1. **How to Keep Healthy**

It is important to have a healthy body. But do you know how to keep healthy? Here is some advice for you.

First, eat more fruit and vegetables instead of junk food. They give us energy and vitamins. Second, go to bed early and get up early so that you can sleep at least eight hours. Third, do sports for half an hour every day, such as running or playing basketball. They make us strong and happy. Finally, smile often and talk with friends when you feel stressed.

Just do like this, then we will have a healthy body.

1. **Welcome to Xi’an, My Hometown**

Xi’an lies in the northwest of China. With a history of over 3,000 years, it has been the capital of 13 dynasties, so it is called a living museum.

The city enjoys four clear seasons. Spring and autumn are cool and perfect for walking on the ancient City Wall. In summer you can taste cold noodles, and in winter a bowl of hot mutton soup warms you. Besides the Terracotta Army and Big Wild Goose Pagoda, the food is also famous—roujiamo and dumplings will make your mouth water.

Come to Xi’an and touch history with your hands and taste it with your tongue!

1. **The English Summer Camp**

Hello, everyone! I'm Mr. Black. Welcome to our English Summer Camp.

First, please follow every camp rule: be on time, wear your name card, and keep the rooms clean. Second, safety comes first. Don’t swim alone or leave the camp without asking. Third, be friendly. Speak English to your roommates and share your snacks. Say “thank you” and “sorry” often. Finally, drink enough water and call me any time you need help.

Let’s work together and make this week the best memory of your summer!

1. **Jasper has a cold**

Hello, Jasper! I'm sorry to hear that you caught a cold yesterday.

How are you feeling now—still having a fever or a sore throat? Remember to drink lots of warm water and have a good rest. A bowl of hot chicken soup can also help you feel better. To stop catching colds again, eat more fruit and vegetables instead of junk food, open your windows for fresh air, and do some easy exercise every day.

I hope you will be well soon!

1. **The Exchanges’ Holiday**

Dear friends,

The summer holiday is coming. I'm very glad to be your guide. Now let me introduce our colorful holiday plans to you.

First, we will camp in a quiet village two hours from school. There we can fish, pick fruit and count stars at night. Next day we’ll visit an old town nearby, walk along stone streets, taste sweet rice cakes and listen to stories of ancient bridges. On the last day, we will join a short Chinese play in the town theatre. You’ll act as the Monkey King and practice lines with local kids.

Bring light clothes, a camera and your smile!

Yours,  
Li Hua

1. **The Science Festival**

Dear Mike,

How are you these days? I have a piece of good news to share with you.

Our school’s Science Festival will be held next Friday, 8 September, from 9 a.m. to 4 p.m. in the gym and the art hall. All students and teachers are welcome, and I really hope you can join us. In the morning we will build model planes and robots together; in the afternoon we’ll watch two short science films and talk about the dreams in them. Bring your camera and curiosity!

Yours,  
Li Hui

1. **Helping Hands**

Hello everyone. Last weekend, I did lots of things with other members of the Helping Hands Club.

On Saturday morning we went to Riverside Park, wearing gloves and carrying bags, and picked up plastic bottles, paper and cigarette ends. After lunch we hurried to the Pet Hospital, where we fed the sick dogs, cleaned their cages and played with them so they could feel love. On Sunday we visited the City Hospital and helped the cleaners wipe the windows and sweep the long corridors.

My arms were tired, but my heart was warm.

1. **Skill**

Which English skill do you want to improve most? Last week, we asked the Year 8 students about this. Here are the results.

The biggest group, 37%, chose speaking. Listening came next with 23%, followed by writing at 25%. Only 15% picked reading.

To help everyone, here are some easy tips. For speaking, talk to yourself in English for two minutes a day and record it. For listening, watch one short English video every night and repeat the lines. For writing, keep a diary of five sentences each evening. For reading, read one English joke or news headline aloud in the morning. Small steps every day make big progress.

1. **Travel ways**

Dear Jasper,

I'm glad to receive your email.

For school, I usually walk because the campus is only fifteen minutes away and the fresh morning air keeps me fit. When it rains hard or snows, I take Bus 26; it is faster and warmer, and I can read on it.

For travel, I love flying. The train to Beijing takes five hours, while the plane needs only one, so I can save time for sightseeing. When money is tight, I choose the high-speed train; it is cheaper, comfortable and I can enjoy the fields outside the window.

How about you? What ways do you usually choose?

Yours,

Li Hua

1. **Sport**

Hello everyone.

Today, I'd like to talk about the importance of sports. As the saying goes, "Life lies in movement." It's not just a saying; it's a fact. Sports make our hearts stronger, our minds clearer and our moods brighter.

Few months ago I was shy and often felt tired. One PE class changed me. Our teacher asked us to run 800 metres. At first I wanted to give up, but my friends cheered, “Keep going!” I finished and suddenly felt light and proud. From then on, I jog every morning. Now I can speak in front of the class without fear and my grades have improved.

Let's all make time for sports in our daily lives. Remember, life will be better if we move and play!

1. **Dream Job**

Dear Wallace,

How's everything going with you? You asked me about my dream job in your last email. Now let me tell you about it.

I want to be a wildlife photographer. I love animals and I hope my photos can show people the beauty of nature and the need to protect it. To reach this dream, I study science hard to learn about animals, practise taking pictures every weekend in the park, and join the school photo club to improve my skills. I also plan to study biology in university and travel to different forests with my camera one day.

What is your dream job? Can you tell me something about it?

1. **My favourite Teacher**

My favourite teacher is our English teacher, Ms Lin. She is about forty, always wears a warm smile and speaks clear, beautiful English. What I love most is her patience and humour.

Last term I was too shy to answer questions. One day, after class, she quietly told me, “Your pronunciation is great; the class needs to hear it.” The next week she asked me to read a short dialogue. When I finished, she clapped and said, “Perfect!” Since then, I have grown confident and my English grades have risen from 70 to 95.

Ms Lin not only teaches us words, but also teaches us courage.s

1. **Huangmei**

Dear Jasper,

I'm sending the message to invite you to take part in a meaningful lecture.

It will start at 9:00 a.m. on 23 June in our school library. A famous Huangmei opera actor will tell us its 200-year history and show colourful costumes. After the talk, we’ll watch the classic play “The Heavenly Maid and the Mortal” on a small stage. Please arrive on time and bring a notebook so you can write down new words like “dan” and “sheng”. Tea and small gifts will be ready for guests.

Come and join us! I think we'll have a good time.

1. **Culture**

Dear Mike,

I know you are interested in Chinese traditional culture. Great news! Our school will hold the Opera on Campus Show on 1 July at 2:00 p.m. on the playground.

First, we’ll walk through a small exhibition of masks, costumes and old photos to learn about Beijing Opera, Huangmei Opera and more. Then the stage will open: students and professional actors will sing famous arias, wave long sleeves and even teach us a few moves.

Bring a camera, wear a hat and come early for the best seats. I’ll wait at the gate at 1:40 p.m.

**15. SELF**

Dear me,

How time flies! It's time to say goodbye to my 8th grade life.

This year I made real progress. My English rose from 80 to 95 because I read aloud every morning. I also learned to play basketball and passed the school team test. I feel proud, but I was sometimes too shy to speak.

Next term I will keep reading twenty minutes of English daily and join the debate club to speak louder. I’ll practise basketball three times a week and help new classmates feel at home. I believe a braver and stronger me is waiting ahead.

Best wishes!

**16. My experience of making a poster**

Last week, I made a poster of the great changes in my hometown.

I worked with my classmate Wang after school in the school art room. We searched old photos online, took new pictures of wide roads and clean rivers, and then used bright colours to show the difference. I felt proud when visitors on the website said, “Your hometown is amazing!”

I made the poster to let more people see how hard we have worked and how beautiful life can become.

**17. English teacher**

Dear Maria,

Thank you for your last letter. From the letter I know about your Chinese teacher. Now let me tell you about my English teacher Ms.Lin.

She is tall and slim with long golden hair and big bright eyes. She is always kind and friendly, so we all call her “Sister Lin”. Her favourite colour is pink and her desk is full of pink pens and flowers. After class she loves reading novels. She says reading opens her mind and sports keep her active. We think she is the best teacher because she makes every English class lively and every student feel loved.

**18. How to get on well with others**

In class we shared ideas on how to get on well with others. Most students said we should learn to share our snacks and ideas, respect others’ feelings and choices, and talk openly when problems come.

My suggestions are three small steps: first, smile first and greet people every morning, because a warm face opens hearts; second, when a friend is sad, listen quietly instead of giving advice at once; third, once a week tell someone “thank you” for what he or she has done. These little actions make big friendships.

**19. Speaking**

Dear Mike

How are you? I'm sorry to hear that you didn't win the speaking competition. I know you are sad about this, but I think you should get over it quickly. Here is some advice for you.

First, remember taking part is more important than winning. You practised hard and spoke better than before, so you have already grown. Next, go running or play basketball every afternoon. Exercise will make your body strong and your mind relaxed. Finally, take a short trip with your parents this weekend. Fresh air, green hills and singing birds will drive the sadness away.

I'm sure you can walk out from the sadness. Come on, my friend!

**20. Housework**

Dear Mike,

You know, as a middle school student in the new age, it's necessary for us to be independent and do some housework.

I often help my parents after school. I sweep the floor, wash the dishes after dinner and fold the clean clothes on weekends. Sometimes I cook simple noodles for breakfast. Doing these jobs not only keeps our home tidy but also teaches me time management and responsibility. When my mum smiles and says “thank you”, I feel proud and understand that love is action. I believe these small tasks will help me grow into a careful and caring person

**21. Monitor**

Dear Mike,

How is everything going? It's great to hear from you. You said you'd like to know about the monitor in my class. Let me tell you something about him.

He is tall with short black hair and always wears a big smile. He treats everyone kindly and helps us solve problems. In his free time he loves watching cartoons because he dreams of becoming a real-life hero one day. To keep strong, he runs every morning and plays basketball after school; he even teaches us simple exercises between classes. His healthy life gives us energy, and he always says, “A strong body carries a strong mind.”

This is the monitor in my class. You are sure to make friends with him easily.

**22. Journey to West**

Dear Mike,

Since you want to read Chinese classic works, I'd like to recommend Journey to the West to you. The story is full of funny jokes and smart monkeys, so Chinese kids and adults all love it. On the road, the four heroes share tasks, fight monsters together and never leave anyone behind, showing great teamwork. Most of all, they keep chasing their dream for thousands of miles and never give up, even when mountains are high. I believe you will enjoy the magic and the spirit.

Happy reading!

**23. Travel Plan**

Dear Lucy,

Glad to receive your email. May Day is coming and we will have some days off. I'd like to tell you my travel plan.

On May 1st my parents and I will fly to Beijing because the plane is fast and comfortable. We will stay there for two days. On the first day we plan to visit the Forbidden City, walk on the ancient walls and take many photos. In the evening we will taste Beijing duck and other nice food. The next morning we will ride bikes around the old hutongs, feel the wind and listen to the stories of the grey roofs. I believe the trip will be exciting and I will share photos with you when I come back.

Hope things are going all right with you.

**24. To Parents**

Dear mom and dad,

How time flies! I have been in China for nearly 2 months. Now I would like to tell you something about my new school life in China.

Our classes start at 8 a.m. and finish at 5 p.m., with a long lunch break from 12 to 2. We have main subjects in the morning and special courses like calligraphy in the afternoon. After school we join clubs: I play ping-pong and practise paper-cutting. I’ve made many warm-hearted friends who help me with Chinese tones while I teach them English songs. I feel busy but happy.

Mom and dad, don’t worry about me. Take care of yourselves!