



Valma Salani



Anthony Aluni



Nofo Mataafa



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Asopa'epa'e T. Faitele

SAMOA PRIMARY
SCHOOL
YEAR 7 SILISILI



Ziva Viliamu



Litessah Toomalata



Lauralei Palepua



Hemi Solomona



Tarshliah Keneti



Jaasiel William



Hope Setu



Emmanuel Timu



Jennyrita Matamu



Elichai Kolia



Grace Tanielu



Andrew Mauala



Athena Matafeo



Heperona Tarko



Ruta Tautunu



Ali'imau Ailuai



Kome Tuimafulu



Imagine I'm a Coconut Tree

I am a lovely coconut tree and I am going to tell you how I got here. I floated on the sea and I ended up on the shore in Samoa. The waves pushed me on to the green grass. People picked me up and planted me in the soil.

The rain provided me with water, which added moisture to my body. Over the years, I grew from a seed to a baby coconut tree and eventually produced fat brown coconuts.

The people of the village attack me with a huge stick wanting to consume my coconuts. Some of them have no patience and decide to climb on me. I do not like it when they climb on me because the skin of my trunk is torn away while they climb.

I can grow as high as the sky and I over look people walking around. My leaves are used for baskets and thatch for houses. My fruit is for drinking and preparing meals. I am a unique plant found across the Pacific. I represent tropical life.

By Anthony Aluni

FATHER'S DAY

My father is the best father in the world. He has been the most helpful father in the world and he has given me a happy life, always giving me what I want. The reason why my dad treats me so well is because my real dad went away when I was little so my dad's father became my father. Even if I do not have a real father there will always be someone to look after me and that person is my grandpa. He has become my father and I love my grandpa. He is the best father.

Father's Day is coming and I have nothing to give to my dad but gifts do not matter at all. All you need for your father is to give him happiness on Father's Day and all the days of his life. My dad never had a happy Father's Day but this year and on this day my dad will have the best Father's Day in his life.

By Grace Tanielu.

My Beautiful Mother

A mother is a loving, kind person who looks after you. Her love is always there to give you guidance and lots of care. Your mother will travel from her office to your home to hug you and see your beautiful smile. Your mother loves you so much; you are her best child, for you are a gift from God and her love and life.

My mother is 49 years old; she turned 49 on the 9th of May 2024. She is my beautiful mother Soli Ale. My mother loves me so much. My mother's love is so strong she will teach me all the rights from wrongs. If I was asleep and she was, trying to wake me up she will not complain about sleepless nights.

She will iron my clothes or my school uniforms. When I get sick, she will always be there by my side. She will not go anywhere, even to the office, until my sickness has gone away. She praises God to make me well. She wants me to do well with my schoolwork and education so that I will have a better future when I am older.

My mother is like a pink, shiny flower. She always loves to wear pink roses or pink seis and pink bracelets and pink earrings, necklaces. Her favourite colour is pink. She always wears pink all the time.

She will never fail to understand me. She always gives a helping hand with homework. She always fills my heart with joy. If I am sad about something that has happened at school, my mother will be full of joy and cheer me up.

She has given me a better life, better than I ever could have imagined in this world. I will show her my love because she is the best mother God has ever created from above. She is always my beautiful mother.

By Ziva Viliamu

Happy Father's Day

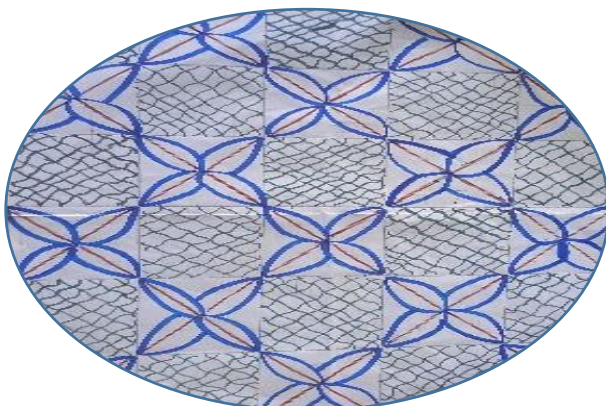
Happy Father's day dad. Your family cares for you so Father's Day is a day for you to relax and be happy. Your family will look after you because you look after your family. We will let you have the best day ever.

You are my world, thank you for the food and love, water and for raising and taking care of me. I wish you a Happy Father's Day.

You have given me everything and you have taken care of me for 11 years. I will celebrate Father's Day with our family in Savai'i.

Happy Father's Day to you from me and everyone in the world. We love Father's Day because we can show dads we love them very much.

By Athena Matafeo.



Valma Salani

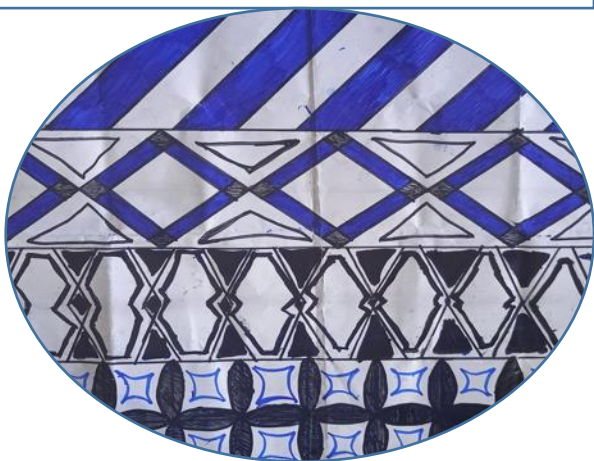
My One-Week Break for CHOGM

Last week, we had a one-week break because of the Commonwealth Heads of Government Meeting. (CHOGM) We all stayed home. When I woke up in the morning around 10:00am or 11:00am. I turned on the TV to watch the CHOGM news. On Monday, the Youth's Forum and the Women's Forum started their meetings and it was live on the Government TV and I was interested in it. After these meetings I went to clean our house and prepare lunch for my grandmother and myself.

On Tuesday, the Youth Forum and the Women's Forum was still on. The weather was bad on Wednesday; the Business Forum started and my sister was part of it and I was interested in that too. The Sheraton Hotel at Vaisigano hosted the Business Forum. Some of the Heads of Government arrived on Thursday at the Faleolo International Airport.

On Friday, the opening ceremony was held at Tuanaimato Gym 1. The programme started at 11:15am. Their majesties King Charles III and Queen Camilla arrived at 11:00am. Archbishop Mosese Vitolio Tui started the programme with a prayer. After that, Hon Fiamē Naomi Mataafa had her opening remarks. Next, the Secretary General had her presentation and her name is Patricia Scotland. After the Secretary the president of Rwanda, Paul Kagame had his remarks. Up next, the Head of the Commonwealth, His Majesty King Charles III had his remarks. The Matavai dance group had their beautiful and amazing performance. The two theological colleges, Malua Theological and Piula Theological sang a beautiful song named, "Save it, Share it". The ceremony finished at around 1:30pm. After the opening ceremony, I went and had lunch.

By Valma Salani



Athena Matafeo

Athletics Day

Athletics Day is a day for children to have lots of fun. Athletics has four different houses; red, blue, gold and green. Management and the teachers picked the students' houses. There were plenty of events. There were hurdles, long jump, lemon and spoon, 100m, 200m and 400m. My house is gold and we were under the talie tree. We had everything we needed like water, sandwiches and our hats.

Red had the fastest students then blue and green. Gold did not have many fast students but we didn't care because there were four fast students in our house; two from Year 5, one from Year 7 and one from Year 8. We had lunch after the first half of athletics. Students thought the sack race was hard which I agreed with. The 100m was easier than the 400m because 400m is the whole lap, very exhausting.

Athletics was fun. We had it in term 3. Athletics was the same as the Olympics because of the games. It was so awesome. It was good exercise. Every house did their best but it was hard luck for gold. I think we should have athletics every term. We all took turns. The juniors on the first day then the seniors. The finals for both divisions were held on the last day. Athletics was great and I loved it.

By Jaasiel William

My Father's Job

My father's job is a taxi driver. The name of the taxi service is 57. My father wakes up every morning and he brushes his teeth. My dad picks up passengers to take to their homes or run their errands around town. He likes to drop people at their homes and talk with them. My father drives slowly so people are not in danger and will not be in an accident on the road. He takes care when he drives.

My father has two jobs. He is in MSC, which is the Mediterranean Shipping Company. He ties the boat using a rope and cleans it. He is the fourth captain. He can teach men to do the work. He buys coloured paint to paint the boat. My dad looks after the containers to make sure people do not take something from the containers. My dad likes to work on the boat and it is hard work. My dad is 53 years old. It is hard to find money for the whole family but he is a hardworking father. My father's jobs are helpful to us.

By Heperona Tarko

The Importance of Exercising for our Good Health

Exercising stimulates your body to release proteins and other chemicals that improve the structure and function of your brain. Exercise helps in providing a good oxygen supply.

Staying healthy is essential to work correctly and live productively. Exercise helps people keep a healthy weight and lower their risk of diseases. Exercise prevents health problems, builds strength, boots energy and can help you reduce stress.

Exercising regularly, every day, is possibly the single most important thing you can do for your health. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Exercise can lower high blood pressure and other dangerous condiditons.

Whatever your age, there is strong scientific evidence that being physically active can help you lead healthier and happier lives.

By Asopa'epa'e T Fajtele

The Saddest Day

The saddest day in my life is my mother's funeral. I was so sad on that day and I could not hold back my tears. I was crying hard so hard, when four of my brothers put her in the coffin, her funeral coffin in the hole in front of our house. Even though her day has passed I still feel sad for the past year. My tears would not stop falling because I was sad about how many years and months she looked after me when I was a child. It is the saddest day ever for my whole family and me. Now, it is 2024 and I know how hard it is to grow up without my mother.

My other sad day is when a car hit my pet. It was sad when I saw my pet die. Very sad because we know how much time we put into feeding and playing with her every day. These are very sad days.

By Ali'imau Ailuai



Hope Setu

I am a Gift to my parents

I am a gift to my parents because God sent me to earth to my parents as a gift, to take responsibility and take good care of me so that they will become my parents.

At Christmas, I felt so bad because my parents got me gifts and I did not get them one. They said we do not need a gift but you are the greatest gift we have ever had.

When I was 5 years old, I changed my mind set. I needed to respect, be kind and love others. I am not the only child, I have an older brother and he helps my parents to pay the bills. That is why I am a gift to my parents.

By Jennyrita Matamu

The ANZAC Holiday

My ANZAC holiday was so nice because I helped my mom do the laundry and pick up the rubbish. On Thursday morning, my mom and I went to Apia to buy some food for dinner. I helped my mom wash the vegetables for our meal. I had an enjoyable holiday spent with my family picking up the rubbish, preparing our breakfast and tending our vegetable garden. I read some books and watched T.V. I always help my little brother do his homework from school.

On Thursday night, my mom went to bingo. On Thursday, a holiday, my mom helped me do my homework because she said I am the only one who helps her do her chores every day and when she is sick. Last Thursday my little brother and I went to the market to deliver the coco and vegetables to get some money to buy food for ANZAC holiday. That is why my ANZAC holiday was so nice because I helped my family do the chores every day.

I did not go to the Dawn Parade on Thursday because my mom said I had to stay home to look after my Grandpa and help him do the chores. On Thursday, I helped my mom weave a mat. My brother and I went to the shop to buy some food and juice for my grandpa because he is sick. I always help my grandpa do his chores because my mom goes to Apia to deliver coco, mats and vegetables for some money for grandpa's medication because he is really sick. After doing the chores every day we swim in the river at the back of our house. That is my enjoyable holiday with my family.

By Hope Setu

My Present for Mother on Mother's Day

My mother's name is Nelisha. One day my dad said we could have presents for our mom. I asked my dad if we had any money to buy a present for mom. When I go shopping, I will look for the most beautiful dress for my mom.

The next day my dad asked me if I had bought a present for my mom. I said, "Yes I have a present for mom". My dad asked, "What is it?" I said, "The most beautiful dress I have ever seen".

On Mother's Day after church I told my mom, I had a present for her. My mother said, "Thank you very much baby, what is it? A beautiful dress, oh thank you darling for the beautiful dress you have bought me." My mom wore it on the holiday on Monday. My mom is so beautiful when she wears that beautiful dress.

By Vaimaila Kolia

My Favourite Meal

My favorite meal is soup. I love eating soup because it provides me with vitamins and makes me healthy. Every day I ask my mom if I can help her make the soup. I like eating chicken soup with lots of vegetables in it. When my mother is in a good mood and wants to eat soup, she will cook it for me. She teaches me how to cook some food but the best food that I'd like to learn how to cook is soup.

The other reason why I like cooking and eating soup is that it is easy to make. In addition, everything we need to make it is found in our environment. I help her wash the vegetables and chop the chicken. I like eating soup because it's very delicious and I like the different textures in it. It is very nice when there are vegetables added.

In our school, there is an old woman, Leū, who always makes soup. She cooks it well and she adds many different vegetables to make the soup smell nice. The soup cost \$2.00 a cup and she spends 3 hours making it. I like eating it because the old woman also adds my favourite vegetables called carrots. The good lesson I learn from my story is "You have to care for your health."

By Ruta Tautunu

My Father

My father is Ralio Palepua. He is the kindest father. He is handsome and I love him so much. He is 43 years of age. My father does not like pets because he thinks that pets spread disease. My father likes cooking and we call him a chef. My father loves my three siblings and me. My father sometimes gets mad at us for not obeying him. My father helps my mother to look after us. When my mother is at work, my father cares for us. My father teaches my siblings and me good manners when we come to school. Sometimes my father is tired of cooking then he would buy us fast food from the restaurant. My father works hard to have money so that he can pay our school fees.

My father works as a driver at the Ministry Of Finance. He loves his job being a driver. He picks us up and drops us off at school every day. My father is funny, he sometimes tells us jokes and we laugh. My father always talks about our future. He said that we always have to work hard so that we can be what we always want to be in the future. He told us that we have to choose wisely.

He is a lovely father. I will never forget him in my heart. I wish him a Happy Father's Day.

By Lauralei Palepua

My Father's Job

My parents work hard to put my brother and me in school for a good future. My father's job is harder than my mother's job because my dad has more than one job. He tries to do all of his work in one day so the next day he can rest and go late to work.

My dad is a farmer, a mechanic; he runs the resort with my mom, drives around town to buy food for the resort and takes tourists to the airport when our taxi driver is busy. My dad takes and picks up tourists from the airport. My dad barely gets any sleep because he has to wake up early to get ready and wakes me up early to get ready for school. He sometimes works alone and cuts himself, I feel sad for him, and I ask dad, "Where is Faafaga (our employee) ""He is not here yet. It is ok I am fine. Do not worry it is just a little cut". My parents do not have many workers so my brother and I sometimes help the workers out and my brother helps my dad.

My dad always goes to the plantation every single day to see if there are any vegetables and to feed his cows and pigs. He has many important jobs and he sometimes tells me, "It is good for me because I sweat and it is like working out!" "So if I work out it is good for me and my body?" "Yes," my dad answered.

I promised my parents that I would take over the family business. My dad told me that if my brother and I work hard and get good grades we might travel somewhere like we used to as a family.

By Litessah To'omalatai



My Future

When I was young, I remember when my grandmother passed away. She died of cancer. I was very sad because I could not do anything and it was then I decided to be a doctor. I wish to make such a medicine so that no one will die from cancer. Doctors can treat anyone and they have the power to make new medicines and new life-saving equipment.

I want to become a doctor because I love helping others. I like it when people come and thank the doctors for the good job they have done. My mother works in the hospital so that inspires me to become a doctor. I am motivated after seeing some examples where doctors were saviours.

Another reason for choosing this profession is that I love their courage, honesty, bravery and polite behaviour. I want to be a doctor to save everyone's lives. I love their determination towards their job.

When Covid-19 hit Samoa, I felt I wanted to become a doctor; I do not want people to lose their lives because they are poor. I also want to make my country fit and healthy. Whatever job we choose we should do it honestly. It is the doctor's duty to let his patient know all the schemes and government plans to improve their services and facilities. A doctor should always be helping everyone.

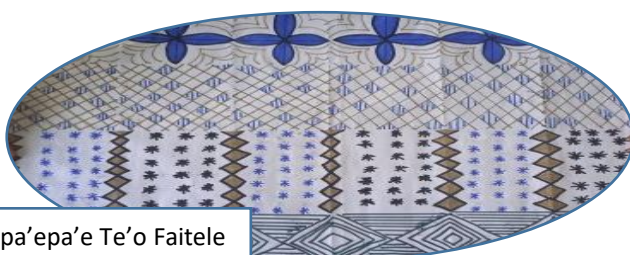
By Petaia Tupuivao Auelua



Litessah To'omalatai



Nofo Pauline Mataafa



Asopa'epa'e Te'o Faitele

My Goal this Year

My goals this year will be making my parents proud, getting good grades and doing better. My goals will also include being better at Samoan. I need to communicate in Samoan more and improve more than last year. I have to get 1s and 2s or both.

In addition, I have to eat healthy food because I have a fatty liver. I have been walking more, playing outside more and eating healthier and drinking more water to get a better body shape. I want to be very mature and be very calm, patient and a very nice boy. I also want to get better at drawing. This year I want to prove to myself and to other people that I am smart and strong. To achieve this I have to work hard. By achieving these goals, I have to follow the smart way of life first so to be smart I have to study a lot and work harder.

By Elichai Kolia

O Au o Matua Fanau

O tatou lava o au o matua. Talofa e nai ou matua sa la tausi ia tei matou mai lava I le laitiiti, sa la faapale ia tei matou e ui lava I le faalogo ma usitai. E tiga le faigata o le olaga nei sa le'i faafiti, o mea fai sa faaavanoa lava le taimi mo I matou. E ui ina taugata le soifuaga e taumafai lava nai ou matua e fai mea matou te mamana'o ai. E tiga le tauagata o pili aoga e totogi lava ona o ole nanautaiga aua no p matou lumanai manuia.

O aso faapitoa o le fanau e le faatamala ina ia matou aulelei aemaise si ou tina ina ia faamalieina a'u tapenaga uma. E tuu meaai I luga ole laulau, faase'e I seevae anagata ma faofo I ofu le au maua. E le faaletonu a matou lanisi I aso taitasi, e ave I le falemai pe a mamai, e talatama I tuaoi ona oi matou. O matua foi o faiaoga muamua ia o le ola, e tapue ma apelepele aua lumanai manuia. O matua lava e afua ai manuia. O laua lava o mauga tetele I totonu o le aiga.

E le faatamala matua I le tausiga o matou I aso uma, aua o le au o matua fanau.

Tusia Nofu Pauline Mataafa



Independence Day

Independence means to me the day that we go to Mulinu'u to celebrate Samoa's Independence. Independence is very important to Samoa; to remember the ones who died seeking freedom. Our first Prime Minister was Mataafa; the current Prime Minister is Fiamē Naomi Mataafa. The first Prime Minister was her dad. Samoa became independent in 1962. It is now 2024 so this is the 62nd year since Samoa became independent.

If we were still governed by New Zealand, U.S.A. or Germany how would we feel? I would feel so sad because they brought diseases and fought with our people. Tupua Tamasese Lealofi III was shot by a NZ policeman during a peaceful Mau procession.

We are going to Mulinu'u to celebrate independence. My dad is going to drop me off at Mulinu'u because our school is going to march at Mulinu'u. I cannot wait to go there and celebrate Independence Day. I will enjoy it because I am a Samoan born in Samoa. I went to New Zealand in 2010.

We are going to be happy and enjoy Independence Day. Every year we celebrate Independence Day. We will never forget those who died from the epidemic brought in by New Zealand and those who struggled for independence from New Zealand.

By Hillary Eteuati

Ana o a'u o se manulele

Pe ana o a'u o se manulele ou te mana'o ia ave'a a'u ma aeto. Ou te malos'i ma atamai. Ou te le malolo ou te lele solo ma vaavaai I le matagofie ma le lanulauava o laufanua I soo se itu o le lalolagi.

Ou te matamata solo I atunuu e fai ai taaloga faa va-o malo. Ou te lele ma maitau aganu'u ma agaifanua eseese o atunuu eseese o le lalolagi. Ou te fiafia e mafuta atu I isi uso a manulele ma fai matou tala ma taga malie.

Ae e iai foi lona leaga, e ia I isi tagata e fiafia e faatamaia lo matou ituaiga poo nisi foi meaola e le fiafia ia te a'u. E manaia le ave'a o a'u ma manulele ae iai foi ona itu le manaia. Ua na oni manaoga lava ae e le mafia ona ave'a a'u ma manulele ona o a'u o se tagata soifua.

Tusia Hemi Solomona

What I learnt about CHOGM

Samoa, as a member of the Commonwealth, was honoured to host the Commonwealth Heads of Government Meeting last month. CHOGM is held every two years and the last CHOGM was held in Rwanda South Africa. Samoa hosting CHOGM was an excellent opportunity to display our culture, traditions and our way of life.

Our people were truly honoured to have royal guests; the king of England who is also the head of the Commonwealth, his majesty King Charles III and her majesty Queen Camilla visited our shores. During CHOGM, I saw on TV, many guests arriving in Samoa and greeted by the warm hospitality of our people.

There were forums focusing on youth, gender and health before the main meeting took place. I am very proud of our country for hosting a big event; our people did a very good job and contributed to the success of this event. A thanksgiving service was on the 30th October, and the Prime Minister announced two days commission holidays, on the 1st and 4th of November as a token of appreciation for all the hard work during CHOGM. Our school closed on these two days and I stayed home to help with the family chores.

By Emmanuel Timu

O Se Aiga Fiafia

Se aiga fiafia e alofa ma mata ataata i aso uma e pei o lo'u aiga. O ma'tua e alolofa I fanau ae tatau foi I fanau ona usiusitai ma alolofa I matua. O o'u matua e alolofa ia te a'u ma e faatupu atili ai foi lo'u fiafia. E lagona lo'u faanoanoa I isi taimi pe afai out e vaaia oloo faanoanoa foi nai ou matua.

O lo'u tama ma lo'u tina na mafua ai lo'u atamai ma lo'u poto ona o la laua aoaiga ma le faatonutonu I aso uma. E aoa'i ma faufautua mai I ala e tatau ona uia aua se lumanai manuia. O le faiga o meaaoga faapea feau masani i totonu o le aiga.

E le tauaimisa pe feainai lo'u aiga, e fealofani ma galulue faatasi tagata uma. E fai fai mea faatasi ma talitalie I aso uma. E iai lo'u talitonuga a faaletonu le tamaitiiti poo le teneitiiti o le sasi foi lea o nai matua. Ua le lava le sasa ma le aoi. O aiga e iai le alofa e tofu lava le tagata ma lana e fesoasoani ai I soo se mea. E leai lava se mea e sili nai o le aiga fiafia ma le fealofani.

Tusia Tarshliah Keneti

O Afeleti a le Aoga

Na faia afeleti a le aoga ma sa ou taalo ai ma le malos'i. O a'u na tamo'e I miliga ma sa toatele matou na tauva ai ma sa ou tulaga muamua ai. Ua tupu lou fiafia ma lou mimita I lau mua. Ae na le manuia le tosogamaea ona ua lagona lo'u vaivai ma lo'u le la va. Na tulaga lua la'u lanu ma na matou fiafia ai lava ma ai matou lanisi. E manaia lava pe a fai afeleti ona e maua ai le si faasiligamalosi.

Tusia Andrew Mauala

SPORTS

