

Cultural Activity Day 2011

Students, teachers, parents and siblings all had a wonderful time at our annual Cultural Activity Day which was held on 10 September 2011.

We learned how to make a simple Jiànzi (Chinese shuttlecock) from a plastic bag and a coin. After a lot of fun practicing, students competed against each other in their age groups to see who could do the most kicks. There were certainly some skilled performances and some very acrobatic moves!



The teachers' competition brought out some hidden talent and it was fun for the students to watch and to cheer for their teachers. It seems that this skill is something our teachers have certainly not forgotten!

We were honoured to have Philip's mother, Mrs Lo, to lead a tai qi lesson for each of the two sessions. Mrs Lo, at 81 years of age, is a shining example of the health benefits of this activity, with the students trying hard to replicate her balance, flexibility and stamina.



To exercise our brains, we spent some time doing Tangram puzzles. A Tangram is an ancient Chinese puzzle consisting of 7 geometric shapes which must be put together to form certain pictures. There was much groaning with frustration followed by cheers of success when a puzzle had been solved.

Everyone agreed that the day was a lot of fun and it was wonderful to see the parents and siblings joining the students in what was a great day for us all.