

# Thrive at E-Smart

April 2018

## From the Headmaster's Desk

*Health is a gift. Run for those who can't, eat wholly and plentifully for those who are restricted, be strong for those who can't move a muscle, and love heavily for those who have none left to give.*

~ Rachael Mielitz

Dear parents,

I always consider myself a healthy person as I have rarely been ill over the years, so I was not only stunned but also greatly humbled when I came down with Influenza A that took me more than three weeks to get fully recovered.

I have had sore throats, colds and flu from time to time, but their severity can never be compared to Influenza A. Apparently, as the doctor diagnosed, the virus attacked my lungs and stomach directly, so I did not have any other signs of upper respiratory tract infection like a runny nose or a sore throat other than an incessantly high fever. I remember one day I was home alone, lying helplessly in bed and running a fever of more than 41 degrees Celsius. I felt motionless, not even having the ability to move my hands to fetch the cup of water on the bedside table to quench my thirst. At that very moment, I started to understand a bit more why my Dad told me on his deathbed that he would rather go to heaven than suffer the excruciating pain as the cancerous cells in his lungs had spread to his bones.

Influenza is much less malignant than cancer, but it has accounted for one in ten American deaths in 2018, and in Hong Kong, there have been almost 500 serious cases of Influenza of which about 300 people have died in the past few months. It has also caused our kindergartens and primary schools to suspend classes and start the Chinese New Year holidays early.

For many of us, we have always taken our health for granted that we often come to be aware of the seriousness of a medical condition far too late. In my case, I felt unease in my throat the day before I crumbled, and thought it would go away the following day as usual. It was like a band of soldiers who were sleeping contently while their enemies launched a formidable attack unawares, crushed and wiped these soldiers out totally in the end.

Of course, I have learnt to watch out more carefully from now on, but the truth is few of us have immunity to Influenza A and other viruses. However cautious we are and however a healthy lifestyle we lead, after all, we are fragile human beings. Some of us may be stronger than others, but none of us can escape from illness or death. I am not unfamiliar with illness or

death as I have walked very closely with my parents during their final days on earth. One thing I have keenly observed is that a lot of terminally ill people would rather die than receive any further treatment. More often than not, the sense of helplessness and hopelessness is far more shattering than the physical ordeal they have to endure. I had the same feeling of devastation when I could not help but lie immobile in bed due to the high fever. More than agony, I have experienced the true meaning of humility, without which we can never connect with someone who is suffering. Without humility, we can never truly empathize with the pain of others. Without humility, our words of concern and condolence will be condescending. Without humility, our love and care for others will be haphazard rather than persistent.

May we all be grateful for our good health and 'love heavily for those who have none left to give!

Yours sincerely,



Clive Chan

## Stars of the Month

GWF2B Sat 10:00-11:00  
GWF2B Tues 4:30-5:30  
GWF4A Sat 3:00-4:00  
GWF4A Sat 9:00-10:00  
GWF4B Sat 4:00-5:00  
GWF6B Thur 4:30-5:30  
GWF9B Sat 2:00-3:00  
IEK2A Fri 6:30-7:30  
IEK2A Sat 9:00-10:00  
IEK2B Sat 11:00-12:00  
IEK2B Thur 4:30-5:30  
IEK4B Tues 4:30-5:30  
IEK6A Sat 12:00-1:00  
IEK6B Tues 6:30-7:30  
IEKKA Sat 12:00-1:00  
IEKKB Thur 9:30-10:30  
IEKKB Tues 5:30-6:30  
IEKKB Wed 2:30-3:30  
IEKP Tues 2:30-3:30  
IEKP Wed 2:30-3:30  
PTWE1 Sat 11:00-12:00  
PTWE2 Sat 10:00-11:00  
PTWP1 Wed 5:30-6:30  
PTWP2 Wed 5:30-6:30  
PTWP3 Fri 5:30-6:30  
PTWR Thur 3:30-4:30  
PTWR Tues 2:30-3:30  
STLA Fri 3:30-4:30  
WTE1 Tues 5:30-6:30  
WTE2A Fri 5:30-6:30  
WTE2B Sat 11:00-12:00  
WTE2B Tues 5:30-6:30  
WTE2B Wed 4:30-5:30  
WTE4A Fri 4:30-5:30  
WTE4A Sat 10:00-11:00  
WTE4A Sat 4:00-5:00  
WTE4B Sat 3:00-4:00  
WTE6B Sat 12:00-1:00  
WTE6B Thur 5:30-6:30

Wong Chi Long, Alvin  
Cheung Tsz Wai, Jessica  
Chan Nga Yung, Tiffany  
Wong Chun Hei, Carson  
Yeung Pak Dick  
Cheung Ka Man, Carmen  
Cheung Donna Kuen Tone  
Chan Yui Ming, Jayden  
Yung Hong Luy, Phoebe  
Hsu Si Lam, Venus  
Chau Ching Tung, Dora  
Lam Hong Ching, Zoey  
Lam Ching Him, Samuel  
Wong Yin Ning, Nicola  
Ko Sum Yau, Zoe  
Lo Wan Ting Ernest  
Cheung Tsz Ching, Cherry  
Lam Ching Hin, Nathan  
Ngai Yi Ching  
Fung Tsz Wai  
Chau Hong Yin, Taylor  
Wong Man Yin, Macy  
Yau Wing Lam, Rachel  
Yeung Hei Nam, Matt  
Chu Tak Ching, Janet  
Lam Ching Hin, Nathan  
Wong Aries Ho Long  
Lam Ching Hin, Nathan  
Cheng Hiu Ching, Jaime  
Tai Hong Kiu, Ellie  
Lee Cheuk Wing, Sireen  
Chau Hong Yin, Taylor  
Yeung Tsz Ki, Selena  
Pang Cheuk Ling, Lilian  
Yung Chi Kiu, Anson  
Yung Lok Yan, Laetitia  
So Ching Wun, Janice  
Lee Ching Yin, Uno  
Yan Bethany

# STUDENTS' PAGE

## APRIL 2018



**Spring Is Here!** I love this time of the year! It's a time when, after a cold gloomy winter, that flowers start to bloom and butterflies break from their cocoons to soar in their beautiful forms. These transformations brought by the changing of seasons have once again reminded me to live life to the fullest and to be grateful for all that life brings. What are some things you are grateful for? Whatever it may be, remember to show gratitude for all that we have around us, whether they are things in our possession or not. Remember to start each day with a grateful heart! ☺ ~Ms. Heidi



### "My Imaginary Friend"

by Zoe Lam (WTE 6B)

I have a friend.  
She teaches me to mend.  
I hope you could see her,  
for she is not a tiger.

We always walk on a path,  
but thinking to have a bath.  
To cool the heat down  
but not to drown.

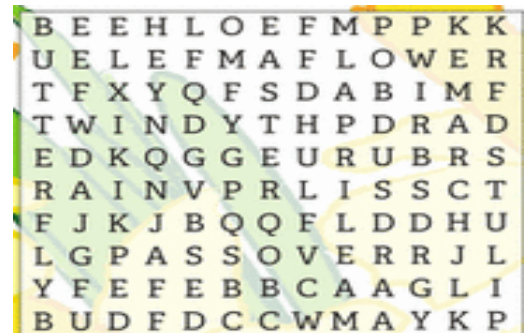
We play day and night  
but we sometimes fight.  
We get well soon  
While eating with a spoon.



#### OTHER WRITERS OF THE MONTH:

Owen Mok (WTE 2B); Stephanie Kwok (WTE 2B);  
Chelsea Lam (WTE 4B); Chan Sze In (WTE 4A)

### Spring Word Search:



#### Word Bank:

BUD	WINDY	MARCH	MAY
EASTER	PASSOVER	BUTTERFLY	RAIN
APRIL	TULIP	BEE	FLOWER

Guide the Easter Bunny through the maze to find the Easter Eggs

