

Measure the Rainforest with Your Steps, Feel Nature with Your Heart

Sabah Ecological Journey:

Witnessing God's Creation with Gratitude

Message

Principal, Dr. Wong Ching Man

The successful completion of this meaningful Sabah journey first and foremost owes thanks to parents' support and trust, as well as teachers' hard work. Before departure, I saw many parents carefully preparing luggage for their children; during the trip, teachers guarded students' safety day and night; upon our return, I felt parents' eager anticipation. It is these

selfless contributions that

allowed us to collectively experience this vivid life education lesson.

This journey was not just a graduation trip, but also a chance for us to personally witness God's great creation. As Psalm

19:1 says, "The heavens declare the glory of God; the skies proclaim the work of his hands." Every day in Sabah, we felt the wonderful deeds of the Creator.

What touched me most was rafting down the rapids with students. As our inflatable rafts through turbulent waters, I saw them transform from initial nervousness to bravery, from clumsiness to cooperation. This experience of pulling together with classmates made me deeply feel the power of teamwork—a memory I will cherish most.

The journey brimmed with beautiful moments: When visiting Sabah's Chinese schools, students' eyes sparkled with expectation and nerves; soon, students from both schools bonded, as we performed English choir songs and violin solos, while they presented energetic drum shows and Malay songs. The non-stop laughter during breaks showed how cultures beautifully blend. Riding a speedboat to Rainbow Island, the breathtaking view

of blue sea and sky left us in awe, especially the precious experience of planting corals. At night in the mangrove forest, thousands of fireflies shimmered with a sky full of stars. Gazing at the Milky Way, the words from Psalm 8:3-4 naturally came to mind: "When I consider your heavens... what is mankind that you are mindful of them?"

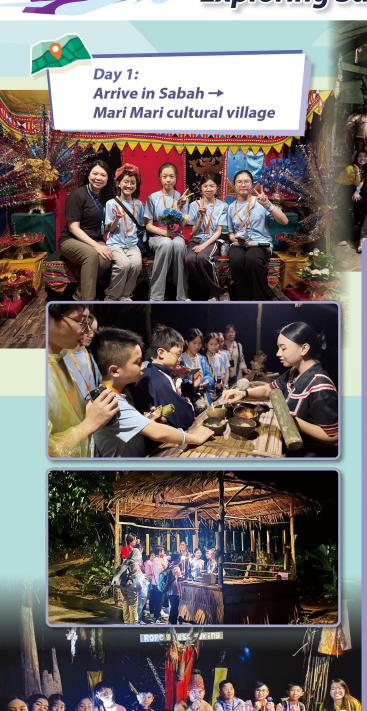
May this journey be a life blessing for our graduating sixthgrade students. Remember the teaching in Romans 1:20: "For since the creation of the world, God's invisible qualities... have been clearly seen in what has been made." No matter the future, may you always be grateful, cherish all you have, and face life with an optimistic heart. The God who created all things will walk with you. We could have this wonderful learning experience because of many people's selfless efforts. As 1 Thessalonians 5:18 teaches: "Give thanks in all circumstances." Let's show gratitude to parents, teachers, and everyone who helps us grow.





Itinerary:

Exploring Sabah's Eco Treasures





Today's highlight:

I was brave when the 'chief' came

My Discovery:

I tried some tasty food and I learnt the culture of the village. I felt excited but a little bit angry and disappointed. It was because it rained and I couldn't find my umbrella, so I was disappointed. After I bought the raincoat, it didn't rain!

BLOG



6C Lam Chun Hei

Today's highlight:

I saw different local tribes.

My Discovery:

One tribe that lives in the sea can hold their breath for five to seven minutes.

I felt satisfied with the food.



6C Liang Ling Lee

Today's highlight:

We ate delightful snacks along our village tour (the crisp triange one is sort of yummy.

My Discovery:

The people who are able to marry the village head's daughter can extend the village from the left.

I felt it was an amazing tour for the day! Also, I didn't expect I would be in the same room as Ivana's! We HAD a lof to chat about too! <3



6D Wong Yu Yan

Today's highlight:

I went to the Mari Mari cultural village. It was my first time going to the village. I saw different special things that I haven't seen before.

My Discovery:

I discovered that the villagers are casual. They don't wear socks or shoes and walk in the village.

I felt so delighted. I saw different people and things that I don't expect to see.



SJKC Chung Hwa Kota Kinabalu → Rainbow Island → First Beach

Day 2 - 17/4





Today's highlight:

The boat ride.

My Discovery:

Corals are alive when they have colors and die when they are white.

I enjoyed the boat ride a lot.



Today's highlight:

There were so many things and my Sabah friend was very nice to me.

I felt happy and tired but I enjoyed the day a lot.



Today's highlight:

How to grow coral. Activities in Sabah school. I felt satisfied.



Today's highlight:

We watched many performances in the primary school. After that, we went to the beach to plant corals. We watched the sunset too. Lastly, we went to a supermarket.

My Discovery:

Although the local primary school is bigger, the facilities are not as new as ours.

I felt very tired and hot because we walked a lot and the weather in Sabah is hot.









Day3:

Kiulu River Rafting → Klias Wetlands Safari River Cruise -**Proboscis Monkey & Fireflies**









Day 3 - 18/4

6D Chan Tsz Yuk

Today's highlight:

I went rafting and many people splashed water at us. A firefly flew and stayed on my face.

My Discovery:

I now know how to row a boat.

I felt unforgettable.



Today's highlight:

Seeing the beautiful sight of nature, the starry skies and fireflies that twinkle in them.

My Discovery:

River rafting might be a little dangerous but as long as we follow the safety instructions, it is very fun.



6B Yip Chun Yat

Today's highlight:

Kiulu River rafting

My Discovery:

River rafting requires teamwork.

I felt happy.

6C Yan Pui Hei

Today's highlight: Rafting.

It was because it was very exciting. I saw a lot of scenery and I took lots of photos.

My Discovery:

Fireflies feed on snails.

I felt tired because I used a lot of energy when we were rafting.

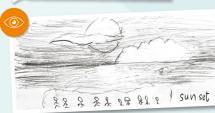




Explore Sabah

Through Our Senses







6D Cheung Yat Yin

I tasted different kinds of traditional food in Mari Mari Village."

"I touched the drums at the school in Sabah and learned how to play them!"

6C Lau Jayden

"The monkey (Kawa Kawa) also caught my attention. It's because they had a long nose. One Kawa Kawa even pretended to be a C.E.O."

> "I tried their corn. I think they should add a bit more salt on it."

"I also touched a coral. The coral was really prickly but it was still pretty nice."



the First beach

"Hearing provided me with the most surprising information during the trip because I heard my classmates screamed loudly (Ah!!!) when we were rafting."













looks relaxing when they do things.

O 6D Ip Sze Yau

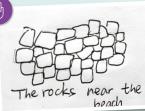


6D Zhuang Yi Cheng

"The first interesting sight was the sea I saw from Rainbow Island. It caught my eyes because it was the first time I had seen such a blue sea."



6A Kempf Noemie

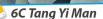






"During the coral reef planting experience, I could have enjoyed the waves instead of being scared of getting wet."





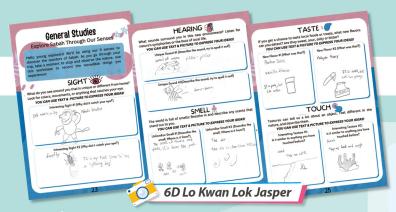




6D Choy Wing Sze



"When we have a meal, we should slow down and focus on the taste, texture, and aroma of each bite."





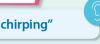
"I heard the people singing at Mari Mari Cultural Village. It was very cheerful!"

"I don't like the taste of the Pandan dessert. It was too sweet.

"In Mari Mari Cultural Village, I smelled the trees and grass. I've never smelled such a strong scent of nature in my life!"



"I could hear cicadas chirping"



6C Mak Hoi Ching Haley

"On the last day of the trip, we went to see fireflies. They were green. Then I looked at the sky and saw so many stars. I felt it was impossible because I wouldn't see this in Hong Kong due to light pollution."

"On the last day, we saw monkeys. Their sound is "Ah, Oh, Ah, Oh". It was so funny!"

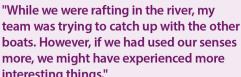




a bit sweet and bitter."

6C Lam Ho Sun

"I can hear monkey shouting in the jungle."





6D Chen Ching Ho

"I also heard Malay, "Selamat pagi!" It means "good morning"."

"I touched some fireflies in the boat. They felt like ants."

"The boat we rode on the way to Rainbow Island was not what I expected before I experienced it. I was really excited and surprised."







6C Yeung Hei Yau

"I smelled the fragrance of flowers. Their smell was very good."

"The texture of cruise ships and yachts are the same."



during the boat trip!"

6C Lui Tsz Hin Mike

"The sunset is more beautiful than that in Hong Kong."

"The bamboo tube rice is salty!"



6C Tang Pui Fong



6C Check Yin Chun

"The seafood was so delicious!"





waves





Reflection:

Growing Ecological Wisdom: Which sense provided you with the most surprising information during the total and the most surprising information during the most surprising i

Encourage introspection to deepen learning and inspire eco-awareness.

6C LEE TSOI YAN

We should use more of our senses to take care of the nature.

6D CHUNG TSZ YUEN JOYCE

Sight provided me with the most surprising information during the trip because I saw the amazing sunset.



I learnt that teamwork can make us do something easily.

6D TSENG WAI SUN

I learned a lot of information about fireflies and how to differentiate boys and girls proboscis monkeys.

6D WONG POK TO

It is one of the three most beautiful sunsets to see in the world.

6D WONG SARAH

I saw a lot that I have never seen before. All things are awesome and beautiful!





6C CHUNG ELSIE

I could see the view clearly and remember it using my sight.

6C TAM HEI LAM

I can hear, see, taste and touch different things I've never seen before.

6B TANG TSUN LUNG

I feel happy about this trip.





6B LIU YU LIN

I was truly impressed by the boatman's skill

6D CHEUNG TSZ CHING

I think being more aware of our sight when visiting museums changes my perspective.

6B SIN CHUN HEI

I've never seen a sunset before. It was amazing!



6D KWAN HIYUEN

After learning about the different rafting equipment and survival techniques, I realized that staying calm and observing carefully are essential in everything we do.

6C YEUNG TSZ HIN

The rafting staff team kept giving instructions, but when my hat got blown away during the ride, it made me realise that we must be careful in everything.

REFLECTION CORNER

information during the trip? Why?

think is touching Because I

How did using your senses enhance your understanding

Can you think of any other places or experienc where being more aware of your senses might change your perspective?



6D Wong Yu Yan

6D CHEUNG PAK WING

I could use my eyes to see the nature, understand the damage we are doing and stop destroying animals' habitats.





6CYUNG AVANTSZ HO

My first sight of a villager tells me that he is very fierce. However, after hearing his voice, he is very gentle.

6B HOTSZ CHING ELVA

While rafting, our progress was initially very slow, but we managed to overcome it by working together as a team

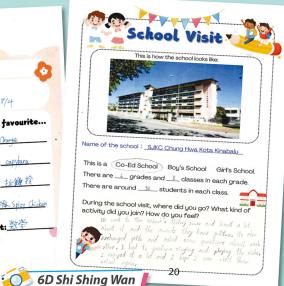




SJKC Chung Hwa Kota Kinabalu

SJKC Chung Hwa Kota Kinabalu is a Chinese primary school in Kota Kinabalu, Sabah, Malaysia. It was established in 1917 and is known as one of the largest Chinese primary schools in Sabah, with over 2000 students. The school is located in Kota Kinabalu and has a rich history, starting as a private school for Fujian immigrants with only 30 students.







6A WONG O KI

I went to the school hall during the school visit, I made some new friends and had a great time with them.

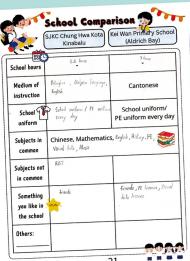
6C NG ANNA LOK HEI

I took part in the mass drum hitting session and I was pleased to know more about the living conditions of students in other countries.

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6D KAM TSZ YING CATALINA

I went to the school History Room and library. I took part in the drumming activity, it was not easy at all.





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6B Chow Chuck Ying

I have learnt the language people use in Sabah and the difference between the food in Sabah and that in Hong Kong. Also, I have learnt that we need to work together and be careful when we go rafting. I hope I can go there again with my classmates and teachers.



ᡝ 6B Jonathan Lam Chak Kwan

I have learnt to have good teamwork and never give up.



6C Cheung Cheuk Yin

I have learnt to be brave and be a team member. I have also learnt that I should talk more to each other to make things work.

6D Leung Cheuk Hin

- 1.Protect coral reef.
- 2.Catch fireflies with bare hands.
- 3.Learn about the lifestyle of the natives.



6C Cheung Nga Ting

What I have learnt: How to raft.





6C Li Jun Xi

This trip made me realize that there are still many magical places in nature. We must respect people from different places and respect nature.



6C Lee Walter

I have learnt to be patient and be cooperative! And **English is very Important!**



🥟 6D Shek Hei Tung

I learnt many cultures and history about Sabah, which are very different from Hong Kong's. Sabah is also a place with many wild animals. The locals take great care to protect the environment. We also need to enforce green-behaviors.

I also learnt how to communicate with classmates and protect the nature.





6C Lo Yat Him

I have learnt to be patient.



6C Wong Sz Yu

I have learnt how to paddle in the boat and how to rescue others when they fall into the water.



