

True Light Times

2020



Hong Kong True Light College

香港真光書院

1 Lei Tung Estate Road, Apleichau, Hong Kong

Tel: 2871 1214

Fax: 2871 3110

Email: hktlcoff@hkstar.com

Website: www.hktlc.edu.hk

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Words from the Principal: Let us learn from Dr Ng sharing about English learning and more...

Sally Po Tsoi Nam, 3A and Coco Wong Hau Lam, 3B
Student Editors-in-Chief



Our Principal, Dr Ng, with new S1 students in the newly renovated library

Learning English is not only about studying grammar rules in English lessons, but it should happen everywhere in our school with everybody. Today, the True Light Times magazine has the honour to conduct an interview with our Principal, Dr Ng, who has generously shared her thoughts about English learning and about our school's anniversary with our editorial team and with all True Light girls.

Say 'no' to rote memorization; Learn English from everyday activities

First of all, Dr Ng started by sharing some tips on how to learn English. Unlike what students always think, Dr Ng suggested using the language naturally in thinking, speaking and singing rather than memorizing rules when deciding which words or phrases to use in writing or speaking. She also gave us some examples of interesting activities which involve authentic, correct use of English with visual and auditory stimulus, such as watching youtube video clips about cooking, talking with friends in English, or singing English songs frequently. All of these can help learners to develop conditioned reflex action of correct spelling, pronunciation or expression. We were surprised but deeply impressed by what she told us - there is no need to think about grammar rules or memorize spelling, but you must make sure that you enjoy the activity in English every day.



Reading recommendations

When asked to recommend great English reading materials, Dr Ng shared a magazine she has read in the school library. She likes the magazine of *New Scientist*, which is a magazine published in the UK issued on a weekly basis. You can learn about new findings in science, global issues related to science, etc. She told our editorial team that she likes to learn about interesting scientific explanations of daily life phenomena. For example, what happens during frying; what the science of making perfect



Have you imagined the scientific guide to making perfect pancakes in 'pancake science'?

pancakes is; or even why pigeons bob their head. These scientific facts make her think about the wisdom behind such phenomena and realize how small we human beings are.

Learning English at True Light

We grasped the chance to ask the Principal about learning English at True Light. We were very happy to hear from Dr Ng that she observed good achievements in more and more students. She is also confident that the good learning atmosphere True Light has created allows us to achieve more in the future.

In order to help students who are struggling with getting a good grade in English, Dr Ng suggested keeping a clear and systematic record of what you have learnt from the teachers or of your own practice every day. We should treasure the acquired new words, phrases, sentence expressions, skills in reading, writing, listening and speaking, etc. It is a waste of time and effort if we do everything in a rush without a meaningful reflective learning habit. Rather, she advised students to go back to review their learning regularly and practise again what we have learnt.

Apart from classroom learning, she talked about the importance of extracurricular activities too. Dr Ng has been pleased to see students of the Debating Teams and the choral speaking group genuinely enjoy the activities and their efforts have been rewarded by their excellent performance. She did not forget to encourage our students to enjoy other English activities as well.

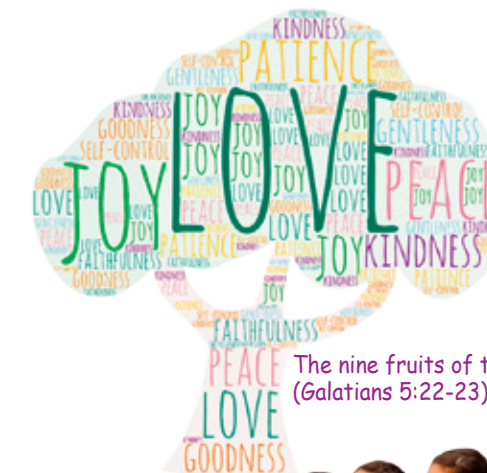


Celebrating the 45th Anniversary

2019-20 has been a special year for our school, as it marked our 45th Anniversary celebration. To celebrate the 45th anniversary, Dr Ng is glad that the Centennial Enlightenment Project was completed in the summer in 2020. We can have the New Library, Learning Commons, Performing Art Theatre and new AV equipment in all classrooms. Although there is not yet any formal ceremony or occasion for celebrating the 45th anniversary due to school suspension, we have already shared our joy through the Internet and other school publications.

On our school's 45th anniversary in 2020, Dr Ng reminded us that we should thank God for being with us and allowing us to learn to live in his words over these years. We ought to thank Him for the school motto—"Thou art the light of the world (Matthew 5:14)".

At the end of the interview, Dr Ng challenged us with this final reflection: From the light we received from God, have we produced any fruits of eternal value? What are they? We think all of the True Light students should be able to answer these questions from Galatians 5:22-23, and on this meaningful note, we sincerely thank the Principal for her sharing.



The nine fruits of the spirit
(Galatians 5:22-23)



Swimming Gala 2019: My life-changing experience

Sophie Cheung Pui Sho, 5D

Our 36th Swimming Gala was held at the Sun Yat Sen Memorial Park Swimming Pool, on 11th October 2019. Our principal, Dr Ng Ka Man, kicked off the event with an inspirational opening speech, after which every athlete tried their very best in the competitions.

Amid all exciting and competitive races including the inter-house relay races, I was more impressed by the beginner swimmers, as their amateur trials coincided with my special role in the swimming gala as well - this had been the first time I joined the occasion as the English MC. Confessing that I was nervous with my heart pounding hard was just to say the least. It was a life-changing experience for me.



Miss Stephanie Au, our special guest delivering her inspiring speech in the closing ceremony



Swimming Gala 2019 held on 11th October



Me (left) with Miss Stephanie Au and my friends



You may wonder why. Well, I felt like the assignment was my attempt to break through stereotypes. Some people may think that only the students in the English classes can be representatives in English activities, such as choral speaking, debating or being the English MC, but never those in the Chinese classes. It has been a stereotype that I refuse to accept. Come on! I told myself. Nothing is impossible. That was why I wished to step up as an example to show that any student, from the Chinese or English class, can be the English MC. However, being an MC is no piece of cake. I had to deal with all of the issues in accordance to the MC script and to overcome my lack of practice in English speaking. Fortunately, Ms Yip and my class teacher Ms Yeung had lent their helping hands in the training, and I am now more courageous to pursue my goal. Just as my favourite song says, *Dream It Possible*. Just dare to try!

On the day, we were honored to have Miss Stephanie Au, the representative of Hong Kong Swimming Team to be our special guest in the event. Miss Au is a three-time Olympian, having represented Hong Kong in 2008, 2012 and 2016 Summer Olympics. Apart from sharing how she maintained a balance between studies and tight swimming schedules, she told us the biggest problem for youngsters nowadays is time management. At the end, she unveiled her future plan, which is taking part in 2020 Tokyo Olympics as her last game. After that, she would like to devote herself to the sports community and help to raise more future athletes for Hong Kong. This was the most impressive part of her speech to me. She has also strived to break the stereotype about Hong Kong athletes. The Olympics is an international competition. I admire her courage to dream big as a Hong Kong athletic representative. This is a much loftier aspiration compared to mine.

Being an English MC has been my dream for a long time, and I was glad that my lack of confidence to speak in English in the public did not make me give up. Thanks to teachers' trust and faith in me, I got this precious opportunity to challenge myself, just like Miss Au having set the goal for herself. This swimming gala has taught me another valuable lesson that we have to make the best preparation before the golden opportunity arrives.

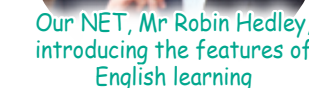
Miss Au's speech marked the perfect ending to our 36th Swimming Gala, and I would conclude my experience in the swimming gala as my successful challenge to myself, empowering me to confront my fears courageously. How about you? Our life is a long quest. We have to set goals for ourselves. Dream it possible!



Singing performance by the School Choir to kick off the Information Day 2019



Our Principal, Dr Ng, welcoming guests on the Information Day



Our NET, Mr Robin Hedley, introducing the features of English learning

Information Day 2019

Chloe Chu, 4D

Hong Kong True Light College's Information Day was held successfully on 30th November 2019.

It was a warm and sunny morning. Our True Light Ambassadors, Prefect Team and Red Cross Team stood up straight at the school entrance in their neat and tidy uniforms, welcoming our honorable guests, teachers, parents and students from our neighboring primary schools on Information Day 2019.

The event was kicked off by a series of performances at the school hall—from a singing performance by our School Choir, violin and piano performances to an English Choral Speaking performance. It was a golden opportunity to showcase our students' learning outcomes in the past academic year.

After watching the performances, teachers, parents and students from our neighboring primary schools were split into different groups. Our friendly and energetic True Light Ambassadors showed them around and introduced different school activities to them. For instance, in English Corner, our NETs Miss Nalini and Mr Hedley were making sandwiches and snacks with students. In the Science Laboratory, teachers and students demonstrated experiments and the STEM tools they used in lessons. On the playground, our PE teachers Mr Yip and Miss Hong demonstrated archery and fencing training for our school teams.

Participants were impressed by our performances and demonstrations. We are looking forward to seeing parents and students again on the next Information Day.



Demonstration of experiments and STEM equipment in the Science Laboratory



Our champion Archery Team and Fencing Team



The English Choral Speaking group's recital on Mr Nobody



English Society 2019-20

Committee members

Teacher advisors:	Ms Mildred Yip, Ms Nalini, Mr Robin Hedley, Ms Amy Lam, Ms Ka Wai Yeung
Chairlady:	Mandy Au Yeung 5A
Vice Chairlady:	Mary Ma 5A, Vivian Yan 5E
Treasurer:	Fiona Chong 5E, Natalie Ng 5E
Secretary:	Polly Chow 5E, Yanny Chiu 5E
Promotion Secretary:	Miko Chui 5E, Sylvia Ho
I.T Secretary:	Coco Cheung 5E, Enid Cheung 5E
Art Designer:	Noel Chau 5B, Wing Chong 5B

Lantern guessing

The English Society proudly presents their first whole-school activity of this year, the lantern guessing game, to celebrate the warmth-filled mid-autumn festival. With the Society's aim to promote English as the language to understand cultures around the world, our members filled the campus with festive décor of colourful lanterns with riddles that drew crowds of onlookers for a brain-racking moment in English. We are really grateful for the success that has kicked off a year of fun English activities!



Learning English in a fun-filled activity

S1-S5 Form-based activities



S1 students learning about pronunciation and tongue-twisters

S1 Tongue-twister challenge

"Cross a coarse, cross cow across a crowded cow crossing..." On 2 October, the English corner was filled with laughter when our S1 students were learning about pronunciation with Mr Hedley by engaging themselves in the tongue-twisting challenge. The student winner Erica Li (1A) even challenged Mr Hedley with her favourite tongue-twister.



S1 Erica Li won the battle after challenging Mr Hedley with her favourite tongue-twister



Following English instructions in making Origami



Teachers and students creating the craft of origami together



Students listening attentively to the instructions given by Mr Hedley

S2 Origami: The Art of Paper-folding

English is the communicative means to open the doors to different cultures. On 10 October, our S2 students experienced the Japanese art of paper-folding, Origami, by following English instructions. Not only have they learnt about the English language, all participants enjoyed great moments of relaxation in this craft of mindfulness.

S3 Busking

On 24 October, our S3 students have learned English through language arts and popular culture, in which they enjoyed a workshop on busking, the arts of street performance, with their teachers.

This has been the first time I met the new NET Mr Hedley. He had some challenges for us by asking us to research and present a busking group. Even though my groupmates and I were all very shy and I found it hard to give a presentation with such a short period of preparation time, we managed to do so under teachers' encouragement and students' support. We hope to do better next time.



Mr Hedley explaining what busking is



S3 Students doing some research on different types of busking performance

Jenny Wong Hoi-ki, 3C



Everyone is eager to find out their personality traits

S4 Personality test

I have a vivid imagination... I have a soft heart - Agree or disagree? On 7 November 2019, our S4 students spent an afternoon with Mr Hedley and their English teachers to find out who they are. Listening attentively and responding to Mr Hedley's list of personality test questions, students have learned about different personality traits and about themselves.



Students working on their personality test by listening to Mr Hedley's statements

S5 City Forum: Smart lamp posts

What could possibly be a better way to learn about social issues apart from reading newspapers and scrolling for feeds on social media? That's right, voicing our own opinions. Our S5 students have experienced a city forum on the topic of "smart lamp posts" on 28 November 2019. With different S5 classes representing different stakeholders in society, namely legislators, the Hong Kong Government, the general public, I.T companies and Human Rights Group respectively, the forum had sparked some nerve-wrecking, intense yet hilarious moments. Being the Chairperson of the forum, Mr. Hedley directed challenging questions to various stakeholders, who had responded dauntlessly. My most memorable one was directed to the Human Rights Group, which was asked, "If citizens have nothing to hide, why do they care so much about their privacy?" It backfired when a sarcastic but witty remark was returned - Why should we wear clothes to cover up our bodies then? It was incredible to see the swift and deep thinking of our S5 groups and the forum ended with joyful laughs.

Polly Chow Tsz Yu, 5E



Vivian Yan (5E) representing Human Rights Group condemning the policy



Mr Hedley, the facilitator, explaining the forum rules to all S5 participants



Katy Kwong (5A) giving her speech on behalf of Legislators



An interactive poetry workshop led by one of the characters from Poetry Planet



Students learning about poetry and poetic devices

S1 Poetry Planet

On 13th December 2019, all of the S1 students enjoyed an exceptional performance staged by a professional drama crew during the Life Education period. It was a drama about the Poetry Planet in crisis, and the exciting journey performed by a native English-speaking case walked us through poems around the world, challenging audience to make use of different poetic devices like rhyme, alliteration, onomatopoeia, similes and metaphors to bring the planet back to life.

Before the drama performance, all S1 classes participated in an interactive poetry workshop led by the production crew. The poetry workshop led by one of the characters was fun! At the beginning of the workshop, the instructor, Ronnia, played some ice-breaking games with us. We stood in a circle and engaged in the interactive games. We loosened up and gained confidence in expressing ourselves. Then, we sat down and read aloud some interesting poems like Spike Milligan's *Ning Nang Nong* and Clive Sansom's *The Dustman*. The instructor guided us to add some interesting elements into the poems, such as hand gestures and body movements. It was hilarious. I had a wonderful experience communicating and cooperating with my classmates. We came up with some creative ways to act out our poems! The experience was interactive and amusing. I wished we could have more activities like this in the future.

Chau Lap Hey Angeline, 1D



Students performing and reciting the poem *Ning Nang Nong* as a group in their creative way

Ning Nang Nong

by Spike Milligan

On the Ning Nang Nong
Where the Cows go Bong!
and the monkeys all say BOO!
There's a Nang Nang Ning
Where the trees go Ping!
And the tea pots jibber jabber jee.
On the Nong Ning Nang
All the mice go Clang
And you just can't catch 'em when they do!
So it's Ning Nang Nong
Cows go Bong!
Nang Nang Ning
Trees go ping
Nong Ning Nang
The mice go Clang
What a noisy place to belong
is the Ning Nang Ning Nang Nong!!

S4 Faust Drama Workshop Series

Tasha Lam Ka Yin, 4E

Do you think learning English is boring and dull? I did think so before joining the S4 drama workshop series but I have changed my mind after participating in it.

There were a total of 4 drama workshops. In the beginning, I did not have high hopes for the drama workshop nor expected it to be fascinating. In the first lesson, when the professional actor and actress, who were our instructors, arrived, they told us to move away our desks and chairs. Afterwards, we were asked to stand in a circle and they led us to the first activity, introducing ourselves, but striking our signature pose at the same while saying who we are. Due to the uneasiness and embarrassment, our class did it perfunctorily. Seeing our uneasy introduction, the instructors played different kinds of games with us during the first two lessons. There were many memorable games but the most interesting one was that one of us was selected to strike a pose in every round for the others to mimic. Even though the rules were simple, playing the games intrigued us and we started to throw ourselves into the workshop without knowing.

In the last two lessons, the instructors distributed scripts to us and asked us to pair up with our friends. Then, they guided us to read the lines aloud and taught us the words we did not understand. Besides, they explained the setting and the plot of the drama, allowing us to have a better understanding of it. Subsequently, we repeated the lines again and again until we were familiar with them and moved on to prepare a playlet. We were asked to create a series of actions that matched the dialogues and present the drama in front of the other classmates. Every one of us tried our best to perform and enjoyed ourselves a lot during the whole workshop.

Apart from the fantastic experience I had gained in the workshop, I had picked up some important skills such as respect for performers, creativity, observation skill, and imitation. Besides, I learned how to express my emotions by only using body language and some basic knowledge of drama through the drama games. Furthermore, the workshop taught us how to cooperate with one another and the importance of teamwork.

Learning can be more than sitting in the classroom. Actually, there are many different ways for us to acquire knowledge and some of them may be as interesting as this drama workshop series. By participating in the workshop, I have had some new thoughts about learning and I am sure I will be much more excited about taking part in this kind of activities next time.



From uneasiness to expressiveness - thanks to the professional instructor's interactive workshops



Students learning the script and preparing their own scene



Students perfecting their expression in drama by reciting dialogues and using of body language



Learning about characterization

Broaden learning horizon

S1 Oxbridge Summer Camp 2019

In August, all S1 girls embarked on their English learning journey at our College with the fun-loaded and exhilarating programme led by professional and enthusiastic instructors from Oxford and Cambridge University. Instead of burying their heads in books, students experienced English as a communicative means in a range of activities from STEAM activities to drama performance. Both students and teachers enjoyed the week of learning and laughter, and all participants learned a great deal from the experience.



What do our students say?

I think our class participated very well in the week. We all enjoyed the time in this fun-filled and action-packed camp.

Chow Ngo, 1A

The camp was a fun icebreaker for me and other students. The most important thing I learnt was that learning could be fun and enjoyable.

Mary Mikfung, Thewe, 1A

I enjoyed the experiment called "egg drop". We needed to drop the egg from the third floor to the ground using only newspaper to protect the egg. Funny things happened and we all laughed. I enjoyed the camp very much.

Wendy Kwong, 1A

We learned a lot of drama types like comedy, action and fantasy. It was hard but through this, I learned more in this camp.

Nicole Chan, 1B

My favourite part was the drama in which our group made a story about aliens, zombies and a unicorn! This summer camp was really fun and unforgettable. I hope there will be some activities like this in the future.

Jessica Zheng, 1A

Throughout this camp, I felt more confident and sociable and I even made some friends! I really enjoyed the activities.

Precious Sit, 1A

2019 True Light Consortium A Summer in Britain... a lifetime experience

Tina Cheung Tin Nam, 3B



An enriching summer school experience with drama, poetry, writing and more!

Attending the summer school was more exciting than we had expected. We had drama, poetry, writing and much more. The students there were so welcoming that I had no culture shock at all. We learnt at school as well as from each other. We were busy chatting away about our different ways of living and our local trends whenever we had a recess or at lunch time!

The excursions covered almost all landmarks I had read about in books. Since this was my first time in Britain, I was all psyched up to soak in every detail. The highlight for me was to watch the musical Wicked in London. The British Museum and Hampton Court Palace were even more breathtaking than what I had seen on television. It was really fun to travel on the "tube" - a British colloquial for Underground trains, an equivalent to the MTR in Hong Kong - to Covent Garden for shopping. I bought loads of cheese and tea (I was told tea is the lifeline of the British!) to share with my friends and family.

It was indeed an honour to be in the same place where Xu Zhimo, a romantic poet of the 20th century, wrote the world famous poem "Taking Leave of Cambridge Again" at Cambridge University. I took many photos as I regarded this as one of the most unforgettable moments of my life thus far.

We also went to Brighton in East Sussex. Of course we wouldn't miss the chance of visiting the historical Royal Pavilion, a Grade 1 listed building in the United Kingdom, which was the former Royal Palace in the 19th century. From a spot even higher than the London Eye, the panoramic view from the Observation Tower at the West Pier was spectacular.

This summer in Britain has definitely proven to be an impressive eye-opener. I did a lot of reading and research on the history of this great empire for the rest of my holiday. I can't wait to visit again!



Visiting the spectacular Royal Pavilion in England

I had the most enjoyable time this summer holiday. Along with our sister schools, we spent an extraordinary two weeks in various cities in Britain. Together we experienced the culture, history and cuisine of this magnificent part of Europe.

It was a unique experience living in a British household. I shared my accommodation with a schoolmate at a host family. It was a family of five, including a spirited kitten named StormCloud, which slept with me almost every night. Not only had we brushed up our spoken English, we also learnt to appreciate the hospitality and the customs of the country.



Visiting Brighton Palace Pier

British cuisine that one can never forget



The once-in-a-lifetime learning excursion to the UK of True Light girls

RTHK Radio 3 - Teen Time Open Space

Vivian Yan, 5E



3, 2, 1, on air! Stay tuned for Hong Kong True Light College on Teen Time - Open Space in RTHK Radio 3 at 9-10pm on 10 Oct 2019.

On the 23rd of September 2019, Samantha, Audrey, Polly and I went to Kowloon Tong and had a recording on an RTHK radio show. We were welcomed by very professional equipment with buttons everywhere and microphones with pop filters on. We were all amazed with our jaws dropped. The host of the radio show, DJ Alyson Hau, greeted us with a friendly smile and we introduced ourselves. We were invited to share about a topic that every adolescent can relate to, social media.

When we entered the recording room, the first things that caught our eyes were the professional devices and facilities in the studio. These actually would stress anyone out, but it impressed us when we stepped on the sound-proof carpet! Once we all sat down, Alyson told us to take a deep breath dramatically, which made us feel like the actresses warming up on Broadway.

Before the actual recording, we were given a chance to have a small discussion among ourselves without Alyson's help as a warm-up. It was all awkward and we looked at

each other as if struggling with 'who's going to speak'. It was worrying from how unnatural it was. After the warm-up, it was show time. This time, Alyson was joining in our conversation. Amazingly, as the professional joined in, we started to relax and without knowing, we were back in a normal conversation. What a professional she was to pull us all together! We talked about issues that can affect teens from social media, the benefits of social media and so on. Even though Alyson is not in the same generation as us, she was relatable and could catch up with the trends. After rounding up the topic, we said our goodbyes to Alyson and left with satisfaction.



Our students sharing their views on social media with the DJ Alyson Hau in the studio

This is definitely a remarkable experience for me. Improvising in front of a famous DJ, knowing that everything you say is going to be broadcast, I was pretty petrified but it was totally rewarding. I'm immensely thankful to our teachers for giving us such an opportunity to represent our school and share our views on issues all teenagers can relate to.

I feel very fortunate because only four students could go to this programme and I got a chance to do so. During the speaking, I felt very nervous and terrified of making mistakes and messing up the whole thing, but at last all was well. I now understand that speaking should be a relaxing and enjoyable experience.

Audrey Ah-kion 4B

During the recording, there was no script. It was difficult for me to think of the answer in English immediately but I was surprised that I did it. Alyson was very good at interviewing, creating an easy, cosy vibe and giving us confidence to speak. It's an eye-opening experience to hear our voice and our views in a professional studio at RTHK.

Samantha Cheng 4B

If I have to choose a moment that I enjoyed the most, it must be the moment when we were talking about memes and all laughing about them. I would consider this visit and the recording nerve-racking but lots of fun. We can't wait for everyone to hear that on air.

Polly Chow 5E



An eye-opening broadcasting experience at RTHK studio has broadened our learning horizons.

Link to the radio programme:
<http://app3.rthk.hk/special/teentime/yourvoice.php>



Optimize deep thinking

The Hong Kong Secondary Schools Debating Competition 2019-2020 - Entering Finals

It has been an exceptionally encouraging year for our English Debating teams as both of our teams have made it to the Finals in HKSSDC 2019-20 before the unfortunate hiatus of the contests.

Congratulations are to our English Debating Team I, which defeated Concordia Lutheran School on the motion "The House would subsidize companies for the employment of ex-convicts," as the negative team in November 2019. At the same time, English Debating Team II, speaking as the affirmative team, also won against the negative team from Henrietta Secondary School on the same motion.

We would like to thank our devoted debaters, Yanmi Lau (5B), Ivy Yau (5B), Judy Lau (5B), Alice Fung (5B), Yoyo Siu (5B), Elizabeth Man (5B), and their team coach Ms Kayla Tam of the English Debating Team I; and congratulate our debaters, Hannah Leung (4A), Coco Keung (4E), Mary Ma (5A), Tasha Lam (4E), Yan Vivian (5E) and Polly Chow (5E) and their team coach Ms Nalini of the English Debating Team II for their impressive achievements. They all performed outstandingly and brilliantly this year.

Below are the reflections of some of our best debaters:

5B Judy Lau

Being part of the Debating Team was an attempt to break through my comfort zone in English learning. Back in the day, speaking English in public was a tall order for me. To my gratitude, my coach gave me great support academically and emotionally. Had I not had her help, I would not have been brave enough to present my arguments in front of the audience and judges. The secret of showing improvement in learning lies in practical experience. It reminded me of the importance of being self-motivated, being humble in learning, and the bravery of sailing through the setbacks in life.



The Debating Team is a hidden gem at our school that we should leverage to create wonderful experiences. It is my earnest hope that our schoolmates stop being passive in learning but grasp every precious opportunity and take the initiative in creating miracles in life.



Both of our English debating teams with victory in HKSSDC on 7th November 2019, entering the Finals



5B Ivy Yau

Being a debater has definitely provided me with rich and valuable experiences of cooperating with others. In this generation, we are indeed blessed with a multitude of ways to learn. That being said, students tend to learn from textbooks, only aiming to get good grades in exams. We should change our mindset in pursuing knowledge, not only aiming to snatch stars in the DSE, but also enhancing ourselves.

More remarkably, being a debater reminds me about one thing - there are always people in the world who are more proficient speakers and capable than you, but never give up in trying. We met strong opponents in the competition. Yet, with determination and hard work, we made winning possible.

There is no insurmountable challenge in the world so we should try our utmost to face the challenges in life.

5B Alice Fung

Generally, most debates are related to topics about social issues or some heated discussions. The debate renders an invaluable opportunity for me to be more familiar with the topic during my research, which enables me to get a good grasp of the basic background of the coming topic to be argued. Apart from developing listening and reading skills, broadening my horizons is vital as well. I learn to look more thoroughly and deeply into social issues of various areas so that I can have a wider understanding of the world as well as raise my awareness of those issues.



4E Tasha Lam

I found out some of my weaknesses in English learning through debating, such as analyzing data, organizing ideas and writing persuasive arguments. I deem this an opportunity to know myself better because I could focus on them, work with my groupmates and improve my skills effectively. After several battles, I realized that debate was not just a competition, but a platform for teenagers to share our views and experiences. The process made me recognize that seamless teamwork is essential. It was such a memorable experience practicing with my teammates and teacher.

Debating is not just a way to improve our English but also a channel to strengthen the bonds among schoolmates, so I truly appreciate the opportunity for me to be a debater.

4E Tasha Lam as the First Speaker of the Affirmative Team



The second speaker of the English Debating Team II, Vivian Yan (5E), making her rebuttals



Tasha Lam's debating speech on subsidizing ex-convicts' employment:

Good afternoon everyone. The motion of our debate is the house would subsidize companies for the employment of ex-convicts. Allow me to quickly define the term "subsidize", which, according to the Merriam Webster dictionary, means to aid or promote someone or something, such as a private enterprise with public money.

Our team line is providing employment opportunities to ex-convicts will bring numerous benefits to humanity and improve the quality of life. As the first speaker, I will tell you the reason why crimes will stop when ex-convicts have a job. Our second speaker will talk about how with being given a second chance, ex-convicts would not only benefit but also the country's reputation will improve and the economy will improve. And our third speaker will provide you with further evidence on all our arguments.

Now, I am going to explain why crimes will stop when ex-convicts have a stable job. Research studies show that there is a link between people who have been unemployed for more than one year and property crime. Most of them get involved in selling drugs such as heroin, marijuana and other dangerous drugs because this can make quick money. Economists and researchers believe that when the rate of unemployment is declining, the rate of criminal activities is also falling. There are usually high rates of unemployment in areas where crimes are very high. Statistics also indicate that between 1993 and 1997, the rate of criminal activities declined almost at the same rate as the rate of unemployment declined in the US.

According to National Institute of Justice, in America, a year after their release from prison, between 60 to 75 percent of ex-convicts remain unemployed. Due to the lack of money for daily expenses, it is very likely that they might offend again and the rate of criminal activities will thus increase. On the other hand, if these ex-convicts are employed as soon as they are out of prison, work can keep ex-convicts out of poverty because of a stable income, helping them to avoid reoffending so as to reduce the rate of criminal activities.

The question now remains where and how the government can help with gainfully employing them as the social stigma of having been in jail is a deterrent to any potential employer - government subsidies. These clear and self-explanatory statistics I have presented can prove without the shadow of a doubt that this motion must absolutely stand! Thank you.



Harvard Book Prize Award 2020

Vivian Yan, 5E
The 2nd Runner-up of the Harvard Book Prize Award

Having the opportunity to participate in the Harvard book prize award is one of the most honourable competition experiences in my life. My fellow schoolmates and I were required to write essays that truly inspired us and stimulated our creativity. The number of student participants from nearly 250 schools also shocked me. More than 700 students from local and international schools have joined the contest and it was nice to see all of us getting recognized for our English ability.

In the competition, there were one long question and three short questions. The key question required us to look deep into our opinions on environmental protection through a drastic proposal by the Harvard professor E.O. Wilson about saving our ecosystem. With the help of my English teachers as well as extensive internet research, I was able to understand the importance of maintaining a liveable environment and improving my writing skills. I would definitely recommend the contest to anyone who's interested in expressing their own opinions and enhancing their English writing skills without hesitation.



Our Principal with the Harvard Book Prize Award Winners 2020, Mandy Au Yeung Yiu Man, 5A; Lam Tsz Wan, 5A; and Vivian Yan, 5E (from left to right)

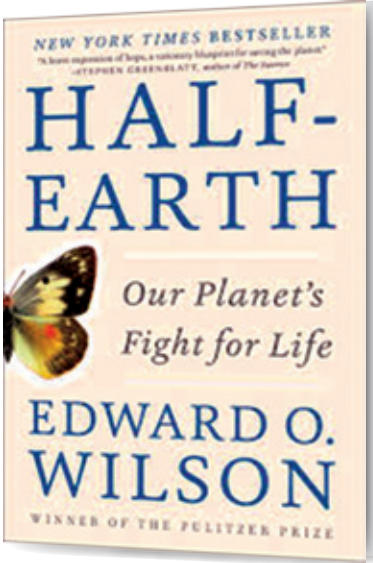
Harvard Book Prize Award Essays on Half-Earth

By Mandy Au Yeung Yiu Man, 5A

It should come as no surprise that the global warming problem is going downslope that has posed a threat to the natural habitats of many animals, exotic ones especially. For instance, the natural and probably the only habitats of polar bears, penguins, or gray wolves have been put under jeopardy. In view of this detrimental issue, we, human beings should take the greatest responsibility in alleviating this overwhelming problem which has drawn many people's attention around the globe. To alleviate the problem, leading an ethical life would definitely be a wise and sustainable means. I would introduce the actions ranging from our diets to the tangible actions that we could adopt in the forthcoming future.

To start with, an ethical lifestyle means the philosophy of making decisions for daily life which takes into account ethics and moral values, particularly with regard to consumerism, sustainability, environmentalism, wildlife and animal welfare. It may sound difficult in putting this rationale into action at the first glance. Yet, if we dig deeper and investigate it in a more painstaking fashion, what we can do in leading an ethical life in the 50 to 100 years ahead is indeed practical and easy. First of all, we may give a try to a more sustainable means of acquiring food by purchasing locally and seasonally. Buying food from local farmers reduces carbon footprint caused by a long-distance transportation and delivery and stimulates the local economy. Local, small-scale farming operations, such as places in Yuen Long, also typically utilize more sustainable agricultural methods compared to conventional industrial farming systems, such as decreased tillage, nutrient cycling, fostered biodiversity and reduced applications of chemical pesticide and fertilizer. Adapting a more regional, seasonally based diet is more sustainable as it entails consuming less energy and resource demanding produce that naturally grows within a local area and requires no long-distance transport.

These vegetables and fruits are also grown and harvested within their suitable growing season. Thus, seasonal food farming does not require energy intensive greenhouse production, extensive irrigation, plastic packaging and long-distance transport from importing non-regional foods, and other environmental stressors. Local food production also ensures food security in case of potential transportation disruptions and climatic, economical, and socio-political disasters.



Prof. Edward O. Wilson's Half-Earth

By Vivian Yan, 5E

Humans evolve. We evolve and thrive for convenience for ourselves. We consume resources of the earth, yet we lack empathy towards other species. Soon, the earth begins collapsing. Species are at the brink of extinction, and humans are responsible for protecting the earth. The earth is our home, a place where we are born and grow. To save the earth, everyday activities and habits are the first to change.

Trees contribute to the environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. They are the essential assets to stop climate change as they produce oxygen from photosynthesis. However, the number of trees is reducing rapidly. Australia bushfire is a great example. Right now, recycling is not enough to stop deforestation. We need to use less paper. Avoid using paper plates and cups can be an easy action. Use durable, washable ones daily and on social occasions, as well as using cloth menstrual pads or menstruation cups instead of pads and tampons in paper packaging. Education-wise, we can use technology software that allows you to collaborate on projects digitally instead of using paper. These are some examples of what we can do daily to minimize our use of paper. The climate benefits of reducing paper consumption are significant. As a reference, if the U.S. cut its office paper use by just a mere 10 percent or 490,000 metric tons, greenhouse gas emissions would fall by 1.45 million metric tons.

Food, energy and water: this is what the United Nations refers to as the 'nexus' of sustainable development. Although food furnishes an important source of keeping every species alive, what we eat is also the key to its impact on the environment. It has been found that food accounts for over a quarter (26%) of global greenhouse gas emissions and half of the world's habitable lands are used for agriculture. Researchers at the University of Oxford found that cutting meat and dairy products from our diet could reduce an individual's carbon footprint from food by up to 73 per cent. So, what can we do? Being vegan or vegetarian may be the answer. By replacing meat with vegetarian sources of protein, we can reduce carbon footprint and other greenhouse gas emissions. The production of plant-based foods is a more efficient use of our resources, as it requires less energy from fossil fuels as well as less land and water. By removing animal products from our diet, we can play our part in reducing humanity's damaging impact on our environment. Not only would this result in a significant drop in greenhouse gas emissions, but it would also free up wild land lost to agriculture, one of the primary causes of mass wildlife extinction.

Humans evolve. Humans change to improve. "Success or failure will come down to an ethical decision, one on which those now living will be judged for generations to come," as E.O. Wilson once said. We together can change the world by decisions and determination.



Interviews with our Vice-Principals, Mr Chan and Mr Chu

*Sally Po Tsoi Nam, 3A and Coco Wong Hau Lam, 3B
Student Editors-in-Chief*

True Light students are familiar with Mr Chan and Mr Chu, from whom we have learned much about science and technology. Today, the True Light Times magazine has taken the opportunity to put another hat on our Vice-Principals, who have been asked to share with us their experiences in English learning.

True Light Times (TLT) **Mr Chan Chi Hung, Vice-Principal (Chan)** **Mr Chu Ka Tim, Vice-Principal (Chu)**

TLT: Mr Chu, would you like to share with our readers about your experience in English learning?

Chu: I have learned my English by watching movies and I believe that it is the best method to learn English. For reading, I think all ICT books are worth reading. I understand that some students are struggling with getting a good grade in English. So I would suggest they try to use English to learn about their favorite stuff and hobbies. This is a good way that has worked for me.

From what I see, True Light students enjoy participating in English activities since my ICT students are always welcoming to using IT tools in English. Overall, I am happy that our students have improved over the past year.

TLT: Thank you, Mr Chu. Your advice about learning from what we like is really helpful.

TLT: Mr Chan, can you also share with our readers some tips on how to learn English?

Chan: I have learned English through watching TV news with subtitles. TV news with subtitles is a combination of sounds, images, texts, together with information about science, traditions, cultures, and etc. All these features make it a very comprehensive tool for us to learn English.

TLT: Thank you for the tip. What other advice would you like to give to students who are struggling with getting a good grade in English?

Chan: For the advice to students who are struggling with getting a good grade in English, I would suggest reading, writing and practising with the recent past papers. Make sure you compare your answers with the marking scheme. Besides that, acquire feedback from your teachers. It elucidates your strengths and weaknesses.

TLT: Besides schoolwork, Mr Chan, do you think our students enjoy participating in English activities?

Chan: In terms of extracurricular activities, I think the elite students enjoy our higher-order English activities, such as debating competitions, very much. However, I worry that the strong gets stronger; while the weak will become weaker. A lot of English activities are dominated by a small number of elite students. Not a lot of the students think that they have the chance to read, speak and hear English in the campus.

On this note, the True Light Times magazine would like to encourage our students to dare to make a change and to start looking for opportunities to use English more in our campus, as this is very important to English learning. Start by looking for different activities covered and included in the True Light Times magazine. I personally would enjoy the fun in the featured word games. What about you?



Learn from the best: An Interview with Mrs Anna Ma on English learning

*Sally Po Tsoi Nam, 3A and Coco Wong Hau Lam, 3B
Student Editors-in-Chief*

Mrs Anna Ma has been working in our school as the English consultant since 2016. Today, we are very excited to have an opportunity to talk to her about some useful means of learning English.

When asked about tips on English learning, Mrs Ma was happy to share with our readers how to improve the four skills in English learning. First, to improve reading skills, she suggested reading widely; newspapers and magazines are two good choices. From newspapers, you not only learn about the most recent happenings around the world, but also new words that textbooks don't normally include. Magazines like National Geographic have materials about geography, travel, history, and a lot of other areas which are interesting and inspiring.



Our English consultant Mrs Anna Ma sharing her tips on English learning

To encourage reading, the school library plays an important role. It could organise different reading award schemes, book exhibitions, invite famous authors to do sharings and students to conduct forum discussions. A Reading Club may be set up to help students to make full use of the newly modernized school library.

As for other skills, Mrs Ma believed that you must try to listen to more English programmes on the internet, TV, radio or songs. Reading aloud is a good way to improve your speaking skills. Writing diaries or journals and thinking in English when writing can be very helpful to improve your writing skills. Writing every day, for just 50 to 100 words, would definitely be beneficial. When you could spot the mistakes you made in the previous writings, you are making progress!

One of our biggest concerns for students is the preparation of the DSE. To obtain good grades in DSE, the biggest tip from Mrs Ma is to read the markers' reports for different papers at the back of the past papers. It is important to note the markers' comments on candidates' performances to see if you yourself have made similar mistakes. According to Mrs Ma, you could also understand what the examiners are looking for through the markers' reports. Another tip that we did not expect is that Mrs Ma advised us to read the tapescripts when we are doing the Listening past papers. "You could learn a great deal from the tapescripts," she adamantly told True Light Times.



At the end of the interview, Mrs Ma told us that she

thinks our students' general interest and abilities in English have improved over the past years. She has found that debates and forums are interesting activities students enjoy most because they provide the best opportunities for students to practise all the four skills involved in learning English. More importantly, participants could learn from each other and have fun in the team collaboration. For our final words, we would also like to urge everyone to make good use of the teaching and learning environment and facilities provided in school, from visiting our new Library to speaking up in a forum, so as to brush up our English skills as our interviewee suggested.



"Debates and forums provide the best opportunities for students to learn from each other and have fun in the team collaboration," Mrs Ma told True Light Times.

Meeting our New NET, Mr Hedley

Cindy Lee Sin Yu, 3A

Mr Hedley is our new NET teacher this year. Every one of us should already know about him because he had done some assemblies about God in our Friday Life Education period. In today's interview, True Light Times is going to ask him some questions so that we can know more about him.

TLT: Why do you come to Hong Kong and teach in True Light? What do you think of our school?

Hedley: I wanted to join True Light because it would make an exciting change to my life. The first time I came to this school was in the Oxbridge summer camp. I think the students were good to work with. Thank God for giving me an opportunity to move to Hong Kong and take up a job as a teacher at True Light. True Light is full of potential. Students come into S1 with so much life and excitement and it is fascinating to see how they are shaped as they pass through to S6. Also, I am also impressed by how well they have coped with difficulties. I am pleased to be at a school with wonderful students.



Mr Robin Hedley has joined our College as a NET teacher since September 2019.



Mr Hedley explaining "You are the light of the world" (Matthew 5:14-16) in the school assembly

TLT: Would you mind telling us when you have started to believe in God and why?

Hedley: I knew God since I was young. My mother believes in God and always spoke about Him in a way that encouraged me to have a personal relationship with him. When I was studying in university, I started attending a church. This was the point where my faith in God went to believing that He is real to have a close personal relationship with and give everything to Him. God always provided what I needed, comforted me when I needed comfort, and listened when I prayed. As I am not perfect, God can lead me into perfection. God gives me more than I could ever have because of Love.



Mr Hedley was pleased to be at a school full of potential.



Mr Hedley told TLT he was impressed with our students, "Students come into S1 with so much life and excitement."

TLT: What do you think about the assemblies you gave us? Do you have future plans?

Hedley: I really enjoy the assemblies! Sharing my faith with others is a great joy in my life. I try to make the assemblies simple so every student can hear God saying something to them. In the future, I will keep praying for what God would like to say to the school. I would also like students to ask me some questions about God and I would like to answer them. I hope students can understand my assemblies and have a relationship with God.

TLT: We really look forward to that! We'd like to ask you something about English learning as well. Do you think watching TV can improve our English?

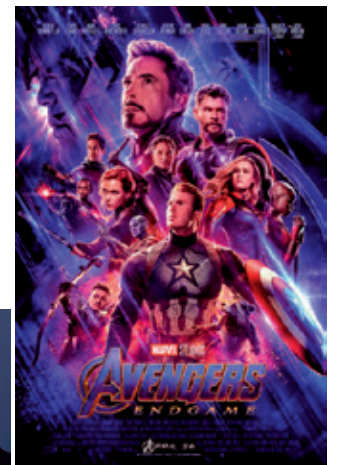
Hedley: Watching TV and movies can be a good way to learn English based on what you are watching. Youtube videos are a good source of learning English. You should watch the videos from native speakers because they will have better pronunciation than non-native speakers. When you are watching videos, you can also turn off the subtitles to see how much you can understand.

TLT: Thank you for your tips. We wonder whether you have any TV programmes and movies to suggest to our students?

Hedley: I like to recommend the movie *The Avengers* because I am a fan of it. Also, a TV show *The Crown* is also good to watch. The show is all about the Queen of England and it would be the best one to practise a good British accent. I hope students can enjoy the TV show and the movie.

TLT: Thank you very much, Mr Hedley, for sharing all of these with our readers. We hope to learn more from you in the future.

It has been really an exciting and fantastic experience to interview Mr Hedley. I am sure all readers can feel how amicable and passionate a teacher he is. I would highly encourage all readers, even if you are not taught by Mr Hedley, to talk to him and ask him about God or English learning as he suggested. I bet you will share the same pleasant conversation as mine too.



Mr Hedley is also the Teacher Advisor of the English Society 2019-20.



Reminiscence: Words from graduates 2020

*Remember the time you've had here,
Remember when you're away.
Remember the friends you've made here,
and don't forget to come back some day...*

Amid the echoes of the song *Remember*, the 41st graduation ceremony for our graduates 2020 officially ended on a high note. It has been a truly exceptional ceremony amid Covid-19, an occasion that has been cancelled, delayed, postponed, and finally resumed and took place in November 2020. While our graduates bid an unwilling farewell to their loving school, let us hear some reminiscences from our graduates in 2020.

Lee Tsz Yui April, 6E

Graduate of 2020, Student Representative of Votes of thanks

Secondary education isn't just the preparation phase for DSE, but also the time when teens learn about their rights and responsibilities, figure out grand dreams and grasp the last chance to rectify their wrong values. This process is so important that a school has to be caring and sensitive enough to reach, to teach, and to accompany them through this difficult stage; and indeed, I am proud to say that True Light has done so.

As for me, I am thankful for being in True Light and for being in an amazing cohort with which I have shared all unexpected joy and sorrows. I have been offered opportunities to reveal and express myself, earning priceless friendships with teachers and peers that I will keep in contact with after graduation. Time flew before I could notice. Even though there are many unsaid thanks to each teacher who has sailed me through the journey, may the laughter and unforgettable memories fill the gap.

In this "chosen" year, no one was excluded from the challenges, not the public exam fighters, nor the teacher-cum-youtubers, nor even our supportive families. Everyone had "evolved" to better adapt to this changing environment. More challenges could be possibly awaiting ahead, but with our adaptability, I believe we can overcome all difficulties. From this year onwards, I hope all Truelighters can treasure their precious face-to-face school days so that we can all live a life without remorse.

Excerpt from April's Vote of thanks in the 41st Graduation Ceremony

Years in True Light have been enriching yet challenging, especially for this year's graduates. This may sound cliché, however 100% real, we have experienced the most unimaginable school year for anyone in the world - unpredictable, intense, sleepless, agonizing, tear-filled. However, despite the knowns and the unknowns, NONE of the emotions should stop our stride.

While we celebrate our accomplishments, with pride and eagerness in our eyes, hope in our hearts, grand schemes of plans in our minds - my dear fellow graduates, remember this feeling and bring them along towards every phase. It's true that everything will change as we leave True Light. Some of us will continue our studies; some may head straight to the workforce, but right before you embark on your journey, let me challenge you with this task - to guard your heart. This quest comes from the Proverbs 4:23, a verse we've learnt but not commonly practised in today's world, "Above all else, guard your heart, for everything you do flows from it." We are asked to guard our personality, of who we are at core. We all have the moral judgment of Kindness and evil. Then put this into practice, guard yourself against the harmful and malicious ones; embrace yourself with the truthful and helpful ones. Yes, there will be lure and temptations, like wealth and shiny titles, and you will as well see people betraying their initial motives... everything may happen, but under the watch of our almighty Lord, may we never lose ourselves. Guard your heart.

Never forget we graduate from True Light. We can be the lamp on the stand that lights up the house, shining before others; we are the flower of our form house, the lotus blossoming despite growing through the filthy mud. This is what we can show, as the greatest thanks to this exceptional school as we bid farewell.



Words from other graduates 2020



**Elaine Cheung (right), Graduate of 2020,
Chairlady of Students' Union 2018-19**

Before graduation, I didn't expect that I would miss True Light, but now I will. The reason is that I miss the people and things I have met in this school. In these six years, I have not only learned knowledge from books, but also learned to face difficulties bravely and I need to continuously improve myself. People in True Light also make me know more about myself and appreciate myself. That has equipped me to face my future.

Please cherish the time you are at school. This is your second home where you're allowed to make mistakes and be forgiven. You can play hard and work hard in your school life, which will remind you in your future, that you have tried your best after you leave. You are better than you could ever imagine, True Lighters!



**Victoria Chen (right), Graduate of 2020,
The Head Prefect 2018-19**



**Tera Leung (right), Graduate of 2020,
The Green House Captain 2018-19**

The experience of the past six years at True Light has become my memory. For six years, the care of the teachers and the encouragement of the classmates have accompanied me to grow. Now, I have left True Light and started my new life in university. Although I feel very sad about leaving True Light, I will remember the school motto in my mind, "We are the light of the world", and carry it forward.

Throughout my secondary school life, I would like to say True Light has nurtured me to become a better and more mature person. Joining the school archery team since Form 1, I, together with our team, have been given lots of support like coaches, practise venues and equipment from the school. Also, True Light has provided me many opportunities to enhance my leadership skills and time management. Being the House Captain and CYC Vice-chairlady, I have learnt how to guide my members to join the activities and grasp the skill that balances my academics and my passion.



**Tera Leung (left), Graduate of 2020,
2019 Hong Kong Island Outstanding Student**



Do you know who these babies are now?

We often see our teachers in school. But do you know how they were when they were just children? Let's learn about their childhood interests and appearance through this matching game!

Here are some baby photos of teachers:



Ms Leung has always worn the same broad, bright smile in her photos.



You can always see the mischievous smirk behind Mr Tsui's confident look.



Mr Cheung's tender and reassuring smile might look a bit more timid when young.



Being photogenic, Ms Agnes Lam has had the same way to gaze up at the camera.



Despite the extremely different hair and look, her love of physical challenges has been the same.



Look for Ms Yeung's signature big round cat-eyes, like her daughter's.



Ms Amy Lam has had enviable apples on high cheek bones on her face.



She has worn the same shoulder-length hair until now.



Look for Mr Suen's willow leaf eyes. His baby self looks exactly like his baby daughter.

ubilation special

45th School Anniversary Writing Competition



Form One Champion Giving is Better than Receiving

Yeung Tsz Yan, 1D

To celebrate the 45th School Anniversary, the English Department has organized the 45th School Anniversary Writing Competition. Participants were invited to write on various topics on Advancing with True Light in the competition, and the following are the winners of the writing contest of each form.

Words weave worlds of wonders, while sounds stir sensations. The winning essays have not only been collected and published as written pieces in the 45th Anniversary Anthology *River of Radiance*, but also made into audio recitals by the winners and students of different levels with a view to leaving students' memories by audio, visual and written recounts.

Form One - The Joys of Volunteering

Champion	1D	Yeung Tsz Yan
1st Runner-up	1A	Li Hau Yi
2nd Runner-up	1C	Wong Lok Yee

Form Two - The Pros and Cons of Social Networking

Champion	2B	Chan Jour Yain Anna
1st Runner-up	2C	Yip Ka Ki
2nd Runner-up	2B	Ho Shuk Ki Kardia

Form Three - True Light unsung heroes

Champion Bearer	3B	Leung Yuet Hannah
1st Runner-up Bearer	3B	Cheng Hiu Yan
2nd Runner-up Bearer	3C	Cheng Fung Ming

Form Four - Open Day proposals

Champion	4A	Au Yeung Yiu Man
1st Runner-up	4D	Siu Hiu Ching
2nd Runner-up	4A	Wong Sze Sze

Form Five - The rise of Startup Culture

Champion	5E	Lau Tsz Ying
1st Runner-up	5A	Cheng Cho Kiu Jasmine
2nd Runner-up	5D	Chan Sin Ying

Have you ever thought of volunteering? Volunteering is good for us because it has lots of benefits. First, volunteering can help us gain confidence since it gives us the opportunity to try something new and build up a real sense of achievement. Second, volunteering can help us feel a part of something outside our friends and family. Third, volunteering can help us learn new skills, gain experience and sometimes even qualifications. Moreover, there are more benefits of volunteering.

There are plenty of charity organizations in Hong Kong such as The Hong Kong Red Cross, Unicef, Food Angel... Also, there are various charity activities that we can join at school. For instance, we can participate in The Red Cross to donate blood and charity sales for fundraising. I want to do voluntary work for World Vision in the future. It is because there are many children who are underprivileged in many countries. They face death every second. If I donate money every day, I will be able to help the children for their diet. This can change a child's life and they can contribute to society in the future while it is only a small matter to donate every day.

I remember when I was 9 years old, I took part in a volunteer event at a nursing home. It was held by Community Youth Club. It was the first time that I had visited the elderly. Therefore, I was thrilled. In the process, we told them stories and we chatted together. They were very friendly. After that, we gave them some gifts that my teammates and I had prepared. The small heart-shaped gifts were to thank them for their care. After this activity, I was delighted, satisfied and proud of myself. I have learned to care for the elderly. Although they may sound annoying sometimes, they are very kind and caring. I think I shouldn't treat my grandparents with arrogance. I have decided to spend more time with my grandparents.

For now, have you thought of volunteering? I think offering help to the needy is meaningful and beneficial as helping and serving others is the foundation of happiness. Besides, volunteering is an experience that helps us know ourselves better, not only as an individual but also as a member of the global community. Volunteering is fun, why not join it together? Let's volunteer together and make our lives more colorful!



Form Two Champion The Pros and Cons of Social Networking

Chan Jour Yain Anna, 2B

A social networking site is an online platform that allows users to create public profiles and interact with others on the Internet. Nowadays, social networking is very popular among teenagers and the young generation, but, is social networking good or bad? Does it harm us or benefit us? In this essay, I will discuss the pros and cons of social networking.

One of the major benefits of social networking is that it has access to worldwide communities. You can use social networking applications to contact others. Also, you can make new friends, build connections and socialize with different people. For example, you can use applications such as WhatsApp and Facebook Messenger to chat and share things with others. And you can make friends through applications such as Facebook and Instagram. These applications make connecting people or making friends faster and easier.

Using social networking can also increase news cycle speed. These days, people use social media to collect information and news from around the world. It can let us know what is happening in the world immediately. News organizations, such as Apple Daily, post news on their own applications on the social networking sites like Twitter or Facebook, and we would know what major events are happening.

Although social networking has a lot of advantages, we should also consider the disadvantages.

First, we might encounter cyberbullying while using social networking sites. Making a joke can be a small thing but it can also become a big deal. Teenagers and children might treat it seriously and this might cause psychological trauma. This backlash can also have a long-term impact on the victim. For example, if everyone has the same negative comment on a person, the person might start feeling inferior. This might prevent him/her from making new friends and even finding jobs when he/she becomes scared of communication.

Moreover, using social networking sites might leak our personal information. You need to use your personal information to create an account on most applications and it is dangerous if you use simple passwords. If someone stole your personal information, they might hack into your social media network or account and turn your life into a nightmare. For example, a privacy thief may hack into your account and meddle with it, using just a few pieces of your personal information to create a post. This can ruin your life. They can also easily hack into your bank account, and steal your money.

Although social networking has lots of advantages, there are also tons of disadvantages. In my view, social networking does give us a more convenient life, even though it is dangerous if we use it carelessly.

To conclude, if we use social networking properly and protect our privacy, social networking will be a good thing for us. On the contrary, if we are addicted to social networking, it will harm us for sure.



Form Three Champion A Typical Day at Work as a True Light Bearer – the IT Helper

Leung Yuet Hannah, 3B

I'm an IT helper in Hong Kong True Light College. Since some of you may not know very well about my job, I'm going to tell you about it and my typical day at school.

Every morning, I go to school at 7:30 a.m., which is thirty minutes before the first bell rings. However, I'm in a hurry in that special thirty minutes. I always start my day by checking the most important things, the computers, in the computer room to see if there is any troubleshooting needed. If there is, I have to fix the computer problems not only as fast as I can but also very carefully as one little mistake can cause a big problem.

After checking all the equipment, it's almost 8 o'clock. It's time for work! Sometimes, I will be called for help if the electronic devices in the classrooms are not working. I must always be in a good mood and ready to fix devices like computers, iPads and projectors very quickly. It's very challenging as I have to deal with lots of affairs at the same time. I'm rather busy but after I have finished fixing the non-working devices, I feel so happy and satisfied.

In the lunch hour, I usually go out for lunch. I love to eat delicious meals with my colleagues and chat with them. After having my lunch, it is time to work again. Apart from going into classrooms, I have to give some support to school activities like preparing the screens and projector in the school hall or laying out the iPads for the participants. Sometimes I don't have breaks in my working hours but if I do, I will eat some snacks or take a good rest.

I usually leave school at 5:30 p.m. – 6:00 p.m. I know it's pretty late but sadly I don't have any choices. Sometimes, the F4 and F5 students have to have computer lessons after school, and I have to stay until the lessons end as the teachers may need my help. Or, I have to prepare materials for the lessons on the next day.

Would I recommend this job to someone else? Well, basically yes. Although the working hours are long, you can learn a lot from this job. You may have to self-learn in order to improve your efficiency in fixing electronic devices. Also, it's great fun. You may know more about computers and if you're interested in them, this job may offer you lots of fun.



Form Four Champion Proposal for 45th Anniversary Open Day

Au Yeung Yiu Man, 4A

Dear Principal,

Proposal for 45th Anniversary Open Day

Introduction

On behalf of the Student Union, I am writing to inform you of the detailed arrangement about the coming event that is "Open Day" for the 45th anniversary in the year 2019-2020. Not only does this event promote our school's reputation and good will, but it is also a great chance to boost our students' confidence and unleash their potential to the fullest. The Open Day would be held on 28th March 2020 from 9am to 6pm.

Activities to be held

To achieve the above aims, we will hold diversified activities, including the booth games organized by all classes of our school students and talent shows by some of our versatile students. By doing so, our students will learn how to communicate with people they have not met before and deal with different occasions and circumstances. Also, there will be cooking classes taught by the Parent-Teacher Association. Some workshops and the singing sessions on the school playground are also the highlights. Most importantly, it is the first time we have decided to cooperate with a local charity to have a performance for 1 hour at the school hall so as to raise money through ticket sales. This performance is surely meaningful and unprecedented.

Work allocation

This time, our focus will certainly be on our students. As for the booth games, each form will have a theme that is about Hong Kong or our school. Around two months before the Open Day, each student will receive their job duty, so that our students will have enough time for preparation and discussion. For the matter of cooking classes, our committee members of the Student Union and Home Economics Society will be the staff to assist the members of Parent-Teacher Association. Also we are more than glad to invite the champion of last year's singing competition to be the partner of the performance with the local charity. The Music Department is keen to work with us to offer us professional support and advice.

Budget plan

Since we have to provide the materials and props to all students to complete their booths, we would like to be granted \$20,000. Also, as there will be some ornaments like balloons and banners for the school playground and rooms, we would also like to have \$2,000 for this purpose.

We are sincerely hoping that you would take our ideas into serious consideration. If you have any enquiries, please contact me and it will be my honour to get together with you on this event.

Yours faithfully,

Chris Wong

Chairperson of the Student Union



Form Five Champion The rise of startup culture

Lau Tsz Ying, 5E

Commuters holding the handrail and falling asleep on the MTR has become a common phenomenon among busy employees. Being an employee, you need to wake up early in the morning but return home late in the evening, so you are all worn out after one whole day.

From the above phenomenon, we can understand why there are so many young people who would prefer startups to traditional career pathways. If you start up your own business, your timetable will be more flexible. You can even do anything you like and take advantage of your own talent to earn a sensible income. This is totally unlike the situation of an employee, whose ratio of hard work and wage is not proportional, especially when our city has ranked number one at "14th Annual Demographia International Housing Affordability Survey" for her difficulty in affording an apartment. It is apparent that our average wage is far below inflation.

Besides, there are lots of successful examples of young people's startups. Airbnb might be a good example. Their idea is to offer visitors a place to sleep and to have breakfast in the morning. The most recent statistics show that Airbnb now has over 2 million listings in over 190 countries and 34,000 cities. The company is now worth 25.5 billion dollars. Not only Airbnb, Uber and DiDi have all been successful startups. The above examples may allure and inspire young people to put their creative ideas into practice. Even though it may be difficult at the beginning, young people are always able to identify and provide innovative solutions to problems. They are always passionate in what they want to achieve.

Also, the government has launched some policies that encourage young people to engage in startups. "E Hub" is characterized for innovative and creative industries. It provides comprehensive equipment and facilities for the young people who start a business. All mentioned above support the startups for young people so that is why more young people prefer startups nowadays.

In my opinion, this would be a good opportunity for our students. Startup businesses lead to a variety of choices for the future of our students. Everyone is unique and has different talents. Some of our students may have good business sense at the age of only 15 or even below. They have opened online stores for trading their second-hand goods. On the other hand, some True Light girls are versatile, especially artistically and aesthetically. Have you seen the lift doors with the colorful painting? Those are the masterpiece of our students! I believe that True Light girls are independent. If our passion can match with the job, we will be more motivated to work. The circumstance indicates that the startup business would be a good way for us.

Last but not least, I hope all True Light girls can create their own broad road. It may seem incredible until it is done.

About *True Light*

Let's see how much you know about our school's core values and history from this crossword puzzle !

HINTS:

ACROSS

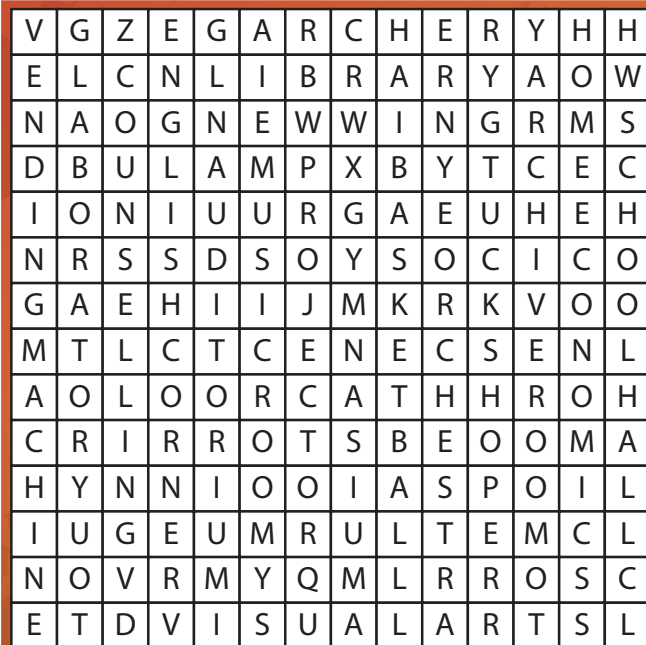
2. Our school motto: ___ the Light of the world.
4. A kind of performance with music and drama for celebration
6. "You are the ___ of the Earth...You are the light of the world." Matthew 5:13-14
8. In 2020, our school celebrated the ___ Anniversary.
11. ___-of-the-light ceremony is held every year in speech day
12. Light of ___ is passed on to S5 students every year in the above ceremony.
13. On which road was our old school located?
14. The founder of the True Light school

DOWN

1. Where is the first True Light founded?
3. The star features in our school badge.
5. What True Light girls wear to school.
7. In the days that have gone by, there were ___ of the light.
9. In 2020, our school is celebrating its 45th _____.
10. A fund-raising activity for the school campus enhancement project
11. ___ House, the house established after graduation.

Facilities in True Light

Our school provides great facilities to improve our learning experience. Let's find out our school facilities from this word search!



VISUALARTS
NEWWING
ENGLISHCORNER
LABORATORY
TUCKSHOP
AUDITORIUM
ARCHIVEROOM
HOME ECONOMICS
SCHOOLHALL
VENDINGMACHINE
ORCHESTRA
COUNSELLING
MUSICROOM
PROJECTOR
BASKETBALL
ARCHERY
LIBRARY
GYMNASIUM

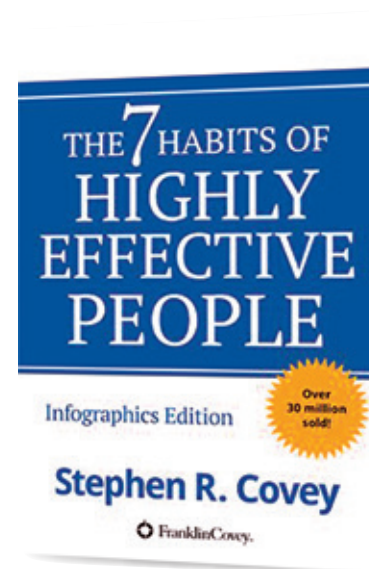
Featured: Fun in Reading

Book review

The 7 Habits of Highly Effective People

Mandy Au Yeung Yiu Man, 5A

The 7 Habits of Highly Effective People introduced many habits which are useful in being successful. Habits are described like in chapter 1, Be proactive, which is the idea that concerns not spending your time focusing on events that you can't control; instead, focus on what you can control. Let's say, for example, that you're waiting for a very important phone call. Some people stress out waiting for the call - that's a bad habit because you can't control when the phone call comes. On the other hand, others simply spend their time focusing on the things they can control, which is more effective.



Also, in the second chapter, Begin with the end in mind, we are suggested to start literally at the end: imagine your funeral and what others there would be saying and thinking about you. What would you want them to say? The things that you want them to say are the real core values that you care about the most, and thus they should be the ones that you focus your life's work on, both personally and professionally.

This book leads to something that I consider really worthwhile: writing your personal mission statement. Can you really codify in a few sentences what your mission in life is? It seems trite, but it's truly effective if you really spend the time to work out what it really means and actually state it in words - in writing. *The 7 Habits of Highly Effective People* is not only a book for me from which I learn but reflect upon my life.

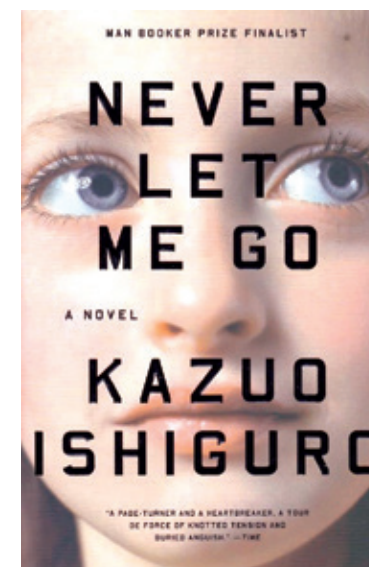
Book review

Never Let Me Go

Vivian Yan, 5E

My mum gave me a book when I was around 15 and the book is called *Never Let Me Go*. *Never Let Me Go* is set in late 1990s England where human clones are created so that they can donate their organs as young adults. The novel follows the life story of Kathy, Tommy and Ruth, clones that are raised at a boarding school for future "donors". The plot is related in a series of flashbacks: Kathy is now thirty-one and about to start her first donations. For the past eleven years, she has worked as a "carer," a nurse and companion to clones who are in between donations.


The plot is surely intriguing, but human donation or biotechnology aren't the themes that had made the deepest impact on me. This story explores how love and friendship fit into people's life, which changes my perspective about life. We must accept the fact that life is short and someday we will die because we can't escape death. When we understand and accept our fate, everything seems precious like love and friendship. There was a period when I questioned my existence and I was devastated. I felt like nobody cared about me and pushed my family and friends away. After reading this book, I realized that there were hopes and values upon us. It depends on how we value everything. Time never waits. We have chances and hopes for the future so why not cherish it and do things that you enjoy instead of end up not valuing them and dying with the regret about what we could do more, just like the organ donors in the book.



Learning 5** idioms... literally

Text by Jojo Lau Chin Yu, 5D
Illustrated by Zenobia Yu Kwok Yin, 5D


Hong Kong True Light College is a school with a long history. While we are celebrating our 45th Anniversary, let us remember our school emblem with the Star of Bethlehem. In fact, there are a lot of English idioms with the word "star" in them. Thus, let's talk about these "star idioms."



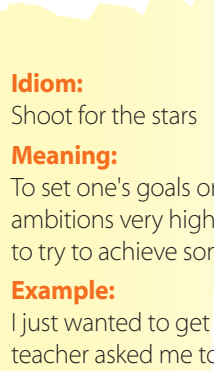
Idiom: Reach for the stars
Meaning: To have very high ambitions
Example: My mother and father always told me to **reach for the stars** and never give up.



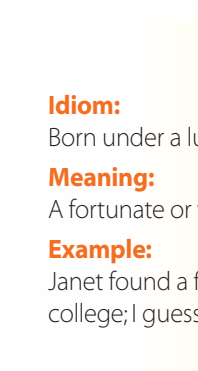
Idiom: Star quality
Meaning: Abilities needed to become successful
Example: United's new signing has a **star quality**. He'll score lots of goals this season.



Idiom: Written in the stars
Meaning: Destined to be
Example: It was **written in the stars** that we would never meet again.




Idiom: Shoot for the stars
Meaning: To set one's goals or ambitions very high; to try to achieve something particularly difficult.
Example: I just wanted to get a pass in English, but my teacher asked me to **shoot for the stars** and study hard for getting a level 5**.



Idiom: Born under a lucky star
Meaning: A fortunate or very lucky person
Example: Janet found a fantastic job as soon as she finished college; I guess she was just **born under a lucky star**.



Idiom: Hitch 'wagon to a star
Meaning: To pursue grand goals for oneself, often by partnering with someone or something that is already successful.
Example: When Ryu was trying to become a singer, she **hitched her wagon** to a star by joining the successful girl band Nine Muses.



Idiom: Someone's star is rising
Meaning: One is on the way to great fame or fortune
Example: It's clear the actress's **star is rising**, as she is now confirmed for three more major blockbuster films over the next few years.



Idiom: The stars align
Meaning: The current situation or set of conditions is ideal to make something successful
Example: All of the pieces just fell into place for the project to get underway. It was like **the stars aligned**.

ANSWER KEY CROSS-WORD PUZZLE:

- ACROSS
2. THOU ART
4. MUSICAL
6. SALT
8. FORTY FIFTH
11. PASSING
12. TRUTH
13. CAINE
14. HARRIET NOYES
- DOWN
1. GUANGZHOU
3. STAR OF BETHLEHEM
5. CHEONGSAM
7. KEEPERS
9. ANNIVERSARY
10. WALKATHON
11. PERMANENT

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



Prologue

A few words from the Editorial Team

It was the best of times; it was the worst of times...

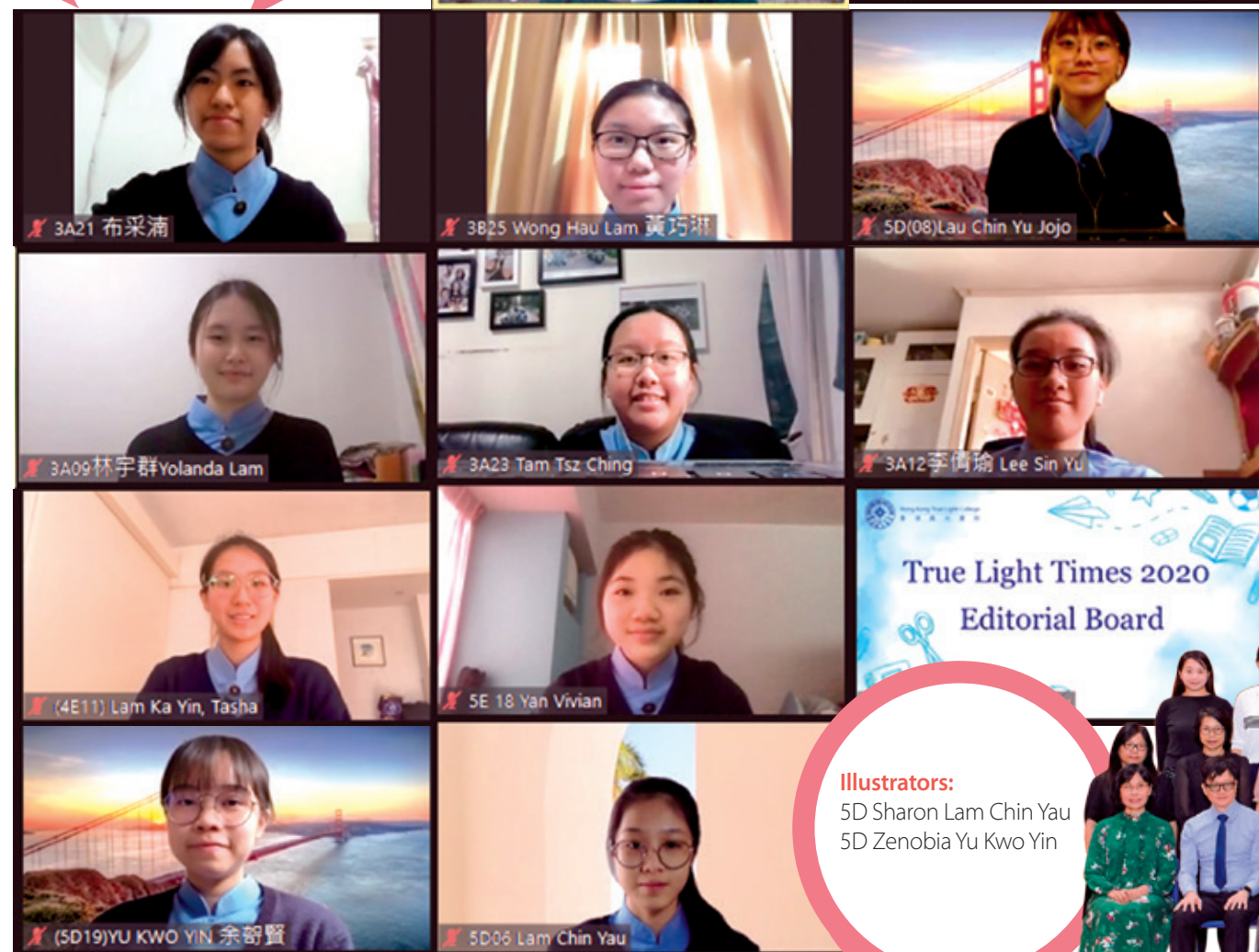
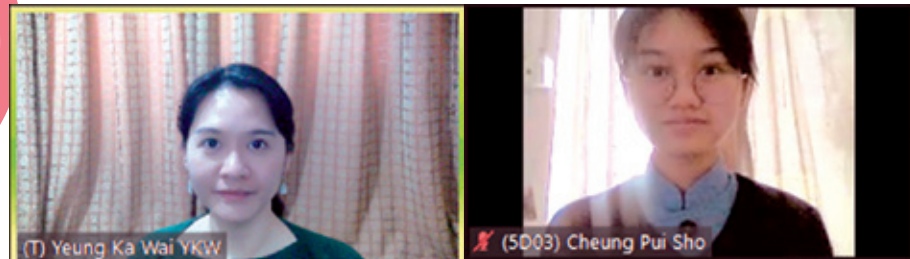
Charles Dickens' A Tale of Two Cities

Here still we stand the True Light Times, in the year 2020, a challenging year with unprecedented happenings for everyone around the world. None of us could have ever imagined all the expectations and disappointments of the grand anniversary plans, was celebrations, events and activities that got vaporized amid the epidemic, including this Dickens' play that we were scheduled to watch but cancelled. This prophetic line has meant much beyond its literal meaning to us.

Amid all challenges, it feels nearly surreal when we have made this collaboratively through virtual means. And we are fortunate to grow with this experience by staying open-minded and creative to embrace changes that demand innovative solutions. We want to thank the Principal, all participants, interviewees and teachers for their time, effort and support to True Light Times. The publication of True Light Times 2020 has bookmarked this historically difficult time, so has this once-in-a-lifetime 'photo' of our editorial team, without which this could have never been possible.

Teacher advisor:
Ms Ka Wai Yeung

Editors-in-chief:
3A Sally Po Tsoi Nam
3B Coco Wong Hau Lam



Illustrators:
5D Sharon Lam Chin Yau
5D Zenobia Yu Kwo Yin

Editorial Team 2020

Editors:

3A Yolanda Lam Yu Kwan
3A Cindy Lee Sin Yu
3A Sophie Tam Tsz Ching
4E Tasha Lam Ka Yin
5D Sophie Cheung Pui Sho
5D Jojo Lau Chin Yu
5E Vivian Yan

It is an honor for me to become an editor of the school magazine. I have learned how to work on the gathered data in the process. It has really benefited me a lot. Hope you will enjoy reading the magazine.

3B Coco Wong

It is a precious experience being a part of the editorial team for True Light Times Magazine. Writing the articles helped me practise my organizational, writing, and proofreading skills. I am looking forward to submitting more pieces next year so as to share the experience I have had at school. More importantly, thank you for perusing this magazine and I hope you have enjoyed reading it.

4E Tasha Lam

It was an honor to be able to participate in writing for the True Light Times Magazine. I have learned so much on how to do an interview, which is something you can never learn from textbooks. Even though we can't do the interview face to face due to the epidemic, it was still a valuable and wonderful experience.

3A Sally Po



Our heartfelt thanks to the entire faculty for the challenging year 2020...

