

Thrive at E-Smart

August 2021

From the Headmaster's Desk

"Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay."

— Robert Frost

Dear parents,

Most of us cherish our attachments, so separation, be it short or indefinite, always brings about some distress. This summer, I have been bidding farewell to a number of longstanding friends who have chosen to leave Hong Kong for good, and their departures have elicited an array of emotions among us – love, nostalgia, angst, grief, reluctance and sorrow, just to name a few. Separation would inevitably inflict different levels of trauma on the parties involved, so it is important to recognize and handle it appropriately.

Though holding a strong Christian faith, I have always found the Buddhist concept of impermanence useful in dealing with change and separation in my life. Most of us prefer security and stability, so we would like to hang on to certain routines and find comfort in a regular lifestyle when indeed we are aging and changing every second. All of us have experienced physical changes in our bodies, and some of us might lament the loss of beauty, agility and flexibility in our youth and do whatever we can to stop our aging (decay) in vain. Some of us would have witnessed changes in the relationships with our spouses, family members and friends, and cried over the transition from endearment to estrangement. Indeed, a lot of human sufferings arise from the refusal to let go of loss and change which might propel some people into a state of depression.

Recognizing that nothing is permanent, we would go along with the flow of life and accept separation with grace. Not long ago, I sent a birthday greeting to a friend only to realize that he has already moved to Canada months ago because he and his wife reckon it would be better to raise their son soon to be born there. Though we haven't seen each other much and would probably not see each other for a long time, I know he has chosen a path deemed best for his family. I felt fondness and benevolence strongly in my heart and immediately said a prayer for him and his family. No material thing is permanent, but core values like love and compassion are, and it is such values that

bind us together when we are facing seemingly insurmountable societal and personal changes in our lives.

Contrary to common perception, the concept of impermanence is neither passive nor fatalistic. When we live consciously, we would mindfully observe the continual changes in ourselves and others. We treasure our every breath and thank different parts of our body for quietly sustaining our life. We embrace and thrive on changes rather than become bitter and wistful. We gladly take on new challenges while being fully aware that neither success nor failure is everlasting.

No joy is permanent; neither is our suffering. Some of us might find the present situation suffocating and unbearable and desire an immediate change. In any case, no earthly power is permanent but more importantly, a change in external circumstances might not guarantee our happiness. More often than not, happiness comes from within – letting go and moving on.

May you be blessed in this extremely taxing time of change and separation!

Yours sincerely,



Clive Chan

Stars of the Month

Au Ming Hin, Steve	IEKKB Sat 9:00-10:00
Chan Hiu Wai, Reginia	IEK6A Sat 10:00-11:00
Chan Sze Yu, Jennifer	WTE4A Sat 11:00-12:00
Cheung Ho Kwan, Charles	IEK2A Sat 9:00-10:00
Cheung Hoi Kit, Jaden	PTWP1 Sat 12:00-1:00
Chui Yat Hei, Hayden	PTWE3 Sat 10:00-11:00
Chung Cheuk Yat, Travis	IEKKB Tues 4:30-5:30
Fung Tsz Ching, Christy	WTE8B Sat 10:00-11:00
Fung Tsz Hei, Venus	WTE2A Sat 11:00-12:00
Huang Ming Wai, Mason	GWFF4B Sat 3:00-4:00
Hung Wing Laam, Ivana	IEK6B Sat 9:00-10:00
Ko Tin Chi, Ryan	IEK8A Sat 9:00-10:00
Kwong Wang Chi, Wilson	WTE4B Fri 4:30-5:30
Lai Yi Kwan, Sophie	WTE4B Sat 11:00-12:00
Lam Sin Yee, Karly	PTWP1 Sat 12:00-1:00
Lau Sing Yu, Matthew	PTWE1 Fri 4:30-5:30
Lau Tsz Fung	WTE1 Sat 11:00-12:00
Lee Lok Yi, Venus	WTE2B Sat 3:00-4:00
Leung Sin Yiu, Eunice	WTE2A Sat 2:00-3:00
Li Pak Shun, Morris	PTWP1 Mon 3:30-4:30
Li Pui Lam, Angie	WTE8B Thur 4:30-5:30
Liu Tsz Hin, Kobby	PTWB Fri 5:30-6:30
Sin Pak Kiu, Chris	WTE6B Fri 5:30-6:30
Tse Wing Tung, Natural	GWFF2B Sat 2:00-3:00
Viseu Luis	WTE4A Tues 5:30-6:30
Wong Tsz Yu, Moses	GWFF6A Fri 3:30 / PTW1 Sat 1:00
Yu Jun Jin, Ada	WTE8A Sat 12:00-1:00



Students Page

August 2021

As the summer season continues, it's a nice time to go out for picnics in the park or at the beach. Some may like to hide from the heat and strong sun by relaxing at home with the air-conditioner on. Here are some activities which are enjoyable and you won't be affected by the hot temperature.

- Movie time at a friend's home
- Cooking together at a friend's home
- Swim with friends at an indoor swimming pool

~Ms. Josephine ☺



CONGRATULATIONS TO THE JOINT WRITERS OF THE MONTH!!!

An Unlucky Week By Jims Kwong (WTE 6B)

Dear Diary, 31st June, 2021

Last week was the worst and unluckiest week in my life. Before I went to my Grandma's house, it was sunny. Therefore, I didn't bring an umbrella. However, when I had alighted the bus, it started raining like cats and dogs. When I was running across the road, the lorry splashed water without apologizing to me. After I had crossed the road, I saw a lady trip over a rock. I put my shoulder bag on the ground while pulling her up. However, a cheeky thief stole my shoulder bag and ran away. When I started chasing him, I fell on a muddy puddle. If I hadn't helped the lady, I wouldn't have fallen into a puddle and lost my shoulder bag.

The next day, I went to eat buffet with my aunt and I had eaten many oysters and then I got food poisoning. I was sent to the hospital for three days lying on the bed and taking smelly medicine. It was torturing.

Joe's Story By Zoey Lam (WTE 4A)

On the third day, Joe told his mother "I don't love school. School is boring!" His mother was very angry and wanted to punish Joe. Suddenly, Martin's mother came to their house; his mother said, "Martin is sick today." Maybe Joe needs to go to school by himself today." Luckily, Joe's mother was free today, so she took Joe to school. When they were at the entrance, Joe held his mother's hand tightly and cried loudly. His mother shouted, "Stop crying, Joe or else no dinner tonight!" Joe was so scared that he cried even louder. The teacher came out of the school to see what happened and they saw Joe. The teacher brought Joe into the school and told him different stories and hoped he could stop crying.

One hour later, Joe finally stopped crying but he was too excited that he tripped over the stairs. He fractured both his legs and needed to stay home for half a year.

Can you spot 10 differences between these pictures?



Congratulations to the Other Writers of the month:

Ernest Lo (WTE 2A) – My Favourite Drink

Angel Yeung (WTE 2A) – Pimi the Peacock

