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TAI PO SAM YUK SECONDARY SCHOOL
17th WRITING COMPETITION, 2021
PRIMARY 6 -- ENGLISH

Dear Grandfather:

Congratulations! Words can not express how splendid I feel for you right now! Although we can not meet during the pandemic, I wish my hopes and wishes still pass to you through this letter. If you have time please video call me! I would love to know how things for you have been.

Still, I have ~~heard~~ heard from Grandmother you have not been the healthiest recently, I deeply wish you can have a healthy ~~bt~~ body and mindset but you have to do something too. I sent you a 30-minutes stretching exercise video last month. Please use it as a reference so your muscles can return as it was in your twenties. If you wish though, you can ~~also~~ also go on a hiking trip with Grandmother. It would be both a great bonding and walking exercise for the two of you. Better yet, you could also take pictures of the eye-catching view on the mountains and send them to me.

~~Despite~~ Having a healthy body isn't all just about

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exercise — it is equally important to have an ~~nice or an~~ organic and healthy diet. I know you enjoy eating fast food as it is tasty and convenient; however there are plenty of spices ~~and~~, chemicals, food colourings to create fast food. You ought to eat more food with vitamin and nutrition, in example: bread, vegetables, blueberries and so much more! ^{They} ~~It~~ could be as delicious and tasty as ~~fast~~ chicken nuggets if you ever try. If you're ^{uncertain} ~~unsure~~ of how to start, you can eat accordingly to the food pyramid — it will teach you everything about healthy food in one glance, convenient, isn't it?

Despite having a healthy body, a ^{positive} ~~positive~~ mindset is just as important. You may think it's not as equivlant but reports have shown ^{that} a mindset has ~~a~~ major impact to people in their daily life. Imagine if you had no motivation, how will you be able to do things, or even maintain a healthy body at most? Lucky for you, I am going to suggest you some ideas to keep you happy even at the lowest times. You could try doing things you love ^{more often}! In example,

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reading. Try and find ^{the right timing} times to just bury yourself in a sea of books with a hot ~~cocoa~~ cocoa in a comfortable positions. When you have outworked yourself for too long, treating yourself is the best way to relieve yourself in my opinion. You can also invite your friends ^{or family} over, although I can't come to visit, I'm sure you'd still enjoy the company of others. When you have a bunch of friends to talk and laugh with, your worries just fly away like magic. However, these are just my suggestions and in order to keep yourself happy and healthy, feel free to do whatever you want to.

How's your life been doing? Mine is quite ^{pleasant} ~~enjoying~~ currently, I thought I would struggle a lot during 6th grade but I was wrong! Although the pandemic did stop a lot of activities, I still have a lot of great times with my friend. // Words can not express how much I want to visit you to tell you more about my life. Yet with or without me being able to visit you, please still remember I love you with all my heart! Happy Late-Birthday Grandfather!

Yours Sincerely,
Sammy