



Cognitio College
(Kowloon)

Newsletter

14 April 2025

COGNITIO COLLEGE



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4Rs Promotion Workshops

24-25 October 2024

Throughout the school year, various activities have been organized by our Counselling Team and Social Workers to provide students with opportunities to relax and reduce stress; help them build positive interpersonal relationships; and enhance their well-being and resilience. Take an instance, workshops integrating physical activities and mental wellness were arranged for students on 24-25 October 2024.



Principal's Message

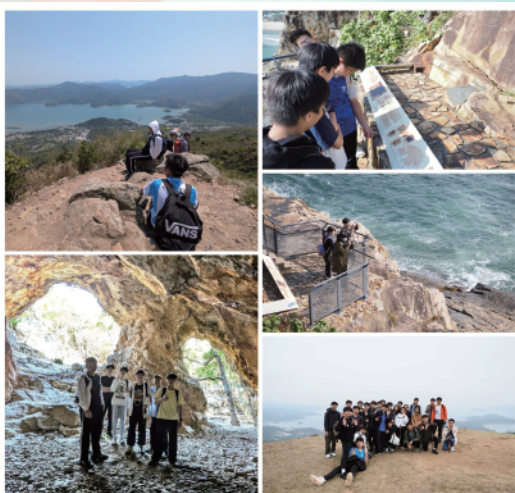
Helping students develop an active and healthy lifestyle is one of the seven learning goals of education today. In line with the World Health Organisation (WHO)'s recommendation that children and adolescents aged 5-17 should accumulate at least an average of 60 minutes daily of moderate- to vigorous-intensity physical activities (i.e. MVPA60) across the week, our school have plans to help students acquire the knowledge of related activities, to unleash their vitality with positive attitude, as well as to nurture in them a habit of doing exercise regularly.

It is the school's solid foundation to uphold the core values of empathy, gratitude and commitment. To echo with the 4Rs (Rest, Relaxation, Relationship & Resilience) mental health promotion of the Education Bureau, we have been launching related measures and activities for our students to enhance an overall healthy culture in school this academic year. For the sake of maintaining good physical, mental and spiritual health among students through positive education, our school programmes have been arranged in a whole-school approach.

Hiking Activities

14 December 2024, 22 February 2025, 22 March 2025

The Hiking Group organized activities for students to venture off on the 3 Saturdays until now. Such activities were held at hiking trails in Robin's Nest (紅花嶺), Ngong Ping Plateau (昂平高原) and Dragon's Back (龍脊), which undulate across hills with sceneries of rocky landscapes, grassy hillsides and spectacular coasts. They allowed our students to enjoy fresh air and the great outdoors from a different perspective.



Students' Union (SU) Games Days

25, 26, 28 February 2025

Amidst the MVPA60 Lunchtime Challenge programmes, our SU arranged a series of fun games for S4 to S6 students, with 8 teams registered at each secondary level, in 3 lunchtime intervals. Participants were engaged in friendly competitions to foster teamwork among group members. Highlighting collaboration, each game encouraged students to effectively communicate, strategize, and support one another. These group games have brought the audience and competitors together in laughter and camaraderie. We look forward to even more engaging activities in the future!



To further engage students specifically in physical activities, we have launched the "MVPA60 Lunchtime Challenge", starting from 17 February 2025. Through the concerted efforts of our staff and the Sports Committee, we arrange a series of daily ball games cum cross-curricular sports games at every possible campus venue, to instill the concept of "Physical activity is everywhere" in school.