

The ELCHK Faith Lutheran School

English Newsletter

June 2023 Issue



Our Superheroes



Superheroes live with us in our community. They are always there to help us. You can see superheroes everywhere you look. There are many people in our school who always help us. They are our superheroes.

Our school principal leads, listens and helps the whole school community, including students, teachers, staff and parents. He also ensures that the school operations run smoothly and creates a school culture that encourages students' learning. Our principal is friendly, supportive and inspiring.



Mr. Poon Chi Wing at his office

Our teachers guide us, provide us with a better understanding of the subjects. They always help us if we don't understand anything and correct our mistakes. Our teachers also impart knowledge and good values. They encourage us and create meaningful learning experiences. Our teachers are kind and thoughtful.



School staff at a team building workshop

The social workers at our school help students who are struggling with social and emotional issues. Students tell their problems to the social workers. Our social workers are helpful and patient.



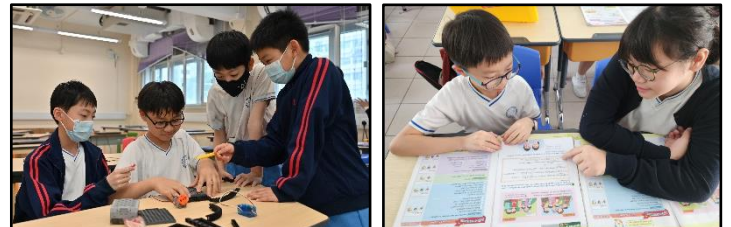
Social worker with the students.

Prefects help teachers to maintain discipline in the playground, school hall and classrooms. They also help students with their homework and help their classmates. Our prefects are gentle and friendly.



Prefects on duty and helping students

Our classmates always give us ideas and treat each other with respect. They help us with our homework. Our classmates always support one another.



Classmates helping each other

You are one of our superheroes too. Our school is filled with many other superheroes who are not mentioned here. We appreciate and thank all our superheroes, as they always bring a smile on our faces. Together, they all make our school a safe and happy place.

**Angela BUT (5D), Win NG (6A),
Wendy WU (6A) and Mary PHANPHAEW (6D)**



This newsletter is written by the students.

Healthy and Unhealthy Food

We all love eating pizzas, hamburgers, French fries, candies and cakes. These foods are delicious, but they are high in sugar and salt. Therefore, they are unhealthy for us. Unhealthy food is also called junk food. It has bad impact on our body and makes us sick if we eat it frequently.



Therefore, you should eat food from all the five healthy food groups that are vegetables, fruit, grains, dairy and protein. It is important to think about the impact that unhealthy food has on our bodies.

Healthy food on the other hand gives us all the nutrients to stay healthy and feel well. It gives us plenty of energy. Healthy food is important for our growth, development and learning.



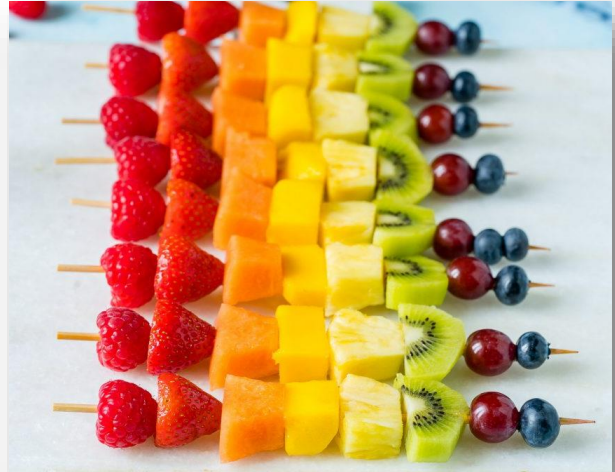
Ken YANG (6A) and Henry YANG (6A)

Healthy Recipe

Rainbow Fruit Kebabs

You will need:

- 8 raspberries
- 8 hulled strawberries
- 8 melon cubes
- 8 mango cubes
- 8 peeled pineapple chunks
- 8 peeled kiwi pieces
- 8 red grapes
- 8 blueberries
- 8 wooden skewers



Steps:

- ✓ Take the wooden skewers and thread each fruit onto it. 1 raspberry, 1 strawberry, 1 melon cube, 1 mango cube, 1 pineapple chunk, 1 kiwi piece, 1 red grape and 1 blueberry on the top.
- ✓ Enjoy!



Tip: You can choose any fruit that you like to make fruit kebabs.

Angela BUT (5D) and Mary PHANPHAEW (6D)

Fun Food Facts

1. Cucumbers are 95% water.
2. Cotton candy was created by a dentist.
3. Lemons float, but limes sink.
4. Raspberries are a member of the rose family.
5. Strawberries are the only fruit that has seeds on the outside.



Mark MAI (6B) and Branden CHEUNG (6B)

5 places to see in Hong Kong

Students Recommendation

1

The Golden Bauhinia

Square in Wan Chai is my favourite place.

The Forever Blooming Bauhinia sculpture was a gift from the Central Government to mark the 1997 handover. You can watch the flag-raising ceremony, which is held daily at 8:00 a.m. You can also pay respects to the National and HKSAR flags and monuments and enjoy the view of the Victoria Harbour.

How to get there?

Take the MTR to Wan Chai

Silvia CHOI (6B)



2

Hong Kong Museum of History and Hong Kong Science Museum

are my favourite places. I usually go there with my parents. You can learn a lot about the history of China and Hong Kong at the history museum. There are more than 500 interactive and interesting displays at the science museum covering a wide range of themes such as robots and virtual reality.

How to get there?

Take the MTR to Tsim Sha Tsui.

Dennis PUN (6D)



3

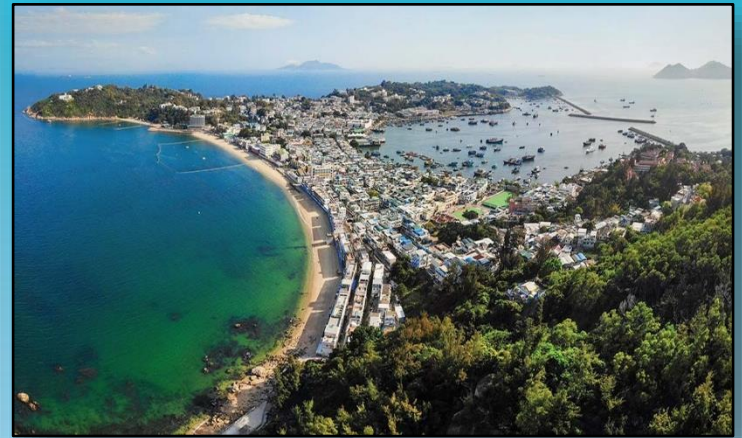
Cheung Chau

is my favourite place. I often go there with my family. You can visit the Cheung Po Tsai Cave. Remember to carry a torch as it gets dark inside the cave. You can also visit Kwun Yam Beach to enjoy water sports like windsurfing and kayaking.

How to get there?

Take the ferry to Cheung Chau from Central Ferry Pier Number 5.

Cheree LAU (5C)



4

The Peak

on Hong Kong Island is my favourite place. I chose this place because it has a beautiful view of Hong Kong especially at night. I often go there with my family. Victoria Peak is the tallest point on Hong Kong Island and offers 360-degree view of the city.

How to get there?

Take the MTR to the Central station and from there take the Peak Tram.

Ernest KONG (6A)



5

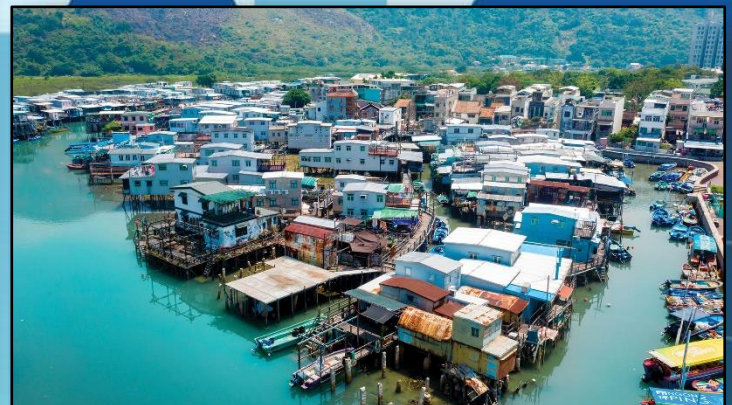
Tai O Fishing Village

on Lantau Island is my favourite place. I chose this place because you can go there for fishing. I have been there with my dad. You can visit the Rope-Drawn Ferry Bridge and walk to the 17th-century Yeung Hau Temple. You can also go for a hike and enjoy the view of South China Sea.

How to get there?

Take a bus from Tung Chung MTR station.

Martin LI (6A)



SPORTS DAY

Mr. Wong Kam Po,
encouraging
students



Physical education and sports are important parts of student life at The ELCHK Faith Lutheran School. Sports help improve our mental and physical health. Sports Day is held annually at our school. It always starts with a motivating speech from our principal, Mr. Poon, followed by a blow of the horn marking the beginning of the Sports Day.

Mr. Wong Kam Po was our guest of honour this year. Mr. Wong is the track cycling world champion in the scratch race of the 2007 World Championships, a five-time Olympian and a much-lauded sports icon. Through his speech, he encouraged us not to give up and to enjoy every moment of our lives.

This year, the sports day was full of cheer, fun and competitions. Each class had their own exciting cheer to encourage their classmates and schoolmates. Students competed in different track and field events.

We would like to thank our principal, Mr. Poon, all the teachers, all the administration staff and the support team for making this Sports Day a truly memorable and well-organised event. Our school offers a broad and balanced physical education program that encourages students to stay healthy and fit. Everyone was excited, thrilled and delighted. Thank you everyone for making this day a success.

Branden CHEUNG (6B), Mark MAI (6B) and Dennis PUN (6D)



Students playing track and field sports

Exam Tips

1. Make a timetable to study.
2. Make a note of the exam days on your calendar.
3. Set short goals and reward yourself once you achieve them.
4. Study for half an hour every day.
5. Have a healthy breakfast before you go for the exam.
6. Make sure you get enough rest before the exam.
7. Make sure you understand everything and seek help if you have any difficulties.

Are you ready
for exams?



Geoffrey CHAN (5A), Vincent CHAN (5C) and Cheree LAU (5C)

FUN ZONE!

jokes

1. Why was 6 afraid of 7?
2. What do you call a pig under the sun?
3. What do French fries do when they meet after a long time?
4. What happens when ice cream gets angry?
5. What do you call a sleeping bull?

Geoffrey CHAN (5A) and Jason NG (6D)

WORD SEARCH

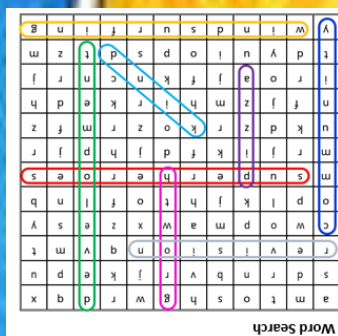
Vincent CHAN (5C)

Find and circle all the hidden words.

1. Revision
2. Windsurfing
3. Pizza
4. Superheroes
5. Kind
6. Development
7. Community
8. growth

a	m	t	o	s	h	g	w	r	d	q	x
s	d	r	n	b	v	r	j	k	e	p	u
r	e	v	i	s	i	o	n	q	v	m	t
c	w	o	p	m	a	w	x	z	e	s	y
o	p	l	k	j	h	t	o	f	l	n	b
m	s	u	p	e	r	h	e	r	o	e	s
m	r	j	i	k	f	d	j	h	p	j	r
u	k	d	z	r	k	o	z	r	m	f	z
n	f	j	z	m	h	i	r	k	e	d	h
i	r	o	a	j	f	k	n	c	n	r	j
t	d	y	u	i	o	p	s	d	t	z	m
y	w	i	n	d	s	u	r	f	i	n	g

- Jokes Answer
1. Because 7, 8 (ate) 9
 2. A bacon
 3. They ketchup
 4. It has a meltdown
 5. A bulldozer



Word Search

The Writers



Geoffrey CHAN (5A)



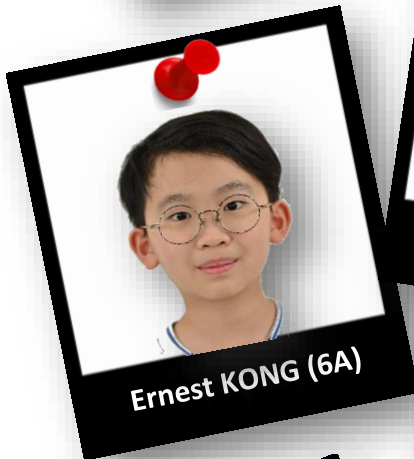
Vincent CHAN (5C)



Cheree LAU (5C)



Angela BUT (5D)



Ernest KONG (6A)



Martin LI (6A)



Win NG (6A)



Wendy WU (6A)



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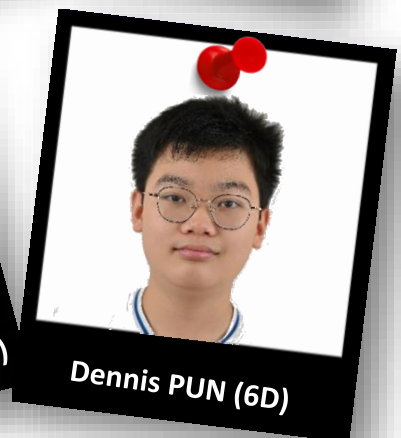
Mark MAI (6B)



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Mary PHANPHAEW (6D)



Dennis PUN (6D)

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