

Dear Students,

1 January 2021

Happy and Healthy 2021! Though we are still in the midst of the pandemic, let's stay positive and welcome the first day of the third decade of the 21st century. The new year offers us an exciting opportunity for a fresh start for our goals! No matter what your goals are for the coming year or how many New Year's Resolutions you plan on making for 2021, it is high time to celebrate all of your achievements in 2020 as well as to welcome the new year ahead.

At the beginning of the school year 2020-21, Ms. Bonnie So, our Deputy Principal shared with us on how to set and accomplish goals by using the **SMART** strategy. Do you still remember the definition of the **SMART** acronym?

S - SPECIFIC (simple, sensible, significant)

M - MEASURABLE (meaningful, motivating)

A - ACHIEVABLE (attainable)

R - REALISTIC (reasonable, relevant) and

T - TIME BOUND (time-based, timely)

Attitude

Term 1 of this academic year is coming to an end. How far have you achieved your goals? Setting goals is easy but not for accomplishing goals.

If you want to succeed beyond expectations, "ATTITUDE IS EVERYTHING".

I love searching the internet and look for something interesting and inspiring, and I would like to share with you what I have found for the word "ATTITUDE" during the Christmas Holiday: If ABCDEFGHIJKLMNOPQRSTUVWXYZ is equal to 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 respectively, then

→ **Knowledge** (K+N+O+W+L+E+D+G+E) = 11+14+15+23+12+5+4+7+5= 96 points (96%)

→ **Hard Work** (H+A+R+D+W+O+R+K) = 8+1+18+4+23+15+18+11= 98 points (98%)

→ **Attitude** (A+T+T+I+T+U+D+E) = 1+20+20+9+20+21+4+5= 100 points (100%)

As mentioned in my speech on 1 September 2020, achieving goals requires **passion** and **action** as well as **perseverance** and **commitment**. Therefore, I urge all of you to work hard and strive to accomplish your goals. Believe it or not, it is our attitude towards work that makes our life meaningful and fruitful.

**If you want to succeed beyond expectations,
"ATTITUDE IS EVERYTHING".**

In order to let you understand better, I would like to introduce to you the following video:
"Are you a carrot, an egg, or a coffee bean?"
<https://www.youtube.com/watch?v=iObc293g8wo>



The video shows that carrots, eggs and coffee beans have different reactions after being heated. Carrots become soft, eggs become hard, and coffee beans do not drastically change but transform to boiling water instead. So which are you when facing challenges or adversity? Are you a carrot, an egg or a coffee bean?

Things happen around us every day, but the only thing that truly matters is what happens within us - our **ATTITUDE**. When you face challenges, see them as opportunities. They are indeed hurdles which make you stronger and stronger, and experiences for you to learn and grow!

On behalf of all teachers, I wish you all Good Health and All the Best in 2021! God bless us all!

So Pui Ting
Principal
Rosaryhill Secondary School

