Thrive at E-Smart

Oct 2026

From the Headmaster's Desk

Dear Parents,

Like many of you, I was deeply dismayed – though, candidly, not entirely surprised – by the recent incident at the apm shopping mall in Kwun Tong, where a minor dispute between children over play equipment escalated into a physical brawl among adults, ultimately leading to a helpless five-year-old child being slapped to the ground.

When we observe these events, a distressing pattern becomes clear: children, lacking the skills to resolve everyday conflicts peacefully, engage in friction. Rather than stepping in as calm mediators, adults escalate the situation with anger. The dynamic where a weaker party, having been attacked, turns around to strike an even more vulnerable child reflects a classic mindset of bullying the weak that has increasingly crept into modern society.

In reflecting on why tempers flare so quickly today, I recently examined some of the popular 1-to-2-minute short drama series on social media. Most of these shorts carry the exact same theme: honest people being humiliated, followed by scenes of slapping, physical retaliation, and dramatic payback. Watching these, I even noticed a brief adrenaline rush in myself as the "wicked" got punished – a clear reminder of how easily we can be conditioned to condone violence when it is framed as justice.

When adults and children consume a daily diet of this content, it installs a simplistic worldview: that an eye for an eye is acceptable, and that physical aggression merely displays power and authority. When provoked, people exposed to these messages struggle to contain their anger and instinctively target those weaker than themselves.

At our learning centre, we stand firmly against this mindset. Differences and conflicts are an inevitable part of life, but violence is never the answer. True strength lies in remaining composed when anger rises and finding peaceful solutions.

To help counter these negative influences and protect the well-being of our children, I encourage all families to work with us in fostering a culture of non-violence at home:

- **Curate Media Consumption:** Limit exposure to short videos that glorify physical retaliation or verbal abuse, and discuss how these dramas distort real-life problem-solving.
- **Model Calm De-escalation:** Children learn emotional regulation by watching their parents. When frustrations arise, pause, take a deep breath, and address the issue with a calm voice.
- **Teach the "Pause and Breathe" Technique:** Help your child recognize the physical signs of anger (racing heart, clenched fists) and encourage them to take three deep breaths before responding.
- **Guide Conflict Resolution:** Resist the urge to punish out of frustration. Instead, guide children to use "I statements" to express feelings and negotiate fair solutions.
- **Set Clear Household Boundaries:** Establish a strict rule that physical and verbal aggression are unacceptable, regardless of how justified the anger feels.

Thank you for your partnership in nurturing a thoughtful and compassionate generation.

Warm regards,

Clive Chan

相信許多家長與我一樣，對最近在 apm 商場發生的事件感到無比痛心——儘管坦白說，這並不全然令人意外。事件中，兒童之間因遊樂設施引發的小爭吵，演變成成年人之間的肢體打鬥，最終更導致一名無辜受害的五歲孩子被打倒在地。

當我們審視這些事件時，一個令人憂慮的規律躍然紙上：孩子們因缺乏和平解決日常衝突的技巧而產生摩擦；而身邊的成年人非但沒有扮演冷靜調停者的角色，反而以憤怒激化了局勢。弱勢一方在遭受攻擊後，轉而打擊比自己更弱小的孩子，這種現象反映了現代社會中日益蔓延的**恃強凌弱**心態。

為了反思現今社會人們何以如此輕易爆發脾氣，我近期觀察了社交媒體上流行的一些一至兩分鐘短劇。這些短劇大多數套用完全相同的模式：老實人遭受羞辱，隨後充斥著掌摑、肢體報復以及戲劇性的反擊場面。在觀看這些影片時，當看到「惡人」受到懲罰，連我自己都察覺到內心湧起一股短暫的腎上腺素飆升——這深刻提醒了我們，當暴力被包裝成「正義」時，我們是多麼容易無意識地包容暴力。

當成年人與孩子長期吸收這類內容，便會建立出一套簡單化的世界觀：認為「以眼還眼」是可以接受的，而肢體暴力不過是力量與權威的展現。一旦受到挑釁，長期接觸此類訊息的人往往難以克制怒火，並本能地向比自己更弱小的對象宣洩。

在我們的學習中心，我們堅決反對這種心態。分歧與衝突是生活中不可避免的一部分，但暴力絕非解決問題的方法。真正的強大，在於怒氣上升時仍能保持冷靜，並尋求和平的解決方案。

為了抵禦這些負面影響並保障我們孩子的健康成長，我鼓勵所有家庭與我們攜手，在家中共同培育非暴力的文化：

- **精選媒體內容**：限制接觸宣揚肢體報復或言語霸凌的短影片，並與孩子討論這些戲劇化情節如何扭曲了現實中解決問題的方式。
- **身教冷靜應對**：孩子透過觀察父母來學習情緒調節。當產生挫折感時，請停頓下來，做個深呼吸，並以冷靜的聲音處理問題。
- **教授「停一停，深呼吸」技巧**：協助您的孩子識別憤怒時的身體訊號（如心跳加速、握緊拳頭），並鼓勵他們在作出回應前做三次深呼吸。
- **指導衝突解決**：克制出於煩躁而懲罰孩子的衝動。相反地，引導孩子使用「我……」的句式（「I statements」）表達感受，並協商出公平的解決方案。
- **建立明確的家庭界線**：確立嚴格的規則，無論當下的憤怒感覺多麼合情合理，肢體與言語上的攻擊行為都絕不接受。

感謝您與我們攜手合作，共同培育具備深度的下一代。

E-Smart Learning Centre, Shops 165A (reception) & 166B, Level 5, Sceneway Plaza, Lam Tin, Kowloon
Tel: 23407880 Fax: 23409779 WhatsApp: 61135597 Website: www.esmarthk.com Facebook: E-Smart Learning Centre

Students' Page October 2026

October is the golden heart of autumn. Crisp air carries the scent of woodsmoke and falling leaves. Trees wear bright coats of red, orange, and yellow. Pumpkins sit in rows while shadows grow long. Mornings are chilly, perfect for warm sweaters and hot tea. Daylight fades faster, and evenings invite quiet comfort. The month ends with a touch of magic, filled with ghost stories, wicked witches and spooky carved lanterns under a clear harvest moon. On Halloween night, children wear costumes and visit neighbours. They knock on doors, say trick or treat, and receive sweets and treats from people. Wishing you a fab-boo-lous Halloween filled with lots of sweet treats, spooky fun, and a very safe and happy night!

~ Mr Steve



CONGRATULATIONS TO ALL THE WRITERS OF OCTOBER:

Best Writer: Tracy Au (6A) – The Mysterious Thing

Others writers: Una Fung (6B) The Impact of Harry Potter; Farah Fung (2A) Good Places For Vacation; Harriet Hui (2A) My Life Without Electricity; Caitlyn Lui (8B) – Look What I Brought Home!; Hayley Chow (6A) – A Bad Day

The Mysterious Thing – By Tracy Au (6A)

Yesterday, a curious thing happened in my bedroom. Last night, I couldn't sleep because of the typhoon. I was so afraid of the strong lightning that was so bright and made an extremely sharp noise.

I couldn't fall back asleep, so I started to read a book about a boy named Joy who met a strange alien that wanted to eat him.

While I was reading the book, I heard some more noise. The wind became stronger. Suddenly, there was a flash of light. I quickly ran to the window. Guess what I saw? There was a huge spaceship and some aliens in the garden of my house. I was totally shocked for a moment! Then I looked again and they weren't there.

No one knows where they are, or maybe they were back on their planet!

★★★ Stars of the Month ★★★

Au Chloe	WTE4B Fri 4:30-5:30
Au Ming Hin, Steve	WTE6B Sat 3:00-4:00
Cheng Chun Hei, Marcus	IEK10A Sat 11:00-12:00
Chiu Yau Shing, Carson	WTE6A Fri 4:30-5:30
Fan Pak Yuen, Daniel	IEK4A Sat 9:00-10:00
Fan Pak Yuen, Daniel	WTE4B Sat 10:00-11:00
Fung Yuet Kiu, Farah	WTE2A Fri 5:30-6:30
Hui Harriet	GWF2A Thu 4:30-5:30
Hui Yuen Ki, Winky	WTE8A Fri 6:30-7:30
Kwan Tsz Ching, Eleanor	GWF4A Fri 5:30-6:30
Kwong Ching Yau, Hillary	WTE8B Sat 3:00-4:00
Lai Hong Ting, Natalie	WTE10B Thu 6:30-7:30
Lai Yi Tung, Crystal	WTE4B Sat 12:00-1:00
Lau Tsz Fung	WTE6A Sat 11:00-12:00
Leung Nga Man, Ella	WTE8B Sat 10:00-11:00
Ng Ching Yau, Jayden	WTE6B Sat 10:00-11:00
Ng Tsz Wing, Elsa	GWF6A Sat 1:00-2:00
Ngan Tsz Chung, Tony	WTE6A Sat 3:00-4:00
Poon Ka Ki, Andrew	WTE8A Sat 11:00-12:00
Tang Sze Wai, Crystal	IEK6B Sat 1:00-2:00
Wen Pui Pan, Paco	GWF9B Sat 2:00-3:00
Yam Yuen Na, Anna	GWF6B Sat 2:00-3:00
Yeung Lai Yui, Arthur	WTE4A Fri 6:30-7:30

Happy Halloween!



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

N	O	Y	T	K	S	P	H	M	H	A	T	E	K	S	A	C	M	T
B	C	G	P	U	S	Z	T	Y	L	N	B	E	V	X	A	R	O	H
T	T	X	R	E	H	A	U	N	T	A	G	L	U	U	E	D	T	G
E	O	Z	N	E	E	T	M	W	S	H	U	Y	L	V	Z	K	N	I
N	B	J	R	I	C	R	R	I	O	O	M	D	A	H	N	S	A	N
O	E	Y	P	A	H	A	C	S	H	E	R	D	B	A	I	A	H	D
T	R	H	O	C	K	B	T	G	B	O	A	P	R	O	D	S	P	I
S	A	U	T	U	M	N	S	R	N	C	E	P	Z	D	O	D	N	M
B	R	I	L	H	V	C	O	T	A	B	N	O	T	E	L	E	K	S
M	W	Y	O	Q	A	O	W	N	Y	N	R	T	E	M	A	R	E	J
O	D	W	K	D	M	B	C	H	W	E	R	E	W	O	L	F	I	C
T	L	S	J	S	P	W	E	O	P	W	B	Y	D	N	A	C	R	A
G	R	P	T	B	I	E	W	A	F	T	J	Q	I	T	G	D	E	C
G	D	I	M	R	R	B	E	Y	A	F	T	E	R	L	I	F	E	K
Z	C	D	C	N	E	R	M	Z	U	W	I	R	U	C	T	M	Y	L
K	B	E	G	K	M	M	E	U	Y	X	F	N	M	O	O	N	A	E
O	X	R	V	I	U	A	F	Q	V	D	B	X	W	J	X	D	J	R
W	M	P	R	M	W	K	C	A	L	B	B	L	O	O	D	S	U	X
L	O	G	B	Z	D	I	R	V	Q	K	H	I	C	M	H	D	S	M

AFTERLIFE
AUTUMN
BAT
BLACK
BLOOD
BOO
BROOMSTICK
CACKLE
CADAVER
CANDY
CASKET
CAT
CAULDRON
COBWEB
COFFIN
CREEPY
DEMON
EERIE
GHOST
GHOUL
GRIM REAPER
HAUNT
HOWL
MASK
MIDNIGHT
MOON
MUMMY
OCTOBER
OGRE
OWL
PHANTOM
PRANK
SKELETON
SPIDER
TOMBSTONE
TRICK
VAMPIRE
WEREWOLF
WITCH

