

ENGLISH LANGUAGE NEWSLETTER

2021/22 Edition

Growth Mindset: Don't go through life, grow through life!



By Alex Poon and Anson Yu

Hi, everyone! This newsletter will tell you about growth mindset, but what is growth mindset?

Growth mindset means you have a positive attitude. You always say: 'I will never give up', 'I can do it!', 'I will try my best!'..... When you face challenges, you should have a good growth mindset. To help you achieve that, the English ambassadors have created some growth mindset comic strips, interviews (with the principal, teachers and some students) and games like a word search, brain maze and quiz.

We'll give you some spoilers about the newsletter. The main characters in one of the comic strips are Mr. Super Potato Man and Dr. Evil Eggplant. Can Mr. Super Potato Man defeat Dr. Evil Eggplant? Also, did you know that our Principal was an English teacher? What difficulties has she faced and how did she overcome them?

Sound cool?! Read on to find out more.

After reading this newsletter, we hope you will have a growing growth mindset. What are you waiting for? Start reading now to kick off your amazing growth mindset journey!

How can I be smarter?

Encourage and help others.

Never give up.

Mistakes make your brain bigger!

Keep exercising your brain.

Grow that brain!



Growth Mindset Heroes



BE A RISK TAKER - JUST TRY IT BRO! IT'S OKAY TO TAKE RISKS.

I'm Jeffery. Even though some things are difficult, let's try together. You can learn new things when you take the risk to try. Let's do it!



GI'M NEVER GONNA GIVE UP ON YOU

My name is Quentin. If you give up, I will visit you in your dreams. Ha, ha, ha! Remember, mistakes help you improve so never give up.



BALWAYS BELIEVE IN YOURSELF!

Hi, I'm Milyane. I have something to tell you. Do you know that I am a superhero? But I am not an ordinary superhero, I am a super cute hero!



ALWAYS BE CONFIDENT

I am Super Aidan. I want people to have a growth mindset so they can learn anything!



X YOU CAN CHOOSE A GROWTH MINDSET!

Hi, my name is Alex. I like trains. You have got to have a growth mindset because learning is a journey.

Meet the amazing growth mindset heroes.



I WILL NEVER GIVE UP!

A young boy, Super Dante, is dressed as a superhero with a blue mask and a white cape. He is standing in a comic book style panel with a yellow and orange background and radiating lines. A large white speech bubble with a black outline contains the text 'I WILL NEVER GIVE UP!' in green capital letters.

Hi, I am Super Dante and I'm here to save the day.



YOU'RE THE BEST

A young girl, Jessie Suen, is dressed as a superhero with a white cape and a blue sash. She is standing in a comic book style panel with a red and yellow background and radiating lines. A large white speech bubble with a black outline contains the text 'YOU'RE THE BEST' in green capital letters.

Hi little guys! My name is Jessie Suen. Here is something that you didn't know about me. I am the best, just like you! And I am a super creative star, too!



DON'T JUDGE A BOOK BY ITS COVER.

BOOM!

A young boy, Anson Yu, is dressed as a superhero with a blue mask and a white cape. He is standing in a comic book style panel with a yellow and orange background and radiating lines. A large white speech bubble with a black outline contains the text 'DON'T JUDGE A BOOK BY ITS COVER.' in blue capital letters. A smaller red and yellow speech bubble with a black outline contains the text 'BOOM!' in white capital letters.

Anson Yu is here! I love playing table tennis, and I never judge a book by its cover. Really, it's okay that you don't know something.



YOU CAN DO IT!

A young boy, Oliver, is dressed as a superhero with a blue mask and a white cape. He is standing in a comic book style panel with a blue background and radiating lines. A large white speech bubble with a black outline contains the text 'YOU CAN DO IT!' in purple capital letters.

Hi, I am Oliver. When you have a growth mindset, you always try your best and never give up. Then, you can do anything!



DO YOUR BEST! AND YOU CAN KEEP GETTING BETTER AND BETTER.

A young girl, Faye, is dressed as a superhero with a white cape and a blue sash. She is standing in a comic book style panel with a red and orange background and radiating lines. A large white speech bubble with a black outline contains the text 'DO YOUR BEST! AND YOU CAN KEEP GETTING BETTER AND BETTER.' in blue capital letters.

Hello! I'm Faye! Here's something about me you didn't know. I am a super talented star! If you always do your best, you can be a super talented star, too.

Talking with Principal Lo: Growing Up with a Growth Mindset

KEY

F: Faye Evie J: Jessie Suen P. Lo: Principal Lo

F+J: Good morning Principal Lo. Thank you for joining us in this interview. Please would you introduce yourself, and explain what has your experience of being a principal at a new school been like?

P. Lo: Nice to meet you, Jessie and Faye. First of all, thank you for interviewing me. This is my second year of working in the school. It is my honour to be your principal and work with the whole school team with love and collaboration. Actually, I was an English teacher. I have taught English for many years! I really love kids. From all of you, I can feel your confidence and your readiness to learn. This is one of the reasons why I love my job.

F: Oh, wow. That's great!

J: There are many challenges when starting new things and not everything is smooth sailing. Do you think believing in yourself is very important when you start new things? Why?

P. Lo: Well, I think before we do anything, we have to believe in ourselves. From my experience, all things are difficult before they are easy. We can tackle any problems as long as we have confidence. Self-confidence is the key to success. We have to be confident before we get things done or try to attempt things. I also think perseverance is important too.

J: That's very interesting!

F: What do you do when you encounter a difficult problem?

P. Lo: Like everyone, I have problems every day. A good strategy is to brainstorm possible solutions. Asking advice from others, always staying open-minded and listening to everyone's opinion are helpful too. I also think overcoming challenges is part of life, don't you think so?

F: Yes!

J: Yup, we definitely agree!

P. Lo: Think of the challenges we face positively. Don't think too seriously about challenges. Have a positive mindset and you can overcome anything.

J: When you were a student, would you say that you had a growth mindset? Can you recount a time when you were a student with a growth mindset?

P. Lo: When I was a student, I did have a growth mindset. I believed that trying new challenges and activities was important and helped me learn. When I was in form six and form seven, my English teacher always gave us different topics to discuss and then we needed to present them. To build my confidence, I would try to

spend time reviewing the topics and I would look for more information from the dictionary. (You know at that time we didn't have the Internet.)

F: If a student gets low marks in their exam, what would you say to comfort them?

P. Lo: Well, I think every mistake you make is progress. We should learn from mistakes and review why we couldn't get high marks. However, I don't think scores mean everything. We should be positive and prepare well for each challenge and accept that the test score only shows where you are right now. It is not reflective of where you will end up. The key is to always have perseverance and always be confident and be prepared. If we are persistent, we can achieve high marks or definitely improve.

F+J: Yes, we agree with that!

J: How can having a growth mindset help students?

P. Lo: Having a growth mindset can allow students to value and enjoy what they are doing regardless of the outcome. Students with a growth mindset love challenges, and know that they can learn from mistakes. Furthermore, students with a positive mindset keep learning despite difficulties or challenging tasks. Having a growth mindset can give us the confidence to learn anything throughout our lives.

F: Thank you!

J: Thank you for your time, Principal Lo.

P. Lo: You are welcome. It's been great talking to you.



Talking with Alison (P1) Keep on Learning

We interviewed a Primary 1 student, Alison, about her primary school life. She thought tests were so hard. There was not enough time for her to write. She said she would feel nervous when there were exams. She would calm herself down by drinking some grape juice. That's interesting! Are there any other ways to release our stress?



When I am stressed during study or any types of work, I would either listen to music, or more efficiently, drink a cup of ice-cold water. That always calms me down and it is proven by science. Hence, I would become more productive after drinking a cup of iced water. It's how I can keep on learning.

By Quentin Leung



From the interview with Alison, I learned that she is a hard-working and dedicated student. She devoted lots of her time on learning new things and problem solving. For me, I will allow myself to take a short break whenever I encounter difficulties. My mind becomes clearer and works smarter after the break. I highly recommend you to try this out.

By Jeffery Lor



by Ms Chow, Jeffery Lor and Quentin Leung

5 Tips to Stay Stress Free

Every day, we face a lot of problems and they give us a lot of stress. How can we get rid of all this stress? Here are some tips that may come in handy:

- 1 Have a positive mindset (tell yourself you can deal with any problems)
- 2 Socialise with others (share your problems and feelings with friends and family)
- 3 Take a deep breath before you deal with a big problem (breathe out the stress and breathe in the new energy)
- 4 Work hard, RELAX hard (stay focused when working and give yourself a break after the work)
- 5 Practise mindfulness every day (spend 3 to 5 minutes a day to meditate)



Primary 1 Students

Learning so many new things can be a challenge. Developing a growth mindset- "I can", is really important.

To celebrate the 100th day at school and becoming a better learner in growth mindset, some interesting learning activities were organised for P1 students in the English DTS programme.

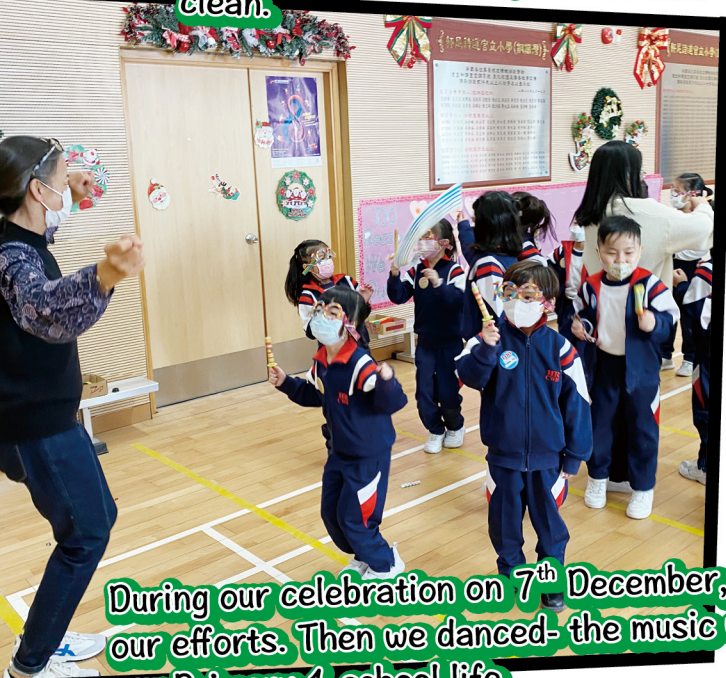
Getting Smarter!



We love our school and we can work together to keep our school clean.



We like to make new friends. We like our teachers. We like our class. We like learning with our classmates. We like to go to school.



During our celebration on 7th December, 2021, we received certificates acknowledging our efforts. Then we danced- the music was thumping and we were jumping! We enjoyed our Primary 1 school life.



Mr Super Potato and the Brave Day

By Alex Poon, Dante Reno and Jessie Suen

1
LA LA LA LA...



2
Ha ha ha, these two little kids will be my **TARGETS!**



Hi little kids, want some **free** candy?

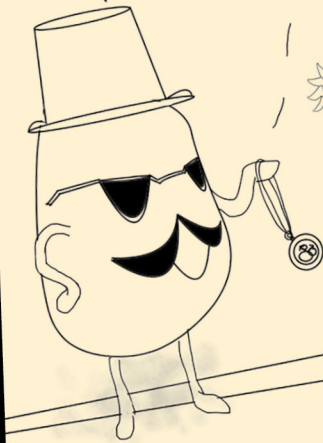
YES!!
It's free candy!
We can't reject that!

This sounds fishy..... but fine.



3
Go into **THAT** building.
Time is ticking!

TICK TOCK TICK TOCK.....



4

TNT

AHH!
We've been tricked!
What are we gonna do?

Wait, there's no candy here!



5

Bow Boom



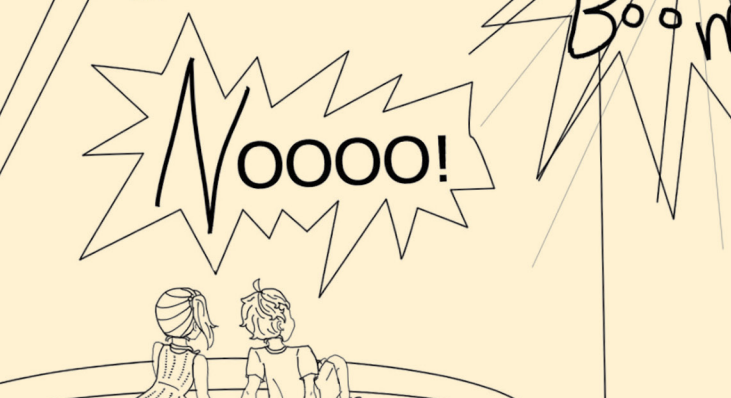
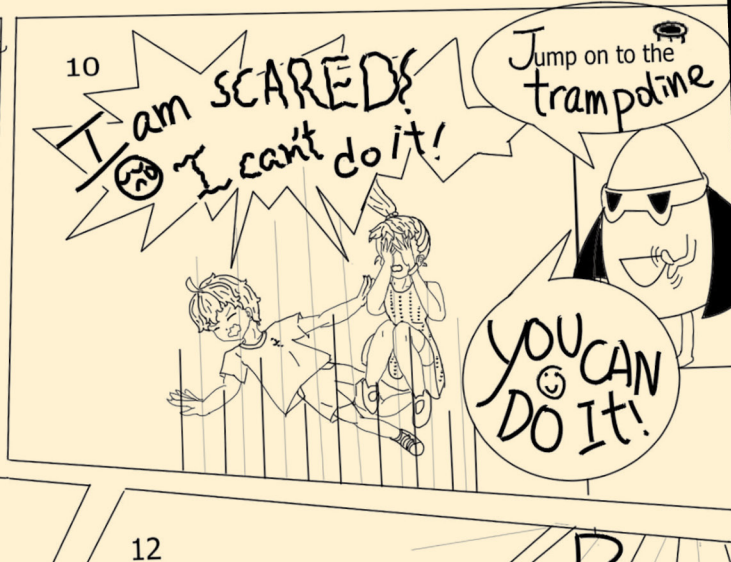
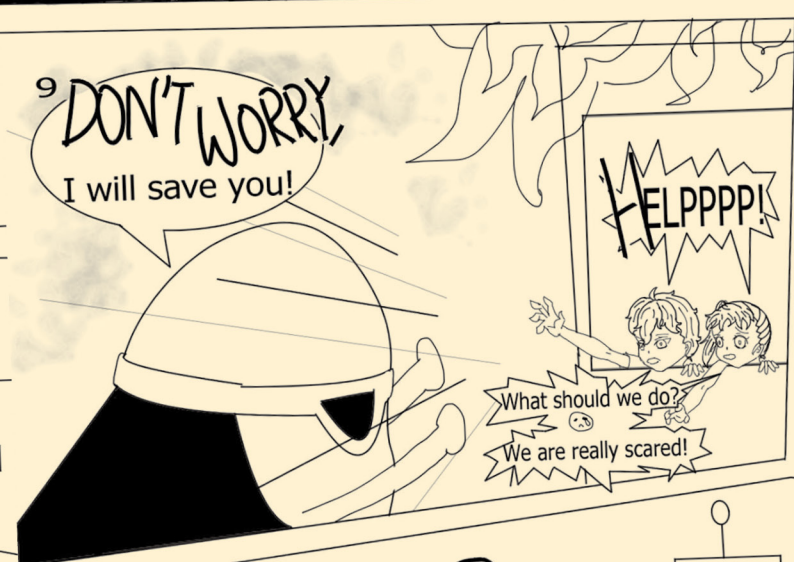
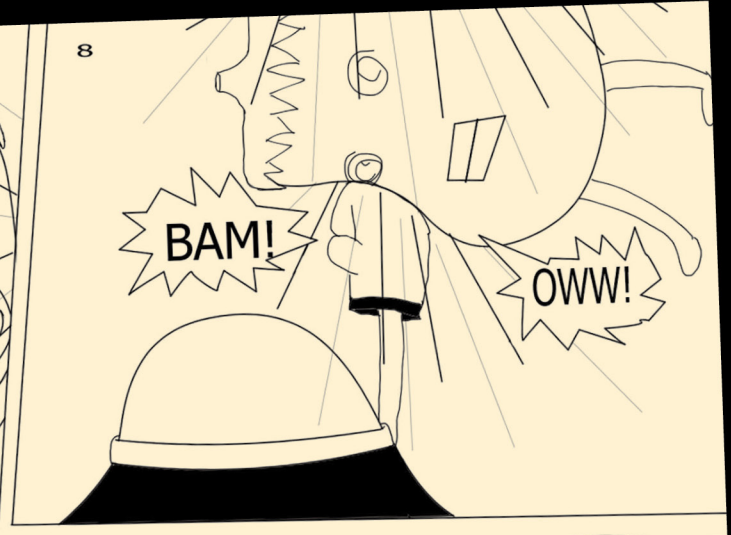
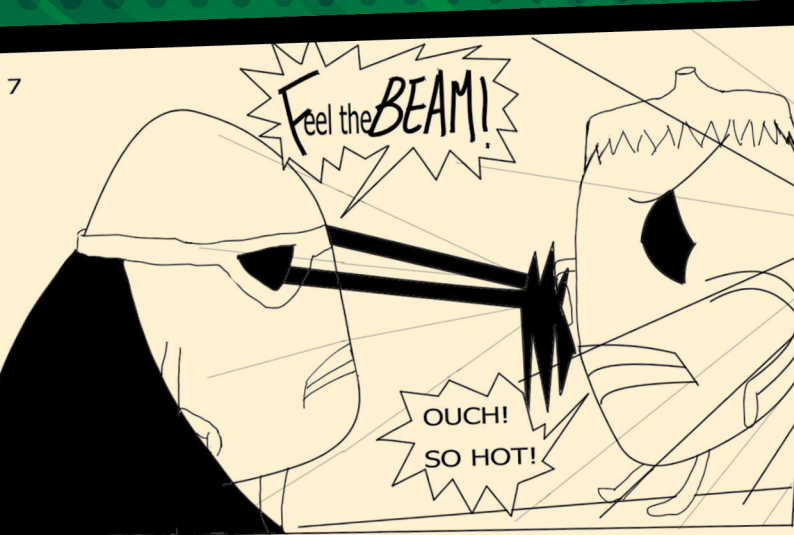
Oh NO!



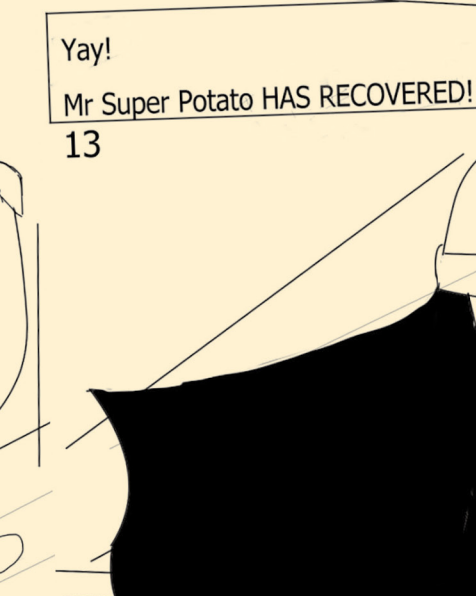
6

You leave me no choice!
TAKE THIS!





ONE WEEK LATER >>>>>>



No problem!

Thanks for saving us!

REMEMBER KIDS:
ALWAYS HELP AND
ENCOURAGE OTHERS
TO BE BRAVE.

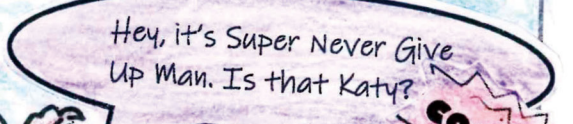
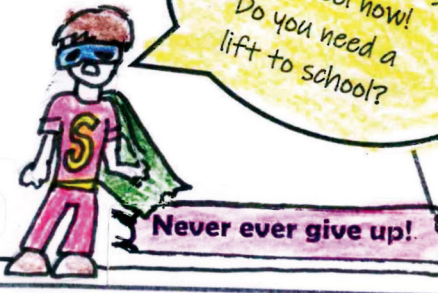
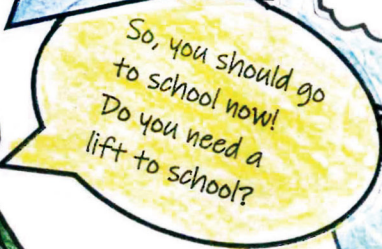
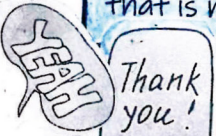
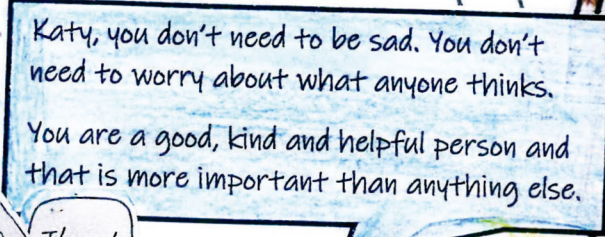
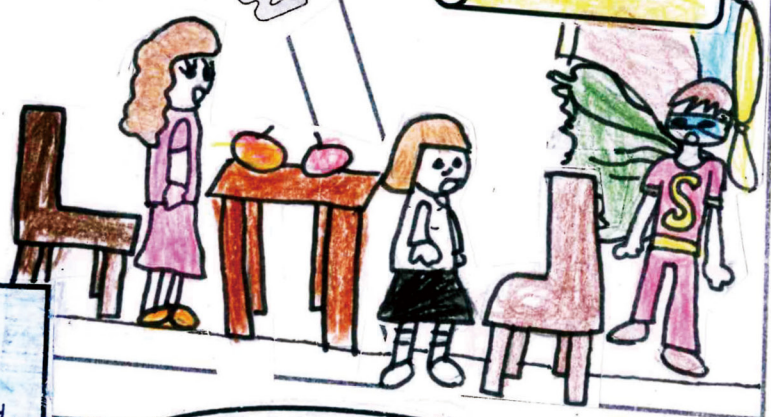
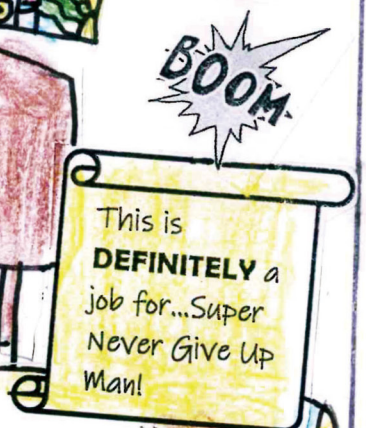
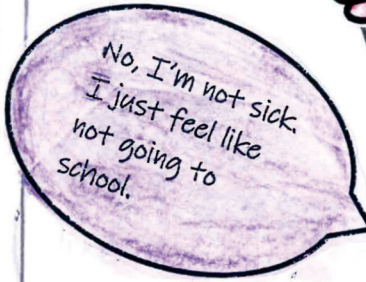
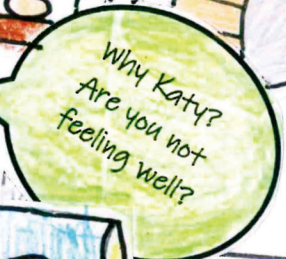
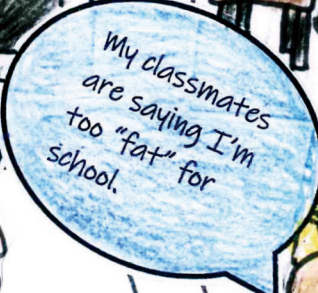
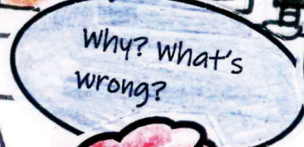
WHEN YOU OVERCOME
CHALLENGES, YOU CAN HAVE
THE POWER TO LEARN

We'll never talk to strangers again!

ANYTHING!

"Super Never Give Up Man" Saves Katy's Day

By Milyane, L



Brain teasers Challenge your brain!

Brain Maze

Find your way through the maze using growth mindset words.



A Secret about the Brain

Mojo discovers a secret about his brain. Scan the QR code to watch the video. Then take on the quiz challenge.



Source: The official website of ClassDojo

Quiz Questions

- Can Mojo be smarter?
 - Yes
 - No
 - I don't know
- Why did Mojo think he was not smart?
 - His friend told him to give up
 - When the questions got harder he couldn't answer them
 - His teacher scolded him
- What does Mojo want to do at first?
 - Stay at school
 - Go to another school
 - Give up and leave school
- Who helped Mojo?
 - Katie
 - Mojo
 - You
- What should Mojo do after he meets failure (choose two answers)?
 - Try again
 - Give up
 - Try something else
- Is it true that you're either born smart or not smart?
 - True
 - False
- What is the brain like?
 - A ball with a hole
 - A metallic ball
 - A muscle
- Why does Mojo think that he is not born smart?
 - He has a fixed mindset
 - He can answer the questions
 - He fails his test.

Word Search

Can you find all the words hidden in this puzzle? The words can be found horizontally, vertically or diagonally.

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

GROW
YET
BECOME
SMARTER
OPTIMISTIC
OVERCOME
IMPROVE
LEARN
CHALLENGE

We are the Growth Mindset English Ambassadors of 2021/22. The All Stars!



Answers to Brainteasers (P. 11)

A Secret about the Brain Quiz

- 1. A
- 2. B
- 3. C
- 4. A
- 5. A, C
- 6. B
- 7. B
- 8. C

Brain Maze



Word Search

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

CHALLENGE
LEARN
IMPROVE
OVERCOME
OPTIMISTIC
SMARTER
BECOME
YET
GROW



QR code linking to the school's website

Team Members:
 Students 6H Jessie Suen, 6G Reno Dante, 6R Anson Yu, 6R Oliver Kwan, 6R Ellison Faye,
 5H Quentin Leung, 5H Jeffery Lor, 5R Aidan Chan, 5S Alex Poon, 5P Limbu Milyane
 Teachers Mr Yiu Chun Lap, Ms Lam Wing Yee, Ms Cheung Wing See, Ms Leung Oi Mei, Ms Lo Ching Yee, Ms Lo Pui Shan (Advisor)