

Thrive at E-Smart

April 2019

From the Headmaster's Desk

Dear parents,

In a recent interview, Bill Gates, the second richest man in the world, says he now asks himself 4 questions to measure his quality of life, which he would probably have laughed about when he was 25. The questions are:

1. Did I devote enough time to my family?
2. Did I learn enough new things?
3. Did I develop new friendships and deepen old ones?

And the fourth question is from his good friend and mentor Warren Buffett:

"Do the people you care about love you back?"

A common element of these questions is that they are highly subjective and hardly quantifiable. In contrast to such questions as the amount of money you make from your job or the profits you have gained from your investments, you are the only one who knows the answers to these four questions.

For me, the first three questions are wise and valid. When young, a lot of us may think we could attain happiness through wealth, only to regret later that we can enjoy lasting joy only through self-actualisation and deep relationships with family and friends. Many of us believe hard work pays off, so we spend long hours at work, but some of us cultivate few interests other than our job. Neither do we care to dedicate much time to our family as most people would only show admiration and shower praises to a person who has a successful career or a lot of money rather than to one with a loving family. A really pathetic example is a friend who has recently retired. One day, he was so bored that he aimlessly wandered from his home in Kwun Tong to Tsim Sha Tsui. The almost three-hour walk was probably beneficial to his body, but if I were him, I would rather choose a scenic path and walk with a few good friends so that I can deepen my relationship with them. Perhaps, this friend might have behaved differently if he had taken time to ponder on the first three questions.

As for the fourth question, I will not use it to measure my quality of life because other people do not necessarily love me back even when I care a lot about them. If you love only if other people love you back, you are bound to be broken-hearted if not devastated.


In general, people we care about do reciprocate our love but there are a few possible dangers if we constantly check whether these significant others love us back or not.

When we become too keen to have people love us back, we may be inclined to spoil these people. We may shower friends with unnecessarily extravagant gifts or succumb to our child's undue demands. We give in when we should say no, and we tolerate when we should discipline. We may be taken aback when our friends don't show any appreciation, and we may feel disheartened when our child feels entitled rather than grateful.

In fact, despite our love and good intentions, some people do not always love us back. Some may even manipulate us or squander our love. So, instead of using their love to measure our quality of life, we should love on principle and stand firm on our values so that we feel fulfilled by showing compassion not only to those close to us but also to strangers who are in need.

A perfect example of such love is Jesus of Nazareth who lived on Earth more than 2000 years ago, and as this letter goes to print, I am still in the middle of my pilgrimage to the land where Jesus grew up, worked and was put to death by the people who he cared about. Those people didn't always love him back at that time, and some even persecuted him for his loving rebuke. However, he left an immortal legacy for us to follow in order to live a full and fulfilled life.

Yours sincerely,



Clive Chan

在最近的一次採訪中，世界第二富豪比爾蓋茨說，他在年輕時可能會覺得以下4個問題可笑，但他現在以此判斷自己的生活品質：我有足夠的時間留給家人嗎？我學到足夠的新東西嗎？我是否發展新的友誼並加深舊的友誼？你關心的人也同樣愛你嗎？

這些問題有個共同點：它們很主觀，難以用數字衡量。與你的薪水或投資回報的問題不同，只有你自己能解答這些問題。

前三個問題在我看來睿智而合理。年輕時，我們很多人可能會覺得財富會帶來幸福，後來才發覺我們只有在自我實現和與朋友家人的深厚關係中才能享受長久的快樂。我們很多人相信努力工作會有回報，所以投入大量時間工作，有些人除了工作幾乎沒有興趣愛好。我們也不會花太多時間在家裏，因為多數人只會欽羨有成功事業或大量財富的人，而不是羨慕擁有美滿家庭的人。

至於第四個問題，我不會用它來衡量我的生活品質。即使我非常在意他人，對方也不一定回報同等的愛。如果只有在別人愛你時才愛別人，你註定會心碎甚至經歷崩潰。

人們通常是會回應他人的關懷的。但當你不斷地確認別人是否愛你，可能會寵壞你愛的人。我們送不必要的昂貴禮物給朋友，或是屈服於孩子的無理要求。在我們應該說不的時候作出讓步，在應該管教的時候選擇容忍。於是，你的朋友、孩子可能會覺得這一切理所當然、無須感激，你也會因此感到驚訝或沮喪。

現實中，儘管我們付出愛與善意，但有些人並不總是愛我們，甚至利用或揮霍我們的愛。因此，不要用別人的愛來度量我們的生活品質，而應該熱愛原則，堅持我們的價值觀。這樣，我們無論關懷朋友還是關懷有需要的陌生人，都能從中感到滿足。

這種愛的絕佳例子是2000多年前的拿撒勒人耶穌。當這封信付梓時，我仍在這片土地朝聖。耶穌在這裡長大、工作、最後被他所愛的人們處決。那時，人們不總是愛他，甚至因他充滿愛意的批評而迫害他。但耶穌的故事將被永遠傳承下去，引導我們踐行充實而有意義的生活。

Stars of the Month

Chan Emily	WTE4B Sat 11:00-12:00
Chan Hiu Wai, Reginia	IEK4A Sat 10:00-11:00
Chan Tsz Kiu, Anya	WTE4A Sat 3:00-4:00
Chan Yu Hei, Sirena	PTWP2 Sat 1:00-2:00
Cheng Nok Yin	IEKKA Thur 9:30-10:30
Cheung Donna Kuen Tone	WTE8B Fri 6:30-7:30
Cheung Lok Sum, Andrea	IEK4B & GWF6B Mon 6:30-7:30
Cheung Yi, Fredra	PTWE2 Sat 4:00-5:00
Cheung Yuk Ho, Oscar	IEK6A Mon 5:30-6:30
Chim Sum Yi, Elsie	WTE2A Wed 4:30-5:30
Choi Lok, Sabrina	IEK6A Tues 6:30-7:30
Chow Ho Ki, Hovan	WTE6B Sat 4:00-5:00
Hsu Si Lam, Venus	IEK2A Sat 11:00-12:00
Hsu Si Lok, Hercules	IEK6A Sat 9:00-10:00
Ip Hei Nga, Iva	GWF9A Sat 2:00-3:00
Leong Tin Lok, Ethen	WTE4A Tues 4:30-5:30
Li Karen	GWF9B Tues 6:30-7:30
Lin Choi Tung, Joyce	IEK6B Sat 1:00-2:00
Liu Tung Tung, Raina	PTW2 Sat 10:00-11:00
Ma Joelle	IEK2B Sat 9:00-10:00
Tam Lai Shan, Lisa	WTE2A Sat 11:00-12:00
Wong Hui Ching, Karina	WTE2A Tues 5:30-6:30
Wong Pak Kiu, Jan	GWF6A Thur 4:30-5:30
Wong Tsz Yan, Yannies	PTWP1 Sat 10:00-11:00
Yeung Angel	WTE1 Sat 2:00-3:00
Yip Ho Yin, Andrew	IEK2B Sat 12:00-1:00
Yu Ching Sem, Angela	WTE2B Sat 11:00-12:00
Zhang King Yan, Lori	GWF6B Sat 3:00-4:00



STUDENTS' PAGE

APRIL 2019

It is April and spring has come. Now that the dull cold winter is over, it's time to think about all the exciting activities we can do this month and for the rest of spring. Easter is on its way and we can make use of the warm weather to go Easter egg hunting. This is the month where we can also be creative. Did you know that we have 'Find a Rainbow Day' on 3rd April? This is where we can find different ways to find yourself a rainbow or make your own one. What are you looking forward to doing this spring?

~ Ms. Josephine ☺

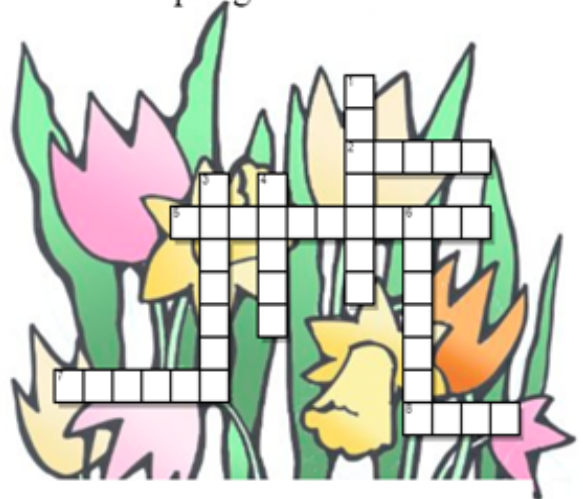
Congratulations to the other writers of the month:

Anson Lau (WTE4A) – My Favorite Dish

Owen Mok (WTE2A) – A letter to the Chief Executive

Kathy Kung (WTE8B) – The Haunted House

Spring Crossword



ACROSS

2. Birds build these to lay eggs in.
5. A bug that turns into a butterfly.
7. Baby birds are called _____.
8. Plants start to _____ in spring.

DOWN

1. Baby rabbits are called _____.
3. Rabbits like to eat these.
4. We plant these to grow fruits and vegetables.
6. Small, round beetles that are often red with black spots.



My Favorite Athlete (By Kirstie Pang, WTE2A)

A person can be a great athlete if he is hardworking. He needs to practice the sport every day. He can't be lazy. He may need to practice the sport four hours a day.

Lee Wai Sze is a famous athlete in Hong Kong. She rides bicycles very well. She is as fast as a leopard.

I wouldn't like to be an athlete or a sports star because I think being an athlete or a sports star will be so tiring, I don't like to be so tired. I have a favorite sports star. She is Lee Wai Sze. I like her because she rides bicycles very well.

I think it is difficult for women to become sports stars today because so many sports stars are men. And some men will fight in teeth and nails with the women.

April Word Search

X	E	M	H	X	M	X	Z	W	O	BUNNIES
D	A	E	G	G	S	B	O	T	P	EASTER
A	S	K	J	E	E	B	A	E	L	PLANTS
F	T	B	U	N	N	I	E	S	F	SHOWERS
F	E	O	Q	I	S	Z	S	V	X	SPRING
O	R	R	A	P	L	A	N	T	S	BLOOM
D	H	R	F	I	C	D	I	G	V	DAFFODIL
I	W	M	S	H	O	W	E	R	S	SOIL
L	W	A	S	P	R	I	N	G	S	RAINBOW
S	O	I	L	I	B	L	O	O	M	EGGS