



香港中文大學校友會聯會張煊昌學校

CUHK FAA THOMAS CHEUNG SCHOOL



Youth Window

September Newsletter 2025

Eight sections of Nishiki (八段錦)



'Eight Sections of Nishiki' is an interesting part of Chinese culture that helps us to stay fit and flexible.

It is renowned for its health benefits by combining gentle movements with breath control. It improves both our physical and mental well-being. It focuses on breathing by taking slow, deep breaths while exercising the various joints of the body. It helps muscles relax and calms the mind as well. It is believed to bring numerous other health benefits such as improved sleep and relief from stress.

All the students and teachers at our school perform the 'Eight Sections of Nishiki' every Friday at the morning assembly. We started this in 2015. Some students have even decided to teach their parents and grandparents because it provides gentle yet effective care for both body and mind.

Percy, John and Wilson

Our Sports Day

Sports Day was on 13th March, 2025. It was the first time our school hosted a sports day with all grades competing on the same day. Students were all very passionate and excited. The events were: Long Jump, 60-metres Dash, 100-metres Sprint, 4x100m Relay, Bean-Bag Throwing and Shot Put. The school gave us some cheer-sticks to cheer for our fellow classmates in the competition.

My running shoes have ROCKET POWER! 🚀



TCS
Is The Best





Thanks to the dancing team
for their perfect moves



First, we inflated the cheer-sticks, then we banged them together and they made booming sounds! When the 4x100m Relay was ongoing, all of the classes were cheering loudly for their classmates. It was the loudest part of the whole competition! Some even lost their voices because they screamed too loudly. A lot of students bought ice cream and soda from the tuck shop because of the scorching heat. Things were a little expensive but the sales were still good. Everyone had great fun.

Percy, John and Wilson

Our favourite Place at School

We are Riona and Sofia, and we both like the English room best in our school.

I like the English room best because the sofas are comfortable and the air conditioning is nice and cool.

I like the English room best because the NET teachers are nice and kind, and there are a lot of books for P.1 - P.3 kids to read.



Sofia



Riona

We both agree that the English room is full of great memories because we did a lot of fun activities there. We are P.5 now and only P.1 - P.3 can have classes there, but we can at least visit the room and all the NET teachers during recess.

Sofia, Riona



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Guest Interview

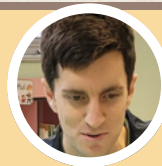
In this issue, we interviewed one of the NET teachers, Mr. Fergus in our school.



Giselle



Hazel



Mr Fergus



Where do you come from?



I come from Tasmania, Australia. It's a small island in the southern part of Australia. It's the 27th largest island in the world.



Can you tell us something special about Tasmania?



Tasmania has special small, white, kangaroo-like animals called 'Albino Wallabies'. You can only find them in Tasmania. They have white fur and pink ears and eyes. They are very cute.



What is your favourite snack?



My favourite snack is a sweet called an 'Apple Drop'. It's a small, hard and round candy that is only sold from one store in a city called Launceston. It's very special.



What are your hidden talents?



I can do a backflip on a trampoline. Also, I am very good at juggling a football. The most I've ever juggled was 998 times in a row. I was so upset when I didn't get 1000. I've not been able to do that many juggles ever since then...



What was your favourite subject at school?



My favourite subject is English. When I was at school I really liked creative writing. I liked my creative writing teacher Mrs. Robinson the best. She was always kind and encouraged us to be imaginative.



Fun Fact

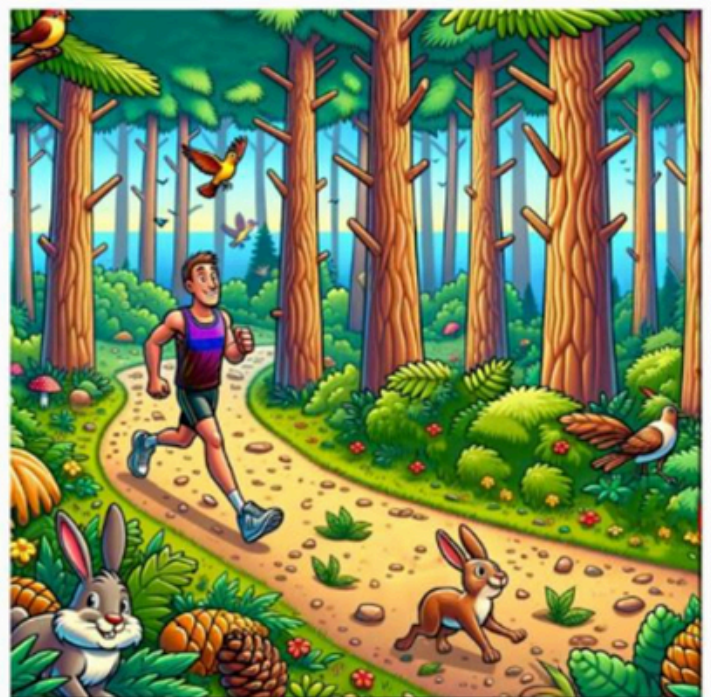
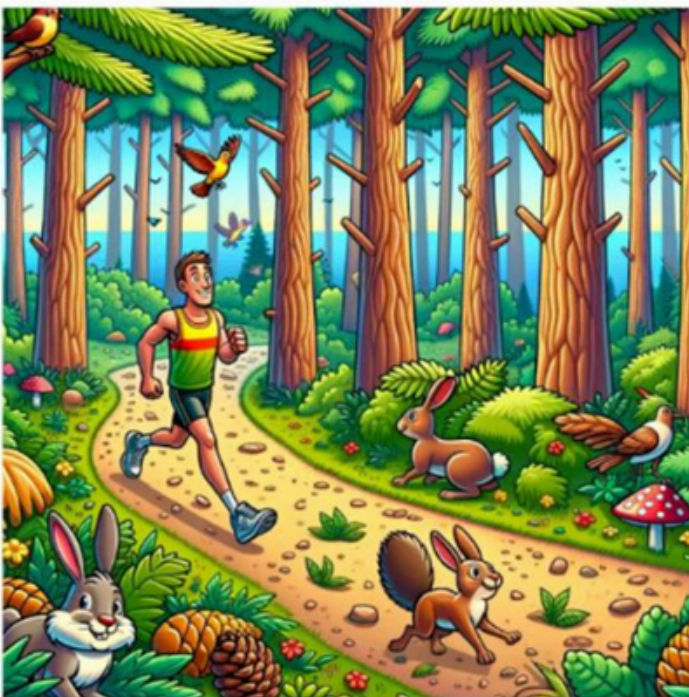
Did you know...

- ...pandas have six fingers.
- ...pandas used to eat meat.
- ...According to legend, the panda was once an all-white bear.
- ...pandas are closely related to raccoons.
- ...pandas are great swimmers.
- ...pandas had lived on earth for 2 to 3 million years.



Spot the Difference Challenge

Take a break to celebrate nature and fitness. Challenge yourself to spot the 5 differences between these two pictures in 15 seconds or less. Get a pencil and circle the differences in picture B. **Get ready... go!**



SUMMER TIME!

Complete the crossword puzzle below



Across

1. a fizzy drink that is sweet and refreshing
2. a sport you do in the ocean
4. a place you swim in
6. a fruit you like to eat in the summer
7. a place made of sand

Down

1. something you put on your skin to help you to prevent sunburnt
2. a sport you do in water
3. a day that you take a rest from school
5. a cold treat that a lot of people like to eat
8. a feeling that you always feel in summer

way to
Beach →



Mr. Andy Yip

