

# Thrive at E-Smart

April 2022

## From the Headmaster's Desk

When virtue is lost, benevolence appears; when benevolence is lost, right conduct appears; when right conduct is lost, expedience appears. Expediency is the mere shadow of right and truth; it is the beginning of disorder.

Lao Tzu

Dear parents,

We are undergoing the toughest wave of the COVID-19 pandemic. With more than a million Hong Kong people officially infected, over 4 million unofficially according to some experts, the Government has instituted the strictest ever social distancing measures, making a lot of us feel isolated and even dejected at times.

Coincidentally, the latest World Happiness Report 2022 has just been published by the United Nations. Not surprisingly, among the 146 countries surveyed, Hong Kong is ranked 81 in terms of happiness, trailing far behind Taiwan which is at 26 and even mainland China which is at 72.

In case you wonder how the researchers arrived at the rankings, they have in fact taken the three-year average of the respondents' life evaluation scores on a scale of 0 to 10. Apparently, such evaluations have largely been affected by life circumstances caused by factors like income, life expectancy, freedom to make life choices, social support, generosity and perception of corruption. Hong Kong has a relatively high per capita income, so you can imagine how poorly we are rated in other factors. People in poorer countries like the Philippines where we hire our domestic helpers are happier than us, being ranked at 60.

Despite the pandemic, researchers have found that the three positive emotions of enjoyment, laughter and learning something interesting have been experienced more by the respondents worldwide than the negative emotions of sadness, worry and anger. What is more, such positive emotions have been enhanced by higher incidences of benevolence. Apparently, in the fight against the COVID-19 pandemic, respondents have felt that people are more willing to reach out to help other people in need. To this, we should give a big hand to doctors, nurses and all volunteer workers in taking care of the patients and their family members.

How then, can we feel happier? Apparently, we aren't able to bring about much change in the economic and political circumstances, but we can definitely support people campaigning for improvements in those areas. Individually, we should look to accentuate our daily experiences of positive emotions. Share with your good friends a book that inspires, a song that heals and a joke that brings laughter. Learn something new and interesting to overcome the boredom brought about by

social distancing. Most of all, reach out to people in need to make not only them but also yourself feel loved.

With benevolence, we will make it through the pandemic and become a happier people.

Yours sincerely,



Clive Chan

## Stars of the Month

Ho Tsz Yi, Yumi	GWF2A Sat 2:00-3:00
Cheung Ho Kwan, Charles	GWF2B Sat 1:00-2:00
Lam See Chai, Dusty	GWF4A Sat 3:00-4:00
Lam Kin Sing, Carson	GWF9B Tues 6:30-7:30
Yeung Ching Hei	IEK2A Sat 2:00-3:00
Shek Huen Ning, Miriam	IEK2B Tues 5:30-6:30
Cheung Yui Ching, Clement	IEK4A Sat 12:00-1:00
Man Kin Ching, Lester	IEK4B Sat 9:00-10:00
Ip Pak Yu, Cyrus	IEK4B Thur 5:30-6:30
Kwok Sze Nam, Angus	IEK6A Sat 9:00-10:00
So Ka Wing, Emily	IEK6B Sat 11:00-12:00
Wong Tsz Hin, Markel	IEK8B Sat 10:00-11:00
Hung Ling To, Allen	IEKKA Sat 9:00-10:00
Wong Tsz Yan, Yannies	PTW1-2 Sat 10:00-11:00
Lam Man Lok, Lok	PTWE2 Fri 4:30-5:30
Wong Lok, Lucilla	PTWE2 Mon 5:30-6:30
Tsang Ming Hei, Hugo	PTWP3 Mon 3:30-4:30
Li Pak Shun, Morris	WTE1 Fri 5:30-6:30
Wong Hui Yiu, Ian	WTE10B Sat 12:00-1:00
Yu Lok Tung, Cherry	WTE2A Sat 10:00-11:00
Leong Wai Man, Raymond	WTE2A Sat 3:00-4:00
Lui Hong Lam, Caitlyn	WTE2A Tues 4:30-5:30
Kwok Cailie	WTE2A Wed 5:30-6:30
So Ka Ka	WTE2B Sat 3:00-4:00
Li Sum Yuet, Cindy	WTE2B Tues 3:30-4:30
Lai Yi Kwan, Sophie	WTE4A Sat 11:00-12:00
Lam See Chai, Dusty	WTE4B Fri 6:30-7:30
Li Tsz Hin	WTE4B Sat 11:00-12:00
Hui Yik Sum, Stacy	WTE4B Sat 2:00-3:00
So Wang Ching, Jayden	WTE4B Thur 4:30-5:30
Choi Cheuk Fan, Jerry	WTE6A Fri 5:30-6:30
Ng Cheuk Lam, Jolie	WTE6B Sat 11:00-12:00
Pang Cheuk Ki, Kirstie	WTE6B Wed 4:30-5:30
Wong Chun Yin, Adrian	WTE8A Sat 10:00-11:00
Yeung Hoi Ting, Heidi	WTE8B Mon 6:30-7:30

## Face-to-Face Classes

According to the Government announcements, we should be able to resume face-to-face classes from April 19, subject to further confirmation from the EDB on the vaccination requirements for students. While encouraging you to adhere to the Government requirements, we recommend that you seek medical advice in case you have any doubts about the suitability of your child receiving vaccination.



# Students Page

APRIL 2022



**Happy Easter!!** April is an important month of the year as it is the month of Easter. This is a festival which reminds us of the death and resurrection of Jesus Christ. This also represents new life and new beginnings. After Jesus died, He came back to life three days later and He is now alive forever. During the Easter holidays, we also celebrate with colourful eggs called Easter eggs. The eggs are also a representation of a new life since a new life comes into the world when a baby chick comes out of its egg. This is the month where we can restore our hope in continuing to reach our goals as our past sins have died on the cross with Jesus.

~Ms Josephine

## CONGRATULATIONS TO ALL THE WRITERS OF APRIL:

**Best Writer:** Carrie Lai – Escape (WTE10B)

**Other writers:** Zoey Lam (WTE6B); Avery Wong (WTE4B); Eunice Leung (WTE4B) and Jims Kwong (WTE6A)

### Escape By Carrie Lai (WTE10B)



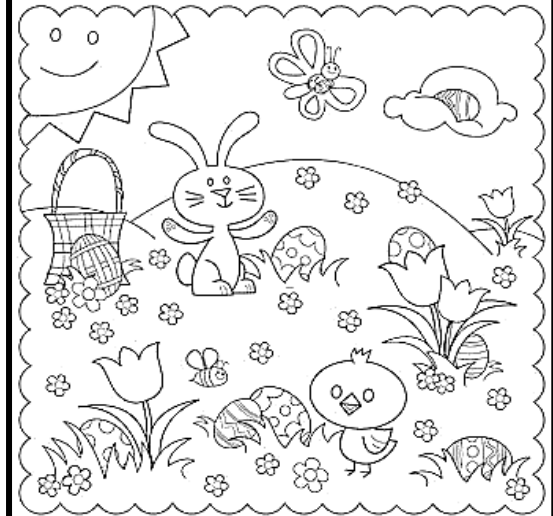
She met her friends at the end of the street. They waved at her and slowly walked in front of her, not letting her to walk in the same line as them. Gloria was left behind feeling excluded, with a sluggish expression left on her face. She has already acknowledged herself as an outcast among her friends a long time ago, but for some reasons, her friends still invited her to go shopping with them – probably invited her to pay their bills – in the name of their ‘friendship’.

Gloria was looking down at the whole time, following blindly in the footsteps of her ‘friends’. She concentrated so hard on looking at the floor that she didn’t even realize that no one was walking in front of her anymore. Gloria kept on walking until she bumped into something bony and slender. She lifted her head up and had her eyes locked on a Cyclops wearing a top hat and a long back coat that was dragged around on the floor. She opened her eyes so wide that she felt like her eyeballs were going to fall out any second. The Cyclops bended down to her height, cocked its head to the side, staring straight into Gloria’s eyes. Then it put one of its hands on her shoulders and pointed at the illusion of Gloria’s friends walking away with a cane. Gloria wanted to scream for help, but when she opened her mouth, nothing let out.

The Cyclops shook its head. ‘Stay away from them; they are not your friends,’ a voice in Gloria’s head said. Gloria turned her head to look at the cyclops in the eye, ‘Was that you?’ She asked in a shaky tone. It nodded. The Cyclops patted her head and vanished, leaving Gloria to fall and sit limply on the floor.

### Easter Egg Hunt

How many Easter eggs can you find?



Help the Easter Bunny find his way.

