

# Paulinian Post

March

*ENGLISH NEWSLETTER*

Issue 8

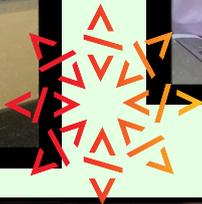
## English Day: Heritage in Harmony

This year's English Day at SPPCS brought various cultures, from China to Mexico, together. Organised by the English Department with the help of parents, the event gave the students the opportunity to showcase their creativity and understand cultural heritage.

Traditional Chinese hanfu, colourful Mexican skirts, Ukrainian flower crowns and many other costumes from all over the world were truly amazing to see on the day! We created our own Chinese hand fans, painted famous Russian dolls, tasted Mexican guacamole and played African drums. English Day was full of new discoveries and unique experiences.

A big thank you to everyone engaged in making English Day: Heritage in Harmony such a memorable and fantastic event. Let's appreciate all the cultures!





# Hurray for Our Choral Speaking Champion

We are absolutely thrilled and immensely proud to celebrate the outstanding achievement of our extraordinary English Choral Speaking Team in securing the first place in the prestigious 77th Hong Kong Schools Speech Festival with the remarkable performance of 'Polar Bear' by Spike Milligan.

Our talented P2 and P3 Paulinians showcased perfect synchronisation, creative movements and amazing teamwork in performing the captivating poem, turning the stage into a magical and fun adventure of literature! The audience was dazzled by the energy and passion brought by the team, making it a performance to remember. The students' hard work, dedication and perseverance have truly paid off. Massive congratulations again to each and every one of them!





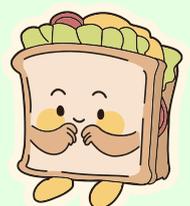
# P2 Master Chef Junior: Fantastic Sandwiches



In February, in a delicious twist to the English lessons, primary 2 students at our school turned the classroom into a bustling kitchen, crafting their very own sandwiches.

Guided by Ms Daria, the young chefs followed simple instructions to spread butter or nutella on a piece of bread, layer fresh fillings like cheese, ham or tomatoes, and assemble their culinary masterpieces.

This activity sharpened P2 students' language skills through hands-on fun, and it sparked joy and teamwork, leaving everyone with full tummies and big smiles. What a tasty way to learn!



# Best Sandwich Recipes

## GRILLED BEEF SANDWICH

### Ingredients:

- 1. Bread
- 2. Cheese
- 3. Grilled beef
- 4. Veggies (tomatoes and cucumbers)
- 5. Pepper

### Steps:

- 1. Cut the bread into triangular shapes, and toast them. Grill the beef.
- 2. Put beef, veggies and cheese on the bread, and sprinkle some pepper. Put another piece of bread on top.



by Mildred Wong 2C

## EGG & MUSHROOM SANDWICH

### Ingredients:

- 1. Bread
- 2. Cheese
- 3. Mushrooms
- 4. Eggs
- 5. Tomatoes
- 6. Ketchup

### Steps:

- 1. Cut the bread into triangular shapes, and toast them. Boil the eggs and cut them into pieces.
- 2. Spread some ketchup on the bread. Put cheese, tomatoes, mushrooms and eggs on the bread. Put another piece of bread on top.



by Katie Wong 2B

## HAM & CHEESE BAGEL

### Ingredients:

- 1. Bagel
- 2. Cheese
- 3. Ham
- 4. Strawberry jam
- 5. Cucumbers

### Steps:

- 1. Cut the bagel into half. Spread some strawberry jam on the bagel.
- 2. Put cheese, ham and slices of cucumbers on the bagel. Put another piece of bagel on top.



by Chloe Hui 2A

# Cultural Journey: Treasures of China

Our amazing English Ambassadors have been super busy turning their creativity into exciting board games for the whole school! Inspired by the wonders of Chinese culture and hidden treasures, these young leaders designed games that teach us about historical places, yummy food, and festivals celebrated in China.

Working in teams, they created memory games with famous dumplings and mooncakes, a card game about landscapes and cities in China, and even their own monopoly-style game about Chinese Festival Food!

During the week, everyone from P1 to P6 gathered in English Wonderland to play, laughing and cheering as they discovered new words and facts.

These games not only boost our English skills but also share the magic of Chinese heritage. Well done, Ambassadors, for making school so much fun!



# Celebrating Chinese New Year 2026

Chinese New Year, also known as Lunar New Year or the Spring Festival, is a super exciting festival that marks the beginning of a new year in the Chinese calendar! 2026 is the year of the Fire Horse which opens new paths and brings a lot of energy. It's a time for families to come together, share yummy foods like dumplings and rice cakes, and wish everyone good luck for the year ahead.

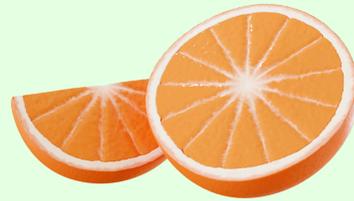
**Here are some wonderful ways we can celebrate Chinese New Year.**



We can read stories about the zodiac animals, like the clever rat or the strong dragon, and we can draw our own zodiac pictures.

We can all wear red clothes – red is a lucky colour that scares away bad spirits!

We can also try special snacks such as orange slices, since oranges mean good fortune.

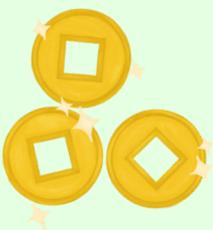


How about making dragon masks and parading around with loud drums to mimic the traditional dragon dance?

Write 'good luck' cards for your friends and families.



Celebrating Chinese New Year is always full of fun, joy and kindness!  
Happy Chinese New Year!



# CNY Quiz

Do you know a lot of facts and traditions about Chinese New Year?  
Take a chance to shine!



**What animal represents the Chinese Zodiac in 2026?**

- A) Snake
- B) Dragon
- C) Tiger
- D) Horse



**What do families do on the eve of Chinese New Year?**

- A) Go to the beach
- B) Have a big reunion dinner
- C) Play video games all night
- D) Clean the house completely



**What food is eaten during CNY that means good luck?**

- A) Pizza
- B) Dumplings
- C) Ice cream
- D) Burgers



**What do people use to scare away bad spirits during CNY?**

- A) Fireworks and lion dances
- B) Balloons
- C) Toys
- D) Books



## Books & Films Recommendations

We never stop exploring new things! Here you will find some books and films recommended by SPPCS students and teachers! Enjoy!

*Harry Potter and the Philosopher's Stone,*  
Joanne Kathleen Rowling

*This book is full of magical scenes, such as moving stairs and flying candles. They are amazing! The story describes an orphan boy named Harry who discovers that he is a wizard on his eleventh birthday. He goes to Hogwarts, a school of magic, to study. But Harry also has an enemy - Voldemort. What will happen? Read the book and find out!*

Isabella Lok, 6A



*Wicked, Part I*

*If you like magical stories like the Wizard of Oz, 'Wicked' is a fantastic musical adventure! The film highlights Elphaba, a green-skinned girl, who becomes the Wicked Witch, and her friendship with Glinda, showing how differences can lead to great things. With catchy songs, colourful costumes, and lessons on kindness and bravery, it's perfect to watch over a weekend! Spark your imagination!*

Ms Daria



*Zootopia, Part 2*

*"Zootopia 2" is an adventure full of surprises! Judy the Bunny and Nick the Fox chase clues, meet new animal friends, and solve problems together. It's fun, fast, and shows us that kindness and cooperation make the world better. With lots of laughs, colourful scenes, and exciting teamwork, this film keeps the audience smiling while teaching the power of friendship, courage, and perseverance.*

Miss Sally Leung



# Lessons in Listen: The Tale of a Parrot

## Cheryl Wong 5D

There was once a cat and a parrot which lived along with other animals, such as dogs, rabbits and foxes. The cat was quiet, thoughtful and attentive, but the parrot was a chatterbox, inattentive and thoughtless!

It was choir practice in the woods, and Cat, who was the cleverest of the students, was teaching everyone a Christmas carol. All the animals were listening attentively, except Parrot, who was munching away on peanuts, so not one of the animals could concentrate at all!

The last class was a reading class that day. All animals were reading their favourite books, except the parrot, who was singing loudly! 'Can you please be quiet?' asked Dog. The reading class teacher said, 'You are interrupting other classmates.' However, Parrot did not listen to the teacher. He kept on singing and the animals could not concentrate!

The next day, Cat, Parrot and the others had their swimming class. All were listening to the teacher, except Parrot, who was daydreaming about his lunch. When the teacher told them to float in the water, Parrot did not know how to do it! Parrot flapped his wings repeatedly, but nothing was working! He was sinking into the water of the pool! Luckily, Cat reacted fast. She put her paw under Parrot's back. 'Stay calm and spread your wings. You will float when you are calm,' she said. Parrot tried and it worked! Cat saved his life!

From that day on, Parrot paid full attention in every class. He never munched on peanuts during choir practice. He even stopped singing in reading classes, and he never ignored the swimming teacher anymore! In fact, he became the best student of all!



## Calling for Submissions

Dear Paulinians,

The SPPCS school newsletter is a wonderful opportunity to share your creativity and showcase the amazing things happening in our school community.

Ideas for submission:

- Creative Writing: short stories or letters
- Book/movie/food reviews
- Travel experiences
- Classroom Highlights: fun projects or activities from your class

To submit, please email your work to [pospelova@sppcs.edu.hk](mailto:pospelova@sppcs.edu.hk) anytime. Remember to include your full name and class so that I can find you at school for comments or editing.

Let's make our school a canvas for creativity—every student has a unique spark waiting to shine!

Thank you for your contributions!

Warm regards,  
Ms Daria  
Editor-in-Chief, Paulinian Post

