



6S Cheung Chi Yu Leo

### **Games Day**

Games Day is an important day when the four houses (Red, Yellow, Green, Blue) compete one another by playing different games. The total marks will be calculated and all of us hope our house can win the highest marks and be the winner among the four.

When I was eight, I joined Games Day and was chosen to play in the Soccer Court. The players have to kick the ball over the high obstacles to win a mark, each player has three chances in total. In my first try, I kicked the soccer ball, however it didn't go over any obstacles. I felt down. My mates told me not to give up. Therefore, I gained up all my courage and kicked the two soccer balls over the obstacles. I won two marks for my house! It was unforgettable.

If I'm going to plan a new one, I'll plan an important day (for me) named Pokemon Day. All of us are going to learn proper English that day and it will bring us smiley faces and laughter. I hope this activity can be carried out soon!

In conclusion, I hope we can go back to school and enjoy the school activities that we used to have.



6S Cheung Ching Long

### IT Project Day

We have different school activities in our school. In this passage, I will talk about events that are unforgettable and my planning of a new school activity.

Do I enjoy IT project day? Of course, yes. It is interesting and fun. We usually have our project days four times a year. We prepare different games for the IT project Day.

The IT project day which is still fresh in my mind is the P.6 IT Project Day. Our team was delightful and cooperative. Our topic was "Water Resources". We searched information and designed a game machine. This job was challenging but we finally came up with the final product.

If I can plan a new activity, I will plan the "Earth Saving Day". The reason why I plan it is because our Earth is sick. The pollution is serious. Therefore, we can organize groups to do volunteer work, like collecting rubbish at the beach. I think these events are meaningful.

Last but not least, I have reflected that "no pain, no gain". Perseverance is the key to success.



6S Lee Wai Long

Many people need to work day and night. They don't have time to exercise or go to gym every day. Actually, there are many ways to keep fit or stay healthy in daily life. Let me introduce them to you!

First, if you live near your office, you can walk or cycle there. Many people are not sure whether walking can be considered as an exercise. It really is, walking is one of the easiest ways to exercise in the daily life. When you walk, you can train your legs and your breathing gets fast. It is because you are exercising. For cycling, it is one of the best ways to train your legs. You use a lot of power to move the bike. If you feel your legs are using energy, that means you are exercising as well.

Second, nowadays, we can go outside because of the pandemic. Since many people work from home, they can exercise at home. There are many YouTube videos that provide work out ideas, such as "Joe, Work Out" which is a channel to show some easy exercise that takes up only a few spaces. By doing it, people can keep fit and have fun at the same time!

These are the ways that I suggest about having exercise at a place near you. Hope you like them.



## 6S Sin Wing Sze

Pollution is a very serious problem. There are many kinds. For example, air pollution, land pollution and water pollution. Among them, noise pollution affects me most.

Once, when I was sleeping, I suddenly heard loud noises and so I woke up. Later, I found out that it was my neighbor using a drill.

Noise pollution has affected our health a lot. It may cause high blood pressure, heart disease, sleep disturbance and stress. To solve these problems, we can use earplugs during sleep, lower the volume when we play music or stay away from noisy areas.

In conclusion, I have learnt what problems noise pollution has caused and the solutions to solve those problems.



6S Tse Cheuk Fung Stanley


**Think about a school activity and plan a new one**

What is your favourite school activity? Mine is definitely the school picnic that we usually have once a year. We go to different locations like youth camps, country parks. Every time we have a school picnic, I stick with my best friends all the time and join different activities.

My most unforgettable school picnic is the one that we had a few months ago. We went to Wu Kai Sha Youth Camp. Before the picnic, I did some research about the games and events there. I quickly printed the map out. I saw a green square with "Wargame field" written on it at first glance. I immediately informed my friends about it. At the moment we arrived the camp, we ran to the field. We had a hard time navigating at first but eventually, we arrived. With hearts filled with joy and excitement, we walked forwards the field. All of a sudden, we saw a notice saying that the venue was "closed". We were all shocked and depressed. After struggling and failing to play in the wargame field, we played air hockey and basketball instead.

If I can plan a new school activity, I will plan another school picnic. But this time, we will go canoeing. During the last summer holiday, my mum brought me to go canoeing. After this experience, I was heavily attracted by this such amazing sport.

Dur to the COVID-19 pandemic, we missed a lot of interesting activities. After all of us have injected the vaccine, maybe we can go canoeing together for real!





6S Tsue Yeuk Tin

**Think about a school activity and plan a new one**

Among a lot of school activities, the school picnic is the one I like most. School students and teachers usually spend a day. As the students, we enjoy a wonderful moment for chatting and playing together.

Last year, the school picnic was held in the Y.M.C.A Youth Centre. Hugo, Stanley, Justin and I was in a group. During the picnic, we played basketball and did archery. There was so much fun on that day.

I would like to plan a new school activity for the coming year which is the Virtual Science field trip. In the trip, the students will be paired, in groups. The students can learn and explore the science knowledge in a virtual environment.

At last, there activities provide an opportunity for us to learn new things. Also, there are many unforgettable memories in my school life which are treasurable.