



28th January, 2021

My Dear LSPS Students,

We are now nearing the end of January. I'd like to ask if you have followed through with your new year resolutions. If you have forgotten about them or haven't set any in the first place, it is never too late to set goals for yourself.



If you take it seriously while working toward your goals, you will acquire:

- **Self-reflection:** "This is why I want to improve."
- **Self-awareness:** "I'm here but I want to be there. This is what I need to get there."
- **Self-discipline:** "I must be persistent, patient, stay on track, and work hard if I want to achieve something."
- **Self-esteem:** "I'm capable of achieving my goals."

Setting goals for yourself only works if they have an internal value, meaning they're specific and valuable to your development or happiness.



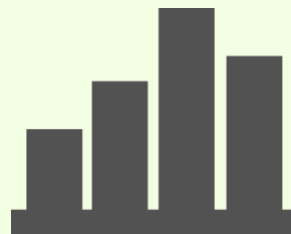
Here are some questions for reflection before setting your goals:

- What do you want to happen this year?
- What do you want to change?
- How do you want to improve or what do you want to learn this year?
- What do you need to achieve the above and how can your teachers, family or friends help you?

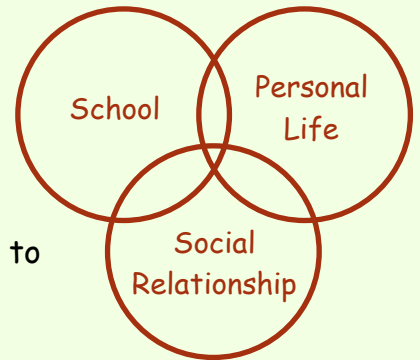


Use the **SMART criteria** for defining goals. SMART is a mnemonic acronym that stands for:

- **Specific** - Goals must be specific. For example, wishing for better grades is too general. A more specific goal would be hoping to do better in Maths and Science.
- **Measurable** - You should track progress on a chart or have check-ins with family etc.
- **Attainable** - Instead of setting ambitious goals, set attainable goals that you think you can realistically achieve. You can also set mini-goals along the way.
- **Relevant** - Your goals must be valuable and of interest to you.
- **Time-bound** - They have to be time-sensitive.



School, personal life, and social relationships are the three basic aspects that are part of all of us. This way, you can have an academic goal, a family goal, and a personal development goal. Try to come up with one to two goals in each category.



Remember that your goals should be well defined as we discussed using the SMART criteria. Second, develop the discipline by holding yourself accountable. Work together with your family, friends and teachers. Take time to reflect on your progress and the feelings that arise while working on your goals. All the best!



Mosaic Mural

Some of you who live near the school or who have walked past the school may have noticed there is scaffolding outside the mosaic mural. Do you remember the time when we had to close the football pitch as many tiles were falling off the mural? This posed safety issues. We are now replacing it with new tiles and the work should be completed in the coming months.



Here is a prayer I want to share with all of you:

Father, this is the day You have made, we will rejoice and be glad in it. It doesn't look like we thought it would look, nor will tomorrow and the days to come likely be executed in the way we expected and prepared for. Help us to see the good in each day. Help us to find reasons to rejoice and ways to be glad. Litter our lives with moments of laughter and light heartedness, even in these extremely challenging times. The sun keeps coming up, and You remain the same. We are created in Your image, God, to do good and great things to bring glory to Your name. Each one of us, both teacher and student, was created with a specific purpose. When we are sad and miss school, our normal routine, and our classmates and teachers, encourage our spirits. Sustain us through our very real fear of what is and will happen in our world, God. Remind us we are not alone, even when we feel isolated.

St. John Baptist de la Salle,

Pray for us.

Live Jesus in our hearts,

Forever!

