推荐理由：关注孩子的身体和心理健康

一、健康的生活习惯对于成长中的我们是非常重要的。你认为健康的生活习惯应当是怎样的呢?请根据下面的信息提示,写一篇短文,首句已给出。信息提示：健康饮食;早睡早起,不熬夜;参加运动,强身健体。要求：根据信息提示,把握要点,适当发挥,不逐字翻译。字数在80词左右。I think healthy habits are very important for us.

【参考范文】 I think healthy habits are very important for us. All of us want to be healthy. First, we should get enough sleep during the night. We can go to bed early and get up early. Staying up late is bad for our health.Second, we must have the right kinds of food. We should eat more fruit and vegetables and less meat. We should drink a lot of water. We should have healthy eating habits. Third, we should do more exercise to build up our bodies.Finally, we should wash hands before meals and brush our teeth twice a day. If we don’t feel well, we should go to see the doctor at once. If we can do all above, we can live a healthy life.

二、生活节奏加快，竞争日益激烈，让大多数中学生在生活和学习上或多或少产生了压力，为了更好地发现及解决同学们中存在的心理压力问题,你们班特意开展了一次以"Less Pressure, Better Life"为主题的英语演讲比赛,请你准备发言稿,谈谈你的一些缓解压力的好办法,与同学分享,内容包括:(1) 同学们普遍存在的压力是什么;(2) 我的压力是什么;(3) 我是如何成功缓解我的压力的。注意:文中不得出现真实的姓名和校名。词数80左右。

【参考范文】Less Pressure, Better LifeHello, boys and girls! Pressure is a serious problem in today’s world. Students in our class are under too much pressure. Some students can’t get on well with their classmates, while others may worry about their exams. I’m always under pressure, too. My parents want me to be the top student in class. So they send me to all kinds of after-classes at weekends. Last Monday evening, I had a talk with my mother. I told her I was not lazy. I really felt tired. I needed time to relax. My mother agreed with me at last. So I think a conversation with parents is necessary to solve the problem. That’s all. Thank you!

三、世界上有许多种爱，母爱、父爱、师生情、手足情等等。你已是一名中学生了，在十几年的关爱中慢慢长大，母爱的细腻、父爱的含蓄……请你以自己的切身体会，写一篇80词左右的短文，介绍一下在你的心目中哪种爱最伟大。

要求：1. 通过一则细小的事情体现爱的伟大。

2. 表达真实可信，内容连贯正确，语言流畅，文中不得使用真名。

【参考范文】

There are many kinds of love in the world, such as mother’s love, father’s love, friends’ love and so on. But I think mother’s love is the greatest of all.

When I was young, my mother taught me to walk, speak and think. She took good care of my life. When I grew up little by little, my mother helped me to study well. She tried her best to keep me healthy. She often talked with me like my good friend. I’m lucky to own mother’s love. I wish everyone in the world could own mother’s love!

四、当今社会，与人交往越来越成为一种不可或缺的能力，作为中学生，学会如何与人相处尤为重要。假如上周你们班对“如何与人相处”展开了讨论，请根据以下的讨论结果，以“How to get on well with others?”为题，写一篇英语短文。

讨论结果

（1）尊重（respect）他人

（2）学会沟通

（3）乐于助人

……

我的建议

……

注意：

(1)词数80左右；

(2)可适当发挥，以使行文连贯；

(3)文中请勿提及你的真实姓名和学校。

【优秀满分范文】

How to get on well with others

As we all know, students should learn how to get on well with others. But in what ways?

First of all, we should respect others. Everyone has their own way to do things, so we should understand each other. Besides, it is important for us to communicate with each other and share our happiness and sadness. What’s more, we should be kind to others and offer necessary help to those who are in trouble.

In my opinion, we should treat others in an honest way. Only in this way can we get along well with each other and feel happy.