

2016年



4.23 世界閱讀日

4.23 World Book Day  
Creative Competition in 2016

創作比賽



Healthy Body  
Healthy Mind

高小組 Senior Primary

小四 (P4) ▶ 小六 (P6)

CHENG Cheuk Ying Charmaine

King's College Old Boys' Association Primary School No. 2

Topic Never Give Up

Dear Kelly,

Long time no see. How is your life in Canada? I just had my School Sports Day last week and unfortunately one of my teammates hurt his leg in a hurdle race and our team lost the competition finally. However, I don't feel upset.

Do you know why I don't get upset? This is because of a book I read recently. I'm going to share it with you now.

The book's name is "I Have to Run". It is about a PE teacher of a secondary school who lost his left leg in a motor car accident. His name is Fung Kam Hung. He was only 27 years old when he lost his leg. He encountered a huge change of his life and suffered both physically and mentally.

He had one after one surgical medication in Queen Mary Hospital. He also needed to accept the reality of his disability.

However, Mr Fung survived his dark hours. After three months, he installed a prosthetic left leg successfully. He strived hard to learn walking with prosthetic leg step by step like a toddler.

In 2006, Mr Fung turned his life to a new chapter. He started to practise running again and challenged a 21km Marathon competition by wearing a blade prosthetic leg as a disabled athlete.

#### Book read

Title: 我要跑起來  
Author: 馮錦雄 著  
Published by: 香港：青森文化，2012。

Mr Fung Kam Hung is my most respectable athlete. He had a tragedy but he did not give up or surrender in front of the huge obstacles. He turns the tragedy into a challenging and colourful page with positive thinking.

Mr Fung's story tells me that human willpower is unbeatable and our capability is unlimited. Whether we succeed or not depends on how much effort we put and the degree of our willingness and our aspirations. A positive mindset is the critical element for success.

We face many difficulties and uncertainties in our life but every problem offers a good lesson for us to learn how to deal with it and leads us to a happier life.

The solutions to the problems may not be perfect but at least we gain invaluable experience during the process of problem solving. We should treasure and appreciate every learning opportunity and try our best to achieve our goal.

It's my pleasure to be able to share with you Mr Fung's story. I hope you would find it enjoyable. I am looking forward to your reply.

Take Care,  
Cheuk Ying

#### Comments

- Clear illustration. (EDB)
- The article is close to the topic. It can be found why the writer likes this Athlete. (HKTLA)

CHOY Yan Kiu

S.K.H. Yan Laap Primary School

Topic My Great Hero

Dear Dad,

How's your business in Boston and when will you come back to HK? I miss you so much.

I must thank you for recommending the book "Jeremy Lin: Rising Star" to me. As you may remember, I felt disappointed by the low grades in the exam. Then you sent this book to me. The book is indeed so inspiring that, after reading Jeremy's story, I am not upset anymore. I simply can't wait to share my feelings of this book with you.

From this book, I've learnt that Jeremy's basketball dream was not achieved in one day. I admire his tenacious spirit which taught me how to fight every uphill battle ahead. Since his school days, Jeremy had worked hard both at school and in basketball training. Finally, he entered Harvard University and started to lead the team and won many games.

On his path towards his MBA dream, another issue for him to overcome was racism. As an Asian-American, he was unusual in the team. That's why in his early MBA days, he was made fun of by his teammates because of his skin colour. He also felt that he was being demoted by the team.

#### Book read

Title: Jeremy Lin: rising star  
Author: James Buckley, Jr.  
Published by: New York: Scholastic, 2012.

However, all these did not dampen his spirit to move on in his life. He set a harsh timetable for himself and had 3 more hours of extra practice than his teammates everyday. His pursuit of excellence remade him to be stronger. I admire such a great athlete very much. Jeremy's ability opened a lot of people's eyes. He is a famous basketball star now.

Dad, I don't feel lost now. I understand that though I've lost marks in exams, I haven't lost my mind. To achieve success, only talent is not enough but practice, patience and passion must be all there. Jeremy's performance has showed me how to keep working, keep believing and keep moving forward.

Learning from the book, I believe that success is not an accident. Success is actually a choice to make. I realize that whatever I do today will determine what I could be tomorrow. Thank you, Dad. You have empowered me not only to read but also to see my future!

Love,  
Kelly

#### Comments

- The writer is able to combine her daily experience with the learning from the book. (HKTLA)

HO Hei Tung

Hong Kong and Macau Lutheran Church Primary School

Topic My Respectable Athlete

Dear Miss Chan,

How are you? I have recently read a book called 《赤道上的金牌》(Winning Gold on the Red Road) and would like to introduce it to you. It is an encouraging story of a disabled athlete named So Wa Wai.

So Wa Wai was born in 1981. Soon after his mother gave birth to him in hospital, the doctor told his parents that he had jaundice. The result is that he suffers from spasms. Hence, he could not walk properly when he was very young. His parents sent him to study in a special school for disabled children. With special training at that school, he was gradually able to walk, though with difficulty. To everyone's surprise, he loved 'running' very much. On the sport days of his primary school, he often won medals in the track events.

In 1994, he started his professional training as an athletic runner. After many years of hard work, he attended his first international competition, Paralympics 2008 in Beijing, China, and won a bronze medal. After that, he continued participating in competitions and won many medals. He even broke the world record in some events! All this seems to be impossible for a person who was born with muscle spasms and even had difficulties in walking properly at the very beginning.

#### Book read

Title: 赤道上的金牌：蘇樺偉  
Author: 黃冠霖 著  
Published by: 香港：星島，2009。

I really admire and respect So Wa Wai's perseverance and never giving up when encountering difficulties. For example, owing to his three major health problems: spasms, hearing impairment and cerebral palsy, he has great obstacles in studying. He needed nine years instead of six years to finish his primary school study. He even insisted on finishing his secondary school study and took the HKCEE exam!

His motto is "Hard work can change everything." During his many years of professional training, he has gone through times of adversity. But he never gave up and always stuck to his belief. Finally, he became a famous athlete.

So Wa Wai is one of my respected idols. To learn perseverance from him, I would bear his motto in my mind.

Miss Chan, if you have time, I strongly recommend you to read this book.

Your student,  
Alvina

#### Comments

- Well referenced. (EDB)
- The article is close to the topic. It can be found why the writer like this Athlete. (HKTLA)

作品排名不分先後，以獲獎者姓名排序。  
Works arranged in the order of the winner's names.

EDB : 教育局 Education Bureau  
HKRA : 香港閱讀學會 Hong Kong Reading Association  
HKTLA : 香港學校圖書館主任協會 Hong Kong Teacher-Librarians' Association

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HO Pak Fung

St. Paul's Co-educational College Primary School

Topic My Respectable Athlete - Muhammad Ali

Dear Mum and Dad,

Recently, I have read a biography called “Muhammad Ali in Perspective”. Ali’s story, told in and out of the ring, is unparalleled in the modern-day history of the sports world!

As distinct from other dreary biographies, the book is full of magnificent photos and memorable quotations by Ali. The author introduced how a boy who lived in a small bungalow in Louisville ended up as the adored sportsman of all time. Although his larger-than-life spirit made him an Olympic gold medalist, some people still looked down on him because he is black. Ali did not let such prejudice slow him down. He won the heavyweight boxing championship three times, which was an unprecedented record to prove his might!

Mum and Dad, despite Ali’s achievements in sports, let me share with you an interesting story: Ali was so terrified of flying that he insisted on wearing a parachute throughout the flight to the Rome Olympics! Besides, you cannot imagine that Ali is also a ‘talented’ poet. One of his most famous poem has become a well-known part of his style – ‘Float like a butterfly, sting like a bee’ – what a creative boxer he is!

Ali is my most respectable athlete as he uses his fame wisely to help people. He delivered sorely needed medical supplies to the embargoed Cuba

and travelled to Iraq to secure the release of 15 United States hostages during the Gulf War. Ali was a Messenger of Peace for the United Nations. I was touched by his unwavering spirit and his dedication to humanitarian beliefs.

At the prime of his life, the monumental athlete announced that he had Parkinson’s. Nonetheless, Ali had been battling with it without giving up. He campaigned to improve people’s understanding of the disease and raised funds for the Muhammad Ali Parkinson’s Centre. I was ashamed to admit that I lose hope easily when immaterial ‘challenges’ arose in my daily life. Unlike Ali, I have only made little effort to overcome them.

Mum and Dad, thank you for always encouraging me to persevere in times of difficulties and be thoughtful of others. I may not be able to become *The Greatest of All Time*, but I will remember what Ali said:

“Regardless of how wealthy a man is, regardless of how educated he is, it is the heart that makes one man great or small.”

And I will keep these words close to my heart.

Love,  
Julius

#### Book read

Title: Muhammad Ali in perspective  
Author: Thomas Hauser  
Published by: San Francisco, Calif.: Collins, 1996.

#### Comments

- The writer is able to combine his daily experience with the learning from the book. (HKTLA)

NG Huen Kiu

St. Stephen's Girls' Primary School

Topic Keep Moving! Keep Balance!

Dearest Mom,

While I am growing up, your hair is turning shiny grey; your posture is slouching, little by little. You always put me first but find hard to prioritize yourself. Your life looks like one long to-do list, once you have ticked off office work, housework and childcare there never seems to have any time left for much else – least of all you!

What if you reap a daily “me time” appointment to wind down or restore energy? What if you set off for one sport that cultivates you to value each moment and indeed renew your life?

These lingering questions had kept me up until I was inspired from the report about my favorite sport.

Guess what is it? It is a cycling!

“Benefits Of Investing In Cycling” highlights countless benefits of cycling with interesting number; and provides us insight into our revolutionary future.

First and foremost, investing a little money dramatically transforms the city. Bike parking takes up 8 times less space than cars and free up space for other usage. It saves one-third of road space and helps cut congestion. Yearly, over 15,000 people are killed or injured on roads in Hong Kong. By investing in cycling infrastructure, more cycling can reduce road death rate and make the streets safer.

It also fosters our environment more sustainable for no air and noise pollution are generated. By shifting 10% of journeys from car to bike, 400 productive life years would be saved!

Furthermore, it cherishes a vibrant city life. To date, more people are dying of conditions such as heart disease because of being inactive, more cycling means more people getting the exercise they need, making more healthier. It improves psychological well-being and has a positive impact on stress relief; transition between work and home; and mental illness.

Mom, you always remind me “life is like riding a bicycle. To keep your balance, you must keep moving.” How about you! While all aspects around you are important to you, you always feel the need to rush through things as you feel you have no time to waste and have to accomplish all the things in this one lifetime, ironically without balancing your life’s equation, you become addicted and lost.

If you remain an engine room of our family, then you have no excuse but get off your back and experience it firsthand, so why wait? Buy two bicycles and go cycling with ME now!

Love,  
Nausicaa

#### Book read

Title: Benefits of investing in cycling  
Author: Rachel Aldred  
Published by: Manchester: British Cycling, 2014.

#### Comments

- Flair for language. Well referenced and valid arguments.(EDB)

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**SARFRAZ Zainab**

Hong Kong Taoist Association Wun Tsuen School

Topic **My Respectable Athlete**

Dear brother,

Hope you're keeping well. I've just finished reading the book "Cycling" that we borrowed from the library yesterday. It is downright inspirational and I cannot wait to share this superb non-fiction with you.

The book is about the champion cyclist Lance Armstrong, known for his raging speed and strong determination. The book also has some very interesting side-facts about the renowned 3,219km Tour de France. Every cyclist dreams of winning it but the lengthy stages and dangers involved rule out most along the way.

Mothers are such a sweetheart! Seeing his passion, Lance's mum bought him his first bike at 7 years old and soon she accompanied him throughout Texas to participate in races. Continuous training on rough terrain strengthened him further until the national team coaches spotted him.

Lance then developed speed and strategy while facing his share of setbacks such as at the Amateur World Championship and later, in the mountains of Spain where he finished last. He wanted to give in badly.

So did he quit? No. He only got better. A year later he defeated the reigning Big Mig to bag the World Championship award. At this moment, his eyes were set on the Tour de France.

#### Book read

Title: Cycling: Lance Armstrong's impossible ride  
Author: Michael Sandler  
Published by: New York: Bearport, 2006.

Napoleon Hill said: "Opportunity often comes disguised in the form of misfortune, or temporary defeat." So when Lance entered the Tour de France in 1996, his legs did not take him very far. Aching and coughing up blood were clear signs of final-stage cancer. Isn't that terrible? I almost thought that was the end of his precious career.

Lance too, was horrified. For him, defeating cancer was the first step in winning the big race. A lengthy and painful treatment left him with a frail body, but his strong willpower eventually led the doctors to give him a clear certificate.

Lance returned to training. The world was astounded when he won the Tour de France in 1999 and shocked them even more when he retired as the champion of seven consecutive Tours. Quite a warrior!

I admire Lance as my role model. He taught me that failure should not be the reason for admitting defeat. You can beat the odds if you work harder than before. I'll always think of him in rough times. The book is a ray of hope for all suffering people and best of all, makes me very grateful for having a life without sickness.

I recommend this book to you.

Love,  
Zainab

#### Comments

- Well structured and informative. (EDB)

**WONG Cheuk Size**

Ho Lap Primary School

Topic **My Respectable Athlete**

Dear Mum,

Recently, I am deeply impelled by a book called "Great Women Athletes". The book talks about some striving stories of women athletes. One of them has won more medals than any American woman gymnast in the history. She helped the U.S. grab its first team gold medal. Who is she? She is Shannon Miller. She is my most respectable athlete.

Shannon Miller was noticed by her chief coach, Steve Nunno when she was nine years old. She started training with Steve six days a week for four or five hours a day. I took my hat off to her because she did not miss a single day, even when she was sick. As a result, she won two silver and three bronze medals at Barcelona Olympics 1992 when she was 15.

It was unbelievable that she could tolerate her back ache and still showed her best performance to win the women's all-around competition at the 1993 World Championships. However, she fell off the beam three times in one event. She was able to forget it and focused on winning the next event and the final event, the floor exercise. Of course, she did it! She was not only strong in her body but also in her mind. She had excellent mental quality.

#### Book read

Title: Great women athletes  
Author: Darice Bailer  
Published by: New York: Random House, 2001.

An individual Olympic gold medal at Atlanta Olympics 1996 was her final target to win before she retired. She created and tried some difficult and innovative moves. She is the first person in the world to have performed it. It was called "the Miller". Her best performance with high difficulty moves scored an unbeatable score in the balance beam, she did it again!

"When there is a will, there is a way." Shannon Miller showed a good example about this statement. I think all athletes worth our respect. Being a top athlete is not easy. Shannon achieved her goals by a lot of blood, sweat, tears and persistent practice. The most important thing is that she was able to defeat her sickness, pain and failure with strong will. Although she is a top athlete, she still tries to challenge difficulty. Mum, I have learnt a lot from the book. I want to have healthy mind just like Shannon. I am not good at doing sports. But from now I insist on doing exercises daily for healthy body. Will you support me?

You daughter,  
Tracy

#### Comments

- Fair work with elaboration. (EDB)
- It's good. The writer of the article tells me why she chose Shannon Miller. It is close to the topic. (HKTLA)

**YU Lok Hei**

St. Paul's Co-educational College Primary School

Topic **Usain Bolt and What I can Learn from him**

Dear Miss Du,

How are you? I hope you are fine. I had just read a book about Jamaican sprinters such as the fastest man in the world — Usain Bolt and how they succeeded in track and field. It is called "The Bolt Supremacy" and I want to introduce it to you.

Usain Bolt was born in a poor family in Jamaica where they ran a grocery store for a living. He slept in rags with his parents, brother and sister. He loved cricket and football when he was a child, but he was noticed by his coaches at school for his speed and they encouraged him to start joining track and field. At the age of 14, he won his first high school championship medal and started wowing fans of sprinting with his speed.

Life is difficult and there will always be obstacles. Bolt has no exception. He suffered from a hamstring injury, making him eliminated from the 200-meter race in the heat stage at Athens Olympics 2004. Even worse, he was disqualified in the 2011 championships for false-starting. Despite all these bad things happened to him, he never gave up and trained even harder to prevent

from further injuries and he took specific training to deal with false-start. As a result, his hard work paid off when he broke the 100-meter race world record by finishing at 9.63 seconds in the London Olympics 2012.

This book gave me a lot of living principles and inspirations, such as "Never give up" and "Success comes from failure". Also, it teaches us how to be successful in life. It introduces Bolt's personal motto — always stay relaxed and calm when facing challenges. This can be applied to anything we do. For example, when we are too nervous to go for a test, we will forget everything eventually. The only key is to stay calm, be relaxed and do our best. This book interests me a lot because I am also a sprinter, I'd like to know more about Usain Bolt's successful path. I learned a lot about the difficulties and skills for sprinting from Bolt, which is an advantage for my future development in sprinting.

I hope you will enjoy reading the book!

Best wishes,  
Harris

#### Comments

- Nicely presented. (EDB)
- The article is close to the topic. It can be found why the writer likes this Athlete. (HKTLA)

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