

Paulinian Post

August

ENGLISH NEWSLETTER

Issue III

Farewell, SPPCS!



Time flies! Principal Kwan, teachers, school staff, and classmates, thank you for all your support over the past six years. We deeply appreciate your kindness and encouragement. Without all of you, we would not have enjoyed our primary school experience as much as we did. To all of my wonderful classmates, we laughed, we cried, and we learned from each other's mistakes and always found solutions to overcome them. As the saying goes, "Birds of a feather flock together," and it has been a wonderful journey to be at this school with all of you. – **Brianna Chan 6C**

It felt like yesterday when I first stepped into the school, looking around and waving at the new teachers I just met. Six years later today, I'm ironing my gown, fixing my hair, and getting ready for the graduation I will never forget, and I am forever grateful for these six memorable years of my primary school. – **Charlotte Hung 6C**

While picking which graduation present I wanted, it suddenly hit me, these six years had gone by so fast like in a blink of an eye. I will always appreciate the teachers who taught me and the friends I made memories with. – **Hanna Chow 6C**

Graduation Class of 2024

Time has flown by so quickly that I could hardly believe that my time at this school was finally coming to an end. Wasn't it just yesterday when I nervously walked through these green doors for the first time? I remember how enormous everything seemed back then—the towering ceilings, the endless rows of stairs, and the teachers who stood next to me like giants. I wasn't sure back then if I would ever find my way around or be able to keep up with all the schoolwork. But as the years flew by, this school, which once felt so foreign, slowly became my second home. I made lifelong friends who I know will be in my life forever. We'd spend hours giggling in school, planning movie days, and complaining about how much homework there was over the weekend.



Naturally, there were ups and downs throughout the years. Before tests, I would experience almost terrible stress. I would lie awake at night, my head in knots, thinking that I would fail and disappoint my parents. There were also times when I just didn't want to put in the effort, wishing I could relax instead. Despite the challenges, the support of my friends helped me push through and succeed academically. Looking back, I wish I had been kinder to myself and appreciated how much I was truly learning, rather than just focusing on the grades. I realise the importance of hard work and dedication in achieving my goals, it's a lesson I carry with me as I continue to strive for success in my education. Learning to look after my mental health and well-being while still working hard has been important to my education and growth. As I get ready to move on to secondary school, I feel a sense of happiness yet also a tinge of nostalgia for the memories and experiences I've had in this school. The education I've received here has transformed me in so many ways. I'm more confident, more curious, and more ready to take on new challenges than I have ever thought possible. This may be an ending, but it's also the start of something incredible. I can't wait to see what the future holds. — **Charmaine Ko 6C**



UK STEAM and Cultural Exchange

26 students went on an 8-day exchange trip to London and Oxford in June. They not only visited famous landmarks and learned about the local history and culture, but also experienced the daily life of local students by staying in the school dormitories.



England is a fantastic place. This 8-day trip taught me how to take care of myself, how to make friends, and how to treat others with respect - skills that I will use for a lifetime. In London, we saw many well-known landmarks like Buckingham Palace, Big Ben, and the London Eye, which were fascinating! My schoolmates loved taking pictures, and they must have taken more than 100! In Oxford, there were no hairdryers or electric kettles in the hall, so we had to bring our own. My roommate and I formed a great team. Once, she forgot to bring her shampoo and body wash, so I let her use mine, as I did not want to disturb my other schoolmates in the same corridor. England is a wonderful place, and this trip was an unforgettable experience. I want to thank Ms. Chan, Ms. Mak, and Ms. Hon for taking care of my schoolmates and me. This trip was challenging for the teachers, but they still did their best to protect us. Thank you! I will never forget it! – **Bella Lee 4A**

This study tour has taught me a lot. From seeing landmarks to meeting more people, I learned to be more independent and how to take better care of myself. I also learned more about STEAM and the culture and history of England. However, I could only have done it with the help of the teachers. Dear teachers, thank you for selecting me to go on this trip. It meant a lot to me! I learned a lot that I would not have been able to. Again, thank you! – **Amelia Ng 4B**

UK STEAM and Cultural Exchange

Our primary 4 and 5 students also visited 2 primary schools in Oxford, participating in their classes and sports days. They also took STEM classes, visited museums, and toured the University of Oxford.

I learned many things during this trip. However, first of all, I would like to thank our teachers because they took good care of us. I learned to be an independent person. I set the alarm every day, and my communication skills were enhanced too. Once, we needed to use Micro:bit to code, and I had to convince my groupmates to use my ideas, and they all agreed with me. We also visited many iconic places like Big Ben and the London Eye, which widened my horizons. I hope I can go on another trip next year. – **Natalie Woo 4A**



This study tour has made me more independent. I learned how to take care of myself and be responsible for myself. As this was my first time travelling abroad, my roommate helped me a lot. She was very nice. I understand that we should try our best to help one another. – **Hannah Lo 4D**

Throughout my trip to Oxford and London, I learned how to be independent. I have decided to improve my shower efficiency through gradual, consistent practice. Besides, I gained a better understanding of the different cultures and traditions in the UK. – **Celine Chan 5A**

UK STEAM and Cultural Exchange

This enriching journey sparked the students' curiosity about the world and fostered their innovative thinking. It was amazing to witness the students' incredible personal growth, and the teachers were very pleased as well!



On this entire trip, I learned that STEM is not just boring science - it is very useful and interesting. For instance, water scarcity is an alarming issue. If we do not have clean water, we cannot drink or eat without getting sick. Therefore, water has to be filtered before using. We were also given a few chances to present our ideas. I gained a lot more confidence and found presenting quite fun! This was definitely a cool experience for me, and I hope I can go back to England again. – **Carlene Cheung 5A**

Throughout this trip, I have learned many different things, like different ways to tie my hair, choose my clothes, tidy my room, and take a shower in a short period of time. I also met a lot of new friends and began to look at people from a new perspective.

Besides, I gained an understanding of different things about STEM and life in England. For STEM, I learned about robotics and science facts, like what water scarcity means. I think life in England is expensive but a bit more relaxing and environmentally-friendly. The people there are also very nice and warm-hearted. – **Andrea Ki 5B**

UK STEAM and Cultural Exchange



On the first day, what came to my eye amazed me. The houses here... oh, they are short! They are totally different from the ones in Hong Kong. There are skyscrapers everywhere in Hong Kong. However, in England, the buildings are flat and short. After we landed, we went to the Royal Observatory Greenwich. The museum looks quite quaint. Inside, there are tons of historical relics. How wonderful! Another memorable day for me was Day 5. We went to the Didcot Railway Centre. When we arrived there, I saw some train tracks and some boxes of coal that we cannot see in Hong Kong! Then we were separated into two groups to visit the centre. The docents led us to some realistic, huge train models. The wheels of the trains in the past are almost taller than me! We got on one of the models, and a docent explained how to make a train move. The talk was interesting. I really hope I can travel on them. After that, we looked inside the train cabins. There were First Class, Second Class, and Third Class carriages. Another special thing is that the train can go backwards at the same speed as going forward. After this study tour, I have deepened my understanding of England and also learned about teamwork. I have gained so much from this amazing trip! – **Lorraine Ho 5C**

In this trip, I made many friends in Oxford. They are so kind and friendly. I gained more confidence in teamwork and presentation skills. I am very proud of myself. Thank you Ms Kwan, Miss Hon and other teachers for giving me this chance to go to the UK. – **Alexa Liu 5C**

School Trip to Geneva

Lam Yan 6A

Participating in the International Exhibition of Inventions Geneva 2024 was one of the most fascinating experiences in my six years of primary school life!

On 15/4, we arrived at the airport at midnight, ready for boarding. We were all extremely thrilled, as it was our first school trip overseas ever since the pandemic! Although it was almost midnight when we officially boarded the plane to Dubai, we were widely delighted. After boarding the plane, it was already past midnight. We fell asleep immediately despite our excitement.

The airport in Dubai was the largest airport I've ever seen in my life. It was very new and crowded, even though it was early in the morning. Unfortunately, after the gates of our second flight closed, a storm came out of the blue. We stayed on the plane without any internet connection for three hours! It was a long delay. Luckily, we managed to fly to Switzerland, unlike other flights which were all cancelled. My friends and I collapsed on the hotel bed as soon as we arrived. What a tiring flight!



A few days later, we set up our booth in the exhibition centre at the Palexpo. We were quite nervous about the competition. We practised our scripts together and waited for the judges to come. As we waited, we went to other booths as well. Their inventions were so amazing! Participants came from different places, including Taiwan, Korea, and China, but mostly from Hong Kong. We learned a lot from them!

When the judges finally came, we managed to explain our whole product smoothly. They were clearly impressed! As the evening came by, another round of judges was sent to our booth. We introduced our product just like before. Ms Yuen encouraged us to be more confident in ourselves too! The AI inventions from the Hong Kong Fire Department were very interesting, as were the environmentally-friendly air conditioner and the automatic coffee machine! We exchanged different information and opinions and learned interesting knowledge from the other professors. At night, we had cheese fondue, the most popular dish in Geneva. It was scrumptious!



On the third day, we went to visit the United Nations, the Broken Chair, and the Jet D'Eau! The Broken Chair was placed in front of the United Nations, symbolising different harmed victims of armed violence. The Jet D'Eau is a 140-metre-high fountain, the most famous tourist spot in Geneva! However, it was too windy that day, so the fountain was closed. On 20/4, we went to Les Diablerets, a snowy mountain in Geneva. It was -6 degrees Celsius there! It was a freezing experience for me, since I've never gone up a snow mountain before. We also visited some villages near the mountains, and the old-fashioned town was very pleasant.

On the last day, we all longed for another trip to this wonderful country. The atmosphere was comforting, never too hot or too cold. And we received even better news - we got the silver award! We all cheered with delight. The medal was beautiful, with Geneva's signature places sculpted on it! This trip was fun and interesting, and at the same time, we learned a lot of new stuff from students and professors from all over the world. What a wonderful experience for all of us! Big thanks to Ms Yuen for taking care of us during the whole week!

The Environment Around Us

by Amelia Ng, Giann Yim, and Jade Man 4B

Are you aware that our Earth is in big danger? You might not know it, but the Earth already started experiencing climate change in the 1950s. We live in a God-gifted world, but humans are the reason behind the environmental problems. Everything that surrounds us constitutes the environment. The Earth is made up of various environments in which all living and non-living things co-exist.

Climate change indicates changes in temperatures and weather conditions. While some of these modifications may happen naturally, human activities have been the main cause of climate change since the 1800s, largely attributed to the common usage of fossil fuels (such as coal, oil, and gas), resulting in the emission of greenhouse gases. To reduce these effects, conserving energy at home and opting for walking, cycling, or using public transportation can make a huge contribution.

Climate change could worsen erosion, and cause landslides, desertification, flooding, etc. The impact of climate change on soil carbon storage is linked to shifts in atmospheric CO₂ levels, rising temperatures, and changing precipitation trends.

When fossil fuels are burned, they emit significant quantities of carbon dioxide, a greenhouse gas, into the atmosphere. These gases trap heat in the atmosphere, leading to global warming.

The burning of fossil fuels, particularly carbon dioxide, is significantly impacting our climate and ecosystems. This activity is the main contributor to the ongoing climate change, leading to changes in Earth's ecosystems and posing health risks to both humans and the environment.

Air pollution is another major factor contributing to the deterioration of the environment. Household devices such as TVs, motor vehicles, industrial facilities and forest fires are common sources of air pollution.

Air pollution isn't just a grey cloud in the sky, it's like a villain bringing a whole bunch of unwelcome guests like respiratory bugs, heart issues, and even brain fog!

Breathing in all that yuckiness could mess with

your smarts, mood, and even the little ones' health. It's like a villain targeting your lungs and heart! How your body reacts to these pollutants is like a personalised rollercoaster ride, depending on the type of pollution, how much you're exposed to, and your unique health and genes.

Recycling is like a superhero for our planet! It's the ultimate eco-friendly power move that creates a greener world for us and our future generations. By giving materials like plastic, paper, and metal another chance, we remove the need to keep plundering resources like trees and minerals for new resources. Just imagine, recycling paper alone can save forests and give our leafy friends the environment they deserve!

When we throw away food, we're not just throwing away a snack; we're taking out precious natural resources like energy, fuel, and water. Think about it - growing food guzzles water like a thirsty camel in a desert. And with water scarcity on the rise, saving every drop should be our jam. Let's give our H₂O a high-five and cut down on the food waste madness!

I know it's sad, but in reality, there are numerous actions that the government can take to support the environment. These include backing the transition of energy and industrial systems, enhancing energy efficiency, addressing environmental pollution, safeguarding and restoring natural resources, and more. Sadly, not all of these actions are being implemented. You might wonder, can individuals like us contribute to environmental protection? Well... There are plenty of simple tasks that we can easily accomplish and incorporate into our routines. For instance, opting for reusable bags instead of plastic bags when shopping can make a significant difference!

To everyone out there, always remember there isn't a Planet B, so "Be a part of the solution, not the pollution" and "Small actions can make a big impact".

Fictional Freewriting

by Agnes Sy and Joanna Wang 5C

It was dark, and the skies were filled with clouds that seeped heavy raindrops onto the ground. The winds were blowing fiercely as three girls ran to find shelter. They were lost in the darkness with no way out of this terrible place. Their hearts were beating at the speed of a newborn's heart as they ran, hoping they were the only ones there...but they were not. Although all they could see was darkness within their surroundings, they felt something getting closer. While they ran, they figured it was probably their shadows because they weren't underneath them, so the shadows were likely somewhere behind them. Trapped by the ever-twisting trees, the shadows turned to grab them and their vision blurred.

Waking up from an endless dream, Sabrina and Serena woke up in a sweat and found themselves screaming in unison, again. For the fourth time that month, they had the same dream. It didn't occur to them that they could actually feel what it was like, as if it were their destiny, their fate. This time, however, something was different. Their friend Kacy, having a sleepover at the twins' house, was sitting up on her sleeping bag and gasping in terror.

"Kacy, you okay?" asked Sabrina while looking down at her from her bed on the top bunk. Kacy looked up at her and replied, "Do I look okay? I just don't understand why I was in this place you two always talked about at school."

Serena, sitting on the lower bunk, whispered, "It's about seven in the morning. Let's go get some food and talk about this later. I don't like being secretive." Soon, the girls changed into their clothes and went downstairs toward the kitchen.

"I can't believe nothing can ever stop this dream from coming back," complained Serena while getting chocolate-taste cereal from the kitchen cupboard.

"Whatever. Instead of trying to avoid thinking about it, why don't we draw some of the things we've seen in the dream and search it up?" answered Sabrina.

"Best do," said Kacy. "We don't know what's going on, so we need to get as much information as possible about this."

"How?" asked Serena. "People might laugh at us, thinking we're being sarcastic! Some might even be annoying and pretend we're not even there!"

"Look," replied Kacy calmly. "We just want to get an answer. Just like you, we're desperate. We just want to know the truth."

"Sorry," said Serena. "I'll try not to expose all of my rage for this little problem..." Serena was about to continue when Sabrina chimed in.

"I think we should ask Aunt Agatha and Uncle James," said Sabrina. "I have a feeling that tells me they are hiding something."

"I think we should," responded Serena. "And here they come now!"

Sure enough, sounds of footsteps came from the stairs. A moment later, the adults came.

What are the dreams that the sisters always have? What is their aunt and uncle hiding? If you want to know, wait for the next issue to find out.

Owning Tablets

Harriet Leung 5A

Have you ever considered the potential benefits of children having a more organised life without their parents constantly telling them what to do? One way to facilitate this is by providing children with tablets, which can serve various purposes.

While some people may think there are numerous downsides to buying a tablet for a child, allow me to share some compelling reasons why you should consider getting your child a tablet.

It is without question that children under the age of 12 can greatly benefit from having access to a tablet. Firstly, a tablet can help children develop a more organised lifestyle by allowing them to create their own schedules. Apps like "Good Notes" can enable them to build personalized timetables, fostering a sense of responsibility and independence.

Secondly, tablets offer a multitude of apps and features that can help children destress and unwind. For instance, platforms like YouTube can provide children with access to a wide array of engaging and satisfying videos, which can be an effective way for them to release stress and find moments of relaxation.

In conclusion, tablets are not solely for adults but can also be tremendously valuable for children under 12 years old. Tablets have become an integral part of our daily lives, and by providing your child with one, you may be able to help them develop a more organised yet relaxed lifestyle. However, it is crucial to ensure that you set appropriate time limits and monitor their tablet usage to maintain a healthy balance.



**A plea to parents:
Given the potential benefits,
would it be plausible for you to
consider buying a tablet for your
child this Saturday?**

Owning a Smartphone

Alisa So 6A

Do you know the average American spends 4.7 hours on their smartphones every day, and almost three hours of that time is non-voice activities? In this day and age, virtually everyone uses smartphones, but there are some downsides to this. Read on to discover the advantages and disadvantages of owning and using smartphones.

First and foremost, smartphones are popular because they have lots of benefits. Smartphones are convenient because information is readily available through the Internet. Also, when you are in a country where you do not speak the language, you can use translating apps. Furthermore, a smartphone is an entertainment device because it has a built-in entertainment system and a wide variety of apps readily available for download. Moreover, smartphones can be the ideal tool to find the perfect entertainment or restaurant using apps like Foursquare. Needless to say, smartphones are convenient and entertaining devices.

Moreover, there are also serious disadvantages that come with owning a smartphone. Firstly, there are some health concerns. Physical effects include chronic fatigue, poor eyesight and posture. In addition, the possibility of addiction is a major concern. The average smartphone user checks their phone 110 times a day and spends 37 hours per month on installed apps. Additionally, the financial burden of these devices should be acknowledged. Smartphone prices are exorbitant and typically cost thousands. One's smartphone may also be stolen. Victims of phone theft are likely to pay US\$500 to US\$1000 (HK\$3907.95 to HK\$7815.91) to retrieve the personal data. Without a question, smartphones pose health concerns and a financial burden.

All in all, smartphones have positive and negative aspects that should be considered. Smartphones may be necessary in this modern world, but we can set time limits to mitigate their negative impacts.



A Good Friend

Hayley Tang 3C

A friend is someone you play with;
One who is sometimes happy, sometimes down.

A friend can be a boy or a girl;
Some are kind and some are friendly.
You will argue, but you'll still be friends.

However, if you did argue too much, your heart would burn.

Friends help each other; so they are caring.



To echo Haley's poem on what a good friend is, the editor-in-chief would like to note that humility is often overlooked. Mother Teresa's advice on humility is particularly pertinent in today's digital age as we navigate the world of social media, in which people sometimes feel capable of sharing opinions and ideas that are far from humble. See if you can check all the boxes below to be a loving and kind friend:

- To speak as little as possible of one's self.
- To mind one's own business.
- Not to want to manage other people's affairs.
- To avoid curiosity.
- To accept contradictions and correction cheerfully.
- To pass over the mistakes of others.
- To accept insults and injuries.
- To accept being slighted, forgotten and disliked.
- To be kind and gentle even under provocation.
- Never to stand on one's dignity.
- To choose always the hardest.

Mother Teresa, *The Joy in Loving: A Guide to Daily Living*

Popular travel destinations Japan & Korea



Konnichiwa! I had an absolutely fantastic time during my recent trip to Osaka, Japan. One of the most fascinating things I discovered was Japan's incredible toilet technology - so many buttons!

I went to Rokko Snow Park. I built snowmen, threw snowballs and I played in the snow. The scenery was beautiful! There were snowy fields and mountains where people snowboarded there. I went there with my mum and dad. I was freezing but I was still happy. And of course, I had to check out Universal Studios Japan! It was my first time there, and Nintendo World blew me away. The Mario-themed dishes were delicious, There were hidden Pikmins there and I found one of them. There were two rides there. The ride I like the most was the Mario Kart because it was 3D!

It was the best trip of the year! I wish to go again later this year! – **Cheryl Wong 3A**

Annyeonghaseyo! I'd like to introduce Seoul, the capital of Korea. There are quite a lot of interesting things: food, dressing and weather.

To start with, I would like to share with you about their food culture. Firstly, Koreans always like to have kimchi and cold soup as their meal starters, which is an appetizer. It is very interesting?! Also, I found out that Koreans like to drink cold water even if it's in winter! On the other hand, Hong Kong people like to drink hot and warm water when they have their meals.

Secondly, I would like to share about their dressing culture. Their apparel is very similar to Hong Kong's. T-shirts and jeans are very common on the street! One of the interesting things I saw was that a lot of people wore school uniforms to the theme park. This made me curious so I did some research on the Internet and found out Koreans like to wear school uniforms because it recalls their school memories. It is very cool and it's the first time I've ever seen it!

Thirdly, I would like to share with you the Korean weather. There are also four seasons yearly just like Hong Kong! But there is snow in winter and they can ski like in Japan.

Last but not least, I love Korea very much! Seoul is only one of the big cities. In Korea, there are a total of 17 big cities! I want to explore more and I'm looking forward to my next trip to Korea! –**Jennifer Szeto 6A**



Introducing Finland

Alexa Liu 5C

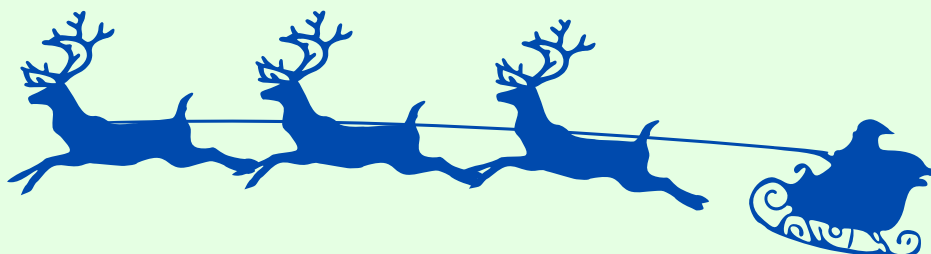
Finland is a fantastic country in Northern Europe. The country is near the Arctic Circle, and in the winter, it can be very cold with long nights. Its capital city is Helsinki and it is a great place to spend a day or two. There are marvelous places to sightsee. In the north of fabulous Finland, you can find the special and superb Santa Claus Village. It is the best place to see the northern lights and take part in a host of winter activities.

This is a very unique and popular place to visit. Here you can meet the real Santa and ask him questions and take photos. In the large village you can visit many shops. There is a fun indoor and outdoor playground. It allows parents to drop off the kids to go shopping. There is also a Snowman World where everything is made of ice. It is so cold inside so remember to dress warmly. You can skate and slide here too. Why not visit Elf University and meet the elves?

A not-to-be-missed experience is to see the astonishing northern lights. Rays of pink and green light dance in waves in the sky. You can see the lights from the comfort of your own bed if you stay in a glass-roofed cabin in the woods. Make sure the roof is facing north or you might miss out. However, to get the best view is best to go outside. I would recommend having a campfire in a special hut in the forest. It is a great place to watch the lights, roast marshmallows and sausages, and drink warm berry juice.

Husky sledging is a really fun activity. You sit on a sledge while you are pulled around by twelve amazing huskies. Snowmobiles are fun too. They are special vehicles designed for the snow. I would recommend that the toughest person sits in the front of the sledge or snowmobile, as it gets very cold. For these activities, I recommend that you wear warm clothing and boots. Make sure if you are sitting in the sidecar of the snowmobile, you are sitting on reindeer skins to keep warm and dry. As part of the snowmobile activity, you can also try ice fishing. The guide helps you find a spot. Then you must remove the excess snow and bore a hole into the ice to fish. However, this activity is extremely cold and not for those who don't enjoy being in cold weather.

I would love to try some Finnish food. Salted reindeer is a popular Finnish dish. Seafood is also popular. King Crab is delicious, and you can eat it fresh from the crab pot, cooked in front of you. You can also have crab soup, but it is extremely salty.



People We Admire

Riona Mak 6B

When asked about people we admire, most people think of celebrities or famous public figures. But the first person that comes to mind for me is someone much closer and dearer - my father.

I deeply admire my father. Despite not doing well in primary school, he had an unremitting drive to keep studying and improving himself as an adult. I truly respect his diligence and efforts to educate himself later in life. One particular memory that stands out is when he cooked an absolutely delicious lobster soup for our family. I'm actually not a big fan of cooking myself, as I'm worried about getting hurt, but his culinary skills really impress me. Another reason I admire him is his bravery. He once accidentally cut his finger while working, but when I asked if it hurt, he simply said no. His unfazed reaction in the face of pain is something I aspire to.

The second person I greatly admire is my mother. She has an incredible intuition when it comes to my emotions. Whenever I'm feeling down and don't want to eat, she'll come and comfort me. Once, when I was overwhelmed with a lot of homework, I ended up crying for 30 minutes straight. But my mother stayed by my side the entire time, supporting me as I worked through it. I also admire my mother's meticulous planning and attention to detail. She always makes sure to have a schedule for everything, double-checking to ensure nothing goes wrong. Her careful and organised nature is something I strive to emulate.

Rather than looking up to famous figures, the people I truly admire are my parents - everyday heroes who have demonstrated remarkable qualities that have left a lasting impact on me.



Farewell from Miss Chan

Dear Paulinians,

It is with a heavy heart that I write to you all today. As I prepare to leave my role as both the editor-in-chief of the Paulinian Post and your teacher at this school, I wanted to take a moment to reflect on our *sweet days of girlhood* together.

It has been an incredible year of teaching and editing with all of you. I am immensely proud to have achieved my goal of bringing forth an inclusive and engaging publication that represents the diverse voices within our school community. I know that some of you may not consider yourselves the strongest writers, but I want you to know that I have deeply appreciated the extra time and effort you have all put into submitting content that is not for grades on your report cards. Together, we have honed our writing skills, and I am grateful and proud of you all for sharing your intimate thoughts and experiences – that takes tremendous bravery. This journey has been a powerful reminder for me to focus on our strengths and positive qualities, rather than dwelling on our perceived shortcomings. Each and every one of you has something unique and valuable to contribute. Stop telling the world all that you are not and start showing them all that you are.

I am pleased to share that Miss Marie will be taking over as the new editor-in-chief of the Paulinian Post. I have no doubt that she will continue to cultivate an environment where all of your unique voices can shine. I hope you will all continue submitting your marvellous work to the Paulinian Post.

Thank you for an unforgettable year. I will cherish the memories we've made, the connections we've built, and the growth we've experienced together.

Wishing you all the best. Goodbye.

Yours truly,

Miss Sharon Chan
Outgoing Editor-in-Chief
Departing Teacher, SPPCS

