



合辦機構
葵青地區康健中心

Kwai Tsing District Health Centre

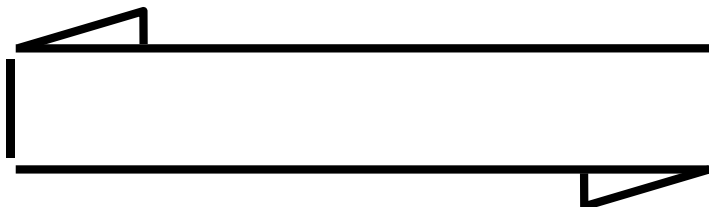
Well-being calligraphy competition

Name: _____

School: _____

Class: _____

P. 4-6

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葵涌循道中學

Kwai Chung Methodist College



葵青地區康健中心
Kwai Tsing District Health Centre



English Calligraphy Competition

1. Competition Format

Participants are required to handwrite the following poem using a ball pen or pencil.

2. Categories

There are two categories: Junior Group (P1 – P3) and Senior Group (P4 – P6).

3. Format Requirements

(a) Use the official writing paper template provided above.

(b) The length of the poem is fixed; participants must write the entire poem mentioned below.

(c) File Format: PDF file (A4 size).

(d) File Naming Convention:

- i) Group submission with multiple entries in one PDF: English Calligraphy Competition_School Name_Category_Number of Entries (Example: English Calligraphy Competition_Kwai Chung Primary School_Senior Group_35 entries)
- ii) Individual participant submitting one entry: English Calligraphy Competition_School Name_Category_Participant's Name (Example: English Calligraphy Competition_Kwai Chung Primary School_Senior Group_Chan Tai Man)

4. Judging Criteria

- Writing Technique (60%): Neat and tidy handwriting, fluid strokes.
- Overall Aesthetics (40%): The overall layout and artistic sense of the work.

All submissions must be the participant's own handwritten work.

5. Enquiries

Please email sp@kcmc.edu.hk or call 2745 0010 (Contact Ms. Tsang from the English Department).



Senior Group (P4 – P6)

A Bright Day

When clouds come in and skies are gray,
And it feels hard to laugh and play,
Take a breath, and look around,
There's magic in the world to be found.

A gentle breeze can lift your heart,
A sunny smile is a great place to start.
Talk to a friend, share your fears,
Letting them out can dry your tears.

So when the world feels heavy and tough,
Remember, it's okay to say you've had enough.
With love and care, you'll find your way,
And soon you'll feel like it's a bright new day.

Judge
Calligraphy Professional
Yannes Ho

