

Thrive at E-Smart

May 2019

From the Headmaster's Desk

Dear parents,

In the recently released UN World Happiness Report in March 2019, the writers discuss some factors that affect our level of happiness, which may offer some insights as to how we lead our lives and raise our kids.

One of the contributing factors to our sense of wellbeing is generosity in terms of donating our time and money. Researchers have found that there is a strong correlation between happiness and prosocial behavior, confirming that those who give money and do volunteer work are generally happier.

Interestingly, while more than 60% of Hong Kong people have donated money, one of the highest among all countries, only 16.9% reported volunteering time to a charitable organization, which may explain why Hong Kong people are still one of the most unhappy among people living in developed countries.

To many of us, time is money. It is far easier to spare a few coins than to stand a few hours selling 'flags' (which are actually stickers) for a charitable organization on a Saturday morning. It has been long documented, however, that donors generally have a greater sense of satisfaction if they know who they are helping. Volunteers have a strong sense of ownership of the cause and get to meet other like-minded compassionate people, which should in turn boost their level of happiness. Such experience has been largely shared by hundreds of volunteer counselors at Post Crisis Counseling Network (PCCN) of which I have been the honorary advisor since its inception in 2008.

The report also discusses how digital media have caused unhappiness, depression and even suicidal ideation among adolescents. Intriguingly, there is a negative correlation between screen time and the sense of wellbeing among respondents. But aren't social media helping us to connect with others so that we feel happy?

In fact, people who spend more time on the Internet report a greater sense of loneliness. I could imagine how these people live a day even without uttering a word. They order food and have it delivered to their home by clicking a few buttons. They write and reply to posts on Facebook, Twitter and Instagram rather than meeting their friends face to face. And even if they are to meet with some friends, it is all arranged on back-and-forth messaging through WhatsApp or WeChat.

Virtual connection with friends could also be depressive. People like posting their achievements, travels, celebrations and unique experiences on social media, which might trigger wistfulness and even gloom among those who read them.

Social media are here to stay, and they are going to have an even bigger impact on the lives of our children. To stay happy, I would first encourage you to have less screen time yourself. Go for a walk or do some exercise with your kids. Better still, engage with a charitable organization and do some volunteer work together with your children. Be happy!

Yours sincerely,



Clive Chan

在今年三月發佈的「聯合國世界幸福感報告」中，研究者討論了影響我們幸福程度的因素，或許可以為我們如何生活及教養子女提供一些參考。

影響我們幸福感的其中一個因素是貢獻時間及金錢的慷慨程度。研究者發現親社會行為與幸福感之間有很強的關聯性，證實了願意貢獻金錢和時間的人通常更幸福。

有趣的是，雖然逾六成港人曾經捐款，這一比例遠超過大多數國家，有時間為慈善機構義務工作的人數卻不到兩成。這也許解釋了為甚麼港人的幸福指數仍處發達國家的末尾。

香港人時間寶貴，投幾枚硬幣遠比在星期六早上為慈善機構站上幾個小時「賣旗」（其實是貼紙）簡單得多。不過早就有文獻記載，當人們知道自己幫助的是誰時，會產生更大的滿足感。做志願工作尤其讓人感到幸福。當你把它作為自己的志業，你會遇到許多熱忱的同路人。我從08年災後心理輔導協會（PCCN）成立以來擔任榮譽顧問，見到數百名志願心理輔導員都分享著這樣的經驗。

這份報告亦討論了電子媒體如何引發青少年的不快樂、抑鬱甚至自殺傾向。有趣的是，受訪者瀏覽屏幕的時間長度與幸福感之間呈現負相關。但社交媒體難道不是幫助我們與他人建立聯繫，以讓我們感到幸福的嗎？事實上，花費更多時間上網的人卻說自己更加孤獨。不難想象，他們可以一整天不說話，在網上下單、吃外賣食品。他們寧願在Facebook, Twitter和Instagram發帖和回覆，也不願與朋友見面。而即使是與朋友見面，也是透過WhatsApp或WeChat你來我往的對話來安排一切。

與朋友在網上往來也可以是令人抑鬱的。人們喜歡在社交媒體分享自己的成就、旅行、慶祝活動與獨特的經歷，看到這些可能會讓人心生悵惘甚至憂鬱。

社交媒體不會消失，它勢必將對我們孩子的生活產生更大的影響。為了保持快樂，我首先會鼓勵您減少瀏覽屏幕的時間，和孩子一齊外出散步或鍛鍊身體。更好的是，您可以與孩子一齊參與慈善機構的志願工作。祝您開心！

Stars of the Month

Chan Ching Kiu, Real	WTE2B Sat 11:00-12:00
Chan Pak Hei, Jaden	PTWP3 Sat 1:00-2:00
Chan Yu Hei, Sirena	IEK2B Sat 12:00-1:00
Chang Hannah Hei Nga	IEKKA Thur 5:30-6:30
Chang Hoi Yu, Hayden	IEK2B Sat 9:00-10:00
Chee Man Lok, Ryan	PTWP3 Sat 9:00-10:00
Cheung Hoi Kit, Jaden	IEKKB Wed 3:30-4:30
Choi Ho Chung, Ethan	WTE1 Sat 2:00-3:00
Fong Sheung Man, Adrian	WTE4B Fri 5:30-6:30
Kwong Wang Yip, Anson	IEK6A Sat 9:00-10:00
Lam Kin Sing, Carson	IEK6B Sat 1:00-2:00
Lau Pak Hei, Anson	WTE4A Sat 3:00-4:00
Lau Sze Ching, Kacie	PTWP3 Tues 3:30-4:30
Law Hee Ting, Hidy	WTE4B Sat 3:00-4:00
Lee Cheuk Wing, Sireen	WTE2A Sat 11:00-12:00
Leung Wing Tung, Nicole	IEK4A Sat 10:00-11:00
Li Chun Lok, Juno	STLA Fri 3:30-4:30
Lo Long Hei, Hayton	WTE6B Sat 10:00-11:00
Mo Ching Man, Alice	IEKKA Wed 3:30-4:30
Mok Ho Wan, Owen	WTE2A Tues 5:30-6:30
Mok Tsz Long, Arthur	GWFF9A Sat 2:00-3:00
Muk Jing Yi, Khloe	PTWE2 Sat 4:00-5:00
Ng Cheuk Nam, Scott	IEK6A Tues 6:30-7:30
Pang Cheuk Ki, Kirstie	WTE2A Wed 4:30-5:30
Sze Cheuk Hei, Arthur	WTE8B Fri 6:30-7:30
Tsang Cheong Fun, Tony	GWFF6B Sat 3:00-4:00
Wong Chak Fung, Andy	GWFF4A Thur 4:30-5:30

STUDENTS' PAGE May 2019

World Biodiversity Day is a special day promoted by the United Nations (UN) in the month of May. What is biodiversity? If we have it, then many different living things share the same environment. If we don't have it, then there are too many of the same living things sharing the same environment. For example, what if only one kind of fish lives in a river? Then, we don't have biodiversity and this can be bad for the environment. If we have many different kinds of fish, shrimp, crabs and other living things in a river, then we have biodiversity and this is usually good for the environment. In Hong Kong, the Mikania vine (see below) and the mosquito fish (see above) are two living things which could hurt our biodiversity. So, this month, please give a thought to biodiversity. —Mr. Boa



H	D	S	L	E	E	L	T	T	A	C	P	E	B
R	U	N	L	S	L	A	M	I	N	A	D	I	U
E	C	L	F	O	H	B	F	I	S	H	H	O	G
E	K	A	L	O	O	E	A	E	C	O	W	R	B
D	I	O	A	G	R	E	F	G	E	E	S	E	I
L	C	F	C	I	S	S	A	M	A	L	L	A	R

← **How many animals can you find in this word search? Find as many as you can!**

Writer of the Month – The Magic Book

I found a sparkly, golden book on the way home from school. When I started to open the book, strange things began to happen. First, white smoke came out of the pages. Then, a beautiful fairy flew out and exclaimed, "It's your lucky day! I am here to grant you three wishes." I was so happy, and I thought for a while. Then, I said, "First I don't want to go to school anymore. Please make the teachers forget about me. Second, I want to have a new iPhone so I can play with it all the time. Third, let my parents forget about me too!" The fairy said, "Your wishes are granted."

After a week, my friends kept on asking about me and wondering why I was absent for so long. Oh no! I forgot to make them forget me! Then, my eyes became worse. Finally, I felt so lonely at home. I couldn't hold it anymore so I asked the fairy, "May I undo the wishes, please?" The fairy said, "Your wish is granted." I have really learnt a lesson!

– **Chloe Mo, Yin Kiu (WTE-4B)**

Other Writers of the Month – Hidy Law (WTE-4B), Li Pui Lam, Angie (WTE-6B), Anya Chan (WTE-4A), Kylie Li (WTE-8B)