

### From the Headmaster's Desk

Dear parents,

Chinese New Year has come and gone, and amid all the celebrations, we have probably created a lot of happy memories. Indeed, festivities help us connect with loved ones and relish some memorable moments. However, can our life be solely sustained by happy moments?

If our life is built entirely upon intermittent, though important, happy moments, we are likely to suffer post-festivity blues like some of my depression-prone friends who continually yearn for meet-ups, meals and mingles with others, yet feeling miserable after those happy times are gone. I have observed the suicides of a few public figures who had posted stunning pictures on their social media accounts not long before they took their lives.

Apparently, happy moments alone can't help us live a joyful life. In fact, happy memories generally have much less power than unhappy and even traumatic experiences. We all have unpleasant experiences but most of us can come to terms with our disappointments in life after talking with people who love and care about us. However, some traumas have a stubborn grip and take permanent residence in our hippocampus that we might have highly depressive feelings once a situation triggers or reminds the neurons in our brain of that unpleasant experience even though we may not be conscious of it.

Time will heal, as the saying goes, but some traumas are so indelible that time alone can't heal. As an EMDR therapist, I help people seeking my counsel reprocess those unpleasant memories that have a stubborn grip and irrational impact on how they see the world and feel about other people and themselves. Sadly, most of these painful experiences have been inflicted on defenceless children by their parents who might think they merely discipline their children out of tough love.

One common childhood trauma is a minor misstep leading to punishment that is far out of the proportion. A young woman came to see me to deal with her continued anxiety at work as she failed to get approval from her supervisor who was excessively demanding. When being helped to reprocess this traumatic work relationship, she recalled a long-forgotten incident when she was about 8 years old. Though a top student, she once forgot to bring her vocabulary notebook to school, and the teacher wrote her parents a message on her handbook. Upon getting home, she was told to stand for 2 hours, with tears on her face that she wasn't allowed to wipe off while given reproof and ridicule by her mother. What grieved her most was that her younger brother always forgot to bring his homework or books but never suffered any serious consequences like what she endured that traumatic afternoon.

Another young man came to see me as he had low esteem. In therapy, he recalled an agonizing experience at a parents' meeting in primary school during which his mother asked the principal and teachers why her young son would cry easily over any small failures or frustrations. After that gathering, he was ridiculed by his classmates for being fragile. Another young man with confidence issues always had to stand outside the door of his home whenever he failed a test or dictation in his primary school years, often feeling incompetent and ashamed among his neighbors.

As you can see, unresolved painful memories from childhood stay and keep impacting these young people's lives while their parents are not even aware that they were the perpetrators. Therefore, I sincerely hope that you become more alert and stop causing emotional distress to your children unawares. Remember to foster happy memories and handle your child's emotions with care!

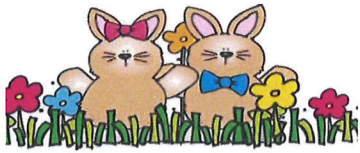
Yours sincerely,



Clive Chan

### Stars of the Month

Chan Chun Hei, Anson	WTE2A Fri 5:30-6:30
Chan Chung Yeung, Emmanuel	WTE6A Thu 6:30-7:30
Chan Pak Hei, Karl	IEK2B Fri 4:30-5:30
Chan Yuk Ho	PTWB Mon 10:30-11:30
Choi Ho Chung, Ethan	WTE6B Sat 11:00-12:00
Choi Ho Lam, Jack	IEK2B Sat 9:00-10:00
Choi Ho Lam, Jack	WTE1 Sat 10:00-11:00
Choy Ka Yee, Sarah	GWF4B Sat 1:00-2:00
Ho Nok Yu, Rianna	WTE4B Sat 3:00-4:00
Ho Tsz Yi, Yumi	GWF4A Sat 2:00-3:00
Hung Ling To, Allen	GWF2B Fri 5:30-6:30
Hung Wing Laam, Ivana	IEK8A Sat 9:00-10:00
Ko Sum Yee, Yuki	PTWP3 Sat 10:00-11:00
Lam Shing Hang, Avery	WTE6B Sat 2:00-3:00
Li Sum Yuet, Cindy	WTE4B Fri 5:30-6:30
Lui Hong Lam, Caitlyn	WTE4A Tue 4:30-5:30
Lui Hong Yu, Alexandra	WTE2B Sat 10:00-11:00
Ng Chi Yin, Andy	IEK4B Tue 5:30-6:30
Ng Tsz Ho, Philip	WTE2A Thu 4:30-5:30
Ng Tsz Wing, Elsa	WTE2A Sat 10:00-11:00
Siu Scarlett	PTWR Sat 10:00-11:00
Tsui Hei Tung, Aiden	WTE4A Sat 3:00-4:00
Wong Chin Lam, Larissa	WTE2B Sat 1:00-2:00
Wong Kin Yuk, Angus	WTE6B Fri 6:30-7:30
Wu Hiu Tung, Hyday	IEK4B Sat 12:00-1:00
Yam Chi Him, Randy	WTE4B Sat 11:00-12:00
Yeung Cheuk Nam, Namson	GWF2A Sat 9:00-10:00
Yeung Ching Hei	IEK4A Sat 2:00-3:00
Yu Man Him, Dinosaur	PTWE3 Thu 5:30-6:30
Yung Chin Pok, Carson	WTE2A Sat 3:00-4:00
Yung Chin Pok, Carson	GWF2A Sat 2:00-3:00



# Students Page

March 2024

Welcome to March and the month of spring, my favourite season. I love spring because it's the time where the weather starts to become warm again after the cold embrace of winter. I can also see the beauty of flowers blossoming and smell the sweet fragrance that the flowers give whenever I go outside. In this season, the afternoon is usually warm and comfortable. This means it's a great time for us to plan some fun outdoor activities before the weather becomes hot in summer. The combination of Chinese New Year from last month and the beginning of spring makes me feel that there is new hope for achieving our goals in 2024 as both represent new beginnings and opportunities in our life.

~Ms Josephine

## CONGRATULATIONS TO ALL THE WRITERS OF MARCH:

Best Writer: Angus Wong (6B) – The Best Board Game Ever!

Other Writers: Avery Lam (6B) – The Greatest Watch; Ethan Choi (6B) – A Mysterious Egg;

Eunice Wong (6A) – Unfairness Fixed



### The Best Board Game Ever

By Angus Wong (WTE6B)

When I was little, I loved to play board games. I would often invite my friends to play board games together in my house. I always played for too long that I would forget the time. Board games had always been my closest friends.

As I got older, I had more and more activities to do. I preferred video games to board games. Playing them made me feel bored and annoyed.

When I was six years old, I got a game for my birthday. I was annoyed when I saw it. After I opened the board game, I realized that it had a map for playing but it was blank. I was confused at first, but then I saw a paper that said, "you'll have to write your rules on the blanks." I followed its instructions and played it after writing. It was enjoyable so I played it several times.

At last, a paper dropped out and said, "Happy birthday! This is the game you created and it's the best game ever."

