

A letter of advice

By 1C Cindy Lau Ka Kiu

Hi Michael,

I'm sorry you are unhappy. Let me try to help you.

For example, you could eat more different-coloured foods, and do sports every day. If you are unhappy, you can listen to music or talk to your parents. Also, you should join study groups and clubs and talk to your teachers.

If you feel stressed, you should do more sports and play computer games. And you should wash the face every day. If they all tease you and call you names, you should talk to your parents or teachers. If you are really worried about the exams, you should stay at home and study for your exams, but you shouldn't stay at home and play computer games all day.

Don't worry! I believe you can do it. Also, I hope you try to keep your school work. Good luck, my best friends!

Love,

Brian

(146 words)