



Bishop Walsh Primary School

2025-2026 BWS Times 1



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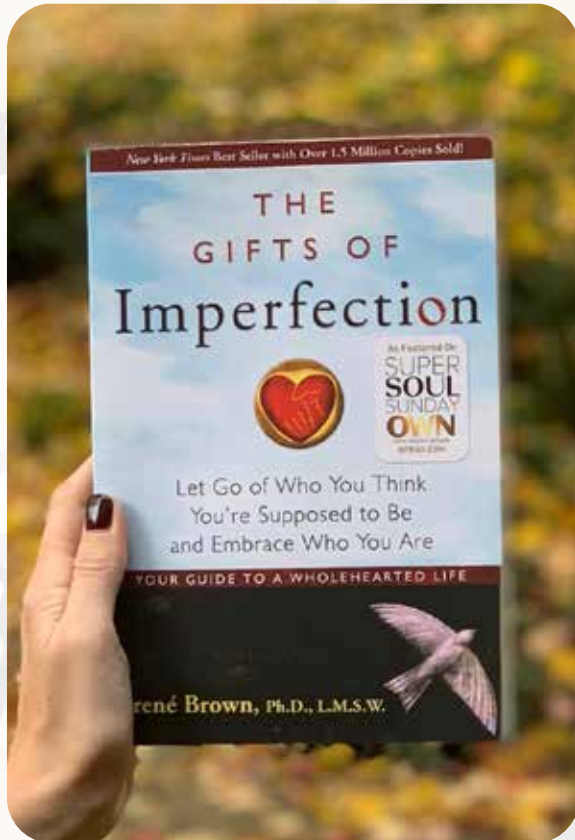
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BOOKS AND FILMS THAT TEACH US MORE

The Gifts of Imperfection by 6B CHAN LOK YIU

The Gifts of Imperfection is a special book by Brené Brown that teaches us that nobody is perfect, and that's totally okay! Brené shares lots of stories to show us that our little mistakes and flaws are what make us unique. I learnt that everyone, even adults, sometimes feels shy or scared, and that made me feel better because it means I'm not alone.



One important idea in the book is about being kind to ourselves. Brené calls this "self-compassion." Sometimes, I'm really hard on myself when I make mistakes, like if I get a maths problem wrong. But this book reminds me that it's okay to be nice to myself, just as I would be to a friend. If my friend makes a mistake, I would tell them it's okay, so I should do the same for myself!

Brené also talks about "vulnerability." This means being brave enough to share our feelings. I liked this part because it made me think of times when I felt nervous, like before a big presentation. When I share my feelings, I often find that my friends feel the same way, and it helps us feel closer to each other.

Another big lesson is about "wholehearted living." This means we don't have to be perfect to be loved. I used to think that if I didn't do everything right, people wouldn't like me. But now I understand that being myself is what really matters. It's okay to be a little messy and to show my true self.

This book felt like a warm hug to me! It helped me see that it's okay to ask for help when I need it. Brené's message is like

magic because it teaches us to love ourselves just as we are. I believe that if everyone learnt these lessons, we could all be happier and kinder to each other.

Overall, The Gifts of Imperfection is a great book for children and adults. It shows us that our mistakes can be gifts and that we should celebrate who we are. I really enjoyed reading it, and I think everyone should give it a try!





F1 Racing and Mental Health by 6B CHUNG SIN HANG

I was always thinking about a fact after I watched F1: The Movie. Before telling you my interesting fact, I'm going to talk about it and what "F1" really means first.

First, I bet you know F1 ("Formula One") is the highest class of worldwide racing for open-wheel, single-seat cars, which F1: The Movie is based on. The movie includes incredible racing scenes and an interesting story. My favourite part of the movie was when Sonny and Joshua used an amazing strategy and won the race! I was impressed as Joshua's descriptions of Sonny turned from disgusting to respectful. I can say that F1: The Movie is the best movie I have ever seen.



Back to my point: F1 drivers need to be extremely focused when they are driving, and they also need to do lots of hard training. Because of this, they experience huge mental stress and even physical stress, but they never give up. They put in lots of hard work to achieve their goals. They are a good model for us, don't you think?

Although we get tons of stress, we can deal with it like the F1 drivers! And now, I want to tell you some good ways to deal with stress. If you feel stressed, you can take a deep breath and do some relaxing activities, such as listening to music, drawing, or sleeping.

I hope all of you can deal with stress by following the example of the amazing F1 drivers. Good luck!

Toxic Relationships Between Family: A Review of The Christmas Chronicles by 5A CHEUNG NOK YI



Today I want to talk about a movie that explores a toxic relationship within a family. The movie is called The Christmas Chronicles, and I think it is really interesting.

The story centres on siblings Kate and Teddy. After their father passed away, they struggled to find joy, and Teddy began to develop a toxic relationship with his family—especially with his sister, Kate. Kate still believed in Santa Claus, while Teddy didn't.

On Christmas Eve, they set traps to try to capture Santa on camera. Their plan went wrong when they accidentally crashed Santa's sleigh, scattering gifts and threatening to ruin Christmas! To fix the chaos, they joined Santa on a wild, dreamy, and magical journey across the world. Throughout the adventure, the siblings rediscovered the Christmas spirit and, most importantly, strengthened their bond.

I have a brother too. We don't quarrel often, but when we do, I feel sad and hurt because he is my family. That's why I think this movie inspired me. I hope you won't have a toxic relationship with your family.





Riley and the Journey of Her Emotions by 5A KWOK SIN HEI

Today I want to talk about a movie about relationships between friends and family. It is called *Inside Out*, and it is a very interesting movie about emotional support.

There are a lot of characters in the movie. The main character is Riley, and she is a teenager. The other characters live inside her head, and they are Joy, Anger, Sadness, Disgust, and Fear.

In the sequel, *Inside Out 2*, some new characters are introduced, such as Anxiety, who is always trying to lead. Eventually, Anxiety takes over and makes Riley lose some friends. Then she is forced into a new friendship that breaks her previous best friend's heart. Riley's emotions get out of control because Joy is locked up. That makes Riley's parents worried and scared, but then Joy finds her way back.

In the end, Joy returns safely, and Anxiety is upset and regrets what she has done. She sacrifices herself to save Riley from uncontrolled emotions, but Joy disagrees. At the end, they are all happy together.



GOOD VIBES ONLY: SHARE THE JOY!



Grooving Your Mind: Breakdancing by 6A CHAN YIN HEI

We often seek mental clarity on yoga mats or through meditation apps, but I discovered mine in the middle of a dance floor.

For me, breakdancing is a form of active mindfulness. The sheer concentration it takes to land a power move drowns out all the mental chatter, while the spontaneous creativity of a cypher (a dance event) unlocks a part of my mind I never knew I had. It's the most powerful form of release I've ever known — a discipline that crafts a stronger, more confident, and adaptable psyche, one windmill and headspin at a time.

My experience with dance taught me that "Failure is the mother of success." Every time I failed a move but kept training, I was building mental strength. This process trained my perseverance and taught me to embrace challenges instead of fearing them.

Now I apply this same mindset to my work and studies — understanding that failure isn't the end, but a necessary step towards success. The resilience I developed on the dance floor has become my greatest asset in life.

Breakdancing does more than build a strong body; it builds a strong mind. It teaches you resilience, focus, and creativity. So, find a sport you love and discover the powerful mental strength it can give you.





HOW TO BE Healthy

by Sam

① Hello! Everyone!
Today! We're going to
talk about
How to be Healthy!

② First! Let's talk about
Mental Health!
Do more than 60 mins.
of exercise per day and
have a well-balanced diet,
(e.g. follow the food pyramid)

NO JUNK FOOD!

③ Then, it's time to talk
about **Social Health!**
You can make friends with
classmates or schoolmates. It
involves interacting with others,
communicating effectively, and feel
sense of belonging and support
from friends, family and community.

④ Finally, the last thing we are
going to talk about is **Physical
Health!** It is the stage of your
body, including the proper functioning
of your organs and systems, and your
ability to perform daily activities
without restriction. It's important
as it affects how you think, feel and
act, influencing your ability to handle
strength, build relationships and make healthy
choices.

THE END





Let's Talk by 6B PANG TSUN KIU GYTHA



Sometimes, it's hard to talk about your problems, I understand, it can hurt to talk about your problems but it feels worse to hide your issues, don't let everything clump together and get worse, open up the jar of sadness and talk to someone you trust.



STORIES FULL OF SMILES AND STRENGTH



The Lonely Boy by 5A FAN HEI PUI NOEL

Once upon a time, a smart and cheerful girl named Elisa, who always knew how to solve problems, was playing happily in a park with her friends. Suddenly, a young boy who was alone ran up to them. He asked, "Can I play with you too?" Elisa wanted to say yes, but her friends quickly shouted at the boy, "No! You cannot play with us!" and they dragged Elisa away.

Elisa quickly asked her friends, "Why can't he play with us? He is lonely and no one is playing with him." "Because he is too young, and he will ruin our game! And also he's a boy. I don't like playing with boys!" answered one of Elisa's friends, Ashley, angrily. Elisa asked her to calm down.

Ashley asked Elisa why she wanted to play with that boy. Elisa replied, "It is because he is lonely and young. If we don't play with him, he won't play with young children when he is older because of us." Elisa didn't think that boy was rude or unkind, so she also said, "We shouldn't ignore him just because he is young, or because he is a boy. We should play with him so he can be happy too."

Finally, her friends agreed to play with the young boy. They approached him and introduced themselves. Then, they played together. Elisa said, "We should play with each other even if they are not the same age as us, or whether they are a boy or a girl, because everyone can play together and no one wants to be alone."





A Precious Lesson for Confused Emily by 6B CHEN SZE CHAI

"How dare you! We are not friends anymore!" shouted Emily loudly, full of anger.

Emily is a Primary Four student who doesn't know how to make friends with others. Her best friend is Kelly, but they argue all the time! This time, Emily was upset because Kelly grouped with others during the P.E. lesson but not with her.

By the way, Emily was also curious why her classmate Lisa got on so well with her friends. So Emily asked Lisa for some tips. Lisa smiled and said, "Getting on well with your classmates or even friends is really easy. You just need to listen to others patiently and be respectful to each other. Arguing is not the best way to solve a problem!"

Emily was amazed, and she started telling Lisa what had happened between the two of them. Lisa listened and advised her not to be too focused on one friend, as we can be friends with everyone. Emily understood that Kelly was not her only friend, and sometimes she should also try to make friends with others.

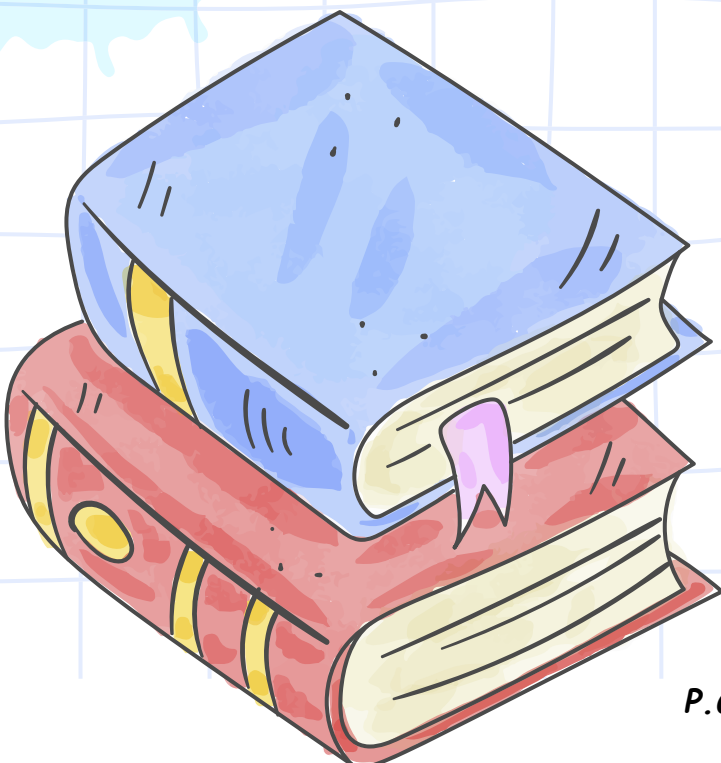
While Emily was thinking about the problem, suddenly Kelly came over to her and explained. Kelly told her that she knew how she felt, but she also wanted to get on well with others. Emily was shocked that she hadn't realised this.

After Emily had thought for a few seconds, she apologised to Kelly. "I am really sorry that I didn't care about your feelings. From now on, I will try to become a better friend." Kelly nodded and thanked her for the understanding. They have been really good friends since they learnt how to do it. They were extremely joyful. They all learnt a great lesson.

So, schoolmates, do you like this story? Do you know how to get on well with others? Here are some tips for you:

1. Be nice and kind to your friends.
2. Be respectful and listen to them patiently.
3. Support each other when they are confused.
4. Share happiness and sadness together.

Finally, I hope all of you can be good friends together!





Legendary Character: Sean Williams by 6B CHAN ISAAC

Sean Williams was a quiet boy at Lincoln Middle School in New York. He was thin and had injuries on his arms and legs from an old accident. Some students, like Leo, the school bully, teased him often. "Oi, skeleton Sean! Gimme your chips!" Leo shouted one day.

"I won't give them to you," Sean said firmly. Even though he felt nervous, he refused to let fear control him.

A teacher saw what happened and stopped Leo. She noticed Sean's courage and decided to help him — not just to protect him, but to help him grow stronger, healthier, and more confident.

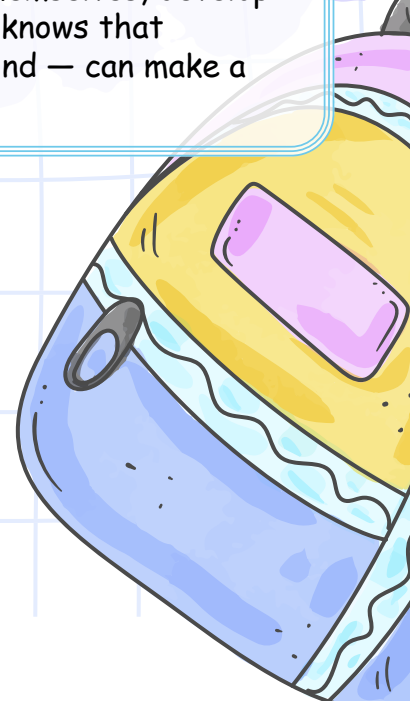
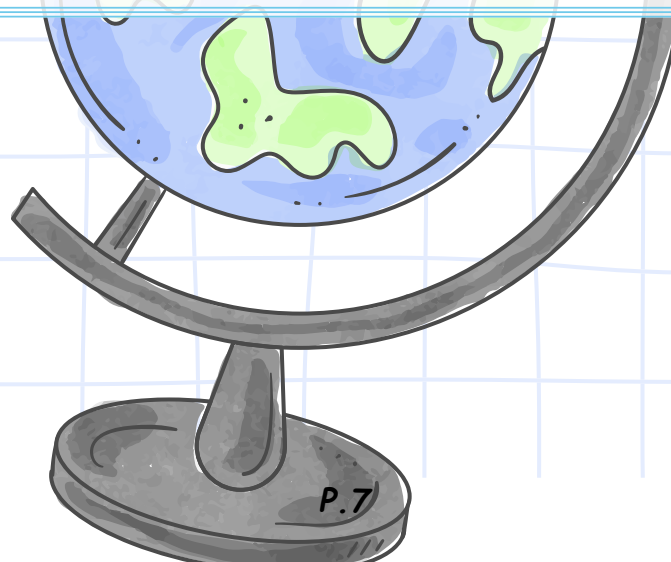
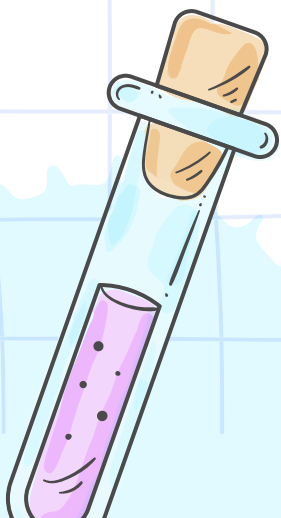
At first, it was not easy. Exercise was hard, and healthy meals tasted different from what Sean was used to. But he followed the teacher's advice: he ate balanced meals, practised simple exercises, rested well, and spent time outdoors.

Every day, he noticed small improvements: he felt stronger, had more energy, and could think more clearly. Sean learnt that taking care of his body also helped him feel more confident and positive.

One day, Sean's beloved dog was hit by a car. He was heartbroken and wanted to stay alone. But he remembered what his teacher had taught him: even when life is hard, he could choose how to respond. He allowed himself to be sad, then took small steps to stay active and care for himself. He went for walks, exercised, and spent time with friends who made him happy. Gradually, he felt hope again.

Through practice and patience, Sean became stronger — physically, mentally, and emotionally. He learnt to talk to others, make friends, and face challenges with courage. By the time Sean finished school, he had become healthy, confident, and optimistic. He loved helping others too, sharing tips about staying positive, eating well, exercising, and caring for their minds and bodies.

Now, Sean is a public speaker. He inspires children to believe in themselves, develop healthy habits, and face life's challenges with a positive mindset. Sean knows that small daily choices — like eating well, exercising, resting, and staying kind — can make a difference in living a happy, healthy life.



SMART EATING: RECIPES FOR WELLNESS



A Fruit Yoghurt by 5B WONG TSZ HING

Do you want to try making a fruit yoghurt by yourself? If yes, let me tell you how to make it! It's very easy to make, and it is absolutely delicious. Let's do it together!

Get ready. Prepare the following ingredients and put them into a bowl:

We need:

- A small tub of yoghurt (150-200g)
 - 10-15 grapes (remove the seeds!)
 - A small apple — peel and cut into small cubes (you can ask your parents to help you cut the apple)
 - A small pear (follow the same process as the apple)
- Mix well.



For added texture (if you want): you can add some cornflakes, oatmeal, or nuts and sprinkle a little on top. This will make the yoghurt crunchier, yummier, and more satisfying!

So, do you want to make this tasty fruit yoghurt?





Homemade Delicious Ice-Cream Waffle by 6A TSUI CHEUK HIM

Do you want to know about one delicious snack you can make at home? I have the perfect thing for you. It's a healthy and yummy ice-cream waffle! Let me teach you how to make it.

This is what you'll need:

- Some butter
- Some fruits such as apples, oranges, blueberries, or bananas (slice them carefully)
- Two eggs
- Half a bowl of sweetener (sugar or any substitute for healthier results)
- A big bowl of flour
- Some salt
- Two Ziplock bags (one bigger and one smaller)
- A cup of heavy cream (add as preferred)
- Half a cup of milk
- Two cups of ice cubes



Now, let's start!

1. First, put the butter, eggs, half a bowl of sweetener, the big bowl of flour, and some salt in a bowl, then mix them all together.
2. After mixing, pour the mixture into a waffle maker and let it cook.
3. Next, get the smaller Ziplock bag and put a cup of heavy cream into it. (You can also add some flavouring or more sweetener into the bag if preferred.)
4. Then, put the two cups of ice cubes with some added salt inside the bigger Ziplock bag. Place the smaller Ziplock bag (with the cream) inside the bigger bag and shake it for 5-10 minutes.
5. Alternatively, you can buy some yoghurt and fruits and switch from ice cream to yoghurt as a delicious and healthier option!

Reminder: Stay safe when making the waffle! When you cut the fruits into slices, please ask a grown-up for help.

Enjoy this nice and yummy treat for yourself, and don't forget to share it with friends or family!



LET'S FLEX THOSE BRAIN MUSCLES!

Positive Mindset Riddles by 6A CHAN HO BONG



This time, we are talking about a positive mindset. Here are some riddles about it. Can you match them with the letters?

- A. Harmony B. Optimism C. Balance
D. Body, Mind, and Spirit E. Your mindset

1. I'm not a mirror, yet I reflect your thoughts, your hopes, and what you expect. I grow when fed with words that shine, but shrink when soaked in doubt's dark brine. What am I?
2. I'm light as air but hard to fake; I lift you up when you awake. I'm not a thing you buy or sell, but with me, you can truly dwell. What am I?
3. Three siblings walk within your frame, each with a different kind of flame. One moves, one thinks, one deeply feels — together they turn your inner wheels. Who are they?
4. I'm not a scale, yet I weigh your soul, when all parts of you play their role. Not too fast, not too slow — in me, your true self starts to grow. What am I?
5. I'm found in silence, breath, and thought, in every lesson life has taught. I'm not a place, but I am peace, when body, mind, and soul release. What am I?

1. ___ 2. ___ 3. ___ 4. ___ 5. ___



Laugh and Learn: Funny Jokes to Brighten Your Day by 5B SZE YUK FUNG

Are you tired of studying or doing homework? Take a break and enjoy these super funny jokes — they'll make you feel cheerful and happy!

1. Can an apple a day keep the doctor away?
2. Why are spiders so smart?
3. What kind of tea is hard to swallow?
4. What does a baby computer call its father?

Answers
1. Only if you aim well enough!
2. Because they can find everything on the web!
3. Reality!
4. Data!



Cities Word Search by 5B CHIU SZE LONG



Let's find and circle the names of some cities in Japan, Australia, and China!

Word list:

1. Okinawa
6. Perth

2. Tokyo
7. Melbourne

3. Osaka

4. Nagoya
8. Zhuhai

5. Beijing
9. Shanghai

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



The Healthy Habits Quiz by 5A LING O LAUNG JASPER

Hello, everyone! Today, I would like you all to take part in a small quiz. It is about healthy habits, and you can try it by yourself.

1. What do we usually need to eat at breakfast?
2. What must we do to keep fit and strong?
3. Which food can help us grow tall and strong?
4. What time do we need to sleep?
5. Which food(s) do we need to eat every day?

These are my answers:

1. For me, I usually have bread, eggs, and a glass of milk.
2. We must do exercise (sports).
3. Calcium-rich food, such as dairy.
4. Usually around 9:00 to 10:30 p.m.
5. At least five types (grains, vegetables, fruits, meat, and calcium).

What are your answers? Let's discuss!



Fruit and Vegetable Word Search by 5A FONG YAT YIN

Hello! Let's play a game about fruits and vegetables that are healthy for our bodies!

Search for the words in the list below and circle the fruits in **RED** and the vegetables in **GREEN**.

Word list:

- | | | | | |
|----------|-----------|------------|-----------|-----------|
| 1. mango | 2. carrot | 3. tomato | 4. celery | 5. banana |
| 6. peas | 7. grapes | 8. berries | 9. pear | 10. peach |

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

Fun Facts about Fruits and Vegetables

- Bell peppers and avocados are fruits, not vegetables.
- Broccoli is actually a flower.
- Pineapples are made up of a cluster of fused flowers.

carrot, celery, peas
Vegetables

berries, pear, peach
mango, tomato, banana, grapes,
Fruits

Answer:

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