

THE ELCHK FAITH LUTHERAN SCHOOL

English Newsletter

June 2024 Issue

Sports Day

Every year, our school holds Sports Day where we cheer for our classmates and create wonderful memories. This year, Mr. Sit Siu Chi Simon, the Chief School Development Officer at the Education and Manpower Bureau, was our guest of honor. In his speech, he said, "Don't be arrogant when you win and don't be discouraged when you lose." This was exactly what we needed to hear because some of us were anxious about losing. His speech was inspiring. Mr. Yeung Yau Chi Jackson, our school supervisor, also gave an inspiring speech, encouraging us to do our best and enjoy the events.



Speech by Mr. Sit Siu Chi Simon



Mr. Yeung, Mr. Sit and Mr. Poon with the winners



Mr. Sit giving award to the winners



Students competing in different track and field competitions



Mr. Poon blowing the horn to begin the sports day events



Parent and child games



Sports can improve our health, coordination, and balance. Our school principal started the day with an encouraging speech and blew the horn to mark the beginning of the events. Each class made banners and used cheering sticks, drums, clappers, and pom-poms to show their support. It was an unforgettable experience filled with many cherished memories.

There were various track and field competitions, as well as parent-child games that helped strengthen family bonds. Chan Ho Fung Jacky of Class 1A said it was fun and exciting to play with his parents at Sports Day.

Our school also invited eight kindergartens to join in the games. Kindergarten students participated in a cheerful relay race. The atmosphere was joyful, and young students thoroughly enjoyed their day. They were excited to run alongside their friends and the older students. Their laughter and enthusiasm added a special charm to the event. While some students competed, others in the stands cheered enthusiastically for the participants.



Kindergarten students and teachers with Mr. Sit and Mr. Poon

We would like to thank our school principal, Mr. Poon Chi Wing, the teachers, and all the staff for organizing Sports Day and giving us the opportunity to participate. Special thanks to Mr. Sit Siu Chi Simon and Mr. Yeung Yau Chi Jackson for taking time out of their busy schedules to attend.

LAU Tin Oi Tania (6C) and BUT Angela (6D)

SECONDARY SCHOOL INTERVIEW TIPS

1. **Practice Speaking English** - Talk to your family and friends in English to gain confidence.
2. **Know About the School** - Learn about the school's values, activities, and programs.
3. **Dress Neatly** - Wear clean and tidy uniform for a good first impression.
4. **Prepare Your Answers** - Think about common questions and practice your answers.
5. **Be Polite and Friendly** - Greet the interviewer with a smile and say "thank you" at the end.
6. **Bring Necessary Documents** - Make sure you have all required documents ready and organized.
7. **Arrive Early**- Arrive at least 10 minutes before your interview time.
8. **Stay Calm and Confident**- Take deep breaths and stay relaxed during the interview.



LEUNG Yan Tung Pinky (5F), WONG Sze Ching Angel (5E) and LAU Tin Oi Tania (6D)

Save Planet Earth

Our world is facing a serious threat from pollution, putting both nature and our health at risk. Let's take a look at some of these pollutants and how they're affecting us.

Air Pollution is caused when dirty air is released from vehicles and factories into the air. In Hong Kong, coal-fired power stations and vehicular traffic are major contributors. Breathing polluted air can cause coughing, itchy eyes, and other breathing problems and lung diseases.

Suggestions to Reduce Air Pollution:

1. Plant more trees to clean the air.
2. Try to use public transport instead of driving to reduce pollution.

WONG Fu Yee David (5F)



Water Pollution is caused when dirty water is released from things like factories and sewage into the water. Dirty water can make us really sick if we drink it or swim in it, causing diseases like diarrhea and cholera.

Suggestions to Reduce Water Pollution:

1. Don't throw trash down sinks or toilets.
2. Use less plastic to keep it out of our rivers and oceans.

LO Lok Tin Ryan (5E)

Light Pollution is caused by too many bright lights at night from things like street lamps and signs. It can disrupt our sleep and mess with our body clocks. It also disrupts the natural patterns of wildlife.

Suggestions to Reduce Light Pollution:

1. Turn off lights when you don't need them.
2. Use softer lights and close curtains at night.

MA Ting Martin (5C)



Noise Pollution is caused by loud noises from cars, construction, and other activities. It can stress us out and even make us sick. Excessive noise in public spaces disrupts peace and tranquility.

Suggestions to Reduce Noise Pollution:

1. Keep the volume down, especially at night.
2. Plant trees to block out noise and close doors when using noisy machines.

CHAN Ching Man Bella (6B)



Land Pollution is caused by dumping garbage and chemicals on the ground that pollutes soil and air, which can make us sick. Overcrowded landfills in Hong Kong are posing significant health risks, leading to respiratory diseases and cancer.

Suggestions to Reduce Land Pollution:

1. Reduce, reuse, and make less trash.
2. Plant trees to clean the air and soil.

WU Lok Him Hayden (5C)



HOBBIES TO TRY THIS SUMMER

Summer is a great time to explore new hobbies and activities. Here are some fun and engaging hobbies you can try.

ORIGAMI

Origami is the art of folding paper into various shapes, such as animals and flowers. I like origami because it requires attention to detail. All you need is paper and some tools like a ruler and glue to create your designs. It's a relaxing and creative way to spend your time.

WU Lok Him Hayden (5C)



PAINTING

Painting is good for your brain and a great way to spend your free time. I like painting because you can create anything you want. All you need is some art paper, brushes, and colors to get started. It's a wonderful way to express your creativity and improve your artistic skills.

CHAN Tsz Kiu Nina (5F)



COOKING

Cooking may seem hard at first, but after trying some recipes, you will enjoy it. Cooking is like art; just as adding something to art makes it beautiful, adding heat changes food into something delicious. You can find recipes on the internet and try new dishes. Be patient with yourself and start with the basics, such as simple sandwiches. Watching YouTube videos can also help you learn more about cooking.

Aroosh (6D)



CHESS

Chess is one of the oldest and most popular board games. It is played by two players on a checkered board, each with 16 pieces of either white or black. The objective of the game is to capture the opponent's king. Chess is good for the brain and teaches concentration, planning, and problem-solving skills. This is why I love playing it. It's a challenging and rewarding game that can be enjoyed at any age.

LI Bai Bob (5D)



Trying new hobbies can be a lot of fun and a great way to learn new skills. Whether you enjoy cooking, origami, painting, or chess, there's something for everyone to explore this summer. Enjoy and make the most of your free time! Which one are you going to try?



Riddles

1

What goes up
but never goes
down?

What has four
legs, but can't
walk?

3

What goes up
and down but
doesn't move?

4

What is at the
end of a
rainbow?

5

What English
word has three
consecutive
double letters?

6

Where will you
find Friday
before
Thursday?

LAU Yik Sum Cheree (6C) and BUT Angela (6D)



MA Ting Martin (5C)

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