



1st November, 2021

My dear LSPS students,

Stress Management Tips

In life, we will encounter stressful or unhappy situations. Students can get stressed from examinations, school work, relationship with family and peers etc. It is important to be resilient. Here are some tips to help:

1. Get enough sleep as it can help you stay focused, improve concentration, and improve academic performance.



2. Using guided imagery can help you reduce stress and can calm you down. Guided imagery encourages the brain to imagine positive and healing experiences.



3. Exercise regularly. A simple daily walk is also good enough.

4. Take calming breaths. When your body is experiencing a stress response, you're often not thinking as clearly as you could be. A quick way to calm down is to practice breathing exercises. This can also be done to reduce anxiety just before your examinations.

5. Listen to music. You can harness the benefits by playing classical music while studying, playing upbeat music to 'wake up' mentally or relax with the help of favourite slow melodies.



6. Get organised as clutter can cause stress. Keep a minimalist, soothing study area that's free of distractions and clutter.

7. Eat a healthy diet. Diet can boost your brainpower.



8. Use positive thinking and be optimistic. Train your brain for positive self-talk.

9. Talk to someone you trust. We can also talk to God and share our worries. He will always listen to our prayers.

La Salle College - 90th Anniversary Thanksgiving Mass (8th October, 2021)

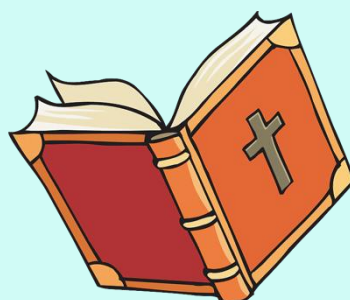


The 90th anniversary celebrations continued with a Thanksgiving Mass. Br. Thomas Lavin (Supervisor of LSC) and Mr. Tong Wun Sing (Principal of LSC) gave meaningful speeches to all students.



Welcome, Brother Paolo!

Did you meet Brother Paolo yet? He will visit us every Tuesday and Wednesday. He will share bible stories during the two recesses in our beautiful chapel. He will also visit classes to see you all and learn from our teachers. Remember to greet Brother Paolo when you meet him!



Chong Gene Hang College - Golden Jubilee: Thanksgiving Mass (21st September, 2021)



Did you know that there are eight Lasallian Schools in Hong Kong? We are all very supportive of one another. From all of us here at La Salle Primary School, we would like to express congratulations to Chong Gene Hang College as they are celebrating their Golden Jubilee. The celebrations started off with a Thanksgiving Mass and a special ceremony for the new statue of St. John Baptist de La Salle at their campus.

Recess with the Principal

I've started coming into classes and having recess with all of you. I enjoy these moments very much. It is a precious opportunity for us to get to know each other better and share our thoughts and views! We shall put up the photos of Recess with the Principal on our school website. Please go and take a look later.

RECESS





THE MONTH OF **NOVEMBER**

is dedicated to the Holy Souls in Purgatory. The Church commemorates all her faithful children who have departed from this life, but have not yet attained the joys of heaven. St. Paul warns us that we must not be ignorant concerning the dead, nor sorrowful, " even as others who have no hope ... For the Lord himself shall come down from heaven ... and the dead who are in Christ shall rise. "

For Souls in Purgatory

Eternal rest grant unto them, O Lord.

And let the perpetual light shine upon them.

May they rest in peace. Amen.

St. John Baptist de la Salle,

Pray for us.

Live Jesus in our hearts,

Forever!