

### From the Headmaster's Desk

*"Swimming is simply moving meditation." – Cesar Nikko Caharian*

Dear parents,

The weather this summer is highly erratic, with scorching hot days interlaced with intermittent showers and heavy rainstorms. A lot of us would choose to go swimming during this time as it is a good way to exercise and cool down. For children who don't know how to swim, their parents usually send them to swimming classes during summer, hoping that they master this essential life skill for any unforeseen circumstances.

As for me, I acquired this life skill on my own initiative. I have not taken any swimming lessons but learned how to swim when I was 10 years old while going swimming with my young neighbors in a swimming pool 30 minutes' walk from our homes. From them, I came to master breaststroke and do alright with freestyle. Thank God that in those days, we didn't have to list our varied skills on our portfolios for secondary school admissions, so we did most sports for fun. For the annual school swimming gala, mediocre swimmers like me were still encouraged to take part and given a certificate for participation. Now, I have been amused but at times annoyed by how some kids are being forced to swim despite their lack of passion for the sport. Some good swimmers are being pushed beyond their limits just to create a more impressive portfolio, while ironically those who have the zest to pursue a swimming career will normally be told by parents and other adults to focus on their studies instead.

Like most people, I didn't continue swimming habitually when I started my career as I preferred to do team and competitive sports like badminton and table-tennis. However, owing to work and other commitments, I couldn't do these sports regularly, and like most mid-aged men, I became a bit out of shape and suffered a mild degree of obstructive apnea which greatly affected my sleep quality and health. At a visit to an ENT (ear, nose and throat), the funny plump doctor urged me to swim continuously for 45 minutes at least three times a week. I took the advice and amazingly, I loved it so much I ended up swimming 5 days a week, and lost more than 6 kg in 3 months, and attained the perfect body mass index of 22.5.

Health benefits aside, I got acquainted with other regular swimmers at the clubhouse. Though swimming is a solitary sport, I realized that my swimming buddies loved to compete. Some would swim next to me and see if they could beat me for a lap or two, which was truly hilarious

to me as my goal had always been swimming 45 minutes non-stop, which made it difficult for me to compete with my buddies who would swim intermittently for a few laps and rest in between. Determined to swim non-stop, I had never wavered or lost my momentum by competing with them for a short distance, however. As long as we are aware of our long-term goal, we set our sight on the finish line rather than cry over any short-term setbacks.

As mentioned, swimming is a solitary sport, and the older I get, the more I enjoy the quiet time under water. Some people who fret stillness would wear waterproof earphones to listen to music, but I simply enjoy listening to my breaths and feel the joy of being alive. Sometimes, I choose to meditate on certain subjects or pray for family and friends while feeling liberated under water.

Swimming is indeed a great training for mindfulness and perseverance. Therefore, I strongly recommend that you swim and get your child to swim with you. But instead of competing, chatting or playing in water, teach them to swim quietly for 15 minutes or even longer. In time, you will discover that they are more focused and thoughtful.

Have a joyful and inspiring adventure under water!

Yours sincerely,



Clive Chan

### Stars of the Month

Chan Esther	PTWB Sat 10:00-11:00
Cheung Ho Kwan, Charles	GWF2A Sat 1:00-2:00
Choi Ho Chung, Ethan	WTE4A Sat 11:00-12:00
Chow Yat Yee, Kylie	WTE2B Sat 3:00-4:00
Chung Cheuk Yat, Travis	WTE2B Fri 5:30-6:30
Ha Hang Yu, Rachel	WTE4B Sat 3:00-4:00
Ko Sum Yee, Yuki	PTWP2 Sat 10:00-11:00
Kwong Wang Chi, Wilson	IEK6A Sat 11:00-12:00
Lai Yi Kwan, Sophie	WTE6B Sat 11:00-12:00
Lam Shing Hang, Avery	WTE4A Thu 4:30-5:30
Lau Ching Sum, Venia	IEK8B Sat 9:00-10:00
Lee Kam Man, Anna	WTE2A Sat 11:00-12:00
Leung Ho Ching, Draco	WTE4A Fri 6:30-7:30
Li Sum Yuet, Cindy	WTE2A Fri 4:30-5:30
Li Tsz Hin	IEK6B Sat 12:00-1:00
Lin Yat On, Anka	IEKKA Sat 9:00-10:00
Lo Kan Yin, Rex	WTE2A Wed 4:30-5:30
Ma Pok Ho, Alvin	WTE2B Thu 4:30-5:30
Ng Cheuk Lam, Jolie	WTE6A Tue 6:30-7:30
Ng Chi Yin, Andy	IEK2A Tue 5:30-6:30
Ng Sheung Hei, Haven	PTW5 Mon 5:30-6:30
Ng Tsz Wing, Elsa	WTE2B Sat 10:00-11:00

**HAPPY SEPTEMBER!**  
Let the sunshine in and a new month begin!



# Students Page

## September 2023

Hello to warm days filled with radiating sunshine and cool nights when windows are opened to bring fresh air for restful nights. September is seen as a month of new beginnings for some people. Others find it easier hitting the reset button in the month of September. It may be a good month to check our goals and aspirations again and think of re-committing. I hope you make the most out of the new academic season since we're going back to school. Give full measure of your time and effort in what you find doing and the sky will only be the beginning. All the best! ~ Ms. Bernice 😊

### ★ Best Writers of the Month

#### SUPERSTITIOUS BELIEFS

by *Matthew Lam*

There are many superstitious beliefs in Hong Kong and China. For example, if you eat porridge, that means you are poor. During Chinese New Year, don't say the word "die" or else you will have bad luck.

There is a new superstitious belief on good luck. In Argentina, if you see a donkey, please give it some grass to eat and you will have good luck. Donkeys are served as gods. People believe donkeys will bring good luck to them.

There is a new superstitious belief on bad luck too. If the decorations of your house are black, such as the floor and the wall, you will have bad luck. In some western countries, black means death and ghosts.

I don't believe in them because there are some black decorations at my home, but I don't have bad luck.

#### I'M AN ATHLETE IN HONG KONG

by *Haymond Fok*

I have joined the badminton event in the Hong Kong Games. I come from Kwun Tong district. These games occur every two years, so I have pleasure and feel excited. I joined this event because I have a dream that is to become a good athlete and represent Hong Kong, China to get a gold medal in the Olympics. I want to put effort in the games and find my fault so I can practice on it to get better.

Before the Hong Kong Games, I have tough training, but I think I can become even better, I insist on it. At 4 o'clock, I wake up to train until 9 o'clock in the evening. My lunch, dinner and breakfast only consist of chicken and vegetables. It makes me stronger.

If I win the games, I will be very happy but I will never be too proud. First, I will call my family and tell them. I will take a rest and eat my favourite food to reward myself. But, if I lose, I will find my deficiency and improve on it. In my mind, I never lose, either I win or I learn.

#### Other Writers of September:

Justin Wong (2B) ~ *CHANGING MY HOME*

Rianna Ho (2A) ~ *LIGHTNING*