

# Thrive at E-Smart

January 2024

## From the Headmaster's Desk

"Some of us think holding on makes us strong, but sometimes it is letting go."

– Herman Hesse

Dear parents,

Happy New Year! May your new year be filled with love, peace, joy and hope!

Most of us feel excited about the new year. The festivities aside, the new year seems to offer us some new hope, inspiring us to make resolutions to make amends for our shortcomings, improve on our skills and attain higher goals. Such aspirations are all good, but somehow just a couple of months down the track, we may find ourselves lagging behind our targets, feeling frustrated and resolved to put our new year resolutions behind. Is our will not strong enough? Or do we not have sustainable grit to cling to our goals? More often than not, it is not because we do not keep up our ambitions but as Herman Hesse wisely points out, we refuse to let go.

A strong and healthy body is often top on the list of new year resolutions. All of us are aware of the importance of regular exercise but only few of us can maintain a regimental routine because our other passions or even 'bad' habits are far more alluring and even addictive. We would rather laze on the sofa watching TV or movies than go out for a 30-minute walk after dinner, browse our smartphones in bed leading to spinal pain and other ailments than limit our screen time and go to bed early. Worse, we hang on to our bad eating habits rather than stint on the intake of sugar and junk food, making it difficult for us to lose weight however eager we are to get rid of the excess fat under our skin. By refusing to let go of our bad eating and living habits, we make it almost impossible to attain a healthy heart.

Compared to a healthy heart, a happy heart is even more difficult to get because we refuse to let go of our worries about the future, our grief about our past mistakes and losses, and our bitterness over emotional traumas inflicted by others, especially our loved ones. The future is yet to be unfolded,

but some of us would choose to waste our energy on worries often proved to be unnecessary. Not a small number of us are inclined to keep thinking about the past, replaying some tormenting scenes in our minds, and refuse to be consoled even though our tormentors have long forgotten what they have done. Worse, a small number of us would choose to blame and punish ourselves for our past errors, declining pardon, thereby living in regret and misery indefinitely.

As we start a new chapter of our life journey, before writing our new year resolutions, we should first let go of our unhealthy habits and distressing emotions that have stopped us from reaching our goals the past years. Live with open hands rather than clenched fists. Have a healthy and happy 2024!

Yours sincerely,



Clive Chan

## Stars of the Month

Au Ming Hin, Steve	WTE2A Sat 3:00-4:00
Au Nga Hei, Tracy	WTE4B Sat 3:00-4:00
Chan Yuk Ho	PTWB Mon 10:30-11:00
Cheng Nga Ki, Aki	PTWR Sat 10:00-11:00
Chiu Cheuk Kit, Jacky	GW4F Mon 5:30-6:30
Fok Wing Hei, Haymond	WTE6A Sat 4:00-5:00
Hung Ling To, Allen	IEK2A Sat 1:00-2:00
Kan Ka Yin	IEKKB Tue 10:30-11:30
Ko Sum Yau, Zoe	WTE6B Sat 11:00-12:00
Ku Yu Shun, Christopher	IEK4B Sat 12:00-1:00
Kung Ling Shan, Lewis	PTWP1 Fri 3:30-4:30
Lam Wai Chung, Asaph	GW10B Fri 6:30-7:30
Lau Ching Sum, Venia	IEK8A Sat 9:00-10:00
Lee Kam Man, Anna	WTE4B Fri 4:30-5:30
Leung Ho Ching, Draco	WTE6B Fri 6:30-7:30
Li Sum Yuet, Cindy	WTE4B Fri 4:30-5:30
Ma Ting Hin	WTE2B Sat 10:00-11:00
Ng Chi Yin, Andy	WTE2A Sat 3:00-4:00
Ng Sheung Hei, Haven	WTE2B Sat 1:00-2:00
Ng Siu Long, Hayden	WTE6B Thu 4:30-5:30
Ng Tsz Wing, Elsa	GW2A Sat 9:00-10:00
Tse Chun Yin, Jasmine	WTE2A Sat 10:00-11:00
Yam Yuen Na, Anna	GW2A Sat 2:00-3:00
Ying Siu, Elvis	IEK2B Sat 9:00-10:00
Yip Wing Sum, Sophia	GW2B Fri 5:30-6:30

# Students Page JANUARY 2024



Happy New Year and welcome to the year 2024. I hope you all have had a wonderful Christmas break and enjoyed your new year celebration on New Year's Eve. How do you plan to start the new year? Every year, many people have their own traditions for starting a new year. For example, some may write New Year's resolutions and others will celebrate by having a nice gathering with family and friends. Now that it's January, it's a great time to think about the things we want to accomplish by the end of this year and be grateful for what we have achieved so far. Whatever your traditions are, I wish you and your family a joyous and blessed start to the new year.

~Ms Josephine

## CONGRATULATIONS TO THE WRITERS OF JANUARY:

Best writer: Tracy Au (4B) – No one in school

Other writers: Rianna Ho (4B) – Embarrassed in class; Avery Lam (6B) – A new heart;  
Aiden Lok (4B) – A robbery; Hayden Ng (6B) – A new medicine for cancer; Emma Cheung (2B) – Helping Others

### No one in school By Tracy Au (WTE4B)

Last Wednesday morning, I got up early and I was excited because I had an after-school club. It was a cooking club. I like cooking very much. I saw that everyone was sleeping, so I decided to go to school by myself.

I went to the bathroom and got dressed. I was careful to be quiet, not to wake anyone up. Then I made my breakfast and I was ready.

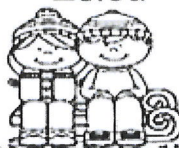
I ran to the bus stop to see if there was a bus. I saw a bus coming to the bus stop, and I also saw a few people. The bus took me to school. I saw that no one else was in the school except me and Mr. Tam. I said, "I got here early today." Mr. Tam said, "It's a school holiday today." I felt so silly of myself, but I was also proud of myself.



## January Word Search

f	s	n	o	w	k	i	h	a	t
j	p	m	r	t	u	b	h	g	i
y	w	i	n	t	e	r	c	i	c
r	s	t	o	w	r	j	k	l	e
v	a	t	b	o	o	t	s	v	h
e	o	e	r	t	o	p	b	m	a
d	s	n	o	w	m	a	n	y	z
l	i	s	l	e	d	i	c	n	s

- snow
- winter
- ice
- boots
- snowman
- hat
- mittens
- sled



## WINTER COLOR BY NUMBER

Directions: Color the picture according to the code

- 1 - Brown    3 - White    5 - Red    7 - Blue
- 2 - Black    4 - Pink    6 - Purple    8 - Orange

