



Li Cheng Uk Government Primary School

# LCU Newsflash

2nd Issue  
Newsletter  
2020-2021



"When educating the minds of our youth,  
we must not forget to educate their hearts."

~Dalai Lama



# Contents

Jockey Club  
Children's Spine  
Care Community  
Project  
P.3

Easy  
Robotics  
@Home  
P.5

2021  
Robofest  
Competition  
P.6

Scholarships  
P.20

Graduation  
Day  
P.19

Fun  
and Games  
P.21

National  
Security  
Education Day  
P.4

Keeping  
Your Mind in  
Body Healthy  
P.22-23

Parent  
Workshops  
P.8-9

STEM Day  
P.10-11

Games  
Day  
P.12-13

Cross-  
curricular  
Adventure  
P.16-17

Cultural  
Day  
P.14-15

Tell-A-Tale  
Children's  
Storytelling  
Competition  
P.18

Parents'  
Day  
P.7



# Jockey Club Children's Spine Care Community Project

Jockey Club Children's Spine Care Community Project 2020-2021 was arranged for P.4 and P.5 students on 13th April, 2021. The aim of this programme is to promote the students' awareness of good posture and spine health. This project was sponsored by the Hong Kong Jockey Club Charities Trust. Spine health talks, some stretching and strengthening exercise training were conducted by a team of healthcare professionals from the Hong Kong Polytechnic University and their partner organisations.

Students watched the educational video in order to learn how to protect their spine.

"Let's do the stretching and strengthening exercises together."

"Yeah! We got the certificates from Hong Kong Polytechnic University."

A team of healthcare professionals and the students were doing the demonstrations on the stage.







# National Security Education Day



National Security Education Day was held on 15th April 2021. It started with a solemn flag-raising ceremony in the morning. Then, students were introduced to the notion of national security, through the audio picture book *Let's Learn about National Security* which is published by the Curriculum Development Institute, Education Bureau. Besides, the school-based National Security Education Programme - Guarding against Natural Disasters - was implemented. Teachers explained to students how typhoons and hurricanes had brought harm to national security. Practical measures were devised by the joint effort of all students to save the environment to enhance national security. In all, to safeguard national security is the common responsibility of all Hong Kong residents, including school staff and students.



Staff members joined the solemn flag-raising ceremony in the school hall.

Learning the notion of national security through the audio book *Let's Learn about National Security*.



The school-based National Security Education Programme "Guarding against Natural Disasters" was underway.





# Easy Robotics@Home

Five student representatives from P.4 to P.6 joined the Easy Robotics@Home Workshop via Zoom on 10th April, 2021. The workshop was organized by the Hong Kong University of Science and Technology (HKUST). It aims at inspiring students on STEAM, especially learning some basic concepts of underwater robotics.

The workshop was divided into two sessions – theory session and hands-on experiment. First of all, our students were guided by a student-teacher from HKUST. They learnt the key concepts such as the Buoyancy and Centre of Gravity. Afterwards, they used the given materials and started preparing the underwater robots. At the end of the workshop, the students tried their underwater robots moving around in the water. They enjoyed the learning very much!



The learning kit for the underwater robot.



"Let me fix my underwater robot first."



"Yeah! This is my underwater robot!"



The students attended the workshop via Zoom.



"I did it! My underwater robot is moving."

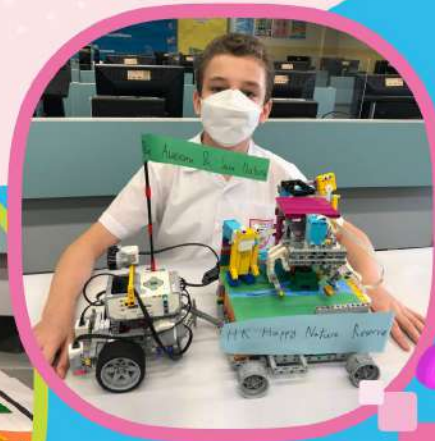


# Robofest Competition

Four student representatives of P.4 and P.6 joined the 2021 Robofest Competition (Hong Kong) in April. Robofest is a robotic competition which was held internationally. It aims at generating interest among young people for Science, Technology, Engineering and Mathematics (STEM). Our students used LEGO MINDSTORMS, LEGO SPIKE, LEGO WeDo 2.0 as well as some recycled materials to build some robots to solve real-life problems. After the building process, they programmed the robots to 'sense', 'think' and 'act'. Though our students found some difficulties in robot building, they overcame them with their perseverance and determination.



*6B Ayman built a multi-function cleaning robot which can sweep the floor, sanitize the floor and dry the floor. The robot has a sensor in the front to prevent bumping into objects during cleaning!*



*6A Omer built a machine parade car. It promotes an eco-friendly message to the public.*



*Let's use the LEGO and some recycled materials like paper and unused brushes for their robots building.*



*6A Ahmed built a farming machine and an automated clock to solve a global problem of drought. This automated machine can sense the movement of the clock to start farming at a certain time of a day.*



*4A Jonas built a computerized transportation and crane lifting vehicle which can lift heavy objects for construction or even trace the racing cars on the highway.*

## Results of the competition:

Category	Name	Award
Exhibition Junior	6B Mohamed Farook Muhammad Ayman	2nd Runner up
	6A Palayam Ahamed Kabeer Seyed Ahmed	~Best Robot Design Award ~Gold Award
	4A Rai Jonas	Gold Award
RoboParade Junior	6A Omer Torin	Gold Award



# Parents' Day

Parents' Day was held on 23rd April, 2021 and 14th May, 2021 for P.4-P.6 and P.1-P.3 respectively.

Primary 6 parents were invited to attend the parents' meeting in person at the school to discuss on academic, overall performance and the Secondary School Place Allocation (SSPA) matters with the class teachers.

For Primary 1 to 5 parents, meetings with class teachers were conducted via Zoom in order to reduce social contact due to the latest situation of Covid-19. Both parties were able to raise and discuss the learning progress of the students through the screen.

Parents shared frankly and freely with the class teachers to enhance students' achievement.

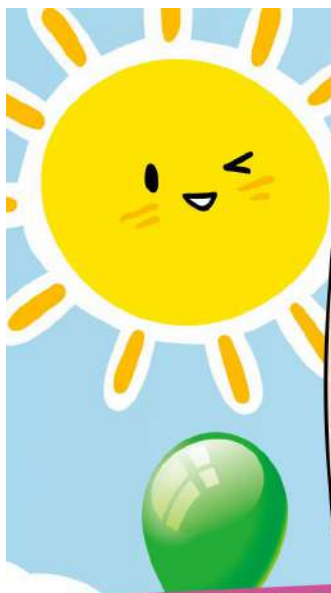
## *P.6 Parents' Day*



## *P.1-P.5 Parents' Day*







# Parent Workshops

Parenting is a journey, filled with a lot of happiness but also challenges. Therefore, it is vital for parents to learn and better handle everyday challenges and changes. Aiming to help parents cope with stress and build better mental health, a series of parent workshops were organized.



## Zentangle Art Workshop (Zoom)

The Zentangle Art Workshop was held in the middle of May. Under the guidance of the professional tutor, participants learned the mindful techniques of creating beautiful images from repetitive and structured patterns which could help reduce their anxiety and boost their creativity. All the participants reflected that they could reduce stress and embrace stillness through Zentangle, a kind of meditative drawing.



## Workshop on Making a "Feeling Jar" (Zoom)

The Workshop on Making a "Feeling Jar" was organized in the middle of May. The tutor from Youth Flow taught our parents how to make a "Feeling Jar". Shaking the "Feeling Jar" which was accompanied by the meditation music, the participants could express their complicated feelings deep in their hearts. In such a way, most of the participants reflected that they could release their deep emotions.







## Parent-child Game Workshop (Zoom)

Playing with children is one of the effective tools for building a close and strong bonding among parents and children. In order to encourage our parents to have regular playtime with their children, the “Parent-child Game Workshop” was organized in May. We have invited the tutor to share with our parents some ideas on fun games which they could play with their kids at home.



*“We enjoyed the parent-child games very much.”*



## Zumba Fitness Classes

A 6-session Zumba Fitness Class was organized from June to July. Under the instruction of the tutor, 15 participants enjoyed the dance by mixing low-intensity and high-intensity moves together. All the participants reflected that the Zumba dance was a great way for them to relieve stress and have a break from the daily grind.



*Our parents can dance really well. Let's sweat together!*



# STEM Day

STEM Day was held on 23rd June, 2021. Our teachers took part in a training workshop on 11th June, 2021 so that they were able to support the technological and hands-on activities as well as to understand the key concepts of the STEM activity design. During STEM Day, the teachers helped students master the knowledge of their projects and to arouse their interest in different STEM activities.

The students were given daily problems to solve by designing and making various STEM products. There was a wide range of activities and they stimulated a great deal of the students' capabilities.

## The theme of each level

Level	Theme
Primary 1	<i>Happy School Life</i>
Primary 2	<i>Our Community</i>
Primary 3	<i>Air</i>
Primary 4	<i>Preventing Diseases</i>
Primary 5	<i>Electricity</i>
Primary 6	<i>Light and Sound</i>

Yeah! I've made a Rabbit Face Shield.

Our Headmistress also joined our activities too!

Thanks for Ms Helen's help, I'd finished my Clothes Peg Table Football.

I'm making my Hair Pin Kalimba.

Have you seen our glowing fireflies are lighting up?

We all listened to teacher's instructions and tried to make a perfect product - Mini Basketball Launcher.



**S**tudents found the latest trend of AI through the iTheatre @class.



Students had to finish the worksheet about the latest trend of Artificial Intelligence!



If I was a scientist, I'll make my own robot too.

**S**tudents presented their final works and shared their ideas with classmates through the Class-based Competition.

Most of us can make sounds with our Hair Pin Kalimbas.

Let's see which car runs fast!



**T**eachers' Training Workshop for STEM Day

Face shields are REALLY practical for everyone now!

Tutor has a good demonstration for us!





# P.1-P.5 Games Day



Our Games Day for P.1-P.5 students was held in June. It is learning about fitness and health. The activities, races and games included simplified, fun versions of track and field events which involved physical exertion and skills! Working together in activities and races are great ways of encouraging our students to enhance their sense of sportsmanship. This allows them to feel a sense of pride, belonging and achievement. Students also learnt some sport-related values and attitudes, such as sportsmanship, respect for others and appreciation. Students were excited, cheering for their class and enjoyed so much in Games Day. We hope everyone stay healthy and getting ready for Sports Day in the coming academic year.



Let's run through all the obstacles!



Congratulations to all the winning classes.







Let's throw the bean bags accurately in the hula hoop!



"We are ready for the games! Yeah!"



Look! That's my best throw!



"Good sportsmanship goes beyond the game; It starts with respect."

~Tommy Hilfiger



# Cultural Day

Our school is dedicated to creating a supportive, welcoming and respectful campus culture that sustains a sense of belonging and connection for all. To foster understanding and co-operation among people from different cultures, Cultural Day was held on 22nd June, 2021.

Students were confident and excited to show off their own different cultural costumes. By attending various educational activities and Traditional Chinese Crafts lessons, students learnt more about different cultures. We had a meaningful and enjoyable day, which made us a happy and cohesive school.

## 1. Wearing Cultural Costume

Traditional costume represents rich history of a country. The authentic outfits and costumes worn by our students show the beauty of people from different cultures.



## 2. Chinese Cultural Performance: Chinese Juggling

Juggling is a complex physical skill and beautiful to watch. Plate spinning is a famous Chinese circus manipulation art, where the juggler spins plates without them falling off. How excited the students felt while watching the performance!





### 3. Chinese Traditional Crafts:



#### ★ Flour dolls

Flour dolls is a traditional figurine made by colored flour. Students made flour dolls with their creativity and imagination.

#### ★ Embroidery

Embroidery is the craft of decorating fabric by using a needle to apply thread. Students tried to make a pineapple with needle and thread on a handkerchief.



#### ★ Chinese knotting

It is a decorative handcraft art that began as a form of Chinese folk art in the Tang and Sung dynasty in China. The color red signifies good fortune. Students not only enjoyed making the artwork, but also learnt about ancient Chinese culture.

#### ★ Hand-puppetry

Hand-puppetry is Chinese ancient form of storytelling and entertainment. We admire not only the puppet master's excellent control of the puppets as she plays different roles, but also the exquisite craftsmanship of the props.





# Cross-curricular Adventure

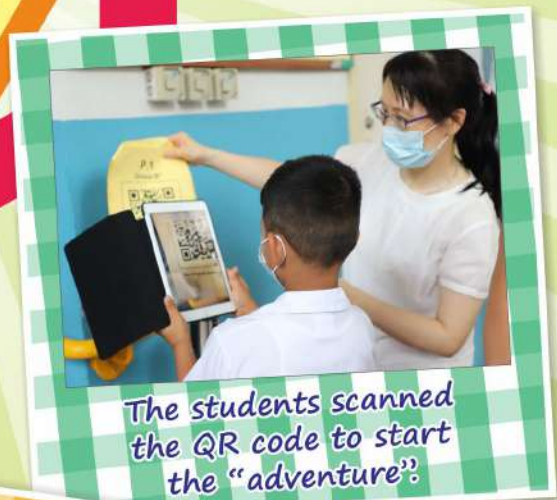
Through the cross-curricular adventure, students were able to consolidate and integrate information, skills and knowledge that they have learnt in different subjects.

The students had to reach various checkpoints within the school, where they worked together in groups to solve problems across all the subjects. The use of QR codes and tablets upped the adventure quotient. They had to apply their knowledge to puzzle out solutions and find out answers.

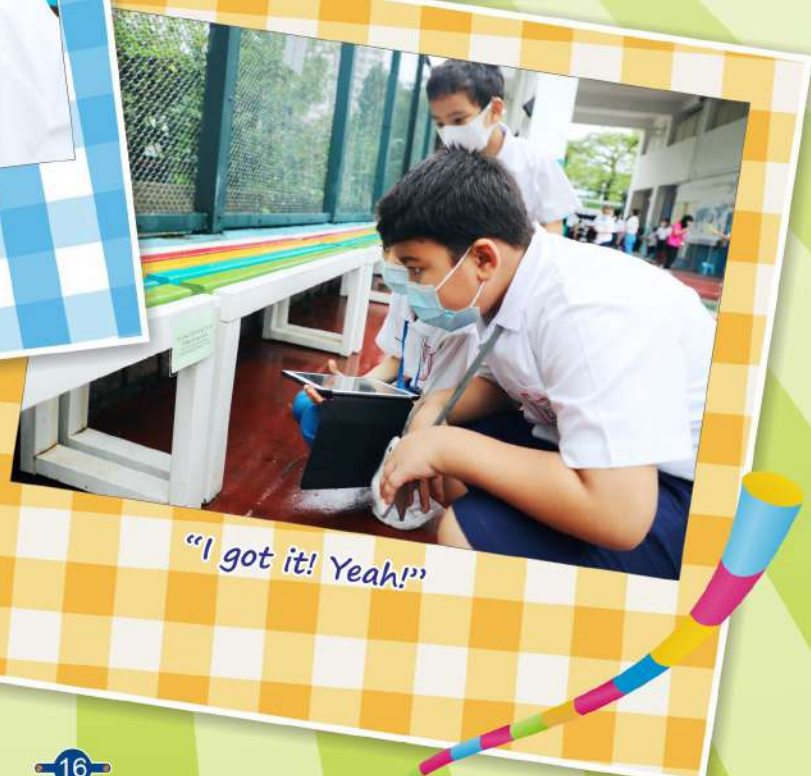
The students were able to build up their self-motivation and confidence in their learning through this cross-curricular adventure as it was student-centered. Those who took part found that it was educational and also a great deal of fun, making everyone very happy.



Students solved the hidden questions in groups.



The students scanned the QR code to start the "adventure".



"I got it! Yeah!"



"Let's find out the answers together."





"I think the answer should be..."



Students had to apply previously learnt knowledge in this activity.

### **1B Hesham**

I had an exciting time with my teachers and schoolmates in this activity. I enjoyed it very much.

### **3C Aayus**

I solved the questions in each checkpoints with my partners. I enjoyed this experience very much.

### **2B Haleema**

I learnt a lot through this activity. It was very interesting. I had a fun time with my friends.

### **6A Natalia**

During this adventure, we all worked together to solve the problems. It really helped me build up my self-esteem. It was a lot of fun.

### **4B Hui Ying Yan**

I was so delighted that I reached all the checkpoints with my classmates. Thanks for the teachers' encouragement.

### **5A Matthew**

I solved the challenges during the activities with confidence. It was really a great experience.





## “Tell-A-Tale” Children’s Storytelling Competition 2020-2021

The competition is organized by the Teacup Production (HK) and the Standing Committee on Language Education and Research (SCOLAR). It aims to enhance biliteracy and trilingualism among students in a fun and interactive manner. All participants are required to narrate the story in English, Cantonese and Putonghua.

To equip students’ storytelling skills, a training workshop was held for participants on 22nd April 2021. The result of the qualifier round was released on 15th May 2021 and the following students are getting into the finals of the competition which will be held on 3rd July 2021.



Zachary (2A) used interesting and vivid body language to express the story.



Nicholas (3A) honed his language skills, demonstrate his language proficiency and garner his public-speaking confidence.



Haniya (5A) spoke with expressions and vocal variety throughout the performance.



Students became more confident in their reading and oratory skills after the training workshop.



# Graduation Day 2020-21

Graduation Day 2020-21 was held on 30th June, 2021 in LCU hall, giving the chance to our P.6 graduates to celebrate their final year at their alma mater. To immortalize the momentous milestone of graduation while also preventing the spread of COVID-19, the graduates and their parents attended the ceremony class by class. While the graduates of one of the classes were attending the ceremony in the hall, the others could also watch the event via the Zoom platform in the respective classrooms. The ceremony climaxed with the representatives of each class by singing "We are the World" on the stage together.

The graduation ceremony was an opportunity for our graduates, parents and teachers to reminisce on their shared journey and accomplishments over the years and celebrate as one. We congratulate them and wish them all the very best for the future.



Support and encouragement from P.6 Class teachers are greatly appreciated by all graduates and parents.



An unforgettable moment to show our love to LCU.

"Let's welcome our honourable guests."



Congratulations to all awardees!



# Scholarships

## Harmony Scholarship

### 4A Qasim Ayyan

I am thankful that I was able to get this Scholarship. I am the class monitor and school prefect this year. I am happy that I can help teachers to keep classes in order and help schoolmates when they are in need. I have joined some voluntary works outside school. I enjoy helping people and hope to contribute more in the future.



### 6A Pradhan Srija

I am thankful to my teachers for nominating me for the Scholarship. Achieving this Scholarship was an unexpected reward for all the hard work. Helping others can benefit my personal development. I will do my best in the future.

Lastly, I would like to thank my parents and teachers for supporting me. Thank you.



### 6A Kaushik Ridhi

I am very glad to take part in some volunteer work in the community and participate in harmony building activities. It has benefited me in boosting my self-confidence to talk in Chinese with the elderly and having a sense of belonging to society as being a part of ethnic minority. Thank you very much for this unforgettable experience and opportunity.



### 5A Rivera Matthew Mangiliman

I felt really surprised and excited when I found that I got the Scholarship. As a prefect, I enjoy helping my fellow schoolmates with kindness. I try my best to be a decent and caring prefect. I feel warm and pleasant when helping others. I would like to take part in more voluntary works in the future.



## 徐美琪助學金 Tsui Mei Ki Scholarship

### 6B Aguilar Angelique May Magallanes

I want to thank my classmates, teachers and everyone else for encouraging me throughout this whole school year. I like reading books in the library in my spare time to learn about different things. Reading can broaden my horizons and motivates me to study hard in school. I hope everyone strive hard for your study and achieve your goal.



## Fred Hollows Humanity Award

### 6B Ghale Onish

Merit

I joined different kinds of social services activities, for example selling flags, planting trees and collecting plastic garbage from hiking areas. The most memorable one was learning to make Nepalese 'momo' dumplings for the elderly. They thanked us for sharing something delicious. These experiences of helping others were of great value and I hope that I can join more social services to help others when I enter the secondary school.



### 6D Liang Li Katia Jiahao

I felt very surprised and happy when I received this Scholarship. I am very much grateful that I have the opportunity to be the school prefect this year, so I can help my teachers and schoolmates. Besides, 'Working hard and trying our best', is my motto. I hope to encourage my schoolmates to understand that you will never regret putting effort into making your dreams come true.



### 6A Rumba Christiana

Certificate of Appreciation

Joining various social activities were memorable experiences. Visiting the elderly was the most meaningful one to me. The elderly looked a bit lonely there and my visit made their day a bit brighter. It is important to contribute to our community because it teaches social skills and broadens my horizons. I enjoyed learning more about my community. I look forward to joining more social services in the future.





# A. Word Sudoku Puzzles

Lots of people love to do puzzles, it helps us with our concentration, revises previous knowledge and can make us think out of the box. For Sudoku you are trying to fill the boxes, columns and rows with a set of letters without repeating in that area.

## Ms Helen's English Fun Activity



In the 6x6 grid you have to fill in L, C, U, G, P & S

In the 4x4 grid you have to fill in A, B, C & D

	A		
			C
D			
		D	

	G				
P		S	G		
		P			L
U			S		
	P	U	C		S
				U	

Answers:



Answers:



# B. Riddles

Try to solve these riddles:

1. How many months of the year have 28 days?
2. What has hands and a face, but can't hold anything or smile?
3. I am always running, but never get tired or hot. What am I?
4. What word contains 26 letters, but only has three syllables?

Answers  
 1. Every month 2. A clock  
 3. The refrigerator 4. Alphabet





# Keeping Your Mind and Body Healthy

The last year has been very hard for everyone. When you can't go out, meet people and even go to school, it can be very lonely and frustrating. Using Skype, Facetime and Zoom has allowed people to meet up over the internet. Meeting up online has been great and people also shared lots of activities.

- ✦ In many countries the local libraries went online when no one was able to come and use the facilities. They put online Storytime so that children could continue to learn and share stories. Even the former President of the USA and his wife were involved.



- ✦ In UK, one of the fitness experts was concerned that PE and exercise were not being taught for young people during lockdown. He decided to create some workouts and PE lessons that students could do at home to maintain their fitness.





✦ As bodies and brains were under stress there were more healthy cooking and eating programmes, while students were being told to take breaks from TVs, phones and computer screens. One of the suggestions was to take time out of the noise and meditate to give the brain a break.



HOW DID THE  
LOCKDOWN  
MAKE YOU  
FEEL?

✦ Finally, how have students coped with lockdown? It is useful and interesting to discover how others felt with not being able to go to school in the traditional manner, cannot meet friends and being restricted to stay at home.



WHAT'S IT  
LIKE  
GROWING UP  
IN THE  
PANDEMIC?







**“Everyone smiles  
in the same  
language.”**

**-George Carlin**

**School Publication Team**

Teacher-in-charge: Ms CHAN Ching-wai

Members: Ms Aisha, Ms Devneer, Ms Helen Wilkes, Ms LEUNG Hoi-shan, Ms WONG Mui-lai