

*"I have chosen to be happy because it is good for my health."
– Voltaire.*

Dear parents,

Around this time of every year, I always go for a rather extensive medical check-up to have a better grasp of the health levels of my different body parts, and I have been advised that I am pretty healthy as the test results are all within the normal range.

Unlike other tests which we can train and boost the results within a short time, our body mass index, body fat ratio, blood pressure, cholesterol, blood glucose level and other health indicators reveal a lot about our diet and living habits which are accumulated over the years. That is why mid-aged people are encouraged to have their body checks at least once a year to monitor their health. In fact, quite a number of friends around my age have daily medication to control their blood pressure and cholesterol level, and most of them have been urged to cut down on fat and sugar of their diet and engage in regular exercise which has often been ignored by most adults overwhelmed with work and other stressors in life.

Given their generally high metabolic rates, children and teenagers don't always exhibit serious health problems like adults do despite an extremely unhealthy diet and unhealthful living habits. By the same token, we make broad assumptions about their mental health, expecting all children to be happy as they simply learn at school, play with their friends and lead a worry-free life.

As a result, many parents ignore the mental health of their kids. Not acknowledging individual differences, some parents expect their children to be able to do the same things as other children of their age, playing a musical instrument such as the piano or the violin, attending painting classes, doing math a grade or two higher than their actual grade, excelling in one sport like swimming or taekwondo, and many more. Sadly, many schools use these talents to gauge the aptitude of prospective students when making decisions on primary and secondary school admissions, thus creating immense anxiety among parents and their kids.

I am not writing to discourage you from developing your child's different talents. When my two boys were young, we sent them to different classes too, but I wouldn't force them if they appeared not to have the passion or gift. They both went to painting classes but quit after a year. As for music, both learned the piano for a few years but couldn't play a piece without any glitches, and neither of them wanted to sign up for any exams. Blessed with perfect pitch, my elder son completed the grade 8 violin exam at age 10 but then left the violin on the shelf except when playing a bit for his school orchestra. Though not having a

head start, both of them had a happy childhood, and both graduated from university with distinction.

Some of you may say we are lucky parents, or our boys get our good DNA so that they did well. However, intelligence is not totally genetically determined. Coincidentally, one of the two children of two intelligent couples that I acquainted with has been diagnosed with autism, and in both cases, the other child is highly intelligent.

In the above scenario, though it is tough for the parents to take care of the autistic child, the pressure on the less able child is mostly nonexistent. However, in less extreme cases when one child does better in most areas, as portrayed in the movie 'Time Still Turns the Pages' (年少日記), the other child would feel inferior and worthless, especially when the parents reward good academic performance and other talents with a bigger amount of pocket money and even overseas trips alone with the 'smarter' child. If you have missed it, I urge you to watch this tragic but highly inspirational movie in which the less able elder brother took his life by jumping off the roof, causing catastrophic pain on the family. The tragedy could have been avoided if the parents had not imposed undue expectations on the less able child.

Our young children may not need to have body checks as frequently as we do, but we definitely have to monitor their mental wellbeing. At the commencement of the new school year, may I wish you and your child genuine happiness and fulfillment in life!

Yours sincerely,



Clive Chan

Stars of the Month

Chan Chun Hei, Anson	GW2A Sat 2:00-3:00
Chan Chung Yeung, Emmanuel	WTE6A Thu 6:30-7:30
Chan Wun Hei, Jason	WTE4B Fri 4:30-5:30
Cheung Tsz Yu, Zoe	PTWR Mon 3:30-4:30
Chong Pak Hin, Anson	PTWP1 Sat 10:00-11:00
Chow Lok Ki, Makis	IEK4B Tue 5:30-6:30
Chow Sze Ki, Stephanie	PTWE1 Sat 5:00-6:00
Kwong Wang Chi, Wilson	IEK8B Sat 11:00-12:00
Lau Sin Yin, Carly	WTE2A Sat 10:00-11:00
Lau Tin Kan, George	WTE1 Sat 10:00-11:00
Li Tsz Wai, Ethan	WTE8B Sat 11:00-12:00
Man Kin Ching, Lester	IEK6B Sat 9:00-10:00
Ng Tsz Wing, Elsa	GW2A Sat 9:00-10:00
Pak Wing Chin, Ashley	1on1-P5 GW2A Sat 9:00-10:00
Tang Kwan Yin, Hanna	IEK2B Sat 9:00-10:00
Tang Sze Wai, Crystal	IEK2A Sat 1:00-2:00
Wong Kin Ho, Issac	WTE8A Sat 11:00-12:00
Wong Tsz Ho, Max	WTE4A Sat 3:00-4:00



September has arrived and it's now time to say goodbye to the fun summer holidays. I hope you have had some good time to relax during this period. What did you do in the summer? Did you find some time to go on a trip? If you stayed in Hong Kong, did you get to spend some time outdoors? While it may take some time for you to adjust to the new school year, it is an exciting time to see your friends again at school and make new friends too. This is also the month of Mid-Autumn Festival which falls on September 17th this year. This is a special day for us to celebrate with family gatherings, delicious mooncakes and beautiful lanterns.

~Ms Josephine

CONGRATULATIONS TO ALL THE WRITERS OF SEPTEMBER:

Best Writer: Tiffany Ho (WTE6A) – Melissa of Wonderland (My take)

Other writers: Li Tsz Hin (WTE6B) – A Scary Story; Perseus Wong (WTE2A) – My Life in the Desert;
Elsa Ng (WTE2A) – The Mice and the Lion; Carly Lau (WTE2A) – If I am Stanislaw Kowalski;
Jason Chan (WTE4A) – Money Can't Buy Happiness

Melissa of Wonderland (My take)

By Tiffany Ho



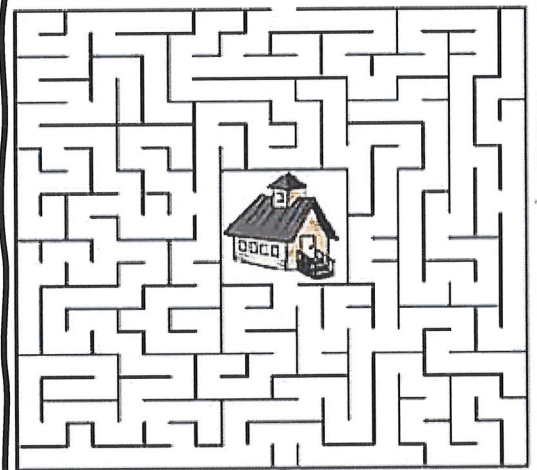
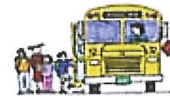
A long time ago, in the land of Wonderland, there was a girl named Melissa. She was the Queen of Hearts's niece. Princess Melissa O'Hollis. She was heiress to a vast piece of land which once belonged to her father, King Erin O'Hollis. When her father died, she had no idea. Her father was a step-brother to the Queen of Hearts. On the other part of Wonderland, Erin ruled over but died while waging war on his step-sister.

By that time, Melissa was born. She was proclaimed Queen of Flowers because her land was full of magical flowers. Little did she know she possessed floral powers, which meant she could control all plants. She was weak but managed to later learn how to rule. She also trained her powers.

One day, she decided to run away to the Mystic Woods to play with her powers. The Woods were a safe barrier for the two separate kingdoms to defend themselves. She played merrily, but soon, she found herself lost. Then, she used her powers and found a path leading to the Kingdom of Hearts. It turned out that her goal was to make peace with the Queen whom she had waged war on for decades.

When she sneaked into the palace, the Queen recognised her and told her guards to capture her. Using her powers, she easily escaped. She then said, "Your majesty, if I may, I would like to talk to you about our Kingdom matters." The Queen, with respect, knew that was her niece and spoke to her. They were ready to agree to peace treaties since their money had all been used for war. They settled with an alliance by building a Wonderland tower in between the kingdoms by removing the forest with Melissa's powers. In the tower, the two remarkable Queens would hold meetings and discuss. Then they lived happily ever after.

Help the bus find a way to the school.



Mid-Autumn festival

1. LOOK AND WRITE



banyan tree lantern the Moon man Moon lion dance
Jade rabbit the Moon lady Star-shaped lantern Moon cake