

School Improvement Project(Speech)











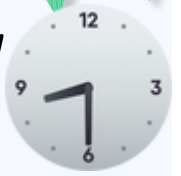


by Chan Ka Yan, Kelly (6B)(1)



34th

Good morning teachers and fellow students.



Anniversary

Good morning



I am Chan Ka Yan from Class 6B. I would like to join the school improvement project committee and suggest ways to improve the school.

I am Chan Ka Yan from Class 6B.



I have been studying at this school since I was six years old. I have learned a lot of subject from this school, such as mathematics, general knowledge and visual arts. I like this school because here are friendly teachers, classmates and principal. They help me when I have difficulties and they are chat with me when I have problems. They will share their own experiences with me too. I would like to be on the project committee so that I can speak up on behalf of you.



Let me share with you three of my ideas for improving the school. First of all, I am suggesting to set up a tuck shop with many choices of healthy snacks. Healthy snacks can increase nutrient intake, sustain energy levels, and help the body recover from exercise. Certain snacks can help improve the quality of a diet. For example, nutrient dense foods can help one meet recommended intake levels of nutrients and food group servings. Healthier snack options after exercise can help replenish stored energy and speed up muscle recovery.





*It is very
beneficial to the
body.*

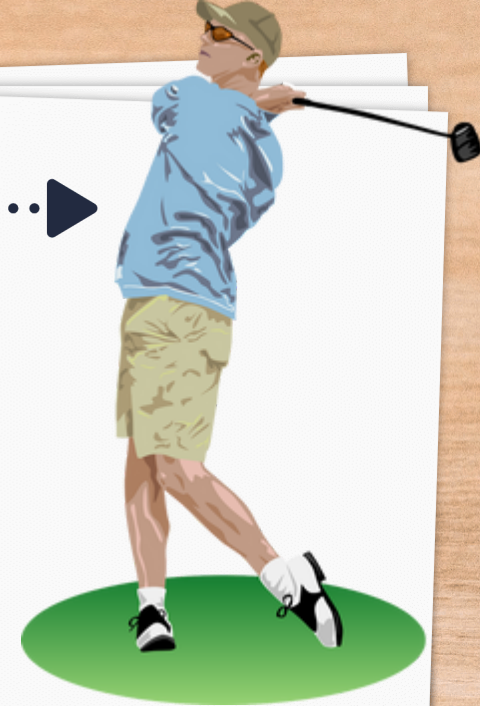


Secondly, I am suggesting to have more time for sports activities. Exercise improves our energy levels and boosts the performance of the lungs. Sports students can be active throughout the day without getting tired. They are able to absorb more oxygen into the body which is used in the generation of energy. Athletes can walk for long distances as compared to non-athletes.



Exercising can furnish you with a desirable mood. I know that you are always pressurised by your school work and have inadequate time even just to take a nap. You may think that exercising is wasting your time but it actually helps to provide you with a better mood to deal with your work as working up a sweat through exercise releases endorphins and hormones, which make you feel happier. Also it helps to ease your academic pressure, so that you can be more concentrated on your tasks and be more dynamic.

Before



..... After



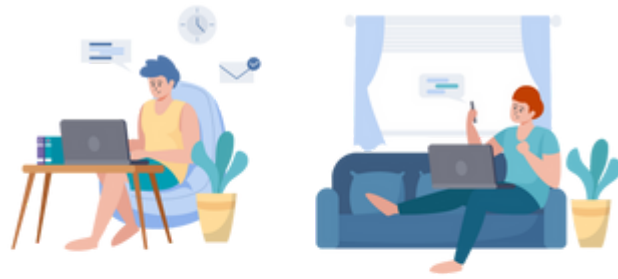
Not only does exercise benefit in psychological term, it also brings favourable results to your physical health. Confronting a multitude of stress, you may be perplexed by your skin problems and health problems. Exercising is absolutely of great assistance! It opens up the pores in your skin and you are less likely to have pimples. Apart from that, you will look more ruddy and secure a better immune system. This reduces the risk of developing heart diseases or having heart attacks when you are older.



After I do sport, my face look more ruddy.

Sports and health are heavily connected.

As we all know, people nowadays have easy access to technological devices, like computers, cellular phones, tabs, smartphones and other electronic devices. As a result, people today are spending much more time on electronic games, compared to those living in the last few decades. It goes without saying that there are benefits of playing electronic games. For example, this can improve one's problem-solving skills and enhance one's ability to multitask. However, playing games too frequently will be negative physical, social life and academic impacts.



Need to wear glasses.



I think people should spend more time with their friends or parents. For instance people can do sports with their friends on the spare time.

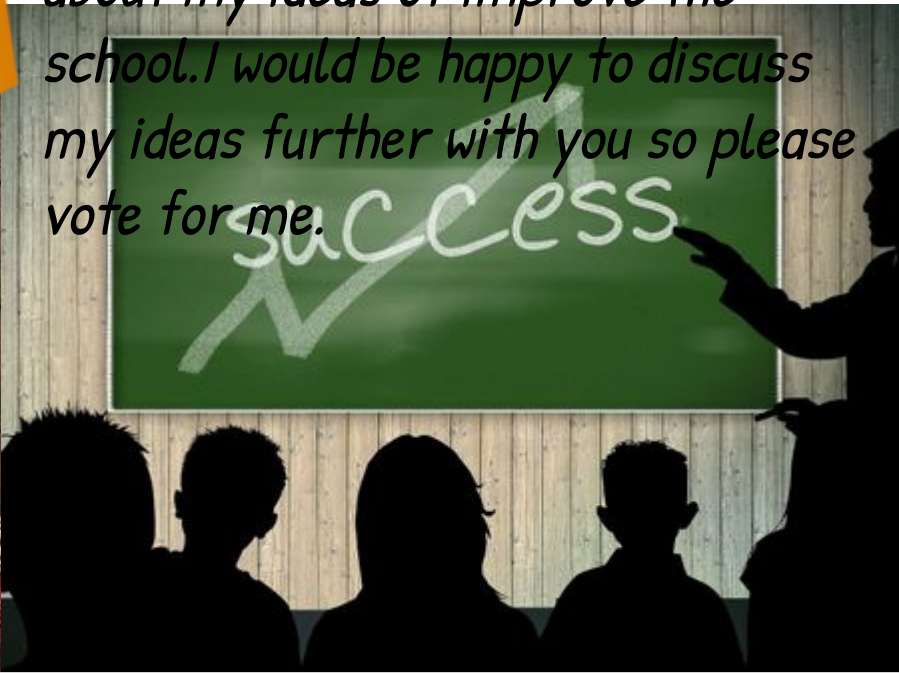


To sum up, do more sport activities can distract your attention from the game and help you solve your video game addiction.

Three, I am suggesting to set up a reward system for students to motivate teenagers to do more exercise at home, have a regular daily routine and avoiding a sedentary lifestyle student who do the most exercise and with the recognition from parents can redeem a prize from the school. By providing a motivate themselves to participate in physical activities, they could also gain positive result for their bodies and prevent obesity. I believe that you will actively participate.



I hope you can select me as a student representative for the school improvement project committee because I want to create a more vibrant campus life. I am trustworthy and diligent, and I also have great team working skills. Also, I hope you would agree about my ideas of improve the school. I would be happy to discuss my ideas further with you so please vote for me.



*Please vote
for me!*



The end

Thank you!