

CHALLENGE YOURSELF

Exercise, talk to friends, sleep...



1

Hey! Have you heard about the 'Challenge Yourself' activity in this newsletter?

2

Yes! In May we have to ask our teachers what they do to keep their mind healthy!

3

Don't forget to ask your teachers to sign for you. Their signatures may earn you a chance to watch an English movie at school!

4

Awesome! Let's go!

We will inform you of the activity details later. STAY TUNED!

FIND YOUR FACE

These students are awarded for being an active learner during the English activity day! If you see yourself here, please go see Ms. Angela in the English Room to get your prize!



Wesley Tang 1A Austin Pang 2C Kinzie Ng 3A Ryan Chan 4A Sandra Kee 5D Kitty Hui 6D

Credits to the following students for producing the English newsletter:

Hannah Chan (4A), Mandy Hui (4A), Ryan Tang (4A), Teris Yam (4A), Charis Ng (4D), Aska Kwan (5A), Paul Tsang (5A), Vincy Yeung (5A), Tianna Lee (5C), Candy Tong (5C), Elvis Chan (6C), Astrid Lam (6C), Holly Lee (6C), Jason Lui (6C), Chloe Ng (6C)



ENGLISH NEWSLETTER

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(Vol.3)

The e-version of our newsletter is now available on our school's website. Please check it out!

HEALTHY LIVING

You may always be aware of your physical health, but when was the last time you give a thought about the health of your mind? Here are some useful tips to keep your mind and body healthy.

EAT THE RIGHT FOOD

Nutrients such as omega-3 and vitamin E are good for our brain. Fish like salmon is rich in omega-3, while nuts and seeds are a great source of vitamin E.



GET MOVING

Light exercises as simple as walking 30 minutes a day can reduce your risk of obesity and mental diseases. So get moving now! Have a walk in the school playground during recesses and try to exercise daily!

GET A GOOD SLEEP

Sleep energizes us and improves our mood. To have a healthy brain, you should have 8 hours of sleep each night! How many hours of sleep do you get every night?



STRESS LESS

Stress is a part of everyone's life, but too much stress can affect your mental health very badly. Remember to relax and take a break from revision and homework. Taking a deep breath when you are stressed means a lot!

FEELING THOSE EMOJIS



Amused

Yesterday my brother told me a joke. It made me **amused**.

Designed by Paul Tsang 5A



Loved

I am **loved** by my parents.

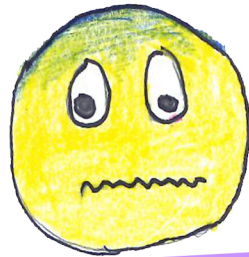
Designed by Chloe Ng 6C



Enraged

My mother is **enraged** with my test results.

Designed by Charis Ng 4D



Nervous

I'm **nervous** because I will have a test next week.

Designed by Hannah Chan 4A



Now it's your turn to design your own emoji on the Activity Sheet!

SNAPSHOT OF ENGLISH ACTIVITIES



MATCHING GAME



MOVIE DAY

