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On the second day, I tried the rope game. It was tiring, but I was happy when I climbed to the top. I wasn't afraid of heights anymore.

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I had never been to camp with friends before, so this trip was especially exciting.

Last week, I went a discipline camp with my classmates. After an hour's journey, we arrived. We took a group photo, and began our first activity—discipline training. Mr. Choy took photos of us during the training. After that, we had lunch. In the evening, our teacher taught us about fingerprints, drugs, number of crimes... we also played a game to see who could find the drug quicker.

Then, we had dinner, which was tasty. Before going back to the bedrooms, we went to the indoor court to get more information about polices.

We went back to the bedroom to get some rest and play. The room was very loud. Aidan was my bedmate for that day; next door were Gary and Ryan. Aidan and I slept at 11 o'clock.

The next morning, we did some sports and went to the cafeteria to eat breakfast. Moreover, we went to try the high cable and treehouse. It was very fun. At the top of the treehouse, there was a thrilling slide which I played a dozen times. After we had lunch, we went back to school by coach.

Through this experience, I learnt lots of things, such as teamwork, discipline, respect...I hope I can go there again with my classmate's next time.



My idol

Her name is Nayeon, a member of TWICE, serving as the main vocalist and ace. She has two signature bunny teeth. She is very cute. Don't be fooled by her current stage presence. Only her fans know how arduous her journey to success was.

Nayeon was in a car accident when she was young, which resulted in weakness in her left calf muscles. However, this did not stop Nayeon from pursuing her dreams. In 2010, despite her mother's objections, she resolutely decided to participate in the JYP audition. During her time as a trainee, she practised every day. During her training period, she was hailed as a legendary trainee at JYP Entertainment.

In 2015, Nayeon finally debuted on the audition program "Sixteen". She not only serves as the lead vocalist and ace of the group, but is also the conceptual center of the team.

In 2022, Nayeon debuted as a solo artist. The song "POP!" from the album "IM NAYEON" showcases her versatile charm, from energetic and cute to elegant and capable, proving her infinite potential with her talent.

Nayeon has been in the industry for ten years. I not only love her beautiful and adorable appearance, but I also admire her resolute character. Even with a weak muscle in her left leg, she has never complained of being tired on stage, nor has she slacked off because of it. She is still the same Nayeon who shines brightly on stage.

6R Wu Pak Kiu

Last week, the grade six students (including me) attended a discipline camp. We participated in various games and adventure activities, including high-altitude rope challenges. During these two days, I felt excited and learned valuable lessons. The most memorable moment was during the high-altitude rope challenge, when I was halfway across the bridge and felt a sudden gust of wind. It made me pause and take a breath, realizing how high up I was. My friends cheered me from below, and I felt over the moon as I completed the challenge. Are you interested in knowing more? Let me share my experience.

On the first day, we had a Chinese queue, which lasted for almost 1.5 hours. Isn't it tiring? Initially, I felt tired, thinking I might not

be able to do such an activity. However, as time went on, I began to manage my energy and focus, knowing that I had to keep pushing forward. Once we finished the Chinese queue, we went to play the adventure activity. This activity is great because it requires us to think with our brains and act quickly with our hands. These experiences taught me the value of perseverance and shifting from 'I can't' to 'I can,' which has changed my outlook on challenging tasks.

On the second day, we played interesting activities like athletic competitions and other group events in the evening, which made the experience really exciting. The uniform was surprisingly comfortable, and wearing it made me feel as if I were actually part of the police force, ready to take on any challenge. My friends and I pretended we were policemen on duty, taking turns marching around and even practicing saluting each other, which was both fun and exciting. When we had done the police uniform experience, we went for the high-altitude rope and experienced what I said in the first paragraph, and I think that having the high-altitude rope is the best of these two days.

At last, I think that this discipline camp is more fun than I thought. This experience has taught me to learn many good values from many different activities, such as team spirit, never giving up, being willing to try, and a lot more.



On the 19th and 20th of January, I went to a discipline camp called JPC. It was pretty fun. We did lots of different activities there.

At first, I felt a bit scared and nervous because discipline camps are strict and I was scared that I would be yelled at. But at the same time, I was also excited! Because I've never went to a discipline camp before.

When we got there, I saw people in what looked like police uniforms and a girl dressed in an orange uniform guiding me and my classmates where to go. We met all the people there and our class's officer was named Mo sir. A little bit later, we went up to our assigned rooms to put our bags and other stuff.

After a little while in the rooms, we went down to eat lunch. We could not talk which was kind of sad but it was good food. After we ate, we went on our different activities. My class went to the "Fingerprint workshop crime prevention short film" first. I got to see my own fingerprint! Although I could not recognise which type of fingerprint i was. After a little break we went to the basketball court and played the game "build a giant tower" and "rescue the grape". Bu I felt a little not well, so i skipped saving the grape. Finally, after a long day we ate our delicious dinner. Then we had a little meeting and watched a short film and went to back to the assigned rooms at around nine thirty and went to bed at around eleven o'clock. It was a great day.

On the second day, I set an alarm at five fifteen but I did not wake up, so I woke up at five thirty instead when I heard someone talking and woke me up. We did the morning exercises and went to breakfast. The food was good but not better than lunch and dinner. Then we went back to the rooms to clean and tidy it up. My assigned room had great people so it did not take long until the room was spotless.

After the room check, we had two more activities left, first was the "bean sprout detective". Nothing really special about it because the last one was cargo net, postman rope and a silver slide. It was very fun to climb on and even though I am a bit afraid of heights. i still did it!

After the last activity, we ate our final meal there. It was amazing like my mom's cooking. After a little while, we took a final group photo and we went home.

JPC was one of the best experiences I 've had, turns out they are not that strict. I think soon there will be another camp and I hope it can also be as fun as this one!

