

HEALTH

Namul: Natural Energy by Aidan ★★★★★

Do you know about namul? It is an essential part of Korean cuisine. Namul refers to a wide variety of seasoned vegetables, either wild or cultivated. These side dishes are not just delicious, they are also full of vitamins, minerals, and fiber, which provide a natural and sustainable boost of energy. Unlike highly processed foods, namul keeps its nutritional value through simple preparation methods like blanching and light seasoning with sesame oil or soy sauce. Including namul in daily meals can significantly enhance your health and vitality. They are a natural source of healthy food and they help keep you full for longer. You can sometimes see people picking wild namul along mountain and bicycle paths!



Namul side dishes are delicious

WORDS			
blanching	데치기	mineral	무기질
cultivate	재배하다	nutritional	영양의
essential	필수적인	sustainable	지속 가능한
fiber	섬유질	vitality	활력

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CULTURE

New year, new grade by Aidan ★★★★★

It is the start of a new year. 2026 is the Year of the Horse. People say it is a year of success and good luck. But for students, a new year means moving to a new grade. Moving to a new grade means saying goodbye to our old teachers and sometimes even saying goodbye to some of our friends. But it also means we are now one year older and we can learn about many cool, new things. Are you excited to be in a new grade? Have you made any new friends yet? What are your hopes and dreams for this year? Whatever they are and whatever grade you are in, I hope you have a very happy and lucky 2026!



Year of the Horse

WORDS			
dream	꿈	learn	배우다
excited	신이 난	lucky	운이 좋은
grade	학년	success	성공
hope	희망	whatever	무엇이든

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NATURE

Cherry Blossom Snow

by Aidan



Cherry blossom snow

At the Yeouido Cherry Blossom Festival, locals experienced an amazing springtime phenomenon: a cherry blossom snowstorm! As families gathered along the riverside to admire the famous pink trees at their peak, a sudden,

strong gust of wind transformed the sunny afternoon. Instead of the usual rain or snow, millions of delicate petals were swept into the air.

The fierce breeze stripped the branches, creating a magnificent, swirling blizzard of pink and white. For several magical minutes, the petals cascaded down, blanketing the cobblestone paths and landing softly on everyone's hair and clothes. Young and old were seen happily playing with the colorful petals.



Cherry blossom

"It felt like a fairytale," said one amazed onlooker. While the beautiful blossoms are famous for their fleeting nature, this dramatic, snowy display was a rare treat. City workers are now busy sweeping up the colorful "snow," but the memories of this spectacular floral blizzard will stay with them.

WORDS

blizzard	눈보라	fleeting	순식간의
cascade	폭포처럼 쏟아지다	onlooker	구경꾼
cobblestone	자갈 / 조약돌	phenomenon	현상
delicate	섬세	spectacular	장관을 이루는



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GEOGRAPHY

Spring Is Here

by Aidan



The birds are back

Spring is here! Winter is ending and the weather is getting warm. You can see colorful flowers on the trees. You can see a lot of grass on the fields. You can even see birds in the trees. I like spring. We can play outside. We can see pretty flowers. We can go camping, too. But there is one thing I don't like about spring. There are too many bugs!



Korean spring

WORDS

bugs	벌레	field	들판 / 밭
camping	캠핑	flower	꽃
colorful	다채로운	outside	야외 / 밖에서
end	끝나다	weather	날씨



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NATURE

Flowers

by Aidan



Cherry Blossoms

It is spring. There are flowers on the trees. The flowers are yellow, red, pink, blue and white. I like flowers. Flowers smell good. They are very pretty! My favorite flower is cherry blossoms!

WORDS

blue	파란색	pretty	예쁜
cherry blossom	벚꽃	smell	향기가 나다
favorite	가장 좋아하는	spring	봄
flower	꽃	yellow	노란색



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