



Lok Sin Tong Lau Tak Primary School Newsletter

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Principal : Ms. Chan Ka Pik

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Soaraway Enchancement

Drama Education



戲劇教育

Collaboration



對外交流

Biliteracy and Trilingualism



兩文三語

Ceramic Art Teaching



陶土藝術

Soaraway Enchancement

Message from the Principal



Time flies very fast. Lok Sin Tong Lau Tak Primary School has been educating its students for twenty four years. In reviewing the past twenty-four years of the School, I am convinced that we, staff and students, at Lok Sin Tong Lau Tak Primary School at present, are particularly fortunate in inheriting an excellent school tradition. Under the dedicated and capable leadership of the late and present supervisors, the school managers, and my predecessor, the School has created a culture which values and aims at peace, love and excellence. Pursuing education quality in school throughout all these years, the School has steadfastly been developing a series of education policies for improvement and effectiveness. Drama Education and Ceramic Art Teaching are the two typical examples. They have become the two main teaching and learning strategies in the School for many years. I am proud to say that these two main concerns have got quite a number of awards in the Inter-School competitions as well as many praises and supports from our parents and the society in these years.

In addition, our school has strived for educating our students in linguistic learning with a better chance to develop their potential and promote their communicative skills through the educational goal of "Bi-literacy (English and Chinese) and Tri-lingualism (English, Putonghua and Cantonese)". We create an environment whereby students and teachers can interact and learn together at the school campus. All these are in line with the spirit and culture of our school.

On behalf of the School, I am very happy to announce that our School's 25th Anniversary is coming next academic year. During the time of anniversary celebration, it is easy for us to recount the successes of the past and to be proud of them. However, our present duty is to ensure that "Lau Tak" will continue to grow. We are the ones to be responsible for keeping our tradition, culture and spirit. We hope we can attain further heights for our ideals in the years to come. We are for "Lau Tak" and "Lau Tak" is for us. Our 25th Anniversary occurs at a juncture significance of the beginning of a new phase. I have the confidence that "Lau Tak" will meet and overcome any challenges in the years ahead.



Motto 校訓

Benevolence, Love, Diligence and Honesty

仁愛勤誠

Mission 辦學宗旨

The guidelines of our school curriculum focus on moral, intellectual, physical, social and aesthetic. Based on the pursuit of developing quality education and providing comprehensive and balanced services, our school aims at nurturing students' potential through the concepts of student-centered, self-learning, experience and practice, so as to establish a positive attitude and open mind in their lives and to establish a spirit of enthusiasm to help others and to contribute to the society.

以「德、智、體、群、美」五育為課程綱領。以發展優質、完善及均衡的教育服務為宗旨。以學生為本，著重發展個別潛能，透過不倦的自學、體驗和實踐，建立積極的人生態度，熱心服務的助人精神和貢獻社會的豁達胸懷。

School Characteristics 學校特色

To construct a caring school culture and learning atmosphere at the school campus so as to nurture students' Independent Management, Introspective Attitude and Independent Learning. Also, we provide different programmes to develop students' potential such as Bi-literacy and Tri-linguatism scheme, Drama Education, Ceramic Art and Collaboration as our main focuses.

建構關愛校園文化及學習型校園；培養自治、自學、自省的學生；積極推動兩文三語、戲劇教育、陶土藝術及對外交流。

Learning and Teaching Strategies 學習和教學策略

學習和教學策略

To implement curriculum adaptation, multi-dimension teaching strategies are used. Group Learning, Outdoor Learning, Learning Camp and Thematic Teaching are conducted. Through collaborative and interdisciplinary learning, Moral Education, Growth Lesson, Project Learning and Overseas Visit are planned. To encourage students to participate in as many activities as they can and to exhibit their products and outcome are our great concerns.

課程調適，採用多元化教學。小組學習、戶外學習、學習營及主題教學。透過研習課、德育課、成長課、專題研習、戶外學習，跨學科學習及對外交流。讓學生多參與不同活動，並多展示學生的作品。

School Spirit 校風

Our school development trend aims at nurturing students' potential by focusing on training their Independent Management, Introspective Attitude and Independent Learning at the base of student-center. To encourage students to care for and serve others, Love Angel, Big Brother and Big Sister Programme, and Reading Scheme are planned to construct a warm and caring atmosphere at the campus. To nurture students' self-care, self-reflect and self-learning abilities, appropriate school-based counselling activities are also conducted.

本校以啟發潛能教育為發展方向，以學生為本，提升學生自尊、自信及自治能力。鼓勵學生關心別人，服務別人，設有愛心天使、大哥哥大姐姐計劃及伴讀計劃，使校園洋溢著溫馨關愛的氣氛。透過適切的校本輔導活動，培養學生自治、自省及自學的能力。



A letter to a pen friend about Chinese New Year

Dear Sumi,

How are you? I had a lot of things to share with you about the Chinese New Year.

Before the Chinese New Year, my mum and my family bought some candies in the supermarket. I bought some red wall paper to decorate the house.

On the first day of the Lunar New Year, my family went to watch a lion dance. A superstar came to draw eyes on the lion head. Next, the lion danced, jumped, ran and pranced. Many people clapped hands and celebrated.

My mum made rice cakes, turnip cakes and some green tea. Everything was yummy.

There was so much fun at Chinese New Year in Hong Kong. How about you? I will send you some photos of my joy.

From,
Amy

4A Amy, Wong Tze Yan



My school

Hi Macey,

I am studying at Lau Tak Primary School now. I am in class 3A. My English teacher is Miss Tan. She is gentle and kind.

My favourite subjects are PE and Music. I like them because they are fun. I do not like Putonghua and General Studies because they are difficult.

My best friend is Coco. She likes PE, but she does not like Music.

3A Arran, Luk Long Yat



Dear Peter,

The fashion show is coming on 21st Dec, 12. I feel very happy. I want to wear a jacket and jeans. I can also wear trainers and a cap. I like colour purple and black. I can also bring my school bag.

How about you? Are you wearing something special? What do you want to wear? Please write and tell me.

Yours,
Ryuki

Chinese Cuisine

As you know, there are different types of Chinese food in Hong Kong. Moreover, the cooking methods are not the same. For example we have steaming, frying and deep frying. Now, I would like to introduce you some Chinese cuisine which are cooked by steaming.

Have you heard of chicken feet? Most of the Chinese restaurants provide chicken feet with fermented soy beans and chili. After they make the sauce with chili, the color of chicken feet will be red. Don't mind the color of the chicken feet, otherwise, you miss the tasty dish.

Next, I will show you another food. It is red bean pudding in bowls. It is affordable. It costs only about three dollars each. Although it is cheap and small, it can easily bring us a sense of fullness and it is also chewy and has a firm texture.

Then, I will tell you about the rice noodle rolls. Usually, there are some common types of fillings inside the rice noodle rolls. They are roasted pork, shrimps and beef. The rolls are often served with soy sauce. I like roasted pork rolls most because the rolls become sweet and salty at the same time after adding in the soy sauce.

To conclude, these three Chinese dishes are very popular in Hong Kong. Apart from these three dishes, lots of yummy Chinese food is available in Hong Kong. If you want to know more about Chinese cuisine, I recommend you to visit the Chinese restaurants by yourselves.

6A Chow Tsz Yu



Strawberry Cake

Ingredients:

milk	strawberries
eggs	butter
flour	sugar
nuts	



Steps:

- Put in the butter.
- Put in the sugar.
- Put in the eggs and the flour.
- Put in the milk and the nuts.
- Mix them.
- Put it in the oven.
- Bake for 30 minutes.

1A Macy

Chinese Cuisine



Sticky Rice in Lotus Leaf

Stick rice in lotus leaf is a kind of traditional Chinese food which you can find in every Chinese restaurant.

It is made of sticky rice, meat, chicken wings without bones, shrimp and a big piece of lotus leaf. The making steps are as follows. First, put the sticky rice into the water for one hour so that it is not so hard. Second, pour away the water and dry the sticky rice for a moment. Third, cook the meat, shrimp and chicken wings without bones. Fourth, put them into the sticky rice and use a lotus leaf to wrap them all tightly. Finally, steam it. Take it out when the smell of the lotus comes out.

Long long time ago, it was just some fried rice in a bowl. Later, in order to sell them more conveniently, the sellers used lotus leaf to wrap the rice.

I like to eat sticky rice in lotus leaf because I can eat plenty of food in one cuisine. In addition, I just need to order one and I can get full easily. It is really a tasty cuisine.

6A John Chan Hei Yin

Delicious Chinese food -- stinky tofu (smelly tofu)

Chinese is famous for her different kinds of yummy food. Among all, there is one which is very special—stinky tofu, a kind of food seems to be 'awful' but in fact 'awesome', at least to me. Do you like it?

Stinky tofu is a form of fermented tofu with a strong [HYPERLINK "http://en.wikipedia.org/wiki/Odor"](http://en.wikipedia.org/wiki/Odor) \o "Odor" odor. It is a snack that is usually sold at night markets or roadside stands rather than in restaurants. Unlike cheese, stinky tofu fermentation does not have a fixed formula for starter bacteria; different regions have different ways to make it and is consumed in different ways. For example, Huo Gong Dian (a stinky tofu shop in Changsha) makes the tofu with yellow soybeans marinated in seasoning. In Shanghai, stinky tofu is fried and sold on streets, typically served with a spicy or sweet sauce. In Chongqing, stinky tofu on the streets is usually fried and dipped in a mixture of, typically, coriander (cilantro) leaves, scallions, chili powder, Sichuan pepper and oil. In Hong Kong, it is usually deep fried and we usually enjoy it with sweet sauce or chili sauce.



Do you like it? Don't 'run away' when you smell the odor of stinky tofu. Why don't you try it first before you 'run away'?

Vice Principal Au Yiu Fai

The Pirate, the Parrot and Fun at the Bun Festival

One day there was a Bun Festival, so Katrina and her mother decided to celebrate the festival at Cheung Chau with their friends, Ms Eve and her children, Steve and Bella.

They didn't take ferry but they took Chinese junk to Cheung Chau. They were very happy to ride the junk as it was their first time. The person in charge of the junk was a man who is a good person but he was dressed as a pirate with a moustache, so many people felt scared. His name was Mr. Pang and he had a pet named Pete.

While riding on the junk, Katrina was anxious to see some fish in the water and fell into the water accidentally. She was scared, so she cried. Fortunately, Pete saved her. Her mum said thanks to Pete.

After a while, they all arrived safely at the Cheung Chau pier. There were many buns and they made children feel hungry. The children said "I want to eat the buns!" When Pete noticed that they were hungry, he took buns for the children. The children were very happy. When Pang saw the buns falling on the ground, he was very angry. He said "Come here, Pete!" Pete felt very scared because Pang scolded him. Katrina knew that they were wrong and apologized to the Cheung Chau People and Pete. The Cheung Chau people were willing to forgive Katrina, Fifi, Eve and her two children. Pirate Pang began to run back to the junk.

Finally, they all went back to the junk and returned home joyfully. Pete thanked Katrina for saving his life.

6A Ann, Du Yong Ni



My grandmother

This is my grandmother. She lives with me in Po Lam. It is her birthday party. We make a birthday cake. We put in sugar, flour and two eggs. We put in some apples, pineapples and bananas. Grandma can sing and dance. She can play magic, too.

1A Hugo, TSANG HIN SING



My Friend

This is Jacky. He is my friend. He is six years old. He has ten toy cars. They are yellow and red. He has two pencils. They are blue and yellow. He puts his toys and stationery on the desk.

1A Heidy, WANG HIU TUNG

Sweet and Sour Pork

Sweet and Sour Pork is my favourite dish. I try to cook it by myself many times but do not success. Therefore, I ask my domestic helper to help. Here are the steps:

1. First, chop the spareribs into pieces, wash clean and pad dry, mix well with the marinade and let stand still for 30 minutes.
2. Then, bring a wok of oil to the boil, dump the spareribs in, reduce to medium heat, deep-fry till done and scoop out, strain oil off.
3. Next, seed both the green and red pepper, cut up into pieces; clean the cucumber with the peel, cut it open and discard the seeds, cut up into long strips, mix well with the marinade and let stand still for a few minutes, strain vinegar off, transfer to a plate.
4. After that, heat 1 teaspoon of oil, saute the chopped garlic, sprinkle with wine, stir-in the well mixed thickenings, add the green, red pepper and spareribs, mix all the ingredients well, transfer the mixture onto the cucumber.
5. Finally, bring the oil to the boil and then dump the spareribs in, scald till the exterior of the spareribs is hard, and then reduce to medium heat. In doing so, the interior of the spareribs will be tender and done.



English teacher Chan Koon Keung

CHINESE CUISINE (FOOD)

Chinese Cuisine is considered one of the most delicious foods by many people all over the world. It has become so popular mainly due to great taste, color, fragrance and texture. There are also many different types of Chinese dishes that people can choose and enjoy. Another important point about Chinese foods is that their preparation is based on opposites, whereby hot balances cold, pickled balances fresh and spicy balances mild. As a result, Chinese cuisine is a favorite among many people.

The eight most famous Chinese dishes among foreigners are Sweet and Sour Pork, Gong Bao Chicken, Ma Po Tofu, Wontons, Dumplings, Chow Mein, Peking Roast Duck and Spring Rolls. Besides these scrumptious dishes, there are also some special Chinese festival foods and they usually have good meanings. For example, during 'Chinese New Year', people eat fish which means abundance, mixed vegetables mean family harmony and noodles equal to longevity. Therefore, there is also an element of Creativity in Chinese foods.

To sum up, it is fair to say that Chinese Cuisine is now a Global Cuisine that is liked by everyone, everywhere.

Miss Seejan



Chinese Spring Rolls

This Chinese New Year I read a recipe and learnt how to make spring rolls. Let me tell you now.

You will need:

- some rice noodles
- a small cup of Chinese mushrooms
- a small bowl of pork
- two eggs
- a big bowl of leafy vegetables
- a pack of rice paper
- several fish balls
- two slices of ham
- some soy sauce
- two teaspoons of oil

What to do:

1. First, clean all the ingredients.
2. Drain away the water for a while.
3. Then, we cut the food into small pieces and put them in a big bowl.
4. All the fillings are fried with oil until they are cooked.
5. Use some soy sauce to add the taste.
6. When everything is ready, put a tablespoon of fillings in the middle of the rice paper and fold it in half.
7. Then, we wrap and fold again.
8. Finally, the spring rolls are ready for deep-fry until they are golden brown in colour.

4A Yannie, LI YAN YAN



Many Chinese people like eating seafood. In Jimmy's Chinese Restaurant, the signature dish is seafood noodles. In the seafood noodles, there are shrimps, crabs, octopuses, fish and chili. The noodles taste salty and spicy.

They are in jumbo size. If you can finish the noodles in five minutes, you can have the noodles free.

2A Jimmy Fan

Yummy Chinese Cuisine

My favourite Chinese food is fried dumplings. I like them because they are very yummy and smell good. At Chinese New Year, many people eat fried dumplings because fried dumplings are Chinese traditional food. People like to eat them.

3A Matthew Chan

Activity Snap Shot

The Presidents of LST came for a Visit



Computers Donation by LINK



Award Presentation



Chinese New Year Activity



Outstanding Student Award Presentation



Ceramic Art Teaching Lesson



Kids4kids Buddy Reading Programme



Visual Arts Exhibition



Harvest from The Happy Farm

The School Board Managers



Lok Sin Tong Charity Walk (2012)



A Visit to The Cyberport



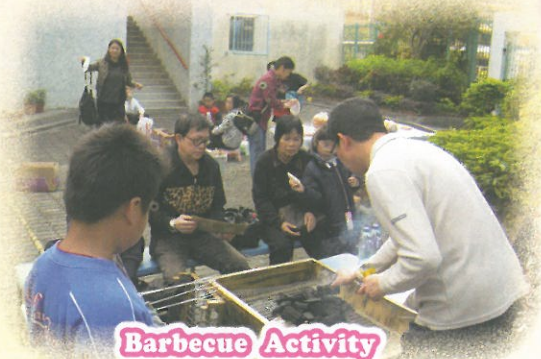
A Visit to The Fire Station



Prizes Winners Activity



Chatting With ESR Team



Barbecue Activity



Green Ambassadors



Arranging Souvenirs for the Awardees



Hong Kong School Drama Festival 2013



The 49th Schools Dance Festival Award for the Outstanding Performance



School Picnic

Academic Awards

Lok Sin Tong Secondary and Primary Schools Scholarship Presentation Ceremony (2011-2012)

Academic Merit Award

2A Jimmy Fan Hiu Laam 范曉嵐 3A Ota Ryuki 太田隆貴
4A Gary Chiu Ching Yeung 趙正洋 6A Julia Li Yung Sau 李容秀
Kwan Shuk Ting 關淑婷 (Graduate 畢業生)

Mr. and Mrs. Lau Tak Commemorative Scholarship

4A Kelly Sin Wai Sum 洗慧芯
6A Lisa Liu Siu Yan 廖小欣 John Chan Hei Yin 陳禧然
Leo Cheung Wa Kin 張華健 Coco Chow Tsz Yu 周子瑜
Lala Fu Fang Na 符芳娜

Dr. Leung Wing Chiu Scholarship

4A Alan Chow Wan Pang 周允鵬

Progress Award

3A Peter Law Po Pan 羅步彬 4A Ben Tsang Hin Tung 曾憲東
6A Coco Tsang Mei Luk 曾美綠

Hong Kong Schools Music and Speech Association 64th Hong Kong Schools Speech Festival

Chinese Solo Verse Speaking

Merit Award

1A Michelle Lau Hiu Yan 留曉欣 Macy Ho Mei Sze 何美詩
Heidy Wang Hiu Tung 王曉彤
4A Alvin Luk Long Hin 陸朗軒 Ann Du Yong Ni 杜泳霓
6A Julia Li Yung Sau 李容秀

Putonghua Speech

Merit Award

4A Summy Kwok Nga Ching 郭雅晶 Kelly Sin Wai Sum 洗慧芯
Zhuang Nan Nan 莊楠楠

English Solo Verse Speaking

Merit Award

2A Kelvin Tang Hoi Man 鄧凱文 Mario Lok Long Him 陸朗謙
Jimmy Fan Hiu Laam 范曉嵐 Kung Tsz Long 龔子朗
3A Arran Luk Long Yat 陸朗日
4A Gary Chiu Ching Yeung 趙正洋 Alex Chan Ho Yin 陳皓弦
6A Gigi Pang Tsz Ying 彭紫瑩 Rainbow Fu Hoi Yan 傅凱恩
Lala Fu Fang Na 符芳娜 Kitty Tang Tsz Ching 鄧紫晴

Words and Movement

Frist Runner - up

1A Kali Chan Tsz Ching 陳芷晴 Macy Ho Mei Sze 何美詩
Michelle Lau Hiu Yan 留曉欣 Jacky Ng Wai Lok 伍偉樂
Homas Ngai Hon Ching 魏瀚青 Christy Tam Pui Yi 譚佩兒
Hugo Tsang Hin Sing 曾憲昇 Heidy Wang Hiu Tung 王曉彤
Minnie Wong Yan Tung 王欣桐 Ivan Wong Yiu Him 王耀謙
2A Lily Cheng Nga Man 鄭雅文 Jimmy Fan Hiu Laam 范曉嵐
Anny Tsoi Shan Wong 蔡珊煌 Marble Lau Tsz Yan 劉梓昕
May Wong Mei Yee 黃熾愷 Melody Wan Tsz Huen 溫子萱
Kadance Cheng Hok Yau 鄭學柔 Kung Tsz Long 龔子朗
Li Tim Tim 李活湑 Lo Yan 盧欣
3A Ota Ryuki 太田隆貴

A.S. Watson Group Hong Kong Students Sports Awards 2012-1013

4A Kelly Sin Wai Sum 洗慧芯

Leadership Tomorrow Award 2013

6A John Chan Hei Yin 陳禧然

Hong Kong School Drama Festival 2012/2013

Cantonese Group

Award for Outstanding Stage Effect

The 16th Sai Kung Schools Athletics Competition

Girl Grade B Long Jump Champion

4A Kelly Sin Wai Sum 洗慧芯

Hong Kong Taoist Association The Yuen Yuen Institute No.3 Secondary School 15th Anniversary Celebration

"Reading Is Fun" Book Report competition (Chinese Version)

4A Alvin Luk Long Hin 陸朗軒

Hong Kong Christian Service - Caring School Award Scheme 2013

Leadership Tomorrow Award (2013) 6A John Chan Hei Yin 陳禧然

The 4th Excellent Primary Students Award Scheme 2012

Excellent Performance Award (Primary Session)

6A Julia Li Yung Sau 李容秀

Hong Kong School Association - The 49th Schools Dance Festival

Excellent Award

4A Lily Wang Xin Xin 王欣欣 Kelly Sin Wai Sum 洗慧芯
6A Sally Lam Po Po 林寶寶 Coco Tsang Mei Luk 曾美綠
Lisa Liu Siu Yan 廖小欣 Lala Fu Fang Na 符芳娜
Coco Chow Tsz Yu 周子瑜 Ann Du Yong Ni 杜泳霓
Kitty Tsz Ching 鄧紫晴 Gigi Pang Tsz Ying 彭紫瑩
Rainbow Fu Hoi Yan 傅凱恩 Julia Li Yung Sau 李容秀

The Boys' & Girls' Association of Hong Kong - Jockey Club Tseung Kwan O Children & Youth Integrated Services Centre

Creative "Child" Reading and Painting Competition

Creative "Books Reading" and Painting Competition (Primary 3 & 4)

Frist Runner - up 4A Alvin Luk Long Hin 陸朗軒

Merit Award 4A Lily Wang Xin Xin 王欣欣

Creative "Books Reading" and Painting Competition (Primary 5 & 6)

Merit Award 6A Rainbow Fu Hoi Yan 傅凱恩

Hong Kong Arts Development Council 4th Arts Ambassador In School Scheme

Arts Ambassadors

4A Alan Chow Pang 周允鵬 6A Hover Chau Ho Hong 周昊航

2013 International Competitions and Assessment for Schools (ICAS)

English Credit

4A Chung Yun Kwai 鍾潤貴

Mathematics Credit

4A Li Yan Yan 李錫錕

Science High Distinction

6A Chan Hei Yin 陳禧然

Distinction

6A Chau Ho Hong 周昊航

6A Chan Hei Yin 陳禧然

Hua Xia Cup (HK) Primary Schools Mathematical Olympiad Contest 2013

Hua Xia Cup (HK) Primary Schools Olympiad Contest 2013

Preliminary Round

Primary 6 Second Award 6A Chan Hei Yin 陳禧然

Hua Xia Cup (HK) Primary Schools Olympiad Contest 2013

Preliminary Round

Primary 6 Third Award 6A Yu Ying Ho 余英昊

Hua Xia Cup (South China) Primary Schools Olympiad Contest 2013

Promotion Race

Primary 6 Third Award 6A Yu Ying Ho 余英昊

Hua Xia Cup (HK) Primary Schools Olympiad Contest 2013 Finals

Primary 6 Third Award 6A Yu Ying Ho 余英昊