



HKSAR ESTABLISHMENT DAY

July 1st is a very special day. It is called the Hong Kong Special Administrative Region (HKSAR) Establishment Day. We can think of it like HKSAR's birthday!

Let's look at how HKSAR has grown since its birthday on July 1st, 1997!

THEN



NOW

VICTORIA HARBOUR 1997



PHOTO: DAN GROSHONG/AFP

VICTORIA HARBOUR



PHOTO: HONG KONG TOURISM BOARD

MTR 1997



PHOTO: MIKI YOSHIHITO / FLICKR

MTR



PHOTO: TRAVOGLAD

KAI TAK AIRPORT 1998



PHOTO: DAVID WONG

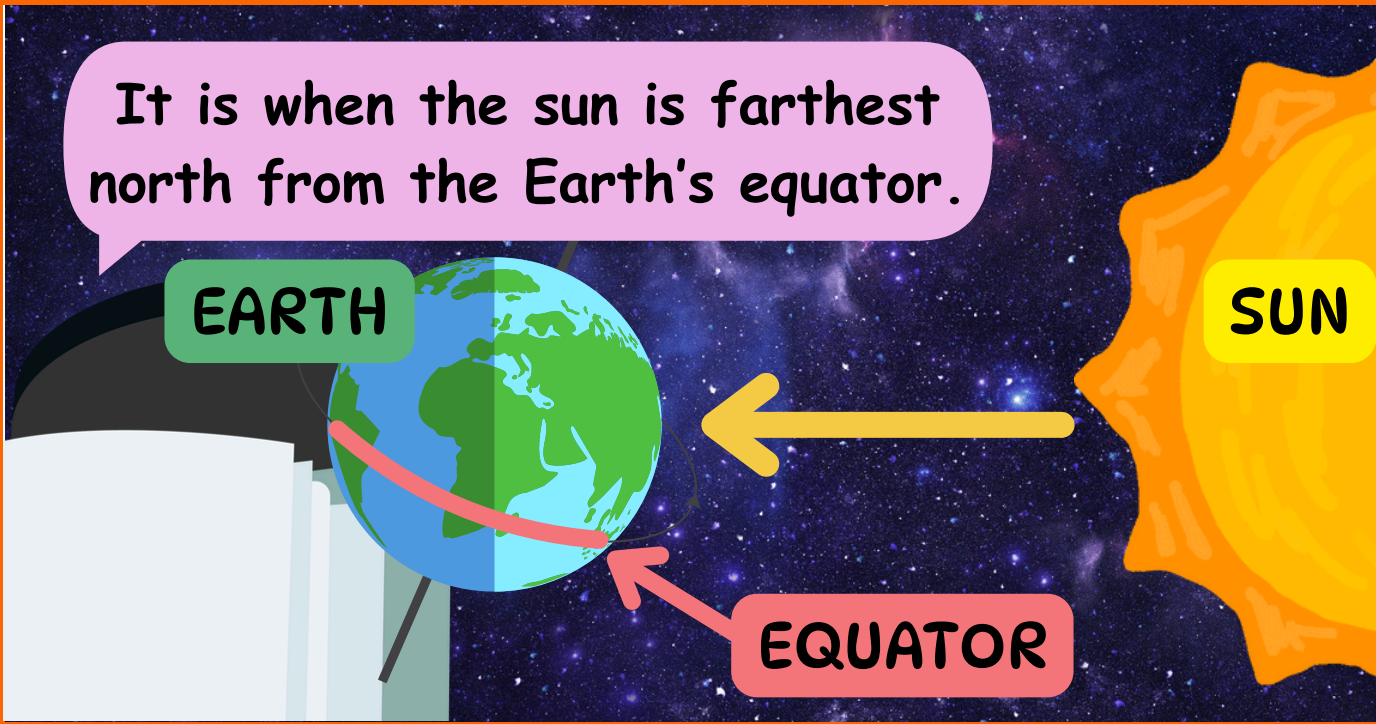
HONG KONG INTERNATIONAL AIRPORT



PHOTO: HEORSHE / ADOBE STOCK

Word of the Month!

Solstice

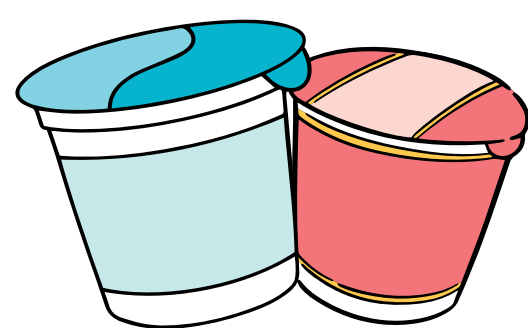


Learn more about the summer solstice and Stonehenge here!

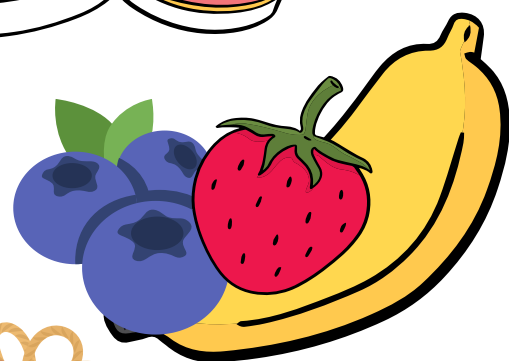


YOGHURT POPSICLES

INGREDIENTS



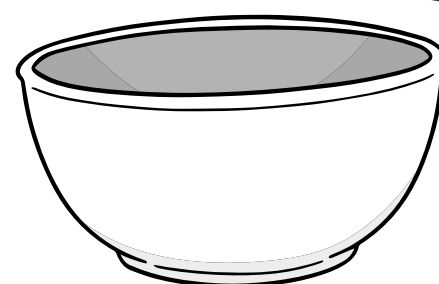
plain or flavoured
yoghurt cup



your favourite
soft fruit



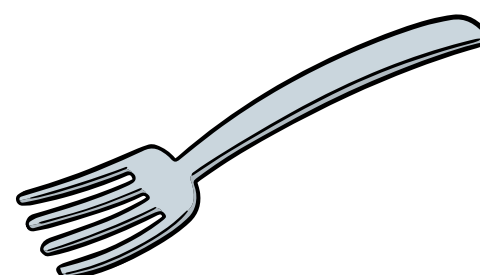
honey (optional*)



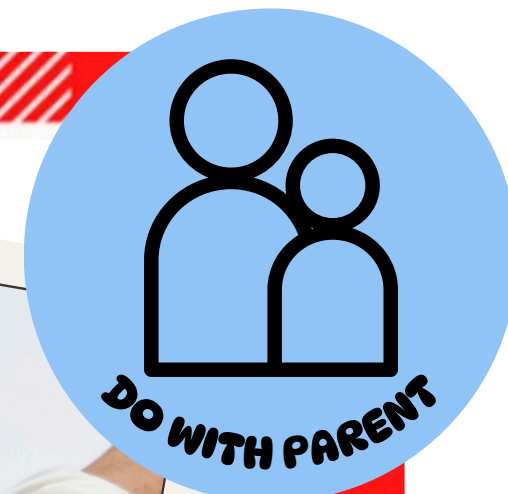
small bowl



small spoon



fork



STEPS

1



Prepare your fruit by
mashing it with a fork.

2



Add your mashed fruit
into the yoghurt cup.

3



(optional)

Have a taste! Add one
small spoon of honey if
it's not sweet enough.

4



Stir to mix.

5



Put a spoon in the
yoghurt cup.

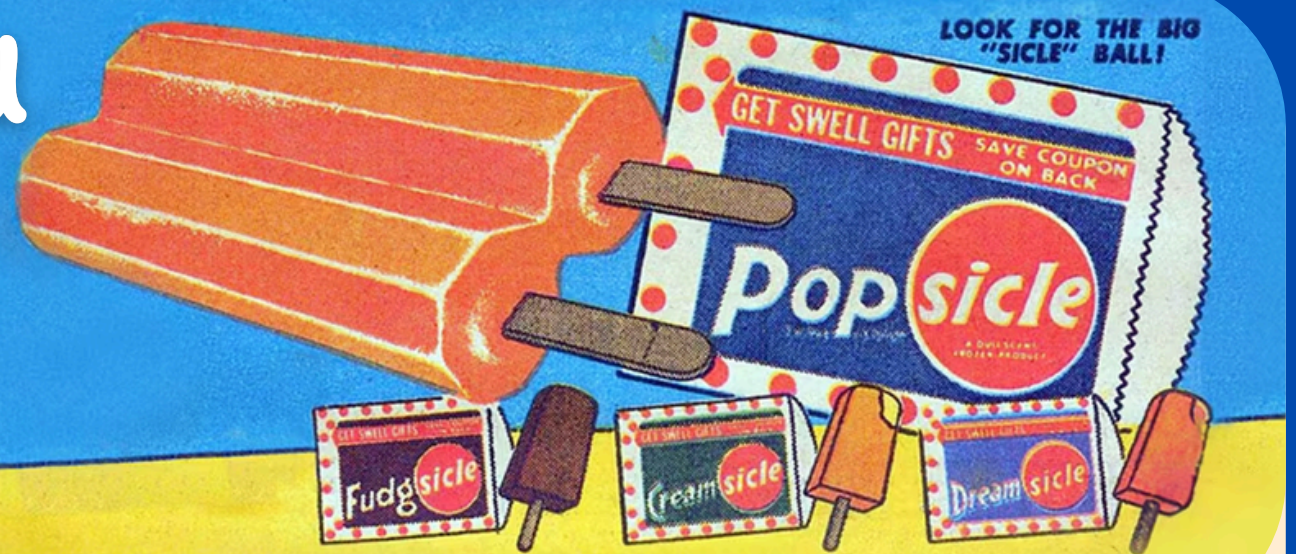
6



Put the yoghurt cup in
the freezer for 6 hours
or until frozen.

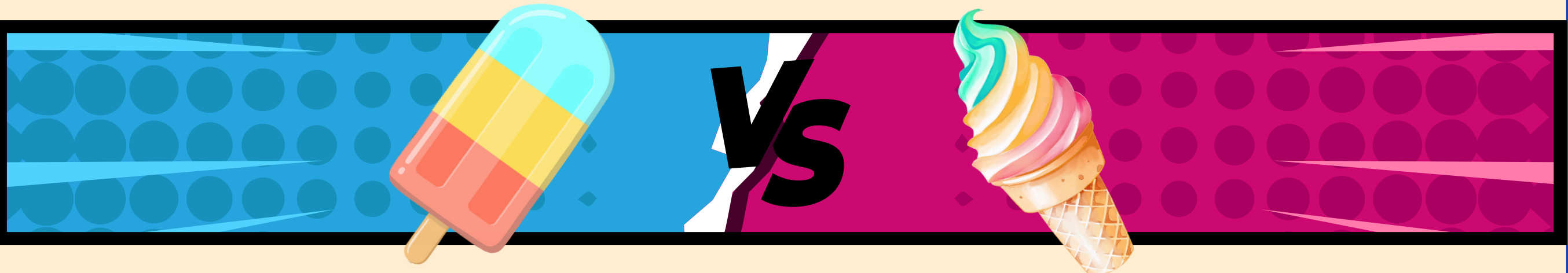
Did you **KNOW?**

Popsicles were invented by an eleven-year-old!



Eleven-year-old Frank Epperson invented the first popsicle in 1905.

One cold day, he left his cup of soda with a stirring stick in it outside. The next morning, the soda was frozen! Frank tasted it and loved it. He first called it the "Epsicle". Years later, Frank's children convinced him to change it to "Popsicle".



Popsicle vs Ice Cream: What's the Difference?

Ice cream and popsicles are both cold and sweet, but they are not the same!

- Ice cream is made with milk or cream. It is soft, smooth, and creamy. People often eat it in a cone or a cup.
- Popsicles are made with juice or water. They are hard and icy. You eat them on a stick.

The First Ice Cream 🐉

During the Tang Dynasty in China (about 1,300 years ago), people made a frozen treat using milk and ice. People used milk from buffalo, cows, and goats. They heated the milk and let it turn into a kind of yoghurt. Then they mixed it with flour to make it thick, and added **camphor*** for flavour.

Today, people all around the world can enjoy ice cream in many flavours!

**FUN
FACT**

Ice cream melts slower than a popsicle!

*camphor - a plant with cool minty smell

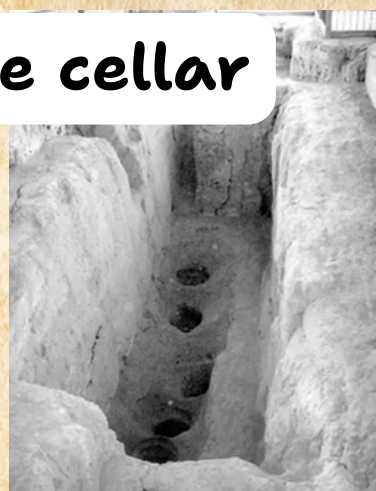
History

Stories from the past

Refrigerators

THEN

Ice cellar



Ice box

400 BCE (2424 years ago)

In China, people used ice boxes to keep things cold. They cut big blocks of ice from lakes in winter and stored them in ice cellars. During the summer, they took the ice out and put it in ice boxes made from stone or wood to chill food and drinks.

1860 - 1890

The first refrigerators were called iceboxes. They had a **compartment*** for ice that kept food cool. People had to put in fresh ice about once a week.

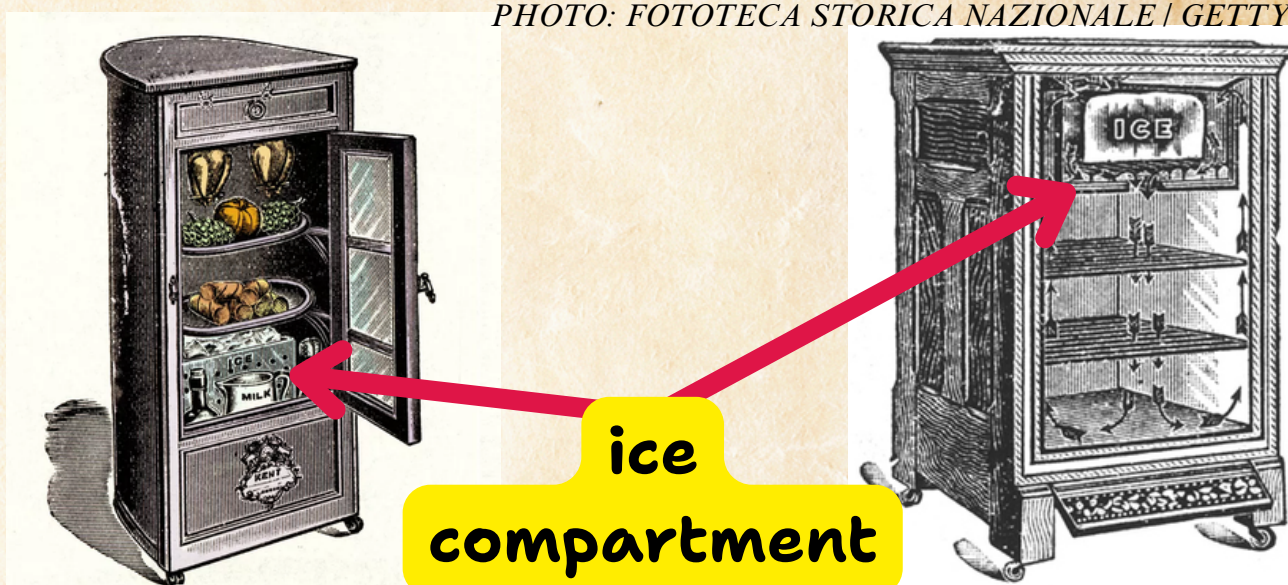


PHOTO: FOTOTECA STORICA NAZIONALE / GETTY

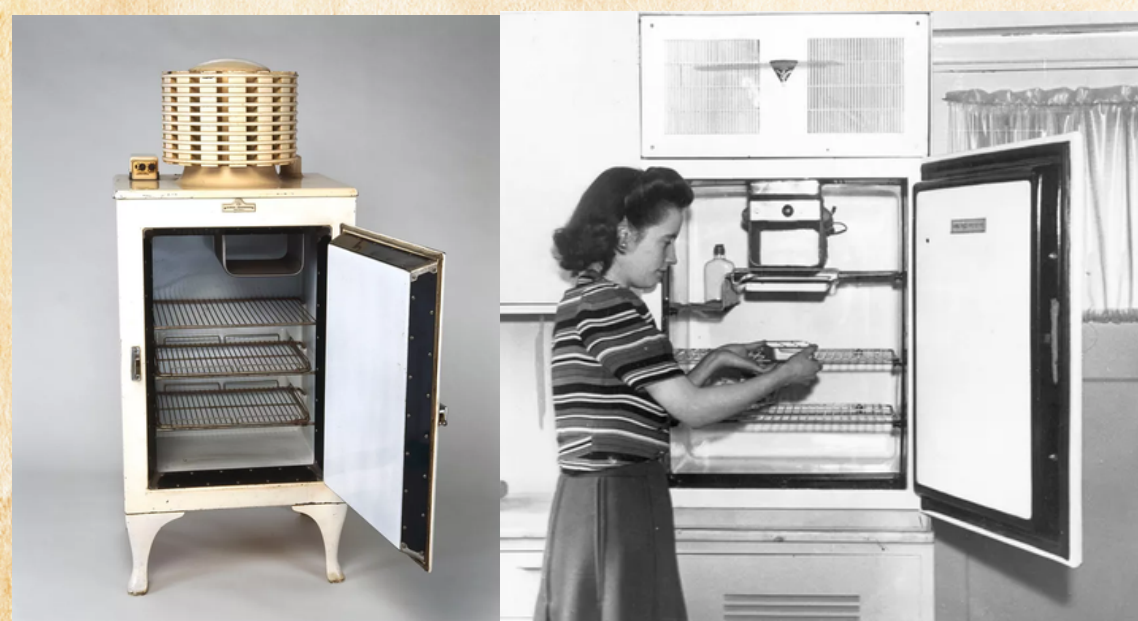


PHOTO: (LEFT) SCIENCE & SOCIETY PICTURE LIBRARY / GETTY ; (RIGHT) DAILY HERALD ARCHIVE / GETTY

1900s

Refrigerators began to **develop*** fast, starting with Whirlpool's first cooling fridges during the 1920s. Later, freezers were added, and by the 1980s, energy-saving models that used only the power of a light bulb were manufactured.

Now

Today's refrigerators are very smart! Some have touchscreens and Wi-Fi. Some new refrigerators can even help you make shopping lists and tell you when food is going bad. Modern refrigerators also save a lot of energy and come in cool designs.



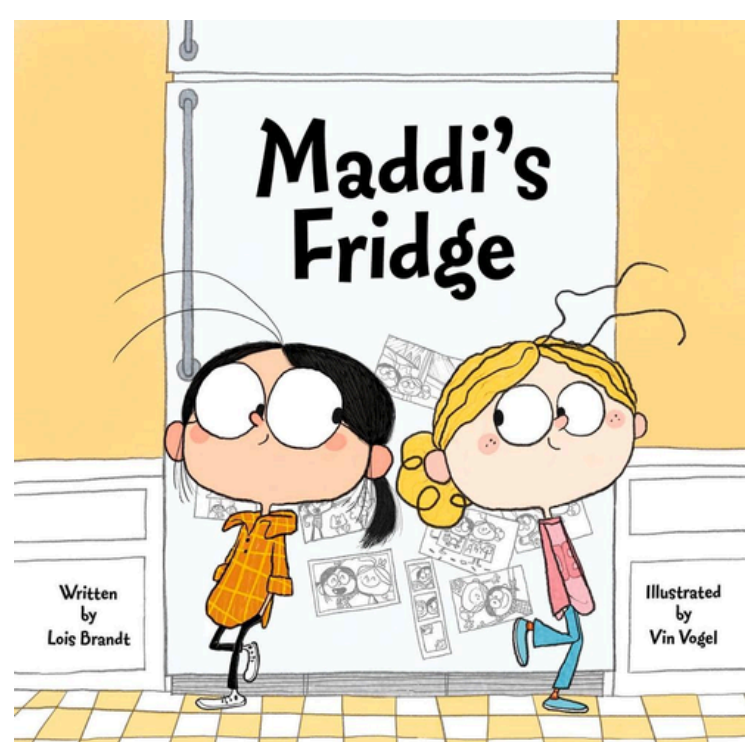
now

Book

Recommendations

OF THE MONTH

Miss Caren's Reading Nook



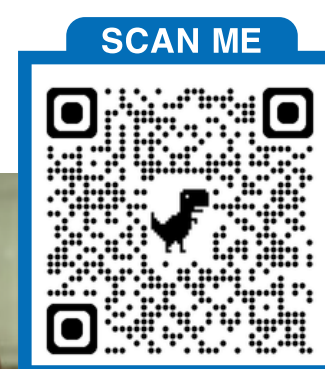
Book Title: Maddi's Fridge

Writer: Lois Brandt

Illustrator: Vin Vogel

Themes:

- friendship
- honesty, trust and promises
- empathy
- helping someone in need



Summary

Best friends Sofia and Maddi live in the same neighbourhood, go to the same school, and play in the same park. One day while at Maddi's home, Sofia looked in Maddi's fridge and discovered her secret. She promised Maddi that she wouldn't tell anyone. Sofia really wants to help Maddi, but needs her parents' help. Will she break her promise and tell her parents? Will she be able to help Maddi?

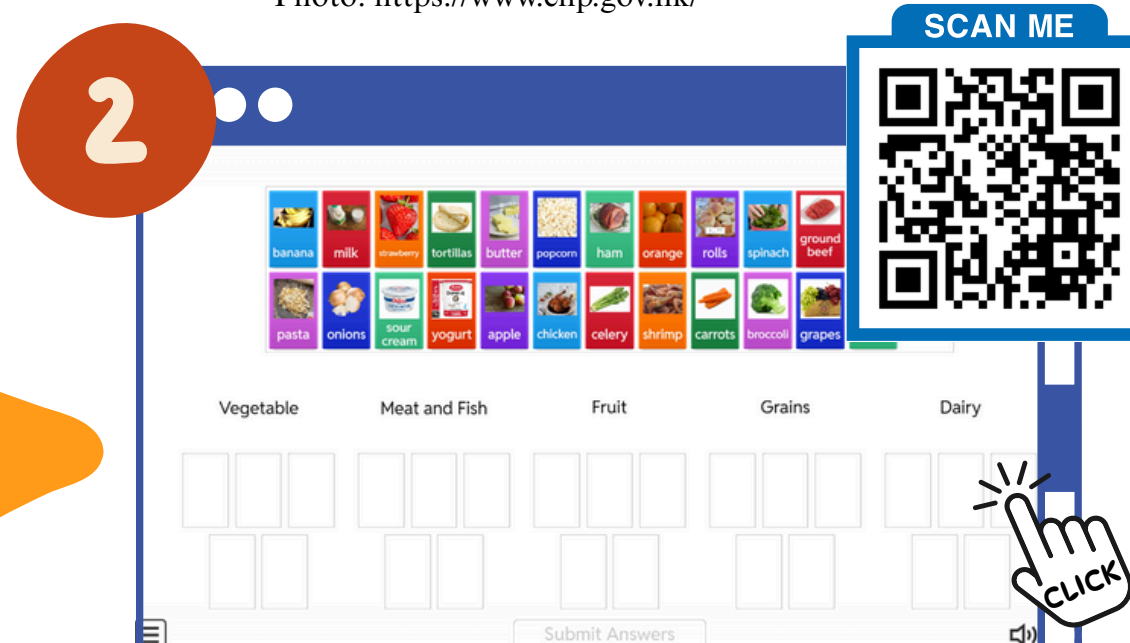
Fun Corner

Sofia's mum talked about which foods are good for your body. There are different kinds of foods that help us in different ways. **Do you know the food groups?**

Watch the video to **LEARN** and take a **QUIZ**.



Photo: <https://www.chp.gov.hk/>



ART ATTACK

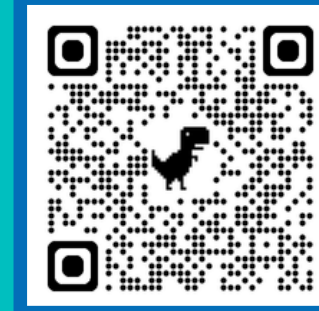
SUMMER SEAL

You will need...

- a piece of paper
- colour pencils, markers or crayons
- a pencil
- a black marker

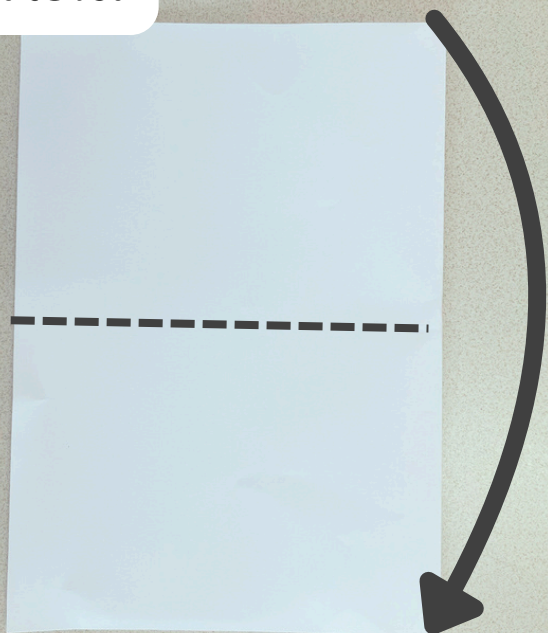
OPEN!

SCAN ME

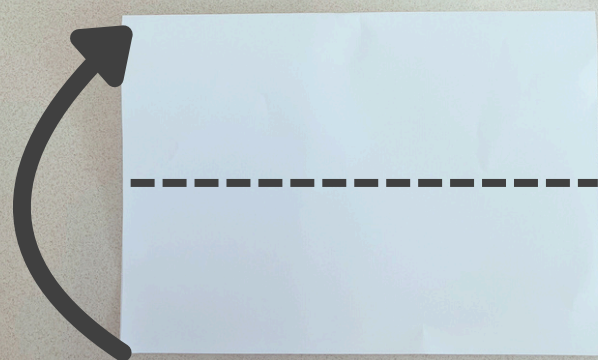


CLICK

1 Fold a piece of paper in half



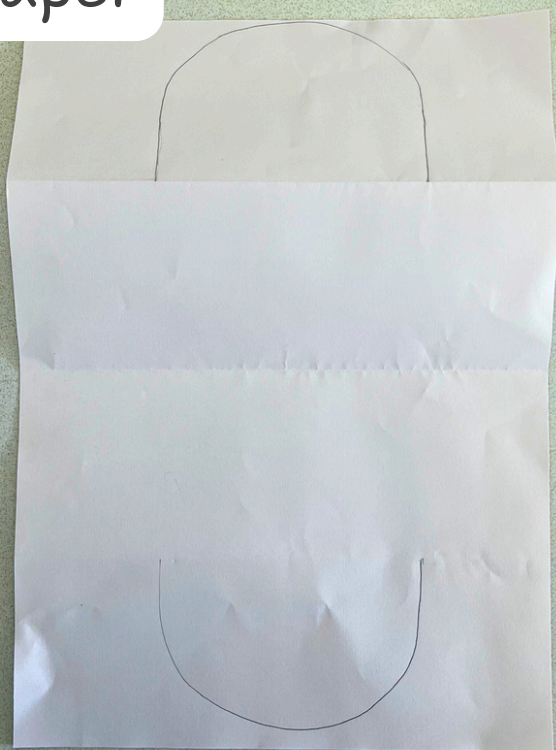
2 Fold the top piece of paper in half



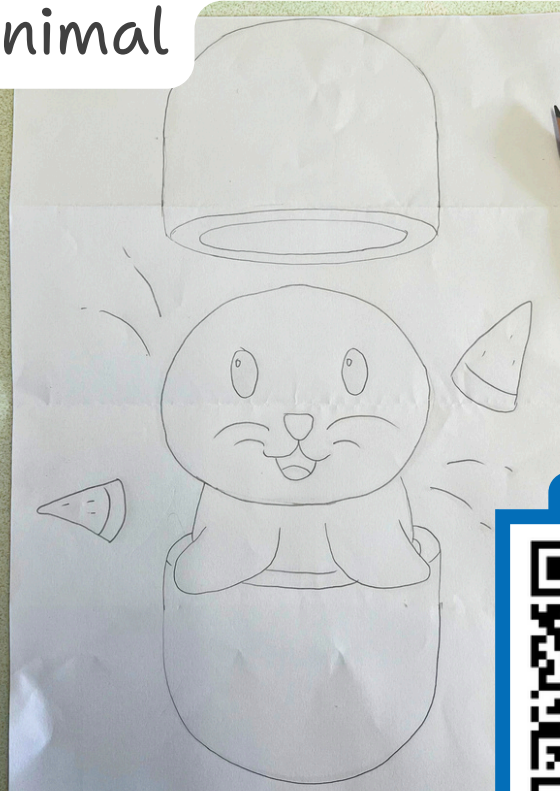
3 Draw a watermelon shape



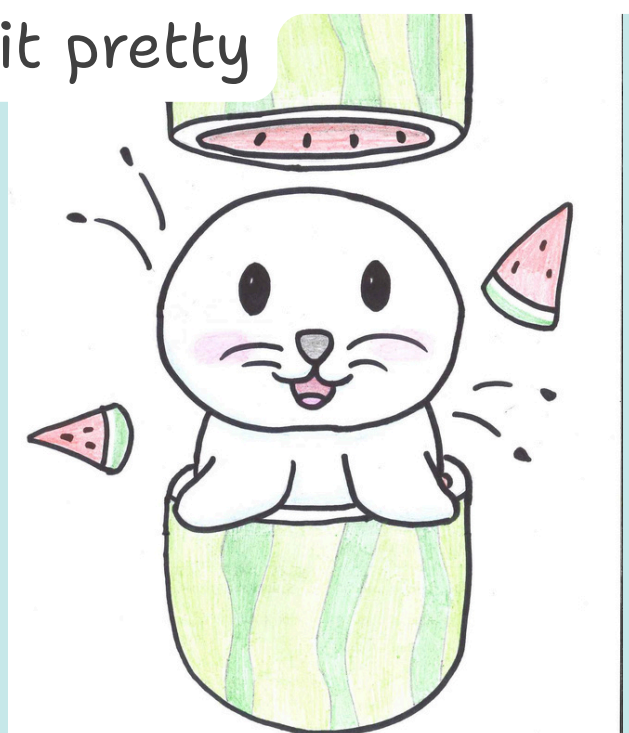
4 Open the piece of paper



5 Draw your favourite animal



6 Use a black marker and colour pencils to make it pretty



SCAN ME



FOR A BIGGER PICTURE

JUNE'S SHOWCASE

Our P.4 students had a deliciously fun time exploring healthy eating habits! They tried different types of bananas and enjoyed guacamole on crackers, all while learning about the nutritional benefits of each food.

They also had lots of fun playing "Guess the Vegetable" and got creative by preparing their own healthy snacks for a special Show and Tell session.

GUESS THE
VEGETABLE

TASTE
TEST

SHOW
AND TELL

