

2017-2018

STAR Journal

Life in LMC



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Foreword from the Principal

Experience it! Live it!

Dear students and parents,

The production of Star Journal is the golden opportunity for students to put Pos Ed in everyday practice and **Live it**. Our journalists applied the tenets of Pos Ed in this writing journey, a good chance they harnessed their character strengths in trying situations. It was a six-in-one learning process in which they experienced the **PERMA + H Model**.

In the course, they learned **Perseverance** in the endless editing process, nurturing **Prudence** when they checked again and again for mistakes. They demonstrated their good **Judgment** when choosing the topics for the newsletter, **Creativity** in the production, **Curiosity** and **Love of Learning** in their own writing project, **Social Intelligence** and **Teamwork** in their tasks which they had been collaborating in harmony and **Appreciation of Beauty and Excellence** when they racked their brains designing the layout to give their masterpiece a final touch.

It is through this kind of hands-on activity which our students do that strengthens their character strengths in every area. Thanks to our diligent native English teachers, Miss Heidi and Mr. Nathan, who have been guiding our writers patiently all along the way.

I hope you will enjoy reading this newsletter as much as I do.

Yours sincerely,
Miss Sit,
The Principal

Letter from our Editors

Dear Readers,

We are Eno and Ian, the Editors of this year's edition of LMC Star Journal.

We are pleased to present you with this year's issue of the LMC Star Journal. We have spent a lot of time and effort every week making these interesting articles, refining the quality of our work.

We believe that writing is a form of art as it helps us express our interests and we can make anything through writing. We truly hope you enjoy these masterpieces and create masterpieces of your own.

By Eno Ting and Ian Wu



Team Journalist!

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LMC Kiosk

The English teachers prepared delicious snacks for us to enjoy!

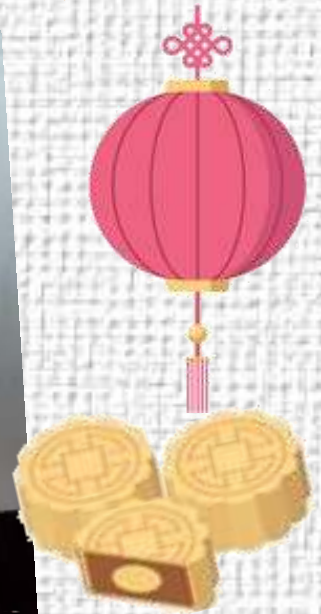


We saved our LMC dollars for this day!



They all looked so delicious! It was so difficult to choose!

Mid Autumn Festival



We had a special show for the Mid Autumn Festival!



Our LMC students watching the show



We also brought in our unique lanterns and wore traditional Chinese clothes. Don't we look fabulous?



Lanterns!!! Let's party!!

EGG DROP EXPERIMENT

The P6 students did an '**Egg Drop Experiment**'. Their mission was to make a device to transport fossil eggs safely down the cliff. Do you think they succeeded?



A precious egg being transported by a parachute device.



Friends forever. Challenge accepted.



Is that superman from outer space???



Students are watching Humpty Dumpty fall from the sky.



Excited students waiting to test their devices.



Mission accomplished!



Eggs from paradise!!



Winner winner, chicken dinner!



Oh no!!!! Mission failed!



Should people graffiti?

By Ryan and Eno

Graffiti is writings or drawings that have been scribbled, scratched, or painted illegally on a wall or other surfaces, often within public view. Is graffiti street art or vandalism?

Graffiti sometimes shows people's thoughts on society using art.



They are commonly found at the back lanes of some big urban cities, like New York, London, and even Hong Kong! Some of them are beautifully drawn and coloured. Some people, like tourists, like to look at them as street art.

However, some people think graffiti is offensive, especially those posted on private properties. In most countries, marking or painting property without the property owner's permission is considered a crime.

Not long ago, a number of MTR train carts at a station were marked with spray paint graffiti at dawn by teenagers.

Definitely, this was not art but vandalism, as they did it without permission on a public space. The affected train carts had to be cleaned before the train's next trip.



Graffiti should only be done where the public allows you to.

MORSE CODE

BY RYAN AND ENO

There are many secret ways for communicate. This article will talk about the International Morse Code.



In 1838, Samuel Morse invented the world's first telegraph.

The telegraph converted a simple code alphabet (known as Morse code) tapped out on a single key into electrical signals.



These signals were then transmitted along a cable and decoded on the receiving end. Telegraph and Morse code were widely used internationally.

These Morse codes are used in Britain wars and sometimes to confuse enemies.

International Morse Code	
1. The length of a dot is one unit. 2. A dash is three units. 3. The space between parts of the same letter is one unit. 4. The space between letters is three units. 5. The space between words is seven units.	
A	• —
B	— •••
C	— • — •
D	— ••
E	•
F	•• — •
G	— — •
H	••••
I	••
J	• — — —
K	— • — —
L	— •••
M	— —
N	— •
O	— — —
P	• — — •
Q	— — • —
R	• — •
S	•••
T	—
U	•• —
V	••• —
W	• — — •
X	— •• —
Y	— • — —
Z	— — ••
1	• — — — — —
2	•• — — — —
3	••• — — —
4	•••• — —
5	•••••
6	— ••••
7	— — •••
8	— — — ••
9	— — — — •
0	— — — — —

For example, SOS is the standard emergency signal. The Morse code for 'SOS' is three dots, three dashes, and three dots, i.e. ... _ _ _ ...

When you say the Morse code, you use [dah] for the dash and [dit] for the dot.

M O R S E C O D E

' --- ---- ••• ••• (space) ---••• ---- --- ••• ' is orally: Dah-dah dah-dah-dah dit-dah-dit dit-dit-dit dit, Dah-dit-dah-dit dah-dah-dah dah-di-dit dit

Nowadays, telegraph and Morse code are seldom used as they have become antiques. Now, people use internet and mobile phone for communication.

We journalists hope you will figure out this Morse code and remember it forever. Good luck!

..- . / - . . -.. / -.- --- ..- .- / -.. -..

TOP THREE UGLIEST animals

1. Blobfish

Height: 30 centimetres

Weight: About 1 KG

The Blobfish is one of the ugliest animal in the world. It is pink and slimy. It also has a gigantic nose. It has no bones and muscles.



2. Sphynx kitten

Weight:4-5kg

Height:8-10inches

It is very wrinkly, has thin hair and it also has big eyes that is shaped like a lemon!



3. Aye-Aye

Weight:2.7kg

Height:40cm

It looks like a rat and it has a pair of enormous ears.

It is also very dangerous. It has very sharp claws that can make you bleed!



Do you want any of these animals as your pet?

By Bernard Tong

Top 3 cutest animals

1. Koala



Height:78cm
Weight:11.8kg

The koala is a herbivorous animal which can be found in Australia. Herbivorous means they don't eat meat! Koalas have grey fur and a big cute nose. It loves to eat a leaf called Eucalyptus. It loves to sleep like us children too!

2. Pandas



Height:3-4feet(panda)/ 51-66cm(red panda)
Weight:250pounds(panda)/ 9kg(red panda)

There are two types of Pandas. The Giant pandas and the Red pandas. Giant pandas are black and white in colour and most of them live in China. Red pandas are brown in colour and are smaller than the Giant pandas. Some people think they look like a fox or a raccoon.



3. Dogs



There are so many types of dogs from small to extra large, so we can not tell you how big they are. However, dogs are definitely man's best friend. They play with humans, eat with humans and sometimes even sleep with us! There are different kinds of dogs but they are

all very adorable.

Do you want any of these animals as your pet?

By Bernard Tong



By Sophia Choi and Tiffany Lee

LEGEND OF CHILI

According to an old Southwestern American Indian legend and tale, it is said that the first recipe for chili was put on paper in the 17th century by a nun, Sister Mary of Agreda of Spain. It is said that sister Mary wrote down the recipe for chili which called for deer or antelope meat, onions, and tomatoes.

FUN FACTS ABOUT CHILI

1. Chili Day is celebrated on the fourth Thursday in February on the grounds that hot food is most needed in a cold month.
2. Aztec women believed in chili as a cosmetic and beautified themselves with a skin cream made of chili powder and urine.
3. The Mexicans have eaten chili since 7000 BC in Mexico and cultivated it from 3500 BC.
4. African farmers attach chilled to fences to keep elephants away from their crops. Elephants hate the smell of chilies.
5. The Scoville scale was devised by Wilbur L. Scoville in 1912.
6. The Carolina Reaper scores 2.2 million Scoville units, which is higher than police pepper spray.
7. The world record for eating chili is 2.185 gallons in six minutes by Joey Chestnut.

WHAT CAN WE EAT WITH CHILI



- Corn Chips. . .
- Pasta and Grains...
- Cheeses and Potatoes...
- Salads...
- Breads...

DELICIOUS HEALTHY SNACK RECIPE

Do you want to be healthy?

Do you want to eat snacks?

This is the recipe that you want to read!

No matter how young you are you can make healthy snacks
with this recipe!

Ingredients:

- 5 Strawberries
- 1/4 Watermelon
- 1/4 Honeydew
- 1/4 Pineapple
- 1/2 Kiwi
- 5 Blueberries
- 5 Grapes

Steps:

1. Wash the fruits with water
2. Peel off the skin (Apart from blueberries, grapes, strawberries.)
3. Cut the fruits into little cubes.
4. Stick the fruits onto the skewers.
5. Put the fruit skewers on to the plate
6. Serve!



BY TIFFANY MA, HAZEL AND OCEAN

One pot chicken Alfredo

Recipe

You love cooking but hate doing the dishes?
This is a simple, quick and mess free recipe just for you!

Ingredients:

2 tbsp Olive Oil
2 boneless chicken
breasts
2 cloves Garlic (minced)
455 g Fettuccini
395 mL Chicken stock
1 cup heavy cream
1 cup parmesan cheese
Chopped parsley



Steps:

1. In a pot, heat the oil and cook the chicken until it becomes brown.
2. Add the garlic to the pot and fry it with the chicken for about a minute.
3. Then add the chicken broth, cream and pasta and boil everything in the pot.
4. When the broth starts to boil, cover the pot with a lid and simmer it on low heat for 15-20 minutes.
5. Turn off the heat and a little by little, add in the parmesan cheese. Stir it as you put it in.
6. Sprinkle parsley on top if you wish.
7. Serve and enjoy!

By Jed Wong

WORLD RECORD

BY MICHAEL YANG

MOST HAMBURGERS EATEN IN THREE MINUTES

The Guinness World Records is well-known across the world for showcasing and documenting wonderful and sometimes bizarre tricks, stunts and records.



This record was set by Japanese competitive eater Takeru Kobayashi. He attempts to eat as many hamburgers as possible within three minutes.

With incredible speed and tenacity, he piles the hamburgers into his mouth while sipping water regularly.

In the end, he ate a total of 12 hamburgers in three minutes (that's four hamburgers per minute!), the world record.

On the other hand, another competitor, Vittorio Noschese, only ate 8 hamburgers. Takeru Kobayashi absolutely destroyed it!

I wonder which food challenge the students at BSTWLMC would like to try. Should we have a contest? Who can eat the most

bananas grapes pineapples

... in two minutes.

I can hear his mum shouting from here -
'Chew your food, Tobayashi!'



Basketball World Records

By Ian Wu and Jasper Lau

Hey everyone,
It's Ian and Jasper on the roll!



Can you guess who they are? (Hint: look at their T-shirts)
Our boys, the Harlem Globetrotters.

They are the A team that not only plays basketball, but also does shows and comedy sketches. They are not an NBA team. They are a team that plays for fun, showcasing their talent and performing tricks and mind-blowing shots.

They have five world records by a member called Thunder Law!
THATS COOL and all, but if THAT'S NOT ENOUGH, a member called Thunder Law broke 5 of them himself!

Here are a few of the records that they broke last year:

- Longest blindfolded shot (73ft, 10in)
- Farthest basketball shot under one leg (52ft, 5.5in)
- Most basketball slam dunks in one minute (16)
- Farthest shot while sitting (58ft 9.25in)
- Most bounced basketball three-pointers in one minute (5)

How easy are these shots, do you think?

Next time you are on the court, have a go. Play with your friends and create your own challenges.



ANCIENT EGYPT PYRAMIDS & MUMMIES

PYRAMIDS

The ancient Egyptians built pyramids as tombs for the pharaohs and their queens. There are about eighty pyramids known today from ancient Egypt. The 3 largest and best-preserved of these were built at Giza. The most well-known of these pyramids was built for the Pharaoh Khufu. It is known as 'the Great Pyramid'.



Awesome Facts About Pyramids

1. The Egyptians mummified more than their pharaohs. They mummified the pharaohs' pets and buried them in the pyramids to keep the dead kings company.



2. An average pyramid would weigh around 5,400,000 tons. An average stone block weighs as much as 2 modern cars (2.5 tons). The largest one weighs about 285 tons!!

3. The greatest mistake in the Great Pyramid is just 20 cm on a side of 230 m (an error of less than 0.1%).



4. They say you can see the future in a pyramid. The Institute of Pyramidology in London says the pyramid has already predicted the Crucifixion of Jesus and the First World War. It also says the world will end in 2979AD.

20,000 YEARS LATER

MUMMIES

The Ancient Egyptians believed that when a person died, they made a journey to the next world. They believed that in order to live in the next world, their body had to be preserved. A preserved body is called a mummy. In order to ensure that the body was preserved, the Ancient Egyptians began to use a process called mummification. This involved embalming the body and then wrapping it in thin strips of linen.



The Fate Of Mummies

The dead person must pass through a dangerous place known as the Duat. There were monsters, boiling lakes and rivers of fire. The poison that snakes spat were gruesome too. It was best to write the spells down on Egyptian paper (papyrus) and leave them near the coffin. It is called Book of the Dead. If the person overcame the monsters, they would reach the Gates of Yaru and to pass the test in Hall of Two Truths. The person's heart was placed on 1 side of the balance and the other side was the Feather of Truth. Then the Gods decided the result of the weighing. If the person passed the test, he was allowed to go to the afterlife. If not, his heart would be eaten...

WRITTEN AND ILLUSTRATED BY SDPHIA TSDI

THE LEMONADE WAR BOOK REVIEW

BY ENO AND RYAN

The lemonade war is a fictional story, which is written by Jacqueline Davies and illustrated by Cara Llewellyn. It is the first book part of a series called the Lemonade Wars Series.

Summary

The story begins with Jessie Treski and her brother Evan. They have a good relationship, but when Evan finds out that Jessie will be skipping third grade and will share his fourth-grade classroom, he becomes angry and annoyed. It's bad enough that his sister gets all the good grades, but sharing a classroom, no way. They agreed that the winner would be whoever could sell the most lemonade during the last five days before school starts. Whoever wins can have all the money that has been earned.

Jessie is smart at figuring out the cost and profit, but she isn't really good at reading people's body language or communicating. Even though Evan has much better people skills, and he uses this to his advantage, he has a hard time planning the business side of things, so he loses money due to his poor financial planning. In the midst of Evan's anger and Jessie's bewilderment, they both have forgotten what a good team they make together.



Rating: 5 stars ★★★★★

Moral of the story: We all have our strengths and weaknesses. If we work together, we can all succeed.

Reader's comment:

Ryan: The Lemonade War is a fantastic book for teenagers to read as it is only one of the books in the Lemonade War series. It combines math, economics and marketing to make it a great educational book.

Eno: The Lemonade War is a fantastic book. It includes ten tips in economics and key business ideas such as profit margins.

I'm sure even if you are good at math, you will learn some practical applications of using math. I recommend this book to everyone, but especially for young teenagers.

Puzzles

Hi everybody in LMC.

We are Ocean and Hazel from the LMC Star Journalists Class.

Today, we are here to play a game with you.

Ask your friend to work out the anagrams by putting the letters in the correct order. Cover the picture so that your friend cannot see it.

P.1-2

- bpaitst → _____
- ash → _____
- int → _____
- awi → _____
- uil → _____
- ginm → _____
- hoci → _____
- pmairry → _____
- cholos → _____



P.3-4

- hclirned → _____
- olev → _____
- lneatg → _____
- cocotlahe → _____
- and → _____
- rawsterbry → _____
- cei-reamc → _____
- with → _____
- plinkless → _____
- and → _____
- cisitsbu → _____

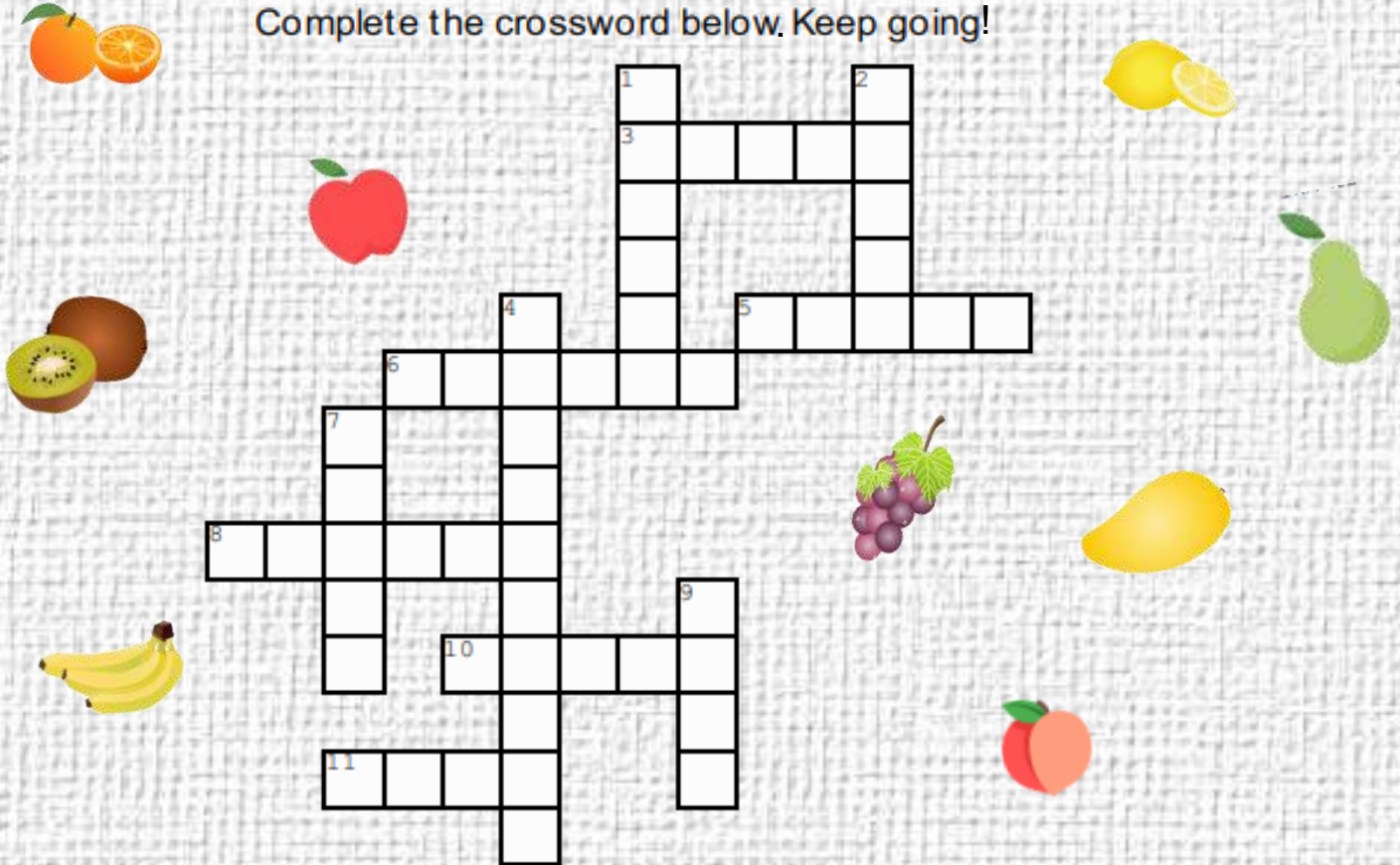


↑ Can you guess these puzzles?

Crosswords Words

Fruits For Primary 1-3 students

Complete the crossword below. Keep going!

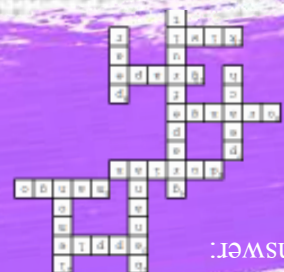


Across

3. This fruit has red skin but white on the inside.
5. A popular fruit that is grown a lot in the Philippines. It is yellow and people make a lot of juice with this.
6. This fruit has spikes and has a strong strange smell.
8. This fruit is friends with lemons, limes and grape fruits. It looks similar but the colour is different.
10. This fruit can be green or purple. It also comes in bunches.
11. There is a bird in New Zealand that has the same name as this fruit. This fruit is furry on the outside.

Down

1. This fruit has yellow skin but white inside.
2. Very sour but has a lot of vitamin C.
4. This is friends with oranges but pink inside.
7. This is friends with plums.
9. A sweet fruit with green or yellow skin with brown dots but white inside.



Answer:

Uprising

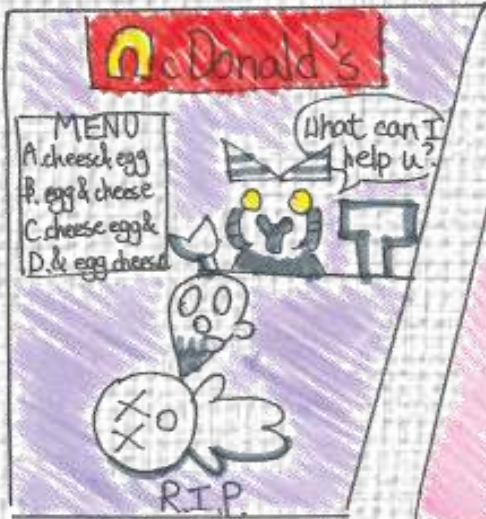
WRITTEN AND ILLUSTRATED BY SOPHIA TSOI

Once, there lived an alien on Baltan Star.



He admired Earth and decided to move to Earth.

In order to fit in and find out more about Earth, he tried many different jobs.



Still, he couldn't find a suitable job.



He found a school called **BSTWLMC.**

We welcome you as one of our teachers!

Principal

YASSS!

$1+1=3$
 $2 \times 2=5$

And became a teacher.

6 Years later when the students all grew up...

Students

Students

THEY ALL BECAME

YAY! ONLY 9.5 MILLION MORE PEOPLE TO GO!

BALUTANIES!



Sophia Tsoi

Life in LMC, 2018

Oil on canvas

Collection from **Star Journalist 2017-2018**