6L Cheung Sik Ho The Olympic Game Spirit not too boring. achievements. with my mother. he rushed to the night shift after every training.

This summer holiday was just the same as previous year because the Coronavirus has not yet completely ended, and social distancing must be maintained, so there were not many summer activities that I can participate in. Fortunately, the Olympic Games after one year extended that can be hold finally. I had the chance to watch the games on TV. So it's

In this year Olympic Games, Hong Kong won one gold two silvers and three bronzes in fencing, swimming, table tennis, karate and cycling. All Hong Kong people are very excited. I am also very proud of their

When most of the Hong Kong people are focused on Hong Kong athletes. I was even more impressed by an Iranian sharp shooter -Javad Foroughi who won the gold medal in the 10 meter air pistol. When he won the gold medal, he bowed down on the ground. This action was deeply imprinted in my mind and I went on the Internet to find more information about him

Due to the lack to resources in Iran to train athletes, his first attempt of pistol shooting was in the lobby near the hospital building. He worked as a nurse in the morning and thus he could only practice at night. And then

Javad Foroughi said that night shifts will detract from his competitive skills and reduce his concentration and accuracy but he said, "I can bear it because I love shooting!" Javad Foroughi indomitable spirit persists no matter how bad the environment is. The spirit is worth to learn for me.

6L Hung Yat Lam The Science Behind Pixar Last week, I went to a special exhibition called 'The Science Behind Pixar'. It is an exhibition which introduces the scenes of filmmaking process. At first, I watched a short clip is made by the Pixar staff team. The clip introduces the production pipeline. After watching the clip, I entered the 'Modeling' section. It is the first section of the exhibition. I could know how modeler first creates sketches and creates 3D model of the character. I felt surprised of how Pixar models the characters well. Next, I arrived at the 'Animation' section. I played a game which I can make stop-motion animation by myself. Pixar made each frame mix up well with the other frames, and brings a story to life. It was fascinating. There is also a gift shop for buying souvenirs. Nearby, there us a board to send your feelings. You need to reserve the tickets online because it will always be full.

6L Kwok Ho Hin Amazing 'UAV' Lessons Do you know what 'UAV' is? It is a small thing that is called 'Unmaned Aerial Vehicle'. In this holiday, I joined a coursed and learnt how to control a 'UAV' without crashing. At the first lesson, the teacher 'Mr. Wong' said, "places when we are flying. It is not allow to fly near the airport's area, Stanley." Let me introduce the structure of the 'UAV'. My 'UAV' is a collapsible aircraft. It can fly on the mountain or any open area which don't have much people. There are two main parts of 'UAV'. First, the wireless controller, second the drone. The controller has two main buttons. On the left is to control the flying height and the others are to control the directions. Second, I would like to introduce the main parts of the 'UAV'. There are propellers leaves on it. If something but happens let the left button down, then let it drop on the ground. Also, it has a shapshot mode and we need to download an app too control it. When we are going to fly, we need to put some anti-collision frames to protect it. On the last lesson, Mr. Wong demormated me to use the shapshot mode, but he couldn't. Because the classroom don't have wifi, so he couldn't download. After what, he gave me a 'UAV' for a gift. When I went back home, my father told me that he will have an 'UAV' lesson, and asked me for some tips. I couldn't believe that I can be a teacher of my father. After this course, I've learnt how to control a 'UAV' and learnt we should be patient because I need to manage the 'UAV' carefully and don't crash with others. Do you want to control a 'UAV'?

6L Lau Shing Hei, Marcus

An unforgettable event in the summer

"Good morning, Marcus! It's time to wake up! We are going to the Ma Tai Stream for cannoning!" I heard my Mum waking me up when I was sleeping like a pig. I yawned and stretched my arms. She opened the window, and I heard the birds singing delightfully under the dazzling sun.

I walked towards the washroom and brushed my teeth, but my eyes weren't opened! My Mum, Dad and I had our breakfast rapidly and changed our clothes. We all approached the carpark with excitement and we went to Ma On Shan by my Dad's car.

We parked our car and paced to Ma On Shan Country Park, where we met our coach. He showed us the method to wear the safety gear clearly, such as a helmet and a safety belt. After putting on all the safety gear, we moved on to the stream. When I saw the rapid current there, my legs started to shake! But my Dad comforted me and said, "The coach will be there to help as anytime! Also, we have to show our teamwork - when someone needs our support, we must give a helping hand." I took a deep breath are started the journey.

Although the water was cold at all time, it was exciting when we went over rocks and speedy currents. Once, we had to go down a stream, where the currents were the fastest in the journey. If was as deep as the coach's chest. At first, I was scared because I didn't want to sink. My Mum told me calmly, "Don't be afraid. Take a deep breath, close your eyes tightly when you're going down. The water here is clean!" I sighed in relief and gave it a try. Then, I felt water all over my face. I had my floating clothes, but the current was too strong and pushed me down! Quickly, I floating clothes, but the current was too strong and pushed me down! Quickly, I floated again. It was great!

After that, we continued the rest of the journey. About noon, we settled down in the Hero Waterfall and had our lunch. We could hear the sound of water moving down during the lunch. We resumed our journey after an hour, and the most astonishing part was coming!

In the afternoon, the coach had zip line from one side of the cliff to the other side scheduled for us. When I saw the "spectacles view under the cliff, I almost fainted! I couldn't move or say anything." Once again, my Mum comforted me and said, "It's safe! You can do. But I still couldn't take it easy. So, my Dad decided to be the first to play it. When he was zip lining,

he enjoyed it very much. Therefore, I think I could give it a try. I was the second one to play."

I stepped out the last rock behind me and I sat on it. The coach told me to move forward until I couldn't sit on anything. Slowly, I zip lined down to the other side. It was exciting, though it wasn't speedy. It would take half an hour to get back to the starting point of zip lining, so I couldn't enjoy it again. I am so eager to have another try!

At the end of our journey, we helped each other and made our way to our destination, Tai Shui Hang.

Finally, we returned all the safety gear, brought back our belongings and had an afternoon tar there. I found myself so I needed this meal badly! It was mouth-watering when I saw our food coming! It's fantastic! Ion this trip I've learned we need to have teamwork when canyoning, and give a helping hand if someone needs help. Moreover, we shouldn't stand on big rocks because there is water and mosses on the surface of huge rocks which can make slippery. I would love to canyon with my friends and parents again as to train our teamwork and courage. It's unforgettable!