

Dear Parents,

Before school resumption in June, let's recap the six key elements which can help us to develop and maintain our well-being.

Body: Be Active. Instead of staring at a computer screen, phone or other digital device all day, try to explore a physical activity that you enjoy.

Mind: Keep Learning. Let's embrace new experiences and look out for opportunities. During the long school suspension this year, besides eLearning, many students enthusiastically learnt something new at home such as cooking dumplings/muffins/cookies/ pizza/sushi rolls, using the Google Earth to visit different countries, making a doll or a robot, playing the card tricks, etc.



Spirit: Give. It is more blessed to give than to take. Being kind or offering help to others can create an inward positive feeling. Thank you all Camõesians for designing such sweet "thank-you cards" to support the medical staff in HK who fought hard against the Covid-19 for us. What a lovely act indeed!



People: Connect. Building connections with the people around you will support and enrich you every day. Our students told us that during the 3-month school suspension, they were bored and missed the teachers and schoolmates a lot. Please bear in mind that human connection is always what we Camõesians treasure most.

Place: Take Notice. Be aware of the world around you and what you are feeling. Life is made of a lot of stories. What is the story in your mind at the moment? Savor every moment in our life, whether you are walking to school, eating lunch or talking to friends. Seeing with your heart and reflecting on your own unique experiences will help you better understand yourself.

Planet: Care. Love our mother Earth and care for the nature.

Last but not least,

任何一天、任何一刻、也可以是新的開始

Principal Derek V.M. Yeung