

The 48th Sports Day of Hong Kong True Light College

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The 48th Sports Day of Hong Kong True Light College was successfully held on January 22nd and 23rd, 2025. It was a two-day celebration of athleticism, teamwork, and school spirit that brought together students, teachers, and staff for a truly memorable event.



One of the most anticipated highlights of Sports Day was the annual cheerleading competition, which never fails to captivate the audience. This year's competition did not disappoint! This year's competition was no exception. The houses were especially creative, with the Blue House, for example, starting their cheer routine in a small group before transitioning into a large formation. Both teachers and students were

deeply engaged, enthusiastically supporting their houses throughout the competition. It's very safe to say that everyone had an excellent time, and we are all eagerly looking forward to seeing what surprises the houses have in store for us next year.

Celebrating the School's 50th Anniversary



In honor of the school's 50th anniversary, a special obstacle course was organized, allowing

both teachers and students to participate. The event was tied to a donation contest, which had two categories: an inter-grade competition and an individual class competition. For the inter-class competition, the goal was to see which class could raise the highest donation funds; the class with the

most funds earned the opportunity to compete in the obstacle course.

The course itself featured a variety of fun and challenging activities, including connect-the-tubes, a bean bag balance walk, crossing a gap using limited bricks, flipping a hula hoop to the other end, and a shelter walk. In the shelter walk, participants worked together to move forward while standing inside a fabric loop that they had to roll in unison without losing



Teamwork in action during the shelter walk challenge on Sports Day!

balance. This obstacle course was not only a fun way to celebrate but also required participants to work as a team, truly "killing two birds with one stone."

An Exclusive Interview with Dr. Lin Huangquan

We were honored to welcome Dr. Lin Huangquan, the Executive Director of the Shenzhen Research Institute and the Director of the Office for Greater Bay Area Developments, as our Guest of Honor for Sports Day. We had the privilege of sitting down with Dr. Lin for an insightful interview.



On advice for aspiring students in biochemistry or traditional Chinese medicine: Dr. Lin shared that these two fields are fundamentally different, so the advice for each varies. For students interested in biochemistry, he emphasized the importance of building a strong foundation in science subjects like biology, chemistry, and mathematics. For those pursuing traditional Chinese medicine, he recommended delving deeper into the *philosophy* behind it, including the yin-yang theory, the five-element theory, and the tea theory.

He also stressed the importance of maintaining an inquisitive mindset and being open-minded. Curiosity, he explained, drives students to explore and seek knowledge, while open-mindedness allows them to adapt and grow in these ever-evolving fields. Both qualities, he said, are essential for navigating the complexities of biochemistry and traditional Chinese medicine.

On his favourite sport and why:

When asked about his favourite sport, Dr. Lin revealed that he enjoys hiking. He expressed his love for the beautiful hiking trails in Hong Kong, which offer not only scenic views but also opportunities to learn about herbal medicine. He shared a fond memory of taking his students hiking during his time at the Chinese University of Hong Kong. "Hiking is a wonderful activity to engage in during your downtime," he said, adding that he often hikes with his family and finds it a great way to relax and connect with nature.

The 48th Sports Day was a resounding success, filled with joy, teamwork, and inspiration. From the cheerleading competition to the special activities celebrating the school's 50th anniversary, it was a testament to the vibrant spirit of Hong Kong True Light College. We extend our heartfelt thanks to Dr. Lin for gracing us with his presence and sharing his wisdom. Here's to more incredible Sports Days in the future!