



My Dear LSPS Students,

29th October, 2024

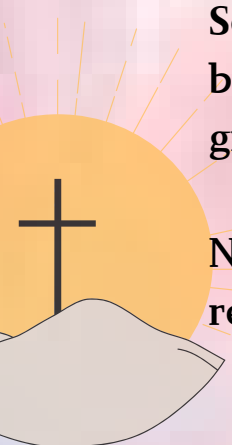
Opening Mass



On a day filled with hope and faith, LSPS upheld its annual tradition by holding the Opening Mass, inviting all staff and students to participate.

We were delighted to have Father Paul Chung to celebrate the School Opening Mass with us. Everyone joined in prayer, seeking blessing for the upcoming academic journey and expressing gratitude for the achievements of the past year.

Not only did the Mass strengthen our the sense of unity, but also reminded each individual to embrace every day with gratitude.



Student Achievements



The School Swimming Team participated in the “Kowloon North Primary Schools Swimming Competition” held by HKSSF, China (HK Island & Kowloon Region Primary Schools Sports Competition) on 16th October and the efforts have borne fruit.

Record Breaking

Grade A, B and C won overall champion !
4E Cheung Pak Yin and the Grade C relay team
jointly broke three records. Congratulations!



The Senior Chinese School Drum Team participated in the “Hong Kong Synergy 24 Drum Competition (Newcomers’ Section)” and were the 2nd Runner-up.



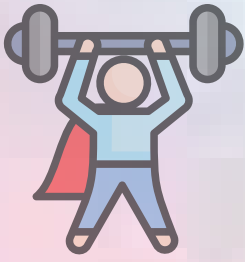
PTA-AGM



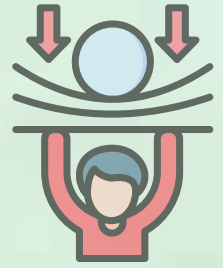
La Salle Primary School's PTA has played a key role for years to engage closely with our teachers and the School . We treasure our PTA and are so thankful to our parents as their engagement creates a positive and supportive environment for our students.

Our PTA serves as a crucial channel of communication between parents, teachers, administrators and the school community. Effective communication leads to better understanding, collaboration, and cooperation among all stakeholders, creating a more cohesive and informed school environment.

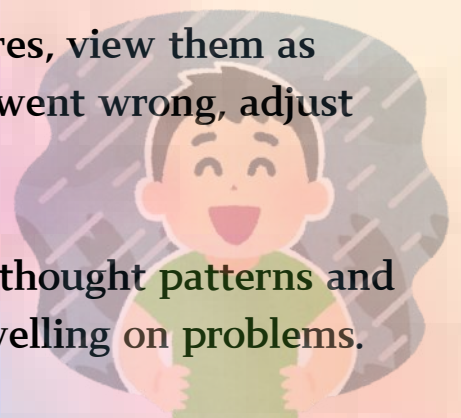
On 25th October, the Annual General Meeting of PTA and Election of Parent Directors were held. Congratulations to the new PTA Committee. Let us all work together to be the best primary school in Hong Kong.



BE RESILIENT!



- **Develop a Growth Mindset:** Embrace challenges as opportunities for personal growth. Adopt a mindset that believes in the ability to learn and improve through setbacks and failures.
- **Self-Care:** Prioritise self-care practices such as exercise, a balanced diet, regular sleep, and relaxation techniques to maintain physical and mental well-being.
- **Build a Support Network:** Surround yourself with friends, family, and mentors who can provide emotional support and guidance during challenging times.
- **Set Realistic Goals:** Break down your long-term goals into manageable, achievable steps. Celebrate small achievements along the way, and don't be discouraged by setbacks.
- **Mindfulness and Stress Management:** Practise mindfulness meditation and stress-reduction techniques to stay grounded in the present moment and manage stress effectively.
- **Seek Help When Needed:** It's okay to ask for help when facing challenges.
- **Learn from Failure:** Instead of dwelling on failures, view them as opportunities to learn and grow. Analyse what went wrong, adjust your approach, and move forward.
- **Develop Resilient Thinking:** Challenge negative thought patterns and be optimistic. Focus on solutions rather than dwelling on problems.





Gracious Lord,
I ask for your blessings of joy
and happiness to overflow
in the lives of my family,
friends, and loved ones.
Fill their hearts with laughter,
their days with sunshine,
and their souls with contentment.
Please help them find joy
in the simplest pleasures
and appreciate the beauty
surrounding them.
May their lives be
a reflection of your love
and grace, shining brightly
for all to see. Amen.



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