

The Assembly

Quarterly e-newsletter to connect with our schools

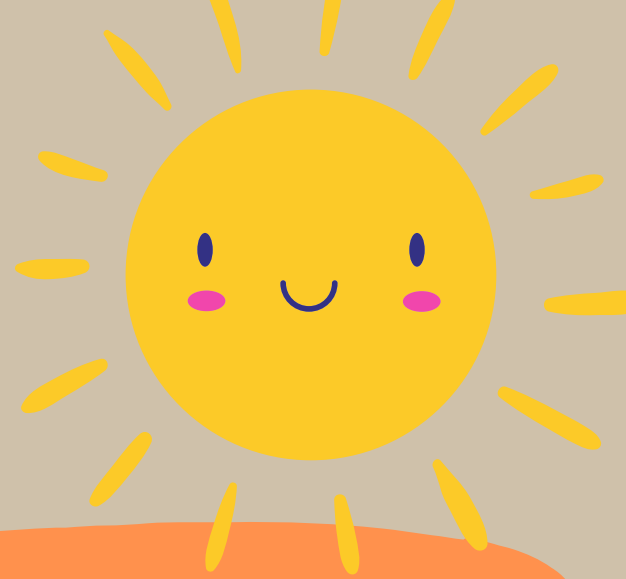
Issue 4 | Mar 2022



**Our students
miss their schools,
their teachers and
their schoolmates!**

**Let education takes
its place, please ...**

HELPFUL TIPS



**We all can do with a little help sometimes.
Tips to help us survive this challenging time.**



02

**Ration news and
social media
consumption**

03

**Set clear
boundaries
between
'work' and
'home'**



01

**Get in the
right mindset
for the day
ahead**



04

**Engage in the
activities you
like and know
your limits**



05

**Make sure you have
a good night's sleep**

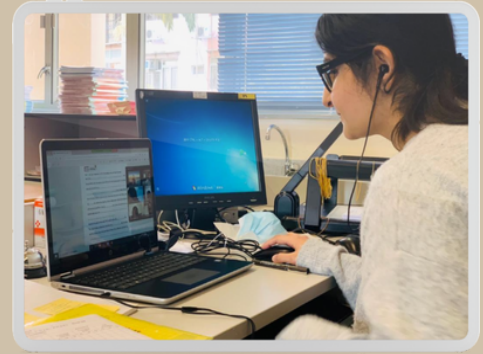


Source: <https://bit.ly/37o8pzI>

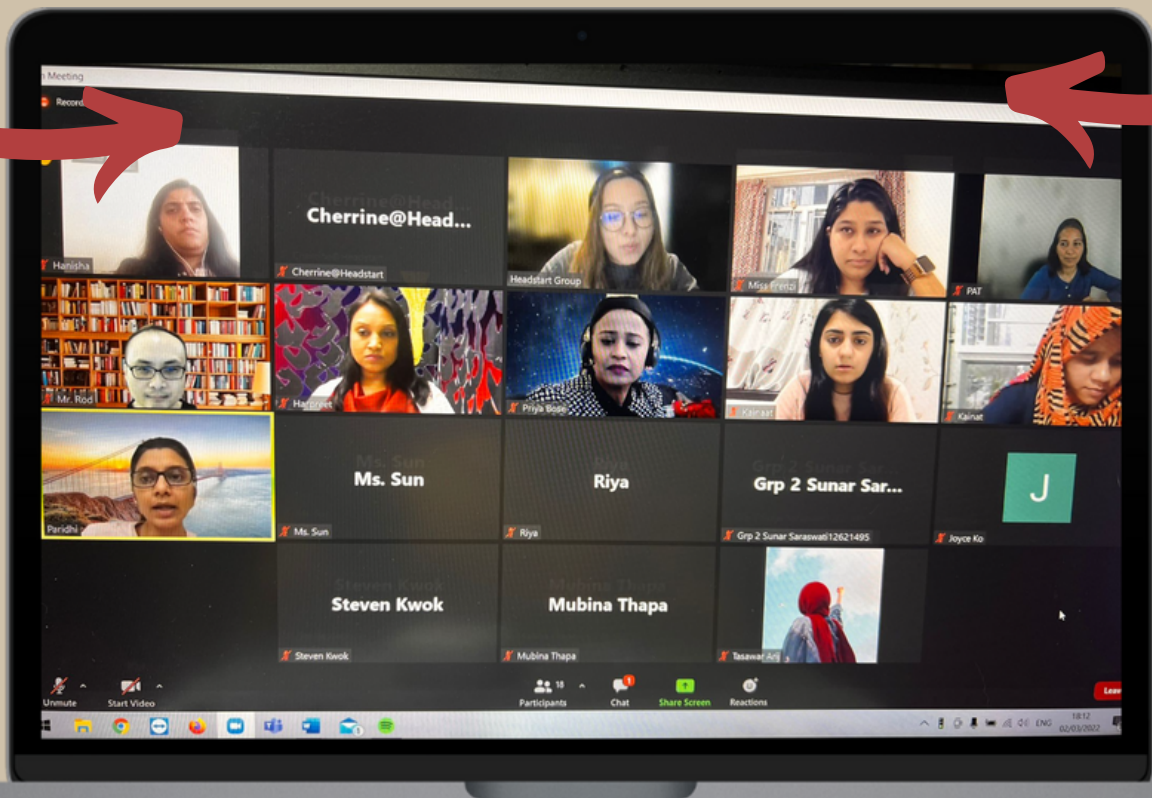


Headstart Academy

Train • Teach • Transform



Our teachers are very attentive during online trainings, which cover a wide array of topics, from effective online teaching skills, creative writing, DSE preparation, English enhancement and remedial programmes to public speaking and presentation, and more.



*Our teachers are ready for
your students.*