



Shi Wan NET Post



Newsletter #14

Three Things That I have Learnt

By Mr. Duncan, Miss Greta and Mr. William

Miss Greta

One lesson that I have learnt is that we should always appreciate the world around us! There are so many beautiful places to visit and spend time in around Hong Kong!



I have also learnt how important family is! I miss my family a lot when I am in Hong Kong, but I speak to them all the time! Do you remember when they came to visit BCSW? Here is a photo!

I have also learnt the importance of exercise! I love playing sports outside. It is so fun and it keeps me healthy! Try and do some exercise every day!

Mr. Duncan

One thing I have learnt is that walks are very important! They are not only good for our bodies, but they are also good for mindfulness! Try and go on at least one small walk each day!



Another lesson I have learnt is that we should read lots of books. They help us to learn and to gain wisdom. Try reading for 10 minutes a day!



The most important lesson I have learnt is that we should always be grateful for what we have! Whenever you are sad, remember what you are grateful for! I am very grateful for my friends and family!



Mr. William

An important thing that I have learnt is that we should always learn about new places. The world is so big and it is good to learn about different cultures! This is a famous building in Cambodia that I visited at Christmas.



An important thing I have learnt is that we should always work hard. This is a picture from my last day at university. I worked very hard for 3 years and I was very proud of myself!



Another important thing I have learnt is that it is good to be part of a team. In a team, we can work together to achieve something great! This is my football team and we worked hard together to win football games!



Question Time!

Try to answer the questions with your parents, brother or sister!

- ♥1) How long does Mr. Duncan think you should read a book for each day?
- ♥2) Which NET learnt that being part of a team is important?
- ♥3) Which NET thinks that you should exercise every day?
- ♥4) What did Mr. Duncan say you should do when you are sad?

- 1) 10 minutes
- 2) Mr. William
- 3) Miss Greta
- 4) Be grateful for what you have.

