



15<sup>th</sup> December 2023

My Dear LSPS students,

## Student Achievements

On 20<sup>th</sup> November, our Chinese Choral Team participated in the HK Schools Speech Festival, leaving an indelible mark on the stage and capturing the esteemed title of **Second Runner-up!** Hurray!



Our Putonghua Choral Team displayed exceptional talent and dedication at the HK Schools Speech Festival on 28<sup>th</sup> November, emerging as the undisputed **Champion** of the competition! Excellent!

Our English Choral Team competed in the HK Schools Speech Festival on 4<sup>th</sup> December and achieved the remarkable accomplishment of being awarded **First Runner-up!** Well done!



Also a huge congratulations to all individual prize winners in the **75<sup>th</sup> Hong Kong Schools Speech Festival!**



# HOORAY!



Our Athletics School Team competed in the Kowloon North Inter-School Athletics Finals on 29<sup>th</sup> November. We are thrilled to share the outstanding results achieved by our talented athletes:

- Grade A First Runner-up
- Grade B Champion
- Grade C Second Runner-up



Congratulations to our Squash Team for their outstanding performance in the All Hong Kong Inter-Primary School Squash Competition held from 17<sup>th</sup> to 20<sup>th</sup> October. I am thrilled to announce that our team achieved a remarkable accomplishment by securing the **Second Runner-up** position. Furthermore, congratulations to 4F Yiu Cheuk Hei, who emerged as the **First Runner-up** in the Boys B Grade Individual category. His impressive skills and determination have truly made us proud.



## SMART Goals

Some boys have told me they want to do better in the next exams. Some have said they want to set some new year goals. Do remember to set **SMART** goals.

*"I will score better marks this year." This is a general goal. Here is how to set a SMART goal.*

*"I will score 95% in my next mathematics exam. I will do this by learning concepts for an hour each day and solve practice problems for 30 minutes every day."*

The SMART goal sounds more intentional and achievable. After setting measurable goals by having a target and a timeline, you will have a clear vision of what you want, and get a better understanding of how to keep your new year's resolutions.



### 1. Be Specific

Your goal must be very clear and as specific as it can be. Ask yourself the 5 W's to understand your goal better - **What** exactly do I want to accomplish? **Why** is this goal important to me? **Who** needs to be involved to achieve this goal? **Where** is this goal located? **Which** resources are involved?



## 2. Make it Measurable

Once you have a specific goal in mind, think about how you can make it tangible or measurable. A great way to do this is by setting targets for tasks within your goal. Therefore, each time you reach a milestone, you will feel more confident going after the next one.

## 3. Make Sure it is Attainable

Every **SMART** goal needs to be realistic and achievable. Make note of all the tools and skills you require to achieve your goal. Ask yourself these questions - How can I accomplish this goal? What are the tools or skills I need? Are there time constraints that I need to evaluate?

## 4. Assess if Relevant

Your goal must align with your other plans for the foreseeable future. Ask yourself these questions to know if your goal is necessary for the time being - Is it worthwhile? Is it the right time? Does this match my efforts or needs?

## 5. Make it Time-Bound

Every goal needs a deadline so that you can push yourself to achieve it. Setting a realistic timeline for your targets helps you prioritise your tasks for the long term.



Here I would like to share this Christmas Prayer with you:

## *A Christmas Prayer*

*May the blessing of joy abide within you;  
May the blessing of peace rest upon you;  
May the blessing of love flow out through  
you; May all the blessings of the Lord be  
yours at Christmas and in the new year.*



*St John Baptist de La Salle,  
Pray for us.  
Live Jesus in our hearts,  
Forever!*



**MERRY CHRISTMAS !**