

Week of BOOKS



Across

5. A wise saying or proverb
7. A long written story with imaginary characters
9. The practice of focusing one's mind for relaxation
11. A book about a person's life written by themselves
12. Without disturbance; tranquil

Down

1. Free from stress; relaxed
2. Paying full attention to the present moment
3. A feeling of calm and peace
4. A book you write your thoughts in
6. A person who writes books
8. A place where books are kept and borrowed
10. A short story that teaches a moral lesson



Scan to master new words!

- Ans:
1. calm
 2. mindfulness
 3. serenity
 4. journal
 5. adage
 6. author
 7. novel
 8. library
 9. meditation
 10. fable
 11. autobiography
 12. peaceful



Hennessy Road Government Primary School (Causeway Bay)



Week of BOOKS

English Newsletter 2024-2025

The Week of BOOKS is a cross-curricular English week in which our school organises a wide range of activities to create a learning environment conducive to English Learning and the promotion of Values Education.

* Overview *

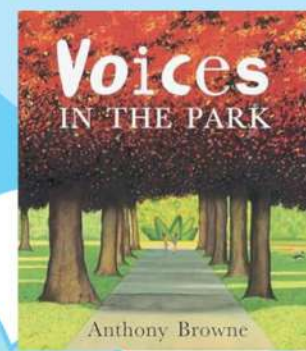
Week of BOOKS emphasizes the importance of mindfulness as a companion to reading, encouraging students to explore their thoughts and emotions while diving into the world of books. By fostering a love for literature and promoting mental well-being, we aim to create a supportive environment where students can connect, reflect, and grow together. Through shared experiences, we strengthen our community and empower each other to embrace both learning and self-care.



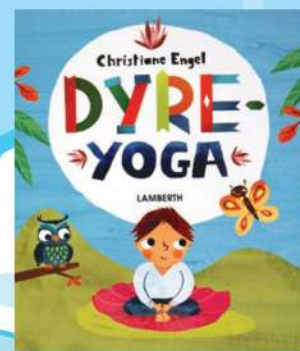
Listen to students singing the theme song "I like to read! I like to learn!"



Mindfulness Makes Me Stronger, by Elizabeth Cole



Voices in the Park, by Anthony Browne



ABC Yoga, by Christiane Engel

* Mindful Beginnings: Mr. Kwan's Mindfulness Sessions *

To prepare students for the Week of BOOKS, we were delighted to host two insightful mindfulness talks by Mr. Kwan, an educational psychologist and one of our school parents. He explored how being present enhances our engagement with daily life. The mindful eating demonstration was particularly thought-provoking, illustrating how slowing down can transform even simple actions into meaningful experiences.

Students gained valuable strategies to cultivate awareness and appreciation in their daily routines. Mr. Kwan highlighted how mindfulness deepens both learning and personal growth. Mindfulness isn't just a practice - it's a way to connect deeper with ourselves and the stories we love. Let's carry these lessons forward - in our reading and beyond.

Big thanks to Mr. Kwan for opening our eyes to mindful eating!



Our students were answering questions actively!



Tasting with all our senses!



Mindful minds, happy hearts!

* Day 1 - Kick-off! *

We kicked off the Week of BOOKS with an exciting announcement from the English Ambassadors, igniting enthusiasm among students! During lunch time, we shared 'Mindfulness Makes Me Stronger' by Elizabeth Cole, introducing the theme of mindfulness. Our goal was to foster a love for reading while encouraging self-awareness. This engaging start created a lively atmosphere, leaving students eager and inspired for the week ahead. Everyone was ready to explore new stories and embrace mindfulness practices, setting a positive tone for the days to come!

Let's practise
'mindful breathing' together!



Perfect time to share our
favourite books with our friends!



Wow! Our students
do love reading!



* Day 2 - Character Calm Day! *

We enjoyed 'Character Calm Day', a delightful session led by our English Ambassadors during recess. This engaging activity aimed to help students connect with their favourite characters from the 'Mindfulness Makes Me Stronger' story, while practising essential relaxation techniques such as 'blowing out a candle' and 'feeling our heartbeats'. The warm and inviting atmosphere encouraged everyone to reflect deeply and share their thoughts and experiences. As students closed their eyes and visualized their beloved characters, they discovered new insights and perspectives. Many students found the session refreshing, not only enhancing their focus but also fostering a sense of community and support. It was a wonderful opportunity for students to bond over their shared love of reading!

Reading with friends is always fun!



Reading makes me stronger too!



Step into our nature's classroom!



Storytelling by our English Ambassador looked exciting!



Day 3 - Relaxation in the Park!

On Day 3, the hall was transformed into a serene park setting, adorned with dim lights and cozy picnic setups. This inviting atmosphere encouraged students to take a break and unwind, promoting relaxation and mindfulness. As the story 'Voices in the Park' played on the screen, students shared quiet moments together, fostering a sense of peace and camaraderie. Many left feeling rejuvenated and inspired. To enhance the experience, students also had the delightful opportunity to smell some flowers, adding a sensory element that made the day even more memorable. Additionally, they participated in mindful walking, embarking on a reading journey in the centre of the hall. It was a beautiful way to connect with nature, literature, and each other!



Let's smell a flower with our Principal, Ms Lo!



Mindfulness blooms where attention goes.



Principal Lo guided students to embark on their reading journey through mindful walking!



Mindful walking was a thrilling journey for sure!



Reflect on our reading journey mindfully!



Principal Lo, Ms Yolanda and teachers together with the English Ambassadors celebrate the success of the day.

Day 4 - It's yoga time!

ABC Yoga was a wonderful way to integrate physical activity into our mindfulness journey. Led by enthusiastic English Ambassadors and supportive teachers, students engaged in fun yoga sessions during recess, focusing on relaxation and movement. The goal was to enhance physical well-being and mental clarity. As they flowed through various poses, students improved their flexibility and cultivated a deeper connection with their bodies. The lively atmosphere was filled with laughter and energy, with both students and teachers participating together. This enriching experience fostered community and encouraged everyone to embrace a healthy, active lifestyle!

Our teachers enjoyed doing some fun yoga poses with the students!



This is a letter 'P'!



Guess which letter is it?



Yes! Stretching was fun!



Our little ones were doing some yoga!



Watch our English Ambassadors doing ABC yoga!



Yoga was exciting for everyone!

Day 5 - *Bonding time at our school!*

We concluded the Week of BOOKS with a heartfelt reading session that brought together students from Primary 4 to 6, who shared their favourite books with their schoolmates from Primary 1 to 3. This bonding experience fostered a love for reading and encouraged younger students to explore new stories. After the reading session, Primary 1 to 3 students created 'Thank-you' cards to express their love and gratitude.

In a nutshell, it was a joyful celebration of literature that strengthened friendships and inspired a lasting appreciation for reading. Throughout the week, students learned that reading is not just a one-day event but a never-ending journey that opens doors to endless adventures and knowledge. This understanding will encourage them to continue exploring books long after the week has ended!

Reading with our friends!



Let's make our 'Thank You' cards



Special delivery of 'Thank You' cards



Week of BOOKS Reflections



During the Week of BOOKS, I learned many positive values, such as appreciation. My favorite activity was 'Relaxation in the Park' - it was so calming and helped me unwind. This week has been wonderful, and I hope to experience this joy again.

Matthew Kong (6H)



During the Week of BOOKS, I tried many new things! On Day 2, we relaxed in the hall while reading books. On Day 3, we practised breathing exercises and smelled flowers to stay mindful. Day 4 was ABC Yoga Day, where we tried lots of yoga poses - some were tricky but exciting! Finally, Day 5 was my favorite. I got to read with P3 kids, and it was fun to share stories together. I love every moment!

Lewin Chan (6H)



During the Week of BOOKS, I learnt a variety of things. I learnt how to be patient and caring. I also gained insight into what kind of books children like. My favourite activity was ABC Yoga because we could practise different yoga poses and learn English. I hope the activities will be even better next year.

Aaron Yu (6H)



During the Week of BOOKS, I learned many valuable things. I discovered different ways to relax and practised various yoga poses. What I remember most is smelling the roses - it was such a pleasant experience, and I even got to keep one!

Aidan Lee (6H)



The Week of BOOKS was a highly meaningful event that encouraged students to read more while supporting their personal growth. On Bonding Day, when students shared and read books together, it did not only introduce them to new stories but also helped develop their social skills. This activity strengthened connections among students, fostering a tight-knit school community. Wonderful!

Charamy Chan (6G)



Each day during the week featured a different activity. My favorite was ABC Yoga Day, where everyone - from teachers to students - smiled and had fun together while practising yoga. I especially appreciated how the activities were timed perfectly before our exam, giving students a chance to relax. What made it even better was seeing everyone participate and help out. Great job to all!

Keung Chi Yi (6P)



The Week of BOOKS was truly enjoyable and fun. My favorite part was sitting on the soft mat, chatting and reading with my schoolmates. I hope there will be more similar activities so other students can experience this too. It was one of the best activities I've ever participated in!

Isabel Emily Wong (6G)



I think the activities during Week of BOOKS provided a wonderful way to relax after stressful classes. ABC yoga was particularly calming, and the partner activity helped us get to know each other better when we were reading together. I really love this week!

Gareth Ng (6G)



During the Week of BOOKS, I learned how to speak to students more politely. They were all so sweet and lovely! My favorite activity was 'Relaxation in the Park' - I particularly enjoyed storytelling with the P1-P2 students accompanied by relaxing background music. It felt so refreshing after classes and revision time!

Paige Wong (5H)



Through Character Meditation, I learned to be more mindful. Reading books daily in the hall reminded me that "the more you read, the more you learn" - and that knowledge is power. Practising mindfulness while reading with my P2 friends brought us so much joy. I'd love to see Week of Music in the future too!

Yuen Su (5R)



I've learned that mindfulness is good for relaxation. Reading books is like having conversations with the finest minds of past centuries - the more you read, the wiser you become. My favorite activity during the Week of BOOKS was smelling the flowers and relaxing together with friends.

Quinlan Chan (5P)



During the Week of BOOKS, I learned many valuable lessons, including how to be kind to others. Through this experience, I gained new knowledge and practised mindfulness. One of my favorite moments was smelling the flowers on Day Three. I truly hope I can participate again next year!

Wendy Chen (5S)



I learned how to be more caring toward my classmates. I also discovered how much I enjoy reading with my friends! Out of all the activities during the week, the most memorable was 'Bonding Day' because I learned how to speak to younger children. I truly hope I can join similar activity again next year!

Zoe Kwan (5S)



My favorite activity during the Week of BOOKS was on Day 3, Voices in the Park. I liked this activity because I could go on a reading journey. There were different questions in the reading journey. My favorite question was, "Have you ever read a book in your bath?" That's really funny!

Ethan Sin (5S)



Check out more of our students' reflections!