

親愛的同學和家長們：

大家好！特別假期後的半天面授課已開始了，很開心每個上學天都見到大家精神奕奕、眼睛也笑著的回校；大家可要繼續每天作快速抗原檢測，在大大小小的事上遵守防疫措施，以保障健康、平安！

新型冠狀病毒引致的疫情使全球陷入不確定性，在疫情籠罩下，大家的心情如何？開心多了關心家人的機會？高興增加了烹飪的次數？愁煩每天和家人磨擦？擔心工作及收入不穩定？生活的規律常被打亂？憂慮孩子的前途.....

剛在上月發表的聯合國《2022 年全球幸福報告》，在 149 個國家中，芬蘭連續第五年成為世界上最快樂的國家，其他十九位依次排名是丹麥、冰島、瑞典、荷蘭、盧森堡、瑞士、挪威、以色列、新西蘭、奧地利、澳洲、愛爾蘭、德國、加拿大、美國、英國、捷克、比利時和法國。各方面幸福指數都非常高，包含健康的預期壽命、人均國內生產總值、困難時期的社會支持、低腐敗程度和高社會信任度；排名最低的國家阿富汗、黎巴嫩和辛巴威，都是飽受戰亂的國家。香港排第 81 位。我們看到民調中，擁有快樂及幸福感由很多因素組成，但我們如何增加快樂及幸福感呢？

快樂是一種感受良好的情緒反應，個人短時間對健康、安全、感情滿足便會笑，所以笑是最常見、最容易的表達方式；幸福感會涉及與他人、家庭、工作、生活、成就方面，有較長期正面互動的過程及積極的體驗。擁有「快樂」的人多是愉快、滿足、喜悅、歡喜、歡欣、鼓舞、高興、開心.....我們擁有快樂時，有時想與更多人分享，希望共同取得更大的快樂；但有時自己久久也未感到快樂，又或人家沒有認同自己，那我們又如何自處呢？我有以下一些分享，大家看看是否管用：

1. 如果自己情緒低落，可出外走走、做些運動、倒頭大睡或發展嗜好，讓身體健康和心理健康相互交織一下。
2. 對自己已擁有的要知足、常存感恩，懂得珍惜生命中的一切。善待自己，不憂心忡忡；面對逆境，更易適應。
3. 均衡的飲食能提供足夠的能量和營養以維持免疫系統的正常運作，有規律的生活為大腦提供維持樂觀的情緒。
4. 除了保持自己的心理健康外，還適宜協助一些有心理疾病的人，幫助他們減壓，減少消極心理，同時提升大家對生活的積極心態。
5. 在社交上，鞏固與家人、朋友、同事和鄰居的關係；如果沒有老朋友，不妨結交新朋友，互相傾訴，互相分享，但在社交媒體上要謹慎交友。
6. 久坐不動對健康有害，常做帶氧運動及增強肌肉力量(左右手分別拿起物品，然後再放下，反覆做也可增強肌肉力量)對身體有益。

母親節快到了！孩子們，如何向媽媽或照顧你的人表示感恩？簡單給媽媽或照顧你的人一個吻或說一聲「我愛您！」已增加了雙方的快樂感和幸福感；不要吝嗇一份自製的小禮物以表心意，你做得到嗎？「你們作兒女的，要聽從父母；這是基督徒的本分。」(以弗所書 6:1)
大家還有其他方法可以增加快樂感和幸福感嗎？

†所以不要為明天憂慮，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)
†要常常喜樂，不住的禱告，凡事謝恩；因為這是上帝在基督耶穌裏向你們所定的旨意。
(帖撒羅尼迦前書 5:16-18)

♥♥♥求主繼續保守大家健康、平安、喜樂！祝願每一位母親都幸福、愉快！母親節快樂！

趙劍眉校長

30-4-2022

Principal's Word

30th April, 2022

Dear fellow students and parents,

Hi everyone! Half day face-to-face classes have been resumed after the special vacation. I am glad to see you all back to school every school day in good spirits and with smiling eyes. Please continue to take the rapid antigen test every day and follow the precautionary measures to keep you all healthy and safe!

The epidemic COVID-19 has plunged the world into uncertainty, how does everyone feel under the epidemic? Happy to have more opportunities to care for your family? Happy to cook more often? Worried about the friction with your family everyday? Worried about instability of job and income? Worried that your life's routine is disrupted? Or worried about the future of your child.....

According to the United Nations "World Happiness Report" that released last month, Finland is the world's happiest country for the fifth year in a row among 149 countries, with Denmark, Iceland, Sweden, the Netherlands, Luxembourg, Switzerland, Norway, Israel, New Zealand, Austria, Australia, Ireland, Germany, Canada, the United States, the United Kingdom, the Czech Republic, Belgium and France ranking in order. The happiness index is very high in every aspect, including healthy life expectancy, GDP per capita, social support in difficult times, low levels of corruption and high levels of social trust. The lowest ranked countries, Afghanistan, Lebanon and Zimbabwe, are suffering from war. Hong Kong is ranked 81st. According to the report, having happiness and well-being is composed of many factors, but how do we increase happiness and well-being?

Happiness is an emotional response to feeling good. Individuals smile when they are satisfied with their health, safety, and feelings for a short period of time, so laughing is the most common and easiest way to express the emotion. People who own "happiness" are mostly pleasant, satisfied, joyful, glad, cheerful, inspired, pleased, and happy.....When we owned happiness, sometimes we want to share with more people, hoping to achieve greater happiness together; but sometimes we are not able to be feeling happy for a long time, or people do not recognize us, so how can we live with ourselves? I have the following to share with you to see if it works:

1. If you feel depressed, go out for a walk, do some exercise, fall asleep or develop some hobbies, so that physical health and mental health can be intertwined.
2. To be content with what you have, always be grateful, knowing how to cherish everything in life; by treating yourself well and not worrying, you will be able to adapt more easily in facing adversity.
3. A balanced diet can provide enough energy and nutrition to maintain the normal functioning of the immune system, and a disciplined life provides the brain with the ability to maintain a positive manner.
4. In addition to maintaining one's own mental health, it is also appropriate to help people with mental illnesses-to help them reduce stress and negativity, as well as to promote a positive manner on our life.
5. Socially, consolidate relationships between family, friends, colleagues and neighbors; if you don't have close friends, make new ones, talk to each other and share with each other, but be careful about making friends in social media.
6. Sitting without moving will affect your health. Doing aerobic exercises and strengthening your muscles (picking up objects with your left and right hands and then putting them down again, repeatedly, can also strengthen your muscles) is good for your health.

Mother's Day is coming up! Boys and girls, how can you show your gratitude to your mother or the person who takes care of you? Simply give your mother or caregiver a kiss or say "I love you" can share the happiness and sense of well-being. Don't be stingy with a small homemade gift to show your appreciation, can you do it? "Children, do what is ordered by your fathers and mothers in the Lord: for this is right." (Ephesians 6:1)

† Then have no care for tomorrow: tomorrow will take care of itself. Take the trouble of the day as it comes.
(Matthew 6:34)

† Have joy at all times. Keep on with your prayers. In everything give praise: for this is the purpose of God in Christ Jesus for you.
(1 Thessalonians 5:16-18)

♥♥♥With God's blessings! Wishing you all good health and happiness everyday! Wishing every mother happiness and joy! Happy Mother's Day!

Warm wishes,
Principal Chiu