



13th July, 2023

My Dear LSPS Students,

Wellbeing

It's important to look after your mental health, as you would look after your physical health. Your state of wellbeing affects how you cope with stress, relate to others and make choices. It also plays a part in your relationships with your family and friends.

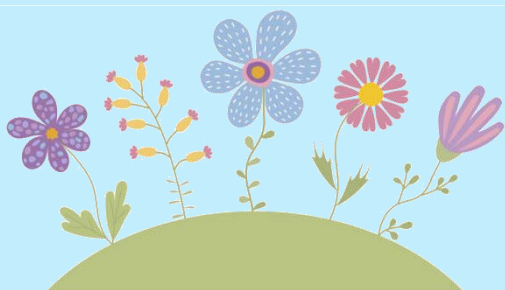
When you have good levels of wellbeing it helps you to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage setbacks and uncertainty
- develop and thrive



When you look after your mental health and develop necessary coping skills, it can help boost resilience, self-esteem and confidence. It can also help you learn to manage your emotions, feel calm, and engage positively with your education - which can, in turn, improve academic attainment.

You can go to the following EDB website for more details:
<https://mentalhealth.edb.gov.hk/en/promotion-at-the-universal-level/student-zone/index.html>



THANK YOU



The **Parent Teacher Association Annual Dinner** was held on 24th June, 2023. There was a wonderful turnout and it was a spectacular event.

I want to reiterate the importance of the PTA especially in La Salle Primary School. When parents are engaged and take part in school affairs, it creates a positive and supportive environment for all of you.

The School relies on parent volunteers to organise and take charge of many activities. Please encourage your parents to volunteer for school activities such as helping the PTA clubs and being lunch volunteers or attending special events.

Let us all give a vote of thanks to all those parents volunteers.



CONGRATULATIONS!



Congratulations to all the sportsboys who won individuals prizes in HKSSF Primary Schools Sports Competitions 2022-2023.



金獎-九龍北區校際比賽
2022-2023 年度全港小學體育獎勵計劃



銀獎-全港小學校際比賽
2022-2023 年度全港小學體育獎勵計劃



Our Visual Arts Team took part in the “徐悲鴻盃國際青少年兒童美術比賽” and achieved the Gold Award. 3C Wong Pak Hei Kingsley won the Champion in Junior Group of 西洋畫系 in Hong Kong. Marvellous!

4A Lai Yan Hon joined the 2023 YF Life Jr. Space Camp Program and is appointed as YF Life Jr. Astronaut. He will undergo simulated astronaut training in the U.S.A this summer. Excellent!



6A Wong Lok Man 王樂文
榮獲 2022-2023 年度全港小學體育獎勵計劃
最佳運動員

6D Marcel Lee 李勁其
榮獲 2022-2023 年度九龍城區傑出學生選舉
小學組傑出學生獎



- 1A Tang Lucas
- 1B Ng Javen
- 1C Leung Li Ki Nate
- 1D Yeung Cheuk Nam
- 1E Choi Ho Long
- 1F Ng Ting Chi Cyrus

- 2A Yeung Q Alessandro
- 2B Leung Shing Tin Michael
- 2C Ng Chung Hei
- 2D Chan Sean Ebi
- 2E Cheng Hoi Yiu
- 2F Fung Jeremy





3A Chow Man Hei
3B Yeung Yat Odin
3C Chan Lap Hin
3D Lee Tsz Wang
3E Qian Yulin
3F Lee Maron Roch



4A Chan Yi Hin
4B Ip Ho Tin
4C Cheng Tsz Ho Matthew
4D Chen Hei Ming Harvey
4E Ho Chit Jeff
4F Leung Long Kiu



5A Chau Siu Hei
5B Law Kei Hei
5C Chow Jaywood Thomas
5D Kan Tsz Yeung
5E Leung Ho Yan
5F Wong Chun Hei Dexter



6A Chan Tsz Yat Andrei
6B Chan Tsz Fung Reagan
6C Wong Ching Kit
6D Tang Holten James
6E To Hau Kit
6F Wong Fai Young



A STUDENT'S PRAYER

Loving Father,
I stand before You
in the midst of confusion
and complexities of life.

My future sometimes
seems distant
and unknown.

Give me, O Lord,
the vision to see the path
You set before me.

Grant me the courage
to follow Your way,
that through the gifts
and talents You have
given me,

I may bring Your life
And Your love to others.

I ask this through Jesus,
Your Son. Amen.



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





Have a
Happy Summer 😎

SUMMER
time