

# 校長的話

親愛的聖約瑟家長和同學們：

校園的時間總是過得很快，轉眼已臨近踏入七月，除代表漫長的暑假快將到來，亦標誌着一個學年的結束。

聖約瑟每學年結束前，都會將該年同學們的優秀作品和學習經歷集結成學生作品集——《約瑟的創作天空》，好讓同學們互相分享切磋、家長友儕共賞。當我們翻閱學生作品集時，我們彷彿穿越一個充滿奇幻、創意和熱情的世界。這些小小作家們用作品勾勒出無限的想像力，展示他們對生活、自然和人性的獨特觀察和感受。他們或訴說著一個動人的故事，或描繪著一幅美麗的風景，或闡述一次深刻的實驗經歷。這些學習印記，彷彿是一顆顆小星星，閃爍着孩子的智慧和靈感。

就讓我們一同細味同學們的學習成果，給予鼓勵和讚賞；更讓我們感恩天父賜予聖約瑟老師們牧養孩童的智慧和愛心，成就一顆顆閃耀的星星！

鍾勁翔校長  
主曆二零二四年六月



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# 中文科

## 創意寫作比賽作品集

### 各級冠軍作品

#### 假如爸媽是奧運冠軍（體操）

1B 龔芍喬

我的媽媽是體操冠軍，她不斷練習，每個動作也做過千萬次。

媽媽身手很靈活，臂力和彈跳力很強。有次我差點由高處掉下，媽媽看到後，立刻翻了幾個側手翻，跳起再轉身，一手把我接住了！

媽媽一直都很努力和勇敢，也很用心地保護我們。她說：「媽媽在練習時也遇過很多次不成功，但我會想想哪裏可以做得更好。你要相信自己，只要勇敢嘗試和不怕失敗，就一定會成功！」

現在我也有學習體操，我要像媽媽一樣強大、不怕失敗和勇敢克服困難，以後就由我來保護家人吧！



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#### 假如爸媽是奧運冠軍（田徑）

2A 郭灝然

我媽媽是田徑項目的奧運比賽冠軍。她過去的訓練很辛苦，每天都要在早上七時到達訓練場，並練習八小時以上。由於她經常訓練，因此腿部容易受傷，我常常看到她的腿貼滿了舒緩肌肉痛的膠布。當媽媽舊患復發時，我也感受到她十分辛苦呢！

平日，媽媽會使用自己的田徑能力來照顧我。有一次，我在玩耍時即將被雜物絆倒，她會馬上跑到我的面前扶着我，避免我受傷。當我忘記帶便當上學時，她會使用自己的田徑能力趕到學校，並把便當交到我手上，不會讓我餓肚子。

我從媽媽的身上學會堅毅的態度，因為她會堅持練習田徑，就算受了一點傷，也會繼續挑戰自己，做到最好。還有一次，媽媽在狀態不太佳的情況下，仍堅持參加比賽，最終她得到了金牌呢！

對於媽媽的付出，我感到很感動和感激。我會學習媽媽堅毅的精神，就算讀書時遇到困難，也不會輕易放棄，用學業來報答媽媽。當她比賽時，我會在觀眾席為她打氣，永遠成為她的頭號粉絲！最後，我也會替媽媽的舊患塗上藥油和按摩，減少她的辛苦。我的媽媽真厲害，我愛我的奧運冠軍媽媽！



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## 假如爸媽是奧運冠軍（游泳）

3B 區柏濤

我的爸爸是一位游泳教練，過往曾代表香港參選二零一六年在巴西舉行的奧運游泳項目，並在個人蛙式二百米比賽中奪得金牌。當時全香港人都為他而自豪，我的爸爸是誰？他的名字——陳大文。

我還記得我未滿三歲的時候，爸爸每逢星期六都會帶我到游泳池嬉水。下水前，爸爸都會為我穿上泳衣、救生衣、泳鏡……看上去就像機械人一樣。未正式下水時，我已經害怕得哇哇大哭呢！但爸爸每次都很有耐心地哄我，令我放鬆心情，跟他跳進池裏。首先，我們會扶着池邊一邊踢腿，一邊唱歌。然後，爸爸用強壯的臂彎抱着我浮在水面，同時細心指導我的四肢，模仿着青蛙的姿態，一面用雙手向左右兩旁撥水，一面用雙腳在水底用力地撐水，不斷重複練習這個動作。最後，經過三個月堅持不懈的艱苦訓練，我在不需要爸爸抱着的情況下能夠自己游動了，那一刻的心情實在興奮得讓我在水中翻兩個筋斗。

教我學懂蛙式游泳之後，有一天，爸爸問我：「孩子，你在學游泳的過程中，有沒有因為困難而想放棄呢？你想知道爸爸從前訓練的情況嗎？讓我來告訴你吧！」原來爸爸從小就喜歡游泳，當時的居所非常鄰近游泳池，他每天都請求媽媽帶他到泳池玩水。他細心觀察其他泳客的游泳姿態，並模仿着他們自學。經過一段時間，爸爸很快就能獨立地游起來，在沒有教練指導下，顯得十分厲害和非常有天份呢！升上中學後，由於在水運會的表現突出，所以老師邀請他參加泳隊訓練。為了兼顧學業和興趣，他爭取小息的時間完成功課，堅持每天放學後進行訓練，帶着疲累的身軀回家。為應付考試，他更溫習直至深夜，那種壓力大得難以形容，有點喘不過氣。爸爸憑着對運動的熱誠和堅強的意志，咬實牙關去經歷這艱苦的階段，最後被選入香港游泳代表隊，踏上成功之路。

爸爸取得成功並非僥倖，需要克服一個又一個的難關，但他不輕易放棄。因為他具備堅持不懈、永不言敗的性格，所以才有今天的成就。我非常感恩爸爸對家庭的付出。我的目標是成為一個有這樣的精神和毅力的醫生。



## 假如爸媽是奧運冠軍（跳水）

4A 董諾

我的爸爸是跳水奧運比賽的冠軍。他很厲害，有很多人都羨慕我有一個這樣的爸爸。

可是，爸爸的冠軍，都是拿努力換來的。他跟我說過，他以前每天早起來自己練習跳水，從早上一直練到晚上。我聽到後，也是體會到了爸爸的艱苦，可他也說過一句話：「再累也要堅持下去。」

我不會跳水，每次和爸爸出門，別人都會說我不如爸爸般厲害，就會使我感到很慚愧。

有一天，我問爸爸為甚麼放棄運動員的身份時，他臉上的笑容突然消失了。他說：「因為我練習時弄傷了腳，所以再也沒有跳過水了。」

幸好，爸爸的努力最後也能給大家看到，就是拿到奧運跳水金牌。全國的人都在誇他，爸爸感到萬分高興，我也感到自豪。



## 假如爸媽是奧運冠軍（短跑）

5A 胡暄晴

我的媽媽是一位短跑奧運冠軍，她過去的訓練十分艱苦，每天都要很早起床訓練。她因為要照顧我，所以放棄了運動員的身份。

有一天，我上學時，我和媽媽快要趕不上巴士。在巴士快要關門的那一刻，媽媽馬上抱起我，像風一樣衝向巴士站。在我眨眼的一瞬間，媽媽已經抱着我上了巴士。

上星期五是陸運會，我和媽媽一起參加了親子賽跑。在比賽開始時，我努力地向前跑，可是還是跑得比其他同學慢。在交棒時，媽媽已經落後別人很多，但是她沒有放棄比賽。她向前衝，很快便追回大部份同學，更追上了第一名。最後，我們終於取得了冠軍。

經歷了這些事情後，我從媽媽身上學到鏗而不捨、堅毅、勤勞的價值觀。對於媽媽的付出，我認為她十分厲害，因為她能刻苦地訓練。我以後會努力和堅毅地面對生活中不同的事情，我也會幫忙做家務來展現我對媽媽的感恩之心。

## 假如爸媽是奧運冠軍（舉重及長跑）

6A 周琬澄



當我聽到這個消息後，我感到驚訝不已。一直照顧我的爸爸和媽媽，他們居然都是二零零八年的奧運冠軍！爸爸是舉重冠軍，而媽媽就是長跑冠軍，更是世界紀錄保持者呢！

但又有誰知道，這引人自豪的成績，背後付出了多少努力，才有現在的成就呢？爸媽日復一日的訓練，過程必然痛苦。他們會在失誤的地方重新再訓練，直到成功。但成功後更多的是不斷訓練，直到不再有任何失誤。他們更在訓練中一直挑戰自我極限，哪怕是一秒、一公斤，都是決定勝負的關鍵。

當我聽到這裏，我便很好奇為甚麼爸媽會放棄運動員的身份，做回一個平凡人呢？他們彷彿看出我內心的疑惑，爸爸便對我說：「我和你媽媽後來覺得應該專注在家庭，一心照顧你，所以便結束了運動生涯。這個決定我們也反覆思考過，才選擇放棄的。」也許有很多人會說他們正值運動生涯的巔峰時期，現在退役未免也太可惜了。然而，我並不是這樣認為。我相信每位運動員的退役，必然有他的原因。

雖然他們再也不是運動員，但他們曾是運動員的身份好處可多了，例如：當我們在超市買了許多糧食，但是太過沉重搬不動時，爸爸這個「大力士」便派上用場，輕易地幫助我們搬回家。而媽媽會在趕時間或要追趕公共交通工具時，化身成「超級英雄」攔截交通工具，幫忙我們準時上車，到達目的地。

我亦從他們身上學到堅毅不屈的精神。有一次，我比賽時對上排名第三名的對手，但我沒有因此而感到害怕，反而更加堅定我要贏的決心。一開始我雖然大比分落後，但我沒有因此而放棄，更奮力追上。即使最後還是輸了比賽，但這場比賽令我學會的不只是堅毅不屈的精神，更令我明白甚麼是體育精神。我會一直保持這份精神，努力向我的目標進發。



## 假如爸媽是奧運冠軍（劍擊）

1A 彭信羽

今天，我到體育學院參觀。體育學院裏有很多與體育有關的項目，例如：劍擊、羽毛球、舉重、排球……

這時候，我在體育學院裏遇見張家朗。一看見他，我就想起關於劍擊的事情……

我在想，如果爸爸並不是一般的爸爸，而是像張家朗一樣是奧運冠軍，那他會是怎麼樣呢？當然也是打劍擊啦！為甚麼？因為張家朗他就是劍擊項目的奧運冠軍啊！爸爸又是怎樣訓練的呢？爸爸的訓練就跟張家朗一模一樣，每天不斷艱辛地練習，一次又一次的重複訓練，憑着堅毅的意志，才能成為全世界的冠軍啊！

## 假如爸媽是奧運冠軍（十項全能）

2A 王駿岳

假如爸爸是奧運冠軍，他一定是十項全能的奧運冠軍。你沒有留意到嗎？爸爸向來跑得快，身手敏捷，雙手更能舉千斤呢！為了取得這個冠軍，他一定下過不少苦工，完成無數的練習才能做到。此外，飲食方面也不會鬆懈，均衡飲食，吸收足夠的營養，才可以有足夠力氣去比賽。

爸爸是十項全能的奧運冠軍。我見過他跑得比巴士還要快啊！我記得那次我晚了起床，快要遲到了。爸爸一手抱起我，一手拿着我的書包，飛快地追趕快要開走的巴士。最後我們順利上車，準時回校。

爸爸肯定是十項全能的奧運冠軍。他身手靈活，跨欄、擲東西都難不到他。放假時，爸爸最喜歡帶我們到遊樂場玩，陪我們四處跑跑跳跳。玩攤位遊戲，他更是得心應手，百發百中，從不空手而回。

奧運冠軍的爸爸是多麼的完美，多麼的令人敬佩！當然，現實中我的爸爸並不是真的奧運冠軍，但在我心目中的他絕對是十項全能的世界第一好爸爸。爸爸是個做甚麼都認真努力、堅持不懈的人，我要以爸爸為榜樣，認真做事，學習他的堅毅精神。

## 假如爸媽是奧運冠軍（舉重）

3A 蔡子珊

爸爸是舉重奧運比賽的冠軍運動員。他每天的訓練就是由早上到晚上都利用啞鈴來練習，從不間斷。有時他會練習到忘記吃午餐，甚至沒有停下來休息過！鍛鍊完左手就到右手，要達到兩邊手能負擔平均的力度、同樣的能力。

他平時會把我和弟弟當作人肉啞鈴，單手抱起我們，更會在媽媽往市場購物和購買餸菜時，用兩隻手拿起重物。哥哥、弟弟和我每天看着爸爸在健身房不停地舉重，也很渴望有一天我們會像這樣照顧我們將來的家庭，甚至是孩子。爸爸堅毅、勤勞的精神很值得我學習。

對於爸爸無私的付出，我感到他很偉大，而且很照顧這個「家」！我現在開始吃很多具有營養價值的食物，務求令自己的力量增強和變大，希望將來待爸爸年老或有需要時，我能抱起他，帶他去看醫生、旅行、散步、遊玩……我要好好珍惜我們相處的時光！

## 假如爸媽是奧運冠軍（跑步）

4B 鄧穎鏢

我的爸爸是一位跑步健將，曾拿過奧運冠軍。聽到這個大消息時，我當時是十分震驚，又十分驕傲的。

前幾天，爸爸對我和媽媽說：「今年我要參加奧運會跑步比賽，繼續追尋自己的夢想。」這話一說出，炸得我瞬間動彈不得。「爸爸你要參加奧運會？我平時也沒見你多做運動啊！」我帶着疑問說出。爸爸只是微微一笑，並沒多說甚麼。

後來，我漸漸發現爸爸陪伴我們的時間越來越少。他不是拚命地練習跑步，就是努力地參加比賽。因此，我的情緒十分低落。媽媽看出我的異常，得知原因後，媽媽對我說：「寶貝，每個人都有自己想做的事。因為你的到來，爸爸暫停了他追夢的步伐，現在他再次起行，我們是不是要做他堅強的後盾呢？」我聽了媽媽的話，堅定地點了點頭。

雖然爸爸陪伴我們的時間減少了，但他努力追夢的樣子影響着我，讓我立志以後也要成為一位出色的跑步選手！

## 假如爸媽是奧運冠軍（排球）

5B 盧曉桐

我的父母是排球高手和奧運冠軍。他們曾告訴我，自己是從中學開始加入排球社，之後便開始了教練安排的魔鬼訓練。他們之所以放棄運動員的身份，是因為他們變得年邁，體能下降，才無奈地放棄這個偉大的夢想。

你們可能以為他們每天都要鍛鍊，完全沒有時間照顧我和妹妹。實際上，他們卻有充足的時間陪伴我們，他們的天賦能令我們的生活更加方便，例如：可以大大縮短到超級市場買菜的時間。只要我和妹妹被人欺負，爸爸都會用強壯的體魄擋在我們面前，嚇得對方手心冒汗。

我們家裏總是放着林林總總的獎牌和獎杯，不過沒有一個是我的。出生於運動世家的我，卻沒有一點運動細胞。我不但缺乏平衡力，跑步同手同腳，騎四輪車也可以翻車，我還超級怕水，連洗澡都有可能被淹死。

不過，我在父母身上學到堅毅和勤勞，我明白到只有堅持才能成功，只有勤勞才可以獲得勝利。

以前的我是個沒有信心、容易放棄的人，直到知道父母以前的經歷後，我才改過自新。與此同時，我也明白到他們的困難之處。我下定決心，要鍛鍊自己的體魄，長大後一定要成為一位出色的運動員。



## 假如爸媽是奧運冠軍（排球）

6B 盧芊瑤

如果我的爸爸是排球隊的二傳手，而且還獲得過奧運冠軍，我一定會感到非常不可思議。我的腦海裏也浮現着，他日復一日地練習如何完美地傳球及主攻手的畫面，但我也不由自主地想，是甚麼原因令他放棄這份職業……？我想一定是因為家庭因素。平日裏爸爸最在意的就是身邊的家人，可能是因為想花多些時間陪伴我和媽媽，所以才放棄這份職業。

成為二傳手應該具備廣闊的視野，才能通觀全場，並在一剎那作出正確的判斷和行動。而觀察必須適時，過早作用不大，過晚措手不及，影響傳球質量。我的爸爸在生活中反應快，頭腦好，總是能在第一時間作出最快和正確的決定。例如有次吃飯時，桌邊擺放了一個玻璃瓶，我不小心撞了桌子一下，玻璃瓶搖擺不定地向下倒去，幸好爸爸反應快，馬上伸出手穩穩地接住了。又例如爸媽當初在家照顧我時，爸爸敏銳地發覺我的呼吸頻率較慢。那時，我才剛出生不久，連照顧我最久的媽媽也沒有發現。當時他們也只是新手爸媽，沒有照顧孩子的經驗。媽媽不知所措地站在一旁，爸爸卻是冷靜地指揮媽媽馬上帶上我前往醫院。正當媽媽換好衣服帶我出門時，發現爸爸已經準備好了一切。到我長大後，爸爸常常跟我說「眼觀四處，耳聽八方」才能即時作出判斷。

現在爸爸幾乎全心投入家庭，有好事他總會第一時間想起我和媽媽，爸爸也會時常替媽媽做家務，他也會記着我的愛好，把我照顧得無微不至。對此，我十分高興有這樣的家人，我想報答我的父母，但我還小。我唯一能做的，就是好好學習，將來再報答他們……



## 假如爸媽是奧運冠軍（一百米短跑）

1B 區凱婷

我的媽媽是一位田徑跑步運動員，她曾經代表香港在奧運會的一百米短跑比賽中取得冠軍。媽媽是我心目中的女超人，她的成功是每天努力操練的成果，我十分佩服她的堅毅精神。

究竟媽媽是甚麼時候開始喜歡跑步呢？原來媽媽是在小學三年級的時候已經愛上了跑步，她每天都在上課前和放學後在學校操場跑圈一小時。

升上中學後，因為媽媽在陸運會的比賽中表現突出，所以被老師邀請加入校隊訓練。從此以後，媽媽更加喜歡跑步，除了每星期兩天的校隊訓練外，還把握日常生活中每個練習跑步的機會。例如因為當時居住的地方和學校距離不算很遠，所以媽媽決定放棄乘坐巴士，改為每天背負沉重的書包跑步上學和放學。另外為了兼顧學業成績，媽媽總是會利用小息的時間爭取完成功課。在考試的時候，雖然完成訓練回到家已經很晚了，但她還要溫習到深夜才能休息，實在疲倦極了！

媽媽為了達成目標，努力不懈和永不放棄的精神，令我非常敬佩他。媽媽是我的好榜樣，我要努力學習，為夢想奮鬥，將來成為一位出色的醫生。

## 假如爸媽是奧運冠軍（跳水）

2B 陳志彬

我的爸爸是奧運跳水冠軍，是一名出色的運動員。

每天，爸爸都會抽時間到我家旁邊的游泳池練習跳水，我也會到游泳池為正在練習的爸爸打氣。而我也遺傳了爸爸，愛上了跳水這個運動。

每天晚上，爸爸都會教我做功課。假日，爸爸會帶我到遊樂場遊玩。當爸爸練習完後，我都會問他：「辛苦嗎？」可他每次都說不辛苦。但我從爸爸的臉容得知，跳水不是一件容易的事。

我從爸爸身上學到堅持不懈的精神。對於爸爸的付出，令我感到很感動，所以我時常會幫忙做家務去替爸爸分憂。



## 假如爸媽是奧運冠軍（舉重）

3B 黎穎姿

我的爸爸是一名奧運舉重冠軍，大家都知道練習舉重十分困難。就讓我們來揭曉他是怎樣利用舉重來照顧我吧！

爸爸會用練習舉重的耐心來教導我，讓我的學業成績從七十變一百分。他也會用力量來幫助我，例如替我拿起十公斤的菜籃。

爸爸的日常訓練十分辛苦，除了要做熱身運動外，還要不斷舉啞鈴，而且每次重量都會增加。有時候，他的訓練持續到晚餐時仍在練習，我要學習他那無論訓練多麼辛苦，都永不放棄的精神。

我很高興，我有一個身為奧運舉重冠軍的爸爸。將來我會努力讀書，成為一個和他一樣的運動員去參加奧運會。



## 假如爸媽是奧運冠軍（空手道）

5A 施逸晴

我的爸爸是奧運空手道冠軍，他每天都是白天留在訓練場上艱苦地練習，直到晚上才回家。起初，我以為爸爸出門是去放鬆自己，多虧了媽媽的一句話，我才知道爸爸白天神秘消失的原因。有一次，我和爸媽去野餐，我買了一瓶玻璃樽裝的汽水，可是沒帶開瓶器。我正在想要怎樣打開汽水時，爸爸二話不說便搶走了我的汽水，然後一拳打飛瓶蓋，我驚呆了！

還有一次，我想請教爸爸如何練習腳法時，我還沒說話，爸爸像有讀心術似的馬上表演腳法出來，使得在遠處桌子上的紙張像仙女散花般飄落地，我又驚呆了！

雖然爸爸有時候有點誇張，但對我的生活沒有造成太大的影響。那一次爸爸去參加東京奧運比賽，我和媽媽都有到場支持。看見爸爸沉着應戰，最後反敗為勝，得到金牌，我不禁想，如果我和爸爸同時上頒獎台，是多麼光榮的一件事！

由今天開始，我要加強訓練，以爸爸為目標，成為一個心理素質強大，技術高超的職業運動員，為國家、為家族多拿幾面金牌，報答養育之恩。

## 假如爸媽是奧運冠軍（舉重）

4A 陳思彤

假如我的爸媽是奧運冠軍，他們會是舉重冠軍，因為他們能為我拿起任何東西，做好任何事情。

如果爸媽是舉重冠軍，他們每天也要活動肌肉和舉起不同重量的啞鈴。可是，他們為了我的學業和生活，卻放棄了這項運動。

爸媽能把一些非常重的東西提起來，比如我那個重得像石頭般的書包，他們也能提起來。當我在大街上跌倒，為免我的傷口受細菌感染，他們也會第一時間抱起沉重的我。又有一次，我們去超級市場買菜，我們買了一大籃食物，我怎樣提也提不動，媽媽卻輕鬆地拿起來了！我明白到既然我們有能力，就要盡力去幫助別人。

爸爸媽媽的「舉重能力」可真厲害啊！他們辛勞地支撐着這個家庭，爸爸努力地賺錢，媽媽則辛勤地照顧我，我以後一定會好好地孝順我的爸媽，即使他們變老後，他們永遠也是我心目中的冠軍。

## 假如爸媽是奧運冠軍（劍擊）

6A 施逸妍

我的媽媽是國家隊的劍擊運動員，曾奪得奧林匹克運動會的花劍冠軍。在我讀幼稚園時，她仍然是一個運動員。到了小學時，因要照顧我和妹妹，所以媽媽選擇退役，轉職成為一個全職的劍擊教練，繼續為劍壇效力。

媽媽成為教練後，我當然順理成章，第一個被「捉」去訓練。訓練期間真是「有苦自己知」！首先，上課前媽媽會要求我們拉筋；其次，要耐力跑，增強肺活量，也要訓練反應、步伐、協調性……由於所有訓練都須反覆練習，以致我每次下課後，腳都酸痛難忍。可是媽媽說，這只是她當年訓練量的九牛一毛，她上課前要做大量的熱身運動，更別提上課時了……可想而知，她的意志力有多堅毅啊！

有一次，我們一家玩「冚棉胎」撲克牌。因為多年訓練而得來的快速反應，令媽媽每局都是第一個勝出。又有一次，妹妹還在學走，她因為好奇而爬上沙發上站着，差點就頭部着地掉下來，還好媽媽即時飛撲過去，眼明手快地接着妹妹，才沒受傷。我嚇得目瞪口呆，妹妹也被嚇得哇哇大哭。

不管是否在訓練，媽媽都會不時講解劍擊比賽的小技巧。她總是一絲不苟地用心教導我，使我下定決心要練好劍擊技巧、戰術。我在她的耳濡目染下，做事態度比以前認真了不少。希望我在不久的將來可以有幸進入國家隊，取得奧運劍擊金牌給她，以報答她的養育之恩。



# ENGLISH WORKS!

## My Monster Pet

- This is my monster pet.
- It has a big body.
- It has five eyes.
- It has no ears.
- It has six legs.
- It can see in the dark.
- It is hungry.
- It likes to eat everything.



By 1B Mok Hei Man, Giovanna

## My Funny Clown: Benny

He has a red nose and it is small.  
His eyebrows are purple.  
He has small eyebrows.  
His hair is red and curly.  
His mouth is orange.  
His mouth is wide and smiley.  
Her suit is colourful.  
His shoes are black.  
What a smart clown!

By 1A Champness Ella Lara Cathrine

## My Dream School

My dream school is Jonas School. There are six floors.

There is a garden. It is on the ground floor. We must keep off the grass in the garden. We mustn't spit in the garden. We mustn't litter in the garden.

There is a classroom. It is on the first floor. We must sit still in the classroom. We mustn't spit in the classroom.

There is an art room on the ground floor. We must draw in the art room. We mustn't run in the art room.

There is a computer room on the sixth floor. We must keep quiet in the computer room. We mustn't run in the computer room.

I love the computer room in Jonas School.

By 2A Wong Chun Nok, Jonas



## My Dream School

My dream school is 2A School. There are three floors.

There is a garden. It is on the ground floor. We must keep off the grass in the garden. We mustn't litter in the garden.

There is a classroom. It is on the first floor. We must sit still in the classroom. We mustn't run in the classroom.

There is a toilet. It is on the ground floor too. We mustn't run in the toilet. We mustn't play with water in the toilet.

There is a computer room on the second floor. We must keep quiet in the computer room. We mustn't run in the computer room.

There is a music room. It is on the third floor. We mustn't run in the music room. We mustn't spit in the music room.

I love the music room in 2A School.

By 2A Kwok Ho Yin, Eden





## Tim and His Family

Tim is a student. He is seven years old. He is thin. He is very good. He lives in Sha Tin. He goes to school by bus.

Tim has one brother and one sister. His father is a postman. He delivers letters to people. His mother is a waitress. She serves food to people.

Tim loves his family. His father and mother are very good. Tim likes his father and mother. Tim is happy and his father and mother are happy. Tim is smart. Tim's mother, father and Tim like their home. Tim likes his school. He is a good student. Tim likes to talk with his family. Tim loves his sister and brother.

By 2B Lam Lok Yan, Chloe



## Tim and His Family

Tim and his family live in Sha Tin. He is seven years old. He is a student. He goes to school by bus 18M. He has one brother and one sister.

Tim's father is a postman. He takes letters to people every day. Tim's mother is a waitress. She serves food to people every day.

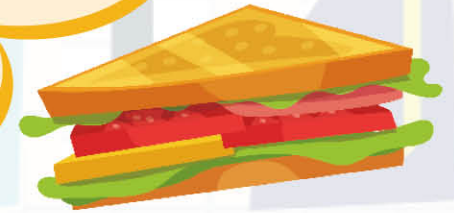
Tim loves his family. He also loves his father and mother's jobs.

By 2B Chan Chi Pan, Benson

## How to Make a Sandwich

- First cut the bread into two slices.
- Then fry the sausages. Cut them into small pieces.
- Next fry the ham and cut it.
- Then fry the bacon. Cut it after you fry it.
- Next wash the lettuce. Cut it into small pieces.
- Then crack the egg into the pan. Fry the egg.
- Finally cut the cheese.
- Then put everything on the bread. Put the other slice of the bread on top.
- Sit down and enjoy your sandwich.

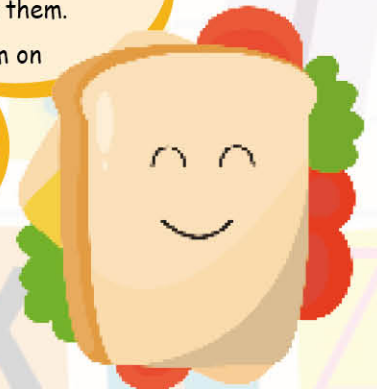
By 3A Lam Elizabeth



## How to Make a Sandwich

- First wash the tomato.
- Cut it into small pieces.
- Then cut the cheese into small pieces.
- Put the bacon on a pan and fry it.
- Crack the egg. Then put it on a pan and fry it.
- Cut the ham and put them on a pan and fry them.
- Put the tomato, cheese, bacon, egg and ham on the bread.
- Put another bread on top.
- Sit down and enjoy it.

By 3A Au Pak To, Samuel



## My Classmate

Anna Law is my classmate. I sit behind her. She has a round face and small eyes. She is the monitor in our class.

She is my friend. I almost talk to her every day. She looks after me. She is talkative and playful. She plays with me and others especially her best friends. She almost talks with her friend every day too. She makes me happy.

Her favourite subject is Visual Arts. Her favourite school activity is the school picnic. She is a genius. She is good at Chinese and English. But she is not good at Maths and General Studies. She can play the piano but I can't. She is my good friend forever.

By 3A So Wing Kiu, Yola



## My Friend

My friend is Rebecca Lee. She is nine years old and she is from Class 4B. Her favourite subjects are English and Chinese. She lives in Yuen Long and her birthday is on 5th August.

Rebecca is thin and tall. She is 137cm tall. Her weight is 27.6kg. She has very long hair. Her hair is longer than mine. Her skin tone is yellow and her eyes are small.

Rebecca loves watching TV and dancing. She always dances with me and her friends. She likes watching TV with her family too.

I love Rebecca because she is the nicest girl and she will not be mad at me when I play with my friends. I love her the most.

By 4B Cheung Yan Lok, Rebecca



## My Classmate

My classmate is Lana. She sits next to Sunny. She is tall, thin and cute. She is the English Ambassador.

I like Lana because she helps everyone with their English homework. She is helpful and kind. Lana loves playing video games with her friends. She is cheerful and playful. I like her.

Lana's favourite subjects are English and Visual Arts. Her favourite school activity is Dragon Dancing class. She is good at writing English poems and drawing.

I am happy Lana is my classmate. We are good friends.

By 3B Chung Yui Yee, Hilary



## My Friend

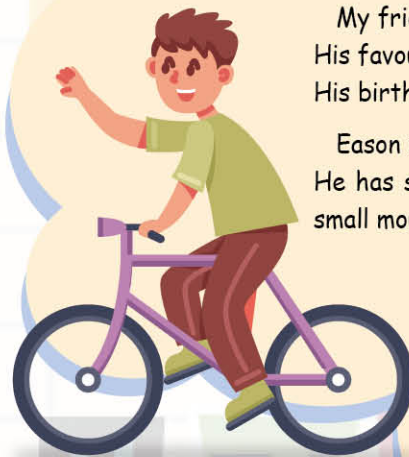
My friend is Eason. He is nine years old. He is from Class 4A. His favourite subject is Physical Education. He lives in Kam Tin. His birthday is on 13th February.

Eason is thin and short. He is 121 cm tall. He weighs 25.5 kg. He has short straight hair. His skin tone is yellow. He has a small mouth, small eyes, big ears and a small nose.

Eason's hobbies are going cycling and playing squash. He is good at sports. It is because he likes playing squash.

I think Eason is good. I am glad to be one of his friends.

By 4A Yiu Hoi Lung, Manbo



## A Reply Email to Mr Gareth

Dear Mr. Gareth,

I'm fine, thank you. How about you? I will be your sister's tour guide. I can't wait to meet your sister! I will show her some places she has never been. I have already planned out what we are going to do.

In the morning at 8:10 am, we will visit our school hall. It's very big. There is a huge stage and a big screen. We will sit there and watch English dramas since I know she wants to watch dramas.

In the afternoon at 1:30 pm, we will go to Kam Tin Shing Fat Bakery. We will go there on foot. It is not that far away from the school. There are lots of bread and pastry. We will try some Hong Kong's famous egg tarts.

In the evening at 6:00 pm, we will go to Hong Kong Disneyland. We will go there by MTR because it's a bit far away from Kam Tin. Disneyland is enormous and it's very fun. There are a lot of games to play and you can also take photos with the cartoon characters. I hope she will not be too scared because we will ride on the roller coaster. It's pretty fun, so don't worry. Finally we will go to the haunted house. It's not scary at all!

She could take a look at the map I attached in this email. See you soon!

Regards,  
Hailey

By 4A Yeung Tsz Ching, Hailey



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## My Invention

My invention is a dual-purpose ironing board. Some people don't have a lot of spaces for larger items at home, so I invented this item. Not only can it save spaces, but it can also kill two birds with one stone. Everyone can use it.

First, you need an ironing board and a mirror. Then, open one side of the ironing board and use a hot melt glue gun to stick the mirror onto the ironing board. This is both convenient and easy to handle.

By 5B Chan Nga Yee, Grace

## My Invention

I made a cooling cake tray because it was my friend's birthday. My mum and I made it together.

To keep a birthday cake cool, first, put foil paper into a metal box. Then, use glue to stick the foil paper on the metal box. Next, put some ice into the metal box to keep the box cool. After that, decorate the metal box. Finally, put the birthday cake into the metal box and put the cover on it.

By 5B Cheung Hoi Ying, Tiffany

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## Lost on Lantau

Last Sunday, Sam and Kitty went hiking on Lantau Island. The weather was sunny and cool. It was a good day for hiking. They felt glad.

It was a long way from the car park to the Big Buddha. It took two and a half hours. After two hours, it was dark. Kitty wanted to go home, but they got lost. Although they have already walked a long way, they still couldn't find the bus stop. Luckily, they saw a kind man. Kitty asked, 'How far is it from here to the nearest bus stop?' 'It's one kilometre. It takes one hour to walk there.' The man took out a map and showed them the way.

After they said thank you to the man, they ran fast to the bus stop. After they arrived at the bus stop, the last bus has left. They felt nervous. Sam said, 'Oh no! We missed the last bus. How can we go back home now?' 'Maybe we need to walk back home,' said Kitty. 'Of course not! It is thirteen and a half kilometres.'

Luckily, Kitty's boyfriend, Ben came. He checked the global positioning system so that he knew where Kitty was. He drove his car to take Sam and Kitty home.

What a lucky night!

By 5B Lo Hiu Tung, Holly



## My Dream Job

Dream job for me is a job that I truly admire and inspires me. This writing will be about my dream job and all the requirements that I need to achieve my dream.

The job that inspires me is teachers. I want to become a teacher because if I do, I will teach children and hopefully make their learning process more interesting. The personalities that are required for this job are caring and smart. Teachers also need to be outgoing so that they won't be shy to speak in front of the whole class. Being a teacher is hard work. You don't just have to teach the students, but you also need to correct their homework and prepare lessons every day. The thing I need to improve is that I need to study harder.

I hope that I will become a teacher who is admired by a lot of students. I promise I will make sure that I can achieve my dream and be an amazing teacher.

By 6A Ng Hannah Cheuk Wai



## My Dream Job

Have you thought about your dream job yet? What do you think a dream job is? Well, I think a dream job is a job that you can enjoy and be happy when you do the job.

My dream job is to be a cook. Why, you may ask? It is because my dad is a cook too! I want to do the same job because I want to be good at cooking too. To be a good cook, I need to be creative to make creative and good dishes, and be hard-working because sometimes cooking food is hard.

To achieve this, I need to practise cooking and making food, but I've started cooking when I was a kid so it is not too hard for me.

In the future, I hope I can achieve my dream, and I promise I will work hard to make my dream come true. How about you? What do you want to be in the future?

By 6B Cheung Hoi Lam, Ocean



## Helping Others

Do you think you are lucky to have everything you need? In Hong Kong there are one million poor people. Do you think you are poor? One in five children is poor in Hong Kong and I am going to write an article to talk about how to help the poor children in Hong Kong.

The first problem is they just have very little food to eat. They are weak and get sick easily. We can buy food and donate money to children to make their lives better so that they can be healthy and strong.

The second problem is they have neither toys nor books to play or read. They will be bored in their free time. We can run a second-hand stall to collect old toys and books so that they can be glad in their free time.

The last problem is they do not have enough money. When they are sick, they cannot buy the medicine they need. What can we do to help them? We can buy raffle tickets to raise money for them.

You may have never heard of not having enough food or medicine in Hong Kong. But a lot of people are living terrible lives so please be caring to them and donate something the poor children need.

By 6B Lo Chin Yiu, Yoyo

## Helping Others

Hong Kong may look like a rich city nowadays. But there are also some kids and old people that are very poor and have very few supplies. Donating to charities and doing charity work will mean a lot to them.

Kids and elders are having serious poverty problems. They don't have enough money to live in a big house. Many of them are even homeless. They need to afford expensive bills just to live in a house.

Instead of letting them suffer, we can start to help them. There are many things to do. We can either donate money to charity or do charity works. We have choices including selling flags, selling raffle tickets or more. After the charity receives the money, they will help the kids and elders to make sure they have enough money to live in a house and have food to eat. They will be glad and safe.

By helping out people, this world will one day be filled with joy and happiness. Let's start helping poor people out and make Hong Kong a better place.

By 6B Chang Felix

LOVE

## English Week Writing Competition Adventures in the English World

### Junior Group

#### CHAMPION

2B Chau Ka Yan, Jovia

### My Favourite Book Character

My favourite book character is Little Red Riding Hood. She is a girl who is wearing a red hooded cape. She is short and thin. She has a beautiful face and short yellow hair. Her voice is very sweet.

She loves her family. She is caring, helpful and kind. One day, she visits her sickly grandma. She meets a big bad wolf. The wolf wants to eat her but she knows it. She asks a hunter to help and kill the wolf. She is clever and brave.

I love Little Red Riding Hood because she is a good girl. She takes care of her grandma. Also, she is brave and smart when she sees the wolf. She can protect herself.

## Junior Group

### FIRST RUNNER-UP

2A Yeung Tsz Hin, Derek

#### My Favourite Book Character

This is Titan TV Man. He is my favourite book character because I like his personalities. He saves a lot of people and he is very kind and helpful.

His head is a TV. He does not have any eyes. He has big long hands and legs. He has spikes all over the back of his body so he can save himself if anyone tries to hurt him. He has a light in front of his heart! He's really strong and he eats a lot of vegetables so that's why he is strong. He has a very big mouth to eat. I think his mouth is bigger than mine.

In the story, there are a lot of bad guys that are trying to rule the world and steal all people's money but Titan gives it back to the people and puts the bad guys to jail.

I love him because he is kind, helpful and hard-working, and he always saves people from bad guys. I wish I can be him.

## Junior Group

### SECOND RUNNER-UP

2B Francia Olivia Layne Villamil

#### My Favourite Book Character

My favourite book characters are Dogman and Catkid. They love each other. Let's talk about Dogman now. Dogman is part dog and part man who's got bad habits. He rolls on dead fish, plays with balls and sniffs other dogs' bottoms. He is cute, funny and loves Catkid. Dogman can be a superhero. He lives in his big dog house with Catkid and 80-HD. He saves many people and also Petey. Now let's talk about Catkid. Catkid's real name is Lil. His dad is Petey. He also becomes a superhero. He teaches Petey how to be good. He's cute, kind and loves Dogman. Also, he saves people. This is all about my Dogman and Catkid Influencers book.

## Intermediate Group

### CHAMPION

4A Chan Sze Tung, Kylie

### A New Ending of Rapunzel

Finally, the witch discovered Rapunzel's secret and she was very angry. Not only did she cut off Rapunzel long hair, she also abandoned her in the wilderness. This made Rapunzel feel very helpless and lonely.

Then, the witch used magic to turn the prince into an ugly puppy. The puppy also searched for the princess in the wilderness every day. Although he felt very hungry, he still tried hard to find the princess, but Rapunzel did not recognize him. This makes the puppy feel very desperate!

The prince did not give up following the princess. Finally, the princess took it home. The princess told the puppy every day that she missed the prince. Suddenly she cried, and her tears fell on the puppy. These were tears of true love! In an instant, the curse seemed to be lifted. The puppy turned into a prince, and they lived a wonderful life together!

## Intermediate Group

### FIRST RUNNER-UP

3A Lam Ting Chun, Aiden

### A New Ending of Rapunzel

After the prince's eyes are healed by Rapunzel's tears, the prince finds out that Rapunzel's tears have magical healing power. He builds a small factory to produce "Rapunzel's magical eyedrops" to help blind people see again. The special eyedrops become very popular, and they are sold all over the world. The prince and Rapunzel are awarded "the Kindest Couple in the World".



## Intermediate Group

### SECOND RUNNER-UP

3A Wu Man Wing, Michelle

### A New Ending of Rapunzel

Rapunzel and the prince lived happily ever after. Rapunzel became the queen of the kingdom. She gave birth to their baby who was named Lucy. Rapunzel's parents came to see her and Lucy. At the same time, the witch came to the castle. She wanted to say sorry to Rapunzel and her family. Therefore, Rapunzel and her family forgave her.

## Senior Group

### CHAMPION

6A Ng Hannah Cheuk Wai

### If I were Cinderella

If I were Cinderella, I would wish from the fairy godmother that all the poor people or people who are treated rudely and don't deserve it, can follow their dreams and that nothing nor no one can stop them.

You might be wondering, 'why this wish?' Well, from my experience, both of my parents passed away, so I was left to live with my evil stepmother and my two cold-hearted stepsisters. Because of their mean and selfish personalities, they treated me as a slave and didn't let me go to the ball. So, I really don't want other poor children or adults to go through such a hard time and I also want them to follow their dreams with nothing in their way.

I believe that each individual should be respected equally and have the opportunity to live a fulfilling life.

## Senior Group

### FIRST RUNNER-UP

6B Wong Ying Wan, Angie

#### If I were Aladdin

If I were Aladdin, I would wish for a lot of money from the Genie because if I had a lot of money, I could donate money to charity. I would help the people in Sudan. In Sudan, over one million people had to leave their home because of the typhoon. There are a lot of sick people but there are not enough doctors. What is more, there is not much medicine left. They do not have enough clothes, food, clean water, food or beds. I would donate them food, water and clothes.

Also, I would help the children too! In Nigeria, many of the school are too old but nobody helps them to rebuild them. I would rebuild the schools and donate some money, books, paper and pens. I think if Aladdin had a lot of money, he would do the same things because in the movie he always helps people in trouble. He is helpful. At last, I hope everybody can help people in need.

## Senior Group

### SECOND RUNNER-UP

5B Cheung Hoi Ying, Tiffany

#### If I were Cinderella

If I were Cinderella, I would wish the fairy godmother could give me the ability to talk to animals!

I could talk to my cat and ask him if he likes me. I could ask him why he is always meowing at me. Maybe he is hungry or he wants to play with me.

I would ask the bird why it can fly and the rabbit why it likes to eat carrots.

With this power, I could help animal owners communicate with their animals and help animal doctors communicate with sick animals and heal them quickly.

I would also have many animal friends!

# 常識科

## 小二：種植

小二的主題家課會進行種植綠豆的實驗。

學生會利用四個膠杯，內裡設置不同的條件進行實驗。

- A. 在空氣、陽光和水三項條件下培育綠豆種子。
- B. 在空氣和水（缺乏陽光）兩項條件下培育綠豆種子。  
(即用遮光布把整杯包裹，不讓任何光線射進杯內。)
- C. 在空氣和陽光（缺乏水）下培育綠豆種子。(不用澆水)
- D. 在陽光和水（缺乏空氣）下培育綠豆種子。  
(把整杯注滿水液，蓋上蓋並用膠紙把整杯包裹，不讓任何空氣進入杯內。)

學生最後根據四個膠杯內種子發芽的情況，知道影響種子發芽的條件。



## 小三：保溫瓶

小三的主題家課會進行自製保溫瓶實驗。

學生會為膠樽加上保溫物料，並需要根據保溫物料的效能、安全性及輕便性三個層面來預備保溫物料。測試時會為一個普通水瓶及自製保溫瓶注入相同份量及溫度的水，然後於 5 分鐘後及 10 分鐘後，記錄兩個水瓶內水的溫度，從而檢視自備的保溫物料的效能是否良好。

完成一次測試後，學生會改良保溫瓶，再進行第二次測試，實驗期望學生能設計及製作到一個輕便且有效的保溫瓶。



## 小四：防震大廈

小四的主題家課會設計一個防震大廈。

學生會於活動一利用毛毛鐵線製作一個簡陋的防震大廈，利用教師已準備好的平台，把防震大廈放到平台上，利用模擬地震測量軟件記錄足以推倒防震大廈程度。

完成第一次測試後，學生會於活動二利用木棒製作一個較堅固的防震大廈，同樣利用模擬地震測量軟件記錄足以推倒防震大廈程度，把活動一及二的數據作對比。最後期望學生能明白防震的原理及找出興建防震大廈的原理。



## 小五：會發光的卡片

學生會於畫紙上設計卡片的封面，並於封面設定兩個放置 LED 燈泡的位置；卡片的內頁會利用導電膠紙接駁電路及開關，學生需要於連接導電膠紙前，精密地設計導電膠紙的路徑，好讓卡片對摺時會形成閉合電路，燈泡才會亮起。



## 小六：投石器

小六的主題家課為投石器。

學生會利用特定的投石器套裝製作出基本的投石器，再用利木棒製作出支架及延伸部分，通過不斷的測試及改良，務求利用投石器，把投物投到較遠的地方。讓學生明白槓桿原理的使用，同時於實際環境操作下，發現投擲角度的重要性。



## 小一：環保降落裝置

小一科技日的主題為環保降落裝置。

學生會利用膠袋及繩子製作一個降落傘，利用降落傘的面積包含更多的空氣粒子，令降落傘停留於空中的時間加長。

最後老師會給予一個任務，學生需要製作一個降落傘，能從一樓運送一個「麵餅」到地下，老師會帶領學生到一樓，把降落傘放下，讓學生感受及體驗降落傘是否能夠承載到「麵餅」的重量，期望學生能找出降落傘大小與其停留在空中時間的關係。



## 小二：印刷術

小二科技日的主題為印刷術。

學生需利用泥膠，混合古代「雕版印刷」的原理，製作出個人印章。

整個科技日分為兩個部分，第一部分為製作陽文印章，第二部分為製作陰文印章。老師會引導學生發現印章上的字都皆為鏡面字，學生會利用牙籤於泥膠上挑出自己的姓氏，並印於工作紙上。

最後，老師會派發不同的模板，讓學生製作出不同的字句及圖案，體驗古代印刷術。



### 小三：造紙術

小三科技日的主題為造紙術。

學生需於科技日前預備一些再造紙的物料，其中包括紙皮，廢紙，紙巾等物料，老師會於科技日前一天替學生浸泡已預備的物料，科技日當天利用攪拌機、焗爐製作再造紙，最後根據不同組別的再造紙，探究不同物料所製作的再造紙是否適合使用，探究不同物料製作出再造紙的效能。



### 小四：濾水器

小四科技日的主題為濾水器。

學生會利用老師預先預備好的過濾物料套件，因應物料不同的功能，以不同的次序放入過濾裝置內，學生再利用老師預先已準備好的污水，注入已製作好的濾水器內，收集過濾好的污水，利用 micro:bit 水質污濁測量器測試濾水塑料管的成效。同學亦會改良過濾裝置，測試不同物料的先後次序對過濾效能的影響。



### 小五：水果鋼琴

小五科技日的主題為水果鋼琴。

學生會預備不同的水果並帶回學校，老師會著學生使用電流計，測試不同水果的電流強度，學生會利用電流最強的水果製作水果鋼琴，從而讓學生明白水果中的果酸能發出微弱的電流。

學生最後會利用 micro:bit 接駁水果，再利用人體導電這個原則，觸摸水果及 micro:bit 形成閉合電路，啟動 micro:bit 中的按鍵發聲功能，製作成不同的音階。



### 小六：樂齡教育 — 聲控智能燈

小六科技日的主題為樂齡教育 — 聲控智能燈。

本年度於六年級進行樂齡教育，讓學生明白到科技的進步同時可以令長者受惠。學生會先組裝一個聲控智能燈套件，並用 micro:bit 進行光敏值的測試，把光敏值記錄。及後老師需要學生改良智能燈，希望能夠把光敏值提高，改良後再利用 micro:bit 進行光敏值的測試檢視改良裝置後的成效。



# 視藝科

二年級作品

一年級作品

我的幻想曲



1A 許鏗方

猜猜我是誰



1B 雷詠銘

獅子理髮廳



1A 彭雪瑩



1B 孔佩欣

立體音樂



1B 唐穎欣



1B 黃家俊

花花世界



2A 杜曉琳



2B 韋傲雪

游游小魚



2A 陳崇瑜



2B 陳子心

大樹的日與夜



2A 梁心瑤

三年級作品

今日明日的我



3B 區柏濤

情緒與顏色



3B 陳樂雯

色彩蔬果人



3B 曾楚菁



3B 黎穎姿



3B 鄧尹晞



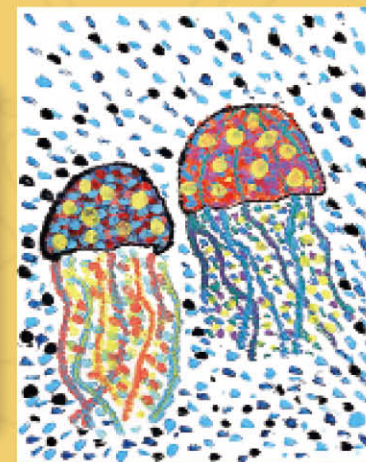
3B 楊熙彤

四年級作品

印象派點彩畫



4A 陳思彤



4A 陳寶琪

中國民族拼布畫



4A 彭芯樂

木板吊飾相架



4A 鄧孝銘

澳洲圖騰設計



5A 胡曉晴



5A 鄧希彤



5B 麥甯豐



5B 鄭禧樂

土著的面具



5B 張凱瑩



5B 鄒紫琳

粵劇海報設計 (音視跨學科)



5B 文汝呈

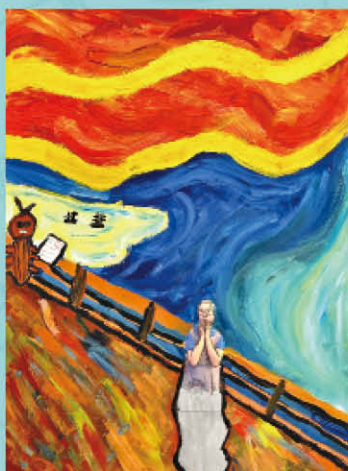


5B 蕭靜雯



六年級作品

當我走進了吶喊



6A 楊茜而



6B 鄧亦琳

不一樣的星夜



6A 陳善妤



6B 張潔修

立體浮世繪



6B 蔡添丞



立體浮世繪



6B 盧芊瑤



聖誕卡創作比賽



1A 楊卓娜



1A 鍾宇翹



5B 張凱瑩



5B 麥甯豐



2B 陳子心



4B 李均年



5B 鄒卓霖

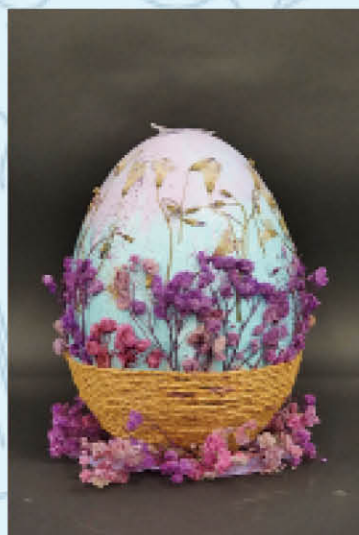


6A 陳善好

復活蛋創作比賽



1A 鄧雙緜



2A 麥莉娜



3B 黎穎姿



5A 陳榮臻



3A 胡皓桐



3B 鄧竣耀



5B 張凱瑩



5B 鄧曉蔚

# 圖書科

2A 王駿岳同學參加由香港公共圖書館主辦「2024年4.23世界閱讀日創作比賽」榮獲初小組優勝獎。

本年度的創作主題是「閱讀愛·愛閱讀」，駿岳以「我最愛和媽媽一起漫遊書海」為題目進行木顏色筆畫創作。他透過豐富有趣的圖畫表達對媽媽經常陪伴親子閱讀的感謝。



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5B 張凱瑩同學參加由宗教教育中心主辦的「親子閱讀獎勵計劃」，在聯校「學生閱讀分享比賽」榮獲五年級亞軍。

凱瑩閱讀《圓桌武士》這本圖書後，把書中最精采及最吸引的部分描繪下來，透過色彩豐富的圖畫展示出主角從石中取劍封王的經過。



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# 班 照

