seatmate

1A Siu Ho Long

1B Lam Ho Chu

1D Li Yik Man

P. 2

My Chinese New Year Holiday

Megan's Beach Day

My Favourite Festival

Sports Day

2B Hsu Hazel

2C Chan Ka Hing

2D Tang Yat Chun Eugene

2E Ng Wing Chin

P. 3

A Barbecue Day

A Horrible Barbecue

The Bad Barbecue

3A Chung Hoi Ching

3D Man Cheuk Ki

3E Lee Pak Yin

P. 4

Shadow and the Fight of His Life

An Experience that Made Me Proud of Myself

An Amazing Place

4A Kong Wing Tai

4D Shi Andrew Ho Him

4E Chan Hei Tung

P. 5

How Children Can Save the Earth

Good People Good Deeds

How Can Children Save our Earth

5A Ip Ka Wai

5B Maksian Ramella Lucine

5E Yeung Lok Yau

P. 6

A Strange Class Cloning

Clones of Seven

A Cool and Unusual Places

6C Shek Choi Yee

6D Ng Hiu Nam

6E Chiang Sze Yu

Foreword from the Principal

2024-2025

Since the emergence of AI with its powerful ability to record and generate content, have you ever questioned the value of human writing? More precisely, is it still worth honing the craft of writing?

Expression is a natural human instinct. We need to express, communicate, and connect with others for both physical and social fulfillment. That is why we speak, create signs, and write.

We write when we are emotional—whether happy or sad, eager to share or seeking comfort. We write to transform our experiences and wild ideas into stories, hoping to be read and to resonate with others. Writing nourishes and enriches our souls.

We write to organise and reflect. Writing is a cognitive process that sharpens our logical, critical, and analytical thinking. It transforms abstract thoughts and feelings into conscious understanding, fostering self-discovery and intellectual growth.

"My writing, my voice." Every piece of writing carries a unique voice and perspective shaped by our individual experiences, values, and identity. While AI can mimic writing styles, it lacks personal consciousness and emotional authenticity that make human writing truly irreplaceable. AI can be a valuable writing partner, but one should never underestimate the intrinsic value of their own writing.

I am grateful to present The Convergence 2024-2025, the voice of our writers. They have transformed their experiences and ideas into stories, hoping to connect with you. Each piece is unique and inimitable. Enjoy!

Discipline and Guidance in Education

Mr. Chan Yiu Tung

As a discipline and guidance teacher, I believe these two elements are essential for creating a productive learning environment. They foster a culture of respect, responsibility, and growth.

The Importance of Discipline

Discipline teaches students about boundaries and expectations. It is not about punishment but about guiding them toward self-control and accountability. A well-disciplined classroom allows students to feel safe and focused on learning.

Setting clear expectations from the start is crucial. Collaboratively developing classroom rules helps students understand their purpose. For instance, discussing the value of respect can lead to better adherence. Consistency in enforcing these rules is vital; fair consequences reinforce respect for boundaries.

Guidance as a Supportive Framework

While discipline sets limits, guidance provides the necessary support. Mentoring students through academic and personal challenges is key. Regular check-ins, where students can express their concerns, help identify issues early and demonstrate that they are valued.

Building Relationships

Building strong relationships is crucial for effective discipline and guidance. When students connect with their teacher, they respond positively. I make an effort to learn about their interests and challenges, allowing me to tailor support to their unique needs.

Encouraging Self-Discipline

The goal of discipline and guidance is to empower students to develop self-discipline. Helping them understand the consequences of their actions encourages responsibility. Reflective practices, like journaling or discussions, foster critical thinking about their choices.

Conclusion

Effective discipline and guidance are foundational to a successful educational experience. By balancing clear expectations with supportive mentorship, teachers can create environments where students thrive academically and personally, guiding them to become responsible, respectful, and resilient individuals.

Music is life

Mr. Chan Chin Yeung

As a music teacher, I believe music is more than technical skill—it is also a form of emotional expression and a bridge that connects people. Over the past few months, I've witnessed students' sincerity and creativity through music, and in doing so, discovered the many possibilities that education holds.

In my lessons, I enjoy using stories to introduce students to different musical styles and cultural contexts. For example, when exploring classical music, we listened attentively to works such as the Moonlight Sonata. I shared the life stories of Beethoven to help students connect emotionally with the music. These storytelling methods not only engage students but also enhance their cultural appreciation.

One particularly memorable lesson was the introduction to Western orchestral instruments. Rather than relying on the pictures and the audio excerpts in the textbook, I invited student musicians to bring their instruments—violin, clarinet, and percussion—for live demonstrations. The classroom came alive with curiosity and enthusiasm. Students asked thoughtful questions like, "Why does the clarinet sound so mellow?" and "Is it difficult to play the violin?" This experience sparked interest among many students who had never considered learning an instrument before.

Beyond the classroom, I also lead the Junior Choir and School Orchestra. These groups offer students further opportunities to engage deeply with music. Through rehearsals, I've watched them grow in confidence, develop listening and collaboration skills, and gain meaningful performance experience through Christmas party performance, music competition and community service. Whether harmonizing in choir or keeping time in ensemble, their dedication is always inspiring.

Campus life has been full of touching moments. I recall one P1 student who, after class one day, softly said, "Teacher, I really like your music lessons." That simple sentence reminded me of the true essence of education—it's not about flawless singing, but about nurturing a love for the arts.

Looking ahead, I hope to continue embracing the belief that "music is life." Through melodies and rhythms, I hope my students will learn expression, empathy, and respect. Most of all, I hope music will help them find joy and a sense of belonging in school.

The Importance of Social Emotional Learning in Primary Schools

Ms. Yuen Lo Ka

Social Emotional Learning (SEL) is a cornerstone of primary education, equipping young students with skills to navigate emotions, build relationships, and make sound decisions. Integrating SEL into primary schools fosters holistic development, preparing children for academic success and lifelong well-being. SEL enhances emotional regulation, helping students manage stress and frustration. Primary school is a critical period when children encounter new social dynamics, such as making friends or resolving conflicts. Through SEL, students learn to identify their feelings and respond constructively, reducing behavioural issues and creating a positive classroom environment. For example, activities like role-playing teach empathy, enabling students to understand peers' perspectives.

Academic performance also benefits from SEL. Research shows that students with strong social-emotional skills demonstrate better focus, collaboration, and problem-solving abilities. By fostering self-confidence and resilience, SEL helps students overcome challenges, from mastering math to participating in group projects. These skills lay a foundation for future learning and adaptability. Moreover, SEL promotes inclusive school communities. By teaching respect and cooperation, it reduces bullying and encourages students to value diversity. In primary

schools, where social norms are forming, SEL instils values that shape compassionate and responsible individuals. Programs like morning check-ins or peer mentoring create spaces for students to connect and feel valued.

SEL's long-term impact extends beyond the classroom. Children with strong social-emotional skills are better equipped to handle life's complexities, from building healthy relationships to succeeding in workplaces. Schools that prioritise SEL contribute to a generation of emotionally intelligent citizens. To maximise these benefits, primary schools should integrate SEL into daily routines, train educators, and engage families. By nurturing emotional and social growth alongside academics, SEL ensures students thrive in school and beyond, making it an essential part of early education.

The Lessons of Rugby: Bridging Sports and Education

Mr. Tang Chun Yiu

Rugby used to be an indispensable part of my life. Unfortunately, I was forced to give it up due to my injuries. However, that doesn't mean that I could not apply what I learnt in rugby to teaching. Rugby and teaching share some similarities that stretch beyond the classroom and the pitch. Both require teamwork, resilience, perseverance, and respect.

Teamwork and Collaboration

Rugby is a sport that demands a high level of teamwork. Regardless of how talented you are as an individual player, you cannot tackle 15 attackers or score tries without the support of your teammates. For example, in rugby, when you are tackled, if your teammates do not come to set up a "ruck" (a way to secure the ball possession), opponents will easily get possession of the ball. Similarly, in school, students are often required to work as a group to accomplish tasks such as group projects and discussions. Without teamwork, you may still complete the project on your own, but it would be more difficult, time-consuming, and could even result in missing deadlines.

Resilience and Perseverance

Rugby taught me how to be resilient when facing difficult situations or bouncing back from an injury. I once suffered a shoulder dislocation during a rugby match, which caused me to stop playing rugby for almost a year. At that time, I was extremely depressed, feeling that it might be the end of my rugby journey because of the severity of the injury.

However, my coach encouraged me with the words, "Injuries don't hold you back from playing; it's your own

mindset that determines if you continue!" He helped me realise that I should not give up easily when I face difficulties. Instead, I should learn from my mistakes, focus on recovery, and return to the pitch stronger than before.

Same as students, when they receive results that they didn't expect to have, for example, failing in their MS, they should learn to persevere, understanding that one failure would not defeat them and set up plans on how they can improve their results. By fostering a growth mindset, teachers can help students view challenges as opportunities for learning and self-improvement.

Values of Sportsmanship and Respect

After every match, we would cheer for our opponents, regardless of the result, and every conflict that happened during the match would come to an end after the referee blew his final whistle. It is important to treat every game seriously, but it is even more important to respect our opponents and acknowledge the effort they put in for their club. Similarly, in schools, teachers can emphasise the importance of accepting different opinions, cultures and backgrounds, allowing students to express themselves while appreciating the perspectives of others.

Conclusion

In conclusion, both rugby and teaching emphasise teamwork, resilience, perseverance and respect. These qualities are essential for success not only in school but also in daily lives. By integrating the values learned from rugby into the classroom, teachers can create a dynamic and engaging learning environment that nurtures academic achievement and fosters personal growth.

The Power of Brain Breaks in the Classroom

Ms. Cheung Chi Kiu

In today's fast-paced educational environment, maintaining student engagement can be a challenge. This is where the concept of "brain breaks" comes into play. Having implemented brain breaks in my own classroom, I have witnessed their remarkable impact on student focus and overall classroom dynamics.

What Are Brain Breaks?

Brain breaks are short, structured activities that give students a mental pause between tasks. These breaks can range from physical exercises to mindfulness activities, allowing students to reset their brains and recharge for the next learning session.

The Benefits of Brain Breaks

1. Enhanced Focus

After prolonged periods of concentration, students often experience a decline in focus. By incorporating brain breaks, I've noticed that students return to their tasks with renewed energy and attention. These short intervals allow them to process information and prepare for the next activity.

2. Improved Mood

Brain breaks can significantly enhance the classroom atmosphere. Engaging in fun, light-hearted activities helps alleviate stress and boosts overall morale. Positive feedback from my students has reinforced the idea that these moments of levity contribute to a more enjoyable learning experience.

3. Increased Participation

When students are given the chance to move around or engage in interactive activities, they become more involved in the learning process. Brain breaks promote participation, as students are often more eager to share their thoughts and ideas after a quick reset.

Implementing Brain Breaks

At the start of the school year, I established basic ground rules for brain breaks to ensure they are both effective and enjoyable for all students. These guidelines not only enhance the benefits of the breaks but also promote a respectful and focused classroom environment. Students understood the rules clearly, and they have consistently followed them well.

In my classroom, I also strategically use brain breaks between tasks to enhance student engagement and focus. Here are a few effective methods I've found:

1. Physical Activities

Simple exercises like stretching, jumping jacks, or quick dance routines invigorate students and help them release pent-up energy.

2. Mindfulness Moments

Breathing exercises or guided imagery sessions assist students in relaxing and refocusing, promoting a calm atmosphere.

3. Interactive Games

Quick, fun games stimulate engagement and foster a sense of community among students.

Student Feedback

The positive feedback from my students has been incredibly encouraging. They value the breaks as a chance to step away from intense focus and recharge. Many have shared that these moments not only make learning more enjoyable but also aid in information retention. Lower primary students, in particular, look forward to brain breaks as a fun way to refresh during the school day!

Conclusion

By integrating effective brain break methods with clear ground rules, I foster a structured and positive environment that improves the overall classroom experience. These breaks not only allow students to recharge but also encourage respect, participation, and a sense of community. Moving forward, I will continue to incorporate brain breaks into my lessons to ensure my students have the best possible learning experience.

Sentence Making for the word 'feel'

1A Siu Ho Long

A bird feels hot on a sunny afternoon. Another bird asks, "Do you need a fan to feel cooler?" A wolf feels hungry and yells at the birds, "I will eat you!" The birds feel scared and they shiver. They want to ask for help from somebody. The wolf feels worried and goes away sadly.

My Seatmate

1D Li Yik Man

My Seatmate is Caitlyn. She is good at dancing and gymnastics. She likes to watch movies with her family. She likes to work in her exercise book during her free time. The special thing about my seatmate is that she enjoys playing in soccer matches!

Postcard

1B Lam Ho Chun

Dear April,

I visit Tai Po Waterfront Park with my 1B classmates. I see trees and an insect house. We play many games, including UNO. We have so much fun! I am very excited. I enjoy today's trip because I learn a lot about insects.

Love,
Clarence

My Chinese New Year Holiday

2B Hsu Hazel

It is my family's tradition to celebrate Chinese New Year with an eye-opening trip. This year, we went to Italy. We went to Milan, Florence, Venice, and Rome.

We visited a lot of tourist attractions. For example, we went to the Duomo di Milano in Milan. It was majestic. Then, we went to see "David", a famous statue in the world, in Florence. We also took a gondola ride to see the night view along the canal in Venice. I felt thrilled riding it. On the last day of the trip, we went to the Colosseum in Rome. This enormous building was breathtaking.

There was a lot of delicious food in Italy, too! There was pasta, pizza, risotto, and more. I liked eating Italian ice cream the most. It is called gelato. My favourite flavour was cookies and cream.

The trip to Italy was interesting. I learned about the history of Italy as well. I can't wait for the next trip!



Megan's Beach Day

During summer holiday afternoons, Megan and her family usually go to a Hong Kong Beach with a bucket and spade. Megan can't wait to build a huge sandcastle. She puts on her swimsuit with excitement. The weather is sunny. Soon, Megan arrives at the beach. She sits on the warm, gold-colored sand and starts to use the bucket and spade to build the huge sandcastle. Other people are sunbathing and playing tag.

Suddenly, dark clouds gather in the sky. However, Megan doesn't care at all! She continues to build her sandcastle. Soon enough, the rain comes in buckets. Megan hurriedly covers her head with her hands. She is soaked by the time she goes back home. She is very sad because she caught a cold.

Afterwards, Megan learns to go indoors when dark clouds gather in the sky.

2C Chan Ka Hing

My Favourite Festival

2D Tang Yat Chun Eugene

Chinese New Year is my favourite festival. I celebrate it on the first day of the first month of the lunar calendar every year.

Every year, my family and I go to Guangzhou to celebrate. We eat reunion dinner and play with fireworks. We also collect red packets and feed cats in my cousin's home. Lastly, we eat another tasty food called ginger duck, a special Chinese dish only Guangzhou has, made with ginger and duck. It's so delicious.

Chinese New Year is so exciting! This festival is important to me because it is a time to collect red packets and spend time with my family. I can't wait for Chinese New Year next year.



Sports Day

2E Ng Wing Chin

Last Thursday was Sports Day. Our school held this event because it wants us to be healthy and strong.

On that day, my mother took me and my brother, Kayden, to the Tin Shui Wai Sports Ground. When we arrived, I saw that there were over 500 students in the grandstand. I sat in the Green House area with my friend, Chermine. We were both excited.

I participated in the Bean Bag Throwing event, and so did Chermine. I threw three times and each time I tried my best. At the end of Sports Day, even though I didn't win a trophy, I was proud that I worked hard to do my best. Next time, I will work even harder to try to win.

A Barbecue Day

Last Sunday, my family and I planned to have a barbecue. The sun was shining brightly, with not a single cloud in sight. We made a list of items, then walked to the nearby grocery shop. We bought marinated meat, utensils, drinks, veggies, and some marshmallows. We then quickly checked out at the cashier. The grocery shop was very busy, but we still managed to buy all the items we needed before they ran out.

After that, Dad drove us to the barbecue site. It was a short drive, but it still felt so peaceful. About 10 minutes later, we finally arrived at our destination. Mom used the charcoal to start the fire so we could start grilling. The fireplace was very cozy, and the smell of the grilled meat was heavenly. It made me drool. It was already lunchtime, but surprisingly, there were not a lot of people.

After eating, we flew kites and took photos together. We had a lot of fun until, suddenly, the sky began pouring heavily, like raining cats and dogs! The sky was covered by a million clouds, and I could barely see my kite up in the sky. Dad tried to keep me dry by covering me with his hands, but I was already soaking wet! My heart sank. I knew that our perfect plans would be ruined. Dad said to get in the car quickly, so I got in despair. As we drove home, I felt very sad inside.

We got home eventually, and I took a warm shower. Suddenly, I thought of an idea! I quickly got out of the shower and told Mom to heat up the leftovers. I took the TV remote and asked Dad if we could have a movie night. I jumped with excitement as he nodded and got ready. We had a great night. It was the best day! We learned to always check the weather forecast before going out.

3A Chung Hoi Ching

A Horrible Barbecue

Last Sunday, my family and I planned to have a barbecue because of the sunny day and warm weather. We thought it was the perfect weather for a barbecue. We went to a supermarket to get the supplies for the barbecue. We bought all sorts of things, for example, charcoal, barbecue forks, sausages and more. After having our wallets drained, we packed our supplies in a bag and walked to the barbecue site.

At the barbecue site, we inhaled the fresh air as we unpacked the things and threw the charcoal in the fire. We took the time to admire the beautiful scenery. After a while, the fire started and we started grilling the food. There was a wide variety of food like sausages, fish balls, marshmallows and more! I couldn't even begin to count the amount of mouth-watering food there was. Water drooled from my mouth as I hungrily stared at the food. The sweet aroma of the food entered my nose as I started feasting on the food. It was as delicious as a steak cooked by a world class chef. We joyfully chatted while munching the food.

After eating, we still had plenty of leftovers so we wrapped it in plastic and put it back in the bag. I flew a kite as my mum took photos of us. Out of the blue, dark clouds completely covered the sky as thunder struck like it was trying to warn us that a disaster was coming. Rain started pouring on us as we ran as fast as a cheetah. We were drenched by the rain as we quickly took cover under the roof of a shop. Luckily, it was a shop that sold umbrellas so we quickly bought an umbrella and walked back home.

At home, I took a shower and reflected on today's events. I was regretful about not considering checking the weather. In the end, I learned to always check the weather forecast before doing any outdoor activities.

3D Man Cheuk Ki

The Bad Barbecue

Today, my family and I were at home, deciding what to do. Suddenly, Dad had a brilliant idea! He suggested, "What if we have a barbecue at the local park?" We all exclaimed, "Great idea, Dad!" and set to work preparing the necessary supplies. After packing up, we needed to go to the supermarket to get the food first. Just then, Dad cried out, "Oh no! We don't have barbecue forks!" But Mom calmly reminded us that we could buy those at the supermarket.

As we entered the supermarket, Dad went to get the barbecue forks, and then he joined us in picking out the food. In the end, we got a six-pack of soda, marshmallows, sausages, meaty chicken wings, meatballs, and a bag of charcoal. After that, we loaded everything onto the bus and headed home. Once we got back, we put everything in bags, did a quick clean-up, and left at ten-thirty in the morning.

We took the bus to the local park in Tuen Mun, enjoying the bright rays of sunshine outside. Once we arrived, we went to the barbecue area and sat on the stone benches surrounding the hole where the charcoal would go. The park looked nice and peaceful, with birds chirping and butterflies fluttering over the flowers. Then

3E Lee Pak Yin

Dad poured the charcoal into the hole, and we started the barbecue. We roasted lots of delicious foods: meaty chicken legs, long sausages, and everything else we had brought. After roasting them, we drizzled them with honey, making them tasty and sweet.

After all that meat, it was time for dessert. We cooked marshmallows over the fire and made s'mores. Then we began playing some exciting games. After our enormous meal, we enjoyed fun activities like hide and seek, kite flying, and tag. We felt joyful and excited as we ran around and relished the sunshine on this glorious day. But then, things started to go wrong.

It began to rain heavily, and thunder crackled. At that moment, things grew desperate. We scrambled to grab everything we could and quickly ran to the bus station as fast as we could. By the time we boarded the bus, we were completely soaked. At the end of the day, I learned that we should check the weather forecast before going out.

Shadow and the Fight of His Life

Last Monday, Shadow was in his backyard, playing catch with his friend Flame. The blue sky was clear and sunny. Shadow was happy to know that everything was fine and calm.

Unfortunately, he was wrong. A storm hit Tin Shui Wai. Shadow and Flame ran to hide under a tree as ear-splitting thunder crackled around them. Shortly after that, a tornado arrived. Shadow and Flame couldn't break free from the strong tornado, so they got whisked away by it. When they woke up, they were no longer in Tin Shui Wai, but in an unfamiliar place. The place carried a bloody smell, with suspicious red stains covering the ground. There were strange shadows behind the bushes, making the leaves rustle. The sound of bats' wings flapping in the purple-black sky made Shadow's spine tingle.

Shadow and Flame saw a castle up ahead and they went towards it. On the way, they saw people with shackles on their legs. Shadow thought it was quite strange, so he asked them what was going on. It turned out that they were under the control of an evil regime, which forced all the people it caught to be its slaves. Shadow and Flame were furious when they heard this and were determined to save the people, defeat the regime, and escape.

4A Kong Wing Tai

As they carried on heading towards the castle, an invisible arm suddenly reached for Flame. The arm belonged to the evil ruler. Then the evil ruler stepped out himself and he was a skeleton king! The fur on Shadow's back straightened. He used his turn-into-any-cat power to turn into a tiger and pounced at the skeleton king, knocking him onto the ground. Smoke surrounded the pair as they fought. The crack of breaking bones and scratching fur could be heard from miles away. When the smoke cleared, the skeleton king was dead. What was left of him was a lifeless shell and his invisibility cape, which Shadow took. Then Flame flew around at super speed, creating a tornado that whisked them and the people back to Tin Shui Wai.

When they got home, everything returned to normal. Shadow was covered in blood stains but he was proud and relieved. He proudly hung the skeleton king's cape on a hook in his room to remind him of the bravery and courage of a real warrior needed to defeat the evil king.

An Experience that Made Me Proud of Myself

4D Shi Andrew Ho Him

An experience that made me proud of myself was when I was seven years old and first attended W F Joseph Lee Primary School. As an American student in Hong Kong, I needed to learn Chinese. At the start, I didn't even know how to say the word "I" in Chinese!

My wonderful mother taught me Chinese little by little until I could form complete sentences. Even though it wasn't my native language, I still tried my best to learn it. Eventually, I was ready to read a primary 2 paragraph. There were many words I did not know, and I struggled, but with my mom's help, I actually passed primary 2! It was a massive achievement for me.

However, another challenge awaited me: primary 3, which meant more difficult Chinese and also Mandarin. I faced many hardships to reach primary 4, which I am in now. I still feel like a failure at times, but I am glad I at least know the basics of Chinese.

Throughout my journey, I learned several important lessons. First, there are no shortcuts in life. Second, don't rush into doing something; no matter how much frustration you feel, it will only make matters worse. Lastly, life is like throwing a ball; your goal is to throw it over 100 kilometers. You need to keep trying until you accomplish it — the mission is already decided the moment you are born.

I may struggle with Chinese, but knowing the basics is better than knowing nothing at all. Even experts and professors make mistakes. That's why I am proud of myself.

Amazing Places in Hong Kong

Hong Kong is one of the major tourist destinations in the world. It is known for its delicious food, brilliant nightlife, beautiful temples, and attractive natural beauty. Also, Hong Kong is recognized as a paradise for shopaholics. There are many famous attractions and foods in Hong Kong. Tourists will definitely praise their experience and want to come again. Hong Kong makes everyone enjoy their time and never forget it.

Some of Hong Kong's museums are visually attractive. The M+ Building is Asia's global museum of contemporary visual culture in Hong Kong. Inside the M+ Building, you can see many unique architectural designs. They are gorgeous. Compared to traditional museums that focus on exhibitions, collections, and history, the M+ Building focuses more on creative interaction. The M+ Building collaborates with various artists and painters, but these exhibits typically last for only a week or a few days for special events or architecture.

4E Chan Hei Tung

There is special transport in Hong Kong. The Star Ferry is a passenger ferry service operator and tourist attraction in Hong Kong. The Star Ferry travels between Hong Kong Island and Kowloon. It is a must-visit attraction for tourists from all over the world to leisurely enjoy the scenery and take photos. The ferry is an affordable and convenient means of daily transportation for residents in the city. Tourists can enjoy the sea view and the feeling of leisure when taking the ferry.

The mountains in Hong Kong are extremely big. Victoria Peak is the perfect spot to experience the greatest views over the world-famous Victoria Harbour. Inside the Peak Tower, there are many different restaurants and shops. You can also buy some Hong Kong signature souvenirs there. At night, you can stay at the Sky Terrace to enjoy the Symphony of Lights along the harbour. It is amazing. You can ride the Peak Tram to experience the beauty of Hong Kong's natural wonders. It is a good journey before arriving at Victoria Peak.

Hong Kong really is a wonderful place to travel. Everyone needs to visit at least once.

How Children Can Save the Earth

5A Ip Ka Wai

Do you feel like you're living in an oven during summertime in Hong Kong? Did you know that Hong Kong was much cooler a few years ago? Global warming is becoming more serious. Nowadays, people are polluting the Earth every day. Natural resources, like water and trees, are beginning to run out. Global warming causes ice in the North Pole to melt. To save the Earth, we must stop polluting and wasting natural resources. Although adults have the responsibility to help save the Earth, children should also contribute.

Children can start saving the Earth from home, the place they are most familiar with. They can turn trash into toys and useful supplies. For example, making a pencil case from a chip can is a great idea. Children can also take shorter showers to save water. Scientists have found that we use one liter of water each minute when we turn on the tap, and each person drinks an average of two liters of water each day. This means we can save

a person from dehydration every two minutes by using less water for showers! Children should also use fewer disposable items. This can greatly help save the Earth. Research shows that at least eighty percent of trash in landfills consists of disposable items, most of which are made of plastic. A plastic bottle needs at least a hundred years to decompose. Burning trash produces a lot of carbon dioxide, which is another reason for global warming. Children can use their own bottles instead of disposable ones and should also use towels instead of tissue paper.

Children can also save the Earth at school, the place where they learn. They can turn off the lights when they leave the classroom. This may seem like a small act, but every little bit counts. Children can use eBooks instead of physical books. Using less paper can help protect trees. They can also use a whiteboard or draft paper on an iPad for calculations instead of a blank sheet of paper.

Children can engage in planting in the school garden or on the roof. This will be eco-friendly and create a greener learning environment. Kids can also build responsibility by caring for their plants.

Children can do a lot to help save the Earth in the community. They can pick up trash from the grass, under trees, and even in the mud! This will provide a better environment for plants to grow, which gives us oxygen and allows us to breathe fresh air. Kids can create DIY posters about how to care for the environment. For example, they could show how to make a plane from a plastic bottle or tips for growing a plant and turning a torn t-shirt into a bag. These creative ideas will engage more people in protecting the environment, which is what we want—raising awareness about the importance of caring for the Earth. Additionally, making a donation box is a good choice for collecting unneeded toys, clothes, tools, and books. This helps reduce waste and provides

others with what they need. It creates a great balance for both the environment and people's needs.

Children need to understand the importance of saving the Earth. They must develop a sense of responsibility for this from a young age. If we can stop producing waste and polluting the Earth, we may truly save it. This will also help ensure a better future for all humans, plants, and animals.

Good People, Good Deeds

People can turn compassion into action, making the world brighter with every good deed they do! A good person treats others with dignity, valuing different perspectives and backgrounds. They strive to be just and equitable, considering the needs of all. They approach life with optimism and encourage others to do the same.

5B Maksian Ramella Lucine

Good deeds are acts of kindness, generosity, and compassion that can make a significant difference in the lives of others and in the community as a whole. These actions, whether big or small, reflect our humanity and our ability to connect. Good deeds are important because they strengthen bonds among people, creating a sense of belonging and support. They can also directly impact those in need, providing support and resources that can change lives.

My mom is one of the most helpful people I know—hardworking and diligent. She works all day long, often burning the midnight oil, and puts our needs before her own, demonstrating care and sacrifice. She volunteers at school, decorating for different traditions and activities throughout the year.

People can help others in need by showing dignity and respect, making them feel included and valued. They can help others shine by helping them find and express their potential. Being considerate and admirable makes others believe in you and encourages mutual respect. For example, one afternoon, I decided to help my neighbor by cleaning up her garden. I gathered some friends, and together we pulled weeds and planted flowers. This small act not only made her yard beautiful but also brightened her day, showing how a little kindness can strengthen friendships. I felt a sense of joy and fulfillment knowing that I could make a positive difference in my neighbor's garden. Watching her smile and express her gratitude filled me with happiness. It was rewarding to see how our efforts brought the community together and created a bit of beauty in our neighborhood.

Everyone can be a good person by embracing empathy and kindness in their daily lives. Simple acts, like helping a neighbor or listening to a friend, can create a ripple effect of positivity. By being aware of others' needs and showing compassion, we can foster a supportive community where good deeds flourish and uplift everyone around us. Let's strive to make kindness a habit, remembering that even the smallest good deeds can have a profound impact. Together, we can create a brighter, more compassionate world—one act of kindness at a time. So, reach out today and make someone's day a little better!

How Can Children Save our Earth

5E Yeung Lok Yau

Do you know that we are constantly destroying our Earth? We are polluting our Earth even though it is the only planet we can live on. It is our responsibility to save our precious 'home' for a clean environment for future generations. So kids can help save our world at home, in school and in the community because they need to help build a better future. Let's help now!

Firstly, kids should be taught to be resourceful at home. They should turn off the sink in the bathroom or kitchen when it is not in use. They can take shorter showers and use already-read newspapers or magazines as wrapping paper. Although these are easy and small changes to us, they can save a lot of water and paper over time.

Secondly, children can even be "little heroes" and save the dying Earth at school as well. For example, they can work on a group project about making a robot that can help clean up trash. During recess, it is wise to refill their bottles instead of buying new ones. In addition, the little heroes can be encouraged to present a topic about "Save our Earth" to their class in English lessons. It is vital for children to know how to be sustainable at school.

Last but definitely not the least, children can help pick up trash in their community with friends instead of "rotting" at home. Not only can they help clean up, but they can also improve their health by going out. Besides, they can make posters to spread awareness that we are destroying our Earth. They can also gather friends to clean up the beach because sometimes the trash in the ocean may cause harm to animals. So let's take action now!

In conclusion, everyone should take action in saving our dearest planet, especially children, who are the future pillars of society. They can make a difference at home, in school or in their community. We all must be alert that our world is being hurt by us. If no one helps, there will be more toxic waste, natural disasters and global warming on Earth. I hope every youngster can take this seriously, and it is not too late to save our globe.



A Strange Class - Cloning

Lately, I attended this two day Biology class in the AI Academy, alongside my fellow Primary 6 students. On my first day, a private tutor came to give me a briefing on the courses in the interest class, and explained the basic principles of cloning. She also informed me that the courses would start right after school in the science rooms. I was practically skipping with excitement as I arrived at the laboratory. A couple of students were already there, listening to a professor who was in the middle of a lecture. I chose a seat, settling down and taking notes precisely. The professor passed out sheets of paper, telling us sternly that we would be doing group work. Though my classmates seemed bored and fed up with the lesson, I found it quite fascinating, and ended up doing most of the work, earning a gold star from the professor and a piece of candy. I left the classroom that day with a dazzling smile on my face.

School seemed to pass by extra quickly the next day. When the bell rang, signalling the end of the school day, I was the first one out of the classroom. To no surprise, I wasn't the first one to arrive at the lab. But what made me take a step back in shock was that every single student inside the room looked identical. "They're not identical," I told myself. "They're the exact same." I walked in, feeling uncomfortable despite the professor smiling warmly at me, clearly remembering my outstanding performance from yesterday. He handed me a thick textbook and told me to read page twenty to twenty four.

6C Shek Choi Yee

As I was flipping my textbook, I looked up and noticed something very peculiar. The classmate sitting next to me looked exactly like the private tutor from yesterday! She was gazing into my eyes, my soul, and I felt a shiver run up my spine. I avoided her intense gaze, feeling unsettled. Out of the corner of my eye, I still caught her looking. I'd never been glad for a class to end in my life. As soon as the clock hit 4 p.m., I let out a deep breath I hadn't realised that I'd been holding. I shoved my textbooks into my backpack hastily, making a beeline for the exit. Hands shaking and lip quivering, I only realised now how much the girl had really gotten to me.

The walk home was quiet and lonely, per usual. The sun was beginning to set over the horizon, a yellow glow glazing over me. I caught an unexpected sight - the strange girl was walking down the road in front of me. She looked perfectly normal, but she was walking fast, as if she were in a hurry. The realisation dawned on me as I made a turn and she followed. We were walking the exact same route to my house. And as I rubbed my eyes to clear away the blurriness, I'd lost sight of her. With a few panicked turns of my head, I looked around before darkness shut abruptly over my stinging eyelids. I woke up in a haze. The place was dimly lit and looked like a dark basement. A light switched up above my head, and I blinked and tried to adjust. What I expected was for my mom and dad to pop out of nowhere, hollering, "April

Fools!" But it wasn't April. And it sure didn't feel like a joke either. I tried to get up and call for help, but my efforts were futile.

Until I caught sight of a shadow making its way towards me. It approached me, step by step. The place wasn't too bright, but I could obviously recognise the person as my private tutor. All I could do was stare at her in shock as a wide, devilish smirk spread onto her face.

"You must be awestruck," she drawled, as I had the urge to beat her face upon a wall. "I should tell you about what I plan to do, before you walk into your impending doom." Enraged, I willed up the courage to yell at her. But I kept my mouth shut. "Where to begin? Maybe you should understand the basic principles of my work before you help would be a good start. Lovely?"

She pulled out a chair and took her sweet time making herself comfortable.

"My goal -" she hung on to her words. "is to establish world domination. It's a simple task - by cloning using human puppets, I can finally achieve what I've wanted for years." She turned to peer at me slightly. "You don't seem to put up much of a fight. All your classmates had found out, but of course, they were simply too late to try to save themselves." And as my blood froze over, she swerved to look towards me before lunging.

With a horrific scream, I had transformed. I was a clone. Before I could do anything, she grabbed my hand and we marched over to the exit. Just as we passed, I caught sight of the other kids, sleeping - or I hope that they were sleeping - on the floor of the basement. The real me would have gasped in horror and helped them get safety, someone to rescue them... But this wasn't me anymore. I had lost all self-consciousness.

The woman led me all the way to my parents' house. My house. She knocked on their door, still holding my hand in a vice-like grip.

"What do you want?" My father was on a phone call, murmuring into the end of it, while my mother just seemed distressed. I wished to run over, plead them to call the cops.

"Your son was just sent to the hospital. He passed away in a crash with a van. I'm very sorry," my tutor said simply. I could only hear the faint protests from my father and sobbing from my mother as we walked off... and I knew that their worst concerns were proven to be true.

The day after, my tutor woke me up, gave me a brand new backpack and a lovely dress to wear. My other sisters were there too. Or, that's how she wanted us to refer to each other. We packed our books and walked off together in complete silence.

The Subject has left the camp.

Clones of Seven

I walked on the bright corridor, feeling uneasy. Of course, it was a great honor to attend this two-day Biology interest class, but it felt like a chilly fog had dropped onto my shoulders. One stare, one word, one touch, just enough for me to feel uncertain. An odd smell filled the air. My instinct detected something unusual. "You're thinking too much," the words echoed in my mind, again and again. With trembling hands, I opened the door to Classroom 103.

"You're here for your one-to-one lessons, right?" a voice said. There, sitting on the plain wooden chair, was a golden-haired lady. "I am your tutor, named Merlina." I bowed toward her and took a seat. Ms. Merlina took out a coral notebook and started scribbling notes for me to see. "Cloning is the process of extracting a creature's deoxyribonucleic acid, or DNA, and then copying it into a specially made body called a clone," she explained the principles of cloning. "Is the body called a clone because cloning was invented by Professor Primrose Cloner?" She nodded while taking a piece of worksheet out of a file and pushing it to me. I took out my pen and started working furiously.

"Ding dong" rang as I put down my pen and submitted the paper to Ms. Merlina as I packed my things and rushed to the hall. The uncertain feeling came again, like a wave, but I chose to ignore it. I opened the door calmly and took a seat. There, a woman named Linemra came on stage to talk about the pros and cons of cloning. She mentioned

6D Ng Hiu Nam

that clones couldn't contain much information, like a digitalised personality, so we couldn't use them to bring people back to life. Then, I worked with others on interesting group work. As I left the hall, the wave of fear came again. When I turned my head, I saw Ms. Linemra gave me an eerie look with her blood-red eyes, as if she was glancing at a toy.

On the next day, I entered Classroom 504 for my last lesson. I glanced in, shocked to see all the classmates except for me looked similar: golden hair, pink cheeks. I was about to take my seat when I saw my classmate sitting next to me who looked like Ms. Merlina, but younger. "My name is Nalerim," she introduced with a warm smile which I liked. Then, the teacher wanted us to do a group presentation, so Nalerim formed a group with me and her friends Relanim, Alinerm, Elimarn and Imalern. They were kind and we bonded quickly as friends, finishing our work. As I left, the wave of fear washed over me so intense that I couldn't ignore it.

I glanced at Nalerim and her friends, who were walking to a wall and knocked on it. My thoughts urged me to follow them. They muttered something, pushed the wall, and walked in. Before it slammed shut, I sneaked in, making sure they didn't know. As the door slammed shut, I knew there was no way back.

The footsteps were menacing as I tiptoed down the stairs. Suddenly, I heard a group voice say, "Clones of seven, orders even." I was close to them as I peeked out to see Nalerim's group, bowing at Ms. Merlina and Ms. Linemra. What shocked me is that Nalerim called Merlina Primrose Cloner! At that moment Linemra noticed me and walked gently to push me out of my hiding place. Merlina glanced at me and said, "Ah, Zhela Nerloc, my logical son, finally you came!"

Son? I knew I was an orphan, adopted, but son! Son of Primrose, the woman who died in an explosion! "Don't understand?" Merlina said, smiling, as she glanced at us, who were terrified and told us her backstory—

While doing an important research that might make transferring a soul to clones possible, her fellow scientists made a mistake and the lab exploded, nearly taking her life as well as all her research. Her son saved her and sacrificed himself. Feeling grief from her loss, she became more desperate to study how to transfer souls into a clone, but his clone not only failed to contain his memory, it even grew a consciousness based on her son's memory and the digitalised personality. So, she made the clones and formed the Clones of Seven to continue doing so in secret with her clones, while transferring different parts of herself into her clones so she could concentrate on her work. Merlina (herself) inherited her knowledge, Relanim inherited her emotions, Alinerm inherited her morality, Elimarn inherited

her skill in technology and could upload herself into the internet, Imalern inherited and reminded her of her will to continue this project. After much work, she learnt how to delete the clones' new "personality" and insert a soul (digitalised) in it. Since clones would rot over time, she made Linemra her next backup clone and Nalerim for me.

After hearing her explanation, I understood. The fear I felt was actually my clone's personality, afraid to see her! Merlina smirked, "Well you can follow us so our dear project," she pointed to Nalerim. "Then she can become your new body and you'll be immortal like me." I shivered at the thought. I couldn't "kill" Nalerim for this! I didn't want her to feel my clone's pain while making "me" either! I shook my head, determined "I won't support your work and make anyone, even clones suffer!" She laughed hearing this, "Hazel, such an answer you'll say."

Then, they entered a room while Nalerim looked at me thankfully and with much sorrow. I rushed to follow them in, wishing to see Nalerim, only to see an empty room, with them never to be seen again.

I shook my head, leaving the secret room, Merlina's last words before she entered the room etched in my mind.

"Next time we meet, I hope you'll support our work."

A Cool and Unusual Place in Hong Kong

6E Chiang Sze Yu

Hong Kong is one of the most popular tourist destinations in the world, with many famous tourist attractions. There is a place that everyone must go to, where you can see beautiful scenery, taste authentic Hong Kong food, and admire outstanding architecture. This magical place is Ngong Ping.

Ngong Ping is a highland in the western part of Lantau Island with very beautiful scenery. You can get there by cable car. On the cable car, you can enjoy Hong Kong's stunning Lantau Island and Tung Chung Bay sea views in the air.

After arriving at Ngong Ping, you will see Stupa Square next to the cable car terminal. This is one of the best places to take a photo with the Tian Tan Buddha. Here you can take pictures of the majestic statue surrounded by densely forested lands and vast blue skies in the background. Also, you can take a stroll along Wisdom Path and admire the inscriptions on the 38 giant wooden columns. Here nature, beliefs and art intersect. This beautiful environment makes people feel peaceful and comfortable.

Ngong Ping also has a lot of outstanding and unique architecture. Ngong Ping Village is a quaint and quiet little village neatly paired with stone slabs and flanked by classical Chinese architecture. It feels like returning to ancient times. Depending on the local festivals, the village is also adorned with festive decorations and holds different activities.

If you want to see the giant Tian Tan Buddha up close, you must climb up 268 steps. It is the world's tallest outdoor statue of Buddha, and it is made of bronze. The solemn and peaceful face of Buddha shines brightly in the sunlight. What marvelous workmanship! Visiting the century-old Po Lin Monastery is an unmissable experience for everyone. It has adopted some of the Ming and Qing's palatial architectural designs. The exquisite carvings and beautiful gardens are dazzling. Before leaving, do not forget to pray at the monastery.

There are also a lot of great food and souvenirs available at Ngong Ping. You can try delicious vegetarian food and silken tofu pudding at the quaint restaurants in Po Lin Monastery. If you want to eat Hong Kong specialty snacks such as egg waffles and curry fish balls, you can go to Ngong Ping Village because various restaurants are located there. The food can definitely make your mouth water. Ngong Ping Village also has a variety of souvenirs available for purchase at the stores, such as an assortment of Buddhism-themed souvenir items and nostalgic Hong Kong-designed knick-knacks. A wide selection of merchandise, exquisite art, and cultural pieces are all yours to choose from.

Ngong Ping is a very popular spot in Hong Kong. It also has many must-see attractions and architecture that will keep you busy taking photos and constantly amazed. A variety of delicacies that will also make you unable to stop eating. I believe everyone should visit Ngong Ping at least once in their lifetime and it is one of the destinations you should not miss when visiting Hong Kong. Ngong Ping has a unique big buddha statue, delicious food, and antique architecture waiting for you. You will definitely have fun. Everyone, hurry up and visit Ngong Ping!

《用教育點亮心燈：一場關於潛能與感恩的成長之旅》

陳美珠副校長

教師硯田

走進近代史交流團有感

全民國家安全教育日隨想

在 AI 年代，學生應學習甚麼？

修讀「照顧不同學習需要」課程後之心得

校園感悟

開學關鍵詞

韶光十載 堅守文化傳承

燃亮學生的潛能：五月三日學習成果展的回顧

P. 1

上學途中
彩色的電影院
新年趣事

P. 2

難忘的中秋節
運動會
我的家人

P. 3

雨中的公園
一份特別的禮物
我的媽媽

P. 4

我的貓咪
春天的公園
我喜愛春天的公園

P. 5

我眼中的長江三峽
我的寶物
黃山

P. 6

夕陽
這件事讓我學會一個道理
我最喜歡的建築物

吳秋娟老師
黃國風老師
張嘉儀老師
謝毅晶老師
余嘉欣老師
王筱萱老師
孫耀老師
尚茜老師

1B 馬荅霖
1D 陳蘊海
1E 劉思穎

2A 羅軒睿
2B 許樂靜
2D 羅子棋

3B 伍婷嫻
3C 蘇環揚
3D 陳駿

4A 江泳緹
4B 陳津霖
4D 陸梓悠

5A 陸駿熙
5B 文杰皓
5D 張祐嘉

6B 蔡思玥
6C 羅進謙
6E 黎樂意

33

34

35

36

37

38

39

40

40

41

41

42

42

43

43

44

44

45

45

46

46

47

47

48

49

50

51

用教育點亮心燈： 一場關於潛能與感恩的成長之旅

陳美珠副校長

教育者的初心

2025年9月，我懷抱對教育的熱忱走進和富慈善基金李宗德小學的校門，和孩子們迎接新學年。作為新任副校長，我始終相信：校園每扇透着晨光的玻璃，都該映照出孩子獨特的生命光彩。

那片貼滿童稚筆跡的教室玻璃窗，便成了我教育生涯最溫暖的起點。

第一站：種下夢想的種子

學生事務小組的巧思及具有美術天賦的同工共創一張設計了承載無限可能的「成長三部曲目標卡」，協助孩子們親手繪製心中的夢想：

- ◆ 個人成長：「我想更有自信」
- ◆ 學習突破：「9至12月要閱讀15本圖書」
- ◆ 家庭願景：「我要學習跟父母分房睡覺！」

當數百張獨一無二的夢想卡在陽光下閃耀時，我看見教育的真諦——不是填滿空瓶，而是點燃潛能。

歲末回望成長的步伐

聖誕鈴聲響起時，班主任老師帶領孩子進行了一場動人的「心靈收成節」。孩子們點腳再觀看三個月前的目標卡，驚喜發現：

- ◆ 曾經歪斜的字體現已成功寫在格內
- ◆ 害羞內向的男孩當上了班長
- ◆ 親子共讀計劃讓家庭餐桌飄起笑聲

當老師們拍攝感恩卡發送給我的一刻，便是教育最美的風景——見證生命在溫暖陪伴中悄然成長。

新春的綻放：燃點潛能 創造奇蹟

農曆新年後的第一場會議，我們決定對學習成果展進行一場顛覆傳統的實驗——將展示日的舞台自主權盡量交給孩子。

當教師團隊帶着忐忑與期待打開學生填寫的意願電子問卷時，各老師分工合作，跟家長教師會密切聯繫，家校同行，促成其事。其中，看到每一位老師發揮潛能，充滿創造力、想像力，為成就孩子展示意願來設計全日活動的安排。我們一同經歷無數大大小小的工作會議，解決每一環節的困難。

推開成果展大門時，這場名為「我們的精彩學習旅程」的展演，不僅是知識的匯聚，更是對教育本質最動人的詮釋：當我們願意蹲下來傾聽，孩子自會帶領我們看見星空。



走進近代史交流團有感

吳秋娟老師

古語有云：「讀萬卷書，行萬里路。」書本上的知識固然重要，但讓孩子親身感受世界的廣闊，將使學習變得更具體，更有趣味性。這次「小五廣州交流——走進近代史」的境外交流活動，正是一次讓學生們從體驗中成長的好機會。

為了加深學生對近代史的了解，我們參觀了「鴉片戰爭博物館」、「海戰博物館」、「威遠炮台」、「廣州辛亥革命紀念館」及「孫中山大元帥府紀念館」。一位學生在參觀完「鴉片戰爭博物館」後感慨道：「林則徐真勇敢，為了百姓的健康，不懼列強。」另一位學生說：「我想問問慈禧太后，她後悔用了軍費去興建圓明園嗎？」聽著他們你一言，我一語，我欣喜於他們能透過親身考察，對國家的過去有了更深的認識。

除了見證歷史之外，我們還到了廣州的市頭小學進行交流。隨著鼓聲響起，舞龍隊伍靈活地穿梭在場地中，龍身起伏翻騰，學生們目不轉睛地看著，不時發出驚嘆聲，甚至有學生忍不住模仿起舞龍的動作。緊接著，我們與市頭小學的學生一起上了一節數學課。課堂上，學生們被分成小組，通過遊戲和討論來解決數學問題。市頭小學的學生們表現得非常專注，積極舉手發言。我們的學生也很快融入其中，與當地學生一起思考、討論，甚至比賽挑戰解題方法，課堂氣氛輕鬆愉快。之後，我們進入了溫馨的互動環節，學生們紛紛拿出自己準備的小禮物，送給市頭小學的學生，彼此介紹自己的興趣和愛好，孩子們的臉上都洋溢著燦爛的笑容。

在這三天的旅程中，學生們的成長是顯而易見的，從最初的依賴到獨立，他們的變化讓人欣慰。他們會調好鬧鐘起床梳洗，享用酒店早餐；在參觀景點時，會互相提醒注意安全，甚至主動幫助其他同學拍照留念；在用餐時會幫忙清洗餐具、盛湯；離開前一晚會自己整理行李、清點物品。更讓我感動的是，在旅程的最後一晚，一位平時比較內向的學生說：「這次旅程讓我學會了主動和同學們交流。」

看到他們在旅程中展現出的獨立、團結與感恩，我感到無比欣慰，願孩子們在未來的人生旅途中，帶著這次旅程的收穫，勇敢地追求自己的理想，創造屬於自己的精彩人生。



全民國家安全教育日隨想

黃國風老師

作為一名在香港任教第四年的小學教師，這一年我負責學校的升旗隊，這份責任讓我對國家安全有了更深的理解和反思。剛好在這個時候，我們迎來了第十個全民國家安全教育日，這個日子不僅是對國家安全意識的提醒，也是我們教育工作者的重要使命。

國家安全的意義

國家安全對於一個國家及其人民來說，是穩定和繁榮的基石。在這個全球化的時代，國家安全的內涵變得更加複雜，除了傳統的軍事安全，還包括經濟安全、文化安全、網絡安全等多個層面。作為教師，我深感責任重大，因為我們不僅要傳授知識，更要培養學生的國家觀念和安全意識。

升旗禮的影響

升旗禮是學生們直觀體驗國家尊嚴和榮譽的重要時刻。在每一次的升旗中，我看到學生們在國歌奏響時目光中閃現出的自豪感。這些時刻讓我意識到，升旗禮不僅是形式，它更是情感的凝聚，是對國家的認同和熱愛。

在這次全民國家安全教育日中，我們參與了聯校升旗禮。透過升旗禮，希望學生思考甚麼是國家安全，為甚麼它對我們的生活如此重要。透過這樣的儀式，希望學生們能夠感受到國家安全與每一個公民的生活息息相關。

展望

第十個全民國家安全教育日，不僅是一次教育活動，更是我們每位教師反思自己教學使命的契機。未來，我希望能繼續在升旗隊的工作中融入更多關於國家安全的內容，讓學生在每一次升旗禮中，都能感受到國家的力量和責任。

作為教師，我深知培養學生的國家安全意識是長期的工作，需要我們不斷的努力和探索。我相信通過這些教育活動，能讓學生成為對社會有貢獻的良好公民，為國家的繁榮和穩定作出自己的努力。

在 AI 年代，學生應學習甚麼？

張嘉儀老師

隨著人工智能 (AI) 技術的迅速發展，各院校、教育領域面臨前所未有的挑戰，也帶數之不盡的便捷與機遇。21 世紀的科技和世界瞬息萬變：2020 年 6 月 ChatGPT 的首個版本發布，2025 年 1 月與 ChatGPT 功能同等、成本卻大大降低的 DeepSeek 大語言模型出現——不足 5 年，專門用來理解和生成人類語言、超級聰明的大語言模型正以驚人的速度迅速發展，本來我們需要苦學十多二十年才能掌握到的知識和技能，現在，利用 AI 技術就能唾手可得：翻譯各國文字，查找過千本相關權威刊物中的洞見，撰寫不同領域的文章和論文——這令人不禁懷疑，除了傳統學科知識的學習外，到底我們的學生應該學甚麼，才能配合 AI 世代的社會發展，在這個快速而不確定的環境中脫穎而出？

不少學術教育文章都指出，學生能否主動探索知識、具有批判性思考、進行跨學科學習、建立自我導向學習，並抱持終身學習的心態——凡此種種無一不是讓下一代更好地適應未來的挑戰的素質，對於培養出具競爭力的人才也至關重要。因此近年的世界各國教育改革中，有關上述的課程改革風起雲湧，此起彼落，希望在 AI 世代中造就出優秀的新世代。

或者先讓我們看看，一個最近在社會上非常熱門的話題：甚麼職業會被 AI 取代？人們怎能在 AI 科技取代我們的工作前，為將來好好準備？甚至有指 AI 的發展已影響了美國著名高等學府的新生選科傾向——他們開始懷疑傳統的「神科」如法律、精算科學的優勢，就連醫科也不例外。因為部份司法、金融行業的工作已能交給 AI 大數據模型處理，甚至有人說 AI 機械人終有一天能取代醫生，醫治病人。那麼我們也應該問：孩子長大後，怎能在 AI 世代不被淘汰、不被 AI「滅絕」——取代我們賴以為生的行業？要回答這個問題，人類必須思考：人與電腦、AI 機械人最大的分別是甚麼——否則我們難以作出精準的回答。

本校三年目標計劃中，強調了培育學生「社交與情感技能」

(Social and emotional skills)，並且滲透在各個科目和活動中實施，使之與課程和校園生活融為一體，加強教育的成效——這確實是一個切合 AI 年代需求、甚具前瞻性的教育願景。「社交與情感技能」指一系列與人際互動和情感管理相關的能力，當中包括溝通能力、同理心、情緒管理以及團隊合作等等要素，在人們日常生活、校園生活以致工作都不可或缺。它正是促進良好的人際關係和有效合作的潤滑劑。

關於這一點，前香港中文大學、現任新加坡南洋理工大學醫學院長沈祖堯教授，近日就在一個醫學研討會中，曾談及過有關話題。他直言雖然未來十年內不見得 AI 科技和機械人就能完全取代醫生的工作，但它確實能應付不少複雜、費時的醫療程序，例如現在成功研發了在醫生的監察下，以醫學機械手臂代替人手縫針的技術。AI 數據電腦也能快速觀察成千上萬張腸胃內窺鏡造影片，判斷體內有否出現腸癌前期病變，更可以短時間內大量收集病人體內數據、判斷和預計病人的身體狀況是否適合安全出院，以騰空更多供不應求的醫院床位……教授笑言，有時 AI 機械人的表現，與醫生相比，甚至有過之而無不及，因為醫生也有面對工作疲倦和年紀的限制，而 AI 卻不然——但，可幸的，AI 絕對無法取代一個會握着飽受癌症煎熬的病人的手、溫柔地說：「沒有事的，不用擔心……」的醫生。可以看見病人需要的，不只是一個正確無誤的治療，還需要一位能夠令人勇敢面對病症、能帶給病者戰勝病魔的生存意志的關懷。由此可見，AI 永遠無法模仿的，無法取代理人類的，就是人類獨一無二的情感、愛與關懷。

我們的下一代，若能擁有良好的社交與情感技能，懂得與人相處，能以同理心感知周遭，必定能擁有特殊的優勢，並且是 AI 不能所及。在香港長久考試、分數至上的傳統教育制度中，品德的素養、培養關懷與尊重等的人文情懷，從來沒有如此的舉足輕重。同時，這樣也清晰地印證了我們的辦學理念和六個核心價值的正確與可貴之處。

修讀「照顧不同學習需要」課程後之心得

謝毅品老師

近年來多了不少學校和家長談及如何支援有特殊教育需要 (SEN) 的學生，特殊教育需要 (SEN) 這個詞語變成近年教育界常常談論的話題，而我亦希望了解更多有關支援有特殊教育需要 (SEN) 的學生的方法及策略，於是便修讀了「照顧不同學習需要」的基礎課程。

課程一開始便問了一個問題：「為甚麼要推行融合教育？」相信亦是不少人的疑問。講者的解釋體現了教育的本質，亦讓我對「教育育人」有更深的理解。講者引用了聯合國教育科學及文化組織的教育理念，指出融合教育目的是提倡平等的學習機會、教導學生了解和接納人與人之間的差異。講者指出「學校是社會的縮影」，這句話貼切地描述學校的狀況，因為我們知道社會上有各式各樣的人，因此在課室裏亦相應地有不同能力和不同狀況的學生，這是一件很平常，亦應要被接納的事。學生的學習差異不同，學校及老師更要了解，然後作出不同的支援。

我在修讀這個課程的一些得着，希望分享給同行者。課程的其中一部份是由一位兒科醫生——王玉珍醫生詳細講解「成長里程碑」，說明人類在不同成長階段是有特定的需要和行為表現，這讓我平時觀察學生的行為表現時，可以對比這個「成長里程碑」，了解學生出現問題是在哪一個階段或部分。亦可以與家長溝通時，善用這部分的講解去解釋學生的成長行為，讓家長知道學生在不同階段中的成長需要。

這課程邀請了明愛培立學校的老師分享了他們的支援策略，當中有很多可以借鑑的方法。其中該校有一個支援計劃「Ice-ling goal」，計劃目的是讓教師和學生建立融洽的關係和信任感。這個計劃包括所有學生，不論學生是否有特殊教育需要，其實我們要讓學生面對老師時是感到安全、可信賴的、被關注的，這樣才能給予學生一個安心表達自己想法的環境，學生才會相信學校老師的教學和支援。另外，該校兩位老師還分享了其中一項小活動——建立「讚賞簿」，老師會記錄下同學當天做得好的地方，表達老師對學生的欣賞。這個方法很正面和有趣，平時老師亦可以用這個方法鼓勵班上較頑皮的學生，寫下正面激勵他們的話語，強化他們的好行為。學生收集起正能量滿滿的讚賞句子，十分滿足。

課程中教育心理學家沈李以慧女士分享了一個很重要的教學策略——視覺提示。她解釋老師可以把課堂內容或說出的指示精簡地寫在白板上，藉此讓 AD/HD 學生「看」到課堂的進度。我認為這些「視覺提示」不單可以讓 AD/HD 學生「看」到指令和課堂的進度，也能幫助一些坐在最後和最旁邊的學生。

香港的教育方向隨着社會的發展作出不同調整，目前融合教育是發展的大方向，希望不同能力的學生都能獲得平等的教育機會，發展個人潛能，找到適合自己的道路。

校園感悟

余嘉欣老師

執教二十餘年，我每一天的生活都充滿了挑戰與驚喜。清晨，鬧鐘響起，迎接我的第一個任務是準備課堂。雖然這是每天的例行公事，但每次的準備都讓我重新審視教學內容，思考如何更有效地傳遞知識。這種反思的過程，讓我深刻體會到教育不僅僅是傳授知識，更是對學生心靈的塑造。

走進教室時，學生們的歡聲笑語讓我倍感振奮。每個孩子都是獨特的，他們的目光中充滿了好奇與期待。這讓我明白，作為教師，我不僅是知識的傳遞者，更是他們探索世界的引導者。在這樣的環境中，我學會了耐心與包容，因為每個學生的學習進度和方式都不盡相同。

課堂上，我們一起討論問題，解決難題。看到學生們逐漸理解，並勇於發表自己的見解，這是我最大的成就感。教育的過程中，無論是成功的教學還是學生的失敗，都是學習的一部分。我學會了如何引導他們從失敗中汲取教訓，培養他們的抗壓能力和解決問題的能力。

課後，除了批改作業和準備下一堂課，我還會與同事討論教學策略，分享彼此的經驗。在這個過程中，我感受到團隊合作的力量，以及教育工作者之間的支持與鼓勵。這不僅增強了我的專業能力，也讓我明白教師的角色並不孤單，而是由一群志同道合的人共同構成的。

然而，教師的生活也並非總是一帆風順。面對學生的挑戰、家長的期望以及學校的各種要求，有時候我會感到壓力重重。但這些困難也讓我學會了調整心態，尋找解決方案，並在逆境中成長。每一次的挑戰都是一次自我提升的機會，讓我更加堅定了自己的教育信念。

回首過去的日子，我深感教師這份職業的意義。它不僅僅是教書，更是培養未來的責任。每當看到曾經教過的學生們茁壯成長，走向自己的理想，我都感到無比的自豪與欣慰。這份職業的光榮與使命感，讓我在每一天的忙碌中，始終充滿了動力。

總之，教師的日常生活雖然繁雜而忙碌，但其中的每一個瞬間都值得珍惜。在這份工作中，我不斷學習、成長，並感受到教育的力量。我相信，正是這些點滴的努力，最終能夠改變學生的人生軌跡，讓他們在未來的道路上自由翱翔。

開學關鍵詞

王筱萱老師

說到關鍵詞，同學們想到的可能會是閱讀或寫作時老師要求在題目中圈畫畫畫的詞語，也可能是考試時題目粗體加大的提醒。不單出現在我們的學習中，關鍵詞已然是一種「潮流」，它可以出現在聽歌的列表中——你的年度歌單關鍵詞，你本年度最愛聽的歌曲類別；它也出現在遊戲賽季的總結裏——你的賽季關鍵詞，你是甚麼類型的選手；甚至它出現在 Netflix 的年度報告中——年度總結關鍵詞，最受歡迎的原創內容……「關鍵詞」似乎在我們的生活中無處不見，而我們的開學季，也有它的關鍵詞。

一、準備

開學之前，做好準備是非常重要的。記得檢查自己的文具和書本，確保它們都在良好的狀態。你可以列一個清單，把需要的東西逐一檢查，這樣就不會漏掉任何重要的物品。此外，準備好開學的心情，為新學期的課程安排做好計劃，可以幫助自己更好地適應學校生活。

二、認真

開學季也是一個提醒我們要認真對待學習的時刻。漫長的暑假過去，在新學期中，老師會教授許多新的知識，這些知識將成為我們未來成長的基石。無論是中英數哪一科，每一門課都值得我們用心去學習。記得，認真的態度會讓我們在學習中獲得更多的收穫。

三、樂趣

除了以認真的態度迎接校園生活，我們也不能忘記學習的樂趣。學校生活不僅僅是學習知識，還有許多有趣的活動等着我們去參加。課外活動、運動會、秋季旅行……這些都能讓我們在學習之餘，享受生活的樂趣。希望大家能在新學期中找到自己的興趣，讓每一天都充滿笑聲和快樂。

四、燃亮

最後，別忘記我們這個學年的主題——「燃亮」。每個學期都有新的挑戰在等待著我們。這些挑戰可能是學業上的，也可能是生活中的。面對挑戰，希望你們可以勇敢迎接，不怕困難，發揮自己的潛能。挑戰是成長的一部分，勇敢面對它們，我們會變得更強大。希望在新學期，每一位同學都能設定不同範疇的目標，勇於挑戰自己，點亮自己的無限潛能。

開學季是一個全新的開始，願大家在這個學期中收穫滿滿，快樂成長！期待你們在學期末都能收穫讓自己開心滿意的學年關鍵詞。

韶光十載 堅守文化傳承

孫龍老師

晨光漫過旗桿，投入教室。韶光飛渡，轉眼十載。

由用油性筆在白板上書寫，到今天的觸控屏電子白板，本人見證了教育界與時並進的發展。而李宗德小學亦步趨時代的發展，在鍵盤與墨香間走出嶄新的教育風景。

電子教學的變革遠超預期。回想當年疫情期間開展的網上學習促進了科技的賦能。近年來 AI 輔助學習亦如火如荼，各種各樣新穎的應用程式猶如雨後春筍。無論科技的發展如何日新月異，但我相信改變的是載體，不變的是對文化傳承的熱忱。在這所擁抱創新的學府，我們既追趕着時代的浪潮，更守護着文明的薪火。那些跳動在雲端的字，終會透過孩子們溫熱的掌心，在現實的土壤紮根發芽，長成接天的文化綠蔭。

燃亮學生的潛能：五月三日學習成果展的回顧

肖茵老師

作為一名老師，能夠參與學校這次以「我的精彩學習旅程」為主題的學習成果展的籌備和展示工作，我深感榮幸。這不僅是學生們展示自己努力成果的機會，更是我們共同見證孩子們成長的重要時刻。

前期準備

首先，學校鼓勵學生自主提交想要展示的作品或報名表演，這些作品涵蓋了語文、數學、人文、藝術等多個領域，希望學生能充分展現他們的才華與創意。接着，請同學們填寫了「成就寶藏卡」，讚賞自己在學習中所取得的成就，並分享遇到挑戰時的解決方法，令學生能夠在反思中學習。

學校將同學們的這次成果展定位為一次精彩的學習旅程，因此佈置方面極具主題特色。整間學校設計有登機口、登機牌、機艙等，趣味十足。老師們亦將教室變身為一個充滿創意的展覽空間，每一處都讓人驚喜不已，每一個角落都瀰漫着孩子們的熱情與夢想。

成果展當天

成果展當天，校園內洋溢着期待與興奮的氛圍。學生們自信地介紹自己的作品，家長們也帶着驕傲的笑容，積極參與其中。許多家長反饋展覽讓他們對孩子的潛能有了更深的認識，並且感受到孩子們在學習過程中的成長，亦很感謝學校老師們為孩子們舉辦這次成果展。

特別是在觀察孩子們互相交流的時刻，我深刻體會到合作與分享的重要性。孩子們在這樣的活動中不僅展示了自己的成就，也學會了欣賞他人的努力，這是教育中非常珍貴的一部分。

結語

此次學習成果展不僅是一次展示，更是一次心靈的交流。我們一起燃亮了孩子們的潛能，讓他們在探索中發現自己的價值。作為老師，未來我們將繼續努力，為孩子們創造更多這樣的機會，讓他們在學習的旅程中，不斷發光發熱。

上學途中

1B 馬慕霖

每天早上，我總是迎着清新的空氣，踏上上學的路途。出門前，我會迅速洗漱、換裝，然後享用美味的牛奶和麵包，再背上書包，開始踏上通往學校的路。

沿着熟悉的小路前行，陽光灑在路旁的花朵上，五顏六色的花兒爭相綻放，彷彿在向我打招呼。我忍不住停下腳步，仔細看看這些花兒，一陣微風吹過，色彩繽紛的花瓣隨風飄落，猶如一場溫柔的雨。我趕緊拍下它們的模樣，把這些早晨的美好永遠記錄下來。

這時，小鳥的歌聲從樹上傳來，是多麼清脆悅耳呀！頓時，我的心情更加愉悅起來！還有，幾乎每天我都會遇見主人帶着小狗散步的情景，牠們總是那麼活潑可愛！好像也想跟着我們上學似的，有趣極了！我不由自主地向牠們微笑，也會小心翼翼地觸摸牠們。

回到了學校，遇見了一個個熟悉的面孔——老師和同學們。我們不時會互相打招呼，也有些同學帶着微笑匆匆而過。在這輕鬆又愉快的氛圍中，我充滿動力去迎接新一天的學習生活。

看電影

1D 陳蘊淘

今天我和爸爸媽媽一起在位於元朗的形點商場看了一場電影，名字叫作《哪吒2》。

一進入電影放映室，就看見了一排排紅色的椅子和一個巨大的黑色大屏幕。突然，橙黃色的燈光熄滅了，全場觀眾都變得靜悄悄的，電影在黑暗的環境下開場了，大家都很期待小哪吒的角色到底是怎樣的。

小哪吒的樣子非常奇特，大大的眼睛和嘴巴，還有兩個髮髻。這場電影非常精彩，我十分享受這一次的電影體驗。期待下一次再和爸爸媽媽一起看電影。

新年趣事

1E 劉思穎

農曆新年，我們全家回鄉下過年。年初一的晚上，我們一起到河邊看煙花。

「欸——砰！」煙花在夜空中綻放，有的像一朵朵美麗的花朵，有的像一顆顆閃耀的星星，有的像一條條彩色的絲帶……美得讓人捨不得眨眼睛。看煙花的時候，我開心極了，我的心情就像煙花一樣燦爛。

明年，我還要回鄉下過年，我要帶上我的畫筆，把煙花的美麗畫下來。

難忘的中秋節

2A 畢昇容

中秋節是一家人團圓的日子。這天晚上，我們先到外公家吃晚飯，外公為我們準備了豐富的飯菜，我們都吃得津津有味。

吃過晚飯後，我和哥哥提着燈籠，一躍一跳地走到天水圍公園跟好友見面。公園裏四處都是五光十色的花燈，非常亮麗。我們坐在潔淨的草地上說說笑笑，一邊分享美味的月餅和楊桃，一邊觀賞又圓又亮的月亮。

突然，天上的雷伯伯打起鼓來，隨即下起大雨，我們急急忙忙地跑進商場裏。媽媽說：「我們可能要回家去。」我失望極了，嚷着不要走。後來，我們找到了合適的地方繼續玩。

不知不覺已經到午夜了，大家都玩得十分盡興，是時候回家了。今天的行程很精彩，期待下一年的中秋節能有好天氣。

運動會

2B 許樂靜

今天是一年一度的學校運動會，我和姐姐七點半便到達了天水圍運動場，我感到又興奮又期待。

唱完國歌後，賽事便接二連三地進行。這時，太陽伯伯出來了，整個運動場頓時變得又熱鬧又有朝氣，我們的臉頰都曬得紅通通的。台下的健兒都全力以赴，投入比賽；台上的觀眾吶喊助威，不遺餘力。而我就參加了擲豆袋比賽。雖然我沒有獲得獎項，但是我十分滿意自己的表現。

最後，終於來到我最期待的環節——霹靂舞表演。這個表演令老師和學生都看得入迷，贏得熱烈的掌聲和歡呼聲。運動會結束後，大家都懷着愉快的心情離開。

我的家人

2D 畢子棋

我有一個快樂幸福的家，家裏有和藹可親的爸爸、溫柔的媽媽、調皮可愛的妹妹和活潑聰明的我。我們在一起經常做有趣、好玩、幸福又快樂的事。在爸爸媽媽的精心呵護下，我健康快樂地成長。

記得有一天，我生病了。晚上睡覺時，我的額頭髮熱，頭昏眼花，喉嚨也疼痛不已，所以我痛苦地呻吟。母親聽到我的呻吟聲後，便如箭一般飛速地跑到我的房間。她急得像熱鍋上的螞蟻，馬上拿起體溫計替我量體溫。她緊張地說：「哇！是三十九度！媽媽馬上帶你去醫院。」在車裏，我昏昏沉沉的，卻隱約感受到母親的牽腸掛肚，隱約看到她的愁眉苦臉。

從這次的生病記，我學會要好好愛護身體。在過往的日子裏，我不斷跟父母鬥氣，讓他們生氣，但在我生病的時候，她們卻對我呵護備至。現在想想，我的行為真是可鄙的！從今以後，我要孝順父母，多點關心他們。

雨中的公園

3B 伍婷縵

下雨啦！下雨啦！公園裏下起雨來啦！

淅沙淅沙！小雨輕飄飄地落下，如同輕紗般的薄霧，悄悄地滋潤着公園裏五顏六色的花兒。碧綠的小草削尖腦袋偷偷地從地裏鑽出來，貪婪地喝着甘甜的雨；垂柳像一位留着長髮，在「沙沙沙」的雨聲中翩翩起舞的姑娘。

忽然，烏雲密布。不一會兒，嘩啦嘩啦！傾盆大雨如銀河倒掛，雨點兒大得像豆子，砸得花兒彎下了腰；密得像針，將這大自然的萬物織成簾；急得像賽跑，爭先恐後地落在地面。圓圓的雨珠子一串串落在湖面上，泛起一圈圈波紋，如同一條條可愛的小魚，在水中嬉戲。鳥兒們在雨中唱起了動聽的歌曲，彷彿很享受這場大雨帶來的酣暢淋漓。

啊！雨，你給公園增添了色彩，你給公園帶來綿綿詩意，你給人們帶來歡樂！這樣的美景，真讓我流連忘返！

一份特別的禮物

3C 蘇璟揚

爸爸回來了，我捧出生日蛋糕說：「爸爸您辛苦了！」「兒子長大了，會做蛋糕給爸爸吃了！」爸爸笑瞇瞇地說。看着他大口大口地吃起來，我自己心裏也甜滋滋的。

爸爸是今天生日，該送甚麼禮物給他呢？我在房間想着想着，突然，一個想法從心裏浮了上來，「千里送鵝毛，物輕情意重」，何不親手做一個獨一無二的蛋糕呢？於是我請媽媽當我的蛋糕導師。我們預備好材料，便準備做蛋糕了。

我依照「蛋糕導師」教我的步驟做蛋糕。我先壓碎餅乾，混合牛油，再用打蛋機不停地攪拌了十分鐘，說起來容易，但我的肩膀卻漸漸酸痛了起來，弄得汗流浹背，滿頭大汗。然後，我打發奶油和芝士，再放進冰箱待凝固。最後，我在蛋糕上放上了巧克力碎，一個巧克力蛋糕就大功告成了！

爸爸一回來，我便急不及待地把蛋糕交給他。看到爸爸吃得津津有味，我覺得今天的辛苦是值得的，能讓家人眉開眼笑，我的心裏也十分滿足。

我的媽媽

3D 陳駿

清晨，陽光剛溜進窗縫，廚房便傳來「鏗鏘」的交響曲。媽媽繫着褪了色的碎花圍裙，馬尾隨着翻炒的節奏晃動，像她總停不下來的身影。

媽媽不高，圓潤的臉龐有時掛着笑，十分和藹。可是，生氣時，她的眉頭便凝聚成一個「川」字，十分可怕。

她性子急，但從不會因為我的成績而對我發火。一次我考砸了，縮在房間裏掉淚，她端來熱牛奶，說：「怕甚麼？媽陪你重新算。」那晚，她握着鉛筆一題一題地向我慢慢講解，檯燈將她的影子拉得老長，溫柔地裹住我的慌張。

媽媽像一位魔術師，將普通的日子變得有趣。我想，若愛有榜樣，媽媽應該是當中的頂尖。

我的貓咪

4A 江泳緹

在我心中，貓咪是一種神秘而迷人的動物。牠們靈動的身姿，柔軟的毛髮，還有那雙如水晶般閃亮的眼睛，總讓我着迷。我和貓的故事開始於那個陽光明媚的午後。

當時的我，走進了一家貓咖快餐店。這是我第一次擁有與貓咪近距離接觸的機會。店裏傳來貓咪們的嬉鬧聲，空氣中瀰漫着淡淡的貓糧香氣。我激動不已，心裏默默期待着能遇見一隻特別的貓咪。就在我懷着期待的心情走進店裏時，一隻貓咪吸引了我的注意，牠就是核桃。

核桃是一隻黑白相間的貓咪，擁有獨特的魅力。牠的毛髮如同雲朵般柔軟，黑白分明，搭配一雙水汪汪的藍色眼睛，透出無辜與好奇。每當我看到牠那豎起的尖耳朵，和濕濕涼涼的鼻子時，都讓我感受到一種暖意，彷彿牠的存在能瞬間驅散所有煩憂。而那短短的鬃鬚，則更添了幾分可愛。記得那天，父母給我買了一袋貓糧，我的心中充滿期待。當我走向貓咪們時，突然，核桃的一雙明亮的眼睛緊緊地盯著我，彷彿是一隻小黑豹般跑來。牠伸長身子，輕巧地跳上我的膝蓋，圓圓的眼睛瞪得大大的，無法移開目光。看着牠那麼渴望的模樣，我忍不住笑了，心裏想：這真是一隻貪吃的貓咪。我輕輕把貓糧放在牠面前，牠立刻張嘴大口吃着，神情專注，彷彿這是世界上最好吃的食物。

核桃的貪吃與可愛讓我無法抗拒，之後每一次牠在我身邊的時候，我的心裏充滿了幸福。牠的陪伴讓我的生活變得更加有趣，也讓每一分每一秒充滿了溫暖。無論是靜靜地坐在陽光下，還是嬉戲玩耍，核桃總是我最好的朋友。

春天的公園

4B 陳津霖

春天來了！春天來了！離我家不遠處有個美麗的公園，我們來瞧瞧這春天的公園是怎樣的？

公園裏有的人在野餐，有的人在踢球，有的人在放風箏，熱鬧極了！公園裏的花朵爭妍鬥麗，有紫色的，有黃色的，有藍色的……色彩鮮豔的花朵上蜂蝶成羣，像在為春花作點綴。成千上萬的蜜蜂在花下你一言，我一語，似乎在談論些重要的事情。只要你靠近花兒，就能聞到一股淡淡的清香；只要你站在花叢裏，便如同置身花海，令人心曠神怡。

公園裏有許多鬱鬱蔥蔥、高大筆直的樹。一片又一片的樹林，像在翻滾着綠浪，更像是士兵守護着公園裏的一草一木。鳥兒看見公園的美景，高興起來了，唱出悅耳的歌曲，人們專注地傾聽着鳥兒歌唱，愜意極了！有的鳥兒甚至擺出動人的姿態，瞬間變成了模特兒，引得遊人爭相拍照呢！

傾刻間，有人喊：「下雨了！下雨了！」池塘裏的魚兒都躲起來了，彷彿害怕春雨會傷害他們。春雨像花針，像水箭，像珍珠，各式各樣的，千姿百態。雨後，整個池塘都濕潤起來了，空氣裏夾着青草味，清新極了！池塘裏的水清澈見底，那冰涼的池水直透心中……

瞧！春天的公園生機勃勃；春天的公園動態萬千；春天的公園如夢似幻。這令人陶醉的公園誰不喜愛呢？

我喜愛春天的公園

4D 陸梓悠

冬伯伯剛走，春姐姐便帶着萬物復甦的法寶，悄悄地來到人間，它揮舞着魔法棒來到了公園。頓時，公園煥然一新，一幅欣欣向榮的景象，到處生機勃勃。

春天的公園，是一個詩情畫意、鳥語花香的世界。你聽聽，剛踏進公園，鳥兒們就吱吱喳喳地用歌聲歡迎人們。忽然，一陣春風吹來，樹葉發出了「沙沙」的響聲，似乎在為鳥兒們伴奏，獻給人們一場動聽的音樂會。

走進公園來，來到翠湖，湖邊的垂柳像一位優雅的舞者，輕盈地舞動着長長的裙擺，帶來美妙的視覺享受。兩旁的桃樹和杏樹也不甘落後，露出燦爛的笑臉，爭先恐後地向遊客展示着自己美麗和優雅的姿態。

你瞧，公園中央的那座圓形大花壇，開滿了千姿百態的花朵，各式各樣的鮮花爭相綻放。有的雪白、有的火紅、有的淡紫、有的金黃……五彩繽紛，把公園裝飾得美不勝收。春風中，不時飄來陣陣淡雅的花香味，花香撲鼻而來，令人陶醉。蝴蝶也被色彩繽紛的花兒吸引住了，在花叢中翩翩起舞，彷彿在歡快地說：「春天來了，春天來了！」

「一年之計在於春」，春天給人們帶來了生機，給生活帶來了朝氣。春天的公園風光如畫，讓人流連忘返，我愛春天，更愛春天的公園。

我眼中的長江三峽

5A 陸駿熙

從古到今，人們無不讚歎大自然的鬼斧神工刻畫出的驚人傑作——長江三峽。因此，我和家人決定進行一趟秋季旅行，親身體驗三峽的美。

首先，隨着郵輪緩緩駛進三峽，我們如同進入了一個古色古香的夢。三峽的山重岩疊嶂、遮天蔽日。從遠處我們可以看到一座座拔地而起，連綿不斷的崇山峻嶺的畫。兩岸的青山相連，一點空隙都沒有，以壯麗河山的天然勝景聞名中外。山的姿態各有不同，像獅子，也像女神，猶如一段壯觀至極的神話。

觀賞完那峰巒雄偉的山後，我低頭一看，哎？水面波光閃動着，顯得十分清幽。我再仔細一看，水看起來十分泓澈，蕩漾着綠色的波紋，就像美麗的女神，正在抖動着碧綠的綢緞。江水滔滔，幹流迂迴曲折，就像一條巨龍在三峽之間埋伏，兩旁的石林就像士兵般聳立着，準備列陣屠龍，顯得氣勢磅礴。

過了一會兒，三峽大瀑布就映入我的眼簾了，我遠眺到那條銀河似的瀑布波光粼粼，中間夾雜着向前奔騰的白浪花。當我細心一聽，發現瀑布飛瀉而下，還會不時發出令人驚訝的聲響，就像一羣士兵在吶喊，龍翔鳳舞般壯觀。

完成這趟旅程後，所有人都被悠久的巴楚文化所吸引。人們無不讚歎，感到三峽像是一幅連綿不絕的畫卷。我愛大自然，更愛長江三峽！

我的寶物

5B 文杰皓

「嘩啦——」我輕輕轉動墨綠色的傘柄，雨珠沿着傘骨畫了一個圓圓的圈。這把傘是浸透溫度的寶物，每當雨水敲打傘面發出「叮咚」的脆響，我總會想起三年前那個濕漉漉的清晨。

「嘩啦嘩啦——」輕鐵到站時，暴雨像打翻的水盆傾盆而下，我縮在月台角落，書包被斜雨潑得半濕。「弟弟，要借傘嗎？」清亮的嗓音穿透雨幕，穿着香島中學校服的哥哥揚了揚手中傘柄，髮梢還掛着水珠。我們踩着「嗒嗒嗒嗒」的水花並肩前行，他將傘面悄悄傾斜，自己外套的右肩卻早已被雨水滴成深色。

「給你放學用。」抵達校門時，他忽然把傘塞進我掌心。「可是你……」「我可以冒着雨，衝着回家！」話音未落，他已經衝進雨簾，書包在背後「嗒嗒嗒嗒」拍打，像隻振翅的藍色雨燕。

如今傘骨已微彎，傘布也褪成青灰色，但握柄處隱約殘存着陌生人掌心的溫度。每當雷聲「轟隆」滾過天際，我便會對着傘微笑——這是我最珍貴的寶物。我會把這份寶物，永遠保留下去，只要遇到需要幫助的人，我也要像那位哥哥一樣把善意傳遞下去！

黃山

5D 張祐嘉

去年暑假，我與家人遊覽黃山，親眼目睹了它的絕世之美。那時正是夏季，風和日麗。黃山景色宜人，美得如詩如畫，像一幅生動的山水畫，像仙境，像一位優雅的女子，讓人看得著迷。黃山不僅是自然的傑作，更是文化的瑰寶，讓人流連忘返。

黃山位於中國安徽省，是一座聞名遐邇的名山。走進黃山，我彷彿置身在一幅壯麗的畫卷中。這裏有高聳入雲的奇峰，有奇特的巨石，還有浪漫的雲海，無不讓人感受到大自然的鬼斧神工。

黃山最讓人神往的，莫過於如夢幻般的雲海。清晨，我們早早起牀趕到光明頂。在那裏，我們靜靜地等待日出。當太陽冉冉升起的瞬間，金色的陽光漸漸突破雲層，照亮了整個山谷。那一刻，雲海翻滾，宛如童話般的夢境，給人一種溫暖的感覺。

接着我們觀賞黃山標誌性的風景——迎客松。古老的松樹矗立在山頭，樹枝伸展得像在熱情地招呼每一位客人。它們擁有千百年的歷史，能在這樣險峻的地方茁壯成長，真是太神奇了！真令人敬佩！

最後我們在獅子峰近觀石頭，觸摸著被風雨侵蝕的石頭，能感受到大自然的力量與時光的痕跡。每一道裂紋、每一顆凹陷，都是歲月的見證，彷彿在訴說著黃山的故事。我們在獅子峰附近發現了一顆獨特的石頭，形似猴子蹲坐，孤傲地矗立在峰頂，彷彿極目遠眺，又似縱身跳躍，靜觀雲海，十分傳神。

這就是我眼中的黃山，它既是一處自然的瑰寶，也是一個充滿詩意與畫意的精神家園。每一次回想起那裏的景色，心中都會湧起一股難以言喻的感動。黃山的美，不僅停留在眼前，更深深植根於心中，成為我生命的一部分。

夕陽

6B 蔡思玥

坐在窗前，陽光穿過薄紗，我抬頭一看，蔚藍的天空萬里無雲，只留下太陽獨自在天上，他把自己的身體刺穿，發出耀眼的光芒，照紅了整個天空。看看波光粼粼的海面和蔚藍的天空，太陽本是高掛在天空，見到他開始蠢蠢欲動。天空就是太陽的舞台，白色的雲便是舞台的布幕，拉開布幕，太陽在清澈的天空中為大家表演夕陽之歌。

此時，一隻麻雀劃破長空，牠先在海面英姿煥發地盤旋一周，再向高空飛去，趕在太陽下山前回家去。轉眼間，太陽已蠢蠢欲動，緩緩向海平線墜落。

當太陽接近海面時，他的光芒愈來愈聚焦，更變成一個火球，帶著無限留戀，緩緩滾向碧海。一道紅光在海裏蕩漾，恰似一條金龍在那飄蕩，壯麗極了。他把自己泡在大海裏，讓金黃的熾液流入大海，把整個海面染成金黃色。

霎眼間，太陽已落入海裏，留下一條金燦燦的帶子，發出淡淡的光芒。暗藍色的天空與太陽的光輝漸變，美得難以言喻。海面上停泊的幾艘小船也被披上了一層金黃色的紗綃，海水倒映著太陽耀眼的光，水波蕩漾。

夕陽西下，天邊的彩霞由淺至深、由淡至濃，最後天空便被黑夜吞噬，晚霞也消失得無影無蹤，大海也變得漆黑一片，因此分不清天與海。街燈亮起，在黑夜中發出光芒，雖說「夕陽無限好，只是近黃昏」，這只是短暫的分別，明天它會再來的。

這件事讓我學會一個道理

6C 畢進謙

人生的路上難免會遇到失敗，可是我們不應就此氣餒，反而應該從中汲取教訓，讓失敗成為成功的契機。而在一次參加演講比賽的經歷中，讓我真正明白到「失敗乃成功之母」的道理。

去年，陳老師鼓勵我參加一場校內的演講比賽，我答應了。這是我第一次參加演講比賽，所以我花了很多時間準備演講稿，並在家中反覆練習。可是事與願違，比賽當天，我卻感到非常緊張，到我上台時，雙腿發軟，聲音也顫抖起來，腦海一片空白。那刻，我感到無地自容，覺得自己沒有能力做好任何事情。

下台後，陳老師看見垂頭喪氣的我，便拍一拍我的肩膀，鼓勵我說：「讓我告訴你發明家史蒂夫喬布斯的故事吧！史蒂夫·喬布斯在1976年創辦了蘋果公司，並發明了無數極具創意的創科產品。可是，他的發明在當時被認為是天馬行空和荒謬的，最終更被蘋果公司時任總裁解僱。但是，史蒂夫·喬布斯沒有因為這次的失敗而自暴自棄，反而繼續鑽研和發明創科產品，更創辦了皮克斯動畫公司。相隔多年後，史蒂夫·喬布斯終於回到蘋果公司，在無數次的失敗後，最終成功帶領公司創造了劃時代的科技的傳奇——智能電話。正如他所說：『失敗並不可怕，可怕的是自暴自棄，逃避困難。』」

陳老師的話猶如當頭棒喝，令我明白到一次失敗並不代表永遠，只要從失敗中汲取教訓，永不言棄，就能踏上成功之路。於是，我下定決心要重新振作。我開始主動尋求陳老師的幫忙，向他請教演講技巧和克服緊張情緒的方法。在陳老師的悉心指導下，我進步神速。半年後，我再次報名參加學校的演講比賽。這次，我站在講台上，不再害怕觀眾的目光，而是揮灑自如地完成演講，獲得台下此起彼落的掌聲。最終，我獲得了比賽的勝利。那一刻，我領悟到沒有之前的失敗，我就不能取得這次的成功。

古語有云：「失敗乃成功之母」，這次參加演講比賽的經歷恰恰印證了這個道理。正如美國前總統占美·卡特所說「成功的果實，不是一蹴而就，而是一次次失敗澆灌而成的。」人生路上並沒有坦途，只有從失敗中汲取教訓，才能邁向成功。

我最喜歡的建築物

6E 黎樂意

說到香港，相信大家都會聯想到舉世聞名的尖沙咀鐘樓。今天我便慕名而來，打算一睹鐘樓的英姿。

一下巴士，我便被鐘樓的氣勢震憾了。鐘樓高聳入雲，如一把寶劍直插入天際，令人感到無比震撼。走到正前方，鐘樓那巍峨的身影像便映入眼簾，在它的對比下，我就連一隻螞蟻的高度也不及！鐘樓宛如一位威武的士兵，矗立在我身前，令我感到不可名狀的莊嚴。

乘船到維港對岸遠眺鐘樓，清晰可見鐘樓頂部的紅磚塔頂與灰色花崗岩樓身形成強烈的對比。鐘樓的影像映入維港的海水這面鏡子中，讓鐘樓在莊嚴與雄偉之中多出了幾分唯美。

午後細雨迷濛，鐘樓若隱若現，在大霧的籠罩下只留下模糊的輪廓，平添一絲神秘與夢幻。雨珠滑過紅磚，彷彿為它披上了晶瑩的外衣。

轉眼間已到了傍晚時分。在四周燈光的映襯下，只見鐘樓的四側，而塔尖隱於夜空，讓鐘樓顯得更為奇妙、獨特。周圍的現代建築氣勢逼人，而鐘樓卻以愛德華時代的古典建築風格獨樹一幟，彷彿是時空中的孤旅者，靜靜見證着城市的滄桑變遷。

天色已暗，我乘巴士離去，透過車窗，回望鐘樓，它仍是那麼雄偉，那麼挺拔，那麼壯麗！看着鐘樓漸漸遠去、漸漸消失在高樓之間，這一刻，我心生不捨，只能在心中默默道別。

多年的風雨洗禮，鐘樓依舊堅守崗位，不辭勞苦地為我們報時，從未懈怠。鐘樓的無私與堅韌，令人肅然起敬。鐘樓啊！謝謝您多年來的默默奉獻，成就了這座城市的永恆記憶。



和富慈善基金李宗德小學
W F Joseph Lee Primary School

9 Tin Fai Road, Tin Shui Wai, Yuen Long
元朗天水圍天暉路9號

Tel/電話: 3401 4995

Fax/傳真: 3401 4689

E-mail/電郵: info@web.wfjpls.edu.hk

