

The Breeze

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CANOSSA COLLEGE



The Magic Power of Sleep

*"Sleep is the foundation of a healthy mind and body."
Let's prioritize quality sleep and stay agile all day!*

Hey girls, when do you sleep every night? 10 p.m., 11 p.m. 12 a.m. or later than midnight? Do you have a good sleep every night? Have you ever woken up in the middle of the night?

I hope all of you know the importance of having a good sleep as it is essential to our lives. However, we have a pile of work to do every day and are packed with assignments, assessments, revisions and ECAs. We are often sacrificing our sleep to get everything done on our to-do list. Some of you even stay up late burning the midnight oil and thus leads to a lack of sleep. Consequently, you are tired in class, being brain-stucked and out of focus. What if we prioritize quality sleep to make us healthier, more energetic and more beautiful?

What happens when we are sleeping

The sleep cycle, which lasts for 90 to 120 minutes, occurs four to six times a night. The cycle begins with the lightest sleep in Stage 1 - when a person first falls asleep and lasts for about one to seven minutes. It's then followed by the light sleep in Stage 2 - when our muscles are relaxed and our body temperature drops. It lasts for 10 to 25 minutes. Then we enter the deep sleep in Stage 3, which is important for our bodies' growth and repair. Finally, the last stage of sleep is REM (Rapid Eye Movement). This is where dreaming occurs and memory consolidation takes place.



Benefits of having a good sleep

"Sleep is the golden chain that ties health and our bodies together."

Do you know getting sufficient sleep can improve your reaction and physical performance? Good sleeping quality is beneficial to brain functions which can maximize our problem-solving skills and reaction time, and enhance our memory and concentration. A recent study also discovered that good sleeping quality minimizes the risk of weight gain and improves body mass index. We should have quality sleep to enhance physical health.

Having adequate sleep not only improves our physical wellbeing, but also helps improve our mental health. Have you ever noticed drowsy classmates during lessons? I bet you have. Having a good sleep is the key to stay ardent in class as this can charge your battery. According to the Harvard Summer School, if you are well rested, you will experience less daytime sleepiness and fatigue. Take a look at your classmates during lessons. It's not strenuous to find that your classmates who have good sleeping quality are full of beans while those pandas are slumpy.

Believe it or not, the magic of beauty comes from good quality sleep. During deep sleep, the body releases more human growth hormone to produce collagen, which is responsible for firm skin, shiny hair and healthy nails. We can all be "sleeping beauties"!

How to improve sleeping quality

Exercise regularly and relax before bed

- ✧ aim for at least 20 minutes of moderate exercise
- ✧ avoid intense workouts close to bedtime
- ✧ incorporate relaxation techniques into your evening routine
- ✧ quiet reading, low-impact stretching, mindfulness meditation, or listening to soothing music can help ease your mind and body

Do NOT eat or drink late in the evening

- ✧ have dinner at least a few hours before bedtime
- ✧ limit yourself to small snacks before bedtime
- ✧ minimize food intake and avoid drinking for 1-2 hours before bedtime

Sleep early and fall asleep faster

- ✧ planning, controlling and efficiency are important
- ✧ having an organized time schedule help you to finish all your work faster and get to bed earlier
- ✧ self-control and self-discipline are keys for us to get to bed early



MOVIES

Teachers' recommendations

Mr. Cheung Kwan Ho's recommended movie: Green Book

Mr. Cheung finds that the movie does not only evoke strong emotions, but is also deeply touching. There are a few scenes where Mr. Cheung has a deep and intense feeling. Mr. Cheung also shared that his favourite character is Tony, whose journey is marked by profound growth and empathy, notably seen in his evolving relationship with Dr. Shirley. He also confronts the restaurant owner in defense of Dr. Shirley's dignity, showcasing his transition from a man with biases to one who stands up against injustice and discrimination. This movie delivers important messages for students. "Don't judge a book by its cover!" Mr. Cheung emphasizes the significance of this idea and he genuinely recommends this movie to all of YOU!

Miss Chan Wai Ka's recommended movie: Kung Fu Panda

This movie follows the story of Po, a clumsy panda who dreams of becoming a kung fu master. Miss Chan recommended the movie as this movie teaches her that self-confidence and self-belief are essential to personal success. In other words, anything is possible with the right mindset. She was also inspired by what Master Oog told Po when Po struggled in his training. Master Oog said, 'You are too concerned about what was and what will be. There is a saying: yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present.' His words encourage her to focus on the present moment and not worry too much about the past or the future because worries do not help much in achieving success.



Miss Cheung Mung Ki's recommended movie: Inside Out 2

"Respect the emotions of students as different emotions come together and uniquely shape who we are," said Miss Cheung. She said that if she had to choose a character to represent herself, it would be Joy as she is optimistic and positive. This inspiring movie is now available on Disney+, check it out now and watch it with your family and friends!



MOVIES

Movies are not only for entertainment, they teach us knowledge, inspire us, unite us and let us see the world.

Movies are a magical place of entertainment and inspiration. They bring us to different worlds, evoke different emotions, boost our creativity and act as our motivations. They are like friends who accompany us through laughter, tears and excitement. From a variety of genres like comedies, horrors, action films, etc. we find our escape.

What makes a good movie?

A movie adapted from a novel or with an inspiring topic is one of the key features to attract audience.

According to the 2024 Worldwide Box Office, Inside Out 2 is the most popular movie in 2024. It has visualized and personified the emotions of human beings. It introduces to the audience that different emotions exist and they may interact with each other. This movie adopts an interesting and straightforward storyline to convey a meaningful message: it's important to have a balanced mind.

Another feature of a good movie is to leave a room for audience's imagination.

The plot of these movies is mostly unrealistic and happen in a magical world, for instance, the Harry Potter's series, or the Marvel's movies.



Films Influence Our Emotional States

If you have ever laughed, cried or felt emotional while watching a movie, you have experienced the impact films have on us.

Films possess the remarkable ability to evoke powerful emotions in viewers. This can be attributed to the concept known as the "mirroring rule," where individuals "mirror" the emotions of characters, thereby not only experiencing those emotions themselves but also fostering empathy.

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