

PRESS RELEASE
HKTLC Sports Day

Our school Sports Days were held over two days on the 6th and 7th of December, 2016 at the Wan chai Sports ground. As usual, we were more than happy to take a break from our daily routine to gather together and hang out with friends and teachers.

We were very fortunate to be blessed with perfect weather on both days and both athletes and spectators enjoyed the bright atmosphere matched perfectly with the warm sunshine.

The events were equally exciting with one record being broken in the grade A, hurdles and all the students were continuously entertained with the nonstop events which never failed to keep everyone's spirits bright and upbeat!

A new addition to the events was an interschool relay race in which five other schools from around Hong Kong came to compete with us in an exciting relay. The nail biting relay was really the highlight of the sports day amidst shouts, cheers and claps! Finally St Clare's School took home the much deserved prize! The other schools in the race were True Light Middle School of Hong Kong, Kowloon True Light School, Belilios Public School and SKH Lui Ming Choi Secondary School. We are all very grateful to all these schools for coming over and being part of our sports Day.

I had the pleasure of interviewing the guest of honor, Ms. Tong Lai Fong who is the Chief School Development Officer (Central, Western and Southern) of Education Bureau. She was very impressed with our students, especially the cheering team, and commented how we all showed perseverance on that day. Besides, she mentioned that our Sports Day recalled her memory of her secondary school's Sports Day which used to be just like ours.

After the interview with her, I found out that doing sports is extremely important to us. Ms Tong mentioned that the human body produces endorphins when doing sports, which is able to make us become happier. We, the students are facing a huge amount of stress to be ready for the HKDSE. So we have to exercise to release stress and become energetic so as to have a good physical and mental health.

I am thankful to be blessed with this life which has wonderful people and experiences. Hong Kong True Light College has indeed blessed me with the True light of knowledge, love, friendship, caring and wellbeing!

Anne Wong Chin Yu (4E, 19)

Gigi Yu Wing Chi (4E, 22)