

A-SCHOOL

Library Newsletter

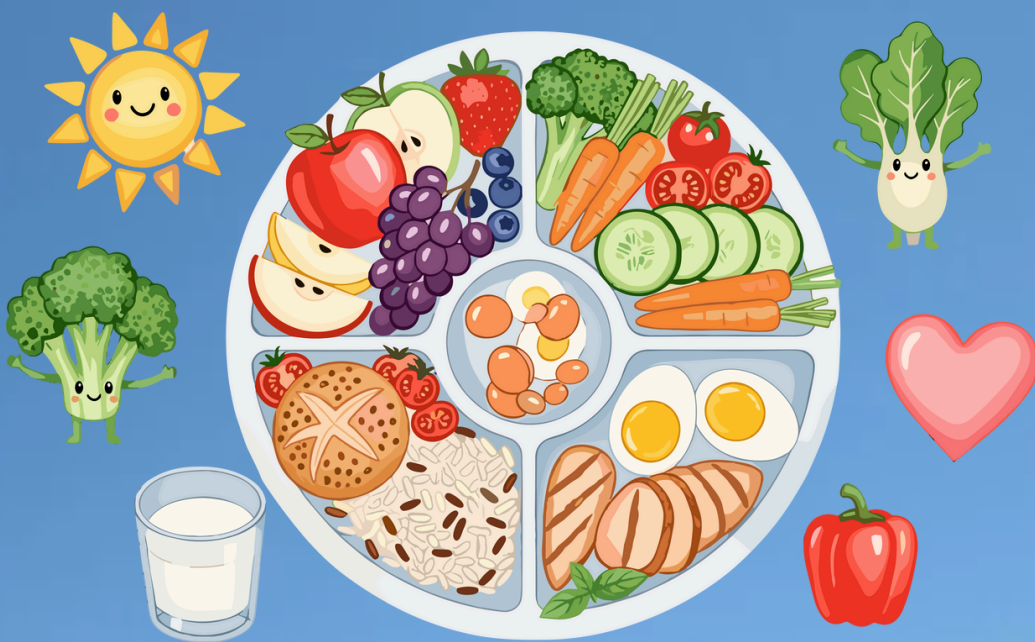
Power of Reading

2025-2026 Vol.2



Embracing a Healthy Lifestyle: Your Guide to Wellness

Living a healthy lifestyle is more than just a trend; it's a commitment to oneself that leads to improved physical, mental, and emotional well-being. In today's fast-paced world, cultivating habits that promote health is essential, especially for students navigating the challenges of school life.



How to Incorporate a Healthy Lifestyle in Your Daily Life?

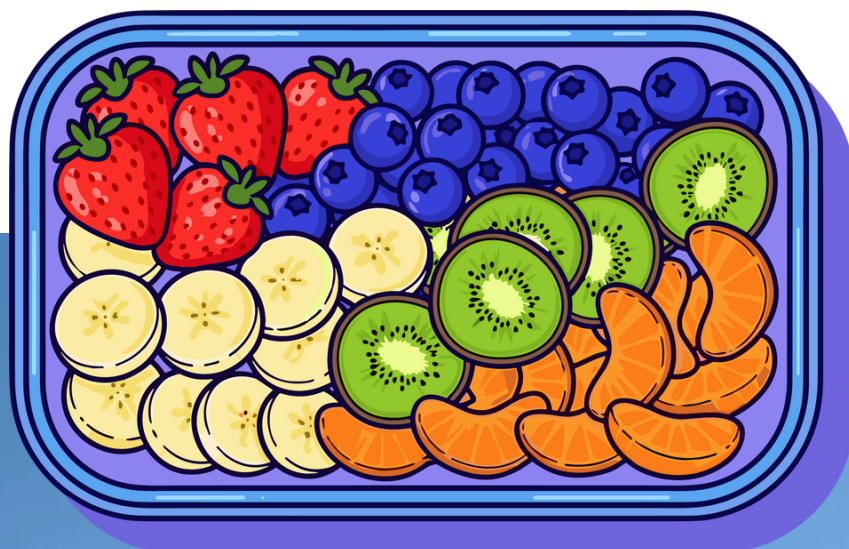


Practical Tips for Students

1. Plan Healthy Meals

Avoid Unhealthy Choices:

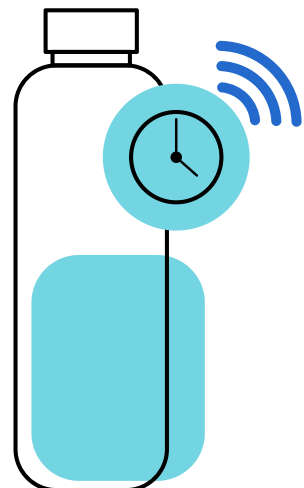
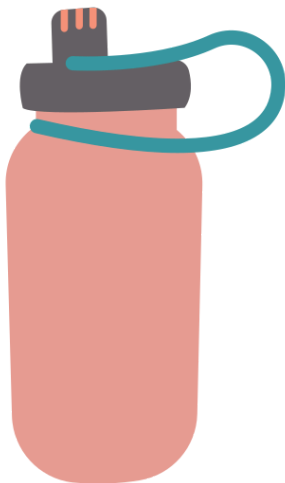
Having healthy meals and snacks on hand reduces the temptation to grab fast food or junk food when you're busy or hungry. Quick snacks like fruit, yogurt, or nuts can keep you energized and focused.



Practical Tips for Students

2. Stay Hydrated

Aim for at least 8 glasses (about 2 liters) of water each day. Carry a reusable water bottle to help track your intake.



Practical Tips for Students

3. Get Moving

Join Sports Teams: Engaging in school sports or clubs that promote physical activity can be a fun way to stay fit and make new friends.



Practical Tips for Students

4. Create a Sleep Schedule

Aim for a consistent sleep schedule by going to bed and waking up at the same time each day, even on weekends. This helps regulate your body's internal clock.



Practical Tips for Students

5. Practice Gratitude

Spend a few minutes each day or week writing down things you are grateful for. This practice helps shift your mindset towards positivity and appreciation.



I am Grateful For

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

New English e-reading platform - SORA

We are excited to announce our subscription to Sora, an English e-reading platform. This resource gives students access to a wide variety of e-books at their fingertips.



Name

📍 Hong Kong Schools

Overview

📅 All time ▾

⚡ **0 days**
Current streak

⚡ **1 day**
Longest streak

📖 **1**
Total books opened

🕒 **1 min.**
Total time read

🕒 **1 min.**
Average time per session

🕒 **1 min.**
Average time per book

Book recommendations related to Benevolence: The Language of Kindness

Christie Watson spent twenty years as a nurse, and in this intimate, poignant, and remarkably powerful book, she opens the doors of the hospital and shares its secrets. She takes us by her side down hospital corridors to visit the wards and meet her unforgettable patients.

On the cancer wards, nurses administer chemotherapy; however, long after the medicine stops working, they provide something more important—a truth Watson only fully recognizes when her own father is dying. Similarly, her stories from the geriatric ward, featuring Gladys and other vulnerable patients, highlight the plight of the most fragile members of our society.



Book recommendations related to Benevolence: Out of My Mind

Eleven-year-old Melody is not like most people. She can't walk. She can't talk. She can't write. All because she has cerebral palsy. But she also has a photographic memory; she can remember every detail of everything she has ever experienced. She's the smartest kid in her whole school, but no one knows it. Most people—her teachers, her doctors, her classmates—dismiss her as mentally challenged because she can't tell them otherwise. But Melody refuses to be defined by her disability. She's determined to let everyone know it...somehow.



書籍推薦 - 仁愛

本系列一共四冊，分別從「涵養之德」「人倫之愛」「生活之美」「萬物之道」四個層面，向中學生談一談中國傳統文化。

談國學，談文化；談思想，談修養

- 以「情」為本，從嶄新角度學習傳統經典
- 摘錄四書五經、諸子典籍中的名言，闡釋文化涵義
- 鼓勵一邊誦讀經典金句，一邊用心思考，做到聲入心通
- 設計具啟發性的提問，加強思維訓練



書籍推薦 - 仁愛

在二十一世紀，我們如何談論愛？

每個人都渴望著愛，從父母、親人、朋友、愛人身上所獲得的愛，讓我們的生命圓滿、發亮。然而，不是每個人都能這麼幸運；許多時候，從最親近的人身上，我們發現的只有冷漠，而更多時候，是「以愛之名」造成的傷害。

被愛的渴望是那麼強烈，於是我們四處找尋協助，然後才赫然發現，真正懂得愛的人原來那麼少。於是我們也開始變得冷漠，或者是被偶然體驗的愛之烈焰所吞沒。





HONG KONG PUBLIC LIBRARIES

Upcoming Activities



書法與公共藝術：過去、現在與未來

日期/時間:

2026年1月17日 (星期六)

下午2時30分至下午4時

地點:香港中央圖書館 (地下演講廳)

講者: 黃宣游先生

機構:

康樂及文化事務署香港公共圖書館與學海書樓合

辦; 香港中文大學聯合書院協辦

名額有限, 先到先得, 額滿即止。

查詢電話: 2921 2645

<https://www.hkpl.gov.hk/tc/extension-activities/event-detail/287273/calligraphy-and-public-art-past-present-and-future>



HONG KONG PUBLIC LIBRARIES

Upcoming Activities



中醫藥史中的知識與敘事

日期: 2026年1月28日(星期三)

時間: 下午6時至下午7時30分

地點: 駱克道公共圖書館 (推廣活動室)

講者: 莫迪麟博士

機構:

康樂及文化事務署香港公共圖書館與學海書樓合辦

備註:

- 講座以粵語進行，免費入場，須預先登記留座。
- 名額 60 個，先到先得，額滿即止，不設候補。
- 有興趣人士可於講座當天上午9時至下午5時致電 2879 5560 或 親臨駱克道公共圖書館5樓服務台詢問處登記留座。



HONG KONG PUBLIC LIBRARIES

Upcoming Activities



國學講座：歷史與文化、文學關係概覽及其相互間之影響與作用

日期: 2026年1月30日(星期五)

時間: 下午6時至下午7時30分

地點: 油蔴地公共圖書館 (推廣活動室)

講者: 高家裕教授

機構: 康樂及文化事務署香港公共圖書館
與學海書樓合辦

備註:

- 講座以粵語進行，免費入場，須預先登記留座。
- 名額 60 個，先到先得，額滿即止，不設候補。
- 有興趣人士可於講座當天上午9時至下午5時致電 2928 6055 或 親臨油蔴地公共圖書館1樓服務台詢問處登記留座。一人一額方式登記，名額有限，先到先得，額滿即止，不設候補。

Upcoming Activities



2026年文學月會：坐看金庸武俠小說—情與味

日期: 2026年2月14日(星期六)

時間: 下午2時30分至4時30分

地點: 香港中央圖書館(地下演講廳)

講者: 陳美亞教授，鄒芷茵博士

機構: 康樂及文化事務署香港公共圖書館

與香港恒生大學中文系合辦

備註:

- 粵語主講。
- 免費入場。名額有限。先到先得。
- 查詢: 29210286