



30th November 2023

My Dear LSPS students,

Student Achievements



Our Swimming Team took part in the Kowloon North Area Inter-Primary Schools Swimming Competition on 18th October and captured Overall Champion for all the grades! 6A Cheung Ting Chun even broke the record for 50M butterfly! We are the champions!



Our School Tennis Team won Boys C Grade 3rd Runner-up in All Hong Kong Inter-Primary School Tennis Competition on 29th September. 2B Iden Pang also won 3rd Runner-up in Boys C Grade Individual. Impressive!

Our Senior Chinese Drum Team participated in the 2023-24 Synergy Drum Competition on 7th October and captured 2nd Runner-up. Marvelous job!



Our **Chinese Orchestra** took part in the **HK Youth Music Interflow** on **14th November** and won the **Gold Award**. Brilliant!



Our **String Orchestra** took part in the **HK Youth Music Interflow** on **16th November** and captured the **Gold Award**. Spectacular!



Our **Symphony Orchestra** took part in the **HK Youth Music Interflow** on **21st November** and had taken home the **Gold Award**. Bravo!



Be Resilient

Resilience enables you to cope with challenges, obstacles and setbacks you are likely to experience on your learning journey.

Between school, extra-curricular activities and a social life, you will face lots of new experiences and challenges. Being resilient allows you the ability to tackle any difficult situations, bounce back from any set backs and have the best chance at succeeding. Resilience will also help you to approach new situations, people or experiences with confidence and a positive mindset.



When facing fear, disappointment and rejection, having a positive outlook will enable you to tackle problems and manage anxiety and stress. Encourage yourself to come up with positive affirmations and share them with family and friends. Learn to identify negative thought patterns and become aware of when these feelings arise.

Remember to practice gratitude. Think of one thing for which you are grateful for and focus on the positivity it brings. These can be friends, family, stability, health, and more. Do this activity frequently to boost your happiness.


Improving self-care is vital to cultivating resilience. School work can be stressful at times, and if you don't practice good self-care, you can fall into unhealthy habits or develop anxiety. When you take care of your physical and mental health such as getting enough sleep, exercising, eating a healthy diet and staying hydrated, you will be able to think more clearly and will be better equipped to handle challenges.

Do set clear, concrete, achievable goals and work towards them by focusing on small steps and creating a manageable schedule of daily tasks.

Remember to keep things in perspective. When things aren't going your way, it's important to remember you're in control of two things - your attitude and your efforts. Allow some space and time in your day to declutter your mind through reflection, quiet meditation or exercise.




Here I would like to share this prayer with you:



PERSEVERANCE PRAYER
"GODLY TRUST"

Father, Your word is trustworthy and worthy of all praise. Your word is true and Your promises are faithful. When difficulties strike fear in my heart, I know I can come to You for help. I entrust my life to you. I need not be afraid for there is nothing any mere human can do to me. When troubles come, please remind me to always trust You. When difficulties arise, teach me to continually depend on You. When the challenges ahead seem overwhelming, carry me through by Your grace. Amen



ConnectUs

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

