

Sharing, a positive Mind and Enjoyment

- Message to senior forms on School Opening Ceremony 2016

Good morning, teachers and students. On this occasion of the School Opening Ceremony and prize presentation ceremony, I would like to share with you some encouraging words.

First of all, I would like to congratulate your schoolmates who have just received the prizes. These students work very hard to achieve a remarkable result in the HKDSE examination. Apart from getting such an honour, they are admitted by the famous universities in Hong Kong successfully. Actually, their experience matches with the saying "no pain no gain". Little is your labour, little are your gains. Boys and girls, as your elder schoolmates can do it, I strongly believe that all of you can also do it. Take action now and work hard.

This year, our school has three school major concerns: The first school major concern is to enhance the learning and teaching effectiveness with various strategies; The second school major concern is to help students develop a balanced lifestyle and achieve a holistic growth; The third school major concern is to foster career and life planning education.

This year, we also have a new school theme. The new school theme is: Stay fit, stay healthy, stay positive. So as to keep you stay fit, healthy and positive, I'll give you three letters this morning. They are S, M and E. S stands for "Sharing" (與人分享); M stands for "Mind" (正面思維); E stands for "Enjoyment" (享受生活) : I'll try to talk about this one by one in details.

Boys and girls, so as to stay fit, healthy and positive, try to **share** with others in the following five ways: Firstly, Express your praise to others by simply saying "thank you" for every help you receive. By this, you will be able to spread the benefit of being joyful. Secondly, be kind and helpful. You will feel good by being kind and helpful. Thirdly, meet up with friends. Share your difficulties as well as your joy with your trusted

friends. Fourthly, voice out to gain support from others. Talk to people like your parents, teacher, social worker or psychologist for support and help when difficulty arises. Fifthly, get along and communicate with your family members. Having a better and closer relationship with your family members can make you feel good.

Besides, boys and girls, so as to stay fit, healthy and positive, try to have a **positive mind**. I'll give you another five suggestions. Firstly, be hopeful. Positive mind and optimism helps you deal with difficulties better and even bring you better health. Secondly, be kind and helpful. Explore and pay attention to your own feelings and needs regularly. Thirdly, believe in yourself. Write down all the things that give you a sense of achievement and recognize the strengths and skills you possess. Fourthly, Set goals in life. Set goals according to your own ability, plan and take steps to achieve them. Fifthly, be grateful. When you encounter difficulty and want to complain, try to think of the things that you are already possessing.

Moreover, boys and girls, so as to stay fit, healthy and positive, try to have **enjoyment**. I'll give you another five suggestions. Firstly, discover your interests and enjoy them. Identify activities that fit your interest and turn them into your hobbies. If you like reading, do it. If you like swimming, just do it. Secondly, take notice of your surroundings. Pay attention to your surroundings allows further discovery of wonderful things around you. This makes you feel life is better. Thirdly, enjoy your private space and time. Actually, staying alone for some time can make you feel good. Fourthly, engage in physical activities. Appropriate physical activities do not only improve your physical health, but also make you feel better and study better. Fifthly, engage in activities that can maximize your potential. Try to engage in activities that can develop your strengths or talents.

Boys and girls, I strongly believe that through S, M and E (that is, sharing, having positive mind and having enjoyment in your life), you can achieve our school theme: stay fit, stay healthy and stay positive. I sincerely wish that all of you would become fit, healthy and positive in this academic year.