



華德學校

*Bishop Walsh Primary School*



# 華珍集

2023-2024

學生作品



# 目錄

中文科.....P.3

英文科.....P.18

視藝作品.....P.39







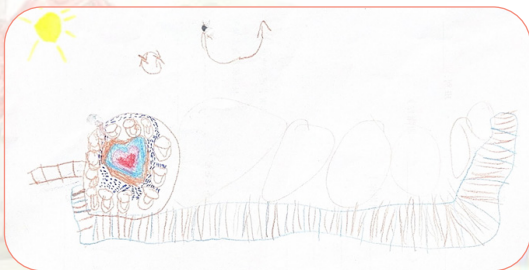
愛中有義 團結一心 榮主恩  
跨科學習 探索新知 創未來

# 中文科作文

## 1A 胡靖昕

二月六日

農曆新年期間，我和家人一起到馬來西亞旅行。我們去了狄臣港大紅花酒店住宿和吃自助晚餐。在這個旅程中，令我最難忘的，是觀看日出和在「天空之鏡」拍照，真的很難忘呢！



## 1B 張栩樂

一年級的生活快要完結了，這一年來我感到很開心！

我最喜歡的科目是中文，我們會一起溫習，一起看圖書，我學習到很多知識，我便會更進步。

我最喜歡的活動是打羽毛球，因為打羽毛球讓我又健康又快樂！

我最喜歡的老師是林老師，因為她很善良，她教我們學習和寫字。

我很高興，因為我快要升上二年級，我又可以學習到新的知識了。





1C 錢一一



昨天是父親節，但是爸爸中午要去出差，我忘記跟他說：「爸爸，父親節快樂！」

下午，我自學了一首小提琴曲——〈孤勇者〉，透過手提電話發送給爸爸。爸爸收到後，開心極了！



1D 陳子軒



今天我和媽媽去香港動植物公園玩耍。我們在裏面發現了很多不同種類的動物，有活潑的猴子，美麗的小鳥和可愛的紅袋鼠。後來我們又看了各種各樣的植物，例如九里香、桂花和茶花等等。媽媽和我都感到很開心。



## 2A 蘇海嵐

今天，動物們在森林裏種樹。突然，小鳥發現遠處的樹林冒起濃烟，他驚慌得大聲尖叫。

這時，動物們看見森林着火了。小鳥掩着鼻子，緊張得不知所措。小兔子們害怕得相擁痛哭。小猴子擔心得團團轉。大象靈機一動，想出一條妙計。

於是，大象用鼻子噴水。小鳥和小猴子負責搬運水桶給兔子們，讓他們潑水。大家齊心合力救火。

最後，動物們成功地撲滅山火，大家開心得手舞足蹈。雖然山火破化了樹木，但是沒有人受傷。這個故事告訴我們，只要團結一致，就可以解決困難。



## 2B 萬昊庭

星期六的早上，爸爸上班去了。下午的時候，我和姐姐查看日曆時，我們興奮地發現今天原來是爸爸的生日。我突然大叫：「糟糕了！糟糕了！我們不但沒有準備生日禮物，而且爸爸還很快就下班回來啊！」我和姐姐立刻商量，不一會兒，我們決定給爸爸一個驚喜，一同製作一個生日蛋糕送給爸爸。

我們馬上分工合作，姐姐負責把材料：牛油、牛奶、糖、雞蛋和麵粉攪拌在一起成為麪糊，然後搓勻。我就協助她沖洗草莓，我們弄得滿頭大汗。

之後，姐姐把拌勻的麪糊倒進已鋪了烘焙紙的蛋糕模上，放入以預熱的焗爐中。約三十分鐘後，軟綿綿的蛋糕終於完成了。接着，姐姐在蛋糕的表面和周圍塗上奶油，而我就鋪上香甜的草莓作裝飾，香噴噴的草莓奶油蛋糕大功告成了。

剛好，爸爸下班回家了。他一進門，看見我和姐姐捧着生日蛋糕迎接他，便高興得眉開眼笑。當他知道蛋糕是我們自己製作的，他更豎起拇指稱讚我們。最後爸爸和我們一起吃蛋糕，多美味啊！

這件事令我明白分工合作是很重要的啊！





## 2C 劉恩語

今天，哥哥和弟弟在客廳裏一起開心地玩角色扮演遊戲，哥哥拿着掃帚扮演稻草人，弟弟披上外套扮演小鳥，他們十分神氣，開心得手舞足蹈。

然後，兩兄弟追逐時，不要打破了花瓶，碎片撒滿一地。他們嚇得不知所措，張大嘴巴，商量怎樣做。

這時，媽媽從房間裏走出來，他看見他心愛的花瓶被打破了，生氣得火冒三丈，問：「是誰打破了花瓶？」於是，他們決定說謊，便冤枉了無辜的小貓，說：「是……是小貓！」

最後吃飯時，媽媽責罰小貓沒有魚吃，小貓心想：他們為什麼要冤枉我？兩兄弟卻也內疚得吃不下飯，心想：下次還是不要冤枉小貓了！

這個故事告訴我們不要說謊，應做一個誠實的好孩子，說謊的話，心裏也會非常難受！



## 2D 李梓豪

今天，動物們在森林裏種植植物。突然小鳥飛過來：「火災啊。還冒起濃烟了！」

然後，猴子擔心得團團轉，小鳥害怕得掩着鼻子，兔子們害怕得相擁痛哭。這時候，大象突然靈機一動，想出了一個妙計。

然後，大家齊心合力救火。大象用鼻子吸水，噴向樹頂；兔子們拿着水桶一起救火；猴子向小鳥說：「小鳥你要快點救火啊！」大家都負責不同的任務。

最後，雖然大火破壞了樹木，但是牠們成功撲滅山火，大家高興得手舞足蹈。牠們終於明白了，團結一致就能解決困難。



### 3A 葉以心

上星期一，我在學校小息時，打算到圖書館還書。

在前往圖書館的路上，我聽到「呼」的一聲，我回頭一看，原來是班長把簿本跌在地上。當時，他的簿本撒滿一地，他嚇得站着不敢動。

這時候，我立刻走上前，然後蹲下，把簿本逐一拾起，再疊整齊，交給那位班長。那位班長激動得連話都說不出來，一顆心就像綻開了的一朵花。他對我說：「我真是太感謝你了！我一定會告訴老師你的善行！」我回答說：「不用客氣，這是舉手之勞，幫助別人是我應做的事。」

放學回到家後，我把一切事情告訴了媽媽，媽媽也為我而感到高興。

這次幫助了班長，我感到十分高興，令我明白到「助人為快樂之本」。助人不但會令別人感到快樂，更會帶給自己歡悅和喜樂，正如文章《交換》所說。舉手之勞會令被幫助的人和自己及身邊的人感到快樂，我們應保持謙虛，常常助人。



### 3B 鄭一樂

上星期日，我和妹妹在家吵架了。

當天，我還未回家的時候，妹妹到我房間借用我的文具來做功課，妹妹答應我做完功課後就會把文具放回我的房間。

但當我回家後，發現筆盒內的尺子不見了。這把尺子是媽媽送給我的生日禮物，我對它珍而重之。我在房間尋找了好幾遍，依然找不到，心情失落得直插谷底。

我火冒三丈地向妹妹大興問罪，妹妹否認，我們吵起架來。我越罵越兇，妹妹害怕得大哭起來，還驚動了媽媽。

媽媽連忙走過來，了解事情經過後，便對我說：「哥哥，你冤枉了妹妹，你的尺子一直放在書包內呢！」我頓時醒覺，馬上向妹妹道歉，我們和好如初。

我對妹妹所受的委屈深感抱歉。我日後要好好管理自己的情緒，不應過份衝動。





### 3C 唐柏希

今天，我和媽媽一起去惠康超級市場購物。我打算買薯片，因為明天是旅行日。

我一進入超市，就看見人山人海、熱鬧非凡。有的人在試食；有的人在挑選貨品；有的人在結賬……我們推着一輛購物車，就往裏走去。

首先，我們到達蔬菜區。這裏有紅彤彤的番茄；有綠油油的菠菜；還有紫色的茄子……看得我眼花繚亂。媽媽挑選了一個又大又圓的椰菜花放進購物車裏。

接着，我們又到了零食區。我看到貨架上有我心愛的薯片，連忙走上前去，踮起腳尖想把它拿下來。沒想到它實在擺得太高，我只好請媽媽幫忙：「媽媽，可不可以幫助我呢？」她笑咪咪地回答：「可以。」然後把薯片放進購物車裏。我開心得跳了起來。

最後，我們推着滿滿的購物車去結賬，帶着依依不捨的心情回離開，期待下次再來！



### 3D 羅駿寶

今天是學校六十周年開放日，我和家人去學校參加開放日活動。

進入學校後，我看見好多人，有的在玩二人三足、有的在台上唱歌、有的看小丑表演、還有的在手工，非常熱鬧！

首先，我和家人參加小丑表演的活動。小丑表演開始了，第一個表演是數字表演，小丑第一個選了我做助手，我開心到跳了起來，小丑還把氣球送給我。

看完小丑表演後，我跟家人去做手工，我想做個心型的卡，寫上願望掛在願望樹上，可是做好後，我不是十分滿意。後來在家人的幫助下，才完成手工作品，我高興地掛在願望樹上。

通過這次的活動，我可以和他人增加互動和交流，也學到好多東西，認識不少新的朋友，好期盼再有新的活動。



#### 4A 莫浚軒

在剛剛過去的上學期考試，雖然我的成績並不理想，但是卻令我十分感動。因為有來自媽媽無限的愛和支持，令我倍感溫暖。

當我拿到已評分的試卷，我的心情頓時一落千丈，上面的成績不似預期。我心想：糟糕了，這樣的成績該怎樣向媽媽交代，媽媽會…不會責怪我呢？我懷著忐忑不安的心情回到家裏，媽媽看了看試卷，溫和地說：「整體沒有太大的問題，但仍需努力。」

我懸著的心終於放下，眼淚奪眶而出說：「媽媽你為甚麼沒有責怪我？」媽媽抱著我溫柔地說：「因為我有看見你努力溫習。」「可我還是考不好。」我帶著哭腔說道。媽媽說：「『勝敗乃兵家常事』，不要在意一城一池的得失。過程比結果更重要，因為過程代表學習態度，結果不理想代表你的知識儲備不夠，那以後加強就行了呀。」聽完媽媽的一席話，我又燃起鬥志，並暗暗下決心，我一定會努力學習，不負媽媽的教導。



#### 4B 陳弘哲

「鈴！鈴！鈴！」小息的時候，同學們浩浩蕩蕩、興高采烈地跑去操場遊玩。同學和我的笑聲融合在一起，是那麼的甜，一顆心就像綻開了的一朵花。

操場頓時沸騰了起來，同學們有的像子彈般飛奔，有的像武俠劇的主角在比武，有的像隻快活的喜鵲般唱歌、跳舞，而我和同學更一起彈奏一首《給愛麗斯的信》。

我們一邊輕鬆地彈奏，一邊面帶笑容，還時而點點頭，活像一個「小醉仙」。有些同學跟着音樂的節奏拍手，有些同學還自創特別的舞步，伴隨我們的琴聲翩翩起舞。老師也十分欣賞我們的表演，聽到讚揚聲不絕於耳，我們一下子像踩到雲上，飄飄然了，彷彿覺得自己就是世界上最幸福、最快樂的人。

大家開開心心地玩着，笑聲吞沒了整個操場。它讓我們在上面盡情跑、盡情跳。我們在它表面印上了許多足印，但這並不玷污它的美貌，它仍舊是那麼美麗，那麼璀璨。它就是我們活動的樂園——操場。「叮噹！叮噹！」小息完結的鐘聲響起了，我們只好依依不捨地回教室去。





#### 4C 黃敏

這個星期有一個既重要又特別的日子，你猜猜是甚麼日子？那就是表姐的生日。為了準備這次的生日派對，不但讓我們一家發揮了團結的力量，還讓我們更加瞭解表姐。

星期天，剛好是一週一次的家庭會議。在我們會議快要結束時，媽媽突然提議說：「下星期日是你表姐的生日，我們為她舉辦一個生日派對吧！」我和爸爸都異口同聲地說好。

星期三，我們主要是買生日禮物和蛋糕。我和媽媽負責生日禮物，當我們走進了一間精美的精品店時，我看見一條美麗的項鏈，我也惦念着，想買給十年後的自己呢！我說：「媽媽，你覺得表姐會喜歡這條項鏈嗎？」「這條項鏈過於貴重，不適合十九歲的她，但是那條既大方又得體的手鏈，卻能凸顯出表姐優雅的氣質。」媽媽說得頭頭是道。

到了星期日——表姐生日那天，我負責陪同表姐一家到我們家。看到我們精心設計的生日派對，表姐便感到興奮不已。桌上那美味可口的小吃，牆壁上那漂亮美麗的佈置，頭上那可愛簡約的派對帽：還有那色彩繽紛的蛋糕，而最令她雀躍的是收到稱心滿意的禮物。別人常說：「女人才知女人心。」難道真的嗎？表姐果然喜歡我們送的手鏈，或許是媽媽跟表姐心有靈犀吧！

這次幫表姐籌備生日派對，我感到十分開心。快到爸爸的生日了，我也希望能給他一個驚喜的生日派對啊！



#### 4D 陳皓邦

我的媽媽是中等過兒，有一頭烏黑的頭髮，一張瓜子臉龐，一箱好像兩彎新月的眉毛，他的眼睛像雄鷹的眼睛一樣銳利，還有一張很勞叨的嘴巴。

媽媽對我和弟弟關愛有家，她每天都像一個陀螺一樣，為着我和弟弟打轉。記得上年下學期，我們第一次全日制上學，我們本來訂購學校的「活力午餐」，後來媽媽擔心衛生問題，從此她就製作午餐給我們吃。不管風吹雨打、日曬雨淋，他都會為我們送上熱呼呼的午餐。我每天最期待的就是午餐的時光，每當我打開午餐盒前的一刻，我心想：不知道今天吃什麼呢？

媽媽好像有讀心術一樣，每當我們想做壞事的時候，媽媽晚上會制止我們：「不准跑，慢慢走！」、「不准打架！」……用一道嚴厲的目光盯着我們。

媽媽對我們的愛比山高、比海深，對我們無私奉獻，所以我們平時要孝順她。我為有這樣的媽媽而感到驕傲。



## 5A 陳鍵沛

當我看到飾櫃上的音樂盒，便想起上星期六所發生的事……

星期六那天，爸媽因事外出，家裏只留下我和姐姐。當姐姐進房間溫習後，我便興致勃勃地看電視，那刻，電視正播放球王美斯入球的精彩片段，我也不甘示弱，拿起足球，然後來個「黃金右腳」。「砰……」的一聲，只見姐姐心愛的音樂盒被我踢跌在地，碎片散落一地。我還未來得及反應，姐姐便以光速跑了出來查看。

「嗚……嗚……你怎麼把我心愛的音樂盒踢碎了？」姐姐傷心欲絕地說。「只……只不過……是……是個音樂盒……」我吞吞吐吐地說。她聽到我毫無悔意的口吻，氣得面紅耳赤，怒髮衝冠，雙手叉腰大喊：「你做錯事還不道歉，我討厭你！」說罷，用力關上房門。那刻，我好像被千萬支針刺穿心臟，感到很心痛。因為姐姐從小就疼愛我，甚麼事情都讓着我的。這是頭一回聽到她說討厭我，我該怎樣辦呢？我該怎樣辦呢？

之後，我掏出所有積蓄，快速衝到精品店，買了一個相似的音樂盒回家。心想：姐姐氣得像關公一樣，我這樣給她，她會接受嗎？我靈機一動，走進房間，拿起畫紙和顏色，先製作一張道歉卡。完成後，久久不敢交給姐姐，但最後我也鼓起勇氣，深呼吸後走到姐姐的房間門前。

「叩叩……」我戰戰兢兢地敲着房門，姐姐開門後我誠心誠意地遞上道歉卡及音樂盒，說：「姐姐，我知錯了！我知錯了！請你原諒我吧！」她終於破涕為笑，跟我握手言和，並原諒了我。聽到姐姐親口說原諒我，我才終於鬆了一口氣，一直緊皺的眉頭也得以釋放了。

這次的經歷，使我明白做事前要「三思而行」，不要貪玩而不顧後果。





## 5B 梁日驄

我最不能忘記的是我媽媽堅強的身影，她的身影彷彿就像一幅高大的圍牆，擋住了我人生的種種困難。她不但會無私地幫助我，還會熱心地幫助別人。啊！媽媽，你是我見過最完美的人了！

她每天都要上班，所以她經常穿着整整齊齊的西服。她有一頭烏黑發亮的頭髮，也有一嘴雪白的牙齒。

我的媽媽很堅強，任何困難都難不到她。有一次，在夜晚的時候，我發現有一份十分困難的視藝功課還沒有完成，我抬頭望一望時鐘，已經是十一時了，我的心跳好像留了一拍，心跳越來越急速，也越來越驚恐。心想：糟糕！我可能來不及做功課了，我也準備放棄了，但媽媽鼓勵我，她告訴我只要努力，多大的困難都不會難倒我們，直到深夜，她陪我一起做成功課。她讓我明白無論有甚麼困難，勇於面對就能解決。媽媽，就算我有很多不能解決的困難，你也像天使一樣，守護在身邊，陪伴我一起堅強地面對人生路上的高高低低。

媽媽除了時時刻刻和我一起面對困難外，她還很樂於助人。我還記得有一次，我們乘搭巴士的時候，巴士停站了，我從窗外看見一位婆婆手持拐杖，步履蹣跚的老婆婆。她搖搖晃晃地走入車廂，當巴士開動時，她幾乎要跌倒了。媽媽沒有猶豫甚麼，立即走上前，小心翼翼地扶住老婆婆，慢慢地走到座位前坐下。車廂內的乘客對她投來敬佩的目光，那位婆婆也微笑稱讚她道：「謝謝你呀，小姐，這樣我就不會跌倒了。」看到她這樣的舉動，我十分自豪，她看到有需要的人就會伸出援手。啊！媽媽你真是樂於助人，看到有需要的人就會無私地幫助別人，我真為你感到驕傲呢！

媽媽，你就像溫暖的陽光，照耀着我！你不但十分堅強，還樂於助人。啊！你是我見過最完美的人了！



### 5C 李善行

這個星期，一向乖巧的我不小心開罪了媽媽，但是同時也學會了一個道理。

星期六下午，我放學回家後，媽媽對我說：「我現在要到市場買菜，你留在家裏用心地做功課等我吧。」我回答說：「好。」於是，媽媽便放心出門了。

過了一會兒，我覺得很沉悶，無所事事，於是便拿起了一個皮球在客廳裏踢來踢去，我感到十分興奮。突然，「砰」的一聲，我回頭一看，看見碎片散落一地，原來我一不小心拋中了一個粉紅色的花瓶。我想：天呀！那是媽媽心愛的花瓶，我嚇得不知所措。突然，我聽到了媽媽的腳步聲越來越近，隨著鑰匙在鎖孔裏轉動的聲音，我的心兒也咚咚地跳著。媽媽進來了，她看見散落一地的碎片，便兇惡地問：「你是否打破我心愛的花瓶？那是你爸爸送給我的禮物。」說完，便轉身走進房間，再也沒有出來了。

第二天，我決定用自己的零用錢買回一個新的花瓶給媽媽。回家時，我慚愧地走到媽媽的跟前說：「對不起！請你原諒我吧。」媽媽看見我慚愧的樣子，溫柔地對我說：「下次不要再犯錯，這次我原諒你。」聽後，我喜上眉梢，緊緊地抱着媽媽，我和媽媽和好如初了。

這件事讓我明白到，不要在家裏踢球，以免樂極生悲。





## 5D 林伊婷

在我的腦海裏，那些過去的往事就像一個木匣，裏面埋葬着許多記憶的貝殼，其中有是在幼稚園令我受委屈的事，至今我還記憶猶新。

那天，老師帶我們「一個跟一個，搭著肩膀」像火車一樣，玩遊戲，但因為我最後面的靜如站不穩，不小心推了我一下，而我卻撞到了前面的盈盈。「對不起！對不起！」我戰戰兢兢地說。她回過頭凶神惡煞，冷冽的銀眼，猶如冰封的利刀，無情且冰冷地看着我，我頓時嚇出了一身冷汗，我沒想過她跟我一樣的年紀，居然可以做出這種陰森的表情。我就這樣度過了一個劍拔弩張的「遊戲」。

中午，放學了！老師播放着電影給我們看，等家長來接。盈盈家長來接盈盈了，盈盈跟她家長和老師說我欺負她，故意撞她還用陰森的眼神看她。她還惺惺作態地說我把她嚇怕了，她不想上學了。但我對這一切發生的事卻渾然不知，我還坐在地毯上樂樂陶陶地看電影，突然老師叫我過去並問我：「你為甚麼欺負她？」我卻一臉無辜地說：「我沒有啊！」但盈盈堅決說我有，她家長說我怎麼能這樣，真沒家教！當我聽到「沒家教」這三個字，我心中的怒火再也壓不住了，我怒吼道：「我沒有欺負她！你聽不明白嗎？」老師過來說到：「盈盈你不可以說謊，冤枉伊婷，你給伊婷道歉。」

雖然這件事最終真相大白了，可是我的心靈也受到了創傷，這心靈的創傷甚麼時候才能愈合呢？



## 6A 吳卓敏

光陰似箭，時光荏苒，我們就要離開這個陪伴了我們六年的母校。回首往事，記起自己入學時嘗過的青果，令我對母校留下了依依不捨之情啊！

記得那帶領着我們尋找知識海洋的老師，您那無私的付出讓我們能在浩瀚海洋中奮鬥；您那悉心的栽培令我們吸收了知識的甘霖；您那真誠的鼓舞使我們度過了連綿的風雨。在學習上，您總是會給予我建議及鼓勵，對我們擁有無盡的信任，令我們有足夠的勇氣去迎接更多的挑戰。儘管歲月蹉跎，可是不管過了多久，我仍是會聽到響徹教室的諄諄教誨，謝謝您，我們的老師！

記得那常伴我們左右的同學。是那縈繞於耳畔中的笑聲，總是那麼治癒，總是那麼溫暖，總是那麼親切。我們總是會互相扶持，努力在一望無際的天空中翱翔，在我傷心的時候，你們總會圍在我身邊安慰我，宛如太陽般燦爛；在我煩惱的時候，你們總會設法令我感到放鬆，彷彿清風般溫柔；在我愉快的時候，你們總會傾聽我訴說種種樂事，猶如小鳥般如我同聲唱和。但願這種風雨同舟的友誼，能永久長存，感謝你們的陪伴，我的同學！

記得那藍色的外牆，那熟悉的走廊，我想念您，我的母校！都說學校是我們第二個家園，那麼我現在要「離家出走」了，要到新的家園，但您我心中最懷念，最難以忘懷的家園，您見證着歲月匆匆，一屆又一屆的學生長大了告別校園、一個又一個的老師奉獻了自己一生的青春後離開學校，或許您已經對這些場景見怪不怪，可我們卻是終身難忘，轉眼間我們已經由昔日的師弟師妹，長大為師兄姐。親愛的母校，我們是您的孩子，我們怎會不掛念您？又怎會捨得您呢？或許文字不足以訴說我對母校的一切感情，但這份深厚的情感已刻在我心坎。從低年級對校園生活的懵懂無知，到高年級面對學習及升中的沉重壓力，都缺不了您的陪伴。幼年的我曾對世界一無所知，便一步踏進了學習的大門，對人生、對萬物的價值取向都由您一一塑造。感謝您，我的母校！

時光如白駒過隙，再一次摘下那顆青果，是苦澀、是清甜，是百感交集，我的良師，我的同學，我的母校，再見了！





## 6B 劉芷彤

真煩人啊！今天原本是閒來無事的一天，可以好好休息，偏偏媽媽要我到姐姐家取回前天留下的外套。

我匆匆忙忙地來到地鐵月台，上了車，看到有些乘客正專心一致地玩網絡遊戲，有些在聚精會神地看劇集，有些則坐在座位上搖搖欲墜地打瞌睡……每個人仿佛都沉浸在自己的世界裏。這時，我也毫不示弱也玩起手機。到了下一站，廣播播放着「嘟嘟」的關門聲，突然一位青少年一個箭步衝了進來，剛好被門夾到了。門又再「嘟—嘟—」地打開，原本沉浸在自己世界的各人，突然間一起用鄙視的眼神狠狠地瞪着衝門的青少年，好像在責怪這人，令地鐵延遲開出，耽誤了時間。而我就繼續玩我的手機，那青少年就若無其事地聽着歌，好像沒有事發生一樣。

又到了下一個站，這時走進來的是一個步履蹣跚的老人家，我坐在座位上，我心裏掙扎：「我很累，不想讓座了，其他人應該會讓的。」我左顧右盼，沒有一個人有意識讓座給這老人家。這時，我腦海裏浮現出媽媽的話：要關心別人，愛身邊的人！我馬上站起來，扶着老年人說：「婆婆，請坐！」老人家笑着說：「真是個好孩子！」我心裏不禁樂開懷……

「嘟—嘟—」車門又再響起，我下車了，到姐姐家取回外套，順利地完成媽媽吩咐我的事。回家途中，我想起「助人為快樂之本」這句名言，心裏也不禁暗自歡喜。



## 6C 袁顯榮

在我們成長的路上，有歡笑有淚水，坎坷不平，曲折迂迴，充滿着難以忘記的經歷。成長路上的點點滴滴，都是我們人生寶貴的財富。

在我們成長的路上，遇到挫折和失敗是必然的事情。雖然它們會使我們傷心、哭泣，但它們也為我們的成長書寫故事，為我們的成長多添了一份經歷，同時，也給予我們很多啟示。

我們在成長的路上流淌過的淚水，有許多種，其中包括激動的淚水，悲傷的淚水，感動的淚水……例如考試成績不理想，看着較差的成績，你是不是也會哭呢？但我們不論遇到怎樣的困難和挫折，都不要放棄，鼓起勇氣，重新再來。

在成長的路上，我們總是跌跌撞撞，也有各種困難，但經歷這一切，才可以成長。人，每天都在成長，在長高在長大，也會變得越來越成熟。

總括言之，我們只有經歷過失敗、挫折、困難、淚水，才可以去享受成功和努力而來的成果，所以淚水是不可或缺的。



## 6D 張佩兒

在日常生活中，我們幾乎每天都面對無數的壓力，壓力一直影響着每個人，就像一個隱形殺手，那我們應該如何面對日常生活中的壓力呢？

首先，我們可以多與別人傾訴。這樣不但可以增加體內的黃體素，也可以分散對壓力的專注，還可以令心情舒暢，好處真是多不勝數。若然一個人一直不把壓力釋放出來，可能會導致抑鬱，令生活愈來愈困苦或累積不滿的情緒，嚴重的可能會有自殺的傾向。由此可見壓力的嚴重性，因此我們要重視問題，當我們有壓力時可以找別人傾訴。

其次，我們要學會改變自己的負面想法，與其把壓力暫時放下，不如積極地面對問題。根據問卷顯示，有三成的受訪者認為改變自己負面的想法能有效舒緩壓力。詹姆斯包得溫曾說：「勇敢面對，不見得一定能改變；不勇敢面對，甚麼也不能改變，遇到挑戰和困難時，我們不應該心灰意冷，而是應該保持著積極自信的態度」。只要我們懂得如何積極地面對日常的挑戰，就能夠將壓力化為動力，令生活更快樂。

總而言之，我除了可以與別人傾訴外，還要學會改變自己的負面想法，這樣才能舒緩壓力。就讓我們從今開始坐言起行，活出愉快的人生吧！





## English Writing

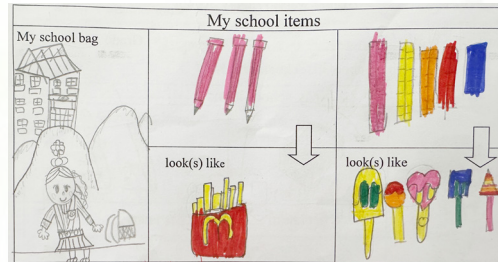
1A Cheung Hong Tik, Fergus

In the zoo, I can see some hippos.  
There are five hippos.  
They are grey.  
They have big noses.  
They like to eat grass.  
They are fat.



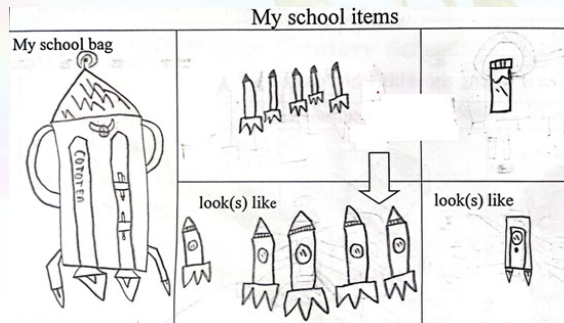
1B Wong Tsz Ki

This is my school bag.  
It is big.  
It is pink.  
I have five rulers and  
three pencils in my school bag.  
My rulers look like ice-lollies.  
My pencils look like French fries.  
I love my pencils.  
They are useful.



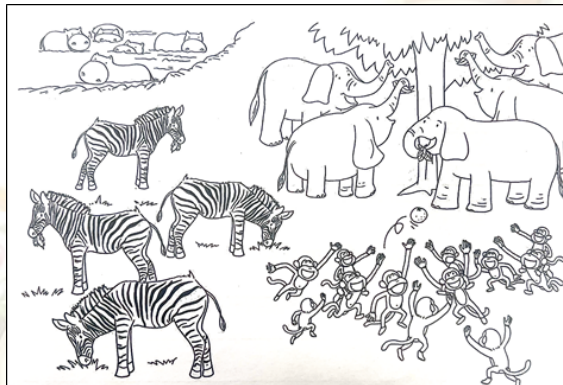
1C Qian Yi Yi

This is my school bag.  
It is big.  
It is red, black and gold.  
I have five pencils and a water bottle in my school bag.  
My pencils look like rockets.  
My water bottle looks like a lifesaving capsule.  
I like my pencils.  
They are useful.



1D Kong Song Yu, Ben

In the zoo, I can see some elephants.  
There are five elephants.  
They are grey.  
They have big bodies.  
They like to eat leaves.  
They are heavy.





2A Fan Ching Yau, Charmaine

Let me tell you my favourite season.

It is warm and wet. I like to go to the park at that time.

I also like to look at the flowers at the park.

They are beautiful.

Besides, I can see the sun. It is shiny.

I like eating melon seeds and putting up Fai Chun.

In this season, we have a lot of fun. What season is it?



2B Lo Hoi Ching, Charlotte

This is my dream school.

The music room is on the third floor.

We have music lessons there.

We mustn't run around in the music room.

The toilet is on the second floor.

We can wash our hands there.

We mustn't spit in the toilet.

The tuck shop is in the basement.

We can buy some snacks there.

We must line up at the tuck shop.

We must follow the rules at school to be good students.



2C Chan Ping On, Thanos

Candy is my friend.  
She likes chocolate best.  
She likes beef jerkies too.  
She does not like fish balls.  
She is tall and cute.  
Candy and I have lots of fun.



2D Lau Ching Lok, Marshall

Zero is my friend. He always does the housework at home. He sweeps the floor and does the laundry every day. He cleans the table after dinner. His mother works with him. He feels happy after helping his mother and his mother is grateful every day. He likes helping others because he thinks helping others makes him delighted.





### 3A Hu Chun Man, Ronald

Tom had lunch at eleven o'clock in the morning. He had chicken wings, potato chips, cookies and fruit for his lunch. He also drank a can of cola. He was unhealthy because he had too much junk food.

Next, when Tom was having his lunch, he ate like a big pig. 'Yum! Yum!' he said happily. Soon, he finished all the food in ten minutes. Suddenly, he started to feel painful with his stomach. He cried, 'Argh! I've a stomachache!'

Then, Tom went to visit the doctor. When he arrived at the clinic, the doctor asked, 'How can I help you?' Tom said, 'I have a stomachache.' The doctor asked again, 'What did you eat just now?' Tom replied, 'I ate a lot of junk food.' The doctor saw Tom's stomach and said, 'You're overweight. Don't eat too much junk food. Besides you have to do more exercises. You have to eat healthy food such as vegetables, eggs, cereals etc as well. Tom felt embarrassed and his face turned red. He said, 'Thank you doctor! I'll listen to your advice.'

Lastly, Tom eats a lot of healthy food and does exercises every morning. Now he is happy and energetic again.



### 3B Yam Shing Yau, Jimmy

It is a Sunday morning. The weather is sunny. John and his parents go for a picnic in May Park. They bring some bananas, some apples and a lot of sausages. They are happy to put the food on the table.



After putting the food and drinks on the table, they see a monkey on a tree. Then it jumps on the table. They are very scared.

The monkey takes away some bananas and an apple. It runs away. John's mum shouts, 'Run! Run! Naughty Monkey! Give back our fruit!' John's dad is angry. He chases after the monkey to try to get back the fruit.

The monkey hides itself on a tree in the forest and eats all the fruit. The monkey throws away the banana's skin and drops it on the floor. Dad steps on the banana's skin and falls down. He gets hurt. John runs towards his dad and picks him up. Finally they have their picnic with the rest of the food.

### 3C Fu Tin Long, Richard

Today is the Mid-Autumn Festival. David and his dad are talking about what they want to do tonight. David's dad asks, 'What do you want to do tonight, David?' David answers, 'I want to eat mooncakes and fruit.'



In the afternoon, David and his dad go to the supermarket to buy delicious mooncakes, fresh grapes and star fruit. 'How much is a box of mooncakes?' asks David. Dad replies, 'It's nineteen dollars only.' After they pay for it, they go back home.

On the way home, they see a poor beggar. He is dirty. He has no food or home.

Finally, they give him a mooncake and say, 'Happy Mid-Autumn Festival!' The beggar shows a smile and says, 'Thank you.' They are all happy at last.



### 3D Chan Kwun Sing

It is a Sunday morning. The weather is sunny. John and his parents go for a picnic in May Park. They bring a bottle of orange juice, a lot of sausages and some fruit. They put them on a table.

After putting the food on the table, they see a monkey jumping out from a tree. The monkey says, 'Hee hee hee! Your food is now mine.' The monkey jumps onto the table and scares John and his parents. It takes the food and runs away.

The monkey takes away four bananas and an apple. John's mum shouts, 'Catch the monkey!' John's dad is angry. He chases after the monkey.

The monkey sprints away. However, John's dad is even faster than the monkey. Then, the monkey climbs up a tree. It whistles to gather an army of monkeys to fight John's dad.

Finally, the monkey army steals all the food. John's parents call 999 and they escape the park clumsily. They let the police take care of the matter.



#### 4A Pang Tsun Kiu, Gytha

John and Sally's mum was ill yesterday, she was so sick that she couldn't even move. 'John, take care of Sally for me.' Mum said in a raspy voice. 'I will, Mum,' John promised. 'Just get some rest and you'll feel better, no need to worry about us.' Mum nodded, let out a weak cough and slept. But as soon as John said those words, he felt guilty and worried because he had no idea what to do! He was so worried about Mum that he almost forgot how to walk!

In the afternoon, Sally was so hungry. She asked John to find something to eat. John went to the fridge to look for some food. Sally asked, 'Are there any leftovers?' 'No,' replied John. 'But I can try to cook some noodles, how hard could it be?'

As soon as John said that, Sally found two packs of noodles in the kitchen. John quickly got some boiled water in the pot and tried to cook it, but then, he realized that cooking wasn't as easy as he thought. When he tried to cook it, he only got a big burnt mess. John was very worried that he would disappoint Sally, but in the end, he told Sally, 'Sorry Sally, but I can't cook the noodles.' Sally gave some cookbooks and told him that maybe after reading one of them, he could have a better idea of cooking.

John was curious what the cookbooks could teach him, so he decided to give it a shot. He quickly read it and tried to cook the noodles again. This time, it was a glorious bowl of delicious noodles. The two siblings rejoiced and ate the noodles with joy. At the same time, Mum was also getting better. John told her everything about how he learns to cook and mum was overjoyed. She decided to teach John some of her secret recipes so that he can open a restaurant in the future.





#### 4B Chan Isaac

John and Sally's mum was ill yesterday, she was very weak. Her face was as white as a sheet so John and Sally were worried. Mum said, 'John, please take care of Sally today.' John replied, 'No worries, Mum.'

In the afternoon, Sally and John's stomachs started rumbling. They tried to find some food in the refrigerator. Sally asked, 'Is there any food in the cupboard?' 'No, there isn't,' John answered. 'Oh! I'm hungry! I can eat a horse!' cried Sally. 'My tummy is killing me!'

John found some instant noodles on the table. He turned on the stoves. Everything happened in a flash, John screamed, 'Ay!'

'These instant noodles are expired! I can't cook the noodles for you! I'm so sorry!' said John. 'What can we do now? We have no food!' cried Sally sadly. 'I have an idea!' John shouted.

In the end, John ordered delivery. 'You are such a genius, John!' said Sally. They finished their meal happily.



#### 4C Chen Sze Chai, Shirley

Derek's grandpa lives at an elderly centre. Derek and his parents visit Grandpa every Sunday. Mum usually helps Grandpa eat food because he is too old to eat by himself. Grandpa is over the moon when Derek and his parents visit him because the big family gathers around. The other elderly usually chat with them when they are free. Derek feels bored because he wants to play with his friends instead of visiting Grandpa every Sunday.

Last Sunday morning, Derek said, "I don't want to visit Grandpa. It's boring! I want to go cycling today." Derek's parents were upset when they heard it. They were disappointed. Then, Derek's mum showed him a photo album. Derek looked at the photos patiently. Then Mum said, "You see, when you were a child, Grandpa always looked after you." Derek was regretful. After pausing briefly for a thought, he said, "Mum, Dad, I am wrong. Grandpa always helped me when I was a child. But now, he's old and I do nothing for him."

After that, Derek ran to his room and made a card to Grandpa. In the afternoon, they visited Grandpa. Derek gave the card to Grandpa. They were as happy as a lark. Since then, Derek spends time with Grandpa every Sunday and they have a great moment together. Derek learns the importance of family and starts to enjoy the family time.





#### 4D Chan Ho Bong, Bong

Peter was a fat and unhealthy boy who loved to eat junk food. He ate a lot of sugary food such as chocolate, cookies and sweets. Besides, he ate a lot of fried food such as fried chicken wings and French fries. He also drank a lot of coke, so he was overweight.



Six months ago, when Peter was playing football with his friends in the playground, he suddenly fainted. After that, he went to see the doctor. The doctor advised Peter, "You need to eat less junk food such as chocolate, fried chicken wings, potato chips and cookies. You also need to drink less coke. It is bad for you."

After this occasion, Peter followed the doctor's advice. He did exercises such as playing football and running every day. He also changed his eating habit and followed the food pyramid. He ate less meat such as chicken and steak. He ate a lot of grain products such as rice and cereal. He also ate a few dairy products such as milk and yogurt. He ate less junk food and ate a lot of fruits and vegetables.

Now, Peter is strong and healthy. He learnt how to eat healthier. He also shares his experiences with his friends and promotes healthy lifestyle.

### 5A Lee Ka Wai, Miki

One day, Max saw a man opening his neighbour's window. The man looked suspicious. He was wearing a pair of sunglasses, a black T-shirt and black jeans. Max thought the man must be a burglar who was trying to break into his neighbour's home.

Meanwhile, Max felt very frightened. He used his mobile phone to call the police and whispered quietly, 'Help me, please! I'm now on the third floor of Secret Building. Here's a burglar trying to get into my neighbour's house. Please send some policemen as soon as possible.'

After a while, two policemen came immediately and caught the 'burglar'. When the 'man' was caught, he shouted scaredly, 'Hey! What happened?' 'Why did you break into others' flat?' the police asked angrily.

'Hey! I'm not a burglar!' she replied. When she took off her sunglasses, Max gasped, 'She isn't a burglar. She's my neighbour, Mandy.' She answered, 'I forgot to bring my key so I can only get into my own house through the window.' Max knew that he had misunderstood his neighbour.

At last, Max apologized to Mandy and the police. Mandy forgave him. Max learnt that we should find out what is actually happening before we take action.





5B Lau Tsz Yiu, Jeanie

Writing diary entries about a quarrel

23rd September, 2023

This Saturday, I called my best friend Yasmine after finishing homework. I asked her to meet up to play, and she suggested going to a shopping mall in Po Lam. The mall was called FFSM, which stands for Fun Fun Shopping Mall. I agreed and told her to meet me there at 3 o'clock.

I arrived at the mall at 3 o'clock and waited for her patiently. However, she didn't show up, which annoyed me. I called her on the phone but she didn't answer. I became furious and decided to go to Yasmine's house. On the way there, I suddenly saw Yasmine! I rushed towards her and puzzled her with a billion questions. She had had enough and everyone shouted, 'Stop!' The whole place fell silent, and we began to quarrel. Everyone stared at us, it was very embarrassing. After minutes of arguing, we finally stopped, and she stormed off, I was upset with her.

24th September, 2023

Today, I woke up feeling stressed when suddenly I heard a knock on my door. When I opened it, I saw a mailman who handed me a letter. It was from Yasmine, it was an apology. Immediately, I rushed to her home. However, on the way, I felt a bit nervous. When I arrived, I saw her at the door. Without hesitation, I ran to her and gave her a big hug. I was over the moon and relieved. At the same time, I'm glad that we are best friends again.



5C Aiden Li

Last Sunday, Mary, Dad and Mum went to a Japanese restaurant to have lunch. They felt excited and over the moon. When they were at the restaurant, Mary saw that there were salmon sushi, sashimi and roasted pork ramen. They were Mary's favourite food. Therefore, she ate a lot. Mum said, 'Don't eat too much!' Mary said, 'It is OK. The food is so tasty.'

After the meal, when they were going home, Mary suddenly had a stomachache. She felt awful and upset. Therefore, she said, 'I have a stomachache! I feel under the weather.' Mary's parents took her to the hospital instead of going home. They felt very worried.

After twenty minutes, they arrived at the hospital but Mary's pain didn't stop unluckily. Nevertheless, the doctor and nurses were very caring and careful that she felt better very quickly. The doctor told Mary, 'Take more rest and take medicines on time. Also, don't eat too much sushi next time.' Mary felt regretful but she felt much better after some rest.

In the end, Mary and her parents went home happily and Mary learned that she shouldn't eat too much sushi at once and she should listen to her parents. She felt really grateful that she has learnt a huge lesson that day.





5D Man Sze Yin

Hi Helen,

Long time no see. How are you? I am thinking about hiking. Are you interested in hiking? I think it is fun. I hope you can come with me.

The hiking trail is Lion Rock. It only takes 2 hours to complete. I think it is not hard for us. There are many different and beautiful flowers and trees and maybe we can see some animals there, such as monkeys and wild bears.

We will need to bring some things on the hike. I will bring some water. Can you bring some sandwiches? Don't forget the umbrella and anti-mosquito spray.

Please let me know if you come. I really hope you can come with me.

Love,  
Naomi



6A Wong Hui Yin, Kara

Danny was a naughty boy. One day he broke a vase. His mum saw it. "Danny! You're going to pay for this!" Mum snapped. She held a whip in her hand, ready to strike. "I'm sorry! I threw it in the air! I thought it was funny!" he squealed as he ran out of the house. Mum chased after him but he was too fast. She soon lost track of Danny.



Danny ran deep into the forest to escape from his raging mother. It soon started to get dark. Without the sunlight, Danny couldn't see where he was going. He was lost with no way home! His heart was in his mouth. He walked further into the forest, which made him feel like there wasn't an end. He heard twigs crack, then he heard a howl. He looked around but saw nothing.

Suddenly, a wolf jumped out of a bush. He looked like he hadn't eaten for days. Danny was petrified. One by one, more wolves jumped out of the bushes. They surrounded Danny while licking their lips. Danny was so scared he couldn't speak nor scream. Just then, a 'fire fly' zoomed out of the trees, surrounded Danny, as if it was trying to protect him. To his surprise, the wolves whimpered and ran away. Danny was shocked. The glowing creature hovered in the air. It gestured Danny to follow it. "You want me to follow you?" Danny asked. The creature zoomed into the trees. Danny quickened his pace to follow the creature.

He smelt something delicious when he was following the creature. The deeper he followed it, the stronger the scent became. A few minutes later, the 'fire-fly' came to a halt. Danny saw that the creature led him to a cottage. There was light inside of the house and smoke was coming out of the chimney. Danny cautiously walked closer towards the cottage. The scent was so strong it made his mouth water. His stomach rumbled. The creature zoomed into the chimney and entered the house.



"Hello?" Danny asked as he knocked on the door. The door swung open but there was no one. Danny peeked into the cottage and saw that there was a lot of food on the table in the middle of the room. Danny's greediness washed over all his fear. He sat down at the table, gazing at all the food. There were sandwiches, fruits, turkeys, bread, pies, whatever food you could think of. Danny dug in and ate everything until there wasn't a single crumb on the plates. He slumped into his chair. He looked across the table and spotted a mirror. He saw a chubby little pig. He waved at the pig and it waved back. He felt something fishy about the pig. He scratched his head and the pig did the same. He froze in shock when he realized who the pig was - Danny was the fat pig!

"W - what, h - how is this possible?" cried Danny. "It must have been the food! I shouldn't have been so greedy. How could I be so foolish! That glowing thing led me to this hut on purpose!" he added. Just then, a trap-door that Danny didn't notice flung open. The mysterious and well-known wizard Merlin climbed up. He was an old man with the long white beard. He wore a long night-gown and a wizard hat which both had star patterns on it. He wasn't surprised to have company in his cottage at all.

"Well...well...well... Look what we have here. What's your name boy?" he asked. Before he could answer, something caught his eye -- the glowing creature from earlier was hovering on top of Merlin's shoulder. "That t-thing is yours?" Danny stuttered as he pointed at the creature. "Oh, that's no way of greeting our dear fairy." Merlin smiled. "Come again?" Danny asked. "Yes, she is a fairy. You didn't hear anything wrong." Merlin smiled warmly. "And I suppose you know me. I'm Merlin the wizard." Merlin said. "So you sent that thing to save me from the wolves?" Danny asked. "She has a name, excuse you. Her name is Trix. And yes, I sent her to save you, but I instantly regretted it since you fell into my trap and ate all of the food, which proves how greedy you are." Merlin sighed. "Can you p-please turn me back?" Danny asked desperately.

"I suppose so. But only if you promise me you will be a good boy who is not greedy and naughty, deal?" Merlin asked. "Yes, please!" Danny squealed. Merlin smiled. He nodded at Trix and the fairy knew instantly what she need to do. The fairy circled around Danny. The light which surrounded Danny was so bright that he closed his eyes.....

"Wake up sleepy head!" Mum screamed. "Huh? W - where am I?" Danny said as he sat up straight, realizing he was in his bed. "Bad dream?" his Mum said as she folded her son's blanket. "Y - yes I think." Danny stuttered. "I'll give you some alone-time. Get ready before half past six. Breakfast won't cook itself." Mum smiled warmly as she poured a glass of water for Danny and put it on the nightstand.

Danny said to himself, "I guess it was just a dream." Just then, he saw something which proved him wrong. Outside his window, was a beautiful fairy hovering in the air. She smiled warmly at Danny as she waved at him. "Trix....." Danny said under his breath. "Guess it wasn't a dream after all- "Danny! Breakfast doesn't cook itself!" Mum shouted. "Coming!" Danny yelled. He turned to Trix. "Until we meet," Danny grinned. The fairy disappeared without a trace. Danny didn't stop grinning - he knew this wasn't goodbye.



6B Ho Cheuk Lam, Ric

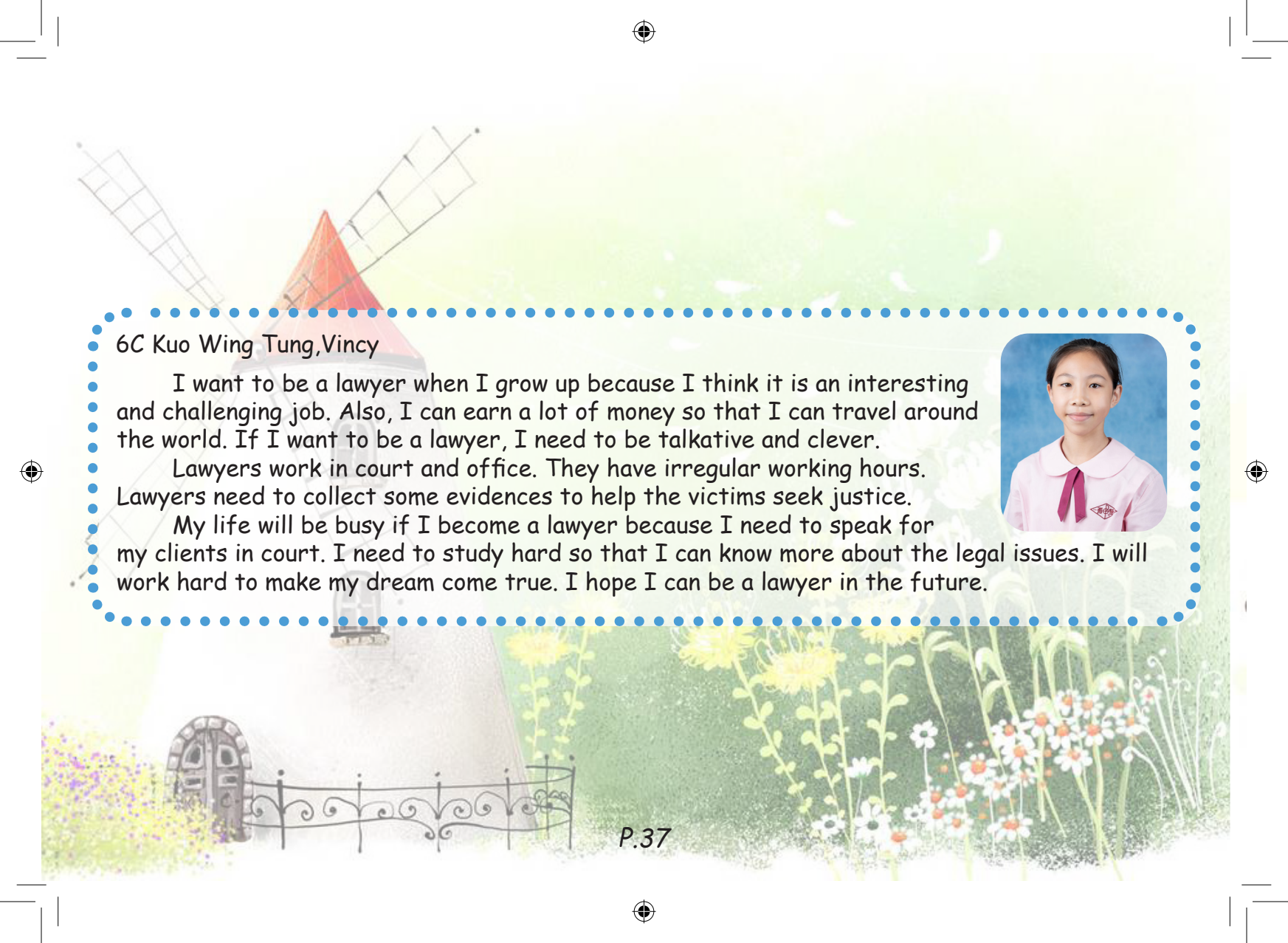
Yesterday, my friends and I went to a sports centre to play badminton. There were four of us and we were excited. We had our rackets and shuttlecocks and were ready to go, hoping to show off our skills and have an exciting game.

Before we started playing, we knew it was important to warm up. Therefore, they did some stretching exercises to get our bodies ready. However, I got my smartphone and started chatting instead of warming up properly. May reminded me, 'Cindy, stop chatting with your friend, you need to do warm up exercises!' Although she warned me, I said perfunctorily, 'OK' and I continued to chat with my friend.

After a while, we began playing, everything seemed fine at first. Suddenly, just a few minutes into the game, I lost my balance and let out a scream as I hurt my ankle! 'Ouch! I've just sprained my ankle!' Then, my tears went out of my eyes.

Soon after, my friends carried me to the Health Care Centre, 'Next time, I should remember to warm up properly!' I exclaimed with regret. In the end, my friends were grateful that my injury wasn't serious. This incident served as a valuable lesson for all of us, reminding us of the importance of preparation and responsibility.



The background of the page features a soft, painterly illustration. On the left, a white windmill with a red roof and four lattice-like sails is partially visible. In the foreground, there are green grass and several flowers, including tall yellow daisies and clusters of small white and purple blossoms. A black metal fence runs across the bottom left. The entire scene is set against a light, hazy sky with some white petals or leaves floating in the air.

6C Kuo Wing Tung, Vincy

I want to be a lawyer when I grow up because I think it is an interesting and challenging job. Also, I can earn a lot of money so that I can travel around the world. If I want to be a lawyer, I need to be talkative and clever.

Lawyers work in court and office. They have irregular working hours. Lawyers need to collect some evidences to help the victims seek justice.

My life will be busy if I become a lawyer because I need to speak for my clients in court. I need to study hard so that I can know more about the legal issues. I will work hard to make my dream come true. I hope I can be a lawyer in the future.





6D Su Ka Man, Carman

Last Monday, my class ran in a relay race. We hoped we could win the gold medal on Sports Day. Jacky, Tony and Kelvin were in my team. We were confident as we practiced for a long time.

The relay race began, our team led in the race. Tony was the last leg and he ran really fast at first. Suddenly Tony tripped over and fell down just right before the finishing line. Tony was in a great pain and he could hardly get up. Our team came last at the end, we were disappointed. Tony felt sorry and cried loudly. I was angry and I shouted at Tony, 'We didn't win the race because of you!' Jacky said to me, 'Don't blame Tony, this is just an accident.' Kelvin did not say anything. We saw the winning team received the medals on the podium. We were envious.

At last, our teacher came towards us and comforted us. Friendship first, competition second! We learnt that we should not blame others and we should all try our best. I apologized to Tony and he forgave me. It was an unforgettable experience!



# 視藝科作品

# J.1 Artwork









## J.2 Artwork







# J.3 Artwork





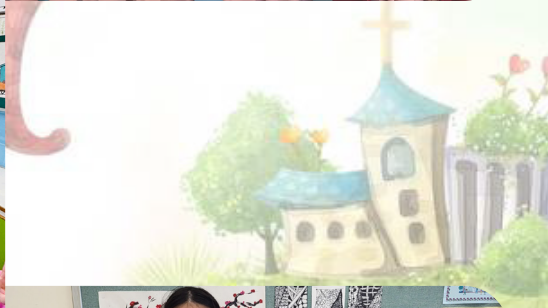




## J.4 Artwork









# J.5 Artwork



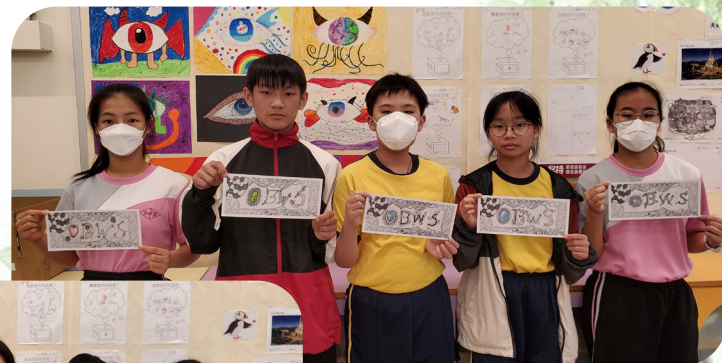





## J.6 Artwork







The background of the entire page is a vibrant collage of art supplies and paint splashes. At the top, there are illustrations of various art tools: two colored pencils (one green, one pink), a paint palette with several colored wells, two tubes of paint (one green, one orange), a paintbrush, a jar of paint, and three strips of color swatches (yellow, pink, and green). Below these, the background is filled with large, overlapping splashes of paint in shades of yellow, orange, blue, green, and red, all set against a light pink background with a subtle geometric pattern.

顧問：盧淑儀校長

編輯：丘玉美主任、劉曉萌老師

設計：黃敏婷教學助理

電話：2337 2058

傳真：2336 1664

地址：九龍聯合道150號

網址：[www.bishopwalsh.edu.hk](http://www.bishopwalsh.edu.hk)



華德刊物



華德藝術廊



創校60周年  
校慶專頁