

# Fung Kai Innovative School

## ENGLISH NEWSLETTERS



01 Junior P.1-3

Issue: Spring 2023

Hi readers, welcome to FKIS English Newsletter! We hope you find the newsletter both educational and enjoyable. It is filled with lots of language knowledge and fun activities.

Happy reading!

**Editorial Team Members:** Miss Cheng Sze Man, Miss Tang Wan Ki, Miss Kwok Yee Mei, Miss Ho Wai Ping, Miss Hui Pui Yiu, Miss Lam Ho Yi, Miss Leung Siu Chi, Miss Ng Sze Wing, Miss Ng Wai Lan, Miss Yan Oi Man, Miss Xu Kunsong and Miss Lee Wing Yee (TA)

**Consulting Editors:** Miss Li Shuk Yin (Principal) & Miss Lau Lai Ching (Vice Principal)

### Dragon Boat Festival

The Dragon Boat Festival, known as 'the Double Fifth Festival', is celebrated around early June on the 5th day of the 5th lunar month. This festival has been celebrated for over 2000 years. Special food is offered and dragon boat races are performed to ask the Dragon God for a good harvest at this festival.

People think that the Dragon Boat Festival is to do with strengthening the body to ward off sickness and avoiding bad luck. These beliefs and traditions merged with stories of figures who were linked to the double fifth date.

The best-known story of this festival is about the poet Qu Yuan (c.340–278 BC). Qu Yuan was an ancient Chinese poet and loyal politician. When the kingdom was about to be attacked, the king asked his advice. However, the king disliked his advice and him. He was very sad and drowned himself in the Miluo River on the fifth day of the fifth month of the lunar year.

As people wanted to rescue Qu Yuan, they quickly paddled boats on the river and beat drums to ward off evil spirits as they raced along the river. They threw sticky rice wrapped in bamboo to keep the fish well fed and away from Qu Yuan's body.



### Word Box

 a dragon boat	 a drum	 paddles
 a flag	 bamboo leaves	 salted eggs
 red beans	 rice dumplings	 Qu Yuan

### Fun Facts About the Dragon Boat Festival

**FUN FACT**

- The date for the Dragon Boat Festival changes each year. It is on the fifth day of the fifth month according to China's lunar calendar. Dragon Boat Festival 2023 falls on June 22nd.
- Dragon boating as a modern sport began right here in Hong Kong. The first international dragon boat races were held in 1976 in Hong Kong.
- Top crews in dragon boating competitions are able to paddle the boats at speeds of more than 20 km/h, which is just as fast as commuting cyclists.
- The longest dragon boat recorded stands at 87.3m and weighs around 12,102 kg. It entered the Guinness World Records on 12<sup>th</sup> November, 2018.



### Let's Play Online!

Read more about Dragon Boat Festival online and play the online games by scanning the QR code.



Source: <https://www.tinytap.com/activities/q2wvl/play/dragon-boat-festival>

### Let's Celebrate by Music!

Dragon Boat Festival is coming. Everyone is getting happy and excited. Let's scan the QR code to sing the song!

#### Dragon Boat Festival Song

Dragon Boat Festival is cool.  
Dragon Boat Festival is super.  
Cheer for the dragon races. Go! Go!  
Eat the yummy rice dumplings. Ha!

Let's make a sachet. How~ nice!  
Let's balance an egg. Oh! Yeah!  
Let's play the drums.  
Let's row the boat. Hey ho!

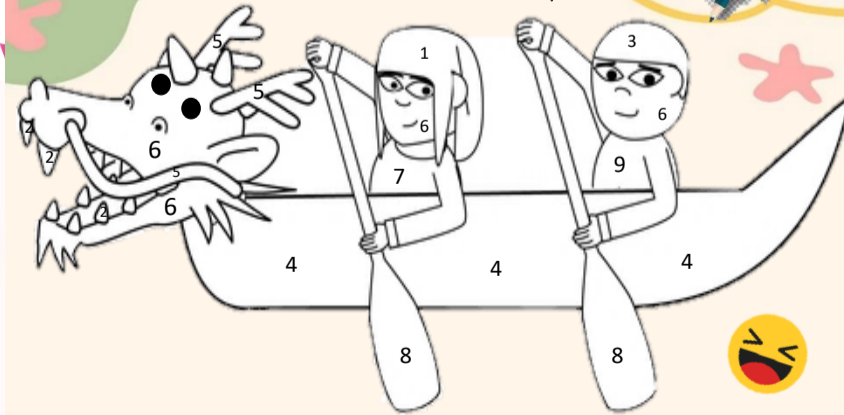
Dragon Boat Festival is cool.  
Dragon Boat Festival is super.  
Dragon Boat Festival is cool.  
Dragon Boat Festival is super.

Source: <https://www.youtube.com/watch?v=g00os7a8NqQ>



### Fun Time

Use the code below and colour the picture.

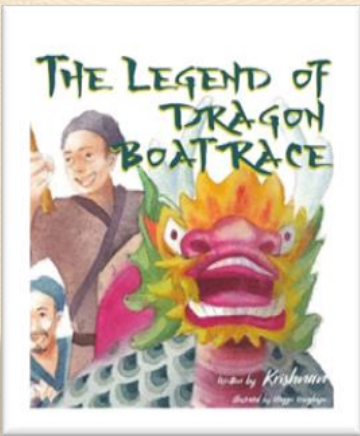


1 Red	2 White	3 Black
4 Green	5 Yellow	6 Skin Colour
7 Purple	8 Brown	9 Orange

If you have finished your work, please take a photo and send it to your English teachers by Edmodo. Then, you can get a small gift!



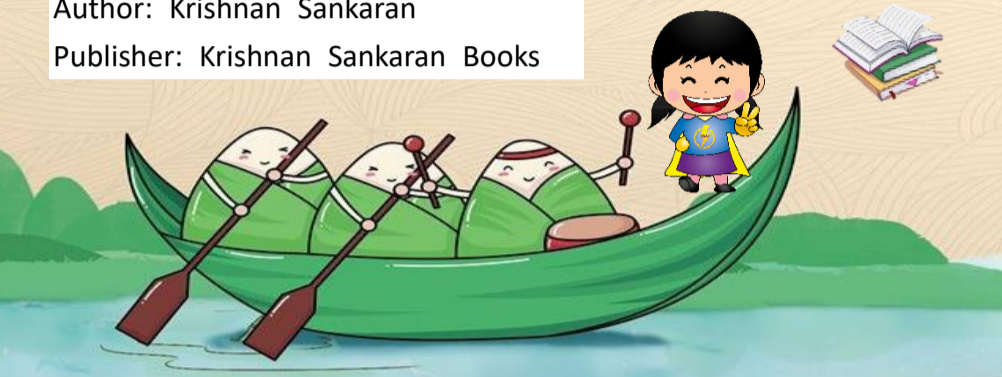
# Smart Reader!



Do you enjoy watching dragon boat races? Do you know the legend of the dragon boat races? Let's read this book and find it out!

Everyone loves the dragon boat race. It is an exciting sport which is held at Dragon Boat Festival. There are many theories behind the legend of the race. This is a work of fiction which draws inspiration from the original legend and is a sequel to the Legend of Kowloon. It is a tribute to the tradition and spirit of the Dragon Boat Race. Please go to our school library and read this book.

Author: Krishnan Sankaran  
 Publisher: Krishnan Sankaran Books



## Word Box

 <b>Qu Yuan</b>	 <b>a lunar calendar</b>	 <b>dragon boat races</b>
 <b>rice dumplings</b>	 <b>glutinous rice</b>	 <b>bamboo leaves</b>
 <b>mung beans</b>	 <b>salted egg yolks</b>	 <b>beat the drums</b>

# Cook with your family!



Do you know how to make rice dumplings? Follow this recipe and try it out with your family!

## Cantonese Sticky Rice Dumplings



Preparation time: 30 minutes  
 Cook time: 3 hours

### Ingredients:

- 60 pieces bamboo leaves
  - 1 kg glutinous rice
  - 600 gm peeled mung beans
  - 20 strings
- Fillings:**
- 350 gm pork belly
  - 8 mushrooms
  - 10 salted egg yolks



### Marinade for pork belly:

- 2 tablespoons five spice powder
- 1½ tablespoons salt
- 1 tablespoon light soy sauce
- ½ tablespoons sugar
- white pepper
- a dash Shaoxing wine

### Seasonings for glutinous rice:

- 1½ tablespoons salt
- 2 tablespoons sugar
- 1½ tablespoons oil

### Seasonings for mung beans:

- 3 tablespoons salt
- 2 tablespoons sugar
- 2 tablespoons oil

### Seasonings for mushrooms:

- ½ tablespoons salt
- ½ tablespoons sugar

### Steps:

- 1 Cut the pork into small pieces and put in marinade. Leave in fridge for 3 days.
- 2 Clean and soak bamboo leaves for one day.
- 3 Rinse mung beans and rice separately. Soak for a few hours in water. Then, drain and mix with seasoning separately.
- 4 Soak and cut mushrooms in small pieces. Fry and mix with seasoning.
- 5 Place the bamboo leaves in boiling water, then remove from heat and let them cool.
- 6 Halve the salted egg yolks.
- 7 Take two leaves and put them together smooth sides up. Add 1 table spoon of rice, 1 tablespoon of mung beans, pork, mushrooms and salted egg yolk, then one more tablespoon of mung beans and rice.
- 8 Fold another leaf over the mixture and make an envelope. Tie a string to wrap it up tightly.
- 9 Pour boiling water to cover the dumplings and cook medium high heat for three hours. Drain the water and let the dumplings cool.

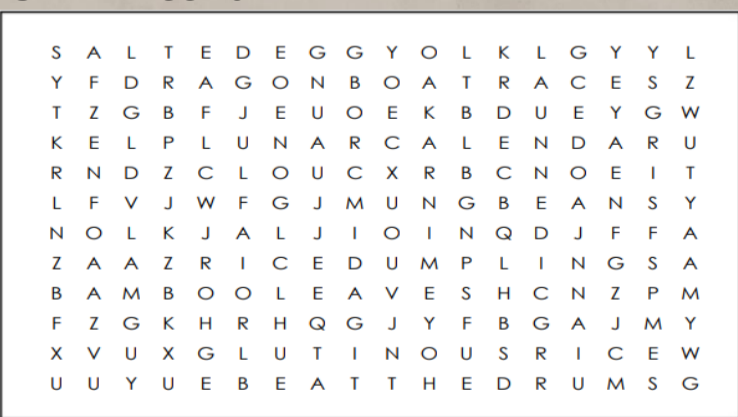


Source: <https://en.christinesrecipes.com/2014/05/cantonese-sticky-rice->

# Fun Time

-Let's find the following words in the puzzle.

- |                 |                   |
|-----------------|-------------------|
| MUNG BEANS      | GLUTINOUS RICE    |
| RICE DUMPLINGS  | LUNAR CALENDAR    |
| BEAT THE DRUMS  | BAMBOO LEAVES     |
| SALTED EGG YOLK | DRAGON BOAT RACES |



If you have finished your work, please take a photo and send it to your English teachers by Edmodo. Then, you can get a small gift!

Please check your answers by using this QR code!



# Celebrating Dragon Boat Festival by Arts!

## Rice Dumpling Origami

Do you want to make your own rice dumpling origami before Dragon Boat Festival?

### Things you need:

- ◇ 4 pieces of green paper: 5 x 44 cm, 1 x 3 cm, 2 x 15 cm, 6 x 15 cm
- ◇ a 20-cm yarn
- ◇ Scissors
- ◇ Tape
- ◇ Double sided tape



Steps: (For details, please scan this QR code to read it.)

### 1. Making the dumpling:

- Step 1: Use the 5 x 44 cm green paper strip. Then turn over to the white side of the paper.
- Step 2: Fold the bottom edge upwards to make a triangle shape.
- Step 3: Fold the triangle into half.
- Step 4: Fold backwards to align with the edge.
- Step 5: Open the paper and rotate.
- Step 6: Repeat Steps 2-5 till the end of the paper strip.
- Step 7: Open the paper strip completely.
- Step 8: Fold along the creases to make a diamond shape.
- Step 9: Fold the top right corner down along the crease line and tuck it in.



### 2. Making the Tassel:

- Step 1: Use the 6 x 15 cm paper strip and cut tiny strips on it.
- Step 2: Use the 2 x 15 cm paper strip and stick/glue a yarn at one end of the strip.
- Step 3: Fold the paper strip upwards then roll it till the end of the strip. Stick it tightly.
- Step 4: Stick the first part of the tassel to the end of the yarn and roll it.
- Step 5: Put the tassel through the dumpling and your beautiful dumpling is ready!



If you want to decorate your dumpling, you can watch the video by scanning the QR code



Source: [https://www.youtube.com/watch?v=uZpk\\_XxUIAI](https://www.youtube.com/watch?v=uZpk_XxUIAI)