

THE ELCHK FAITH LUTHERAN SCHOOL

ENGLISH NEWSLETTER

2024-2025 - Issue 2

CELEBRATING 100 DAYS OF LEARNING AND GRATITUDE



The 100 Days Celebration marked a significant milestone for our P1 students, honouring their achievements and growth during their first 100 days of school. Through heartfelt songs and gestures of gratitude, they expressed their appreciation for Principal Poon, their teachers, parents, and the school community.



Singing in Three Languages: A Proud Moment

The P1 students read a poem in Cantonese, sang songs in Mandarin, and English, showcasing their linguistic talent. Their heartfelt performances were met with enthusiastic applause, reflecting the audience's appreciation and boosting their confidence.



Flowers of Gratitude: Thanking Everyone

P1 students gave flowers to show love and gratitude to Mr. Poon Chi Wing, our school principal, their parents, and teachers. This thoughtful gesture expressed how much they care about those who support them.

NGAI Tsz Lam Noel (6A) and HOANG David (6F)

Exploring the Heritage of Traditional Chinese Medicine

Our recent two-day Traditional Chinese Medicine Study Tour to Guangzhou was both exciting and educational, offering students a unique opportunity to learn about Chinese medicine and its cultural significance. Students explored museums, participated in interactive workshops and explored the connection between nature and health through hands-on activities, such as making herbal sachets and grinding herbs.



Learning and Reflecting

The study tour was exciting and educational. I learned about Chinese medicine, saw beautiful plants, and made an herbal sachet to take home. I felt proud to share what I learned with my family. This experience gave me a deeper appreciation of Chinese culture.

LAU Yuen Yau Vera (5F)

My favourite part of the trip was visiting the Guangdong Museum of Traditional Chinese Medicine, where I saw unique animal specimens used in treatments. I was amazed to learn about their applications. The visit was truly fascinating, and I hope to return in the future to explore more.

NIE Wing Shan Wingci (6E)

Exploring Chinese Medicine

Reflections from Our Study Tour

Discovering the History of Herbal Tea

We visited the Guangdong Herbal Tea Museum and learned about herbal tea's history and health benefits. I made a sachet with cloves and mint and enjoyed grinding them. Tasting the tea was refreshing and a highlight.

CHEUNG Tsz Hin Nathan (5F)



Appreciating Nature at the Botanical Garden

At the South China Botanical Garden, we saw many plants and flowers. I learned how plants grow and how some are used in Chinese medicine. Smelling the flowers was delightful, and the greenhouse visit was my favourite.

LOU Rongkai Coden (6E)



Exploring the Shennong Traditional Chinese Medicine Museum

At the Shennong Traditional Chinese Medicine Museum, I saw old tools and medicines. My favourite part was smelling calming herbs while making sachets. It was my first time visiting such an interesting museum, and I learned about Chinese medicine.

CHENG Yuet Ling Sibyl (6E)



Learning at the Guangdong Museum of Traditional Chinese Medicine

At the Guangdong Museum, I saw rare herbs and enjoyed making sachets. I learned about Chinese medicine's benefits, which increased my interest in the field. I hope to become a Chinese medicine practitioner someday.

LEUNG Yan Tung Pinky (6E)

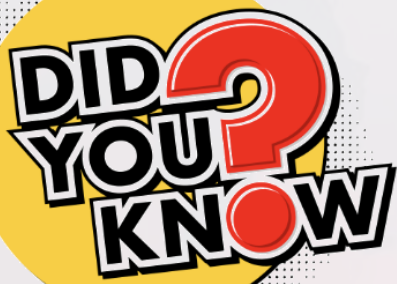


Measuring Herbs: My Favourite Seminar Moment

At the seminar, Chinese medicine practitioners taught us how to weigh herbs with special tools. I loved measuring herbs and learning about their uses. It was a unique experience, and I'm grateful to the presenters.

LAU Hau Yi Haley (6D)



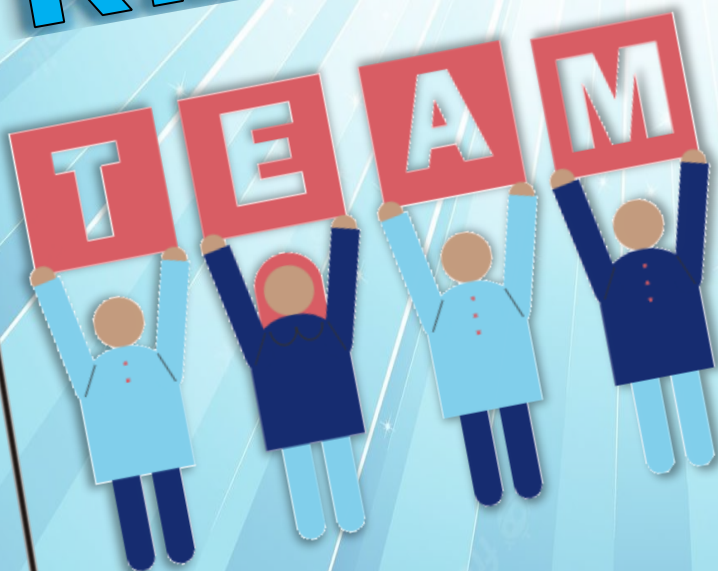


**DID
YOU
KNOW?**

CHINESE MEDICINE

1. **Ancient Wisdom:** Chinese medicine has been practiced for over 2,000 years!
2. **"Qi" Energy:** It focuses on maintaining balance in the body's energy, or "Qi."
3. **Healing Herbs:** Ginger and ginseng are widely used in Chinese remedies.
4. **"Yin" and "Yang":** Health is achieved by balancing these two complementary forces.
5. **Acupuncture Magic:** Tiny needles are used to stimulate the body's natural healing process.

NEWSLETTER



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