

Paulinian Post

July

ENGLISH NEWSLETTER

Issue 6

End of the School Year!

What a fantastic year it has been! As we approach the end of the academic year, we want to take a moment to celebrate the hard work and dedication of both our students and teachers. Your efforts have truly made this year remarkable!

To mark the occasion, students have been participating in a variety of end-of-year activities designed to both educate and entertain. These include STEAM Day, the inter-class dodgebee competition and the impressive Go Green Girls Expo.

As we wrap up this academic year, we want to express our gratitude for the enthusiasm and joy that each student and teacher has brought to our school community. Here is to a summer filled with rest and rejuvenation, and we look forward to another exciting year ahead! Well done, everyone!



Newly Emerged Sports Experience

Students also got to participate in some fun sports activities in the covered playground. P3 and P4 girls learned the exciting sport of dodgebee and molkky. This activity not only introduced them to the fundamentals of the games—such as teamwork, strategy, and sportsmanship—but also fostered a sense of community among classmates. The girls practised their throwing and dodging skills through friendly competitions that emphasised cooperation and respect for one another.



STEAM Day

Students immersed themselves in hands-on activities that blended science, technology, engineering, arts, and mathematics. Throughout the day, they participated in a variety of engaging projects that sparked their curiosity and creativity.

P1 and P2 students took part in a Jumping Cups activity, where they designed and tested their own cups. They learned about energy transfer and motion as they experimented to see whose design could jump the highest.

P4 and P5 students took part in the Windbag project, where students investigated the concept of air pressure. They created their own windbags and experimented with them.



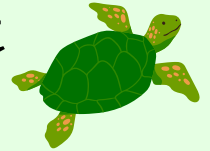
Go Green Girls Expo

Go Green Girls Expo showcased the innovative spirit of our P6 students, who presented their inventions aimed at combating climate change. After learning about the challenges our Earth faces, they shared their ideas with P5 students, demonstrating their creativity and commitment to making a difference.



The Power of the Environment

by Giann Yim 5C



The environment is the natural world we live in. We share the environment with other animals and plants, so we should take good care of it. However, we are not doing enough to protect the environment, which is in danger now. What can we do?

Saving energy is one way we can help. For example, turning off lights when we leave a room is a simple but effective way to save energy. We should also consider renewable energy sources like solar, wind, and hydroelectric power.

Renewable energy comes from natural sources, and we can use it over and over again. It is good for the environment because it is cleaner and does not cause pollution like fossil fuels do.

There are different types of renewable energy. One type is solar energy, which comes from the sun. People install solar panels on the roofs of buildings to capture the energy of the sun and turn it into electricity. Another type is wind energy. Wind turbines are special machines that can produce electricity from the wind. We can also use hydroelectric power, which harnesses the movement of rivers, waterfalls, and more to provide electricity.

Renewable energy is important because fossil fuels, such as coal and natural gas, are running out and causing damage to the environment. By using renewable energy, we can help protect the planet and create a cleaner and healthier world for ourselves and future generations.

We have the power to make a difference, so let's start renewing the environment today!



Student Spotlight

Let's meet some amazing students from P5 and P6! They are excited to share their interests, hobbies, and what makes them unique. Whether it's their favourite book, a hidden talent, or a memorable school experience, get ready to meet your school friends!



Nikki Ng, 5D

Q: Tell us a fun fact about yourself.

A: My nickname is Nike (like the sportswear brand).

Q: What is your favourite subject?

A: English is my favourite subject!

Q: What are your dreams or goals for the future?

A: I want to play volleyball professionally.

Sicilia Lam, 5B

Q: Do you have any hobbies?

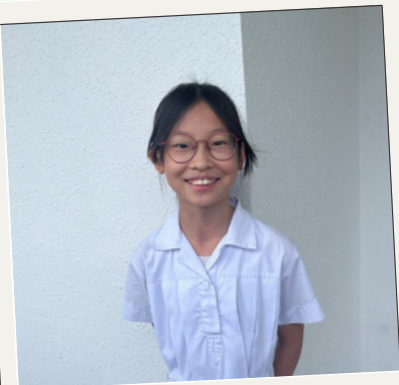
A: Yes, I love to play volleyball and skipping with my friends.

Q: What is your favourite food?

A: I love potato chips!

Q: If you could travel anywhere in the world, where would you go?

A: I would like to visit Tokyo, Japan. I have never been there but the city looks amazing!



Valerie Chau, 5C

Q: If you could go anywhere for a day, where would you go?

A: I would really like to visit my hometown of Bangkok so that I would get to see my friends and relax.

Q: If you could have any superpower, what would it be?

A: I would love to have the power of time travel so that I could visit my grandad and spend more time with him before he passed away.

Q: What are your dreams or goals for the future?

A: I would really like to be a small business owner to learn the skills of leadership and finance management.

**Keisha Lo, 5A**

Q: If you could be anyone for a day, who would you be?

A: I would like to be my mum because I want to go to work for the day and I think her job sounds quite fun.

Q: Do you have any hobbies?

A: I enjoy singing and drawing!

Q: What do you want to be when you grow up?

A: I'd like to be an architect because buildings interest me and I enjoy drawing.

Sophia Leung, 6C

Q: Do you have any hobbies?

A: Yes, I like drawing and sleeping.

Q: What are your dreams or goals for the future?

A: My dream is to live a happy and healthy life.

Q: If you could wish for anything in the world, what would it be and why?

A: I would wish for infinite money so that I'd never have to work and time travel so that I could listen to The Beatles live performance.

**Sophie Obieze, 6C**

Q: What advice would you give to younger students?

A: Don't give up, even when school seems difficult and you have lots of homework to do. Remember to still have fun!

Q: Tell us a fun fact about yourself.

A: I have a dog and my dad is from Nigeria.

Q: What's your favourite food?

A: Pizza, of course!

Charlotte Tin, 6B

Q: What's your favourite subject?

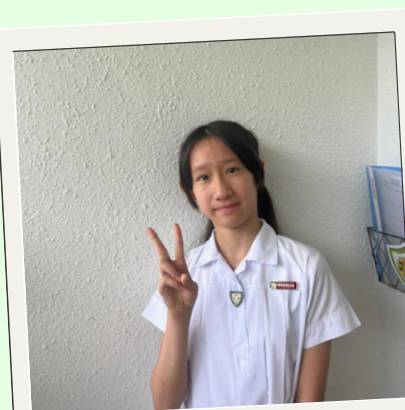
A: My favourite subject is PE because I like playing sports with my friends.

Q: Do you have any goals for secondary school?

A: I hope that my grades improve in secondary school.

Q: Tell us something you enjoy doing on a weekend.

A: I love to go swimming with my friends on a weekend!



Tech Tips

Have you heard of these fun and interesting apps? Why not give them a try over the summer and learn something new?



Kiddle: A safe search engine for kids.

ScratchJr: Introduces coding through fun games and animations.



Duolingo: A fun way to learn new languages.



Headspace: For kids to learn about mindfulness and relaxation techniques.



Online Etiquette

Today, we're diving into the world of online etiquette! Just like we have manners in real life, we need to be polite and respectful when we're using the Internet. Here are some friendly tips to help you be a great digital citizen!

1. Be Kind in Your Messages

When you're chatting with friends online, always remember to use kind words. If you wouldn't say it face-to-face, it's best not to say it online. A little kindness goes a long way!

2. Think Before You Click

Before you share something online, ask yourself: Is this true? Is it nice? If the answer is "no," it's better to keep it to yourself. Sharing positive and helpful information is super important!

3. Respect Others' Privacy

Just like you wouldn't want someone to share your secrets, it's important to respect your friends' privacy too. Always ask before posting pictures or sharing personal information about someone else.

5. Stay Safe Online

Always remember to keep your personal information private.

Don't share your address, phone number, or passwords with anyone online, even friends. Your safety is the most important!

4. Use Proper Language

When typing messages, try to use complete sentences and avoid using too many abbreviations. This way, everyone can understand what you're saying, and it shows that you care!

6. Be Open to Feedback

If someone lets you know that something you posted might not be nice, listen to them! It's okay to make mistakes; what matters is that we learn from them and do better next time.

By following these simple rules, we can all create a positive and friendly online community. Let's be awesome digital citizens together!

Happy surfing! 🌟

Say No to IDK

Alyssa Tung 4C

Nowadays, we often hear teenagers answering 'IDK', which is a short form of 'I DON'T KNOW'. However, every time we say 'IDK', have you ever considered how the person who hears this phrase might feel?

Let's discuss why we tend to respond this way. First, it is simple and thoughtless. Second, we might be taking a break or thinking about other things at that moment. As a result, it automatically forms an 'emotional shield', signalling that we are giving up on brainstorming, which ends the conversation instantly. Saying 'IDK' not only lacks meaning but can also damage relationships with family and friends.

Instead, we should suggest more constructive ways to respond, such as 'Let me think about it' or 'I don't really know; maybe let's think about it together'. This shows the other person that you need time to process your thoughts, while also demonstrating that you care about their concerns.

'IDK' might seem like a simple thing to say, but the person who hears it might feel ignored. So, don't say 'IDK' when you don't mean it.



Book Recommendations

Looking for something to read over the summer? Look no further!

The Wild Robot, by Peter Brown

A mysterious robot named Roz awakens on a remote island after a storm. Alone and unsure, she must learn to survive in the wild while navigating the challenges of her new environment. As she encounters the island's diverse animals, she discovers what it truly means to be alive. This enchanting story invites readers to explore themes of friendship, adaptation, and the wonders of nature, leaving them eager to uncover Roz's journey.



Pax by Sara Pennypacker

A young boy named Peter must leave his pet fox, Pax, behind when his father enlists in the military. Heartbroken and determined, Peter sets out on a journey to reunite with his beloved companion. Meanwhile, Pax faces the challenges of the wild, learning to adapt and survive. This touching story captures the deep bond between a boy and his fox, exploring themes of loyalty, love, and the impact of war, leaving readers eager to discover what happens next.



Flora & Ulysses by Kate DiCamillo

In "Flora & Ulysses," a young girl named Flora, a self-proclaimed cynic, discovers a squirrel named Ulysses after a freak accident involving a vacuum cleaner. To her surprise, Ulysses turns out to be no ordinary squirrel—he possesses superpowers! As Flora and Ulysses embark on a series of adventures, they navigate friendship, family, and the challenges of being different. This whimsical story blends humor and heart, inviting readers to join Flora and Ulysses on their unforgettable journey.



Book Report

Cheryl Wong, 4A

Harry Potter and the Sorcerer's Stone is about a boy named Harry Potter. He is an 11-year-old who lives with his uncle, aunt, and cousin because his parents sadly died when he was only one year old.

One day, something really cool happened! Harry received a letter inviting him to attend Hogwarts School of Witchcraft and Wizardry. He discovers that he is famous in the wizarding world because he survived an attack from the dark wizard Voldemort when he was a baby. Life at this school is super adventurous and exciting, with lots of ups and downs. Some lessons are boring, and some teachers are a bit mean. However, Harry makes two awesome friends, Ron and Hermione, and they always help each other out. He gets to fly on broomsticks, play Quidditch on the Gryffindor team, and even receives his dad's invisibility cloak, which is really special.

In the end, after Harry and his team win the House Cup for Gryffindor, he has to go back to London to spend the summer with the Dursleys, which he doesn't like very much.



Stay Safe While Travelling

Travelling can be an exciting adventure, whether you're exploring new places with your family or going on a school trip. However, it's important to stay safe while you're on the go. Here are some simple tips to help you have a fun and safe travel experience!

1. Stay with Your Group

Always stay with your friends, family, or teachers. If you're exploring a new place, don't wander off alone.

2. Know Important Information

Make sure you know important details like:

- Your family's contact numbers
- The address of where you're staying
- Emergency contact information for your school or travel group
-



3. Be Aware of Your Surroundings

Pay attention to what's happening around you. If something feels strange or uncomfortable, trust your instincts and move to a safer area.

4. Keep Your Belongings Secure

Always keep your bags close to you, and avoid leaving valuables unattended.

5. Have a Meeting Point

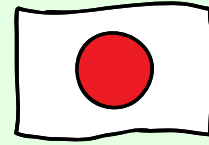
If you're travelling with a group, choose a meeting point in case anyone gets separated. This way, you'll know where to go to find each other.

Travelling should be fun! By following these safety tips, you can ensure that you and your friends have a wonderful time while staying safe. Happy travels!



A Day in Tokyo

Vittoria Chesi, 4D



It is finally Easter holidays! My family and I planned to spend the day in Tokyo Japan.

First, we went to the famous Cappiness Capybara Cafe. There, you can enjoy the delicious food, while petting, playing and feeding the adorable capybaras. My sister and I begged my parents to buy us some capybara food to feed them. They are just so unbelievably cute!

Next, we were all very hungry so we decided to eat Japanese curry because we have heard many people say just how scrumptious it is. My family and I agreed that this is the best dish we have ever eaten. I could probably eat this every single day!

After that, my sister and I wanted to do something fun so we went Mario cart racing. My friend tried it and said it was the best experience she had ever experienced. My sister and I were super competitive so we wanted to have a race against each other, and the winner would get the viral rainbow cotton candy. While racing, I almost forgot that I was having a race because it felt so good! At the end, it was a tie so my parents bought us both a cotton candy. It was delicious!

Finally, it was dinner time so we had ramen for dinner. I am not talking about packaged noodles here, but one of the most popular comfort foods in Japan! This dish was so delicious that I wished to eat it every day! Living in Japan, your mouth will never get bored with all these delicious dishes!

I recommend going to Japan because of its delicious foods and different entertainments. I am sure you will love Japan!



Health and Wellness Corner

It is important to know how to look after ourselves both physically and mentally. Here you can read some tips on how to stay fit and healthy.

Daily Exercise

Can you challenge yourself to do this every day? See how long you can keep it up!

10 X jumping jacks

10 X hopping on one leg

10 X hopping on the other leg

10 X high knee jumps

10 X touch your toes

Understanding Emotions

How are you feeling today? We all experience good days and bad days. Try keeping a journal to write down your thoughts and feelings.

Feeling Stressed?

Try putting your device down, stretching or listening to music for a while to help you disconnect and recharge.

The Power of Sleep

Did you know schoolchildren should get around 9-11 hours of sleep every night. It is important to help us grow, stay happy and fight off illnesses.

Word Scramble

Unscramble the letters to find the correct value!

HTRUT

ICEJSTU

HLEDAERSIP

VPENEAERSECE

ILRESPNOISBITY

CUAEORG

EEIIDLGNC

NCEURDPE

Miss Marie, what can we share in the Paulinian Post?



You can submit anything you'd like to share! Here are some ideas:

- Poetry
- Stories
- Free Writing
- Book Reviews
- Artwork
- Exciting Experiences
- Travel Diaries
- Letters
- Advice
- Interviews
- Photo Essays
- Hobbies
- Fun Facts



A Fond Farewell from Miss Marie

Dear Paulinians,

As the school year comes to a close, I want to take a moment to say goodbye and express my heartfelt gratitude to all of you. My time at St. Paul's Primary Catholic School has been truly special.

I have cherished every moment spent teaching each of you and will hold dear the wonderful memories we've created together, from engaging classroom activities to memorable school events.

I am deeply thankful for the support and kindness shown by the staff and parents.

As I embark on new adventures, I will carry these memories in my heart. I wish you all the very best for the future!

If you'd like your work to be featured in future editions of the Paulinian Post, please reach out to Ms. Vicky Lam, our new Editor-in-Chief, at ttlam@sppsc.edu.hk.

Warm wishes,

Miss Marie
Editor-in-Chief, Paulinian Post

