

Parent — child Sport Day

★ Date: 26th September, 2024

★ Time: 9:00 a.m. — 12:30 p.m.

★ Venue: Mong Kok Sports Ground

Join and
have
fun!



Three — legged race

You can run with your partner using three legs.

Bean bag throwing

You can throw the bean bags far away.

Egg and spoon race

You can jog with an egg and a spoon.

Remarks:

Wear P.E. uniform.

Bring a water bottle.

Bring a towel, sunglasses and a hat.

4A lu Sum Yin, Fiona (Writing 2)

Recipient: Miss Feng

Sender: Fiona

Subject: My friend and I

How are you? Nice to meet you. I am Fiona and I am in Class 4A. I am ten years old. My birthday is in August. I live in Cheung Sha Wan. I am 142 cm tall. I am 25.25 kg. I have a long hair and a small nose.

I like reading storybooks at home on Fridays. Reading is fun! I never go cycling because I once fell off my bike!

My best friend is Lily. She is 145 cm tall. She is the tallest in the class. She has long hair, a big nose and long arms. She has some hobbies. She sometimes plays the piano but seldom reads the newspaper. She always goes cycling. Her favourite hobby is going cycling because it is fun. She and I often play basketball at weekends because we want to be strong and fit. We always chat together at school.

We are the same age but we are different heights. I am shorter than Lily. Lily is thinner than me and her hair is the shortest in the class.

I look forward to hearing from you soon.

Fiona

A shopping experience

Last Sunday, Amy went to the supermarket with her mum. They went to a supermarket together. Mum said, 'We need to buy some ham for dinner.' Amy said, 'Sure, let me put them in the trolley.'

Amy wanted to buy potato chips. 'Mum, can I buy a packet of potato chips, please?' begged Amy. Mom replied, 'No! Potato chips are not healthy! You can't buy this.' Amy was sad.

Then, Mum walked away. Amy took a packet of chips from the shelf without letting her mum know. She paid for the chips with her ten dollars note on hand.

In the end, Mum went to the checkout and paid the bill by Octopus card. Dad suddenly dropped in and noticed the chips in Amy's bag. He was very angry.

4A Lu Sum Yin, Fiona (Writing 5)

When I was little

Dear Frank,

How are you? I'm fine. I miss you. I'm happy to receive your letter.

I couldn't tie my shoelaces by myself when I was four. My mum helped me. I could go to school by myself when I was six.

When I was one. I couldn't do up my buttons but I can do up my buttons by myself now.

Now, I can sweep the floor but I still cannot do the laundry. I cannot cook by myself now. Yet, I hope that I'll cook with my mum when I'm older. I want to try to cook fried chicken wings with my mum.

What clubs do you join after school? Tell me more about your school life. I'm looking forward to receiving your letter.

Love,

Jenny

4A Lam Yee Tung, Nicole (Writing 6)

On the first day, we will go to Disneyland to meet Mickey Mouse. We will go to take photos with Mickey Mouse. I hope it will not be too crowded. Next, we will ride on the roller coaster. It will be fun and exciting.

On the second day, we will go to Lantau Island to visit the magnificent Big Buddha. We will ride on a cable car. We can look at the breath-taking view of Hong Kong. Next, we will take photos with Big Buddha. Then, we will buy some souvenirs.

On the third days, we will go to Tsim Sha Tsui to take photos of the Avenue of Stars. Next, we will visit the marvelous Space Museum. At night, we will eat at McDonald's. The food is tasty. Then, we will take the MTR back home.

By Nicole

4A Chow How Man, Cathy (Writing 7)

The direction

My class is having a treasure hunt at school tomorrow. It is fun and exciting. I will tell my classmates the directions to the treasure clearly.

First, go out of the language room. Go straight ahead to staircase No.1. Go upstairs to the third floor.

Then, turn right and walk straight ahead. The library is on your right.

Inside the library, we will find our treasure. I hope you can find the treasure!

Healthy Eating Advice for Brian

Brian has an unhealthy eating habit. For meat, he eats a lot of beef, chicken, and steak every time. But when it comes to vegetables, he only eats a few bites of cabbage, a little bit of carrots and broccoli, and not much rice. He also likes to drink cola.

In order to stay healthy, Brian should change his eating habits. He needs to eat more vegetables, such as carrots. He also needs to eat less meat, as eating too much beef, steak, and chicken can be unhealthy.

He also needs to eat more rice and drink less cola, as drinking too much cola can be harmful to the body.

4A Lu Sum Yin, Fiona (Writing 9)

A visit to the dentist

Frank loved eating sugary food and fried food. One evening he was sick. He felt sharp pain in his mouth, so he cried loudly, 'Ho no! I had a terrible toothache!' Mum said, 'Let's go to the dentist.' Frank felt frightened.

Then Mum took him to the dental clinic. The dentist checked Frank's teeth and pulled his bad teeth. Frank felt scared when the dentist pulled his bad teeth. Yet he did not feel pain.

After that, the dentist told Frank about a health poster. The dentist told him the importance of brushing teeth properly. Also, the dentist taught Frank that he should eat more vegetables and fruit to keep his teeth strong.

In the end, Frank learnt his lesson. He promised he would eat less sugary food and fried food, and he would brush his teeth every day. He will eat more vegetables and fruit to keep his teeth strong.