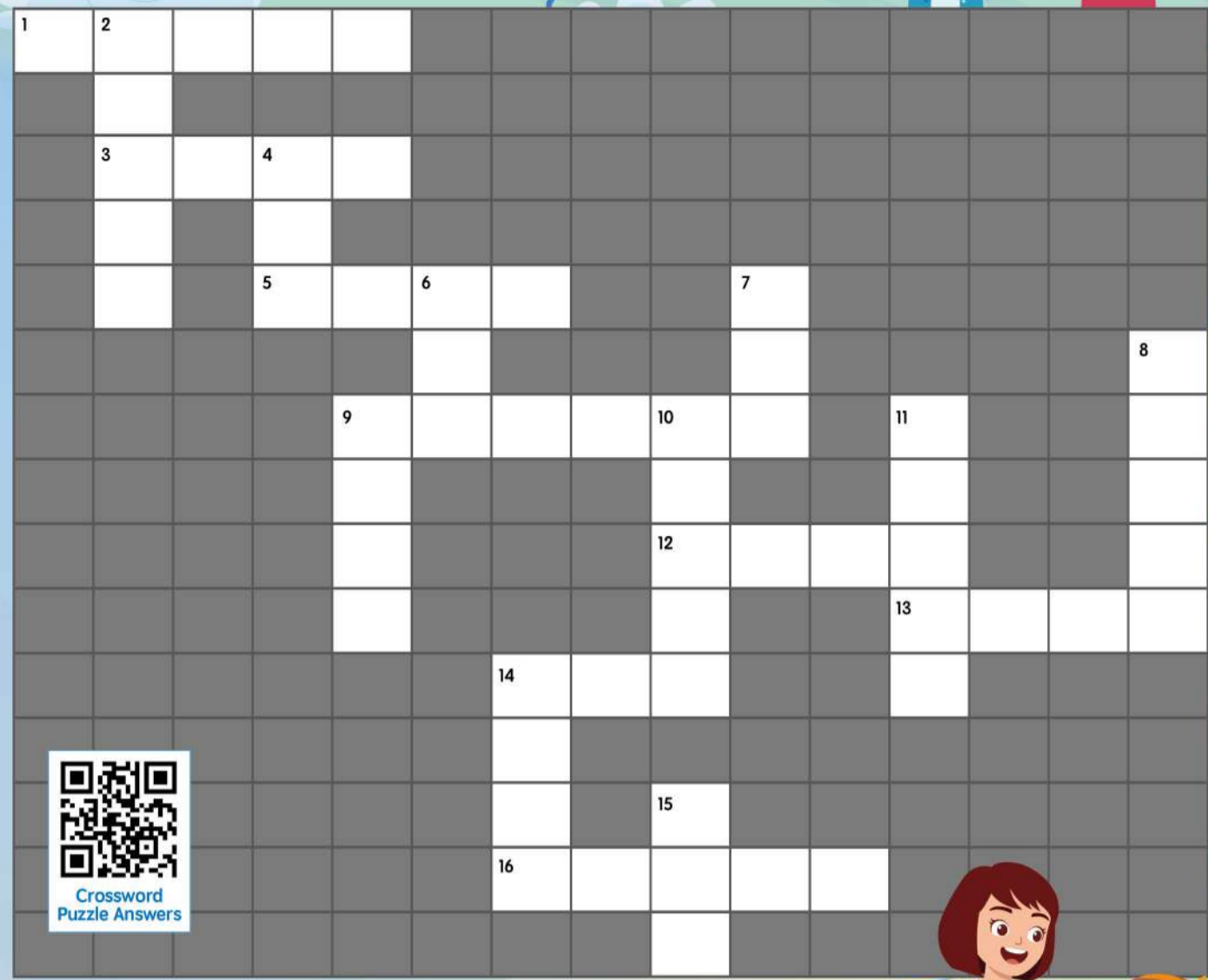


CROSSWORD PUZZLE

Adjective opposites Level: Easy peasy lemon squeezy

Can you complete this puzzle without looking at the hints? Give it a goal!



- Across**
- opposite of tall
 - opposite of rich
 - opposite of up
 - opposite of weak
 - opposite of bad
 - opposite of hard (to do)
 - opposite of cold
 - opposite of light (weight)
- Down**
- opposite of sad
 - opposite of young
 - opposite of dry
 - opposite of small
 - opposite of full
 - opposite of fast
 - opposite of day
 - opposite of above
 - opposite of low
 - opposite of near

Be Grateful and Show Your Gratitude



The way to express our gratitude is as simple as ABC. We can express our gratitude by being thankful to our family, friends, classmates and neighbours by showing our love and care to them through our daily actions. After all, each one of them is playing an important role in our life. Don't you agree?



We have featured some amazing contributions of our joyful students of Class 4H. Scan the QR code to get a glimpse from their eyes of how they feel grateful in their hearts and show their compassion and care for others.

A special thanks to our Honorary Principal Lo, all English teachers, our NETs, English Ambassadors and students of Class 4H for their collective ideas in making this newsletter possible. We are indeed grateful! We hope everyone could be strong and capable individuals who are ready to take on any challenges with a strong emphasis on respecting one another in the society! Please look forward to the next issue!



ENGLISH LANGUAGE

NEWSLETTER

2020/2021

We Shall Overcome!

Heartfelt Congratulations! To kick off the first issue of the English Newsletter, let's not forget the immense contributions from our HRGPS (CWB) team who have worked tirelessly to make sure everything is up and running in these turbulent times due to the pandemic. No matter what you are not alone.

Our teachers and English Ambassadors would like to share their thoughts and some useful tips to help you stay positive and healthy in this hard time. Besides, as we are almost towards the end of the remarkable school year, we should thank the people who have helped and accompanied us in action. We also want to highlight the importance of being grateful. Through simple acts of compassion, no matter how small it maybe, we could bring a change in our daily lives and to the society as a whole. Try not just do these acts for a day, but EVERY DAY!

Teachers' Words

Ms Lam Wing Yee



"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient." - Daniel Kahneman

This quote reminds me to stay positive despite hard times. The Year 2020 has been a special and unforgettable year for everyone around the world. Our mode of living has changed drastically. We are more aware of personal hygiene and try to live healthily. Although there are lots of constraints in our daily life, this period of quarantine life has provided us time to reflect on ourselves and plan for the future. We could spend more time with our family and acquire new knowledge and skills. Learning doesn't necessarily take place at school and with the teachers. We can gain more ownership of our learning.

I hope we can be optimistic and overcome this hard time together!

Miss Tang Lai Luen



I am happy to see you all at school starting from 9th March. Although some of us hadn't seen each other face-to-face for nearly four months, we still found it warm when we came back to our school. Our classmates are friendly. Our teachers are kind and helpful.

I hope you all stay healthy. We can go to school as usual and enjoy our school life. We shall overcome all the difficulties.

Mr Kam Wing Fung Leo



We are currently living in uncertain times with the outbreak of COVID-19. These are unsettling times and COVID-19 is clearly impacting our personal lives, and those that we love. During times like this, we need to find ways to turn negatives into good and learn new skills that we thought we never could. With video conferencing apps like Zoom, we can gather all our friends and have an interesting chat every day. Please take care, stay positive and find some time for having fun and smiling. Always remember to practise good hygiene and maintain a safe distance between each other. Staying home is fun but nothing can beat the happiness we enjoy with our friends back at school. We want to see you all soon.

Miss Leung Oi Mei



The year 2020 has been marked by uncertainty and challenges. Although we were forced to teach and learn in a totally different way, we pursued new skills that we thought we never could.

The situation is not so bad. Remember to keep your hands clean and wear masks. I believe we can see the light at the end of the tunnel soon.

Miss Chung Pui Shan



This is a time to reflect on what you have and to keep in touch with how grateful you are to be where you are today. Take good care of yourself and your loved ones. Seeing the light in the midst of darkness is a lesson we all should learn, not only during this difficult time, but all the time. Stay safe!

Miss Chow Wing Fan



We are now inside a tunnel! However, there's always light at the end of the tunnel. We can expect fresh air, trees and flowers...

We always hope for the best. We will have a normal life very soon. We plan for the worst. We can learn by all means. Let's be strong to face all challenges. Cheers!

Miss Lo Mei Ying



It has been over a year since the outbreak of the coronavirus pandemic. Have you ever had any moments that you felt exhausted and anxious? I guess most of us have. In spite of the current challenging times, let us uphold the values of a HCWB person and support one another. Be happy always and live a simple life, then you will realize that whatever tomorrow brings, you can handle it with a peaceful mind and a grateful heart which makes you stronger than you can imagine. What's more, bear in mind that you are not alone in this because your family, school and friends are with you!

Miss Seto Chui Ping



Hi! Everyone, Welcome back to school. It has been a challenging time for everyone. To be honest, we are tired of the pandemic and want it to be over at once.

Thankfully, we have a group of heroes who remain steadfast every day to do the prevention works at our school. Who are they? They are the janitors of our school. The workload of our janitors has increased. Joyfully, we find many of you try your best to keep our school safe and clean together. As a member of HRGPS(CWB), I am so proud of you because you can turn negativity into positivity with your optimism and courage. Remember to stay healthy and positive!

Hope everyone smiles even behind a mask.

Miss Au Pui Shan



This year has been marked with change and uncertainty. Every day we live in fear, unsure what will happen hereafter. However, this is also the time for us to turn negativity to positivity, to live differently and to love unconditionally. Let us change our lives, devote our love and learn something new. Be persistent and never give up. Hope is always there!

Miss Cheung Wing See



It has been over a year since the outbreak of the coronavirus pandemic. "Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

This is a time to reflect on what you have. Be grateful for this extra time with our beloved family members and friends, even though it maybe through a virtual platform. Work on all areas of personal growth and focus on goals for the future. Keep your chin up, everything will work out just fine; you are not alone in this! May the sky stay blue, may the wind be at your back, and may you find something that makes you smile each and every day!

Mr Tai Tsz Hin Michael



The whole world was grim and bleak last year but now we can finally see the light. Check the song out, "It's alright" by Pet Shop Boys. Everything is going to be alright 'cause the music plays forever.

Miss Mok Nga Ching



The outbreak of the COVID-19 pandemic has led to a sudden shift in many aspects of our daily life. It is a tough and challenging time for many people. Yet, a coin has two sides. It teaches us that we should not take anything for granted. Also, it gives us time to reflect, to appreciate everything in life gratefully and to treasure the time with family and friends.

When facing adversity, we have a choice. We can be bitter, or we can be better. I hope you can make good use of the time to be self-disciplined learners, to set goals and to learn different things, and spend quality time with family and friends. Lastly, keep calm and stay positive. Everything will be alright.

A Day in the Life of a NET: Happy Busy Days

By Miss Karen Olbery



Wow, that looks interesting.

I spend time researching and preparing for our classes. It's good to be busy.



Yay, we can do yoga!

The best part of the day is working with our students. They are always happy to try new things. Here we are trying out some yoga which can help us when we feel scared or nervous.



Singing is fun!

Another great part of my day is teaching with other teachers. We are singing and moving to our "Hello" song. Singing is a fun way to learn and feel relaxed.



We can do it!

Another important part of my day is planning with other teachers. Here I am with the Primary 2 teachers who are thinking hard about some engaging learning activities for our students.

Miss Priscilla Moynihan

As a teacher, I don't feel like a lot has changed in the past few months. I got used to seeing my students through a camera, and saving on transportation time.

I am relieved that we switched the school virtually. It's been a whirlwind and everyone is being asked to work from home and to adapt. I am so proud of my students for taking it all with their open hearts and working so hard during this year.

A huge difference to me is that being at school - it's so cheesy - but it can be really magical, and it's just so fun seeing the kids excited to be around their friends and to be back together as a community. It does feel like we're really missing that this year. I've not been trained to teach online, and I don't want my students to be at a loss because I am in uncharted territory. I just hope people know that we are trying our absolute best.

I do want to reinforce all my students that nothing is impossible and together we can really fight this situation by staying positive and refusing to give up, despite the challenges that come to our way, our inner strength will endure.



5R Kyra Foong

THE POWER OF MUSIC

Music and I

I love music very much. I started to learn singing when I was four years old. One and a half years ago, I started learning to play different musical pieces with my trombone. My favourite song is called "My Neighbor Totoro". It is the theme song of a famous Japanese cartoon called "Totoro". Whenever I feel tired or bored, I like to listen to it. Sometimes I play this song with my trombone too. The song energizes me and makes me feel refreshed.



A scene from my favourite cartoon "Totoro"

Music Gives Us

Music plays an important role in our daily lives. When we are happy, we sing and dance along with music. When we are sad or stressed, we can listen to music to make ourselves feel reassured. Music can also help us to improve our sleep quality, create happiness and help us feel relaxed.

It also helps to build friendships and can be a new way of making new friends. I was a member of the School Choir when I was in Primary 3 & Primary 4. I met a lot of schoolmates from different classes in the Choir. We practised and performed together. Through the performances I built my confidence and broadened my horizons.



When I was having my trombone lesson.

6G Cheuk Shu Li

My Passion for Piano Music

I believe a lot of people around the world like music, and I am personally a big fan of music too!

I am especially fond of piano music. You might be thinking why I like piano music so much. Please read on and you will find out the reason.

The Path to a Piano Lover

I started playing the piano when I was eight years old. At first, I wasn't very interested in music, but my parents wanted me to give it a try so I did.

My parents helped me to find a private piano teacher, Mrs. Karen. She was a very sweet and generous lady and her voice sounded like an angel! I immediately fell in love with her. I still remember that she taught me the piano basics in the first few lessons.

After having lessons for about a month, I started to enjoy music, not because I got a lot of praise from my parents and classmates, but because I think I got addicted to the music of the piano! Whenever I had free time, I would play the piano. I would revel in the world of music, as if the piano had cast a spell on me.

Eventually I had to give up learning the piano because I got so busy with my school work. Even though I felt disappointed, it was not the end of my love for music. I have decided that I am going to be a piano teacher when I grow up! Not only because I like the piano but also because I like children very much. I am going to study hard and follow my dream. I'm sure I can make my dream come true!



Although I didn't win in this competition, I still had a lot of fun and made lot of friends.

6G Jasper Chan

Watching Cartoons: Laughter and happiness

Have you ever watched a cartoon and just laughed out loud? What is it about cartoons that make us laugh? One of the elements of cartoons that make us feel happy is the music.

Music is a powerful tool that can make us feel many emotions.

Music soundtracks in classic cartoons like Bugs Bunny or Tom and Jerry complement the actions of the characters and add to the humour of the cartoon. Without music the cartoon would really not be so funny. Sound effects are also added to the music soundtracks in the cartoon to make us laugh.

Adding music to cartoons started with the first cartoon in 1920, and people who make cartoons nowadays still use music to make the cartoons unique and funny.

If you are feeling blue, watch a cartoon and enjoy the music soundtracks and laugh out loud! I'm sure you will feel happy after watching a cartoon.



5G Foo Sing Ching Sophie

Happy Cooking Time

I read a magazine and learnt that cooking can be one way to reduce anxiety during difficult times. A nutritionist mentioned that when we are baking or cooking, it is a stress reliever.

Although I am not good at cooking or baking, I enjoy making food for my family. The food that I often make for my family is pancakes. Mixing the pancake flour, eggs and milk is easy. The biggest challenge is learning how to flip the pancake!



Simple ingredients: milk, eggs and pancake flour.



Golden brown pancakes are done. Yummy!



I like to serve the pancakes with jam and condensed milk.



Do you like my heart shaped pancakes?

6P Qu Yik Chak Daniel

During the COVID-19 pandemic, a lot of people have felt sad and disappointed. What can people do to make themselves happier? Mmm... Maybe... 'FOOD'.

Do you know that some food will boost our moods and make us happier and healthier? I am going to share with you some of my favourite 'happy' and 'healthy' food.

Food that Makes People Happy and Healthy

Salmon

Salmon is rich in omega 3 fatty acids, which are proven to improve our mood. Omega 3 plays an important part in our body's cell manufacturing and makes our hair and skin shiny.



Dark Chocolate

A bite of dark chocolate a day is not only good for your heart, but may also improve brain function. So, you can have a super brain for studying for exams. It can also ease emotional stress, and lower the risk of diabetes.



Grapes

Resveratrol in grapes has been shown to slow the aging process. It is an antioxidant to boost moods. Eating grapes can make you feel happy.



Yoghurt

Yoghurt contains probiotics. They are beneficial bacteria that may improve digestive health, reduce depression and promote heart health.



5R Anson Yu

Table tennis

Table tennis is an international sport. It comes from the United Kingdom. From 1926 to 1939, the World Table Tennis Championships were held annually. Table tennis was first included as an official Olympic event in the summer of 1988.

A table tennis game needs two to four athletes. The basic game is played with the forehand and backhand serves. However, if you want to be more powerful, you can use double bounces, fast loop and reverse hold backhand.

Why do I like table tennis? It is because I have played many sports, such as running, swimming and basketball. But table tennis is the sport I like best. I hope you like it too. It is so exciting!



5R Faye

Great Book to Help You Relax

Sometimes we all feel sad and blue, so we need something to cheer us up. What cheers me up is reading books! People express their thoughts and opinions freely and honestly through writing a book. The book that cheers me up most is called 'Sal and Gabi Break the Universe'.

What would you do if you had the power to reach through time and space to retrieve anything you want?

Sal Vidon is a young magician attending Culeco Academy. Sal is always in trouble while Gabi Real is a goody two shoes. When they met each other for the first time, it wasn't under the best of circumstances. Sal is in the principal's office for the third time in three days and it's still only the first week of school. Gabi is the student council president and editor of the school paper, she was there to support her friend Yasmany, who just picked a fight with Sal. She is determined to prove that somehow Sal planted a raw chicken in Yasmany's locker. Even though nobody saw him do it and the bloody poultry has since mysteriously disappeared.

It's only after Gabi realizes Sal owns a magical power that the two of them become friends. Sal has never had anyone else to share his power with, so they team up. They have an adventure that spans multiple universes.

I couldn't put this book down as the storyline is intriguing indeed! There is never a dull moment in this book so we can all forget our problems when we are reading it!

6S Hagan Chan

Swimming

There are lots of sports in this world but I would recommend you go swimming because I am a member of a swimming team and I love the feeling of freedom when I swim.

For those who want to stay healthy, swimming can train your body, build up muscles and trim body fat. You can learn how to swim freestyle, breaststroke, backstroke and butterfly. You can also learn how to work with others and make friends. Furthermore, swimming also helps to increase your metabolic rate.

I think swimming can really keep you healthy. I hope you would like to try this healthy exercise.



6R Stewart Chan

Yoga

Yoga is a physical activity consisting mainly of postures, accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. Yoga has become familiar across the world, especially in America and Europe.

Due to COVID-19, people were not allowed to go out to do outdoor sports, but yoga is a sport that people can do at home.

Yoga can help people relax and it can even cure some illnesses, such as fever.

I think yoga can help people become stronger in the pandemic, and because doing this exercise does not need a lot of space. People can easily do it at home and become stronger and healthier.



6P Chung Hoi Ki Kyra

Because of the coronavirus pandemic, we have stayed at home all the time hence we have had a lot of time to try new things. Maybe you could try cooking. Do you like food like me? Do you guys want to become a little chef?

Here is a brilliant and fantastic recipe for cake lovers! Most importantly, it is easy to make and really delicious! Try this out!

I hope you like this cake recipe. It is easy to make. The cake is soft and fluffy. Every bite fills you with the fragrance of Earl Grey tea. Try it out with your parents. It will bring a smile to everyone's faces!

Earl Grey Tea Chiffon Cake

Ingredients:

- 3 large eggs - 65g sugar - 35g vegetable oil
- 45ml Earl Grey tea (4 Earl Grey teabags)
- 60g flour - 4g Earl Grey loose leaves - 6g cornstarch

Steps:

1. First separate egg yolks from egg whites and put them into two different big bowls.
2. Then beat the egg whites well and gradually add in cornstarch and sugar.
3. Then heat the oil.
4. Next beat the egg yolk until it is light yellow in colour.
5. After that, add the heated oil and Earl Grey Tea into the egg yolk mixture. Stir well.
6. Next add the flour and Earl Grey Tea leaves into the egg yolk mixture. Mix well.
7. Then gently mix the egg white with the egg yolk mixture.
8. After that, pour the cake mixture into a baking pan.
9. Finally, preheat the oven to 170 C and bake the cake for 35 minutes.
10. Enjoy!



I made this cake for my brother's birthday!