

### From the Headmaster's Desk

"You can be in the storm, but don't let the storm get in you."  
~ Joel Osteen

Dear parents,

We are in the middle of a hot summer, with tropical storms looming from time to time. While Talim, a seemingly weak storm, edged close enough to our city and caused the Observatory to issue the number 8 storm signal the first time this year for more than 20 hours, we escaped Doksuri, a fairly strong one that had wreaked havoc in the Philippines and Taiwan. As meteorological science continues to advance, we can forecast the paths of storms pretty accurately and make necessary preparations to minimize damage. Conversely, there are storms in life, some foreseeable but mostly capricious, which may expose our vulnerability and inability to cope with adversity. How then can we prepare ourselves and our children to tackle the storms in life so that we don't get drowned?

Years ago, I stayed at a 20-year-old rental apartment before settling into my new home. The apartment was airy, with lots of south and west-facing windows. As most tropical storms that affect Hong Kong travel to the Pearl River Delta, they often create strong northeasterly and southeasterly winds. I remember on a few occasions while my friends complained not being able to sleep through the night as a result of the howling winds, I managed to sleep soundly amid the storm signal number 8. On one occasion, however, a super storm found its path to Shanwei to the east of Hong Kong, generating heavy northwesterly and southwesterly winds and rainstorms. The winds and downpours woke me up at about 3am, and I soon found myself gathering all the containers and towels to arrest the 'flooding' of my apartment as water continued to seep through almost all the windows of my bedroom and study the whole night. That was one of the longest nights in my life as I couldn't doze even for a minute.

Like that rental apartment, our children may not have been exposed to any major storms in life, or we have always sheltered them from any possible harm. However, once some unpredictable twists expose their vulnerability and catch them totally unguarded, they may simply cave in rather than have the grit or resilience to brave the challenges. To help them get mentally and emotionally prepared, I suggest that you impart three important ideas in their young minds.

First, stop saying to them "you are the best," but teach them to accept failures. Even if they have done their best, they may not always succeed. They may fail an exam despite making the best efforts, get rejected by a school despite their outstanding credentials, or get outdone by another smarter student. Don't point the finger and say life is unfair but learn from the failures and do better next time.

Second, keep reminding them that it is impossible to please everybody. People are all different, and some of them will remain mean and unreasonable despite our best efforts to connect and befriend. Urge them to be kind and compassionate to everyone, but stay away from people who are self-centered and over-critical of others.

Most importantly, tell them to humbly accept life's ups and downs. While staying strong-minded and upbeat, some situations are simply out of our control. In some instances, we may simply have to wait patiently for the storm to pass when our life will be back to normal again.

Let's stay cool and calm in his hot and stormy summer!

Yours sincerely,



Clive Chan

### Stars of the Month

Au Nga Hei, Tracy	WTE2A Sat 3:00-4:00
Chan Clementine	WTE10B Sat 10:00-11:00
Cheng Ka Ki, Kayla	WTE4A Sat 2:00-3:00
Cheung Ho Kwan, Charles	WTE4B Sat 10:00-11:00
Chu Cheuk Kiu, Arku	PTWP1 Mon 4:30-5:30
Fok Wing Hei, Haymond	WTE6B Sat 4:00-5:00
Fung Nok Hei, Lucas	IEK2B Tue 4:30-5:30
Ko Sum Yau, Zoe	IEK6B Sat 12:00-1:00
Kwok Sze Nam, Angus	IEK8B Sat 9:00-10:00
Lam Wai Chung, Asaph	GWFF9A Fri 6:30-7:30
Li Tsz Hin	WTE4A Sat 11:00-12:00
Lui Hoi Ying, Natalie	GWFF2A Sat 1:00-2:00
Ma Ting Hin	WTE1 Sat 10:00-11:00
Man Kin Ching, Lester	IEK4A Sat 9:00-10:00
Ng Chi Yin, Andy	GWFF2B Sat 2:00-3:00
Ng Tsz Wing, Elsa	WTE2B Sat 10:00-11:00
Ruan Kai Ho, Annie	WTE2A Fri 4:30 / GWFF4B Sat 2:00
Wong Ki Fung, Justin	WTE2B Thu 4:30-5:30
Wong Tsz Yuet, Sheryl	IEKKA Thu 10:30-11:30
Yam Yuen Na, Anna	GWFF1 Sat 4:00-5:00
Yan Wing Sze, Ceci	WTE6B Sat 11:00-12:00
Yip Wing Sum, Sophia	PTWP3 Fri 5:30-6:30

# Students Page



August 2023

**August is here!!** As the summer season continues, we can continue to enjoy the hot and sunny weather outside. Many students are now on their summer holidays too. At this time, they can use this free time to join summer courses and enjoy other activities too. Some people like to have picnics at the beach and eat cool food, like ice-cream and watermelon, to cool down. It is important to also use sun cream and wear a sun hat to protect yourself from the scorching sun. If you choose to stay at home and stay cool with the air-conditioner on, here are some puzzles to keep you entertained during this hot period.

~Ms Josephine

## E-SMART'S OTHER WRITERS OF AUGUST:

Kayla Cheng (WTE4A) – Are Littering Fines Necessary; Li Tsz Hin (WTE4A) – MTR Adventure;

Nigel Wong (WTE6B) – Retiring in Costa Rica

### My Life As A Calf By Sophie Lai (WTE6B)



I am a calf who lives in the sea near Lantau Island with my family. We live freely in the sea and swim comfortably. That is why I love the sea. I can play hide and seek with my sisters, and there is beautiful scenery undersea. However, the sea also has the parts I hate. We are mammals; we need to breathe air. Each time I come up to breathe, my head will receive a bump because of the boats.

I find food with my family. I hunt for fishes and other sea creatures because they are yummy and juicy. We hunt by echolocation which is a special way for us to communicate and hunt. When I make sounds, I listen to the echoes of these same sounds to find food.

I think humans are selfish and wicked because they threw rubbish into the sea this morning. It hit my dad's head and he had a big, reddish wound.

I like playing hide and seek with turtles and I also like to turn and somersault in the sea.

I wish I could always live happily!



### Find the difference

Can you find six differences between these two pictures?

