

親愛的同學和家長們：

大家好！農曆新年剛過去了，疫情仍是嚴峻的，祝願大家身體健康！出入平安！

踏入虎年，朋友間時常都互相祝賀龍精虎猛、虎虎生威、生龍活虎、虎步龍行、如虎添翼、虎踞龍盤……十分有氣勢！我在想：疫情下，健康及生活最重要，要跟孩子談些什麼好呢？腦海裏馬上響起一首普通話版的兒歌：「兩隻老虎，兩隻老虎，跑得快，跑得快；一隻沒有眼睛，一隻沒有尾巴，真奇怪！真奇怪！」這旋律原是一首十七世紀的法國民謠，簡潔易上口，更有粵語版的《打開蚊帳》，廣泛流傳。我們愛唱兒歌之餘，也總要面對疫情的：同學已習慣混合學習模式：面授、部分面授、網課、部分網課……現在又將享受「特別假期」了！同學和家長們，有什麼感受？有什麼準備？

感謝主賜我們學校在電子教學方面的發展，讓我們在疫情期間有足夠的裝置及技術在不同的時間及空間去進行教與學。我們也十分重視每一位同學的成長與發展，因此，我們在這段期間不停提供學習上、情緒上及家庭上的支援，務使同學及家長都得到支持和鼓勵。

話雖如此，我也很明白在疫情下一家人長時間、無可選擇下擠在一起生活 - 在家工作、在家網課，又或互相感染、互相抗疫，都顯得很無奈；易生磨擦，影響感情，絕對是高難度的挑戰！我希望用小小的篇幅為大家打打氣：

1. 互相接納 - 同理心

疫情嚴峻，誰也始料不及，只有冷靜下來，想想有哪家沒這些困難？有這些不滿皆因大家存在，便該有感恩、珍惜的心；擁有同理心，便能互相接納，困難自然迎刃而解了。

2. 逆境中發放正能量 - 抗逆力

我們時常聽到人家說「逆境求存」、「絕處逢生」、「黑暗的盡頭就是黎明」、「柳暗花明又一村」，都是一些在生活、健康、工作上遇到困境的過來人回望過去的感受，可見辦法總比困難多，大家都宜秉持著正向的心態。然而，「發放正能量」不是一個口號，而是希望大家嘗試在不同處境下調節自己，適應環境，讓自己在困難或挑戰中成長，不用與他人比較，這就是你獨有的抗逆力了。

3. 深化自主學習 - 自強不息

我們常說自主學習能力高的人，必學得更多、更好、更深。在這兩年多的抗疫生活中，家長及孩子們能否維持有規律的生活？多做簡單的運動、多閱讀圖書或報章，甚至翻看舊照片，重溫舊日片段，增加親子時刻；耐心引導孩子進行創作，從中培養他們的價值觀……這些嘗試都能建構我們的學識，豐富我們的人生！

同學及家長們，鼓勵大家在全球科技化及瞬息萬變的社會中裝備自己；在「新常態」的生活下，用愛來活出每一天！Yes, I can! Yes, you can! Yes, we can! 我們更可時常禱告，上帝必聽！

「不要為明天憂慮，因為明天自有明天的憂慮。一天的難處一天當就夠了。」(馬太福音 6:34)

「在指望中要喜樂，在患難中要忍耐，禱告要恆切。」(羅馬書 12:12) 願共勉！

† 求主繼續保守我們健康、平安，賜給我們喜樂！耶穌愛您！祝大家靠主得力！♥♥♥

趙劍眉校長

28-2-2022

Principal's Word

28th February, 2022

Dear fellow students and parents,

Hi everyone! The Chinese New Year has just passed, and the epidemic is still severe, so I wish you all good health! Wishing you peace and safety wherever you go!

Entering the Year of the Tiger, friends often wish each other have courage, strength and be energetic as dragons and tigers.....It sounds vigorous! Health and life are the most important issues during the epidemic, so what should I talk to our students? A Mandarin version of a children's song immediately rang in my head: "These two tigers, these two tigers, running fast, running fast; one of them has no eyes, one of them has no tail. Oh, how strange! Oh, how strange!" This melody was originally part of a French folk song from the 17th century, which is simple and catchy. There is also a well-known Cantonese version named "Open Mosquito Net". We love singing children's songs, but we also have to face the epidemic. Students have been engaged a mixture of learning modes: face-to-face lessons, partly face-to-face lessons, online lessons, and partly online lessons.....Now they are going to enjoy a "special holiday"! Students and parents, how do you feel? What are your preparations?

Thank God for giving us the prompt development of e-learning at the school. We have enough devices and techniques for teaching and learning at different times and spaces during the epidemic. We also emphasize the growth and development of all students, so we have provided constant academic, emotional, and family support during the epidemic to ensure that students and parents are well supported and encouraged.

Be that as it may, I do understand that living together as a family for a long period of time with no choice - working at home, taking classes at home, or even infecting each other and fighting the epidemic at home - we all seem to be powerless, and families will prone to friction easily. The relationships may be affected, and it is definitely a high level of challenge! So I would like to write to cheer you up:

1. Mutual Acceptance – Empathy

No one can foresee the epidemic, we need to calm down. Every family has the same difficulties. There was widespread discontent over the epidemic. If we have empathy, we can accept each other, and the difficulties will be solved easily.

2. Positive Energy in Adversity – Resilience

We often hear people talking about "survival in adversity", "survival in desperate times", "the end of darkness is the dawn", and "the darkness is the light of day". All of these are the feelings of people who have encountered difficulties in life, health and work. It can be seen that there are always more solutions than difficulties, and it is advisable to uphold a positive mindset. However, "Release Positive Energy" is not just a slogan. We hope that we can try to adjust ourselves in different situations and adapt to the environment, so that we can grow in the midst of difficulties or challenges without comparing ourselves with others, which is our unique resilience.

3. Deepen Self-learning - Self-improvement

We often say that people with high self-learning ability can learn more, better and deeper. Can parents and your child maintain a regular life during these two years of fighting against the epidemic? Do more simple exercises, read more books or newspapers, or even look at the old photos to relive old moments and enhance parent-child relationship; patiently guide your child doing creative works to develop their values.....These attempts can build our knowledges and enrich our lives!

We encourage students and parents to equip themselves in the ever-changing society under technological globalization and, and to live each day with love in the "New Normal"! Yes, I can! Yes, you can! Yes, we can! We can always pray, and the God will listen to us!

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34)

"Be joyful in hope, patient in affliction, faithful in prayer." (Romans 12:12)

Let's encourage each other!

† May the God keeping us healthy, safe and giving us joy! Jesus loves you! May we all be strong with God's blessings! ♥♥♥

Warm wishes,
Principal Chiu