

陳瑞祺(喇沙)書院
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CHAN SUI KI (LA SALLE) COLLEGE
4 SHEUNG WO STREET, HOMANTIN,
KOWLOON, HONG KONG.
TEL : 27118175
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Circular No. 22029

30th November, 2022

Dear Parents/ Guardians,

Christmas Growth Mindset Challenge

To promote positive education, the school has designed a "Christmas Growth Mindset Challenge" calendar with daily tasks to foster a growth mindset starting from 1st December, 2022. We invite parents and students to join us in this challenge. The challenge is integrated with tasks relating to positive education, growth mindset, Catholic formation, goal setting, well-being, and Christmas. We hope the participants can acquire a growth mindset and practise positive values.

Parents and students are encouraged to complete the tasks in the calendar and fill in the reflection form and submit it to their class teachers on 3rd January, 2023. The Chinese and English versions of the Christmas Growth Mindset Calendar and the reflection form are attached. If you have any enquiries, please do not hesitate to contact Ms. SW Cheng, Vice Principal, at 2711 8175.

Yours faithfully,

Lee Ting Leung
Principal



Encl.

1. Christmas Growth Mindset Calendar
2. Christmas Growth Mindset Challenge – Reflection Form

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敬啟者：

「聖誕成長性思維」挑戰

為推動正向教育，學校設計了「聖誕成長性思維」月曆。由2022年12月1日開始，每日具體的行動，培育「成長性思維」。誠邀家長和學生一起參與挑戰。每日挑戰事項結合了正向教育、成長思維、宗教培育、目標建立、幸福感、聖誕等要素。希望參加者練習成長思維及實踐正向價值。

學校鼓勵家長和學生共同參與這次活動，並填寫反思表格，於2023年1月3日交回班主任。現隨函附上中英文版的「聖誕成長性思維」月曆和反思表格。如有查詢，請致電27118175與鄭淑華副校長聯絡。

此致

各家長

陳瑞祺（喇沙）書院校長
李丁亮 啟

2022年11月30日

附件

1. 「聖誕成長性思維」月曆
2. 「聖誕成長性思維」挑戰 - 反思表格

CSK

DECEMBER 2022 GROWTH MINDSET CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Grateful Notes
27	28	29	30	1 Share a happy memory of an achievement with a friend.	2 Speak to a teacher you are familiar with.	3 Ask somebody what they think your greatest strength is. Don't be shy to admit!	
4 Make a plan to do something nice with your family tonight.	5 Identify a goal you want to make and the steps to do it.	6 Take a photo with friends, make a caption with a positive quote.	7 Say something positive to someone you meet today.	8 Say Hail Mary Solemnly in memory of the Immaculate Conception.	9 Ask a friend if there's anything you can help out.	10 Take a little time to learn more about growth mindset.	
11 Plan an outdoor activity for today. And do it!	12 Give a hug to someone you care.	13 Say Merry Christmas to Brother Paolo!	14 Look around you, who are the people in your network that inspire you?	15 Spread kindness by reminding someone of their strengths.	16 Take 5 deep breaths, say 'Happy Friday' to the friends around you.	17 Eat mindfully and healthily all day!	
18 Find out if silver linings have clouds.	19 Discover your creative side- draw a Christmas card for someone.	20 Greeting to others by saying 'Emmanuel!'	21 Say the prayer and sing the hymn loudly in Christmas Service.	22 Remember a time you overcome a challenge in a positive way.	23 Learn to say 'Merry Christmas' in 4 different languages. Google can help!	24 Write down 3 things you are grateful for.	
25 Try not to think of a Christmas tree whilst reading the following word: Christmas tree.	26 Create a 'feel good' playlist, and share with friends or family.	27 Listen for 10 mins of nature. What communication in nature you can hear?	28 Write down 3 valuable lessons that you have learned.	29 Send a positive quote/message to a friend or family members.	30 Eat in a restaurant with family or friends you have never visited before.	31 List goal! 2023 New year resolution!	

CSK DECEMBER 2022 GROWTH MINDSET CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Grateful Notes
27	28	29	30	1 與朋友分享一個與你的成功經驗有關的歡樂時刻	2 與一位你相熟的老師聊天	3 向身邊的人問一問你有甚麼強項不要害羞！	
4 計劃一下今晚與家人一起的活動	5 找到一個你的目標以及你邁進的腳步	6 與朋友合照一張寫一句正面鼓勵的說話	7 與你今日遇見的人說一些正向鼓勵的話	8 紀念聖母領報說一聲「萬福瑪利亞」	9 問問你的朋友有甚麼需要你幫忙的地方	10 找一點時間了解一下甚麼是成長性思維	
11 計劃一個戶外活動並完成它	12 給你關心的人一個擁抱	13 與Br Paolo或神父說一句「聖誕快樂」	14 看看你的朋友圈，哪一位朋友曾經給你啟發？	15 向身邊的人表達關愛說一個他/她的優點	16 深呼吸5次向身邊的人說一句星期五快樂！	17 健康及感恩地用餐	
18 看看天空裡的白雲有沒有美麗的雲彩	19 發揮你的創意製作一張聖誕卡	20 打招呼時說一句：「厄瑪奴耳」，意思是「天主與我們同在！」	21 在聖誕感恩祭裡大聲唱聖詩及誦唸祈禱文	22 紀念一次你成功克服困難的正面體驗	23 學習用四種語言說「聖誕快樂！」Google可以幫忙！	24 記下三個你覺得感恩的事	
25 當你看見「聖誕樹」三個字時，嘗試不想起「聖誕樹」	26 製作一個「感覺良好」的歌單，與朋友或家人分享	27 花10分鐘時間聽聽大自然的聲音	28 記下三個寶貴的深刻的教訓	29 向你的朋友或家人傳一句鼓勵的說話	30 與朋友或家人對一間未曾去過的餐廳用膳	31 為2023年訂立目標新年快樂！	

Christmas Growth Mindset Challenge

Name : _____ Class: ____ ()

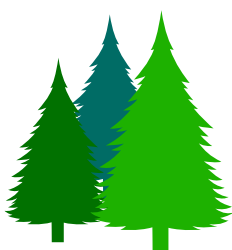
The one-month challenge helps us develop and enhance our growth mindset and positive attitude by consistently engaging in short daily tasks relating to gratitude, inter-personal relationship, goal setting, Catholic values, well-being and 'Christmassy'. Complete the tasks on your own or form a Growth Mindset Group to unpack the challenges and learn together.

Please put a tick in the following boxes if you have completed the tasks.



Complete the reflection form below, and submit it to your form teacher.

Which task I like most? What is that about?	Which task brings me a new insight?	What will I do/ think differently?



Watch the videos to know more about Growth Mindset:



'Fixed Mindset VS Growth Mindset' by John Spencer



'Developing a Growth Mindset' with Carol Dweck