

My Disciplinary Camp

On 19th to 20th January, I went to Pat Heung JPC Centre for a camp. There were a lot of police, and they're going to train us.

When we arrived, I lost my water bottle. I told my class teacher and they gave me a new one. Although I felt confused, I still continue my camp.

We went out of the playground to do the Chinese-style foot drill. The police officer told us we needed to train our teamwork and confidence. We needed to shout as loud as we could. It was painful.

Then, we went to the canteen. It didn't let anyone make sound. If you did, you would get punished. After a ton of training, we were finally back to our barracks. When I went to have a bath, the water turned cold! I felt so cold, so I screamed! That was so painful and I even got a cold after I came back to school.

After having a bath, it was time to sleep. I used to sleep fast, but there was some noise outside, so we could not sleep. Finally, we slept at 1 am, but we didn't sleep well because we needed to get up at 6 am.

After eating breakfast, we went to play the rope. It was very high. I climbed up but I couldn't find where I should go next. Fortunately, my friend yelled at me so that I found the way. I stepped on the hard rope and caught the rope on top of my head. It was windy when I was playing, so it was precarious.

After lunch, we needed to go back to school. It was unforgettable. From this experience, I have learned that we need to be self-disciplined.



My Graduation Camp

Last month, all primary six students had an educational camp during 15th to 17th of April. We went to Po Leung Kuk Jockey Club Pak Tam Chung holiday camp. On the way, we were talking what we were going to do there excitedly. The long-awaited moment has finally arrived.

When I got there, I felt there was new and the facilities were so well equipped. We started the first activity very soon. It was called "Campsite Exploration". It was a warmup for the second game at night. When we went to play orienteering, My leg was about to go limp. I ran fast to find the answer. Unluckily, I got hurt when I gave the answer to the staff. I felt very touched because my classmates helped me up. I had to thank them.

On the second day, we played some teamwork games. I enjoyed a lot. Also, we had a barbecue for the dinner. I was not full so a teacher gave me a cup noodle. I had to thank her too! We ate a lot of snacks at midnight. We had just slept two hours! So, we were tired the next day.

On the third day, we just played a few games. At last, we were reluctant to leave the campsite.

The most unforgettable thing was the party. We sang happily together. We also watched TV for four hours. We watched two football matches at the midnight. I felt so free. I haven't tried that before. These two nights, Alex, Hayden and I put the beds together to play pillow fighting. The game was very exciting, and we enjoyed playing. After playing that game, we tidied up everything and we got an award of the tidiest room.

During these three days, I was very happy to play with my classmates. I hope our friendship last forever.



My Disciplinary Camp

On 19th January, our grade went to the JPC Permanent Activity Centre and youth integrated training camp in Pat Heung. On the way we went there, all of us were sad and were predicting how terrible it would be because some of the students who had been there told us that the place was terrible.

When we had just arrived, we gathered at the playground. The instructors introduced themselves and told us the rules there. Then, we started our foot drill training. It was so tiring and boring that we needed to stand straight and change our poses mechanically under the hot sun.

After the training, we were divided into different rooms and headed to our room. We put down our bags and went to eat lunch.

In the afternoon, we had some fun activities. We used wood bricks to build towers. It was hard because the bricks were easy to fall. We must be careful. Finally, we used some bricks to build a tower which was taller than 50 cm. Then we played 123 Traffic Light. When the instructor was speaking, we need to move across the court and steal the doll and run back to the starting line. When he stopped, we must not move or we need to go back. After that all was stolen, the instructor would guess who got the doll in his hand and if he was correct, we needed to start again. We stole the doll a few times, but the instructor always guessed correctly. Finally, we found out how to win. We needed to let more classmates know that the doll was stolen, so everyone could act like they had the doll. At last, we won. Then, we went to try on some police uniforms and we took lots of photos. At night, we had dinner and went back to our rooms. My first day at camp was a tiring but exciting day.

The next morning, we woke up at 6 am. At 6:45, we had a morning exercise and flag raising ceremony. We had a breakfast after that. Later, we went to a high rope course. We had to climb up a pillar and walk on a steel Wire and jump down halfway. The pillar wasn't high so I climbed up quickly. The steel wire kept moving when I stepped on it, so I walk slowly and steadily. Jumping down was a challenge for me, because I haven't tried that feeling when I was hanging in the air by a rope before. But at last, I did it.

In the afternoon, the whole grade gathered in the gym. We shared our memories and experiences. Then, we had a competition. Each class needed to choose three students. Each class had 1 vs 1 game with every class. The student could choose

to be the chaser or runaway. The chaser had 20 seconds to catch or he would lose. If someone ran out of court and touched barriers, his team would lose. In the first match, the opponents of our team ran out of court so we got a point. In the second game, I chose to run away. I ran all around the court and did some sharp bends and fake moves to slow down and confuse the chaser. At last, I won. In the third game, our opponent touched the barriers, So we won. Our class won all the games and won the championship. Finally, our game was over. We said goodbye to the instructors and headed back to school.

From the camp, I should be self-disciplined and have an inflexible will. The camp helped me improve my communication skills, resilience, sense of responsibility and team spirit. I hope I can have more camps like this to improve myself.



6L Lui Yat Hei Hailey

Swimming Gala

Our school's 19th Annual Swimming Gala was successfully held at Tseung Kwan O Swimming pool on 30th April 2026. It was the most memorable events for me in PLKLHT.

I participated in five events, 50 m freestyle, 100 m freestyle, 50 meters backstroke, 50 meters butterfly and 4×50 freestyle relay. Finally, I won the championship of all events. I broke four records and made one new record in backstroke.

The most unforgettable part was that we were honoured to have Ms Stephanie Au Hoi Shun, an outstanding swimmer from Hong Kong with five Olympic games and Asian games participation, to be our special guest. I received the trophy of the Girls' Grade A overall champion from her and took photos. I felt so excited and amazing.

I want to thank our principal Mr Wong, teachers and parents who contributed in this swimming gala to make it so successful and memorable for us!



My Graduation Camp

From 14th to 16th of April, I went on a three-day-two-night graduation camp with my classmates. I was so excited to share a room with my best friends. I was over the moon.

On the first day, we ate lunch and we saw Principal Wong in the same café with us! But it was fine, we quickly finished our lunch and went school together. We got on the coach and started our wonderful journey.

After we arrived. We learnt how to line up as a team and played a group game to learn more about the campsite. Then, it's time to have dinner. The food looked delicious but when you really tasted it, it was not as expected. At that moment, I thought that was the most "delicious" dinner in my life.

After dinner, we had a mission. That was we needed to find some marks in all this spots. I thought it was quite challenging, because you needed to use the torch in the dark and look at the map at the same time.

At night, we started our "Night Snack Party". We opened lots of snacks, cup noodles, candies and watched a TV series "Themics". Later, we played board games together and told lots of jokes. The room was full of joy. When it was 1 o'clock in the morning, we hadn't slept because we were still playing happily. We woke up at 5 o'clock in the morning and wanted to watch the sunrise. However, the location of our room was not clear.

Next day, after dinner, we had a talent show. We sang a song "Today" to remember the six years of our primary school life.

The last day was supposed to be our thought board game, which I had been looking forward to it for weeks. However, it started raining heavily. We couldn't play. I felt a little disappointed.

Anyways, this is the most fantastic camp I have ever had. I hope I can join a camp every year.

