

## Rest

Good morning Principal, Vice-principals, teachers and fellow schoolmates,

Today, I would like to share with you about 'rest'. All of you know that a well-earned rest is very important. If you want to get a healthy life, one way to do that is to have a good rest. But, how many people can get enough rest? Just take me as an example, I usually do not do my assignments after school. I just play computer games and read novels on the Internet. I begin to do my assignments late at night and finish them before dawn. I only get 3 to 5 hours sleep. Therefore, I am very tired when I go back to school. Day after day, that makes me very exhausted. I know that I am in great need of rest but I sometimes fail to do so.

Also, teachers are very hard-working. They teach us and mark our assignment every day. They also need to work for a long time. Sometimes, they also cannot get enough rest. That's why they get sick easily. Nevertheless, if you have lots of work to do, you should take a break in between before you finish doing your work because rest is the best cure. Then, you will feel refreshing. Otherwise, you will crack up soon. Just remember, 'Business sweetens pleasure, and labour sweetens rest.' That's all of my sharing. Thank you.