

Thrive at E-Smart

September 2020

From the Headmaster's Desk

Mindfulness can broadly be defined as 'paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally'

~ Kabat-Zinn, J.

Can any one of you by worrying add a single hour to your life?
~ Jesus (Matthew 6:27)

Dear parents,

The hot summer is gone, and it is supposedly the back-to-school time. Unfortunately, due to the COVID-19 pandemic and the ensuing social distancing measures, our students aren't able to rub shoulders with their peers as usual but to see their teachers and friends online instead. To many, this is far from satisfactory, and understandably, many students have felt anxious, and some of them have exhibited behavioral problems that have embittered their parents who have been working from home during this time. Admittedly, many people, adults and children alike, have faced incomparable stress they have never experienced before.

Thanks to years of mindfulness practice and my 3-week hospitalization last year, I haven't experienced as much anxiety as some of my young friends during this pandemic. Indeed, most of our frustrations and anxieties come from our laments about the past and fears about the future while being oblivious to the present. Very often, when we focus on the present and are non-judgmental for what we are experiencing, we will be calmer and more gracious in most circumstances, even in life-and-death situations.

Fifteen months ago, my doctor saw an 8cm shadow in my liver from the ultrasound, and the subsequent CT scan confirmed it to be a benign abscess rather than a malignant cancer cell. When he broke the news to me, I smiled and expressed my gratitude, which deeply baffled him. He responded, "How could you be smiling? It's a very serious illness. Most people will have unbearable pain when the abscess is 5cm but you allowed it to grow to 8cm! You could have died if you hadn't got admitted to the hospital in time. You probably caught the bacteria during your trip to Israel last month." Indeed, I could have become angry with myself. What if I didn't go to Israel? What if I was more careful when crossing the Hezekiah Tunnel? What if I was more aware of my body condition and checked myself into the hospital earlier rather than after a week of low fever? I could also be extremely worried. What would happen to my work if I had to stay in hospital for weeks? What will become of me if I get cancer in the end as research suggests that patients who have had liver abscess have a higher chance of getting liver cancer?

The above questions did pop up from time to time, but I chose not to dwell on them as I decided to live in the present and was thankful that I was going to get cured. I had to pay attention to the present on purpose as the bitterness about past 'mistakes' would emerge from my wandering mind. I also chose to view the abscess non-judgmentally. It didn't

shrink as quickly as my doctor and I had hoped, but cursing it wouldn't make it go away. It was still 3cm big when I was discharged, and the doctor said it might take months or even years for it to totally disappear. I did have another ultrasound after 3 months and confirmed it to be continually shrinking, albeit very slowly. Instead of fretting about the size of the abscess, I have not even thought about it until writing this letter.

Let's you get me wrong, your worries about the pandemic and your children's future are totally legitimate as you love them dearly and want the best for them. However, constantly checking the number of infected cases and where those patients live, frequently asking when face-to-face teaching will resume, and wondering if your kids can catch up when they are back in school will only wear you out and add stress to both yourself and your loved ones. Living in the present, you pay attention to your breath and are thankful that you can still breathe normally. Watching your child jump up and down to vent his boredom, you see a child who is agile and curious rather than sick and dejected. Focusing on your body rather than continuously checking messages on your smartphone, you are aware of the tension of some muscle parts that require your attention and pampering.

May you live in the present and have peace in every step you take!

Yours sincerely,



Clive Chan

Stars of the Month

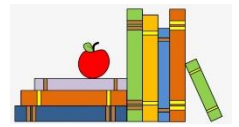
Cheung Ho Kwan, Charles	IEK2B Sat 9:00-10:00
Chin Yan Ting, Jinnie	WTE2A Fri 4:30-5:30
Ho Yu Him, Jayden	WTE1 Sat 3:00-4:00
Kwok Cailie	GWFF1 Sat 2:00-3:00
Lai Yi Kwan, Sophie	PTW3 Sat 12:00-1:00
Lau Lok Hang	WTE6A Sat 10:00-11:00
Liu Justin	WTE4B Sat 11:00-12:00
Lo Wan Tsz, Janice	PTWR Thur 9:30-10:30
Lo Yin Kwan, Charis	GWFF6B Fri 3:30-4:30
Lui Chit Wing, Gianna	WTE4B Tues 5:30-6:30
Luk Tsz Wai, Max	PTWR Mon 3:30-4:30
Ng Ben	WTE6B Mon 6:30-7:30
Ng Cheuk Lam, Jolie	GWFF2A Sat 3:00-4:00
Ran Choi Yap, Rainbow	PTWE2 Sat 1:00-2:00
Siu Wai Ching, Kaden	PTWE1 Sat 10:00-11:00
Tsui Lok Ki, John	WTE8A Sat 4:00-5:00
Yip Long Chi, Aidan	WTE2B Sat 2:00-3:00

Resumption of Face-to-face Teaching

In accordance with the guidelines of the Education Bureau, we will resume face-to-face teaching at our centre from September 29. Please contact our reception staff if you have any questions.



Students' Page September 2020



So long summer and hello autumn. In a blink of an eye, September is here again. That means a new school year has started and you have met your new teachers and perhaps some new friends too.

Although our classrooms are all virtual nowadays due the global pandemic, we should still maintain a positive attitude in learning. Remember that we still need to follow the same set of class rules as we would when we were in the actual classroom. So, happy learning everyone! I wish everyone a happy September! ☺

~ Ms. Michelle

BEST WRITER OF SEPTEMBER



ISSAC'S MAGIC CHEWING GUM



by Issac Wu (WTE 4A)

The one and only Issac's Magic Chewing Gum is now available for you. This piece of gum will be the end of all kitchens and all cooking! There won't be any more shopping to do! No more buying of meat and groceries! There'll be no knives and forks at mealtimes. Not to mention there are no plates! No washing up! No rubbish! No mess!

It will satisfy all you desire of food! Just a little stripe of Issac's Chewing Gum—and that's all you ever need for breakfast, lunch and supper!

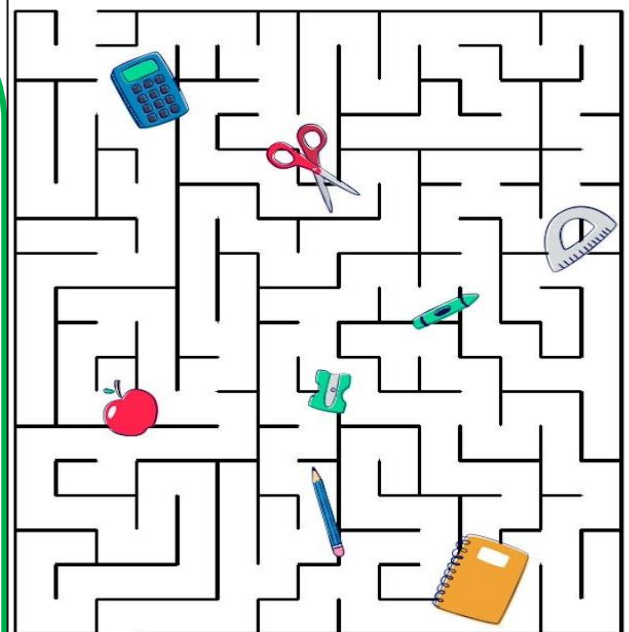
All the flavours you can think of are in this piece of gum. First you'll taste potato salad, then tomato soup, next, Angus beef steak and finally ice-cream pudding.

You can get a trial package for free now! Limited stock available, so act fast!



Back-to-School Maze

What 5 school supplies to you pass to get out of the maze?



Congratulations to the other Writers of September:

A Day at Ocean Park

--Zoey Lam WTE 4B

My favourite restaurant

--Gianna Lui WTE 4B

Being hit by the lightning

--Eunis Wu WTE 2A