



Bishop Walsh Primary School

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The Convenience and Benefits of Science and Technology by 6A Law Tsz Lam, Oscar

In recent years, technology has been evolving rapidly, impacting people worldwide. But what is technology? It is the practical application of knowledge, especially in specific fields, leading to advancements such as artificial intelligence and innovative devices like the iPhone and Deepseek. Let me tell you more about these developments—you might be amazed!

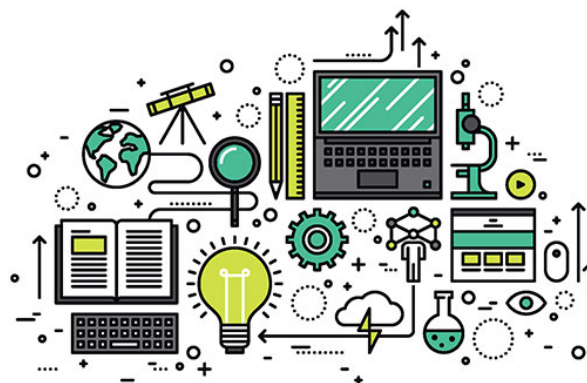


Firstly, new clothing items now offer various functions, such as windproof and waterproof capabilities. In the summer, people can also wear refrigerated clothing to stay cooler and reduce excessive sweating. This innovation decreases our reliance on air conditioning, conserving energy while enhancing comfort like never before.

Secondly, remote controls and smart devices have made operating electronics easier and more efficient. For instance, when we arrive home and want to enjoy a cool room, we can use our phones to turn on the air conditioner. Even when we misplace the remote control, smart technology enables us to manage multiple devices through our phones. As a result, technology has made daily life more convenient and seamless.

Lastly, various electronic devices, including laptops and the latest iPhones, have been introduced. But have you ever wondered why we have these devices? The answer is simple: Apple. While 'apple' may remind us of the fruit we eat, in this context, it refers to the pioneering company founded by Steve Jobs. His visionary leadership brought us Apple's groundbreaking products, revolutionising how we communicate globally.

In conclusion, technology provides numerous advantages and enhances efficiency in our lives. What do you think? Do you agree? Can you imagine a future where technology plays an even greater role in our everyday experiences? Let's wait and see!





An Educational, Fun School Life by 5A Chan Yin Hei, Nick

Bishop Walsh Primary School has always been a place that teaches me how to develop myself. Since Primary 1, this school has given me bundles of happiness and love. As the morning bell rings each day, we start attending exciting classes that impart essential knowledge.

In the classroom, we learn different subjects such as Chinese and English. Every day, the learning environment is engaging and fun. My teachers are very nice and patient when we have questions. My teachers don't just provide academic instruction; they also provide emotional support.

In recess, my friends and I always play board games and chat with each other. We share food too. Although the recess is short, we always play happily! That's why our relationship is very close.

After class, I participate in various extracurricular activities. I play basketball, do athletics and attend Maths and English elite classes. These activities allow me to meet classmates from diverse backgrounds, which significantly helps enhance my social skills. Last year's Christmas Party was the most unforgettable moment in my school life. That day, I went on stage in the school hall and danced in front of everyone in my school. Everybody enjoyed my funny dance moves, and their faces lit up. I felt delighted at the time because I created a joyful atmosphere for my friends and classmates.

My school is a blend of learning, fun and happiness. I am grateful to be a Bishop Walsh student.

I love my school!



Memories of the Fields by 5B Pang Tsun Kiu, Gytha

Back when I was in England, my school had a large grassy area we called 'the field'. The teachers let us roam around there during autumns and summers.

My classmates did many things to entertain themselves. They would build bases in areas under the shade of the trees, trade sticks and rocks found around the fields, and make dust bombs and other gadgets that surprisingly worked well.

Some kids would walk around and chat with their friends while others would let their territorial instincts take over as they helped their base. I would usually do both - the decision on which one to do depended on my mood.

In autumn, my classmates liked to throw piles of dead leaves at each other. I liked throwing it up in the air and watching as it gracefully floated back down slowly. It was simple yet enough to entertain me. I watched as my classmates threw the leaves at each other, laughing and playing without a care in the world.

When it snowed, the teachers would let us play outside. I once refused to wear a coat outside and only went in my sweater and uniform (that didn't last long before the teacher called me back in to put my coat on). My classmates would build snowmen larger than ourselves, collect snowballs to plummet into their friends and make snow angels on the floor. We were all shivering, but the warmth of the atmosphere was cosy enough for me.

Even if this place is just a grassy plain, it still holds a lot of special memories for me. Looking back on it even makes me a bit homesick.



A Life-Changing Study Tour in Australia by 5D Chan Yat Sum, Clinton

To enhance my understanding of the world, I've realised that books alone are not enough, as firsthand experiences through travel are essential. This is why I've chosen to join a study tour. After watching a documentary about wildlife, I became particularly excited about the chance to interact with animals in their natural habitat.

Overall, my trip to Australia was truly fantastic. In just ten days, we explored Melbourne Zoo and Churchill Island, getting up close with adorable koalas, kangaroos and impressive lions. We also visited the historic Sovereign Hill, where I surprisingly found a piece of gold while trying traditional gold mining techniques. The bustling Victoria Market offered delicious local treats, including energy bars and yoghurts that were hard to resist. Lastly, the iconic State Library provided a wonderful space to relax and enjoy reading.



My favourite experience was visiting St. Patrick's Primary School, where I felt a strong connection to the enthusiastic local students. I made new friends, and we still exchange letters. Although I faced a language barrier due to my limited English, using gestures helped me communicate and boosted my confidence in speaking.

Ranging from cultural exchanges to exciting adventures, this trip was a once-in-a-lifetime experience that we will forever treasure. It was my honour to join this fruitful journey. Not only did I learn more

about the Australian culture, but I also became more active and independent.





Atomic Habits: My Review **by 6A Poon Ho Kiu, Gideon**

Atomic Habits is a non-fiction book by James Clear, an American author and speaker specialising in habit formation. It's also a New York Times bestseller! The book offers valuable insights into how small changes can lead to remarkable results.

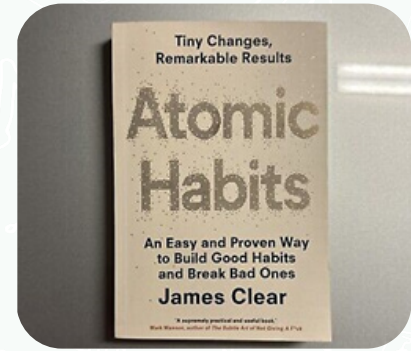
I'd say this book is exceptionally good! I've already learned countless lessons from chapters one to twelve. James Clear primarily uses real-life experiences and examples to highlight the power of habits—such as the story of Dave Brailsford, a performance director from the United Kingdom.

In 1908, the British cycling team won just a single gold medal, and for decades afterwards, they failed to achieve any major victories. But in 2003, they hired Dave Brailsford, and everything changed. He focused on making tiny, one-percent improvements in every aspect of training. Over the next decade, British cyclists began to dominate the sport, setting nine Olympic records and seven world records. This example perfectly illustrates the book's core message: small, consistent habits will compound into success.

What I enjoy most about Atomic Habits is that James Clear doesn't just explain complex theories—he provides actionable and easy-to-follow techniques that readers can immediately apply to their lives. This makes the book compelling, helping readers grasp even challenging concepts with ease.

Overall, I highly recommend Atomic Habits to anyone with goals and dreams they're striving to achieve. Some chapters may feel complex and leave readers momentarily bewildered, so I'd suggest the book for ages twelve and above—younger readers might find certain sections challenging.

That said, this book is a must-read for personal growth!



The New Three Little Pigs **by 5B Lam Lok Hei, Milo**

The three little pigs had been playing all day when the Big Bad Wolf saw them and wanted to eat them.



When the three little pigs saw the Wolf, they immediately ran away to build houses to protect themselves.

The first pig built his house out of hay, the second one out of wood, and the third one out of bricks. The first pig's house got blown away by the Wolf, and so did the second pig's house, but the third house was strong and did not get smashed.

But this time, instead of climbing through the chimney, the Wolf decided to break into the third house through the window. Then the Big Bad Wolf ate them all!

Luckily, the second pig still had a little bit of wood and started a fire inside the Wolf's stomach. The Wolf quickly vomited out the pigs. The pigs then fled the scene!





Salt and Pepper Breadsticks **by 6A Yau Suet Yee, Judy**

Salt and pepper breadsticks are perfect for family dinners, late-night movies at home, parties, potlucks and even banquets. Of course, you can also make them for a simple snack or breakfast. They're easy to prepare yet tasty!

Ingredients:

- A bag of square bread
- Pepper
- Salt
- Butter



Instructions:

1. Cut some bread into strips.
2. Heat the butter. Then mix it with salt and pepper.
3. Coat the bread strips with the butter mixture.
4. Preheat the oven to 150°C for about two minutes.
5. Place the bread strips in the oven and bake them for about three minutes, or until they turn light golden brown.
6. Serve warm.
7. Dip these breadsticks into whatever sauce you like!

See? It's really easy, right? Salt and pepper breadsticks pair well with most dishes but they're especially great with curry. Simply dip the breadsticks into the curry, and they'll absorb its rich, flavourful taste.

So, what are you waiting for? Head to the kitchen and make this wonderful dish for your family and friends!

Food and Health **by 5B Cheung Chi Yiu, Regina**

In this article, I'm going to discuss the relationship between food and health. First, we should know why what we eat matters so much. Food provides us with energy and vitamins. Some food is good for our health, while some food is bad.

Healthy food:

Healthy food includes fruits such as bananas, oranges, cherries and more. Bananas contain vitamins B and C, which could help regulate blood sugar level. Vegetables like broccoli, carrots and sweet potatoes also benefit our eyes and skin. Whole grains are also an example of healthy food.

Unhealthy food:

Unhealthy food is fatty and has high sugar level. Some examples include sweets, potato chips, soda, junk food, and so on. Overeating could lead to many problems — mental health issues, heart disease, diabetes, skin health, and cancer, to name a few. Therefore, we shouldn't eat too much junk food. Eating it once in a while is fine, but definitely not very often or every day.

Water:

Drinking water daily is also very important to our health because it helps cool our body, supports various body functions and contributes to overall hydration. We should drink six to eight cups of water daily.

These are the good and bad things about food. Remember to eat and drink healthy!





Charlie and the Chocolate Factory: My Review by 6A Ng Cheuk Ki, Emma

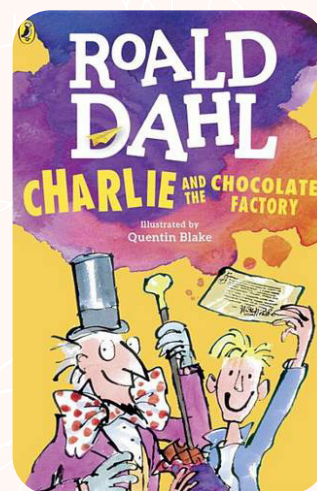
Charlie and the Chocolate Factory by Roald Dahl is one of my favourite books.

The story is about Mr Willy Wonka, a brilliant chocolatier who had created many incredible inventions in his chocolate factory. However, nobody had ever been inside the factory or seen Mr Wonka in person! One day, he announced that he had hidden five golden tickets inside five ordinary chocolate bars. These tickets would grant five lucky winners the chance to visit his extraordinary factory.

Charlie Bucket dreamt of going but couldn't afford to buy any chocolate bars. He felt disappointed. The next day, while he was walking outside, he spotted a coin on the ground. He realised that it was enough to buy a chocolate bar, so he rushed to the nearest department store and purchased one. To his amazement, inside the wrapper was a golden ticket!

After finding the golden ticket, he excitedly told his parents and Grandpa Joe. Grandpa Joe was thrilled and eager to visit the chocolate factory with Charlie! Inside the factory, the five children who received the golden tickets went on an incredible adventure.

My favourite character in this book is Charlie because he is kind and grateful. He always thinks of his parents and grandparents. Moreover, even though Charlie's family is poor, he never complains. He shows us that kindness and goodness matter more than wealth and status. His sincerity earned him the greatest reward—not just the factory, but a future filled with love and adventure. His story reminds us that even in tough times, staying true to yourself can lead to incredible opportunities. I hope you will like it!



A Novel in Cartoon: A Review of Diary of a Wimpy Kid by 6B Chan Wai Lun, Kemy

The Diary of a Wimpy Kid series is written by Jeff Kinney, a famous American author. It is one of the bestselling novels in the world! Although most of the characters in this book are teenagers, many children and adults enjoy reading it—not only because the plots are fresh and hilarious, but also because it captures how children think.

Diary of a Wimpy Kid mainly follows the lives of a teenager named Gregory Heffley (Greg), his family and his friends. He is a middle school student, and some crazy, unimaginable things always happen to him. The first book in the Diary of a Wimpy Kid series focuses mostly on Greg's school life. Greg and his best friend, Rowley, often get into trouble—Greg is sometimes very naughty and asks Rowley to be the same!

My favourite part is when Greg and Rowley had an argument once. They were both angry with each other at first, but eventually, they became good friends again. Greg even helped Rowley by sacrificing himself!

I love this book because Greg always does funny and crazy things, and he constantly comes up with new ideas. There are always surprising plot twists in this story! It also highlights the importance of friendship and shows how dishonesty can negatively affect relationships.

I hope everyone enjoys it!





In 2050

by 6A Lee Ka Wai, Miki

One day, an adventurous girl named Tara heard about a mysterious and miraculous urban legend: Somewhere in the city, there is a bizarre elevator inside a dilapidated building that can transport people to unknown places and random points in time. Simply put, this lift can take anyone on a journey through time! Driven by curiosity, Tara decided to dive into this incredible time adventure!

When she arrived at the eerie mansion, Tara gasped in horror. She couldn't believe her eyes—it was as creepy as a haunted house. The weathered walls and faded floors told stories of neglect and abandonment, while a thick blanket of dust covered everything else. Tara's blood ran cold, and her legs began to shake.

Taking a deep breath, she finally stepped into the elevator, beginning her thrilling adventure into the future. As strange noises echoed around her, the lift rose rapidly—until it reached the moon!

Tara was stunned. Her mouth hung open in astonishment. Realising she was caught in an unexpected journey, she quickly pressed one of the buttons, turning the page to a new chapter of her trip.

'Oh! Where am I?' Tara exclaimed as she stepped out, finding herself in an unfamiliar city. Short buildings had been replaced by towering skyscrapers, and old parks had vanished, transformed into high-speed railways.

Suddenly, a strange noise caught her attention. In a dimly lit corner under an overpass, she spotted a group of homeless kittens, curled up in the darkness, looking at her with helpless yet terrified eyes. The worst was the weather—merciless winds lashed against their frail bodies, whispering cruel taunts, 'So sad that you all don't have a kind master!'

A girl approached Tara, waving. 'Who is she?' Tara wondered. She introduced herself, 'Hi! I'm Michelle, a volunteer helping homeless pets. Let me...'

Before Michelle could finish, a sharp scream pierced the air!

A battered car hurtled toward the kittens and Michelle, and blood spewed like a river. Tara stood frozen, her mind spinning until suddenly she felt herself vanishing from this world. In that moment, a voice echoed in her thoughts, 'Tara, you must travel to the year 2050 again. Your mission is to save Michelle and the kittens from the disaster.'

In the blink of an eye, Tara was back at the entrance of the building. But this time, she didn't hesitate. Determined, she stepped into the lift once more, resolute in her quest to rescue Michelle and the kittens.

In an instant, she returned to that very city corner in 2050. As anxiety swirled inside her, Michelle approached, ready to speak. Then, a brilliant idea struck Tara.

Acting quickly, she pretended to be a customer and walked away from the overpass. Although her plan felt seamless, her heart pounded with nerves. Will she succeed? Will Michelle and the kittens be safe?

'Ah!' Michelle screamed again. 'Is she hurt?' Tara's heart raced.

Tara snapped her eyes open, trembling. Thankfully, everyone was safe. At the last second, she scooped up the kittens and dashed away as fast as lightning. The kittens curled up in her arms, and Michelle collapsed to the ground, panting.

Tara finally let out a sigh of relief, whispering to herself, 'Thank you for giving me such a memorable experience. I will never forget this—and I will keep helping others in my own ways!'

Radiation in Our Life ***by 6B Chen Siquan, Jason***



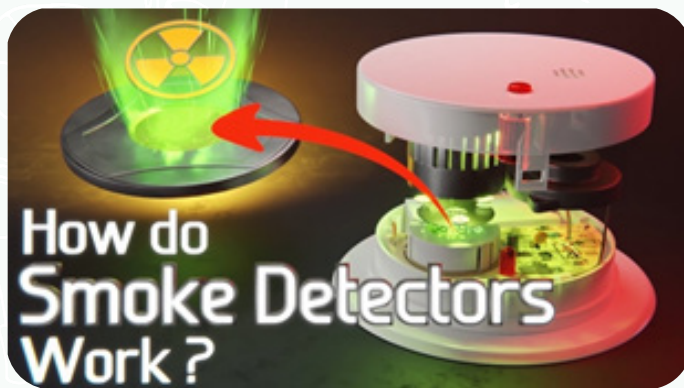
Do you know what nuclear radiation is? It is a powerful yet dangerous force that can cause serious health effects, such as skin burns and acute radiation syndrome. Radiation particles can cling to clothing and objects, making them hazardous. There are many types of radiation, including uranium and americium. Today, I will introduce you to americium.

We all know that nuclear radiation is dangerous—and that's absolutely correct! However, despite its risks, radiation can be found in our daily lives. Have you ever seen smoke alarms? They help alert us when there is a fire. Surprisingly, the radiation we are discussing—americium—is found inside smoke alarms!

How do smoke alarms work? Americium plays a crucial role in maintaining the functionality of smoke alarms. It creates an electric current between two plates within an alarm. When smoke enters the device, it disrupts this current, triggering the alarm to ring instantly. Without americium, smoke alarms will not be as effective—or might not work at all!

Americium was discovered by Glenn T. Seaborg in 1944. It is primarily used in smoke alarms because of its low penetrating power, making it one of the safest types of radiation for controlled use. In the future, it may have additional applications, such as providing power for space shuttles!

We need to remember that radiation isn't inherently dangerous—it is only harmful when misused. When applied correctly, radiation can serve beneficial purposes and improve our lives in unexpected ways!



My School Life ***by 5B Chen Sze Chai, Shirley***



How has your school life been as a primary school student? My school life has been fascinating. Let me tell you more about it.

This year, I have to be on duty during most recesses because I am a prefect of Class 4D. This is great because I can make new friends while I'm on duty. They are very cute and friendly, and it's easy to learn more about their class because they express themselves well. We usually chat when I have free time. These moments are very special to me.

Back in my own class, my classmates and I often spend time learning. Learning is fun for me, too. My favourite subjects are English and Chinese because the teachers use interactive methods to teach us. All of my teachers are nice and kind, which makes our lessons enjoyable. My classmates are also funny and positive. They bring me joy and encourage me to keep going. We really enjoy the time we spend together.

We also participated in activities like Sports Day and various school performances. These events allowed us to demonstrate our talents and develop an even closer bond. I am thankful for the friendship I've made and the memories we are creating. Every day at school is an adventure. I truly look forward to what comes next.

The Headless Horseman **by 6B Lau Tsz Yiu, Jeannie**



It was the day before Halloween. Will and Kenny decided to throw a big party at an abandoned house in the spooky woods. They were both wild and reckless! They always did dangerous things and did them the hard way.

As Will and Kenny walked into the abandoned house, ready to explore, they heard a loud thud from the attic. Kenny jumped into Will's arms, screaming in horror. They both laughed it off, assuming someone had set up a prank to scare them. They went to a thrift store and bought some cheap but rusty decorations. Kenny was exhausted, so they decided to go to bed.

Will and Kenny woke up early to prepare. Will took out the food they had prepared a few days ago, while Kenny was making invitation cards to give out to all their friends. They were bubbling with joy and couldn't wait for their amazing party.

All of Kenny's and Will's friends arrived at the haunted house, ready to party. John, Zoe, Bob and Kenny were playing party games, but Kenny kept thinking about Will—he wasn't here. She was worried sick to her stomach. Suddenly, they heard a loud bang outside the house. The four friends crept out quietly, hoping not to be spotted.

Kenny was screaming loudly. They all yelled at the creepy man sitting on a horse, which had a pumpkin as a head! He was tall, terrifying, and his head was blazing hot. Green fire lit up as he laughed like a maniac.

'How dare you have the nerve to throw a party in my home? You will regret this!'

Before he left, he set the house on fire, burning it down to ashes. The creepy man scurried into the woods. He threw Kenny harshly to the ground. Everyone was speechless and terrified. They rushed Kenny to the hospital.

After that, Zoe, Bob, John and Kenny did some research, but there was no trace of this man. The only thing they found was his name—The Headless Horseman. No one had ever seen this man before. Scientists had done research and believed it was impossible to encounter The Headless Horseman, except in storybooks or movies.

It was hard to believe it had really happened, just like a dream.





Mermaid Biscuits by 6B Pau Bui Yan, Kate

Tina was a girl who hated swimming. When she heard her next PE lesson would be at the pool, she was so scared that she wanted to pretend to be sick to avoid it.

One day, while walking through a narrow road, Tina saw a shop. Her curiosity forced her to go inside. The shop looked very old. Tina was shocked when she entered because she saw many different kinds of snacks, such as snake jelly and bat babysitter... She was so impressed. She looked around the shop. Suddenly, a woman appeared. She was tall and her hair was white like snow.

'Welcome, lucky guest! How can I help you?' the woman asked.



Tina answered, 'I want to be great at swimming.' The woman laughed, 'This snack will be perfect.' She took out a biscuit labelled 'Mermaid Biscuit'.

Tina's eyes shined. She immediately asked, 'How much is it?'

The woman replied, 'It's five dollars.'

Tina quickly took out five dollars and gave it to her. When Tina came back to her senses, she looked around, but she couldn't find the shop anymore. At home, Tina immediately took out the biscuit and spotted the instruction:

'If you want to swim like a mermaid, please eat all the Mermaid Biscuits, or else it will cause a dangerous situation.'

Tina followed the instructions and felt confident when she dominated the race. She thought she was lucky to have the snack, but she didn't know that her classmate Lily had begun to feel suspicious of Tina's much-improved swimming skills.

One day, Lily invited Tina to her house. When Tina arrived, Lily pressured her to reveal how she could swim so well, but Tina refused. Lily grew frustrated and raised her hand to hit Tina.

Suddenly, the woman appeared again.

'You shouldn't force others to tell you what you want to know!' she shouted.

Then, the woman took Lily away, and no one ever saw her again...



Grave of the Fireflies: Ghibli's Saddest Movie by 6B Regis Pang

As the little girl said 'thank you' to her brother in a cave, tears slowly rolled down my cheeks as if I were cutting up some onions.

This was when I watched a movie my mother loves very much, *Grave of the Fireflies*. The world-renowned Studio Ghibli made this movie in Japan in 1988. It tells a heart-wrenching story about a 14-year-old boy named Seita and his 4-year-old sister, Setsuko, and their challenges during the terrifying World War II.

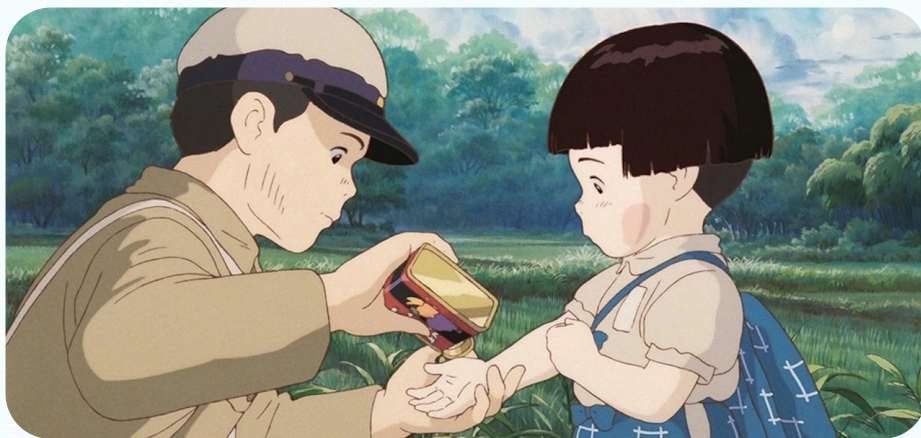


After losing their mother tragically at the beginning of the movie, Seita and Setsuko had no choice but to stay at their aunt's home. However, she soon complained about them, saying they did nothing to deserve their meals. The kids were forced to leave, struggling to find a shelter or even a place to sleep. Seita, the older brother, found a can of fruit drops, which Setsuko loved. They kept desperately searching until they came across a nice cave by a pond. They

settled down happily until Seita found out that Setsuko had caught a severe illness. He searched for food for his sister, but it was already too late. When he came back, Setsuko died in front of her brother's teary eyes. Shortly after Setsuko's death, Seita tragically passed away and peacefully reunited with his sister in a better place.

This film masterfully reveals to us the tragedy of war through the eyes of innocent children as they struggled for survival. Not only is the storyline impressive, but the animation is also incredible, making the movie more immersive and relatable.

All in all, this film is a true classic. I recommend everyone to watch it and think about it.





Wordsearch Puzzle by 5B Isaac Chan

Chess is a fun activity. Let's do some word puzzles related to it!

c	h	e	c	k	m	a	t	e	g	d	k
j	k	p	i	n	h	l	k	f	a	c	n
b	l	u	n	d	e	r	f	r	m	d	i
i	y	w	c	k	j	m	f	f	b	c	g
s	a	c	r	i	f	i	c	e	i	d	h
h	p	j	n	j	o	d	f	i	t	f	t
o	i	k	m	l	r	u	d	f	d	d	f
p	a	w	n	k	k	q	c	x	a	r	g
m	t	c	j	g	y	h	x	d	t	r	i
j	t	u	h	c	a	s	t	l	i	n	g
a	a	a	c	a	n	i	l	c	q	c	e
s	k	f	u	y	o	p	j	v	q	g	l

Word List:

- | | |
|--------------|---------------|
| 1. attack | 7. gambit |
| 2. pin | 8. knight |
| 3. blunder | 9. bishop |
| 4. sacrifice | 10. fork |
| 5. pawn | 11. checkmate |
| 6. castling | |

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