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Interviewing our School Principal, Mr. Li Chor On

Editorial

It's really been an unusual year for all of us, our school, Hong Kong and the world. It's a year we will never forget. Extra time at home, masks, hand rub and lots of time on screens like our TV, phones and tablets etc.

Did you miss your friends and teachers from school? It's been a very long break. We also had the chance to learn new things like Zoom. We had time to get even closer to our family and time to think more about the world after COVID-19.

Life will get back to normal before too long. So here's two sayings my mother always used to repeat often to me. (She has hundreds!)

"Good things come to those who wait."

"Patience is a virtue."

It is our pleasure to interview our school principal, Mr. Li Chor On. Mr. Li has been the principal of KCBC Hay Nien Primary School (PM) since the school established in 1988.

Before working in Hay Nien, Mr. Li was once an English teacher. He enjoyed being the mentor of his beloved students and gave them help and advice, not only in learning English, but also for their personal development.

To further dedicate himself in the education field, Mr. Li accepted the challenge and became a principal. Throughout the years, Mr. Li has led our teachers to build up a school full of love and care. He has shown his engagement and enthusiasm towards our school and students and set a role model for our teachers.



Time flies. This is the last year for Mr. Li serving our school. In September 2020, he will start a new page of his life. He will always treasure all the memories of our school. We wish Mr. Li a very happy retirement and thank him so deeply, for his contribution to our school community.



Mr. Gilbert and his mum

TERRIFIC TUESDAY!!

This year, we had enjoyable morning recess activities in the English Wonderland. It was promoted every Tuesday morning on the Campus TV.

From board games to Android Tablets installed with English game apps, we all had lots of fun! Children brought their English passports to try and get four chops so they could redeem a prize. They can be extremely competitive but usually help each other nicely.

Kids raced to be the first to line up. Miss Chan and the English ambassadors always gave so much help, keeping the atmosphere orderly yet relaxed. We made sure as many students as possible could participate.



English Pioneers



English Pioneers was established in September 2019. A team of students become English Pioneers and help with video production for our school English TV Channel.

At the beginning stage, students had some trainings and practices for performance. After that, they took turns to be the hosts of the programmes. They also acted in some short plays.

English Pioneers have produced some videos about family and friendship. Later on, they will share some nice English readers with schoolmates. What other topics would you like to watch from the English TV Channel in the future? Let's share your ideas with your English teachers and the English Pioneers!



Personal Hygiene

To stay safe from virus infection, it is important for us to practise good personal hygiene. Here are some useful tips for all of you!



1. Wash your hands
Wash your hands with soap and water for 20 seconds. You can disinfect hands with an alcohol-based hand sanitizer too!

2. Use tissues or paper towels
If you have to turn a door knob, put a clean tissue or a paper towel between the knob and your hand.

3. Sterilize your personal belongings
We always touch wallets, phone keypads, computer keyboards and remotes. Remember to sterilize them with alcohol-based disinfectant.

4. Don't shake hands or hug others
This is the time to use a smile or body gestures to say hi and bye!

5. Don't touch your face
Don't touch your face because germs you pick up may start reproducing as soon as they contact eyes, nose and lips!

6. Wear a facemask when you go outside
Wear a mask once you go out to protect others and yourselves!

7. Social Distancing
Keep at least one metre between yourselves and others and avoid crowds!



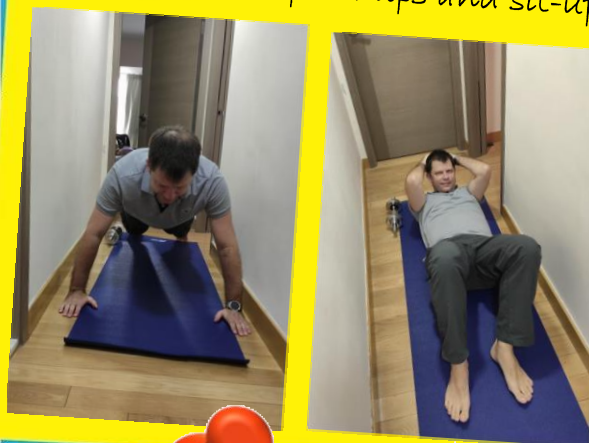
Keeping Fit at Home

Many of us have been stuck inside so much, lately. Is it good just to sit, sleep and read, without exercise? Of course not. Here are some simple indoor exercises you can do.

Balancing on one foot



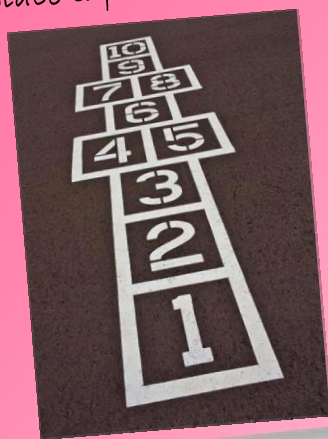
Body weight exercises like push-ups and sit-ups



Blow up a balloon and don't let it touch the ground.



Hopscotch (place tape on the floor)



Jump rope / Skipping



Scan this QR code for watching the Exercise Song in YouTube.



♪ Move with Me ♪

Songs that encourage us

Have you ever felt upset and gloomy? Have you ever had a feeling that you want to be alone and have some quiet moments? Here are a few songs picked by our teachers to lighten up your day!

Brave

by Sara Bareilles



"Nothing's gonna hurt you the way that words do and they settle beneath your skin Kept on the inside and no sunlight Sometimes a shadow wins..."

This song tells us that we often face difficulties. We might even suffer from them. However, we just need to believe in ourselves and stay focus on our goals. We will succeed eventually.

Don't give up

by Bruno Mars



"When you wanna do something that's new And it seems really, really hard to do You feel like quitting, you feel you're through Well I have some advice for you..."

Trying new things is sometimes scary. We want to dedicate this song to our P.6 students as they are going to enter a new school in September. It's okay to feel worried but as long as you keep on trying, everything will be alright. Don't give up! 😊

Learning new words	
encourage (v.)	~to make someone more likely to do something
gloomy (adj.)	~feeling unhappy
lighten up (phr v.)	~to make someone happy
eventually (adv.)	~in the end
dedicate (v.)	~to give
alright (adv.)	~fine / good

Do you know what DIY is? It is the short form of 'do it yourself'. It means we create or make things by ourselves instead of buying them from shops. We have found some easy DIY recipes for you and your parents to follow.

DIY Corner

MOON SAND

Moon sand is a mixture of flour and baby oil. It is good for you to mould different objects like the wet sand at the beach but it is easy to clean.



Moon sand made by our teacher. Food colouring was added.

Ingredients:

- Flour 4 cups
- Baby oil ½ cup (~120mL)

Steps:

- 1) First pour the flour into a tray.
- 2) Then make a hole in the middle of the flour pile.
- 3) Pour the oil in the hole slowly.
- 4) Gently mix the oil and the flour until the oil is gone.
- 5) Finally, store the moon sand in a zipper bag.

* It is children safe but please **DO NOT** eat it.

CALMING BOTTLES

Calming bottles are fun and easy to make. They are pleasant to look at when you feel upset because they are colourful. You can also put your favourite things into the calming bottles.

Examples found online:



This is made by our teacher:



Ingredients:

- Clear water bottle 1
- Warm water 4/5 of your bottle
- Clear glue 1/5 of your bottle
- Glitter any amount you like

Steps:

- 1) First pour the warm water into the bottle carefully.
- 2) Pour the glue into the water bottle and let it dissolve.
- 3) Then add the glitter and some tiny objects that you like. For example, furry balls or toy stars.
- 4) Finally put the bottle cap on tight and glue it.

* **DO NOT** drink any liquid from the bottle.



English Writing Competition 2019-20

This is a special school year for all of us. Due to COVID-19, classes are suspended in all schools in Hong Kong. Students at HNYP have created pieces of writing about this special time.

Ways to protect ourselves

We should wash our hands with water and liquid soap.

We should clean our hands before touching our face or rubbing our eyes.

We should clean the house with 1:99 diluted bleach.

Together, We Fight the Virus!

P.2 Champion: Wong Kwan Nga, Gloria 2A

Home activities during class suspension - Making dumplings



During class suspension, I experienced a lot of things that I would not always do, such as making DIY crafts with my family, playing fun games at home and chatting with my mum and dad a few times every day. The one that impressed me most is making dumplings with my mum.

It was the first time for me to make dumplings so I was very excited. First, we added some pork, corn, egg, sugar and soy sauce in a big bowl and mixed them together. Next, we needed some dumpling wrappers and water. We put the meat mixture into the wrappers. I wanted to play a prank so I put some mustard into one of the dumplings. Guess who would eat it! After that, we wrapped the dumplings and steamed them for ten to fifteen minutes.

Finally, the dumplings were ready. We enjoyed the delicious dumplings. Can you guess who ate the SPECIAL dumpling?



P.5 Champion: Lu Tsz Ning Elsa 5A

Let's prevent the virus together



As COVID-19 spread over the world, it has caused a severe, horrible impact. All the schools in Hong Kong have been shut down. Many parks, public libraries and recreation centres had to suspend operation. Let's work together to prevent COVID-19.

We should stay away from crowded places. If unnecessary, reduce dining outside and try to stay at home. We must wear a surgical mask in public places and on public transport.



We must wash hands with water and liquid soap. Each hand wash should take more than 20 seconds. Always keep our hands clean.

If we have symptoms, we need to go to hospital for health check as soon as possible.



Lastly, we hope COVID-19 to be overcome soon so that we can go to school to learn and play with schoolmates.



P.3 Champion: Luo Angela 3E

Home Activities

Feeling thirsty?
Have a tea party with your best friend
Danny the plushy!



Don't get the virus by social distancing with your neighbours!
Don't forget the homework.
It's important!

Want to have good amount of energy?
Do yoga!
It gives you a healthy body!

Hope you have a nice day.
And live a healthy way!

P.3 First Runner-up: Cheung Chai Ki, Jackie 3B

Scan this QR code for reading all winners' writing.

