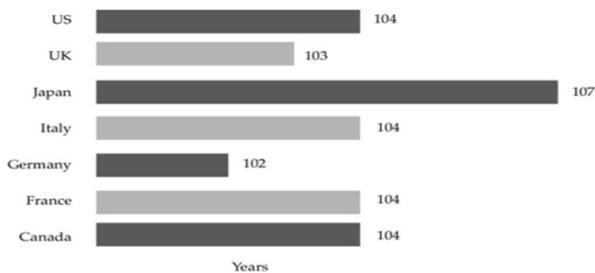


Thrive at E-Smart

February 2017

From the Headmaster's Desk



Oldest age at which 50% of babies born in 2007 are predicted to still be alive

Source: Human Mortality Database, University of California, Berkeley (USA) and Max Planck Institute for Demographic Research (Germany). Available at www.mortality.org

Dear parents,

How old do you think you are going to live until? I believe most of you won't mind living longer provided you are healthy. What if the latest research is telling you that life expectancy across all countries in the world has been on a steady increase and there is a good chance that you will live to a hundred years old or more? How are you going to spend your life after retiring from your work? Apparently, your children are going to live even longer? How are you going to prepare them for this gift of longevity?

Insurance agents and financial planners would help you focus on building tangible assets, which are indeed essential for supporting our living expenses after we stop having a gainful employment. To me, however, intangible assets such as a supportive family, great friends, strong skills and knowledge, and good physical and mental health, are far more important in sustaining a happy long life.

Like tangible assets, we need to invest and manage our intangibles wisely, and among them, physical health is the easiest to measure and maintain. If you are sick often and have an incredibly high number of medical bills, you need to review your lifestyle and work habits. A good friend of mine who owns a successful food business works almost 80 hours a week, toiling on all public holidays and taking only half a day off during the week. At 44, he suffers from all kinds of ailments ranging from muscle pain, skin allergies to insomnia. He spends a substantial number of his days off visiting doctors, acupuncturists, chiropractors and physiotherapists. He often tells me he plans to retire by the age of 50, so in the meantime he needs to amass as much wealth as possible. I just hope that by the time he reaches 50, he will still be healthy to enjoy the fruits of his years of extremely hard work.

Another good friend is about to retire at the age of 53 after being a successful partner of an international law firm for almost 20 years. For the past 28 years of her working life, she has been spending at least 65 hours a week at work, missing numerous family dinners, weddings, birthday parties and reunions. Asked about her plans after retirement, she doesn't

seem to have a clue. Fortunately, she has pretty good health and is determined to reconnect with good old friends like me. A highly intelligent person, she won't find it difficult to pick up new skills and knowledge that would help enrich her life after retirement.

Not all my good friends are that lucky, however. A friend who has been a pastor of a medium-sized church for over 25 years is retiring early for health reasons. He suffers from a host of physical and emotional difficulties, and he doesn't have a supportive family or an extensive social network. As far as I know, he hasn't saved enough money to support his living expenses after retirement. Though having excellent communication and relationship skills, he doesn't seem to have other skills and knowledge that will help him find other jobs, which is indeed a worry.

Longevity is an amazing gift of our generation. Yet, not many of us are physically and psychologically prepared for it, as evident in the high rates of suicide among senior citizens in developed nations, a lot of them suffering from depression. 10 years ago, like many of you, I was busy raising a young family and wouldn't have time to think about how I would live my twilight years. Nonetheless, with better planning and management of our intangible assets, our 'retirement' years don't have to be spent in loneliness and misery. Therefore, other than focusing your life all on your work and kids, strike a better balance between life and work, improve your physical health and fitness, and broaden and diversify your network. Start from the Year of the Rooster!

Yours sincerely,

Clive Chan

Stars of the Month

Ho Kylie	GWF4B Wed 6:30-7:30
Lam Hau Yan, Melody	GWF4B Sat 9:00-10:00
Tai Kei Kwan, Audrey	GWF4B Sat 3:00-4:00
Wong Tin Nok, Taylor	GWF6B Fri 4:30-5:30
Cheung Donna Kuen Tone	GWF6A Sat 2:00-3:00
Sit Ho Ming, Arthur	IEKKB Tues 9:30-10:30
Santitane Long Ching, Isaac	IEK2B Sat 9:00-10:00
Chu Tak Ching, Janet	PTWR Thur 9:30-10:30
Cheng Kok Yan, Tracy	PTWR Fri 5:30-6:30
Kwok Sze Nam, Angus	PTWP1-2 Sat 11:00-12:00
Tam Leong Yin, Teko	PTWP2-3 Sat 10:00-11:00
Mok Hoi Yui, Zared	PTWE2 Fri 4:30-5:30
Law Kin Long, Lucas	PTWE2 Sat 1:00-2:00
Tai Hong Kiu, Ellie	PTWE3 Fri 6:30-7:30
Tam Lai Wa, Kerry	PTW1-2 Sat 9:00-10:00
Lam Kin Sing, Carson	PTW4-5 Wed 4:30-5:30
Li Hon Ming, William	WTE1 Tues 5:30-6:30
Sit Hoh Yau, Katherine	WTE1 Wed 4:30-5:30
Hung Tak Kam, Kelvin	WTE2B Fri 5:30-6:30
Chan Yan Yin, Cherry	WTE2B Sat 11:00-12:00
Lee Chi Hin, Ryan	WTE2A Tues 4:30-5:30
Ko Tin Chi, Ryan	WTE4B Mon 4:30-5:30
Cheung Ka Man, Carmen	WTE4B Sat 11:00-12:00
Yung Lok Yan, Laetitia	WTE4B Sat 4:00-5:00
Yuen Siu Nam, Alfred	WTE6B Tues 5:30-6:30
Hui Lap Hang, Brian	WTE8B Tues 6:30-7:30

STUDENTS' PAGE

February 2017



Chinese New Year is over, but let me tell you a story about it. Chinese New Year is very old. Where did it come from? There is one possible answer. A long time ago in Egypt, God's people lived as slaves. When God saved them, He told them to put animal *blood* on **the top and the sides of their doors** so that they wouldn't be *killed* when God killed their enemies. Is this like the Chinese New Year story? People put *red* paper on **the top and the sides of their doors** so that they wouldn't be *killed* by Nian. I think this shows that God has put echoes of the truth in every culture in the world. —Mr. Boa

WRITER OF THE MONTH

Letter to a Friend that Smokes

Dear John,

How are you? I discovered you have taken up smoking recently. I wrote this letter because I want to tell you smoking is very bad.

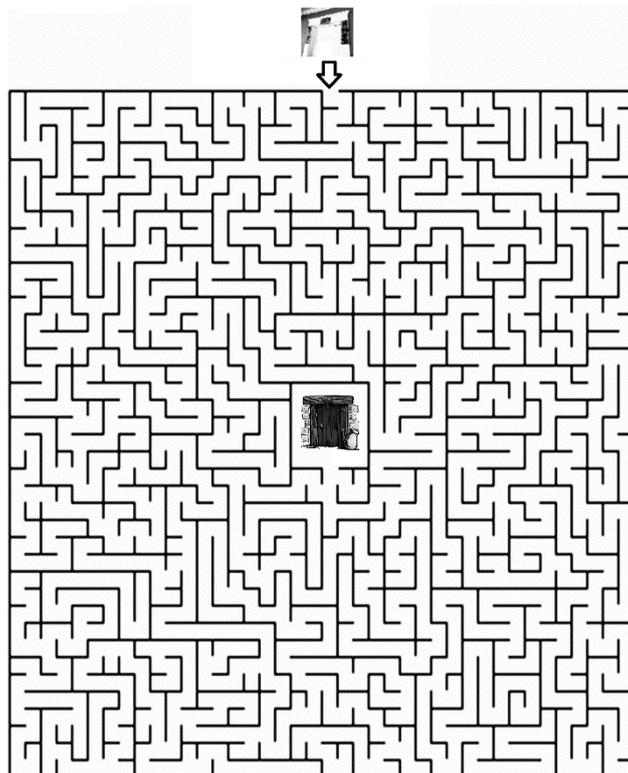
First, you must quit smoking. The smoke will hurt your body. You should think. If there is some bad thing is your body, it will be terrible, right? Besides, smoking will cause a lot of diseases such as your heart will be dirty. Your teeth, mouth and skin will be yellow. You will have white hair. Now, you are tidy but after smoking, you will be messy and ugly. You will use a lot of money to buy cigarettes. You don't want to be poor, right?

You must quit smoking so that you will have a lot of good things such as good friends, money and health. I hope you will quit smoking immediately.

Love, Taylor

— Wong Tin Nok, Taylor WTE-4A

Fun Maze
Can you help the red paper find its possible source in the Bible story of the blood on the door? ►



You know it is the **Year of the Rooster**, but did you know that every year could have **Wood, Fire, Earth, Metal or Water** along with an animal? This year is **Year of the Fire Rooster!**