

Message from the Principal

At the time of writing this piece, early summer has arrived. At school there is lush greenery and flowers are already in full bloom. Strolling along Wylie Road not far from school, where tall trees line both sides, is comfort itself.

Our Mother Nature, God's creation, constantly amazes us with its hues and sights. The clouds in the sky do not stay the same, and neither do the plants or living things in any hiking trails. Such change is natural.

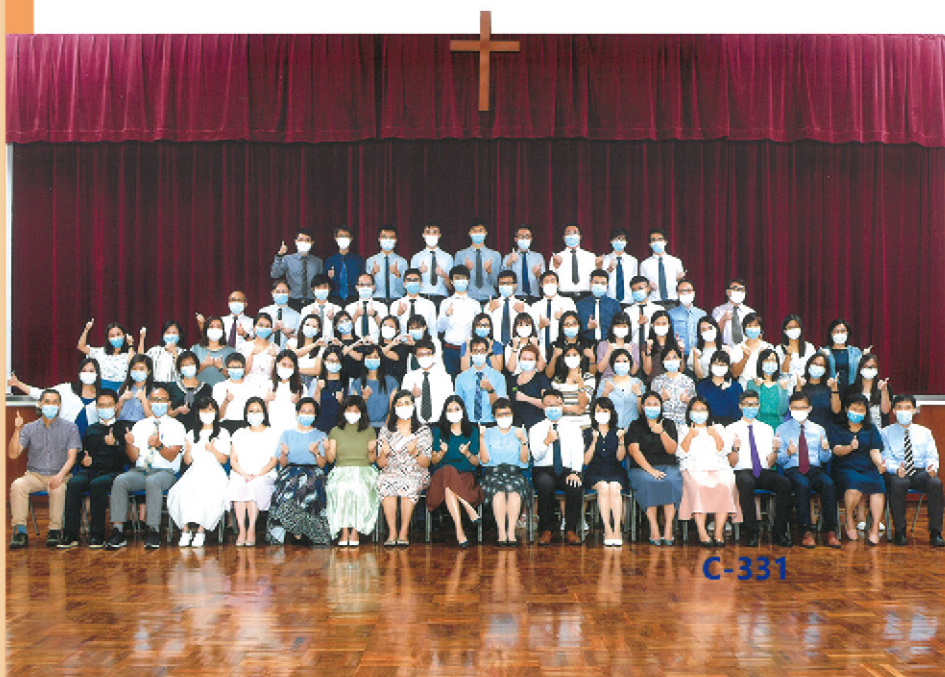
We have also experienced change these few years. Because of COVID, our school calendar and timetable have changed, and so have our mode of learning and everyday life. Some people say that this generation of students will be the most adaptable and with most perseverance as a result.

I have come across online a quote cited by an American motivational speaker Dr Wayne Dyer: If you change the way you look at things, the things you look at change. The message is, the same situation can be seen very differently, depending on how it is looked at. This is not easy with COVID, but let us harbour hope, and continue to fight the virus.

What is pleasing is that we Carmelians have not been bogged down by COVID. During the special vacation in March and April, school and class activities continued to be held. Among them were habit-forming ones such as our Religious Affairs Committee's Morning Devotion on Monday mornings, our student-led Sports Activities Committee's 25-day Fitness Challenge Bingo and Student Union's 21-day Challenge for Building Healthy Habits. We have conquered change.

My most sincere thanks to all Carmelians who have organized all kinds of meaningful activities for students and teachers.

Ng Miu Yee Maria
Principal



校長的話

提筆寫本文時，已是初夏時節，校園內綠意盎然、繁花盛放。離學校不遠的衛理道，兩旁綠樹成蔭，漫步其中，心曠神怡。

神創造的大自然千姿百態，美不勝收。天空中的雲彩沒有固定的形態，登山徑的動植物同樣變化萬千。宇宙萬物變幻無窮，再自然不過。

這幾年間，我們也經歷了不少轉變。因著新冠疫情，我們的校曆和時間表改動了，學習模式不同了，日常生活也起了變化。有人說，這一代的學生將會有最強的適應能力、最能堅持、最有毅力。

我在網上看到美國一位勵志演說家韋恩戴爾博士引用過的一句話：改變你對事物的看法，你看的事物就會改變。意思是，縱使仍然是同一個處境，但是因為看法不同了，就不再一樣了。要以這種心態看新冠疫情，殊不容易，但是讓我們心存盼望，繼續與病毒作戰。

值得欣慰的是，迦密人並沒有因著疫情而變得手足無措，反而趁著三月和四月的特別假期，舉辦形形色式的學校和班會活動，其中一些活動著意鼓勵同學養成良好習慣，例如由宗教事務委員會統籌，每星期一早上進行的清晨讀經；由學生領袖組成的體育委員會和學生會分別推動的25天健身挑戰 Bingo 和 21 天健康習慣自我挑戰活動。無論變化多劇烈，我們都能應付自如。

謹此向所有為師生悉心籌辦眾多深具意義的活動的迦密人衷心致謝。

校長
伍妙儀啟