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S.K.H. Li Ping Secondary School

## 作品



一件令我難忘的事

記一次參賽的經歷

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*Suggestion Form -  
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Cyber Bullying

You are a famous news reporter



過往刊登作品



# 記一次參賽的經歷

前兩天學校舉辦了一年一度的陸運會，讓我想到一些陳年往事。

那年我在大陸讀小一，那學期剛好舉辦了一次陸運會，天生體育稀爛的我自然不會參加，可我愈怕甚麼就愈來甚麼。老師說讓我挑戰自己，給我報了八百米！當時我在想：八百米啊！一百米我都夠嗆，完了，完了。可老師的話不能不聽啊，我只好認命。

轉眼間就到了陸運會。別人都在為運動健兒打氣，而我卻獨自一人發呆。馬上就要跑八百米了，我的心就像十五個吊桶打水——七上八下，當我還沉浸在緊張的情緒時，一陣宛如驚雷的廣播響起「請參加八百米的選手到場地預備」使我的心「咯噔」一下，便愈發跳得快了。我換完運動服就來到了場地，看着密密麻麻的人群和好像沒有盡頭的跑道，我不禁腳下一軟。「完了，完了，最後一名肯定是我，好丟臉啊！」我在旁邊自言自語。這時裁判來了，要給我們講注意事項，可我哪有心思聽啊，只一個人想着這場糟糕的比賽。

比賽馬上要開始了，我站在起點，靜待槍聲，努力的讓自己冷靜下來，不斷自我安慰。還沒回過神來，槍聲就已響起，選手們一個個如脫疆的野馬飛奔出去，我只好硬着頭皮上，跑了小半圈後，緊張的情緒慢慢減少，但隨之而來的感覺卻讓我十分難受。我的喉嚨像冒烟了一樣，透不過氣，我越用力呼吸感覺喉嚨越痛，甚至感受到了一絲血腥味。而我的雙腿像灌了鉛，變得沉重無比，無論我多用力，卻還是跑不快。看着前面漸行漸遠的選手，我絲毫沒有還手之力。經歷了長時間的煎熬我終於跑完了，當然結果跟我預想的一樣——最後一名。

回教室的時候同學們就來安慰我說，「八百米啊，能跑完算不錯了，不就是最後一名嘛，盡全力了就沒甚麼遺憾了，下次再加油！」聽完同學們的鼓勵說話後，我燃起了信心，下次一定要改變，最起碼不會緊張，加油！

1B 莫靜（綠社）



**評語：**文章記事完整，記敘一次參加比賽的感受深刻，描寫出色，文末也能帶出正面訊息，強調體育精神，好！

# 一件令我難忘的事

這件事後，讓我領略了做事要有耐心，要勇於突破自己的道理。日後遇到困難時，我更能勇於面對，迎難而上，克服難關。

事情發生在暑假的一天。中午過後，我按照約定到公園等待好友。過了約定時間後，她還是沒到。我無聊地看着一群天真的小朋友，在公園滑滑板。看到他們玩得不亦樂乎，讓我有些羨慕，於是加入了他們的「滑板大隊」。

剛開始，我有些害怕，剛踏上滑板立刻摔了一跤，我痛得差點哭了起來。小朋友們跑過來鼓勵我再嘗試一次，於是，我再接再厲，邁出腳步。我先踏上左腳讓滑板不會過份搖動，待平穩後再把右腳放上去，小朋友們小心翼翼握着我的雙手。儘管得到他們的幫助，我內心仍然充滿恐懼。等我站穩後，我讓他們鬆開手，自己再張開雙手，模仿小鳥飛行的姿勢，可是還沒維持到三秒，我又翻個四腳朝天。這讓我覺得很丟臉，因為我是個臉皮薄的人，我心想：我不可能成功的，這個太難了！還要一直摔倒在地上，真是丟臉死了！可就在我想離開的時候，小朋友突然圍著我說：「姐姐別放棄嘛！其實我們一開始滑的時候也跟你一樣，只是我們一直堅持練習，現在才能滑得這麼好。」

聽了他們的話，我彷彿得到了龐大的力量支持着我，我再次鼓起勇氣，再次踏上滑板。我一直練習，一直摔倒，在無數次跌倒後，我終於能夠控制滑板的去向，也可以平穩地站在滑板上。

生活中有許許多多令我難忘、深刻的事，令我刻骨銘心，催我成長的莫過於這次的經歷。它教會了我做事要堅持到底，只有懷着堅毅不拔的精神，方能克服一切困難，邁向成功！

1B張寶怡（黃社）



**評語：**敘事清晰，行文流暢，能運用首尾呼應的手法，結構脈絡完整。內容能緊扣難忘之因，詳述初試玩滑板的情況，描寫頗為細緻。



## 終於和好如初了

「終於和好如初了！終於和好如初了！」這幾天，我真是又驚又喜啊！

星期天是我朋友的生日，我們約好下午五點在荃灣公園門外等候，然後一起去慶祝。我和其他朋友都在約定時間內到達，只有她還沒有到，電話又不通。我們都想等她，但是等了十分鐘又十分鐘，她仍然沒到，於是我們就投票，投票結果是五比四，投五的是堅決要離開的人，少數服從多數，於是我們都離開了。

過了一會兒，她打了電話給我，說：「你們在那兒？我等了你們很久了！還說你們到了，根本在騙我。」當時我就很生氣地說：「你真好笑，蠻不講理！明明是你失約，現在還怪我們？」我心想：既然是她做錯，不可能我先去道歉吧？我突然又想：但是我們畢竟是最好的朋友，如果因為這一些小事就吵架，值得嗎？

有一次我外出時看到了她，很自然地走過去，想跟她打個招呼，但是她看見我就跑了。當下，我氣得面紅耳赤，心想：為了一件小事，用不着生氣那麼久吧！還有，這明明是她的錯，為甚麼還要怪罪到我身上呢，我有做錯嗎？

那幾天我回到家都沒精打采，我反覆思量了很久：要不要跟她道歉呢？我吞不下那一口氣，卻又怕失去這個好朋友。後來，經過哥哥的勸解，我決定主動跟她道歉。

誰知回到學校後，她竟然先跟我道歉：「對不起，我不應該無理取鬧，應該準時去約定的地點，還有，不應向你發脾氣，對不起！是我錯了，你可以原諒我嗎？」當時，我有那麼一點點的愧疚，因為我也應該耐心跟她解釋。突然，眼淚不期然地掉了下來，她就默默地為我擦了擦眼淚，我會心地回她一笑。

這幾天，真是又驚又喜，最初，我害怕失去她，和好如初後，我激動又興奮。這次之後，讓我明白到友情需要互相體諒，才能永固。

1C 鄧詩盈（綠社）



評語：能在記述事件的同時，也能細緻描述「我」的內心變化，感受深刻，好！

# 〈終於和好如初了〉

終於和好如初了！終於和好如初了！我和紫希又可以有福同享，有難同當了！

有一次，我去紫希家吃晚飯，紫希到廚房下廚，我就幫她整理桌子。突然，我看見桌子上的水晶球，如仙境般夢幻，忍不住拿起來看，在我看得入神時，卻突然打了個噴嚏，同時聽到玻璃掉在地上的聲音。紫希立刻從廚房衝出來，看到一地碎片，她忍不住哭了，馬上破口大罵：「這是爸爸送給我的生日禮物！你竟然……」她生氣得就像一頭被激怒的獅子般把我趕走，我不停跟她說：「對不起！對不起！對不起！」無數次的道歉也沒用，結果我還是被她趕出門外。

我一邊走回家，一邊自我安慰道：「不就是一個朋友嗎？反正多一個不多，少一個不少，絕交就絕交，哼！」

回到家，我看了一會兒電視，覺得非常疲倦，但又輾轉難眠，心想：其實我也不對，明天我該怎麼向他開口呢？又想：這可不行，我又不是有意，那只是意外，無論如何，我也吞不下這口氣。

第二天早上，我想了很久，決定去她家找她真心道歉，忽然聽見有人在叫我……眼前的一幕讓我大吃一驚……是紫希！我們同時同步大聲說：「對不起！」我馬上跑過去和她擁抱在一起。

經過這次吵架，我們的友情變得更穩固！我會好好珍惜這一段友誼！



1D 鄧靖嵐(紅社)



**評語：**文章記述一次因意外而引起爭執，內容貼近生活，感情真摯，容易引起讀者共鳴，好！

# Suggestion Form - Setting up a New School Club



I suggest that the School Council set up a sporting club for students.

The sporting club will be run by students. In the meeting, we can play some games or do some tasks about sport, but the tasks must be easy and interesting so that students who take part in it will not feel bored.



I think the sporting club is very useful. First, students can share their interests with other students. Second, we can learn some new skills about sport. Third, we can become stronger after we do exercise in the sporting club. What's more, I think joining the club after school can help the students relax.

Besides, the sporting club can help members to make new friends and learn more useful skills and talents. The most important thing is that the club can make us healthier.

To attract students, we can hold some sports competitions, like basketball competitions, football competitions, volleyball competitions and so on. We can encourage more students to join these events after school. It would also be good to give them some gifts when they win the competitions.

I hope the sporting club can be set up and I am confident that it will be very popular.



4A Chan Ching Yuet Priscilla (Green House)



## Comments:

Your suggestion is well supported by reasons in a systematic and convincing manner. Transition words and phrases have been used to make the suggestion form look organized.

# Cyber Bullying



There has been much discussion recently about the issue of cyber bullying as it has become serious in secondary schools. Cyber bullies are often anonymous, and they use fake email addresses to bully others. For example, some bullies send large amounts of instant messages to harass their target victims.

The first reason for cyber bullying is jealousy. For instance, when the bullies find others doing better than themselves, they will become jealous. Then, they start bullying others to vent their inner feelings.

The second reason is that some students may have done something wrong, such as cheating in the exams or playing truancy. Therefore, when the bullies know what happened, they may threaten the victims on the Internet or post some indecent photos of others on social networking sites.

There are two ways to tackle cyber bullying. The first solution is to report to the police and do not take revenge to the bullies. Only if the bullies know the consequences of their act will the problem be solved.

Secondly, the victims should use the blocking function of the social networking sites. Do not read the messages sent by the bullies. You should report the problem to the service providers.

Cyber bullying is often inevitable in our lives. I hope the above suggestions can help students resolve their situations.

4B Cheung Ka Yu (Yellow House)



## Comments:

Overall speaking, the ideas are relevant to the topic and your choice of words is appropriate.

Well done, Linda!

You are a famous news reporter for Hong Kong News. Your old secondary school has asked you to write an article about yourself for the next edition of the school magazine.



### **The best part of my job**

The best part of my job is that it can open my eyes. I can go to different countries to cover what is happening around the world and learn different cultures. Sometimes I need to interview alone so I have learned a bit of different languages.

### **The biggest challenge I have ever faced in my job**

The biggest challenge I have faced at work is reporting in bad weather. Once when I was doing a live coverage of a typhoon, one of my colleagues got hit by a road sign so I had to finish it off quickly. Everyone was at a loss. Luckily, another colleague could stay calm and called the ambulance. Although I have to face unexpected dangers sometimes, I am still very enthusiastic about this job.

### **My school days**

I had wanted to be a reporter since I was studying in this school, so I often contributed some articles to the school newspaper. Later on, I was invited by Ms Chan to become a student reporter. Some of my schoolmates became my interviewees at that time. I have been grateful to Ms Chan because the school newspaper equipped me with some skills that are really useful for my job.

### **How you can become a reporter**

If you want to be a journalist, remember you should stay objective when you are interviewing. It is our responsibility to disclose the truth but we should avoid being judgmental. Also, a reporter needs good communication skills and language skills, because you may have to interview foreigners.

4D Yeung Lee Wa (Yellow House)



*Comments:*

