



English Week : Happy Hearts Healthy Minds

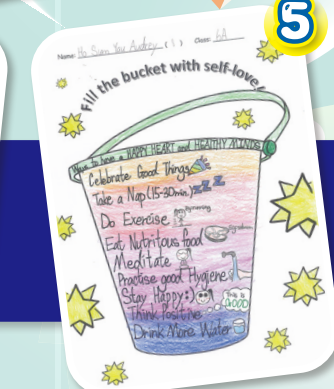
“An empty tank will take you exactly nowhere. Take time to refuel.”

This year, English Week focused on bringing teachers and students together to raise awareness about the importance of mental health. Students not only learned ways to protect their mental and physical well-being, but they also participated in meditation sessions with their teachers in the classroom. During recess, students had the opportunity to showcase what they had learned and practiced 'Five-Finger Breathing' with CEOs. They interacted with teachers and CEOs to discuss their views on mental health, which encouraged them to slow down and reflect on their self-care practices. By the end of the week, students created self-care buckets to share how they practice self-care. Their wonderful work reminded us once again to prioritize our mental health!



Students' Self-care Buckets

1. Liv Yip 1B
2. Evelyn Tam 5A
3. Taliyah Chan 5D



4. Meghan Wong 5C
5. Audrey Ho 6A
6. Lin Wing 6E