



Hennessy Road Government
Primary School (Causeway Bay)

Being an Empathy Hero

Newsletter

2022/2023 Edition



Empathy means to understand and share other people's feelings. Showing empathy is important as it helps build and cement our relationships. When you do not understand how someone is feeling, it can make them feel sad. We hope you will have a clear understanding on empathy and become a brilliant "Empathy Hero"!

We will give you some spoilers about the newsletter. You will know more about how well our teachers and schoolmates understand 'empathy' after reading the interview report done by SOW Ambassadors. Besides, do you think you have a good understanding about your teachers? Do you know which countries do our NETs, Ms Arzu and Ms Siphe come from? Now read this newsletter to find out more!

Our SOW Ambassadors

This year 15 Primary 4 and 5 students have been selected to be the Sayings of Wisdom (SOW) Ambassadors. They are all enthusiastic to cultivate positive vibes around the school and eager to share their positive attitudes towards life. Let's get to know them more!

Owen Ho (4S)

I am a smart and brave boy. On Sundays, I often go hiking, have a picnic or go cycling with my family because I don't like crowdedness of the city. I am glad to be selected as an SOW Ambassador this year. I learnt different ways to promote 'empathy' at school.



Charamy Chan (4S)

Hello! I am a kind and helpful girl. I like reading books and listening to music, such as J-pop and K-pop. I am happy to be selected as an SOW Ambassador this year. I have learnt more about empathy and how to show 'empathy' at school.



Sheryl Lee (5H)

I am a helpful but careless girl. I like playing the piano and playing chess with my brother. I love music and art. I feel grateful to be selected as an SOW Ambassador. I learnt a lot about 'empathy'.



Jacob Lai (5R)

I am a smart and intelligent boy. In my spare time, I like playing basketball and also the piano and the violin. I have learnt these musical instruments for five years. I am glad to be selected as an SOW Ambassador this year. I learnt how to promote 'empathy' at school.



Calvin Tsang (5G)

I am a helpful and kind boy. In my spare time, I like playing football and go swimming. I have learnt swimming for five years. I love doing sports. I am excited to be selected as an SOW Ambassador this year. I learnt to be brave when inviting my schoolmates to do interviews.



William Lim (5P)

I am an optimistic and talkative boy. I like drawing and I love playing rubik's cubes! I am happy to be selected as an SOW Ambassador this year. I learnt to be kind and promote 'empathy' everywhere.



Aidan Au (5S)

I am a helpful and polite boy. I like running very much. I have practised running for two years and I have just won a gold medal in 100m sprint on Sports Day. I am glad to be selected as an SOW Ambassador this year. I learnt how to promote 'empathy' at school.



Annette Cheung (4H)

I am a kind and funny girl. In my spare time, I like doing sums and singing. I am over the moon to be selected as an SOW Ambassador this year. I learnt that everyone needs empathy. Therefore, we need to care about their feelings.



Charis Wong (4H)

I like reading books and I am in a swimming team. My teachers gave me a really good opportunity to be an SOW Ambassador. I learnt how to show empathy to others and also to be brave to speak aloud.



Geoffrey Kwok (4R)

I am a helpful and caring boy. In my spare time, I like reading books and playing the harp. I have learnt it for three years. I am glad to be selected as an SOW Ambassador this year. I learnt to be brave and promote 'empathy' at school.



Chi Yi Keung (4R)

I am a very weird person. My hobbies include talking with friends, watching birds and playing video games. I feel awesome to be selected as a SOW Ambassador! I learnt that I must show empathy to everyone around me. I hope everybody know how to show empathy. It will make the world a better place!



Karson Choi (4G)

I am helpful and friendly. I have learnt Taekwondo for four years. I got a blue belt in Taekwondo. I am glad to be selected as an SOW Ambassador this year. I learnt to be brave and help my classmates at school.



Glen Leung (4G)

I work hard on my study. I like playing rubik's cubes. I am the fastest rubik's cuber in my class. I have played rubik's cube for six months. I am excited to be selected as an SOW Ambassador this year. I learnt to be good to others and promote 'empathy' at school.



Henry Lee (4P)

I am an SOW Ambassador in 2023. In my spare time, I like swimming and drawing pictures. I am proud to be selected as an SOW Ambassador this year. I learnt how to show 'empathy' at school and in other place.



Vera Yuen (4P)

I am a chatty and optimistic girl. In my spare time, I like playing the piano. I have learned it for six years. I was hyped up when I know I am selected as an SOW Ambassador this year. I learned to be brave when interviewing my schoolmates and ways to promote 'empathy' at school.



A Summary Report of Interviews about Empathy

Our SOW Ambassadors interviewed 25 students and 2 teachers during Week of Positivity to investigate whether they know how to show empathy to people around them. Let's look at the results!

Questions for Students

1. What would you do if your friend were sad?

Koey (3H)



I will tell her some jokes

Eason (3R)



I will give him/her a gift.

Aarif (3R)



I will play games with them.

44% of students said they would try to make their friends happy in different ways. They can really understand other's feeling. Well done!

Other ways suggested by SOW Ambassadors:

- ★ ask him/her what happened and comfort him/her
- ★ ask him/her if there is a problem and give him/her some advice
- ★ do something relaxing with him/her such as drawing and eating delicious food
- ★ listen to him/her and let them talk about why they feel sad

2. What would you do if you saw students fighting with each other?

Haylon (4H)



I would tell them to stop fighting.

Hannah Jim (4F)



I would tell the teacher.

56% of students would tell the teacher when they saw students fight. It's the most appropriate way to solve the problem.

Other ways suggested by SOW Ambassadors:

- ★ Stay calm and find a grown-up nearby to help.

3. What would you do if you saw someone get hurt?

cecee (4F)



I would help her to get up.

chancey (4F)



I would help him and give him a bandage

EnEie (2F)



I would say, "Are you okay?"

Ryan (3R)



I would tell the teachers to bring her to the medical room.

52% of students will ask teachers for help so that medical treatment could be done as soon as possible.

Other ways suggested by SOW Ambassadors:

- ★ Find the nearest adults to do the first aid for him/her
- ★ Check if he/she has got any other injuries and comfort him/her

Questions for Teachers

MS Au



1. What would you do if your students felt sad?
I would console him/her.

2. What can students do to show empathy to one another?
Students can help each other with love and care. They can also help solve their problems.

MS Li



1. What would you do if your students felt sad?
I would listen and understand them first.

2. What can students do to show empathy to one another?
Students can accompany with their friends.

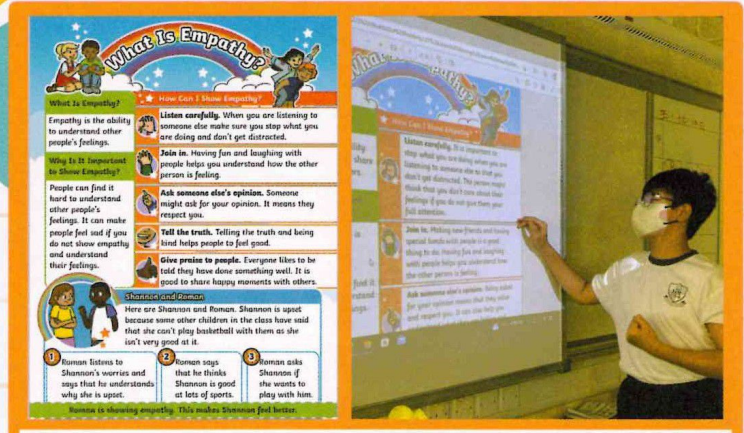
Other ways suggested by SOW Ambassadors: What can students do to show empathy to one another?

- ★ do some charity work which help the communities
- ★ put yourself in other's shoes
- ★ show respects by asking other's opinions

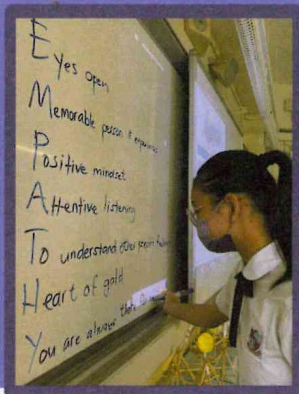
All in all, all the interviewees have a good understanding about 'empathy' and know how to help others in different situations. Remember, 'empathy' is the ability to understand and share other's feelings. Although we might find it hard to understand the feeling of others, it's still very important to show empathy. Do practise showing empathy starting from today!

Week of Positivity

A campaign "Week of Positivity" was held during 15th May to 19th May, 2023, which echoed the theme of "Leading a Positive Life" and one of the four sub-themes "Empathy" to create a learning environment conducive to the promotion of values education. During this week we have all gone through a 7-Day Positivity Challenge. Let's see what we have done!



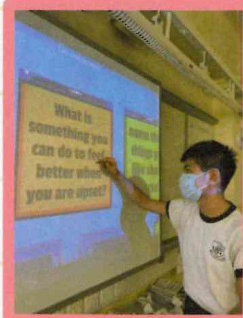
● We learnt what empathy is and how we can do to show empathy! ●



● It's fun to create an acrostic poem about empathy! ●



● Do you still remember the stories we read about empathy in class? Yes, they were "Ouch moments" and "In your shoes". ●



● We enjoyed playing games about empathy in class. ●



● The SOW ambassador team is playing "SOW Treasure Chest" Board Game with the schoolmates. It's highly interactive and exciting! ●

We have sent our love and caring to our teachers and schoolmates through song dedication and writing encouraging messages. Can you find your messages?

Dear calix,

I admire your personality because you never give up and try your best!

From Travis

Dear Alice,

I am so grateful that you are always listening to me!

From Dezmund

Dear Trevor,

Are you ok? Do you need a hug? Don't cry!

From Javier

From: Dezmund Liu
Dedicated to: Aidan

Message: Thank you for helping me when I am in trouble!

Song: Try Everything by Michael Giacchino

Dear Bernice,

I am so grateful that you are very kind. You always help me. You show empathy to everyone.

Your friend, Sheena

From: Leung Hoi Kiu
Dedicated to: Alice Leung

Message: Thank you for your kindness and support. You are always there when I need you, you are loyal!

Song: Try Everything by Michael Giacchino

From: calix Lui
Dedicated to: All classmates in 6H

Message: Whenever you meet difficulties, do not give up and try your best to overcome them!

Song: Don't Give up by Bruno Mars

From: Jacee
Dedicated to: Marni

Message: When I am sad, you will make me happy! I am delighted that you can be my friend!

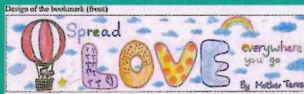
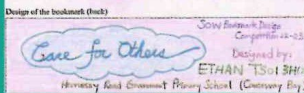
Song: Don't Give up by Bruno Mars

From: Howard Tsoi
Dedicated to: All classmates in 1S

Message: Don't give up! Let's work hard for the exam!

Song: Don't Give up by Bruno Mars

We have shown what we have learnt in the SOW Bookmark Design Competition. Can you find your good work in it?



We have passed all the challenges in the week! Yeah!



Are you an empathetic friend?

Read the questions below and circle your answers. Calculate the total marks you get at the end to see how empathetic you are.

1. What is empathy?

- A. The ability to understand other people's feelings.
- B. Willing to share and play games together.
- C. Ignore someone when they need help.

2. How often should we help those in need...?

- A. Every day.
- B. Once a week.
- C. Twice a year.

3. Why is kindness important?

- A. Kindness helps us feel good and joyous.
- B. My teachers tell me to show kindness.
- C. I don't know.

4. Is practising empathy a good idea?

- A. Of course.
- B. Maybe.
- C. I don't think so.

5. If your friend forgot their lunch at home, what would you do?

- A. Share my lunch with them.
- B. Tell the teacher.
- C. I don't care.

6. How do you feel after helping those in need?

- A. It brings me joy.
- B. I feel alright.
- C. Helping others is a waste of time.

Results: A=5 points B=3 points C=1 point

Results:

25-30 points: Great job! Continue shining like the bright light that you are

15-24 points: You did well! But you can do better

6-14 points: Uh-oh! You need to practice that "empathy" muscle

Fun corner

Be an empathy hero! Circle the words related to this positive value below.

empathy

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

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BE POSITIVE
CHARITY
COMPASSION
FRIENDSHIP

HELPFUL
KINDNESS
RESPECTFUL
SELFLESS

THOUGHTFUL
UNDERSTANDING

Check your answers with the answer key
on the last page



Getting to Know More about Our Teachers

How well do you think you know about our teachers? The English ambassador team have brought you some interesting details about them outside the classroom. In the following, there are three statements about some teachers. However, only two are true while one is false. Can you find out which is wrong? You may check your answers from the bottom of Page 9 by turning the page upside down. Have fun!

MISS HUI (chinese)

1. I would like to visit the Great Wall in Beijing the most.
2. The person I admire the most is cha Leung Yung.
3. My favourite cartoon character is Hello Kitty.



MISS Lam (English)

1. My favourite food is anything with the combo of tuna and avocado.
2. When I was small, the person I feared the most was my Maths teacher.
3. My students often make funny yet creative mistakes. That's one of the parts that I enjoy the most about teaching.



Mr chan (Maths)

1. My favourite drink is iced lemon tea.
2. My favourite sport is volleyball.
3. I fear bugs the most.



Miss Cheung (General Studies)

1. I would choose to be a merchant selling flower bouquets if I weren't a teacher.
2. I was inspired by my sister to become a teacher.
3. The most thrilling experience in my life is bringing a group of students to Cambridge for a study camp.



Mr Law (P.E.)

1. I enjoy listening to Eason Chan's songs.
2. My favourite movie is Avatar.
3. My dream job is to become a table tennis player.



Miss Cheung (Music)

1. One of the things that makes me very happy is travelling alone.
2. My favourite quote is "Doing your best is more important than being the best."
3. One of my most unforgettable experiences is my first time skiing.



Key:

Miss Hui (Chinese):

Miss Lam (English):

Mr Chan (Maths):

Miss Cheung (General Studies):

Mr Law (P.E.):

Miss Cheung (Music):

3. My favourite cartoon character is Creamy Mami.

1. My favourite food is anything with the combo of salmon and avocado.

2. My favourite sport is football.

2. I was inspired by my primary school teacher to become a teacher.

3. My dream job is to become an astronaut.

1. One of the things that makes me very happy is going on vacation with my family.

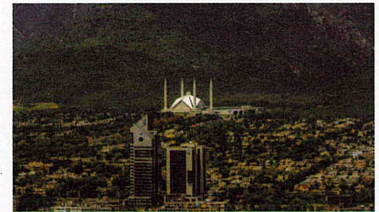


NET Teacher Introduction:

Ms Arzu

Hello everyone! By now, all of you may know me as Ms Arzu, the NET teacher who mainly teaches Primary 1 to 3 students. Let's learn more about me.

I come from Pakistan, a country located in South Asia. As many of you may not know but Pakistan is China's friendly neighbour. The capital of Pakistan, "Islamabad" is regarded as one of the most beautiful cities in the world. That's where I lived as a young girl. I went to an all-English school, from there I got my interest in learning English and becoming a teacher. As a little girl, my mother would read fairy tales to me. That's why I love reading. I can complete a 500-page book in a day.



Pakistan's capital city, Islamabad

I came to Hong Kong years ago and have lived here ever since. I love the city as it gave me the opportunity to achieve my dream of becoming an English teacher. In my free time, I like to explore the city's wonderful and amazing heritage and sights. I enjoy eating local food and interacting with Hong Kong people. There are days when I miss home, but the moment I see the beautiful and happy smiles of my students, I remember why I love being a teacher in Hong Kong. Thank you for being so accepting and making me smile all year!



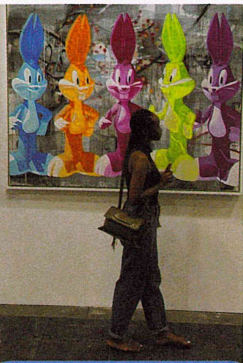
Ms Arzu at Hong Kong Disneyland



Some yummy Pakistani food (biryani, gulab jamun, jalebi)

Hi everyone! I am Ms. Siphe, the NET teacher for Primary 4 to 6. I come from a multicultural country - South Africa. South Africa has three capital cities, Cape Town, Pretoria and Bloemfontein and nine provinces. We are a diverse nation with eleven official languages. I call Scottburgh my hometown, which is located in the south coast of my province in a city called Durban. My favorite South African foods include a bunny chow, biltong and pap and boerewors.

I began my teaching journey in 2016 when I first travelled to Thailand. I was amazed by its beauty. I lived in Thailand for almost six years and learned a lot as a teacher. I also learned a lot about the culture which prompted me to explore opportunities to experience cultures in different places. Eventually, I had another amazing opportunity taken place in 2022. That was being a teacher in Hong Kong. As I have always wanted to visit the city, I was excited to continue my teaching career at an amazing and welcoming school - Hennessy Road Government Primary School (Causeway Bay). I am grateful for my journey in Hong Kong and love working with my students who have always made my days by showing how great they are and how much hard work they put in.



Ms. Siphe at the Arts Fair at the Exhibition Centre.



The city of Durban, with the Moses Mabhida stadium which built for the 2010 FIFA World Cup.



Biltong is a South African classic. It is air-cured meat immersed in vinegar and spices. Beef is the popular meat used.



Bunny chow is essentially a kind of bread bowl. You take a loaf of white bread, hollow out the middle and fill it with a curry, either vegetarian beans or beef.



Pap is made from maize meal, which is served with a sausage and spicy tomato relish (chakalaka) in a braai (South African barbecue).



★ Quote sharing on English Wednesday ★

This year English Wednesday has been introduced into our school. Students are encouraged to communicate only in English with our principal, teachers, and classmates. During the morning broadcast, our English Ambassadors would share a quote related to empathy, perseverance, sense of responsibility and care for others in a bid to spread more positive values and to give encouragement to all students. Let's review some of the inspirational quotes shared this year.

A candle loses nothing by helping others. - James Keller



Jasper Tam (5H)

An exchange of empathy provides an entry point for a lot of people to see what healing feels like. - Tarana Burke



Dezmund Liu (6R)

Perseverance doesn't always mean winning and losing. Perseverance means showing and rising to the occasion and performing. - Michael Chisea



Quentin Leung (6H)

It does not matter how slowly you go as long as you don't stop. - Confucius



Kaitlyn Foong (5H)

One person caring about another represents life's greatest value. - Jim Ron



Leona Chan (5R)

No act of kindness, no matter how small, is ever wasted. - Aesop



Chace Yu (5H)

Once you carry your own water, you will learn the value of every drop. - African Proverb



Crystal Ng (5R)

You cannot escape tomorrow's responsibility by evading today's. - Abraham Lincoln



Kingsley Tso (5P)

