

Thrive at E-Smart

January 2022

From the Headmaster's Desk

"Blessed are the forgetful, for they get the better even of their blunders."

— Friedrich Nietzsche

Dear parents,

Happy New Year! Most of us love this festive and rejuvenating time of the year as we can try to leave our past behind and make everything anew. Past failures can be overlooked, blunders erased and wrongs forgotten while new goals can be set, good habits formed and relationships rebuilt. Unfortunately, after the first few days of euphoria, our resolutions usually remain hollow catchphrases as we choose to dwell on the past rather than live in the present and hope for the future.

As such, blessed are the forgetful as Nietzsche rightly pointed out. People with an excellent memory may do well in their studies and careers, however such an ability may unfortunately be detrimental when these people choose to hang onto the past. They can give you a detailed account of their past achievements, lament about missed opportunities, envy accomplishments of their less able friends and grind their teeth for the grim outlook of their life. They may feel disgruntled because they can't forget their past glory while feeling wistful for not making the 'right' choices for a more lucrative college major, a more promising career, a better life partner and so on.

Worse still, some of these people with an extraordinary memory are rarely forgetful about the wrongs they have endured. They can recount precise details of how they were aggrieved years or even decades ago, vow to punish and never forgive or forget the misdeeds of the evildoers. They keep playing the role of the victim by telling family and friends how they have been traumatised by the unpleasant memories. Distressing memories can in fact be reprocessed with the help of a professional psychotherapist so that the wounded person can live a happier life. However, remembering and retelling the transgressions repeatedly would only serve to inflict and intoxicate the soul of the injured rather than punish the wrongdoer. Time, therefore, intensifies rather than alleviates her pain.

Paradoxically, a forgetful person may live a happier life. Instead of sustaining her confidence with past achievements, she would choose to live mindfully at the present, being grateful for what she has got now instead of making conjectures about what might have happened had she chosen differently. Neither are there grievances over wasted opportunities or bad choices that only serve to weigh a person down.

What about past blunders then? How can a forgetful person get the better of them? Being forgetful doesn't mean being unthoughtful. A person can ponder on her past mistakes and make amends but wouldn't let the faults keep haunting her for the rest of her life. She remains confident in exploring the world around her, maintaining trust in others and taking adventures that add colours to her life.

Most importantly, a forgetful person is generally more forgiving. She doesn't remind herself and others the misfortunes she has borne or deplete her soul with continued bitterness and hatred. She may choose not to forgive an unrepentant perpetrator, but she can get on with her life without any unfinished anger which punishes no one but herself.

Be the blessed forgetful in 2022!

Yours sincerely,



Clive Chan

Stars of the Month

Chan Hiu Wai, Regina	IEK8B Sat 10:00-11:00
Chan Kam Shing, Damon	PTWR Thur 5:30-6:30
Chan Kiu Fai, Terrance	IEK6A Sat 9:00-10:00
Chan Yuen Tung, Cherry	WTE8A Sat 10:00-11:00
Chau Ching Tung, Dora	PTW5 Sat 9:00-10:00
Chen Hui Chi, Tristan	WTE4B Thur 4:30-5:30
Cheng Ka Ki, Kayla	WTE4B Sat 2:00-3:00
Cheung Cheuk Ki, Emma	IEKKA Tues 4:30-5:30
Cheung Hei Ching, Rosanne	WTE2A Tues 4:30-5:30
Cheung Ho Kwan, Charles	GWFB Sat 1:00-2:00
Chin Yan Ting, Jinnie	IEK6B Sat 11:00-12:00
Choi Yi Tung, Kelly	WTE2A Wed 5:30-6:30
Fung Yuet Ling, Una	IEKKB Wed 3:30-4:30
Hung Ling To, Allen	PTWB Fri 5:30-6:30
Ko Sum Yau, Zoe	WTE4B/IEK4A Sat 11:00-1:00
Ko Tin Chi, Ryan	IEK10B Sat 9:00-10:00
Lau Pui Sen, Vincent	WTE6B Tues 5:30-6:30
Leung Yat Him, Lucas	GWFA Sat 3:00-4:00
Li Chin Ying, Jade	IEK4B Thur 5:30-6:30
Lo Sum Yee, Sophia	PTWP2 Sat 12:00-1:00
Lo Wan Tsz, Janice	WTE1 Fri 5:30-6:30
Ng Cheuk Fung, Kyle	PTWE2 Fri 4:30-5:30
Ng Cheuk Lam, Jolie	WTE6B Sat 11:00-12:00
Ng Tsz Yu, Yuri	IEK2B Tues 5:30-6:30
Qin Yu Kwan, Johnny	PTW1 Sat 4:00-5:00
Shek Wan Hei, Hudson	WTE4A Fri 4:30-5:30
So Pak Lam, Carson	WTE2B Sat 3:00-4:00
Tong Wai Lok, Willis	WTE4A Sat 11:00-12:00
Tse Hong Ching, Kris	IEK2A Sat 2:00-3:00
Tsui Hei Tung, Aiden	WTE2A Sat 3:00-4:00
Wong Ching Ching, Bonnie	GWFA Sat 2:00-3:00
Wong Lok, Lucilla	PTWE2 Mon 5:30-6:30
Wong Tsz Chun	PTWP2 Mon 3:30-4:30
Yeung Hoi Ting, Heidi	WTE8B Mon 6:30-7:30
Yeung Yui Sze, Sophie	IEK8A Sat 1:00-2:00
Yeung Yui Yin, Hansel	IEK4B Sat 9:00-10:00
Yiu Hoi Ki, Vicky	WTE6B Wed 4:30-5:30
Yu Jun Jin, Ada	WTE10B Sat 12:00-1:00



We all know that the first of January is the first day of a new year, but it is also the **Global Family Day**. Global Family Day is also known as World Peace Day. It is a day to celebrate the concept of harmony and unity in the world. It promotes the idea of the world as a global village; that we are all family despite our different citizenship, race, religion, culture or political stand.

How do we observe this day? You can watch a movie or a documentary about peacebuilding, read about what peacebuilding is about or simply tell you friends the existence of this day. No matter where we live in this world, we are all human beings. We shall help each other to be better. ~Ms. Michelle 😊

E-Smart's Writers of January:

Kelly Choi (2A)

Astronauts

Lucas Leung (4B)

Christmas in Hong Kong

Arllys Chung (4B)

Christmas in Hong Kong



Homework

by Yanie Li (4A)

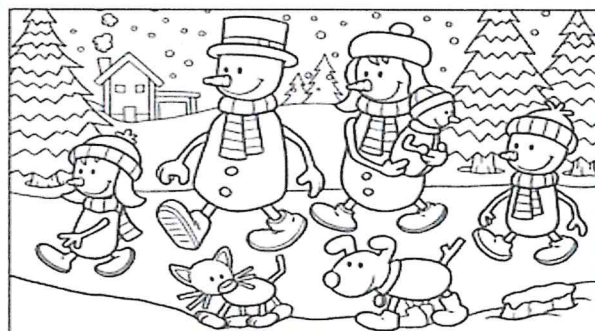
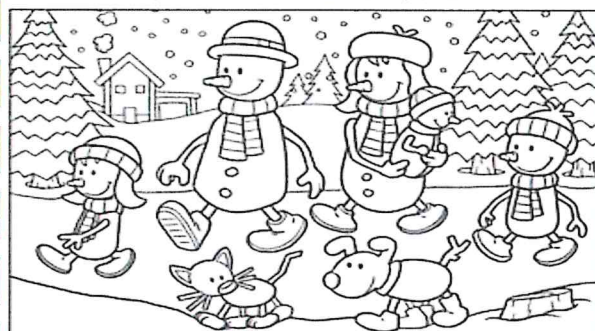


I have created a drawing. It mostly talks about my feelings when I do homework. I feel exhausted, irritable, sleepy, tired and bored when doing the annoying homework. I have excessive homework to do, and I do it slowly! I don't know why I can't be as fast as my classmates, and I hate being slow. If I do homework slowly until midnight, I waste a countless amount of time. I don't have time to sleep, to play, to read, to study or to exercise. And I want to have a balanced life schedule. Therefore, my grades will be down. I really don't want 'that thing' to happen. So I hope I can find a way to do my homework faster. Or else 'THAT' thing will really happen. Maybe I can also write a persuasive letter to school and tell the principal about my problem.

** (If you want to see Yanie's drawing, it is displayed on our glass panel.)

Spot the Difference

Spot 10 differences between the two pictures.



World Peace Wordsearch

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

peace	love	kiss
dove	talk	play
friends	friendship	hug
accept	goodness	beauty