泳池边那个蓝色的救生圈

敬爱的老师们、亲爱的同学们：早上好！

今天，我们在鲜艳的国旗下讲话，我演讲的题目是《让假期过得有意义》。暑假快到了，谁不盼着那一段长长的、亮堂堂的日子？可是今天，我想先从一个蓝色的救生圈说起。

去年暑假，我在小区的泳池学游泳。头一个星期，我套着两个胳膊圈下水，神气得像一只河马。第二周教练让我摘掉胳膊圈，我一下慌了，鼻子灌了水，耳朵里全是嗡嗡声，手脚乱扑腾。是岸上那个穿红衣服的救生员跳下来，从背后托住我的肚子，把我扶起来。他拍着我的背说：怕水不丢人，野塘才丢命。那天我坐在池边，看着那个挂在栏杆上的蓝色救生圈，看了很久。

后来我学会了游泳，也记住了那个救生员每天喊的话。同学们，这就是我今天要提醒大家的第一个词：安全。暑假里，千万千万不到河里、塘里、水库里去游泳。那些水面看着平静，底下有水草、有淤泥、有冷热交替的水，一个脚抽筋，人就没了。想游泳，请到正规的泳池，并且一定要有大人陪同。下水前做热身，不在池边奔跑，看到同学落水，不要手拉手去捞，大声喊大人才是最要紧的事。

除了水，还有电、火、马路和陌生人的搭话，都是假期里要绷紧的弦。记住爸爸妈妈的电话，记住110、119、120，一个人在家不给陌生人开门，天黑之前回家。

同学们，安全是那个蓝色的救生圈，而快乐是圈里的水。我号召大家：放假第一天，和家人一起写一份假期安全约定，贴在书桌前；然后挑一件有意义的事做下去——读两本书，学一门手艺，帮家里做一件事。等开学再站在国旗下，我们来比一比，谁的假期又安全、又闪亮。

我的演讲完了，谢谢大家！

The Blue Life Ring by the Pool

Dear teachers, dear fellow students, good morning!

Today we speak under the bright national flag, and my topic is Making Our Vacation Meaningful. Summer vacation is coming—who does not long for those long, bright days? But today I want to begin with a blue life ring.

Last summer I learned to swim in the pool of our residential compound. For the first week I wore two arm rings in the water, strutting like a hippo. In the second week the coach asked me to take the arm rings off. I panicked at once: water rushed into my nose, my ears were full of humming, and my arms and legs thrashed about. The lifeguard in red jumped down from the deck, supported my belly from behind, and lifted me up. He patted my back and said: being afraid of water is no shame; dying in a wild pond is. That day I sat at the edge of the pool and looked for a long time at that blue life ring hanging on the rail.

Later I learned to swim, and I also remembered what that lifeguard shouted every

day. Classmates, this brings me to the first word I want to remind you of: safety. During summer vacation, never, never go swimming in rivers, ponds, or reservoirs. Those water surfaces look calm, but underneath there are weeds, mud, and layers of cold and warm water. One leg cramp, and a person is gone. If you want to swim, go to a proper pool, and an adult must come along. Warm up before entering the water, do not run along the pool deck, and if you see a classmate fall in, do not form a human chain to pull them out—shouting for adults is the most important thing.

Besides water, there are electricity, fire, roads, and the small talk of strangers. All of these are strings we must keep tight during vacation. Memorize the phone numbers of your father and mother, memorize 110, 119, and 120. When home alone, do not open the door to strangers, and come home before dark.

Classmates, safety is that blue life ring, and happiness is the water inside the ring. I call on everyone: on the first day of vacation, write a family safety agreement together and post it in front of your desk; then choose one meaningful thing and carry it on—read two books, learn one craft, do one thing for your family. When the new term opens and we stand under the national flag again, let us see whose vacation was both safe and bright.

That is all for my speech. Thank you all!