



17<sup>th</sup> June, 2022

My Dear LSPS Students,



### Kowloon North Inter-School Table Tennis Competition (8<sup>th</sup> June, 2022)



Congratulations to the School Table Tennis Team (Grade B). They were the first runner-up. We appreciate the effort of the students, teacher and coach especially under the existing social distancing measures.

# Congratulations

Congratulations to the Best Lasallian Gentlemen from all classes for the Second Term. All of you are expected to be Lasallian Gentlemen at all times. Remember the three areas: deeds, thoughts and manners. Class teachers have nominated one student per class who they feel best demonstrates the qualities of being a Lasallian Gentlemen.



- 1A Kok Kwai Cheung
- 1B Leung Yun Fung Clinton
- 1C Lo Kwun Yu Yunis
- 1D Chau Yik Hei
- 1E Hsia Hiu Wang Ashton
- 1F Ng Chung Hei



- 2A Yung Yat Wai
- 2B Wong Sze Chai
- 2C Cheng Ho Hin
- 2D He Shing Ming
- 2E Hung Fides
- 2F Chan Lok To





- 3A Lai Yan Hon
- 3B Cheng Tsz Hei
- 3C Hung Cheung Him Jacob
- 3D Lau Caden
- 3E Chen Hei Ming Harvey
- 3F Chow Brendan Tsz Leong



- 4A Lai Cheuk Hei Hayden
- 4B Lam Ho Ting
- 4C Law Kei Hei
- 4D Wong Wai Chung Gabriel
- 4E Yeung Tsz Kam
- 4F Fung Pak Kiu



- 5A Kok Tsz Yan Angus
- 5B Tian Yu Hao Ethan
- 5C Hung Ka Lok Aden
- 5D Lai Ho Yin Angus
- 5E Yeung Sing Yin
- 5F Tung Chun Yin



- 6A Chung Kwan Yin
- 6B Wong Yat Him
- 6C Cheng Kayden Lucas
- 6D Chan Nicholas Nathan
- 6E Suen Tsz Ming
- 6F Lo Lok Yin



## Flag Raising Ceremony

The School would like to thank our Flag Raising Squad who are members of our Cub Scouts for conducting the National Flag Raising Ceremony weekly and on other important days and events. The students have been working hard behind the scenes as there is specific protocol that must be strictly followed during the flag raising.



All of you are very familiar with and accustomed to the arrangements. The national anthem must be sung and proper etiquette must be shown when raising the national flag. This ongoing measure will strengthen students' sense of national identity and nurture yourselves into good law-abiding citizens.





**La Salle College 90<sup>th</sup> Anniversary:  
Founder's Day Homecoming (14<sup>th</sup> May, 2022)**



It was a meaningful event showcasing the history of La Salle College and the sharing of some exciting new developments. Look at Br. Thomas in that aeroplane 😊

## Mental Health Focus: Resilience

### A. What is resilience?

- ◆ Having ability to cope when things go wrong
- ◆ Bouncing back after difficult times
- ◆ Dealing with challenges and still holding your head up
- ◆ Giving things a go or trying your best
- ◆ Being strong on the inside
- ◆ Being able to cope with what life throws at you and shrug it off
- ◆ Standing up for yourself



### B. What helps develop resilience?

- ◆ Having positive attitude
- ◆ Find good friends
- ◆ Feeling good about yourself
- ◆ Feeling like you belong
- ◆ Having a supportive family
- ◆ Helping others or 'giving back'
- ◆ Being able to solve problems and overcome challenges
- ◆ Good communication with the people around you



### C. What can I do when I'm facing a challenge? You can start to build resilience by asking yourself:

- ◆ What can I do to get back on track?
- ◆ I can't control everything, so what under in my control?
- ◆ Can I change something I'm doing to make things better?
- ◆ What can I learn from this?
- ◆ Who can help?
- ◆ How can I move forward?



**D. There are lots of things you can do to develop your own resilience. Here are some ideas:**

- ◆ Think positive thoughts
- ◆ Look after yourself
- ◆ Keep trying
- ◆ Talk to someone
- ◆ Learn from mistakes
- ◆ Work towards your goals
- ◆ Look for the positives in the situation
- ◆ Accept that change happens all the time
- ◆ Accept that negative things can happen
- ◆ Improve your problem-solving skills
- ◆ Find things that help you feel calm
- ◆ Get help when you need it



**E. Another important step to building resilience is to develop self-awareness. It might be useful to explore:**

- ◆ What are my needs? What are my goals?
- ◆ What are my limits? What is important to me?
- ◆ What annoys me? What makes me happy?
- ◆ What are my strengths? How did I cope in the past?
- ◆ How do I usually deal with stress?
- ◆ Is there anything I would like to change?

***Learning to build resilience can help you feel stronger!  
It can make problems easier to deal with in the future.***

May I focus on this day and  
this moment.

May I focus on beauty  
and goodness.

May I be present with  
myself and breathe in  
moments of pain.

May I show myself and others  
kindness and compassion  
today.



Shelly Johnson  
Love is Stronger



### Special Prayer for Resilience

Lord, your Word promises that you will refresh the weary and satisfy the faint. Your Truth nourishes the roots of our hearts, helping us bloom in the desert. Your love revitalizes us when circumstances threaten to dehydrate our faith. When we are surrounded by the dryness of uncertainties, fears or change, saturate us with Your presence, pour Your Peace into every fiber of our being until we radiate with resilience. No matter where you have us planted, help us bloom for Your glory. We love you. We need you. We praise you.



In Jesus' name,  
Amen.

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

