



THE JOURNALIST ELITE TEAM
PRESENTS!

WSK J News

Good Health, Good Wealth

Living healthy is very important for us. If we eat unhealthily, we will be slower and not as bright. Do you know how to stay healthy? Let me tell you.

We should always remember the 3, 2, 1 healthy eating rules. This means that we should have balanced meals. For example, rice should be about 3/6th of our meals, vegetables should be about 2/6th, and meat

should be the last 1/6th.

If you follow this rule for each meal, you could be very healthy.

Eating healthy food is very important and it is yummy too. Healthy food is better than junk food because it is fresh and gives you more energy.

At last, remember to drink plenty of water. Around six glasses a day is a very good number.

With all the healthy eating, don't forget to get plenty of exercise and you will be on the road to good health and good wealth!!



Vegetables are good for your heart

- Jason Man 5B

First Term
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Special points of interest:

- Sports!
- Superheroes!
- TV!
- Green Living!
- And much more!

- Eunis Chan 4C



Year of the Horse



My favorite holiday is Chinese New Year because we can visit our family, enjoy happy feelings, and get red packets.

This year is the year of the horse. It means that we should all work very hard and become a success. For this Chinese new year, I helped clean my house and went to

the flower market. I am happy because on Chinese New Year I can get many red packets! I will save my red packets too.



Superheroes making a Difference

Superheroes help people that are in trouble. My favorite superhero is Superman. He is not real, but I like him because nothing can hurt him in the whole world and he always does good things. He always helps people by catching evil men and taking them to the police.



Some superheroes can fly anywhere to save the day!!

I think to be a superhero is a good thing because superhe-



A Real Superhero in the Real World

My dad is a special kind of hero !

- Charlotte Wu 3A

My favorite superhero is my dad. He is a real man. My dad is a firefighter. He puts out fires and saves people every day. He helps people every moment. He is very brave.



My dad always watches TV shows about firemen with my little brother.

My little brother says, "I'm a little fireman" to my dad.

My dad is a special kind of hero. He saves people in Hong Kong.



ENGLISH CHANNEL

improvement
obedience
courage
PUNCTUALITY



Getting Fit with Squash

Squash is a very exciting sport. Squash can make you strong. It can also make you more healthy. I am happy when I play squash. I play it with my teammates in the Tuen Mun Sports Centre at weekends.

First we practice by ourselves. Then we have a competition together. Finally we have

some games.

I always feel happy and I think that squash is an excit-



Squash in action!

-Kyle Cheuk 4A

ing sport.

Everyone can play it with their parents or relatives. I think it will make us more happy and make people feel interested.

In conclusion sports can give you a lot of fun. Especially and exciting sport like squash!

Learning *how-to* with TV Shows

-May Leung 4A

I think watching TV is one of the most interesting things in the world. I like to watch cookery programs best. They can teach me how to cook yummy meals.

Now I can cook for my mum and dad. My mum is very happy

about that! I think it is exciting to learn new things from TV shows.

I like game shows too. You can learn interesting questions and answers from game shows. There are a lot of interesting TV shows on TV, but my favor-

ite TV shows are cartoons because they're funny.

I usually watch cartoons in the evening. I like watching cartoons with my little sister. My favorite one is called "Rabbit Time". It can teach us many things!



A Magic World—fiction

-Eunis Chan 4C

Treasure Hunt: Find the horses and win a prize

- Submit your answer with name/class in the box

Once upon a time there was a princess called Elza. She lived in a castle. She had magic powers and could help many people. One day she ate a cake from a witch. Then she couldn't do magic anymore. She was very sad because she couldn't help people anymore. Then she saw a magic book in her room; she

looked in the book. In the book there were magic spells about helping people. She read all the spells. After that she could do magic again.

In the end, she could help many people. She was more happy than before.



The Journalist Elite Team

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A special thanks to:

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We're on the web!
www.wsk.edu.hk



The Elite Journalist Club

Club is a special group of students from Wu Siu Kui, composed of some of the hardest working and hardest thinking pupils from primary three, four and five. The Elite team is devoted to bringing interesting information and stories to you every term through this newsletter. The students of Wu Siu Kui have a bright future!

consideration

tidiness

honesty

diligence



Book Report: Green Living

-Amy Lau 3A

Did you know that today I saw a book in the library about green living? This book describes the status of the environment and green living meditation. I would like to share it with you.

After I first read it, I felt like doing some environmental protection. First by doing conservation; saving is the only way to pro-

tect our planet. In everyday life, we want to start small.

For example: when eating out, we should bring our own cutlery as much as possible. Instead of using paper

towels, we can bring our own handkerchiefs. Turning off lights and watching less TV is helpful. We should remember

to turn off the air conditioning on cold days too.

If we all remember these things, we will help to reduce waste and protect the Earth.

So long as we start with ourselves, the world will become better and we will also have a more beautiful home.

Treasure Hunt:

Submit your answer by
7th April for the Lucky Draw!

