

From the Headmaster's Desk

It is not "forgive and forget" as if nothing wrong had ever happened, but "forgive and go forward," building on the mistakes of the past and the energy generated by reconciliation to create a new future.

- Alan Paton

Dear parents,

Alan Paton, author of the above quote, was one of my favorite writers in my teenage years. A devout Christian and an anti-Apartheid white activist in South Africa, he demonstrated compassion to the disadvantaged native blacks and dedication to social justice through his most distinguished novel, 'Cry, the Beloved Country'. Reading it the first time at the age of 14, I couldn't quite appreciate how the father of a well-educated white activist for racial justice undeservedly killed by a black man could choose to forgive and reconcile with the father of his son's murderer. As rightly remarked by Paton, reconciliation entails us not to 'forgive and forget' but to 'forgive and go forward'. Forgetting is reactive while going forward is proactive, requiring cognitive and emotional transformation of both the perpetrator and the victim, hence generating some positive and creative energy for a better future.

Unfortunately, such transformation is not easily achieved as the victim, more often than not, would prefer to keep playing the victim role by reliving the trauma, reopening the wounds and reminding the culprit of the wrongdoing from time to time. On the other hand, the wrongdoer may choose to be continually gripped by an immense immobilizing sense of guilt that makes moving forward in life difficult if not impossible.

Such unforgiving and self-destructive acts achieve nothing but prolong pains and griefs for all parties involved, and are most visible in estranged family relationships – family members not seeing or talking to each other due to some trivial misunderstanding, divorced couples battling for custody and prohibiting their child from seeing the other parent, adult children leaving home for good and never visiting until their parents are on their deathbeds, and siblings fighting over the estate of deceased parents, just to mention a few.

Sadly, unforgiveness not only extends hatred and suffering of the disgruntled but also traumatizes other innocent parties around. My youngest brother once related to me one of his childhood traumas as witnessing the rejection and rebuff from our uncle

(Mom's only young brother) while visiting his home at Chinese New Year after a dispute between our elder sister and his daughter. Mom visited his family with the intention to make up but was told off at the door and had her presents thrown on the ground. Mom's anguish was vividly imprinted on my brother's mind, and the two families had remained alienated for some years despite Mom's continued efforts.

Despite the destructiveness caused by unforgiveness, some people opt to hold on to their grudge out of a self-righteous attitude, demanding that the evil-doer be justly penalized, not aware that they punish themselves even more by not pardoning their perpetrator.

As we celebrate Chinese New Year which signifies family reunion and new beginnings, let's choose love over hatred, understanding over intolerance, and reconciliation over revenge.

Yours sincerely,



Clive Chan

Stars of the Month

Au Ming Hin, Steve	GWF2B Sat 2:00-3:00
Cheng Ming Yan, Mila	IEKKA Wed / PTWR Sat
Cheung Chi Wing, Jason	WTE1 Sat 10:00-11:00
Cheung Ho Kwan, Charles	WTE4B Sat 10:00-11:00
Choi Ho Chung, Ethan	WTE4A Sat 11:00-12:00
Choi Yi Tung, Kelly	WTE4B Wed 5:30-6:30
Choy Ka Yee, Sarah	GWF2A Sat 1:00-2:00
Ho Nok Yu, Rianna	IEK4B Sat 2:00-3:00
Hung Ling To, Allen	PTWP1 Fri 5:30-6:30
Ip Pak Yu, Cyrus	IEK4A Thu 5:30-6:30
Ko Sum Yau, Zoe	IEK6B Sat 12:00-1:00
Kwong Wang Chi, Wilson	WTE6B Thu 6:30-7:30
Lai Chun Ken, Jayden	WTE2B Fri 5:30-6:30
Lam Wai Chung, Asaph	GWF9A Fri 6:30-7:30
Lee Kwan Ching, Gavin	IEK8A Sat 10:00-11:00
Leung Sun Yin, Jessica	WTE2B Sat 3:00-4:00
Li Yan Yin, Yanie	IEK8B Sat 9:00-10:00
Li Yee Ching, Chara	WTE4A Sat 2:00-3:00
Liu Yi Qi, Yuki	IEK2B Sat 1:00-2:00
Lui Hong Lam, Caitlyn	WTE4B Tue 4:30-5:30
Ng Sheung Hei, Haven	PTW2 Mon 5:30-6:30
So Ka Ka	WTE2A Fri 4:30-5:30
So Wang Ching, Jayden	WTE4A Thu 4:30-5:30
To Paco	WTE8B Fri 5:30-6:30
Wang Pui Huen, Kelly	GWF1 Sat 4:00-5:00
Wong Ho Chun, Declan	PTWP3 Thu 5:30-6:30
Wong Kai Ki, Becky	WTE2B Sat 10:00-11:00
Xu Ethan	GWF4B/WTE2A Sat 2:00-4:00
Ye Ho Yeung, Alex	IEK2B Tue 4:30-5:30



Students Page

FEBRUARY 2023

Chinese New Year has arrived earlier this year and I hope you have all had a joyful and relaxing time during this festive holiday. As we enter February, it is the time to think about what LOVE means to you. Every year, Valentine's Day is celebrated on the 14th of February all over the world. It is a day where people show their love to their loved ones and tell them how much they care about them by giving Valentine's Day cards, flowers and chocolates. As well as showing love and care to your loved ones, how about doing the same to other people you meet too? Did you know that there is a festival called "Random Act of Kindness Day" that happens on the 17th of February every year? Being kind and helping someone in need also shows your love and care for others. It's rewarding to know that your love, care and kindness can make a difference to somebody's life.

~Ms Josephine

CONGRATULATIONS TO THE WRITERS OF FEBRUARY:

Best writer – Jolie Ng (6A)

Other writers: Ethan Choi (4A); Hannah Cheuk (2A); Kayla Cheng (4A) Advising a friend who smokes;
Tiffany Ho (6B) Cure for Rabies

Debate

By Jolie Ng (WTE6A)

Chairperson

Welcome students and teachers to today's debate. The topic is, 'Uniforms should be worn to school'. On the right I have the affirmative team and on the left I have the negative team. I would call on the first speaker of the affirmative, Ivy.

Ivy

Welcome everybody. We the affirmative team are here to convince you that uniforms should be worn to school. Wearing uniforms could narrow the economic gap between students. They don't have to compare with others' clothing and wouldn't ask their parents to buy fashionable clothes. This could foster a healthy environment.

John

Welcome everyone. My team will show you that what the affirmative is saying is not correct. We think that buying uniforms wastes more money. Sometimes, uniforms could also make shy students more shy and cause them to have low confidence as they think the uniforms are ugly.

Katie

I can't agree with your opinion. Students would be proud of the school and have the school spirit. Headaches would not be caused and we won't struggle to find clothes to wear for school. Our conclusion is that wearing uniforms would require less time.

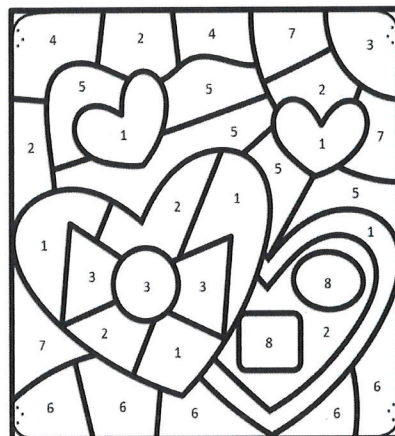
Ellen

How can students be proud of their uniforms? They should feel bored! They shouldn't be constricted and should feel free to choose what to wear unless they have to go to a performance. Thank you.

VALENTINES DAY COLOR BY NUMBER

Directions: Color the picture according to the code

1 – Red 3 – Yellow 5 – Blue 7 – Purple
2 – Pink 4 – Orange 6 – Green 8 – Brown



Valentine's Day I Spy Game

How many of each can you find in the box below?

