

SIR ELLIS KADOORIE(S) PRIMARY SCHOOL

2023

SCOOP

The Kadoorian Heroes

The journey of the Kadoorians finding their unique power.

(Capes and masks are optional!)

Count Your Rainbows

It's not happiness that brings us gratitude.
It's gratitude that brings us happiness.

Exploring Fabulous Chinese Culture



The Power
of Active Learning





SEIZE THE DAY

Learning by Doing: Celebrating Active Learning @ SEKPS

Welcome to our 2023 July Edition Scoop, where we celebrate the achievements and successes of our students!

At SEKPS, we strongly believe that learning is an active process, where children learn by doing. We aim to provide a stimulating and interactive learning environment that encourages our students to participate actively in their own learning.

Our curriculum is designed to provide a range of hands-on learning experiences that promote creativity, critical thinking, and problem-solving skills. Our students are encouraged to explore and experiment with ideas, ask questions, and work collaboratively with their peers. By doing so, they develop a deeper understanding and appreciation of the subject matter.

In this edition of our magazine, you will see examples of our student's active learning experiences. You will read about their achievements and see their talents showcased in STEAM activities, art, music, and drama performances. From science experiments and art projects to drama performances and cultural activities, our students are constantly engaged in a wide range of learning opportunities.

We believe that our students learn best when they are actively involved in their own education, and when they can see the relevance and importance of what they are learning. By providing a dynamic and engaging learning environment, we hope to instil in our students a lifelong love of learning, as well as the skills and knowledge needed to succeed in their future endeavours.

We hope that this edition of our magazine will inspire our students to continue to actively participate in their own education and that it will showcase the many achievements and successes of our school. We thank our students, teachers, parents, and our School Management Committee for their support and dedication to our school, and we look forward to another year of active learning and success.

Ms Yu Hing-yin Marie
Headmistress
July 2023



The Kadoorian Heroes – A whole-year scheme to promote positive values and attitudes amongst students.

Life can be a competition, but the race that we face doesn't have to be against anybody else. The Kadoorian Award Heroes Scheme is a way to help students focus their efforts and learn how to compete with themselves.

At SEKPS, we set goals for students to reach for and we celebrate their progress on their journey towards achieving success. Our boys and girls learn to respect others and show their appreciation. By embracing their own strengths and potential, they embark on a journey of self-understanding and discovery. Students feel positive about their growth over time and become a hero of and for themselves.

Three phases 'Responsible Heroes', 'Perseverance Heroes' and 'Diligent Heroes' were implemented respectively from October to June. Teachers award students with stamps when they observe good behaviors of students. Bronze, silver and gold awards would be awarded to students when they got certain amounts of stamps on their passports. Certificates, Hero Badges and Mysterious prizes would be awarded to students who reached the targets. All awardees would get certificates. 'Hero Badges' would be given to silver and gold awardees while 'Mysterious prizes' would be given to gold awardees in different phases.





YAY! WE'VE GOT A TICKET TO THE MOVIE



WHAT IS MY MYSTERIOUS PRIZE?



WE GOT MYSTERIOUS PRIZES!



YAY! WE CAN TAKE PHOTOS WITH MY FAVOURITE TEACHER AS MY MYSTERIOUS PRIZE!



RESPONSIBLE HEROES RECEIVED THEIR MYSTERIOUS PRIZE: WEARING CASUAL WEAR ON A SCHOOL DAY!



RESPONSIBLE HEROES GOT A CHANCE OF PLAYING BADMINTON OR ROPE-SKIPPING WITH THEIR FRIENDS!



THE MYSTERIOUS PRIZES WERE AWESOME!

The Kadoorian Heroes Scheme

The Kadoorian Heroes Scheme has been successfully completed in June. After a year-long participation in this scheme, students have learned positive values and attitudes in various aspects and become good Kadoorians. The positive feedback could be glimpsed from their reflections.

What do you think about the Kadoorian Scheme?

I think this scheme is one of the most meaningful schemes the school has introduced. It motivates students to perform well at school and get ready for their future. Also, it can motivate those who have room for improvement to do better at school.



6A TIM

It shows us how to be responsible, perseverant and diligent. It also teaches us a lesson when teachers deduct chops from us when we do something wrong or hurt others so that we learn to avoid doing it again. I believe everyone wants the gold award so we all try our best. So, this scheme encourages us to be hardworking and to keep learning.



6B EICHEN

It promotes and encourages all of us to get higher marks and to do our assignments. Our favorite thing at the end of the scheme is to redeem the amazing prizes from our kind and helpful teachers.



6C PHONG

6D CHLOE



It is an interesting way to receive chops for good work. There was a prize-giving ceremony for people who got the most chops. I was excited about it.

It encourages me to do more than I used to do before. I also like it because, if I get a certain amount of chops, I can get one of the prizes. I think some of the prizes are very creative and enjoyable.



5A BRIAN K.



5B SASHA



It makes me focus more and makes me a better person. It also helps students to focus on school work and helps our school to be a nice, peaceful and quiet place to learn. Students are encouraged to learn and also have fun.

I like this scheme because I can learn how to be more responsible. Also, I can get appreciation from the teachers when I am doing well.



5C SINETHMEE

5D ANICHKA



I like this scheme because it is a visual representation of my achievements at school. It is very satisfying to see a collection of chops that represent my hard work and progress each day. It thus motivates and encourages me to strive even more as it reminds me of my daily accomplishments.

It also makes me feel good because the chops serve as my teacher's validation and recognition of my work. This makes me want to excel even more to earn those marks every day.

I hope the school will continue to use this scheme as it helps to motivate students and also shows equality and fairness. I hope the school will always be successful in using this system to help all students achieve their goals.

I like this scheme because even when I get just one chop, I feel determined to get even more chops! I also like this scheme because if you get a bronze, silver or gold award, the teacher will call out your name to get a badge. It is even better if you get a gold award because you can get a prize from an "egg machine". The prize might be the chance to be 'one-day monitor' or to receive a mysterious prize. This is why I like this scheme very much!



4A ANNE

4B EJ BALAGAT



It reminds us to be responsible, hardworking and perseverant. During this scheme, I have improved my attitude and grades. I also recommend that the teachers continue this scheme in the coming years!

The aim of the Good Kadoorian Scheme is to give rewards to pupils when they do well. If we show improvement in quizzes or exams, we can get a chop. If we do well in our homework, we can also get a chop. I like this scheme because it teaches us to be diligent and encourages us to do better every day.



4C YANNIS

Not only can we get gifts after two semesters, it is also a way for the teachers to compliment us on our good work. It is also a good way for us to do the things our teachers tell us to do.



3A LASYA

3B ANSHUMAN



The scheme encourages us to be more diligent every day. If we are diligent, we are hardworking and not lazy. We should put effort in our work, keep trying our best and never give up. As students, we should do our homework and assignments sincerely. We should be diligent by studying hard for dictations, quizzes and examinations. The scheme rewards us by giving certificates, badges and mystery gifts. This makes us want to be more diligent and get more chops. It is a good scheme.

The scheme has helped me improve my academic results. I now get good marks in Chinese, English, Maths, GS tests and examinations. Moreover, the scheme has helped make me more hardworking, diligent and self-disciplined. Because of the scheme, I have also grown into the habit of reading books on the Raz-kids platform every day. I am very grateful that it has helped me a lot.



3C JANICE

2A GABRIELLE



It motivates pupils to answer more questions in class and even makes those who are shy answer more. I hope it can help everyone.

It motivates pupils to answer more questions in class and even makes those who are shy answer more. I hope it can help everyone.

2B FIONN



2C DIEGO



I like this scheme because it is fun. I am learning how to be a good student. I am happy to be one of the Kadoorians.

It motivates me to do better in my studies. When I do well, I get chops and I feel proud of myself. I also like seeing my friends happy when they get chops too. It makes us all feel happy and more confident.



1A WINONA

1B LUIS



It has taught me to be diligent. It has also taught me to study harder and to keep working even if I fail to achieve something.

I got better in my Chinese. I improved in my Chinese quiz. I read more books on Raz-kids. Teachers give me chops because I can do my best!



1C RAISON

The Attitude of Gratitude

Gratitude is an important value that can help us to develop a positive mindset and a happier outlook on life. By learning to appreciate the good things in our lives, we can become more resilient and better able to cope with challenges and setbacks.

Gratitude can also help us develop stronger social connections with our peers, teachers, and family members. When we express gratitude towards others, we can strengthen relationships and create a sense of mutual respect and kindness.

Practicing gratitude can inspire us to be more compassionate and generous towards others. By recognizing the positive contributions of others and expressing appreciation for each other, we can learn to value the importance of community and working together towards common goals.

Below are gratitude messages from our students to their beloved ones.



1B OHANNA

MESSAGES

now

This is my mommy. I want to thank her for her infinite love, I'm always grateful for her love and care for me.



1C GEORGE

MESSAGES

now

This is my dad. I want to thank him because he buys me food and plays mobile games with me.



2A KALE

MESSAGES

now

I am grateful to my family. They teach me homework and they love me so much that I am grateful to them.



2A DESMOND

MESSAGES

now

Dear Mummy, I would like to thank you, for your love and care towards me. You have taught me to be a good and happy boy. You sing and hug me when I am sad. You are the best! I love you mummy.



3B TROY

MESSAGES

now

Dad, Thank you for showing me what a hardworking man looks like and always putting our family first.



3C KUSH

MESSAGES

now

I feel grateful to Ms. Josephine, who voluntarily taught me Cantonese. When I found difficulties learning it at school, I was lagging behind in Cantonese. She helped me to cover the syllabus for mid-terms.



4A FURQAN

MESSAGES now
I would like to thank Ms. Wendy for guiding me throughout the Non-Chinese Support program as she helped me increase self-awareness and confidence.



4C RITVIKA

MESSAGES now
I am grateful for my parents. They bought so many things for me and took care of me. They are the best parents in the universe.



5A TATO

MESSAGES now
These are my parents. I want to thank them because they are the best parents. They take good care of me. They are my heroes, my best friend and my everything.

enjoy every moment.



5C JUSTIN

MESSAGES now
I am grateful to my family for everything because they work hard for education, bills and delicious food.



6B EICHEN

MESSAGES now
I am grateful to my parents coz they are the best for me. No one can be that good and can give me more love than they do!

The Power of Gratitude

Apart from having students sent the messages to teachers, some parents would also like to show their appreciation to teachers and students too. From the messages, we could feel love and respect to one another. Let's feel the power of gratitude and light up our day!

親愛的悅恩
妳是一個乖巧又懂事的小
孩，謝謝妳的善良與慧心。
有妳這樣的一個女兒是
媽媽的幸運，我們一
起加油，體驗人生。
媽媽

To All Teachers and staffs
Thanks for all of teacher and
staff in the school, we appreciate
that school provides a comfortable
and happy learning environment all
the time. We just take all of
teachers' work, you have done
from
Sunnieprints

even when you were still in my
womb we know you were still in my
Study hard because that is the only way
can give to you. We don't want you to be a good person
class, we just want you to be the only wealth we
students. Most important you will learn from your
mistakes. We know you will learn from your
the love comes you will be proud that we are
your parents. We are very proud that we are
you don't need to be perfect just be kind
and obedient is enough for us.
We love you from the
bottom of our
hearts.
Love: Dad & Mom

Dear Mom,
I love you so much. You are the best
mother in the world. You always
take care of me and love me so
much. I will always love you and
be a good child. Thank you for
everything you do for me.
Your loving son,
Zikra

Dear Chong,
Thank you for being a good model
and inspiring teacher so that our kids
learn in a world of fun & love!
May you receive all the joy
in return
Cheers,
Bella's mum

SEK 18
13-12-2022
A BIG BIG THANK YOU TO
ALL THE TEACHERS OF IS
FOR THE ENERGY AND THE
SUPPORT YOU ALL GIVE
TO OUR KIDS!!
THANK YOU
KISHA PARENTS
DRECO & SORIA

I WANT TO THANK YOU, OUR
DEAR TEACHERS FOR YOUR KNOWLEDGE
AND DEDICATION TO
NOURISH MINDS AND GUIDE ALL
LEARNERS.
THANK YOU FOR ENSURING THE
CONTINUITY OF EDUCATION
AND MAY OUR ALMIGHTY GOD
CONTINUE TO BLESS AND
GUIDE YOU ALL.
MS. LAM RA-LOK
MS. WONG YEE-HAN

Dear Ms. Ma,
Thank you for being an
Amazing teacher. We are sure
with your passion and dedication
our child will grow well.
From
Parents of
David Ai. (3B)

Dear Ms. Ng,
I send you thank you wishes for
the fantastic work that you do. Thank
you for recognizing the abilities of
my daughter and encouraging her to
fulfill her potential.
Thank you for being an amazing
teacher.
From
-Bonnie-

Dear Ms. Yip,
Thank you for leading our
SSA class last year for our
kind and helpful you are
it's wonderful as my son
from
Jenna
Piper

校長，
好有謝你，愛錫子瑜，當初她
不過息返學，你每次在學校
門口鼓勵她，同時也鼓勵
我，每天送她回校返學
在校門外見到校長因
學生請假，真的係
到非常有愛，錫到
IA deny 她

Dear Mr. Ko,
You are the best G.S. teacher I could
ever ask for. I hope it will keep being
kind to everyone. I hope you will be my
G.S. teacher in P5.
Dannah 5B
(17)

I am thankful
to my class teacher,
Ms Yam for being
So caring and kind
even in the hardest
times
From: Zikra

Dear Kwathi
 Thank you for being a good
 kid and enjoying school.
 You are creative and talented
 and use your skills to help
 others. Be kind to
 yourself and others.
 Proud of you!
 Love,
 Dad &
 Mom

親愛的爸爸
 我們感謝您在我們全家患了
 covid-19時，每天對我們無微不至的
 照顧，每天為我們設計及做三餐，洋蔥
 蒜上美味健康的衣物藥物，鼓勵
 而更勇敢獨自一個人在客廳
 睡覺！您恩有依。
 我們愛您！
 Chow's
 Family

孩子的每分進步和老師的辛勤工作
 是分不開，孩子的點滴成長都與
 老師的諄諄教導相關。
 感謝你們對我女兒
 培養！謝謝

Dear Class 5A,
 I am grateful for having you
 all in my class this year. Thank
 you all for being respectful to
 teachers and helpful to
 your classmates. Let's create
 more beautiful memories
 together! ♡♡♡
 Ms. Chung ☺

Dear SET parents,
 We are truly blessed
 to have such wonderful
 and supportive parents
 like you, you, and you!
 Thank you!
 Ms. Yip

Dear Students =
 Thank you for your hard work. Thank
 you for your understanding and being
 nice to each another. Hope we can
 cope with everything together. Build
 an happy environment in our
 class.
 From Class teacher
 Ms Wong

Dear Students,
 Thank you very much for all your
 hard work and caring to our school and
 our staff. We are so proud and very
 happy to be here.
 Thank you
 Ms. Chan

Dear SET Boys and Girls,
 You are the reason for
 the smile on my face,
 the laughter in my eyes,
 and the joy in my life!
 Thank you!
 Love you all!
 Ms. Yip

Dear Class 6C,
 Thank you so much for being respectful and polite to us.
 You guys really worked hard and strived to perform your best.
 I hope that everyone can have a fruitful year full of beautiful
 memories and wish that everybody can be allocated to the
 secondary school you desire to enter.
 Best regards
 Ms. Yam
 HAPPY EVERY DAY

Dear Teachers of SET,
 You did everything to make
 school life fun and exciting!
 Thank you for making
 SET such a beautiful
 place!
 Ms. Yip



In Search of Chinese Hero Mulan

This year, our school's annual musical was written based on the legend of Mulan. To promote positive values and attitudes in Kadoorians, students read the story of Mulan and learnt the core values and virtues from this Chinese heroine in history. Not only did Mulan show bravery, but she also demonstrated the traits of diligence, perseverance and responsibility during her training and service to the country.

In alignment with the whole-person development, all Kadoorians have written a motivational talk transcript and shared their personal experiences that echoed the core values Mulan always upheld. Kadoorians may not wear the capes to be heroes but they can accomplish their goals despite their difficulties in life.

Kadoorians, let's embark on the journey of becoming your own heroes!



1A Andrew

I like the story of Mulan very much because we have similar personalities. I went to a ping pong lesson recently, but I didn't do well at first and felt like giving up. However, my mom encouraged me by saying, "A journey of a thousand miles begins with a single step." I listened to her advice and practised ping pong bit by bit. As I kept practicing, I got better and better at the game!



1B Ohanna

Victory is always possible for the person who refuses to stop fighting. We should work hard to achieve success. Even if we make mistakes, we can learn from them and keep trying. To be successful, we can't just rely on luck, we must put in hard work like Mulan. I worked hard to improve my grades and learned Chinese. As a result, I got second place in academic subjects. The spirit of never giving up is to keep going, even when it's hard.





1B Nathan

When I was three years old, I couldn't speak Cantonese very well and nobody could understand me. My mother took me to see a speech therapist, but I was scared. However, I practised Cantonese every day and eventually overcame my difficulties. I learned how to speak correctly and was very excited that my hard work paid off.



'Success consists of getting up just one more time than you fall.' I will remember it and never give up.

1C Yana Maria

I went hiking with my family and it took a long time to get there. I was worried that I wouldn't be able to make it to the top. As we climbed, I felt nervous and unsure if I could reach the peak.

I took a break and rested for a while. After resting, I continued walking with my family and we finally reached the peak together! "If at first you don't succeed, try, try again." I was so happy that I didn't give up and persevered until the end.



2A Darren

I think I am like Hua Mulan because when I have a hard time doing something, I try harder to overcome it. For instance, it was tough for me to play a song in my piano exam. But I did not give up and practised that song more. In the end, I passed the exam.

I like the saying "The key to success is action, and the essential in action is perseverance" It is true! If I never give up, I will succeed.



2B Yammy

Mulan and I both have persistent personalities. Through a family outing, I also realized that I have strong perseverance too! One day, my family decided to go hiking on Lantau Island. I was so tired after an hour-hike. I asked Dad in exhaustion, "Can we go home?" Dad encouraged me not to give up. He reminded me of Walter Elliot's saying, 'Perseverance is not a long race, it is many short races, one after the other.



After taking the small steps bit by bit, we finally walked to the top of the mountain. We could enjoy the wind breeze and see the fantastic scenery on the hilltop. If I give up at that moment, I will never be able to see the incredible scenery. From this incident, I learnt that I should "never give up".



2C Gilmour

I am like Hua Mulan because we are strong, hardworking, and brave. I go for fencing training every Sunday. I always try my best because I want to win some awards in competitions.

During competitions, I am very brave. I try to score points aggressively, and I finally won an award! It shows that practice makes perfect, and there are no shortcuts to success.

2C Anay

Mulan inspired me with her saying, "Love and kindness are never wasted." One morning, my father and I took the minibus to school. It was almost full when a lady with a child got on. There was only one seat left, but it was too small for the lady and her big kid. I realized that and I offered my seat to the lady. I felt good to help someone in need and I learned that small acts of kindness can make a big difference.



3A Lincoln

Hua Mulan and I are alike because we have similar personalities and qualities. One time, I tried to play the piano but I couldn't do it at first. I tried many times but I just couldn't get it right. My teacher encouraged me to keep trying and not to give up.

I remembered the saying, 'Success consists of getting up just one more time you fall.' So, I tried again and again until I finally managed to play the piano! I learned that if I keep trying and don't give up, I can achieve my goals.



3B Anshuman

I'm like Hua Mulan because we have similar experiences. When I was in Primary 1, I was in the NCS Chinese class, but I found it boring. However, I knew that the LCC class in Primary 2 might be harder, so I studied Chinese every day until Primary 1 finished.



In Primary 2, I joined the LCC class, and I am still in it now. I learned that "Perseverance is not just one long race, but many short races, one after the other." I understand that it is impossible to enter Local Chinese Curriculum Class by just revising for one day, but I have to revise and improve every day. This experience taught me that if I work hard and don't give up, I can achieve my goals.



3C Navika

“Victory is possible for anyone who refuses to stop fighting.” When I first started skating, I struggled for 3-4 months. But I promised myself that I would not give up until I mastered this skill.

It wasn't easy, and I fell down many times. The unbalanced steps and minor injuries helped me improve my skills. I kept trying and didn't give up. After 10 months, I finally succeeded in running with my skates on! This experience taught me that if I keep fighting and don't give up, I can achieve any goals if I work hard for them.



3C Janice

Hua Mulan and I are both hardworking because I always do my homework and finish my revision before going out to play every day. Being a responsible student, I always find General Studies very difficult, but I do my revision frequently. In the end, my hard work paid off as I achieved a very good result in the examination.

Abraham Lincoln once said, "Discipline is choosing between what you want now and what you want the most." I realize that what I want most is getting good exam results. I know it's not always easy, but my discipline and hard work helps me achieve my goal.



4A Zayn

Mulan is a brave and selfless heroine who inspires me to be a better person. Although I may not be as brave as Mulan, I try to be selfless by putting my family's needs before my own. For example, I help my mum with housework and even take care of my little sister when she is being moody. I always want to fulfil all my responsibilities when it comes to my family.

In order to be like Mulan, I believe that I should also be courageous and tenacious. Mulan was brave through every adversity she faced and did not let anything bring her down. She also bravely took on the responsibility to help her family and country. As Winston Churchill once stated, 'The price of greatness is responsibility.' We should always be responsible and make sure that those around us are not in any trouble. In order to achieve greatness, we should be kind and thoughtful to all those around us.

In short, it is extremely essential for us to have courage and look beyond ourselves. I am sure that there is a Mulan hidden in us all, waiting to overcome different challenges in our lives. I hope Mulan can inspire us to be better people. Let's not give up on our dreams!



4B Ng Jun Hey

I don't think I have the same qualities as Mulan because I'm usually scared to take risks or be selfless like she was.



I remember once when we had to present in front of the whole class and I was really scared. I wanted to hide, but I knew I couldn't. So, I took a deep breath and went up to present, and I finally did it! Although it wasn't as daring as what Mulan did, it was a small step towards being brave.

If we want to succeed like Mulan, we have to be brave, diligent, and persistent with our decisions. "Believe in yourself and all that you are." This saying of wisdom has taught me that being successful is not just about being brave and taking risks, but also about being confident and responsible. I know I can try to be brave in my own way and work persistently towards my goals.

4B Javier

Mulan and I are similar in that we both love our family very much, and we want to make them proud. I want to be a responsible son and honor my family like Mulan did. During Easter break, I joined a football tournament. In the final match, the performance of the opposing team was excellent, but our team didn't give up. We worked hard and showed diligence and perseverance. And guess what? We won! I learned that if you love and enjoy what you're doing and work hard at it, you can succeed.



I also believe that strong people stand up for themselves, but even stronger people take the responsibility to stand up for others who need help. As Albert Schweitzer once stated, 'The purpose of human life is to serve, and to show compassion and the will to help others.' It's important to be kind and help others whenever we can. I want to be someone who stands up for others and makes a positive difference in the world.

4C Gabriella

I want to be like Mulan because she is brave and perseverant. When I was five years old, I learned how to ride a bike and it was really hard for me. But I knew that if I kept practising, I could do it. And I did! This experience taught me that with hard work and determination, I can overcome any challenge, like Mulan did.

My favourite saying that describes this experience is 'Perseverance is not a long race, it is many short races, one after the other.' This quote means that perseverance is about taking small steps towards a bigger goal. It's not about how fast you go, but about the consistent effort you put in. Being brave and perseverant are important qualities that can help me overcome challenges in my life.



5A Aimee

In the 21st century, we don't have to be a hero like Mulan, fighting in a war. But her story is still relevant today because it teaches us to face our day-to-day difficulties with positivity and determination. We learn to never give up and to develop a strong will to succeed.

So, whenever I have any problems, I now try to face them with a positive mindset. I recently joined a flute competition and the experience was very difficult. At first, I was not able to play well as I had an incorrect posture. This made it difficult to balance the flute. Then I practiced more and more and I participated in the competition. The result was promising, and I was very delighted. This experience taught me to never give up

'The price of greatness is perseverance.' I learn that I should never give up no matter how difficult it is.



5A Gigi

When I first read about Mulan's life, I thought she was very brave and diligent and I wanted to be like her. Since then, I have kept on practising my writing skills to fulfill my dream of working in the publishing field and becoming an author one day. When I started writing the first page of my book, I thought it would take forever to complete it so I left it for weeks. Then, one day, I decided to resume writing but it took me a long time to write anything of substance. I was extremely frustrated. Suddenly, I thought of the saying of wisdom that my teacher introduced in the English lesson, "Diligence is the beginning of brilliance." It empowered and energized me to complete the book and I feel so proud of myself!

I now understand that I can succeed in doing anything as long as I work hard. I also believe that we can do what we want to do if we try our best!



5A Kennis

Mulan's story inspired me that I should never give up. I joined the sports day and took part in two races, the 100 meters and the 4x100m relay. Before the sports day, our PE teacher Miss Wong trained us to run better. During the relay practice, I had a problem passing the baton to my teammate who was shorter than me. But I didn't give up and practiced at home with my younger sister.

On Sports day, I came in third place in the 100 meters race. I felt a little sad because I knew I could do better. But then we participated in the relay race, and I was surprised that we won first place! This story taught me that "Preparation is the key to success." I learned that I should prepare well and keep practicing before doing anything. I'm happy that I didn't give up during practice and it paid off on the sports day.



5B Shawn

Mulan was diligent and made great efforts to practice martial arts. She never gave up though it was difficult for her. I share a similar experience because I realized that I could be a hero like Mulan as long as I am diligent and persistent. Even though I found Chinese a very difficult subject, I studied hard and did revision exercises every day after finishing my homework. I used to fail in the subject in the past, but now I finally have good results!

"The key to success is action, and the essential in action is perseverance." I do believe if I am diligent and persistent, I will overcome all difficulties and can finally succeed.



5C Sinethmee

I want to be like Mulan because she is kind, helpful, and cares for others. When my elder sister was sick, I wanted to help my family too. My mom was busy taking care of my younger sister, and my dad had to work for long hours. So, I cooked dinner, cleaned the house, and looked after my little sister. I knew that I had to stand up for my family and help them when they needed me. We should all support each other in the family.

Even though life can be tough, we should always try our best. "Responsibility finds a way, irresponsibility makes excuses." I hope my experience can inspire you to be helpful and caring, just like Mulan. Remember, we all have a role to play in the family, and we should always be ready to help each other.



5D Anichka

As a primary 5 student, I hope to study in a prestigious secondary school, just like my elder sister. I am a Filipino who moved to Hong Kong in 2019 and have lived in Hong Kong for only 3 years. Because of this, I have been facing difficulties in my academics, especially learning Chinese. But even though I kept failing my Chinese assessments, I still kept on trying until I was able to achieve a passing result. Imagine, after 3 years of studying Chinese, I finally was able to pass my tests. My brilliance is beginning!

'Diligence is the beginning of brilliance.' This saying inspires me to work hard to overcome all of the challenges that face me now and in the future.



5D Izzah

I may not share the same qualities as Mulan but I really do appreciate what she has done for her family. She is absolutely amazing, and I want to be like her. She inspires people to come out of their comfort zone.

In order to be like Mulan, I need to be brave enough and responsible. I am not worried about taking a risk or making mistakes. When my mom was sick, I took care of her and I cleaned the house. I did all the housework by myself because I felt it was my responsibility to help and support my family.

“Responsibility finds a way, irresponsibility makes excuses.”
I hope that this saying will not only inspire me but also leave an impression on you.



5D Jaella

I respect Mulan very much because her story inspires me to bravely face our problems. I always dream to be a professional dancer. In my free time, I participate in different dancing activities. However, I was failed to be chosen as the school dancing team member. I was very disappointed then I decided to quit the dancing team.



One day, my teacher shared the SOW of ‘The past can hurt, but you can either run away from it or learn from it’ in class. The message encouraged me to face my problems rather than escaping from them. I should keep trying and there were no excuses for running. I soon found out I should listen to myself and keep practicing. I finally made it and entered the school team. It brought more joy than ever. I hope my experience can inspire you to overcome all the problems.

6A Daniel

Like Hua Mulan, I care about the people around me, and I always try my best to find a solution to their troubling problems. Mulan risked her life in order to save her country and family. Like her, I think we can all be heroes by actively protecting the people around us.

I also believe that diligence is what makes a hero, so I worked hard to prepare for my examinations and it has paid off. I finally enter the secondary school that I admire. As William Penn once said, 'Patience and diligence, like faith, remove mountains.' So, always remember that with a warm heart and a strong mind, we can be heroes too!



6A Wilson

I think we can all be heroes like Mulan and care about our families. Mulan was very brave and saved her country and family. We can also be heroes by protecting those around us.

I have my own experience of the importance of diligence. Drawing has always been hard for me, but I practice every day. Even though it takes a lot of time, I keep drawing and my skills have improved. Mulan worked hard to be a hero, and I work hard to improve my drawing skills.

William Penn said, "Patience and diligence, like faith, remove mountains." This means that if we are patient and work hard, we can achieve our goals. Mulan was patient and worked hard to be a hero, and we can also be patient and diligent to succeed.



6B Shravan

Hua Mulan and I do share some qualities such as kindness, positivity and quick-thinking. Although I may not be as brave or strong as Mulan, I can still be a hero like her. "Discipline is choosing between what you want now and what you want most" best describes my experience of responsibility.

One time in Primary 5, I had a tight schedule before the examination. I had to help my friends, finish my homework, and help my mom with housework. It was overwhelming, but I knew I had to be responsible and get everything done. So, I made a clear schedule and finished the most important tasks. Finally I was able to finish everything calmly and in an organized way. It was a great feeling to know that I could handle all the responsibilities.



6B Eichen

Hua Mulan is a hero with many qualities, like being brave, strong, intelligent, responsible, and determined. To be a hero like her, I need to be perseverant and take on challenges.

Once, I was in Japan for unicycle training as part of a unicycle team. It was a difficult task for me to participate in a competition as a beginner because I had only trained for 4 months while the other team could do some tricks and more. However, I did not allow this to stop me and I practised a lot throughout the week before the competition. Finally, we won the competition and I was so proud to be a member of this team.

I believe that "Perseverance is not a long race, it is many short races, one after the other" best describes my experience. It taught me that if I work hard and persevere, I can achieve my goals and be a hero like Hua Mulan.



6C Kashish

Hua Mulan and I both love our families and don't want to be stereotyped. To be like Mulan, I need to be brave and hardworking when encounter difficulties.

Once, I failed a very important test and I felt really bad. But I didn't give up! I worked hard and I passed the next test. I learned that if I keep trying, I can succeed.

I think that when things get tough, it's important to keep fighting. Napoleon Hill said, "Victory is always possible for the person who refuses to stop fighting". That means, if we keep trying and don't give up, we can still win. We can think about all the people who have succeeded by working hard and not giving up.



6D Jerry

Like Mulan, I am determined to succeed. When I joined the Robot Competition, I faced many challenges. "Heroes are never perfect, but they're brave, they are authentic, they are courageous, determined, discreet and they've got grit." I stuck to my beliefs and quickly solved the problems. Believing in myself was important because it helped me not give up easily. With the support of my family, friends, and classmates, I was able to win second place, which was very rewarding. I learned that struggles are opportunities to learn from my mistakes and improve.



In conclusion, I believe that being determined is an important quality that we can learn from Mulan. We should always believe in ourselves and never give up, even when we face challenges. Then we can achieve our goals and become heroes in our own right.

English Sayings of Wisdom – Motivational Talk

To nurture positive values and creativity, our students have participated in the "Saying of Wisdom (SOW) Motivational Talk Contest organized by EDB. Students demonstrated their language and multimodal literacy skills in the contest.

Inspired by the story of Hua Mulan, our students have created a short speech and shared their experiences by creating a short video themselves.

As the saying goes, "Nothing can dim the light that shines from within (Maya Angelou)", let's spread positive vibes and fill our lives with light and hope.



"If you can't get a miracle, become one."

5D ANICHKA



"There is no excuse for not trying."

5D ARTHUR



"The past can hurt, but you can either run from it or learn"

5D JAELLA





6A ALYSSA

"When life gives you lemons, make lemonade."



6B EICHEN

"Kindness is a gift that everyone can afford to give."



6C IVAN

"It takes all sorts to make a world"



"LOVE OUR HOME, TREASURE OUR COUNTRY"

「心繫家國」- "中華民族的衣櫥 新春華服設計比賽"



In this event, students learn about traditional clothing worn by different ethnic groups in China. By designing their own costumes inspired by these traditions, students can develop their creativity, design skills, and understanding of cultural diversity. This activity can also help to foster a sense of pride and identity in students of Chinese heritage, as well as build bridges between different cultures through the appreciation of diversity.

THE LION DANCE WAS BRILLIANT!



Our school joined this activity and has won a Merit Award in a video shooting competition and Commendation Award in the costume design competition. Our school also co-organized the prize-giving ceremony and set up Chinese cultural arts stalls. Our students performed Chinese songs and lion dance and helped to make paper cutting, clay and Chinese calligraphy as souvenirs on that day.

OUR SCHOOL ATTAINED MERIT IN THE CHINESE COSTUME DESIGN COMPETITION!

WE LOVE THE HIP-HOP DANCE CROSSING OVER WITH CHINESE NEW YEAR SONGS!



OUR SCHOOL AMBASSADORS HAD A WONDERFUL CHINESE CULTURAL EXPERIENCE.

This event provided a fun and engaging way for students of 34 government schools to explore Chinese culture. Ultimately, the Chinese cultural costume design can help to promote mutual understanding and respect between different cultures, while also celebrating the unique beauty and richness of China's diverse cultural heritage.



6A BRIAN LEK

I have been a student MC for a few times. However, I felt honoured and excited about being the student MC in such a special event. I practised my script from time to time so as to be familiar with my lines. In the future, I am keen on taking another chance of taking the role of MC again!

It was the first time of taking the role of student MC in the prize-giving ceremony on 4th February, 2023. I was nervous because I was afraid to have messed up my lines. Eventually I overcame my problems by writing the Cantonese transcription and practised the lines at home. With the support and encouragement from my teachers and my MC partners, I strongly believe that I can do anything no matter how hard it is.



6A ANNUSHKA



6B GRACE

I was excited when I was invited to be one of the student MCs in the event. Before the event, Ms. Yam gave me the MC script and we practised for a few times. I was pleased that my performance of being a MC in the event. After this event, I have more confidence to talk in public now.

Being a student MC, honestly, cracked my nerves as there were a lot of audiences in the event. At the beginning, I found it difficult to read my script in Cantonese. Nevertheless, I spent some time to repeat reading the lines every day. In the end, it was not as difficult as I imagined. I have learnt how to cope with my stage fright. I am proud of myself and I would like to join such meaningful event in the future.



6D SIMRAN

The Promotion of Chinese Cultural at SEKPS

At SEKPS, students learn about the rich cultural heritage of China in and outside the classroom. They can learn about traditional Chinese arts such as calligraphy, painting, music, dance, and martial arts, which can broaden their horizons and foster their creativity.

Learning Chinese cultural arts can also enhance students' cognitive and motor skills, as they may have the opportunity to develop their fine motor skills through activities like calligraphy and painting, or their coordination through activities like dance and martial arts. This can lead to improved academic performance and overall physical health. In addition, these activities help to promote social and emotional development in students. Students learn about teamwork and collaboration through group activities and develop a sense of pride and identity in China Hong Kong's cultural heritage. This can help build students' confidence and self-esteem, which are essential for success in all areas of life.

At SEKPS, promoting Chinese cultural arts can help bridge the cultural gap between locals and students from all parts of the world. We can learn about and appreciate different cultures and traditions, with the aim to promote global understanding and cooperation, which is crucial in today's interconnected world.

CHINESE PAINTING AND CALLIGRAPHY

These traditional art forms can help improve fine motor skills, promote creativity and imagination, and provide an opportunity to learn about and appreciate traditional Chinese culture. Students can also enhance cognitive development, including focus, concentration, and attention to detail.



CHINESE DANCE AND MARTIAL ARTS CLASS

Learning Chinese dance and martial arts improves physical fitness, coordination, and self-discipline while fostering a sense of respect and appreciation for Chinese culture. Our students develop self-confidence, teamwork, and leadership skills while learning about traditional Chinese art forms. During practice, we witness students' emotional resilience.

These activities provide a holistic education that promotes personal growth, cultural awareness, and physical and mental well-being



CHINESE DRAMA FOR NON-CHINESE STUDENTS

Our non-Chinese speaking students learn to act and perform in the Chinese language with the aim to improve their language skills and cultural awareness. Through drama class activities, creativity, critical thinking, and collaborative skills were nurtured. The immersive and experiential learning environment of drama classes can make learning the Chinese language and culture more engaging and enjoyable.

By participating in Chinese drama classes, non-Chinese speaking students can gain a deeper understanding and appreciation of Chinese culture and develop valuable life skills that can benefit them in their personal and professional lives now and in the near future.



CHINESE PERCUSSION BAND

Our well-known percussion band has shifted from playing Western percussion instruments to Chinese Drums. With their outstanding musicianship skillful hand-eye coordination, rhythm, and timing, they started playing Chinese drums this year. This new change demands more teamwork and collaboration skills while playing in a band, as well as self-discipline and perseverance through dedicated practice. It is also a fun and engaging way to reduce stress and improve overall well-being.



Local Culture Activity

To engage students in learning Chinese Culture, a Local Cultural Fun Fair has been organized on 14th June, 2023. Parent helpers were also invited to run some of the stalls. All students could have a glimpse of Hong Kong culture in terms of local food, games and lifestyle of Old Hong Kong. Cultural stalls like old toy shop, dim sum making, flower making and herbal tea shop are interesting etc. They could even try to taste the traditional candy and coconut wrap and putting on the costumes from the old days too! Everyone's pockets were filled with lots of souvenirs. They all had fun while learning Chinese local culture.



We can work like a blacksmith!



Dim Sum...Yum!



Yeah, tossing ring is fun!



Playing at the old toy shop is a fab experience!



We look gorgeous and cool in these costumes!





We love flowers!



I know how to name the toys of Old Hong Kong!



The iron gate is iconic in Hong Kong culture!



Thanks to the parent helpers who helped run the stalls!



You wanna try an aeroplane olive?



Herbal tea is good for health.



Yummy local snacks!



I can name all the names of dim sum.



PARENT'S ACADEMY

Parents of different ethnicity were eager to learn new things. Many non-Chinese parents were interested in learning the Chinese language as well as the Chinese culture. Hence, a series of workshops were arranged under the theme of Chinese culture. Although it was the first time parents learnt about Chinese calligraphy, their calligraphy work proved that learning a language has no limit. They also learnt about the traditional Chinese Five Elements theory (易經 I Ching) and the solar terms. The last two lessons were about Chinese medical practitioner and Chinese dance which focused on the hands-on experience and physical health of the parents!



You probably can't tell from their Chinese calligraphy that this is their first lesson ever.



How to include the elements of 'bring wealth every day (日進斗金)' in one character would be very challenging!





Master pieces of ink craft by parents

Parents learnt about the 24 Solar terms (氣節).



Ink craft on canvas by parents: creative works of different colour tone and themes.



STEAM@SEKPS

STEAM education is an innovative approach to teaching and learning that integrates Science, Technology, Engineering, Arts, and Mathematics into the curriculum. It is an interdisciplinary approach that combines the strengths of each of these subjects to create a comprehensive and engaging learning experience for students, thus to equip students with the skills, knowledge and mindset needed to succeed in the 21st century workforce.

Students at SEK were engaged in hands-on, project-based learning experiences that are designed to be both challenging and fun. They will learn how to design and build solutions to real-world problems, develop their creativity and innovation skills, and learn how to work collaboratively with others.

Post lesson LEGO Spike activities P.1-P.3 Lego Spike Essential



Lego Spike is more than blocks building! We love it!

P.4-P.6 Lego Spike Essential



We are happy to build our robots with Lego!

Glider Competition We all ready to design our glider!



Glider making involves calculation, problem-solving skills and creativity.

STEAM day



Students enjoyed creating robots and rockets with the integration of coding and creative design.

STEAM Elite activities

1. Solar-powered car!



What a sunny day! Let's come and test our solar-powered car!

2. Roller Coaster Challenge



Riding roller coaster and making our own is different!
We learnt a lot in the process!

3. Paper Plane Challenge



How far can my paper plane fly?

4. Hologram



The objects through the hologram appear in the world around you like real objects.

5. Money Bank Robot



Now, all my pocket money is safe in the Money Bank Robot!

4D Frame



Making 4-D frame is a challenge but it is fun!

Underwater Robot Competition



Exploring the depths of innovation! We showcase our skills and teamwork as we prepare our robotic creation for the competition!

Pui Kiu Cup Rocket Car Competition



Making our Speedy Rocket Car involves Physics knowledge and Maths calculation. It's awesome!

First Lego League 22-23 Training Course



Joining the Lego League is competitive! Hurray!

How Memory sticks 2.0



We are little engineers and programmers!

Design In Action programme



Yay! We can "make a difference" in the future world by brainstorming ideas in designed the city.

STEAM Channel



You can learn scientific knowledge via our STEAM channel!

Gilder Competition



STEAM Channel



*Learning is
an active process,
we all learn
by doing*