

THE HUB

*A monthly e-newsletter to support
and connect with our NETs*



It's Summer Time



WE'RE HIRING

**FULL-TIME NETS FOR
2026-27 SCHOOL YEAR**

- ✓ Kindergartens
- ✓ Primary Schools
- ✓ Secondary Schools



Enquiries? Please WhatsApp
98681732 or email
recruit@headstartgroup.co

APPLY NOW



Summer Break... Summer Breeze...



Summer is officially here! As August begins, it's time to trade lesson planning for well-deserved rest. Here are a few low-effort ways to stay cool and enjoy your break in Hong Kong.

Cool Escapes: Naturally Shaded & Eco-Friendly Spots

Beat the heat without relying on heavy air conditioning:

- **Shaded Forest Walks:** Escape the urban heat under the leafy tree canopies of local country parks for a cooler, tranquil hike.
- **Late Afternoon Coastal Breezes:** Take a relaxed sunset stroll along West Kowloon Waterfront or Stanley Boardwalk to enjoy the natural ocean breeze.



Refreshing Treats for Hot Summer Days

Stay energised with light, naturally hydrating options:

- **Fresh Seasonal Fruits:** Grab watermelon, dragon fruit, or lychees from local fruit stalls for a clean, hydrating boost.
- **Cold-Brewed Herbal Teas:** Sip iced chrysanthemum or jasmine tea for a light, naturally cooling drink without extra sugar.



Show Us Your Summer!

How are you spending your break? Share your photos with us or tag [@headstart_netizen](https://www.instagram.com/headstart_netizen) on Instagram to be featured in our next issue!



The August Wellness



Fueling Your Mind & Body

Relax and recharge! Check out our quick “Wellness Checklist”



Hydration Check

1 glass of water every 2 hours



Connection

Call your friend and family just for a light chit-chat



Digital Sunset

Turn notifications off 1 hour before sleep



Meditation

Close your eyes, take a deep breath, and reset

AUGUST BIRTHDAY STAR

AAMNA MASOOD
ABBIE WAI SEE CHOI
ALEEZA SHABIR
ANSA ASGHAR
ANUPAMA RAMBHATLA
ARIBA KAUSAR
ARNAV BHAVNANI
BITHAYA THAPA RAMJALI
HARPREET KAUR
HEI CHIT CHONG
IQRA MALIK
KO SIN BIK
KOMAL BIBI
LILY BETH PEARCE

MARIAM RANA
MATTHEW VAN DEN BERG
NAFEESA SEYED ISMAIL
POON KWOK LEUNG
RYAN CHRISTOPHER VOLLBERG
SABILA AARZOO
SADIA BEGUM
SAFWANA QASIM
SAMARA PARVEEN
SAMRA NAZIR
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