

## 5S Au Hoi Ching

### **My Resolution**

The new school year has started, I want to develop healthy habits. I have come up with some resolutions. My first resolution is to do sports more often. I will go running twice a week. On Sunday, I will go practicing basketball with my family. Doing sports will strengthen my arms and legs and keep me away from illness. Besides, doing sports can help me relieve stress.

My second resolution is to do homework and revision faster. As I do it very slowly. I need to stay up in order to finish all of them. The drawback of sleeping late is that, sometimes I can't concentrate on my work and make mistakes easily.

My third resolution is to do more housework. I will try to make my room clean as a messy room will make me feel uncomfortable. I will also mop the desk and sweep the floor. I want to help my parents so that they can relax after work.

Developing good habits lead to many benefits in life I want to be happier and healthier I will try my best to do my resolutions.

5S Leung Yeuk To

### **School Picnic**

Today is our school picnic day. I hopped up and down excitedly when I arrived at Po Leung Kuk Jockey Club Pak Tam Chung Holiday Campsite with my classmates.

First, Kole, Alvin, Anton, Cayden and I went to the basketball court. But when we were on cloud nine, another student from our school who told us to go away because he thought our basketball skill is not as good as his. We felt like a deflated balloon and left the court.

Then, we went to the football court. Later, Miss Poon came and wanted to take a photo with us. When we finished taking photo, Kole suddenly asked Miss Poon that if she is going to join us playing football. I thought that was impossible to have a female teacher to play football with us. But Miss Poon actually promised us that she is going to play football with us. This made my eye widen in surprise.

During today's school picnic, there were both happy and sad moments. I learnt that we should not because of our happiness, and use words that make somebody unhappy. And I should learn that we should not take other people's words an action too serious.

5S Ma Yui Yin

### **Watch a Basketball Match**

Yesterday morning I woke early, for what? For a basketball match! Although I couldn't watch NBA in USA. But I can watch on TV! I turn on the TV and excited.

It was the Lakes to Cavaliers, the Lakes was one of my favourite teams.

At first, Lakers was pretty good and get 12 more points than Cavaliers! I cheered for them as much as I could, but I know that was silly because they can't even listen.

Later, going into the third single, Donovan Mitchell Jr., from the Cavaliers (which I think he is good), got 33 points! And 50 the Lakers lost 12 points just in the third single. But our star in Laker, Anthony Davis only tried to shoot two times, I didn't know why, but that was sad. I think his insufficient engagement.

After the match, the famous star LeBron James (from the Lakes, one of the greatest players of all time) says "Anthony Davis need more chance to shoot and try more. This should be our main focus." I do think so, but how if the other players don't want to? And this problem, Russell Westbrook (a player of the Lakers) also says "No one know whose job was that, the coach knows what to do." But the coach says "Our teammates are not new guys, I show them what they need to do, they need to know how to self-regulate and organize." I'm thinking why are they thing to shirking each other's responsibilities? A team should be together and have teamwork. Everyone who are in the team has responsibility, isn't that? I hope they could be together like a team, or the Lakers are going to lose.

55 Wan Sum Yin

### **An unforgettable camp**

Two years ago, I went camping with my family at Harvest in Sai Kung. It is a large organic farm near the sea.

That day was a sunny day. I woke up early in the morning because I was thrilled for the trip for a long time! We prepared a lot of things, such as noodles, vegetables, meat and of course, my tiny camera. After we packed our bags, we started our trip.

We got there by boat. The breeze was gentle and cool. An hour later, we arrived at the farm. The air was fresh there. First, we set up the tent. Then, we played chess on the lawn. I was good at it and I won! After a while, I was hungry, so my mum cooked noodles with vegetable for lunch. But while she was cooking the dish, it caught fire! Everyone was frightened ... except dad. He was brave and he put out the fire immediately. Unluckily, the food was all burnt, black as charcoal. We had to take some brownies instead. After we finished the brownies, it was four o'clock. Soon, we were bored, therefore we went out to play. I was playing football with my elder brother while dad and mum were listening to music. In the evening, we cooked our dinner. Fortunately, it didn't cause fire this time. The meat was mouth-watering. We chatted around the fire and enjoyed the meal. We slept in the tent under the starry night sky.

The next day, we were very relaxed so we got up late. After we had breakfast, we started to pack our bags and went to the pier for the return boat. But, having waited for a long time, the boat didn't show up. My dad looked at watch. He was shocked, and shrieked "We were late for the boat!" In the end, we had to call another boat to come to bring us home. We were exhausted.

This trip was unforgettable, because something happened. At last, I have learnt that we need to be on time! And I don't want to have such regrettable experience next time!