

HNYP Post

Healthy Living Special

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Editorial by Mr. Gilbert

Have you heard the saying, "What goes around, comes around"? It is usually taken to mean that if you are good to people, they will be good to you. Have you had this experience?

I used to think about this as a child. My mother would remind me of this, and many other, 'sayings'.

Are you nice to your classmates, helping them when in need? Do you share things? Do you praise others?

Since starting at the school, I have noticed so much goodwill between most students. There are so many great 'sayings' in English and Chinese that help us live our life in a better way. Of course we all make lots of mistakes but it's good to always do our best to be helpful and considerate.

Please enjoy our first English magazine!



Interview of Mr. Gilbert

by Ryan and James (5A)



Where are you from?

I am from South Australia.

Do you have children?

Yes, a little boy and girl.
They are excellent at music and Maths.

What do you like doing in your free time?

I enjoy listening to music and exercising.

What music do you like?

I enjoy old and new western pop music.

What movies do you like?

I love old Hong Kong martial arts movies.
Bruce Lee is one of my all-time favourites!

What food do you like?

I love most healthy food.

What's the best way to improve our English?

It's helpful to read more books and watch more English TV programs.

PLPRW (Primary Literacy Programme- Reading and Writing) NET lessons

This year, the school introduced PLPRW to P3 after its successful introduction in P1 and 2. Each lesson is run by the NET, General English teachers and our TA.

According to the EDB (2012), the program aims -----

“ To provide an authentic environment for children to learn English

To develop children's interest in learning English and establish the foundation for lifelong learning ”



We have a lovely, big, well equipped **English Wonderland**, lovingly maintained.

Children enjoy having their lessons there. It is print rich, giving students a great learning environment.

This year, in PLPRW we have made cakes, masks, menus and magazines with the children listening, reading, speaking and writing about these topics.



"Yummy!"



"Oh! Mr. Gilbert looks so funny!"



"Look at us on the stage!"



"I love using the e-whiteboard!"

Students regularly have a chance to speak and read individually. Reading is usually regarded as one of the most effective ways of second language learning, so this is the focus of PLPRW.

The school has obtained more sets of guided reading books which are suitable for students' abilities.

There is a playground English activity, on most Tuesdays. Students bring their English Passport to get a stamp/chop. We have had storytelling, quizzes and there are lots of fun prizes.



"We've got a lot of stamps!"



"I'm ready to get my prize!"



"Once upon a time, ..."



"These iPad games are so much fun!"

The NET teacher has also organised English games for Mid Autumn Festival and Chinese New Year.

Interview of Miss So Sim Lam by Ryan and James (5A)

What do you teach?

I teach English, Mathematics, General Studies and Computer Studies.

What do you like doing in your free time?

I like going to the park for exercise and eating with my family in restaurants.

What books do you like?

I like Chinese and English fiction, for example, "Chicken Soup for the Soul", "Neo Linguistic Programming" and "The King and I".

What movies do you like?

I like educational Chinese history movies, for example, "The Three Kingdoms".

What food do you like?

I like fruit and vegetables because they are healthy and I love animals so I don't eat meat.

What's the best way to improve our health?

We should eat more healthy food and get more rest.



My Healthy Brother

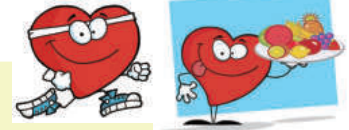
by 4B Yoyo Cheung

My brother is Ben. He likes running in the playground because he can keep fit. He likes weight lifting, too because he can exercise his body. He does exercise every Monday and Wednesday. He can lift heavy weights. He is very strong.

Sometimes, he likes watching TV at night. He also likes reading comic books and storybooks in the library with his good friends because the books are fun. I think my brother is healthy.

Ways of Staying Healthy

by Bobby Cheng 5A



Nowadays, a lot of Hong Kong people are busy working and studying. Therefore, they may not have a healthy life. They are not fit or healthy, either.

Hong Kong people can do the following things to change their life. Firstly, they should do exercise regularly, like having an hour of exercise every day because it is important for making us strong. Secondly, they should have a balanced diet. They should drink plenty of water (6-8 glasses) and eat grains, vegetables and meat in a 3:2:1 ratio. Thirdly, they must have enough rest. They should have eight to ten hours of sleeping every day. Besides, taking a break after working, doing homework or doing exercise is important, too.

To conclude, I think Hong Kong people should have a balanced diet, do exercise regularly and have enough rest to keep them fit and healthy. They should take good care of themselves from now on.

Comments after reading a newspaper

KID POST

Wednesday
18 September 2013

Bad posture gives you 'Game Boy back'



More and more children in Europe (歐洲) are having back problems normally common with middle-aged people, doctors have found. The doctors have a name for the children's back problems - 'Game Boy back'.

The kids' back feel uncomfortable because they have spent too much time slouching over their smartphones and tablet computers. Doctors suggest children be careful with their body posture.

Source: Goodies (18 September 2013)

Lynn Fu 4A

I do not have 'Game Boy back'. I do not like to spend time on smartphones or tablet computers, because I do not have enough spare time. But if I do, I sometimes play computer games or read comic books. We should not play these games all the time. We can listen to music and read more.

Matthew So 4A

I have 'Game Boy back'. I always play with smartphones and tablet computers. We can set the play time to around fifteen minutes. After playing, we can do some exercise with our family.

Healthy Kids Survey

Do you know that more and more children are having serious health problems because of poor lifestyle choices like food and exercise?

These things can make you under/ overweight and send you to the doctor more often. It can even make you behave differently. A healthy breakfast can help you work better at school. Let's see how healthy you seem.

- How many times do you exercise each week, more than 15 minutes?
a) 3 or more b) once or more c) never
- How many times do you eat fruit each week?
a) 3 or more b) once or more c) never
- How often do you eat breakfast every week?
a) 5 or more times b) 3-5 times c) never
- How often do you have sweet drinks like Coke or lemon tea?
a) never b) 3-4 times c) 5 or more times
- How many hours do you sleep every night?
a) 8 or more b) 6-7 c) 4-5
- How many glasses of water do you drink every day?
a) 6 or more glasses b) 4-5 c) 1-3
- How many times a week do you have fast food? (e.g. McDonald's, KFC,)
a) 1-2 b) 3-4 c) 5 or more
- Do you add a lot of salt or sauces to your food?
a) seldom b) sometimes c) always

Results:

If you answered 'a' more than 4 times, you seem very healthy. Keep it up!

If you answered 'a' 2-3 times, you could do more to improve your health.

If you answered 'a' 0-2 times, please talk to your parents, carers or teachers about how to improve your lifestyle.





Do you know what's going on around you?

Target Results:

- 7-10: Your general knowledge is great!
- 5-6: Your general knowledge is not too bad.
- 1-4: Read more news to improve your general knowledge.

1. In what year did our school move to Tai Wai?
a) 1972 b) 2010 c) 2006
2. What country is Mr. Gilbert from?
a) Australia b) South Africa c) Argentina
3. Which floor is the English Wonderland on?
a) 6th b) 1st c) 4th
4. Where is the Wishing Tree?
a) New Territories b) Kowloon c) Hong Kong Island
5. Which temple is in Tai Wai?
a) Po Lin b) Wong Tai Sin c) Che Kung
6. Where is the Hong Kong Government Headquarters?
a) Tamar, Admiralty b) Fotan c) Tseung Kwan O
7. What was Bruce Lee, the HK actor, most famous for?
a) Martial Arts-Wing Chun b) singing c) dancing
8. Which movie was NOT partly filmed in Hong Kong?
a) Iron Man 3 b) Batman: The Dark Knight c) Captain America
9. What is the approximate population of the Hong Kong SAR?
a) 10 million b) 1 million c) 7 million
10. What is the approximate population of Australia?
a) 1 million b) 2 million c) 25 million

Answers : 1c, 2a, 3c, 4a, 5c, 6a, 7a, 8c, 9c, 10c

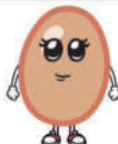
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Healthy Breakfast 15 Word Search



F	G	B	O	A	T	M	E	A	L	C	M	D	H	T
K	T	F	S	R	S	O	Z	S	T	I	L	I	W	E
B	S	P	C	L	K	C	L	E	T	I	U	R	F	L
M	A	Y	K	E	E	E	N	I	V	W	L	X	P	E
U	O	Q	A	R	O	Y	G	G	N	C	D	R	E	M
S	T	V	E	Z	H	R	K	G	O	W	E	W	G	O
Z	V	A	Y	T	L	T	U	E	S	H	C	Q	N	S
D	L	N	L	L	L	T	K	V	M	S	I	Q	I	T
W	U	A	O	T	S	A	F	K	A	E	R	B	P	C
Z	E	A	T	K	F	G	J	K	E	K	N	S	P	J
H	W	H	O	L	E	G	R	A	I	N	W	W	I	P
N	Q	A	J	J	O	V	Z	L	H	Z	O	R	K	Z
H	C	B	R	B	J	N	I	E	T	O	R	P	S	D
E	B	K	L	I	M	C	G	V	L	D	B	L	M	Z
V	B	C	L	F	I	B	E	R	K	C	D	W	Z	V



BREAKFAST
FRUIT
CEREAL
MILK
OMELET

EGGS
BROWN RICE
PROTEIN
WHOLE GRAIN
HEALTHY

FIBER
VEGGIES
SKIPPING
OATMEAL
TOAST



Written and illustrated by:
6A Yammi Leung

Idiom : Do you know what it means to 'Spill the beans' ?



Today, I went to the men's toilet carelessly.



I told Kiki, 'I went to the men's toilet carelessly'.



Kiki told Anna about it.



Anna spilt the beans. She told my classmates the secret. I felt angry.

Meaning: To give away a secret.