



# Bishop Walsh Primary School

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### I am a B-boy by 5A Chan Yin Hei, Nick

Do you know what 'B-boys' stand for? The 'B' stands for breakdance so B-boys are called break-boys. Breakdancing is a fun and energetic dance style that combine creativity, athleticism and rhythm. I started breakdancing when I was five and it has become a big part of my life.

When I first saw breakdancing, I was amazed by the cool moves such as spinning their heads, flipping in the air and the incredible footwork. I wanted to learn these moves too, so I registered for a breakdancing class.

At first, I started by learning some basic moves like Indian Step and Salsa Step which are simple footwork performed while standing. With the basic skills mastered, it was time to move on to a foundational breaking footwork known as the Six-step. It is essential for transitioning to more complex footwork. Then I learned the Baby freeze which is beginner-friendly and it helped me understand balance and control.



Breakdancing is a physically demanding dancing style which needs a lot of practice and skill. So, I made a timetable for myself to practise and to focus on one movement at a time. It has lead me to significant improvement.

I usually watch some dance tutorials and dance performances on YouTube. So, I can learn their technique and style which can help me get better.

Now, I am learning a professional movement called Airflare. The Airflare is a dynamic and acrobatic power move where dancers rotate their bodies in a circular path on the floor with their legs and hips high off the ground while supporting themselves using only their hands. My teacher said, 'This is a super difficult move so you will take more than one year to learn it.' My dad always tells me that practice makes perfect. I will never give up and will try again and again until I succeed.

In conclusion, breakdancing is not only a talent, it is a passion, I hope I can improve my skills or maybe even perform the most difficult movements in front of an audience someday.



## **The Most Memorable School Open Day** **by 6A Ng Cheuk Ki, Emma**

If you ask me about my most memorable school experience, I will tell you it is the school open day when I was in Primary 4.

On that day, I wore a dancing costume because I had a performance in the school hall. In my performance, I was going to dance with my schoolmates in the ballet team. When I went to the school hall, I saw there were about two hundred people. I felt nervous and frightened. Luckily, the teacher kept comforting me so that I wouldn't be nervous and frightened.

There were many performances on the stage, like the violin, skipping, flute and piano. The time flew by fast. Our team was going to dance on stage after the skipping team. As the music started, we danced as usual. We danced for about three minutes. At last, we danced successfully without any wrong steps. The audience clapped their hands loudly. We felt very relieved after the performance.

The performances lasted for two hours. It was time to announce the winner of the performances. The teacher said, 'The winner of the performances is the dancing team!' Our team yelled, 'Yeah! Yeah!'

Because of this performance, the open day two years ago has become the most memorable experience in my school life.

## **The Dawn of the Discoveries** **by 6A Law Tsz Lam, Oscar**



Nowadays, technology has advanced significantly and is used in various fields such as education, farming, transportation, healthcare, etc. It has transformed our daily lives by enabling us to complete tasks more effectively.

For instance, 3D-printed organs could create patient-specific cells and body parts, benefiting individuals with disabilities. This technology is crucial for the lives of disabled people who seek independence. It can also provide targeted treatments for specific organs and patients on a larger scale. If 3D-printing technology is used on them, they won't be very different from other robust people. They will not need to worry about their appearance.

Another example is nanotechnology, which has had diverse applications in our daily lives, medical science, the environment and military affairs. In daily life, we may have nanometre clothes or a nanometre television. In medical science, we could install a 'nanometre ear' into one's body that helps monitor people's metabolism. Environmentally, nanotechnology can solve the air pollution problem. It can decompose large amounts of urban waste and provide a clean environment. In military affairs, there are 'nanometre helicopters' that can be used to carry various detection equipment.

Additionally, we have many unmanned vehicles, such as self-driving cars, unmanned aerial vehicles and robotic buses. They are significant because they could replace drivers and decrease traffic accidents. Many drivers are not patient enough to wait until the traffic lights turn green and drive recklessly. Therefore, unmanned vehicles have some advantages over manned ones.

In conclusion, science requires a lot of special machinery to work efficiently or help many people in need. Science is entertaining while it can also be both a helpful and advantageous tool.





## Exchange Life

by 6A Lee Ka Wai, Miki

'You are...' Milena asked with confusion and was stunned. A girl appeared in front of her and told her such an impossible truth...

One rainy day, Milena found an old but mysterious box with weird and puzzling symbols on it. With curiosity, she took a deep look at it, and she knew it was time to open it to find the truth.

'Who are you, and why am I not myself?' Milena asked with a trembling voice and confusion. She didn't know why she had turned into another girl. The one standing opposite her had exactly the same appearance as Milena's real face. However, she didn't feel frightened; instead, she felt calm. 'I may tell you the truth,' she replied. 'And I think I know something about it.'

'Well, I'm Milena, and please tell me anything you know,' she begged, hoping that the strange girl would tell her the facts.

The strange girl introduced herself, 'My name is Isabelle, and we started this unique journey of exchange by opening that mystical and ancient box.' She pointed at the box next to her when it started glowing in the dark room with no exit. 'I believe that we swapped our places when we both opened the box.'

Milena's heart skipped a beat. She shouted terrifiedly, 'No! It is impossible!' Shock filled her body.

'No matter how, I am in your body, and you are in mine,' she tried to explain clearly.

'So, I need to live your life until we change back?' Milena took a deep breath, uncertainty mingling with curiosity.

Isabelle suggested that they need to know more about each other's lives to make sure both of them can behave like the other. Eventually, they decided to write a letter about themselves and give it to each other.

With a moment of hesitation, she compromised and they parted ways: both of them going on a mysterious adventure.

While Milena was exploring the unknown world, Isabelle was also trying her best to discover Milena's life. One of the biggest problems was that Isabelle was a confident and outgoing girl, whereas Milena was shy.

Next week, Milena needed to talk in front of more than six hundred people. How could she overcome her fear of talking in front of others?

Concurrently, Isabelle was also facing a big problem: she didn't know how to play the violin! Yet, she needed to substitute for Milena to take her violin exam.

Fortunately, by encouraging each other, they started practicing and learning from each other, overcoming the barriers.

On the day of Milena giving her speech, Milena used all her courage to stand in front of the whole school. She enjoyed giving her speech, and she did it!

Meanwhile, Isabelle was also doing her best to help Milena with her violin exam. Through the box, they helped each other with their problems and shared their adventures. Milena faced her fears, and Isabelle also learned some skills.

Ultimately, they returned to that dark room with the cryptic box. They were looking forward to the end of this thrilling adventure but were also sad to leave.

'At last, we come to the end. Thank you for teaching me so much. Are you ready to get back?' Isabelle asked.

She nodded exhilaratingly. They closed their eyes and put their hands above the box. While they were focusing, everything swapped back.

Milena was in her bedroom, lying on the floor. Yet, that 'adventure box' was no longer there. Everything turned back to normal, but only Milena and Isabelle would remember this unbelievable journey.

## Food that Makes Your Skin Healthy and Clear by 6A Poon Ho Kiu, Gideon

What is the secret to having clear, healthy skin? Let me suggest food that can help you achieve and develop healthy, clear skin!

Eating more fruit and vegetables, such as sweet potatoes, broccoli, blueberries, avocados, bananas and passion fruit will help us attain healthier skin. They provide nutrients and antioxidants which support our skin. They are also rich in antioxidants and vitamin C, which help keep our skin bright and healthy by preventing wrinkles and aging.

Next, eating food that contains fats, such as omega-3, can improve our skin barrier function. Omega 3-rich food such as fatty salmon can help with acne treatment because they contain omega-3 fatty acids, including EPA and DHA, which control oil production, strengthen the skin's defenses and kill the germs that cause acne. For clear, healthy skin, it is recommended to consume 2,000 mg of EPA and DHA mixed daily.

Protein is another important nutrient for healthy and strong skin. It consists of elastin, collagen and keratin. Our bodies produce less collagen as we age, which results in a thinner skin layer. Therefore, eating 50-175 grams of protein daily may be the perfect amount for achieving healthy and clear skin.

Lastly, if you really want amazing skin, try this recipe. The ingredients are one cup of almond or coconut milk, one-quarter cup of chia seeds, two tablespoons of cacao powder, honey, one teaspoon of vanilla extract and sliced berries and bananas for toppings.

The steps are as follows:

Step one: take a bowl. Then mix the chia seeds, almond milk or coconut milk, cacao powder, honey and vanilla extract. Let the mixture sit for about fifteen minutes. Then, mix it one more time.

Step two: cover the bowl and put it in the fridge for at least four hours or overnight. After taking it out, add the topping ingredients. Now, you can now take a bite!



## How to Make Your Own Nutella Ice Cream by 6B Pau Bui Yan, Kate



When I finish my Nutella, I always use it to make Nutella ice cream on my own. To make the ice cream, we need to prepare the following ingredients: an empty jar of Nutella, heavy cream and sugar.

First, pour the heavy cream into the jar until it is full. Then, put two teaspoons of sugar into the jar. After that, combine them together (you can shake the jar with your hands or use a mixer).

Next, put it in the fridge for six hours. Finally, put some decorations on top of the ice cream. Now, enjoy it with a cup of milk.





## A Trip to Tokyo by 6B Chan Wai Lun, Kemy



During the summer holiday, I went to Tokyo with my family. It was an unforgettable experience for me, not only because I played a lot there but also because I got to experience the culture of Japan and admire beautiful city views.

We arrived at Narita Airport in the afternoon and took a train called the 'Access Express'. Although there were many people on the same train, making us as tired as a puddle of mud, we could still admire the unique Japanese-style architecture. We were amazed by the special Peak Room. After that, we went to the hotel and checked in.

On the second day, we woke up early and walked to Ameya-Yokocho, a famous shopping street with various foods and commodities. We walked along the street and ate some melon slices there. However, the weather forecast said a big typhoon was coming so we went back to the hotel.

The next day, we first got a three-day pass from a railway station and we went to Shibuya by the metro. We went shopping there and tried some delicious Japanese food such as ramen, sushi and more.

At night, we travelled to Sensoji Temple. We first saw a long street full of stalls selling Japanese confectionery. We saw a big red lantern with the words 'Lei Ming' on it. We drew a fortune stick and I got 'Great Luck!'

We went to Shinjuku and entered a large shopping mall where we found many reasonably priced and practical items to buy. We also saw a big 3D screen displaying a car. It was almost real!

On the last day, we went to Ueno Zoological Gardens, which is in Ueno Onshi Park. We saw animals like elephants, giraffes and pandas. However, the weather was too hot so they didn't want to move.

Finally, we got on the airplane and returned to Hong Kong after four hours. I tasted Japanese food, played and went sightseeing there. What an unforgettable trip!



## My First Race by 6B Lau Tsz Yiu, Jeannie

Growing up, my parents always wanted me to participate in a sport. Although there were many different activities available like football, basketball and many others, I didn't show any interest in them until I reached fifth grade. The teacher in charge of track and field invited me to join the team. As soon as I heard about it, I was bubbling with enthusiasm. Of course, I couldn't resist the offer. I wanted to show everyone my talent.

A few months later, there was a competition. We trained for months. I put my blood, sweat and tears into being part of the race. I had been training every day, and I kept getting better and better in the process. I was confident that I was going to win.

At the competition, everyone sat in their seats as it started. Everyone was warming up. The crowd was bustling with noise. It was lively and energetic.

The first race started. I anxiously walked down to the sports field. As I got in position, I heard a few people shouting my name, which made me more confident and hopeful that I had a chance to win. As soon as I heard the sound of the starter pistol, I sprinted off. I ran as fast as I could, but I saw the students from other schools beside me. They were catching up, but I couldn't go any faster. In the blink of an eye, the race ended.

In the end, I came in third place. Instead of being disappointed, I was proud of myself for improving in the process and participating in such an exciting competition!



## How to Make a Paper Shuriken by 6B Chen Siqun, Jason

There are many weapons in the world. Today, I'll teach you how to make a paper shuriken.

First, fold the paper in half. Then repeat that again. The most important thing is to fold the left corner of the paper to the right-hand side and fold the right corner of the paper to the left-hand side.

Repeat that again in the opposite direction. After that, fold the little triangle you have made into a larger triangle.

Finally, put one of the folded papers on a flat surface. Fold the big triangle you have created and tuck it into the pocket next to it. Now, you have made a shuriken.



## Does sugary food harm our health? by 5A Cheung Ying Yuk, Vicky



Lots of children like to eat sugary food but don't know how they harm our health. Eating too much sugary food such as chocolate, cookies, candy and ice cream is bad for our health and let me tell you why.

Firstly, eating too much sugary food will cause tooth decay because the bacteria in our mouth likes sugar.

Secondly, sugar in food will become fat if it's not used up for energy and some people will become obese. Later, sugary food may cause some life threatening illnesses such as diabetes or high blood pressure.

Finally, eating a suitable amount of sugar can give us energy and even make us happier.

To remain healthy, we shouldn't eat too much sugary food. We should eat more vegetables, fruit and food with protein.



## My Favourite Movie - Inside Out by 5B Cheung Chi Yiu, Regina

Today, I'm going to talk about my favourite movie, called Inside Out. It is a 2015 America animated coming-of-age film produced by Pixar Animation Studios. The writers of the story are Pete Docter and Ronnie del Carmen. I like the story because it is interesting, nice and funny to watch and I like the ending. I felt emotional after watching it. After watching this movie I learned that we have to train ourselves to manage and express our feelings. But I dislike the fact that at the very beginning, it seemed like one of the characters had already ruined everything and the other one was doing very well. Over all, this movie is not bad and if you are interested, you can find it on the Disney+ channel. This is all about my favourite movie.

Thank you for reading.





## **Mythological Fiction, by 5B Pang Tsun Kiu, Gytha**

We all grow up reading books of all kinds. Here are some common themes: fairy tales, teenagers saving the world, fantasy adventures... You name it and they have it. We've also experienced the euphoria gained from flipping pages filled with wondrous tales of worlds only found in daydreams. Allow me to introduce another story for your childish brains to fathom:

Percy Jackson. It's written by Rick Riordan, a true storyteller. Sure, Percy Jackson is less professionally written than Harry Potter, the Hunger Games or any classics. But there are certain charms about it.

Percy Jackson is about a teenager, named, well, Percy Jackson. He's dyslexic, has ADHD and labelled a troubled kid. It's not his fault he's been kicked out of more than six schools in the mere course of six years, though. Eventually he finds out his best friend, Grover, is a satyr and he finds out he's a demigod himself. Sounds like a fever dream, doesn't it?

He gets sent to Camp Half-Blood, a safe space for demigods. There, he finds out he's the son of Poseidon and has a quest awaiting him: Apparently, Zeus recently lost his lightning bolt, and Percy gets sent by him on an adventure to retrieve it along with Grover and Annabeth Chase, a daughter of Athena. It's a truly thrilling adventure along with a couple of comedy lines and absurd encounters. It may be a story book but it's somehow educational. You also learn about Greek mythology along the way!

Percy Jackson and Harry Potter have significant differences. Percy Jackson has a rugged and carefree vibe, while Harry Potter has an academic vibe. Percy Jackson is also more diverse, with characters of different ethnicity. (More people from different backgrounds are introduced in the sequel series but there are still many of them in this book.

Anyhow, both books are equally interesting in their own merits. It's best to read both and then decide on your preference. I hope you'll enjoy both books and eventually read more books in the future.

## **How Smart Refrigerators Change Our Lives, by 5B Isaac Chan**



Nowadays, scientists often try to invent new technology, such as robots and household items. Today, we are going to discuss smart refrigerators.

Smart refrigerators have multiple functions like detecting changes in temperature, humidity and even the expiry date of food! Also, they can list all the food that you need to buy and show the recipe of it! Isn't it fantastic?

So, now you all know what smart refrigerators can do. Now let's talk about the structure of them.

Smart refrigerator includes Physical Structure, Cooling System, Control System, Smart Technology Components, Additional Features and Security and Updates.

Although smart refrigerators are convenient, they are more expensive than traditional ones. Security threats are also a problem. As a smart device, it is susceptible to hacking or cyber-attacks.

Technology has lots of advantages and disadvantages. It is your choice to make good use of it or not.

Technology have lots of advantages and disadvantages. It is your choice to make good use of it or not. In future, I want to be a scientist so I can invent lots of new inventions.



## The Two Pet Dogs I had by 5B Lam Lok Hei, Milo

Have you ever had a pet? If not, what pet would you want to have? Let me tell you about the two pet dogs I had.

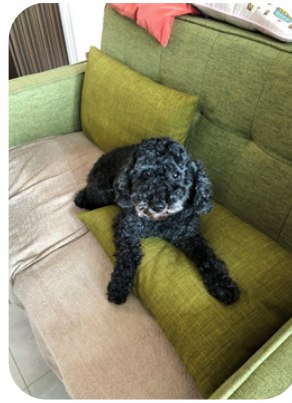
I had two dogs named Mui Mui and Mo Mo. Mui Mui was a black female poodle and Mo Mo was a male red poodle. They were so cute. But sadly, they have already passed away.

Mo Mo was the first dog to pass away. He was with me for 4 years. He passed away when I was 4 years old so I didn't feel too sad, but thinking about it now makes me very sad.

Mui Mui passed away in June this year. She was with me for 10 years, so when she passed, I cried a lot. Many family members also came to visit her.

I miss both of them but I know they will always be with me. One time in my dream, I saw my dog Mui Mui. This made me very happy.

Now my parents are thinking about getting a puppy, If we get one, I hope it will bring me joy.



## The Tiny Canned Nutrition Powerhouse by 6B Regis Pang

'Ew! It's so smelly!' That's what I used to say when my mum opened a can of sardines. What I didn't know is that canned sardines actually are full of nutrition and have many health benefits that you might not know about!

Canned sardines have many nutrients that help with mild inflammation or oxidative stress in the heart or other conditions which can cause pain, swelling, or discoloration. Canned sardines include calcium, potassium, magnesium, zinc, iron, taurine, arginine and more. Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids. Sardines can also help prevent type 2 diabetes, as studies show that regular consumption of sardines reduces the risk of developing the disease.

Interestingly, this smelly fish is also a mood booster! The omega-3 fatty acids in sardines are linked to improved brain health and can boost your mood, potentially reducing the risk of depression.

In conclusion, canned sardines should not be hated for their smell alone. They all contain a lot of nutrition, vitamins and minerals. They have many health benefits and are a fantastic choice to add to a meal. So next time if you are looking for something easy to make and healthy to fill your stomach, give canned sardines a try! You will certainly be surprised.



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