



Text by Carina Lai (4A)

What can you do in summer? Of course you can go swimming in public swimming pools. You can go to beaches too, like the beach in Sai Kung. Swimming is a very good activity. It is very exciting and makes our body strong. But you must be careful because it's very dangerous for the people who don't know how to swim. You must go swimming with your family or some friends who know how to swim. It's no good to go swimming very early or late at night because there is no lifeguard at those times. Remember, go swimming in a safe way!

I think you can eat ice cream and ice lollies too because it is very hot in summer. But don't eat too many because they are often high in sugar. Have a wonderful summer!

Grandmont Gazette

Issue 5 P4,5,6
Summer 2015

Cover designed by Mathew Hung (4B) and Miss Tsang

Published by Po Leung Kuk Grandmont Primary School
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