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The Name of the Game *Let's follow the lead of our new Principal*

SS Eva Phagami

Sports have a powerful way of bringing people together. Whether on the field or in a friendly match, games create a shared space where everyone belongs — regardless of background or ability. These experiences go far beyond winning and losing; they build friendships and stories that last a lifetime. Celebrating its vibrant history of sports legacy, True Light has been uniting students and creating memories through its parade of energy plays. In this interview, our principal, Ms. Law, shared her wise words and views on the name of the game.

Our school has a number of sports teams from Archery to Fencing. As the Principal, how would you define 'success' in school sports? Is it winning trophies or the number of participants?

Success is not just trophies or headcount — it's student growth: commitment, sportsmanship, resilience, health, and a culture where every student feels they belong. Winning is a bonus; participation and character are the foundation.

Take crowd participation as an example. We have cheerleading during sports day and swimming gala. Crowd participation builds school spirit, belonging, and teamwork. It teaches students to support others, celebrate effort, and represent the school with respect — these are life skills, not just event skills.

I'm an experienced cheerleading team member. From Secondary 1 to Secondary 3, I was a cheerleader. Back then, our team would choreograph and perform routines. Cheerleading is already a sport that brings students together, and I really loved being part of a group and the feeling of encouraging one another.

We guess all of the student body would be thrilled to find out - Do you have any vivid memories of yourself engaging in sports during your youth?

I really enjoy trying different activities, including sports. When I was younger, I was a member of the dance team, and I took part in various competitions and performances, despite not being the strongest dancer. I made mistakes, felt embarrassed, but my teammates encouraged me. That experience taught me courage, discipline, and humility — and it's shaped how I view student development today.



Crowd participation through cheerleading competitions at the swimming gala

Knowing sports bring countless benefits to our life, students often struggle when getting snowed under work. Can you give student-athletes some advice to successfully balance the intensity of both sports training and academic studies?



Principal Law learning K-pop dance in Korea

Plan early and communicate: a clear weekly schedule, smart study habits, and regular check-ins with coaches and teachers. Prioritize sleep, recovery, and consistency, and ask for support before stress becomes a crisis.



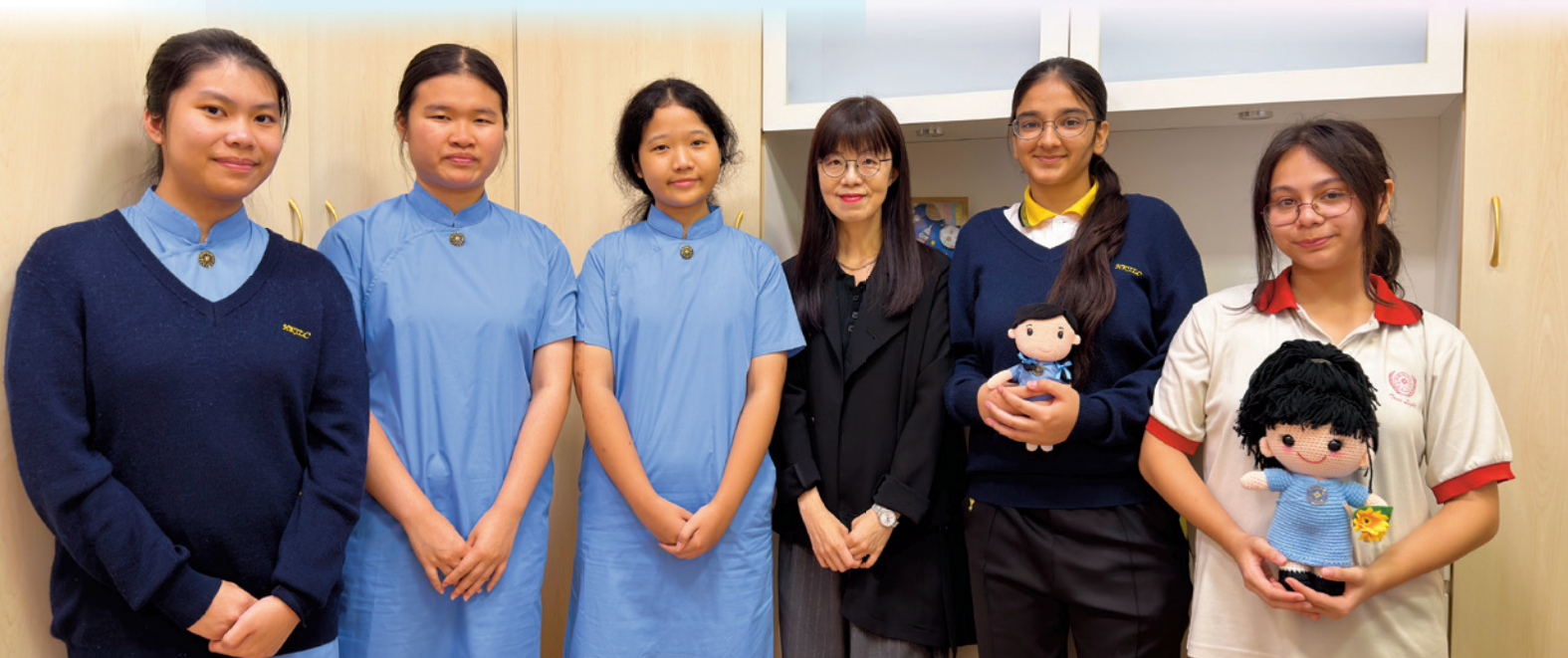
We have to confess that we might not be the most athletic ones in school, unlike you, Ms Li or Ms Yeung - Any words of advice for students who want to try sports despite being unathletic?

Start small and start now. Choose one sport, focus on basics, and measure progress against your past self, not others. The goal is not to be the best immediately — it's to become healthier, more confident, and more resilient through trying.



Principal Law daring and trying new sports from skiing to aerial yoga. Can you spot her in the troop?

Our meeting with the principal was nothing short of inspiring. Her passion for sports truly shines through, and we're deeply grateful for her generous gift at the end!





The majestic waving of the House flag solidified their commitment and allegiance.



Prefects' pledge inspired every student and created a sense of solidarity among them.



October as a Celebration of Leadership and Unity!

S4 Ivana Wan and Emi Lee

For years, Truelighters have upheld their traditions of nurturing leaders and future pillars through various organizations and capacities. October welcomed our new platoons of leaders who aspire to lead and commit to serve.

2025-26 House Inauguration Ceremony

First off, the House Inauguration Ceremony was successfully held on 3rd October 2025 to commemorate the arrival of new house leaders, who are ready to guide and inspire the school community with dedication and enthusiasm. The captains of the respective Houses—Red, Yellow, Green, and Blue—along with their committee members, pledged to devote their efforts to the school and serve as exemplary role models for their peers, vowing to lead everyone to greater heights.

The ceremony began with the introduction of the captains and committee members of each House as they proudly stepped onto the stage. Through their leadership, these student leaders aim to teach others the values of teamwork and responsibility. By participating in inter-house competitions, students have the opportunity to bond with one another and develop essential skills such as collaboration and leadership.



The House Inauguration Ceremony served as a meaningful reminder of the importance of unity and collective effort.

2025-26 Prefect Inauguration cum the 47th Student Union Inauguration Ceremony

Following the House Inauguration, on the 10th of October, another exciting ceremony took place in the hall—the inauguration of the new prefects and Student Union. The event was attended by students from various forms, creating a vibrant atmosphere of unity and excitement.

With strong confidence, the new prefects stood before their schoolmates, proudly pledging to follow the school rules. As the ceremony continued, the outgoing prefects took the stage, smiling with pride, and passed their responsibilities to the new prefects, motivating them to carry on the values of honesty and responsibility.



The newly elected SU Chairlady, S4 Bella Chan of Solis, received the candle flame and responsibilities as the new school leader, from S5 Jasmine Leung of Astra.

The most anticipated event then followed with the light-passing ceremony commemorating the inauguration of the newly elected Student Union. The 47th Student Union cabinet Solis received the symbolic flame from the retiring cabinet Astra and shared with each member one by one, lighting up each member to devote themselves to their future duties this year, shining before others.



2025-26 Prefects of Hong Kong True Light College

Empower women to embrace True Light spirit:

Female leadership in modern day workplace

S3 Allyson Lam

We were honoured to have invited Ms. Nancy Fok, a distinguished Hong Kong True Light College alumna, to grace our occasion, sharing her insights on leadership. Ms. Fok's journey began as a reporter interviewing global celebrities. She later became a website director and held senior publishing positions. Since 2014, she has served as Director of Communications for the New People's Party, leading media and publicity efforts.

Characteristics of a female leader

"Call me Nancy," Ms. Fok smiled and immediately impressed the team with her sociable and amicable personality. She genuinely embodied the strengths of a successful female leader who is communicable and values trust and collaboration. This is what she advocates. She further explained that communication is the building block for trust and bringing out the best in her team.

Ms. Fok is a strong advocate for female leadership, inspiring others in a world still challenged by outdated and sexist ideologies.

Gaining confidence

To ensure effective communication, one challenge we find would be a lack of confidence, feeling unsure. Numerous young women struggle with confidence, especially when faced with situations that push them out of their comfort zones, like public speaking. Ms. Fok shared with us a piece of effective advice that is simple but powerful: practice. With consistent effort and exposure, the fear gradually loses its grip. "Each time you put yourself out there, you prove to yourself that you are capable. Over time, practice doesn't just improve your skills; it builds the confidence needed to pursue even the most ambitious goals," she assured us.

Confronting difficulties

Many students are afraid of making the wrong decisions, often overwhelmed by pressure to have their entire lives figured out. In this regard, Ms. Fok advised us not to face this hardship alone. She reminded students that teenagers, and even proteges, can always seek guidance from those with more life experience, such as our teachers, parents, and peers. So, never take everything up yourself.

Ms. Fok is the living proof that women can hold power and remains a beacon of hope for many. From her story, we can learn that communication, practice, and diligence are the keys to success.



The True Light Journalists were thankful to Ms. Nancy Fok for letting us learn more about her journey as a female leader after the ceremony.



S4 Hannah Drummond

On 29th November 2025, our school hosted the much-anticipated Information Day aiming to help primary school students and their parents navigate the process of picking a secondary school by making Hong Kong True Light College an option. After the Hall event, visitors were encouraged to freely roam around the school and participate in various activities and games set up with the hard work of students and teachers.



Once the demonstration ended, our principal, Tammy Law, talked about our school's rich history along with our school mission and vision to hopefully align with parents' goals for their children.



Visitors were treated to vibrant performances, games and showcases of school life to get a glimpse into the day in the life of a True Lighter.



The day started with showcasing like singing and Chinese dance making a good first impression of the talents in our school and how much teachers encourage creativity in forms of show.

Different subjects had booths from Languages to Science displaying a rich tapestry of subjects catered to students' interests and strengths.



Crepes workshop in our state-of-the-art Home Economics Room



Unveiling the short story dispenser in our school Library



Elite fencers and archers showing unbelievable feats



Exotic animal encounters at our avant-garde Biology Laboratory



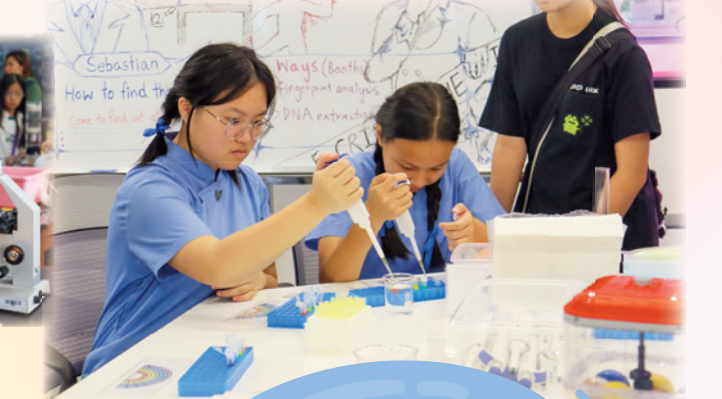
"Egg tarts" model-making led by our talented Visual Arts students



"I think many students will pick to join our school after this day," our Chinese teacher proudly declared. "Thanks to the bright atmosphere and eye-catching booths, I'm sure many parents and students will want to come back."



Learning English in the fun-filled English Corner



"I find everything very fun!" A P6 student said after her experience making soaps in the chemistry laboratory, "I always like making new things so I've spent a lot of time here."



In short, the Information Day was not simply about spreading information about the school, but sharing our vision. And for the families that attended, our vision of higher education, excellence, tradition and sisterhood is now within reach.



S1 students movingly singing the house song:

*"Like the tulips of the earth, fragrant and radiant in bloom.
We are dedicated to our tasks and joyful in fellowship."*

The S1 House of Tulip Thriving with Teamwork

S4 Michelle Kwan, Emi Lee and Ivana Wan

The annual S1 Form Association Inauguration ceremony was held on 6th March 2026. The ceremony marks the milestone of the S1 students at the College with the entire event being hosted and delivered by our newest batch of Truelighters. Following the prayer and school song led by the S1 representatives, the Chairperson, Kelly Yip, recapped the various activities Form 1 students have experienced this year, from the picnic, the Swimming Gala, to the well-known Morning Exercise.

The S1 house flower is tulip, and the house song's lyrics emphasize the importance of devotion to studies and harmony among peers. This underscores the expectation that S1 students should be committed to their learning, have the courage to uphold the truth, and grow together with a positive spirit.

2025-26 S1 Form Association Committee: House of Tulip

Chairperson	Kelly Yip 1D
Vice-Chairperson	Michelle Lam 1A
Treasurer	Jazlyn Lau 1B
Secretary	Arina Fang 1B
1A Class Representative	Trinette Lam
1B Class Representative	Cherry Yu
1C Class Representative	Elsa Lee
1D Class Representative	Nicole Hui



Kelly Yip delivering her first speech as the S1 Form Association Chairperson



S1 students are in-charge: Jolie Wong, Whitney Ho (MC), Abby So (Prayer), Bernice Chan (Piano accompanist), Ally Cheung and Kitty Lai (Lead vocal)



The choir beautifully performing *Trusting the Rainbow*, symbolizing the discovery of hope, peace, and positive energy after storms and hardships



The ceremony concluded with Principal Law presenting gifts to S1 student representatives, followed by a vote of thanks by the Vice-Chairperson.



Mr. Wong served as a dedicated teacher for 30 years at our school.



Audience astonished by the photos of our existing campus site before building began → despite being filled with hope and aspiration, it was so empty, almost unreal.

A dedicated and inspiring journey of an educator

As the guest of honour at the S1 Inauguration Ceremony, our archery team coach, Mr. Wong Chiu-Keung, was invited to share his experiences both within and beyond the classroom. He reflected on those years and offered us a vivid glimpse of life as a Truelighter.

Legacy in sports education

Drawing on his breadth of experience, Mr. Wong later became the school's director of the sports department. Our school was among the first to offer fencing and archery, fielding teams that competed beyond campus. Leading both squads with passion was demanding, yet Mr. Wong persisted, guiding them to championship titles. The volleyball and basketball teams also flourished, ultimately advancing from Division 2 to Division 1. Some of his former students went far beyond to represent Hong Kong across multiple sports such as fencing or archery, earning places on national teams and competing at prestigious regional and international events. Their paths from school training grounds to elite arenas reflect years of structured coaching, mental resilience, and a culture of excellence he helped build achievements that continue to inspire everyone.



Can you imagine our current art teacher, Ms. Patty Hui, once being the student of Mr. Wong?

Since retiring in 2014, he has stayed in close contact with his former students—now grown—continuing to cheer on their progress. Having watched them mature through years of teaching and training, he remains a steady presence in their lives. Mr. Wong's decades-long journey from teacher to coach is a testament to dedication, resilience, and the lasting impact of a great educator.

“

How to keep learning fresh

S4 Emi Lee

Few would have imagined he would take on so many roles in one lifetime. Mr. Wong once taught Chinese and Chinese History on the old campus and also served as a fencing coach. In a follow-up interview after the ceremony, he further shared valuable insights on teaching.

Initially, Mr. Wong faced challenges communicating with students due to the generational gap but saw this as an opportunity for growth. He encouraged the use of simple language to bridge communication gaps. He stressed, "understanding students' perspectives is crucial for effective teaching and fostering a conducive learning environment."



Preferring the title "teacher" over "educator", Mr. Wong highlighted the personal connection he shares with students, which reflected the dynamic nature of his role.



"Teaching should be flexible and not confined to traditional methods. Every student can be taught well with different methods."

He believes teachers should help students find their own meaning in learning, employing a teaching style that is friendly yet professional, because "teaching is a performing art." Having previously taught Chinese history, Mr. Wong now focuses on physical education, where he aims to engage students actively.

Mr. Wong's insights remind us of the importance of adaptability in teaching and the enduring impact a dedicated teacher can have on their students.

”



Inter-House Academic Challenge

S4 Aatiqa Khan

The Inter-House Academic Challenge held on 30th January 2026 during the Life Education lesson was a resounding success. It was not merely a test of knowledge, but a celebration of house spirit, quick thinking, and collaborative effort.

Before the competition began, the hall was buzzing with excitement. The competition was divided into three exciting rounds: the first round of "Compulsory Questions", the second round of "Quick-Buzz Questions", and the third round of "Elective Subject Quick-Buzz Questions". This year, the dramatic shifts in scores across the rounds kept energy high, and the enthusiastic participation from both contestants and the audience created a vibrant and memorable school event.

Let the game begin!

● Round 1: Compulsory Questions

This round tested each house's fundamental knowledge and consistency, covering a wide range of topics. As the scores were revealed after this round, a wave of murmurs swept through the audience. **Yellow House** took an early lead with 120 points, followed closely by **Green House** with 110 points. **Red House** and **Blue House** scored 80 and 70 points respectively.

● Round 2: Quick-Buzz Questions

The atmosphere shifted dramatically in the second round. The buzzers became the centre of attention, turning the quiz into a test of speed and nerve. The hall erupted with each frantic buzz and cheers for correct answers. Blue House mastered this round. When the updated scoreboard flashed, it showed a major shake-up: **Blue House** surged to 220 points, **Red House** climbed to 190, **Yellow House** held 180, and **Green House** reached 150. Blue House supporters jumped to their feet in exhilaration, their faces beaming with pride.

● Round 3: Elective Subject Quick-Buzz Questions

The final round was intensified, focusing on specialised subject knowledge. Contestants bit their lips in concentration. Every correct answer was met with roaring applause from the same house team. The lead changed hands several times, keeping everyone on the edge of their seats. The final scores announced were:

- **Red House:** 440 points
- **Blue House:** 270 points
- **Yellow House:** 370 points
- **Green House:** 260 points

The Red House bench exploded in joy and shouts of triumph. Their remarkable comeback in the final round was the talk of the hall. Congratulations to **Red House** on their stellar victory, and well done to all houses for their spirited participation.



Mr. Billy Chu's evolutionary relationship?

Of all the questions, the most impressive one cleverly linked biology to our school life: "Which of the following species in the Biology Laboratory has the closest evolutionary relationship with Mr. Billy Chu?" The options were turtle, jellyfish, hamster, and lizard respectively. By using our teacher's name, the question turned an evolutionary concept into a fun and relatable puzzle. The correct answer was hamster, because both humans and hamsters are mammals, sharing a closer common ancestor than with reptiles or invertebrates. This creative approach not only tested our understanding but also engaging for everyone.



"The pressure of the buzzer round was unreal! It wasn't just about knowing the answer; it was about nerve control. I was so nervous at first, but hearing my house cheer for us gave me a huge boost. Our team's strategy meeting beforehand really paid off, especially in the elective round."

S4 Jessica So



"It was fantastic to see such fierce but friendly rivalry. It was so exciting to watch! I was screaming the answers in my head. It makes me want to study more so maybe I can be up there next year representing my house."

S3 Gina Li

Peek into the English Department...



English Society Committee:

Chairlady:	S5 Ali Tsui
Vice-chairlady:	S5 Ashley Chan S5 Eva Phagami
Secretary	S5 Felise Ming
Treasurer	S4 Raelynn Wong S4 Jessica So
Event Coordinator	S4 Shrida Pun S4 Emi Lee S4 Afrah Mohammad

This year, our school campus underwent a magical transformation into Wonderland for our annual English Week! Themed around Alice in Wonderland, the week-long celebration turned language learning into a thrilling adventure filled with student-run booths, a campus scavenger hunt, and lively karaoke.

The highlight for many was a creative conversation quest, where students chatted with teachers to earn alphabet stickers, collaborating to form words and win amazing prizes. Adding to the excitement, our S1 students enjoyed an interactive, after-school drama performance on the theme Healthy Minds, beautifully brought to life by professional actors from the Dove Tale Theatre Company. It was a wonderful week of active participation and joyful learning!



Down the Rabbit Hole:

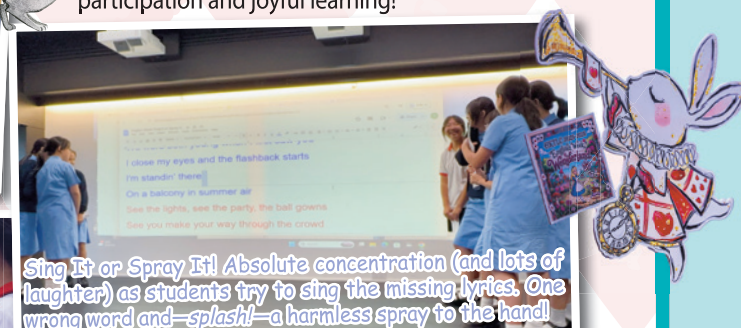
Our Unforgettable English Week!



Students line up and dive into the action, enjoying the creative and challenging English booth games designed and run entirely by their peers.



The school hall buzzes with energy and excitement as crowds of enthusiastic students join in the fun and games at the student-run English booths.



Sing It or Spray It! Absolute concentration (and lots of laughter) as students try to sing the missing lyrics. One wrong word and—splash!—a harmless spray to the hand!

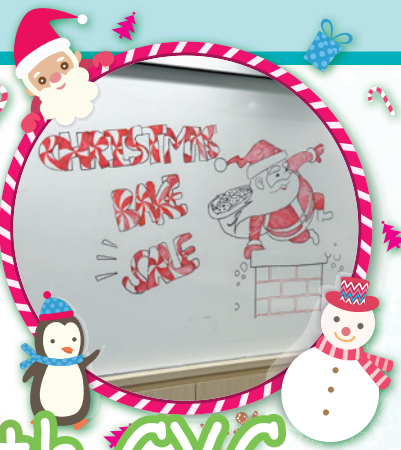




Christmas bake sale with CYC

On 16th December 2025, the Community Youth Club and the English Society jointly organized a festive Christmas Bake Sale. The event aimed not only to celebrate the joyous holiday season but also to contribute to a meaningful cause — all proceeds were donated to The Community Chest of Hong Kong in support of children and youth services.

In preparation for the sale, students gathered in the Home Economics Room after school on the preceding day to bake an assortment of cookies and brownies. Despite the tight schedule, the team successfully mixed, baked, and packaged over 100 delicious treats through remarkable teamwork and dedication.



The Bake Sale received an overwhelming response from students and staff alike. Even before opening, enthusiastic queues had formed, and all items were sold out within fifteen minutes. The organizing teams extend their heartfelt gratitude to Principal Law, teachers, and students for their generous support in making this event a resounding success.

As we celebrate the spirit of Christmas, may we also be reminded of the importance of caring for those in need. We are proud of the compassion and unity our students demonstrated, and we look forward to hosting more meaningful service activities in the future.



The whole bake sale, from the preparation till the day of the sale, was very much rushed. This year, we were also collaborating with CYC. In the week before the sale, both my committee members and I had to start planning what to make for the bake sale and how to decorate the English Corner. And we also had to handle the distribution of work between us.

Just three days before the sale, we had to start buying ingredients. And on the day of the baking, we only had 4 students, including me, helping out with baking brownies, while the rest of my committee members helped with decorating the English Corner for the bake sale. I couldn't thank them enough for the amount of effort they put in for the drawings they did.

As for the day of the sale, I wasn't expecting our brownies to sell out that fast. I cannot thank everybody enough for all the support that we received from students and teachers. Thanks to their support, we managed to hit our goal and all money received was donated to help the underprivileged.

S5 Ali Tsui



Reading is fun!

To promote reading and help students discover the joy found in books, the English Department organised a series of Lunchtime Reading Activities on 25th November 2025. Held during lunchtime, the activities received an enthusiastic response from students, with long queues forming at each activity station.

The event featured three main activities designed to engage students in fun and interactive ways. In the Reading Puzzle, three English Prefects introduced their chosen books through short write-ups displayed on the screen. Participants received a paper strip containing a statement about one of the books and had to identify the correct title by reading the prefects' descriptions. They then pieced together the book's cover puzzle within 60 seconds. The activity sparked much excitement as students raced to complete the challenges before time ran out.

In the Reading Scavenger Hunt, students searched through a selection of books to locate specific details such as the author, publisher, chapter titles, or memorable lines within a 90-second time limit. The activity tested participants' attentiveness and quick thinking while encouraging them to engage closely with printed texts.

The event concluded with a bonus voting activity, in which students used iPads to vote for the book they would most like to read or re-read among the three featured titles. The digital poll provided a lively discussion platform for sharing reading preferences and recommendations.

The activities were very well received, and many students commented that they discovered books they would like to explore further. The

English Department will organize more activities that nurture a lifelong love for reading among students in the second term.



As a helper in the reading activity, I was pleasantly surprised by the high student turnout. Observing students engage with the reading challenge and seeing their diverse reading paces was enjoyable. The event successfully motivated many students to start reading and continue to participate in many more reading activities, and I'm grateful to have contributed to this positive impact.

S4 Raelynn Wong



Tuning into Tuesday: Our English Radio!

Every Tuesday, our campus comes alive with the vibrant sounds of English Radio! It is a special day where students take over the microphone to share their favorite songs, bringing great energy to the school. But it is about more than just music; our student hosts use this wonderful platform to spread positive messages, share inspiring stories, and encourage everyone. It is the perfect blend of entertainment and language learning.

Lunchtime Movies

We also showed movies during lunchtime in the theatre! Many students came together to watch the exciting mystery of *Carmen Sandiego* and the fun adventures of *Zootopia 2*. It was a great way for everyone to relax, laugh with friends, and practice their English listening skills before afternoon classes started.



Being behind the microphone for English Radio was an unforgettable experience for me. Sharing my favourite song, *Youtiful* by Stray Kids, with the whole campus was incredibly exciting. I felt both nervous and proud, and this opportunity helped me build confidence in speaking English and expressing my personal interests.

S5 Felise Ming

HEALTHY MINDS - S1 DRAMA APPRECIATION

Dovetales visited our school to perform an interactive drama on keeping a healthy mind for our S1 students. The performance was lively and engaging, with both students and teachers invited to join on stage and become part of the story. Laughter filled the theater as everyone enjoyed the experience together.

Beyond the fun, the drama carried an important message: students learned practical ways to cope with stress and discovered healthy strategies to relieve it. The event was not only entertaining but also meaningful, leaving our students with valuable lessons for maintaining a positive and balanced mindset.

The Healthy Mind Drama was a powerful and impactful performance that highlighted the importance of mental health. Through engaging storytelling and heartfelt performances, it reminded us to be compassionate, understanding, and supportive when facing mental health challenges. The drama emphasized that seeking help is a sign of strength and encouraged us to create a caring environment where everyone feels safe sharing their struggles. It also reminded us not to be afraid to ask for help. Overall, it was an eye-opening experience that left a lasting impression and motivated us to prioritize our mental well-being while helping break the stigma around mental health in our school community.

Princess Miah Choi

How to create a HEALTHY MIND?



Claire Zhao

Doom Scrolling



Kandy Wang



The audience asking the actors about their decision to pursue a career in drama

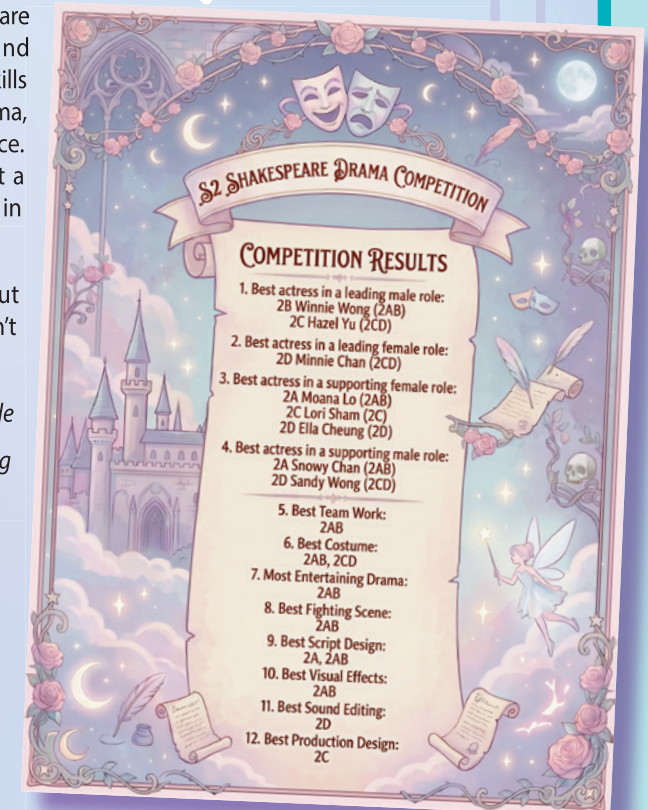
S2 Inter-class Shakespeare Drama Competition

The time has now come for S2 students to take centre stage in the Shakespeare Drama Competition. Starting with weeks of practice, script learning, and character building, the result was a performance that showcased not only skills but dedication. The students involved themselves in every aspect of the drama, with their dedication clearly shown from the beginning of the performance. The hard work put into the drama served its purpose in bringing about a meaningful and enjoyable experience. Above all, there was improvement in confidence and teamwork on the part of the participants.

Participating in the drama competition taught me a lot, especially about teamwork. I knew that if we had lost even one team member, the play wouldn't have been a success.

Best actress in a male leading role

S2 Winnie Wong



From the fantasy of *A Midsummer Night's Dream* to the tragic *Romeo and Juliet*, Shakespearean plays have lived on their legacy among our S2 students.





S6 Inter-school Oral Practice

On 7th January 2026, the English Department jointly held a speaking practice with Yu Chun Keung Memorial College No. 2 for the S6 students in preparation for their public examinations that will take place soon. The collaboration has given students from both schools a taste of mock speaking examinations by teaming up with candidates of different talent, broadening their horizons and fostering comradery amid the battles against the DSE challenge. The rewarding smiles of relief after confronting their nerves are the vivid testimonies of a lesson well taken by walking out of their comfort zone.



“This was a great opportunity to ‘battle’ against the non-Chinese speaking students in the oral practice. Despite all worries and scary expectations about them, we gave it a try to showcase all our interactional skills and ideas. After the practice, it was found that each of us had different strengths, such as eye contact, or attentive listening. Noticing our strengths, we have our confidence boosted after the practice.”

Julia Chan



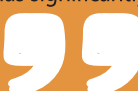
“We went to Yu Chun Keung Memorial College No. 2 for an inter-school oral practice. It was spectacular as I had the opportunity to meet new groupmates other than my classmates, which allowed me to gain a better understanding of what the actual DSE oral examination would be like. I interacted with both weaker and stronger students, which broadened my perspective. This activity allowed me to learn new strategies and vocabulary from the stronger students, as well as to facilitate the discussion and support the weaker students.”

Rainbow Chau



“The oral practice has taught me that fluency is equally important as perfect grammar. By forcing myself to speak aloud, I improved my pronunciation and pace. It also challenged me to think in English rather than translating everything from my native language. This experience has significantly boosted my listening skills and helped me become a more proactive learner in my daily life.”

Eve Cheng



Hong Kong True Light College Champions Literacy with Avant-Garde Short-Story Dispenser

S4 Hannah Drummond and Michelle Kwan

Hong Kong True Light College is championing literacy in a novel way with the installation of a state-of-the-art short-story dispenser, establishing itself as a pioneering force in educational technology. As the first girls' school in the city to adopt this innovative tool, the school is providing students with unique access to grab-and-go literature directly from the library. An opening ceremony of the dispenser named Reading POP was held during the school Information Day on 29th November 2025 for all student and parent guests to have a taste of literature.

“The reading promotion team has shown tremendous creativity and dedication in bringing this innovative idea to life. This short-story dispenser is more than just a machine—it is a symbol of our school's commitment to nurturing a reading culture. I hope it will spark joy in reading, encourage students to pause and appreciate literature, and ultimately help cultivate a lifelong habit of reading,” said our Principal, Ms. Law, at the launch, which featured the first stories printed being an excerpt of the school founding stories written by Harriet Newell Noyes.

The process is simple: students select their desired reading time, from a one-minute tale to a three-minute narrative. With a click of a button, a short story is printed, offering a perfect literary escape for busy students. The content is diverse and full of surprises, ranging from classic short stories to light hearted comics and beautiful Chinese calligraphy, ensuring there is something for every art and literature lover.

The primary goal of this initiative is to cultivate a sustainable reading habit among students. Recognizing that many students struggle to find the time and energy for a full-length novel during their academic and social commitments, the school offers a convenient alternative. The dispenser makes literature accessible, transforming spare moments into opportunities for reading and artistic appreciation.

A key feature of the program is its commitment to celebrating student voice. The machine not only dispenses works by classic authors but also showcases outstanding short stories and creative writing pieces by True Light students themselves.

“We were motivated by a dual purpose: to make reading effortless and to ignite a passion for writing,” said the Reading Promotion Committee Chairperson, Dr. Yeung. “By featuring our students' work, we hope to inspire them to write with the goal of sharing their voices with the entire school community.”

The official launch of the dispenser was met with overwhelming positivity. Teachers praised the technology for its potential to enhance skills and provide creative inspiration. Students, particularly those in senior forms, highlighted its value in managing their heavy workloads.

“I read a story about a boy coming back from a vacation. He met and spoke to a girl while waiting for his parents to pick him up... It made me want to read on to find out what happens next,” said Summer Chan, an S4 student.

Ivana Wan, another S4 student, confessed, “I'm usually not a big fan of short stories, but now finally understand what the recent hype around Reading POP is about. I'm extremely satisfied with the story dispenser.”

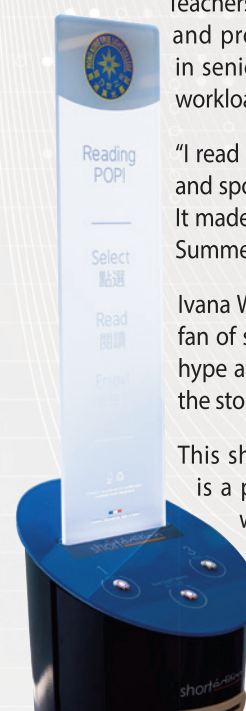
This short-story dispenser at Hong Kong True Light College is a powerful tool for fostering a lifelong love of reading, writing and art. It stands as a testament to the school's commitment to innovative and holistic education, easing academic pressure while building a stronger, more literate school community.



“This short-story dispenser is more than just a machine—it is a symbol of our school's commitment to nurturing a reading culture.” - Principal Law



“As a senior facing the DSE, it's hard to find time to read for pleasure,” shared an S6 student. “This dispenser lets me enjoy a complete story or even a comic strip during a short break. It's a wonderful way to de-stress and still feel connected to literature and art.”





Meet the author: Bonnie Pang Let's go to Italy!

Joining the Hong Kong International Literary Festival, our students had an opportunity to meet an internationally-renowned illustrator, Ms Bonnie Pang, to learn about her creative journey of becoming an illustrator who has published her works all over the world, starting from her bewildering experience in the Children's Book Fair in Bologna. Reading her books, learning about her stories, witnessing her demonstrating her artistic touch, our students embarked on a fantastic walkthrough of an author's life, with a surprising bonus of receiving professional guidance on electronic drawing in the workshop, feeling fully refreshed and inspired.



I felt truly honoured to meet one of my favourite illustrators from Hong Kong. Fascinated by her journey and how she conveyed it through her illustrations made the whole experience worthwhile to me.

S4 Ivana Wap

Bonnie Pang was truly an inspiring artist. I was amazed by her journey to becoming a book illustrator. We also got to try using the illustration tool Procreate, which was quite a profound experience.

S4 Michelle Kwan



I was captivated by Bonnie Pang's creativity when she shared her artistic journey. Getting to experiment with Procreate under her guidance made the workshop inspiring.

S4 Aatiqa Khan

Hong Kong Secondary School Debating Competition (HKSSDC) 2025-26

The HKSSDC has come to an end after a series of debates marked by intense intellectual exchange and stiff competition. Faced with prepared competitors who came from various schools across Hong Kong, our debaters proved to be dedicated, resilient, and highly cooperative. Indeed, each debate involves a great deal of work, including extensive research, speech writing, case building, and intense training. All these led to two victorious debates that pitted us against equally strong competitors. Congratulations to everyone on the team for your tenacity, growth, and continuous pursuit of excellence through the season.



Team Captains

S5 Ali Tsui
S5 Eva Phagami
S5 Ashley Chan

Team Members

S5 Felise Ming
S4 Emi Lee
S4 Hannah Drummond

For many years, I remained a silent observer. It wasn't until my secondary education that I began to cultivate the art of public speaking and found my voice within the crowd. Within the debate team specifically, I was challenged to remain calm while addressing complex counterarguments. This taught me the importance of being resilient and malleable when navigating high-pressure situations.

Ashley Chan
Team Captain

Before joining the debate team, I lacked essential analytical skills. Through debate, I learned to process information rapidly, argue logically, and think critically on the spot. Facing these intense challenges built my confidence and resilience, pushing me far beyond my comfort zone and shaping the articulate speaker I am today. For that, I am incredibly grateful.

Eva Phagami
Team Captain

Speech Festival 2025

The Hong Kong Schools Speech Festival is a wonderful celebration of our students' talent, creativity, and dedication. Through this eye-opening opportunity, students strengthen their public speaking skills, share their ideas with confidence, and develop a deeper love for language and communication. Every performance is a proud reflection of their hard work, courage, and perseverance.

We are especially proud to celebrate Hannah Drummond, who got the Second Place in Solo Prose Reading, and Ashley Chan, who achieved the Third Place in Solo Verse Speaking. We are also delighted that all participants were awarded Certificates of Merit in recognition of their commendable efforts and achievements. More than a showcase of talent, the festival also brings our school community together and fills us all with pride. We are thrilled to celebrate the outstanding achievements of our students and applaud them for all they have accomplished.



Students	Event	Placing
Jazlyn Lau	S1 Girls Solo Prose Reading (Non-Open)	
Zoe So	S1-S2 Dramatic Duologue	
Jana Chan	S1-S2 Dramatic Duologue	
Allyson Lam	S3 Girls Solo Prose Reading (Non-Open)	
Rhea Lau	S3 Girls Solo Prose Reading (Non-Open)	
Denise Cheung	S4 Girls Solo Verse Speaking (Non-Open)	
Emi Lee	S4 Girls Solo Prose Reading (Non-Open)	
Michelle Kwan	S4 Girls Solo Prose Reading (Non-Open)	
Hannah Drummond	S4 Girls Solo Prose Reading (Non-Open)	SECOND
Summer Chan	S4 Girls Solo Verse Speaking (Non-Open)	
Eva Phagami	S5 Girls Solo Verse Speaking (Non-Open)	
Ashley Chan	S5 Girls Solo Verse Speaking (Non-Open)	THIRD
June Lam	S5 Girls Solo Prose Reading (Non-Open)	



Congratulations also to Kowloon True Light College (Bronze Award)

Gold Award in the 18th English Radio Drama Competition!

Interviewing HKTLC, the consecutive title-holder

The Gold Award of the 18th English Radio Drama Competition goes to... Hong Kong True Light College! Thunderous applause and excited squeals were heard for our team of five Secondary 4 students as they went on stage to receive their trophy on 16th May 2026 at Hong Kong Baptist University. It was a momentous occasion, and Ms. Miranda Li had the opportunity to interview the winners to share their experiences being two-time champions and runner-up for the past four years.

Winners:	
Denise Cheung as Anna, the protagonist	
Hannah Drummond as Masha, the bear	
Michelle Kwan as Ribbit, the frog	
Emi Lee as the narrator and Sir Otto, the horse	
Jessica So as Bruce, Anna's despicable father	



Ms. Li: Congratulations! How does it feel to be winners again, and how does it differ from the first time you won the Gold Award in Form 1?

Hannah: It was different winning this time as the first time we won, we were more nervous. In Form 1, it was our first time doing everything, and it was more of a shock that we won. Since we didn't know what to expect, we overprepared compared to this year.

Michelle: The second time winning we had more experience. Our previous experiences made us more mature and calmer during this year's competition. When we first won in Form 1, it was surprising and there was a shock factor.

Emi: Actually, I was still shocked that we won this year. As we're getting older and busier, I thought our skills were not as good as before, especially since we only won the Silver Award last year.

Ms. Li: How did you narrow down which topic you wanted to cover?

Michelle: We just didn't want to choose the one about the future using AI because everyone was going to do it.

We wanted to limit our choices to demonstrate our creativity, and chose to focus on the environment.

Emi: And it's a real-life problem about how we should protect it.

Jessica: We knew that not many schools were likely to pick the topic about the environment because it is difficult for most people to make a cohesive and interesting story based on that topic.

Ms. Li: What was the process like?

Hannah: It was a little stressful because it was a more difficult topic to cover. Also, being in Form 4 now, we had less free time, especially to write the script. We shared a Google Doc and called each other on Instagram to do our own parts on our own time.

Regarding the characters, our main protagonist is Anna which was based off of our classmate, Anna Chang. That was the only character we had set in stone.

Emi: We wanted to include our classmate who likes animals.

Hannah: Michelle wanted to include a Russian character, so the bear in the story has a Russian accent. Having a German horse was Jessica's idea. It was just based on people's interests.

Emi: Ribbit, the frog, was included because Michelle likes frogs.

Ms. Li: Denise, how did it feel to play the main character and also be responsible for the audio clips?

Denise: For the audio, it was a fun and challenging task because I already have a lot of lines to perform this year. As well, I had to manage playing the audio clips on time. However, I have been taking on this role every year, so I am used to it. As for being the main character, I am good at being dramatic and enjoyed expressing the character's feelings in an entertaining manner.

Ms. Li: What was the most challenging part you encountered on the road to achievement?

Michelle: Adjusting our voices.

Hannah: Writing the script.

Denise: Finding time to practice with everyone because as Senior Form students, we are busier and some of us have joined other competitions and activities as well.

Ms. Li: Finally, what was the most memorable moment?

Hannah: Winning! Actually, listening to others' performances was memorable. The competition was so close this year. Everyone was so good, and there were stars on each team. It was nerve-wracking waiting for the results. Overall, we took last year's mess-ups as learning opportunities and improved our voices and acting.

Jessica: We would definitely join again, and couldn't have been prouder of ourselves.



Celebrating with Yuet Wah College from Macau (Silver Award)



The participants with their supportive parents and classmate, Anna Chang, the inspiration of the protagonist



Speak Your Mind!

More than 50 students enthusiastically joined the Student Showcase Pilot Scheme, "Speak Your Mind!", organized by the EDB to boost confidence, creativity, and engagement in speaking English. Participants created short videos of one to three minutes on topics such as Fun and Thrills, Loved Ones and Laughs, Paws and Claws, Flavours and Feasts, and Pages and Screens. Each video featured students speaking or narrating in English, with the tagline "Think Big, Shine Bright, Speak Your Mind!" woven in. Selected works will be published regularly on the designated YouTube channel to celebrate achievements and showcase learning outcomes.



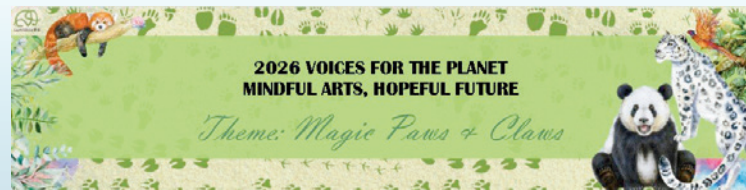
Even his claws were still soft and not sharp yet.
S3 Nichole Cheung shares her lovely kitten, Coffee.



Creating this video was an absolute blast! Playing the host helped me grow my confidence in public speaking. When writing the script, I let my imagination run wild. I used creative adjectives and idioms to paint a colorful picture for the audience. I also combined AI tools, design apps, and video-editing software to bring the video to life with stories, music, and meaningful messages.

S1 Audrey Chan

Voices for the Planet Challenge 2026



Voices for the Planet – Mindful Arts, Hopeful Future is an annual online wildlife art competition developed by LumiVoce to engage students from primary and secondary schools so they can learn about biodiversity and develop compassion and love for wildlife and nature through the arts. This year, under the theme "Magic Paws and Claws", our S4 student Emily Chan was awarded the Certificate of Most Creative Award in the Wildlife Photography and caption writing contest, showcasing both her technique and passion for nature.

Nailless paws
S4 Emily Chan

The photo was taken in Taipei in April, which shows the paws of a capybara, named Meh-a, literally meaning 'what?', in a safari park where wild animals are allowed to roam freely. His paws impressed me as something lying between the paws of a towering grizzly bear and a sweet purring kitten, which can be reflected from his gentle and calm temperament on his paws as well. Noticing the absence of nails on his paws, I felt the uniqueness of this timid animal, never trying to hurt but to fit in.



Animal Photopoetry Creative Challenge



Ocean Park is Hong Kong's premier educational theme park, and every year in conjunction with the Hong Kong Education Bureau, they hold the Animal Photopoetry Creative Challenge. It is an invaluable opportunity where students appreciate diverse animals and galvanize an interest in English poetry. They are tasked with roaming the amusement park to visit the various species that Ocean Park has to offer and photograph the one that will inspire their poetry.

This year, ten S1 and S2 students were invited to join the event on 6th February 2026. Out of the twelve values and attitudes, the participants had to compose a poem based on diligence, filial piety or perseverance. It was an exhilarating experience as students prepared to scour the amusement park to capture their chosen species on camera and later pen their poems. Overall, it was a memorable experience for our students to foster their creativity through photography and poetry.

A waltz in the forest

S1 Bernice Chan

Hanging in trees, climbing around,
more like a raccoon than a panda,
their red tails swinging around like a merry-go-round,
hiding in the trees nowhere to be seen.
Their stubby legs walking on the forest soil,
yet high over trees you always see them.
Their rusty color makes them special compared to others
in the forest try to spot them,
diligently protecting the forest and their families.



Dance of Dream

S1 Audrey Chan

Colours drift and glow,
lights shimmer flow.
They twirl upward in the stream,
turn struggle into a dance of dream.
One is graceful, yet alone,
but together, splendour is shown.
Jellyfish glide in radiant might,
painting the water with starlit light.



Ready... Get set, and READ!

S2 Melody Pang and S3 Amra Khan

Battle of the Books feels like an adrenaline rush. It turns reading—often seen as a quiet, solitary hobby—into a team sport. We get to dive into an incredible list of stories and go head-to-head with other schools in a thrilling competition. There's nothing quite like the excitement of teammates whispering answers, and getting a question right feels like a real victory.

The competition was tough, especially against well-prepared schools that answered with speed and precision. Still, going head-to-head with such formidable opponents only amplified the thrill of the event. Our teamwork was vital; we communicated effectively, worked through practice questions together, and planned our approach for each round. This process not only strengthened our communication skills but also deepened the bond within our team.

Congratulations to the team of 12 students from the Junior Form, who won 1st Runner-Up in the competition! Your hard work and dedication have truly paid off, and you've shown what teamwork and passion for reading can achieve.



“

The Battle of the Books was a great experience for me because it was the first time I participated in a competition that involves books. The books themselves are also very interesting, which made the experience both fun and exciting. Additionally, my coach was excellent.

S1 Bernice Chan

”



'Bobbys' waiting for the Battle of the Books to begin

“

This year's Battle of the Books Competition was extremely fun and exciting overall! The books I read were really interesting, and they certainly made me want to read more books similar to the ones I read during the competition.

S2 Michelle Lee

”

“

My experience in the 2026 Battle of the Books was truly fulfilling. The event had an energetic and encouraging vibe, which made competing an absolute pleasure. This year, we delivered a strong performance and successfully retained crucial details from our books—efforts that earned us the second place.

Overall, the Battle of the Books boosted not just our reading comprehension, but also our ability to think quickly and collaborate under pressure. I'm eager to apply what we've learned in future competitions!

S3 Amra Khan

”

“

My experience at the Battle of the Books was both nervous and exciting. During the event, I suddenly got a rush of adrenaline and a flood of cortisol. Every time we answered questions, I felt a mix of tension—between disappointment and pride—which added even more pressure. However, after winning second place, I felt a huge wave of relief and elation!

S1 Lyra Lai

”



Principal Law and the teacher advisor, Mr. Chu, congratulating the team on their reading achievements - (from left to right) Katie Leung, Gina Li, Amra Khan, Lucy Dong, Rhea Lau, and Kacy Yeung

THE READMARKABLES OUTDOOR READING CHALLENGE DAY AT OCEAN PARK

S3 Amra Khan

A team of our S3 students took part in the READmarkables competition at Ocean Park in March. The event was a scavenger hunt where we solved puzzles around the park to collect letters. For the final mission, we had to arrange those letters into animal names. Thanks to teamwork and quick thinking, our school emerged as the winner. It was a rewarding experience for everyone involved.

I felt nervous at the start, especially with other schools racing alongside us. But as we solved each puzzle, my confidence grew. When we finally formed the animal names and heard that our school had won, I felt a rush of joy and pride. It was a rewarding experience I won't forget.

Amra Khan

The competition at Ocean Park was an absolute blast. I had tons of fun solving all the puzzles, and learning more about the animals. I learnt that no matter what, collaboration is the catalyst for innovation.

Katie Leung

The READmarkables was by far the most awesome and interactive outdoor learning experience. With puzzles that tested our knowledge of different species of animals like sharks, I learned more about animals and acknowledged the importance of conserving these animals.

Rhea Lau

The READmarkables is an amazing, spectacular, fantastic interactive learning experience. It was both entertaining and rewarding at the same time. Through this activity, I have learnt more about the animals at Ocean Park and the importance of conserving them and keeping them from going extinct.

Gina Li

At first, when I joined the READmarkables, I was almost certain that we were going to lose, but surprisingly, the activities were extremely enjoyable and entertaining. From this event, I've learnt more information about different animals, both on land and marine creatures, as well as the importance of protecting animals.

Lucy Dong



The competition was a fun and challenging experience. It challenged students to work together as a team while also teaching students that learning was not only limited to sitting still in a classroom and the learning could be fun and engaging the activity was truly an amazing experience.

Kacy Yeung



A Splash of Spirit: Kick Off the Year with Thrilling Swimming Gala

S3 Lucy Dong

Under the brilliant sunshine of 29th of September 2025, Sun Yat Sen Memorial Park Swimming Pool came alive with the energetic cheers and competitive spirit of Hong Kong True Light College's first major sporting event of the year. The 40th Swimming Gala was a resounding success, marking a vibrant start to the 2025-26 academic year.



As swimmers dove into the water, they showcased their dedication through four core techniques: the powerful Butterfly, the strategic Breaststroke, the speedy Freestyle, and the graceful Backstroke.



The day began with inspiring words from Principal Law, encouraging all students to give their best.

Spurred by the Principal's speech, all students motioned into gear. The pool deck was a stage for both individual brilliance and team unity. Each race was a testament to the countless hours of practice and the unwavering determination of our student-athletes.

More excitingly, the competition wasn't confined to the water. During the races, the most anticipated event on land was the cheerleading competition, which took center stage at the spectator stands. The air crackled with energy as houses battled it out in a deafening and passionate display of school spirit.



The cheerleading competition with synchronized chants and incredible spirit

The sense of pride was noticeable among the House teachers. Ms. Lau, the teacher of Blue House, complimented her team's resilience, noting, "Despite the cancellation of practices due to the untimely typhoon, they still chanted the slogans together fantastically." Sharing the same sentiment, Mr. Fung of Green House applauded the collaboration between year groups, highlighting how "the S1 and S2 students worked well together in shouting their slogans in unison."

The atmosphere made a powerful impression on our Principal too, who was a first-timer to our school's Swimming Gala. "The atmosphere was very cheerful in every aspect. The cheering teams worked their hearts out," she stated. Ms. Law was particularly impressed by the water-themed handmade accessories and props, which showcased incredible creativity. When asked to pick a favourite, she waved it off with a laugh, declaring, "I like them all! All of them are very artistic."

Celebrating the Champions

The day culminated in the announcement of the results, celebrating both individual excellence and collective house spirit. Congratulations are to all athletes and supporters in the cheerleading competitions!

Cheerleading Competition	
Most Creative & Best Cooperation: Green House	
2 nd Runner-up: Yellow House	
Overall Champion: Green House	

The event was more than just a competition – it was a powerful demonstration of our school's vibrant community, setting a triumphant tone for the year ahead.

	Individual Champions	Overall House Championships
A Grade	S5 Jasmine Leung, Green House	Green House
B Grade	Double-Champions: S3 Yue Peony, Red House S3 Bernice Chan, Yellow House	Green House
C Grade	S2 Katie Chan, Green House	Double-Champions: Red House Blue House
GRAND OVERALL DOUBLE-CHAMPIONS		Red House Blue House



Celebrating the victory of Green house getting the overall championship of cheerleading



S5 Jasmine Leung who once again snatched the individual championship in Grade A, celebrating the victory with fellow winners.

Cultivating Champions: An exclusive interview with Dr. Kate Yung

S3 Amra Khan

The path to championship isn't just built on physical training. It's a holistic journey of the mind, body, and spirit. This was the powerful message from Dr. Kate Yung, a distinguished Physical Therapist and Associate Director at the Hong Kong Sports Institute, who graced the Swimming Gala with her insights.

The Symphony of Support Behind Every Athlete

While we see athletes on the podium, Dr. Yung gives us a glimpse into the intricate support system that makes those moments possible. Her role, she revealed, is that of a conductor, harmonizing a vast team. "My typical day starts with checking emails," she shared, detailing a schedule dedicated to coordinating the 60-member staff across the Sports Nutrition and Monitoring Centre and the Sports Psychologist Centre. This symphony of expertise is all in service of a single goal, supporting over 1,000 athletes across 21 sports, ensuring they have the foundation to thrive, she explained.

The Heart of the Matter: Growth Through Adversity

Dr. Yung's face lit up with passion as she described the journey of guiding athletes, like famed fencer Vivian Kong, from severe injury back to the Olympic podium. "You see how they've grown through the journey as a person," she stated. This process, demanding immense resilience as athletes often train alone, is where true character is forged. This resonates deeply with our school's motto, proving that the greatest medals are the resilience and personal growth earned along the way.

A Global Lens on Sport and Culture

Dr. Yung's unique perspective, shaped by her experience in both Hong Kong and Australia, revealed a striking cultural contrast. "Everyone, boys and girls, will participate in a sport very seriously... not because they want to develop a career, but because they genuinely love sports," she observed. This pure passion, she noted, fuels a mature sports science ecosystem. In contrast, she applauded Hong Kong's dedicated athletes while noting the local focus on sports as a pathway to academic success, offering a thought-provoking context for students considering this field.

Your Journey Starts Now: Practical Wisdom for Aspiring Champions

Dr. Yung's advice for students was both grounding and empowering. While confirming Biology as a solid foundation, she stressed a more personal strategy: "Try to find a mentor," she advised, noting that guidance from an experienced professional provides an invaluable head start. For anyone struggling with motivation, whether in exercise or studies, her message was one of compassionate discipline. "It's really about habits, consistency, and also discipline," she explained, comparing it to elite athletes who rely on routine, not just mood. "Start with small steps before a big goal. It's about the discipline that keeps you strong."



Our conversation with Dr. Yung was a powerful reminder that excellence is a holistic pursuit. It is not just built on talent, but on the unshakeable pillars of discipline, resilience, and a balanced mind which is truly embodying the transformative spirit of wholeness for life.



A Stadium of Spirit: Hong Kong True Light College Concludes the Year with Thrilling Sports Day

From May 19th to 20th, the Kai Tak Youth Sports Ground echoed with the vibrant cheers and fierce competitive spirit of Hong Kong True Light College. Despite unpredictable weather, the annual Sports Day proved to be a resounding success, capturing a memorable and unprecedented finale to the 2025–26 academic year.

Two days of intense competition wrap up with a massive finale crowning the overall house champions and the most spirited cheer squad.

Overall House Championship:			Individual champion:		
C-grade champion	Blue House	(236 points)	C-grade champion	1D Nora Liu	35 points
B-grade champion	Green House	(248 points)	B-grade champion	4B Debbie Kwok	31 points
A-grade champion	Green House	(237 points)	A-grade champion	5A Alyce Leung	32 points
Overall champion	Green House				



Cheerleading champion:	
Best Cooperation	Blue House
Most Creative	Green House
2 nd Runner up	Yellow House
Overall champion	Blue House

New records		
C-grade 100m	1D Nora Liu	13.83s
B-grade 100m Hurdles	4A Andrey Yuen	20.9s
B-grade 200m	3A Kaman Fong	27.13s
S1 Inter-class 4x100m Relay	1D Team 1	59.33s
S4 Inter-class 4x100m Relay	4A	1:01.25s
Inter-school Invitational Relay	Heep Yunn School	49.41s



Inter-school Invitational Relay (Boys)

Diocesan Boys' School	44.07s
St. Margaret's Co-Educational English Secondary and Primary School	45.56s
Wah Yan College Hong Kong	45.57s

In the Inter-school Invitational Relay (Girls), our athletics team led HKTLC to the 3rd runner-up facing all fierce teams from Div I, two of which broke our relay records.

Inter-school Invitational Relay (Girls)

Heep Yunn School	49.41s*	*new record
Diocesan Girls' School	51.43s*	*new record
St. Margaret's Co-Educational English Secondary and Primary School	53.56s	

The breathtaking Inter-school Invitational Relay (Boys) went neck and neck with a difference of 0.01 second between the second and third places - and with the mystery guest appearance of the influencer group, Freeboyzzz.



Stepping Past the Storm: Sze Ka Yam Inspires True Light Athletes

To conclude the Sports Day, the school invited Mr. Sze Ka Yam, a representative of the Hong Kong Breaking Team and an Olympic qualifier athlete, as our Guest of Honour, who graced the event with a remarkable performance. With his casual and relaxed nature, he still managed to inspire young athletes with his speech about the importance of hardships and unity.

Life of an Athlete

"Please call me C Plus," Mr. Sze put the three jittering journalists at ease with his humility and down-to-earth attitudes, despite being an Olympian qualifier athlete representing Hong Kong. We started to learn his journey as an active student, contrasting his early days of self-discovery with friends against the widespread availability of other common sports like basketball or athletics. He shared his diverse journey, which evolved from busking on the streets to fund his competitions to working as an interior designer. These experiences taught him an artistic mindset and the value of thinking outside the box — such as surprising judges with unseen moves. Ultimately, this multifaceted journey shaped his personal character.

Mr. Sze Ka Yam - better known by his stage name B-Boy C Plus

Looking ahead, C Plus expressed hope for the future development of breakdancing for Hong Kong youths, like the government provision of training and performance venues. He reflected on his journey toward the 2024 Paris Olympics, recalling the immense pressure of competing on a global stage. He took pride in representing Hong Kong by blending local style with the fundamentals of breaking to deliver an authentic performance. Despite facing setbacks, he persevered through those tough times by believing in himself.



Addressing the fact that breakdancing is uncommon in Hong Kong, C Plus debunked misconceptions about its injury risks, which can be prevented by training and practice of the correct muscle use from neck, shoulders, core to backbone in the ground moves.



Mr. Sze wished to remind students that sports transcend pure competition, closing with his iconic motto, Peace, Love, Unity, and Having Fun!



INTO THEIR OWN SPORTS LIFE

Spotting Mr. Yip and Ms. Hong in the volleyball and basketball courts has been our daily episode, but have you heard of their own sports lives aside from the stretching exercise and ball game practice with us at school? True Light Times has the privilege of interviewing our PE teachers to take a peek at their true passion.

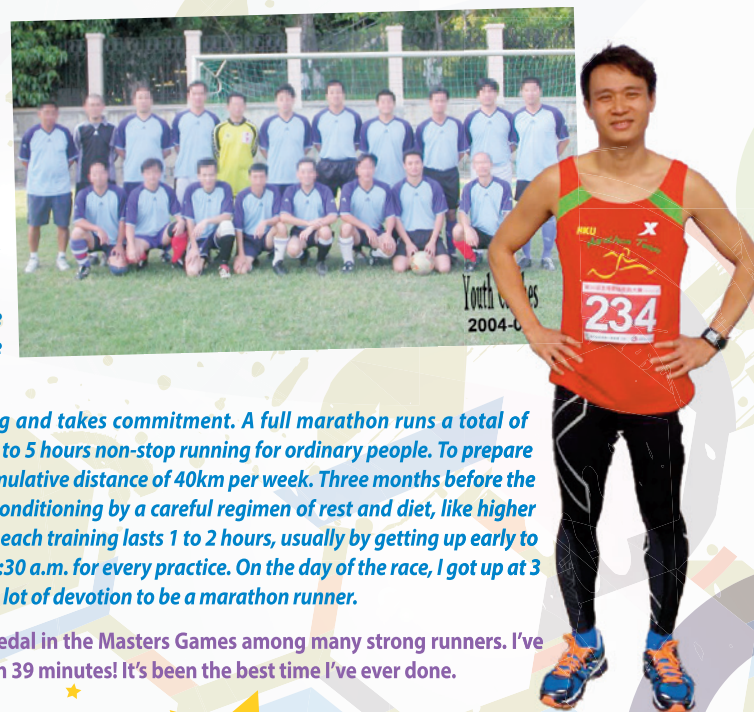
Mr. Jacky Yip - Soccer and Marathon

Volleyball has not been my first sport, but football. I was the representative in my secondary school soccer team, joining numerous inter-school matches. My talent has also helped me to get selected to train and play in the professional team, South China Youth Team, as a defender. Once considering becoming a professional footballer, I eventually chose to become a PE teacher for a more sustainable career and stable salary. I had still played in the amateur league for some years until around 10 years ago, when some major injuries forced me to hang up my boots, including an eye surgery for a retinal detachment and a torn knee ligament. Since then, I've had to give up the sport for good, and switch my field to running tracks.

Marathon can be a lifelong sport of endurance, but it can be challenging and takes commitment. A full marathon runs a total of 42.195km (more than 780 laps around the volleyball courts!), which takes 4 to 5 hours non-stop running for ordinary people. To prepare for a marathon, runners take at least a 9-month training, including an accumulative distance of 40km per week. Three months before the race, there should be a 30-km run in one go per week, together with body conditioning by a careful regimen of rest and diet, like higher carbohydrate intakes. It takes exceptional persistence and perseverance, as each training lasts 1 to 2 hours, usually by getting up early to adjust yourself to the common early starts of the races. I had to wake up at 5:30 a.m. for every practice. On the day of the race, I got up at 3 a.m. for the race itself for commuting, warm-up and registration. You need a lot of devotion to be a marathon runner.

My most memorable race was about 8 years ago when I got the bronze medal in the Masters Games among many strong runners. I've made my personal best (PB) time in the 10km race, finishing the distance in 39 minutes! It's been the best time I've ever done.

Another one was for my injuries during a full marathon. I suffered from a knee injury, thought about giving up but eventually turned up in the race as I didn't want my training to go down the drain. I was beaten hard when going uphill inside the Western Harbour Crossing tunnel, having resorted to dragging up my legs and walking for a bit. With pride (and pain), I finally finished the marathon but couldn't move for nearly a week.



Advice from Mr. Yip

Having taught at True Light for more than 30 years, I understand teaching girls PE, unlike boys, is challenging. Girls are comparatively passive in sports, who dislike sweating, bugs, or the strong sun. Thus, we now offer different kinds of fun-filled exercise to engage them physically so that all can enjoy sports and take enough physical challenges.

For athletes, Hong Kong parents put great emphasis on academics, sidelining health, lifestyles and passion in their aspiration. There are too many tests and assignments that limit their development. But remember, studying is not for everybody. Everyone is unique with a different talent. Explore different interests, be it sports, arts, or even e-sports. Just remember to persevere. Don't give up easily! As talent is made by perspiration not by miracles.

Ms. Carman Hong - Hockey

Aside from leading the basketball, fencing or badminton school teams, after taking off her teacher hat, Ms. Hong has indeed brought glory to Hong Kong by keeping the goal in the women's squad of Hockey Hong Kong, China.

While others go for a chilling pastime like shopping or watching a film with their friends, I've taken up field hockey as my favourite hobby to learn from others. There is a lot of communication with different people in a sports team, including teammates, coaches, managers and therapists. I've been in the Hong Kong team as the goalkeeper in the women's squad for more than 10 years. It is difficult to juggle the jobs and keep the position, especially for time management. Most of the practices take place on school days, usually leaving me no time for dinner. I haven't had a proper meal for long.

It is also challenging for the necessary recovery for an athlete due to the regular sleep deprivation. Conditioning is not easy too, as there is no time for physiotherapist sessions or other physical and stamina drilling, like swimming. I always feel tired. I wanted to give up too, but I persisted. Compared to giving up, it is even more common to get fed up. I got fed up when I had no time for my family. I got fed up when I had to go training despite being sick. I'm glad that the energy and positivity of my fellows have kept me going.



My most memorable achievement in hockey was in a tightly fought match between my team and our archrival. The match remained deadlocked and sent the game straight into the high-pressure penalty shootout. As the goalkeeper, I stepped up my game to anchor the defense, eventually taking us to the win. It was a memorable win. I was also proud to receive the individual honour as the Best Goalkeeper in 2023 while playing for the Hong Kong China national team at the 6th Women's Hockey Invitational Tournament. That's been the highlight of my sporting career.



Advice from Ms. Hong

To balance your studies with your passion, throw away your mobile phone. In Denmark, teenagers are prohibited from using mobile phones. If you cannot control your time use, throw it away. Spend time in your strongest sports. Stay connected with your team and people who share your passion.



Gaze at our Star Power - That's our sports!

Throughout the years, our school's sports teams have guided our students — not just on the field, but in the training, discipline, and mindset. Their dedication has not only shaped performances, but also strengthened team spirit, giving students the opportunity to share the same purpose and passion.

Archery - S5 Felise Ming

How has the archery team's history reflected on your current performance?

Our school has had a long history in archery, winning many competitions. It is because of this fact that many of us want to pass on the legacy of our school. The accomplishments of previous students constantly push us to try our best in every game. This shared motivation eventually helped us become a more unified team, strengthening our teamwork.

How to be successful in archery?

Archery requires a lot of concentration, and archers should have high emotional resilience. In archery, a bad shot can haunt us for the rest of the day. We must concentrate and maintain a consistent rhythm throughout the whole competition. You need the ability to shut out the world, focus on what's happening, and forget the past mistakes. If you carry a mistake from the first end into the second, it will snowball. If we miss an arrow, it doesn't exist anymore.

I usually take deep breaths before drawing so that I can calm myself down to focus on the arrow before me. This technique also helps me to relax and focus when studying; it's become a habit of mine.



Athletics - S4 Hailey Liu

The Athletics team has so many different events like sprints, hurdles, jumps, and long distance. How do you keep everyone feeling like one team instead of individuals?

As a person who is an extrovert in MBTI, I always talk to my teammates during training. These are just very natural chats, but they become an important key to bond us as a team. I chat with teammates who are not familiar with us, then introduce them to teammates, and eventually, we start to talk to each other, like I was a bridge that connects. When we become friends, we support each other in every competition and become a team.

Sometimes, when the teammates have very close or even the same records, you feel stressed about it because you either want no one to surpass you, or you wish to surpass your faster teammates. Even though it can get stressful, it offers good motivation to spur you on to work harder in training and in every race.

If you could change one thing about school athletics, what would it be?

People always ask why athletes can't run faster for at least 0.1s. In fact, athletes need to train for weeks or months to break a record by even 0.1s. School athletes also need to face stress from both studying and training. When study gets busy, they have insufficient time to train despite the need for training to improve their records.



Badminton - S3 Kate Pang

What skills do you find particularly challenging in badminton?

For me, the hardest part is definitely backhand clears. When the shuttlecock goes over my head to my backhand back corner, it's a nightmare. It requires perfect timing, footwork, and wrist snap all at the same time. If you don't hit it right, the bird just flies half-court, and the opponent will smash it straight into your face. It takes so much practice to get the power and control, and I'm still working hard to master it.

Another thing is about confidence and composure. Before a competition, I have some rituals to put myself in the right mindset. I usually step away from the noisy courts to find a quiet space. Then I just close my eyes and take a few deep breaths to get my heart rate down. While doing that, I visually replay my best serves and attacks in my head. This simple routine helps me clear the adrenaline fog, ensures I stay sharp from the very first point, and anchors my confidence.

Is badminton about individual or team efforts?

The badminton team works together. I'll never forget this one doubles match. It was so close that we were only down by a point or two, but the tension really got to me. I got so nervous that my chemistry with my partner completely vanished, and all our training went right out the window. That's when our coach shouted from the sidelines, "Stay focused! Don't let them get in your head. Look for the openings — you don't need a winner on every shot. Play the long game and let them make the mistakes. Come on!" Hearing that instantly gave us the courage to keep fighting. Knowing our teammates had our backs the whole time meant the world to us.



Basketball - S5 Alyce Leung

Aside from shooting hoops, what does a typical practice session look like? Are there special drills, or is it all strength-building exercises?

Usually, we start with stretching and some dynamic warm-ups to prevent injury. After the warm-ups, we do some ball handling, shooting, and layup drills. Then, we do some passing drills for us to move around. Rarely do we do any strength-building exercises, as teamwork is more important for basketball.



Basketball often needs teamwork, so how does the team build trust and get ready for upcoming games?

Though we rarely focus on team building activities, I believe our teamwork grows over time, especially from game to game. Primarily, we try our best to communicate with each other, since communication is a big part of team unity. Every game helps strengthen the trust we have in each other.

Our main goal this year is to do our best in every game and to show what we have practised whenever we get the chance. We also hope to improve our teamwork, since basketball requires a great deal of it. In particular, we want to become more in sync and confident when passing the ball and stronger at executing our formations.

Dance - S6 Katie Li

What does it take to be a dancer? Do you need to be naturally flexible, or are technique and expression more important?

I believe that flexibility is not as essential as technique and expression in dance. Technique involves the contraction and control of muscles, while expression is about conveying emotion or a sense of enchantment to the audience. Both are core elements of dance. While flexibility serves as a foundation, it is a means to help execute movements more smoothly and perfectly. In every competition, I portray different characters. Being able to express joy, anger, sorrow, and sadness on stage through dancing is something deeply satisfying for me. This is how dances keep my passion.

I believe dancing is a "plus" in any profession. Apart from solo, we dance as a team as well, which involves meticulous choreography, practice and coordination. Dancing helps me expand my network, leave a lasting impression on others, and create more common ground for conversations.



Fencing - S5 Chloe Liu

What drew you to fencing instead of more mainstream school sports like volleyball or basketball?

I didn't actually choose fencing. In Secondary 2, I hadn't planned on joining any sports team, but Miss Hong encouraged me to try it. I ended up making great friends and found that I really enjoy

the sport, despite the challenge of mastering the agility and equilibrium it requires.

Fencing is often seen as an individual sport, but we compete as a team too. Our coaches played a big role in building our team spirit. They often incorporate team-based games into our fencing training. Another example is during our conditioning workouts: if one person struggles to finish, the whole team has to redo the set. This has taught us to support and encourage one another, which is exactly how our sense of unity was built.



If you could change one thing about school sports, what would it be?

If I could change one thing, it would be the stereotype that sports distract us from studies. Sports and academics can coexist. Through fencing, I didn't just learn how to compete, I learned teamwork and resilience, plus I made new friends. I wish people would view school sports as an essential classroom for character building and personal growth, rather than just a hobby that ruins grades.



Rope Skipping - S4 Mika Li

Congratulations on your recent joining of the Hong Kong rope skipping team. How does that impact your performance?

I think after joining the Hong Kong team, the pressure has been mounting. At first, I tried this sport out of curiosity, so I was relatively relaxed about it. But then, I have felt that I have had to constantly improve, so sometimes I feel more anxious and stressed. Sometimes, I set high standards for myself in competitions, so I'm under a lot of pressure, especially when I make mistakes in competitions, which could be very discouraging and dissuading.



In a highly synchronized event like Double Dutch, how do your teammates train and adjust their turning rhythm or rope loop for each other?

To perfect the timing required for Double Dutch or other tricks, we usually train four times a week, each session lasting about two to three hours. We need to have a high level of coordination with our teammates in order to perform without mistakes, so we always spend a lot of time on cooperation and perfectly completing the entire set of routines.

I remember there was a time when I was injured and just happened to have a team competition. The pain in my knee was unbearable, but I still told myself to persevere. I believed we spent a lot of time preparing for the competition and hoped to perform perfectly. I also used some sports tape to wrap around my foot to reduce the pain and thus complete that competition.

Swimming - S5 Jasmine Leung

Swimming is such an individual sport. How do you keep everyone feeling like one team instead of individuals?

First of all, swimming with friends is a naturally fun activity, which takes a lot of pressure off. A lot of students misunderstand and think that swimming is a lonely sport where you can't really make friends because your face is in the water the whole time. Actually, the exact opposite is true!

Of course, it's not always easy. When you're constantly exhausted, you might experience moments of frustration with your teammates—like when someone accidentally slaps your arm in a crowded lane, or when the pressure of matching each other's pacing gets tense. However, going through those rough times and overcoming those mutual frustrations together is exactly what creates an unbreakable bond. It helps us build incredibly solid, lifelong friendships outside of the pool.

What's more, when the training sessions get really brutal, what keeps us pushing forward is having a clear target. It's always important to set a goal for anything you do, whether it's as a team or as an individual. For us, we all set eyes on the Inter-School Swimming Competition. Having that major milestone in mind gives every grueling lap a purpose, and chasing that goal together keeps our motivation high.

If you could tell us a message about the swimming team, what would it be?



I wish people would realize how rewarding swimming is compared to team ball games. In basketball or soccer, the outcome depends on the whole team, which can sometimes be frustrating if things don't go your way. But in swimming, your results are entirely within your own control. I think a sense of accomplishment is especially important for teens nowadays, and swimming gives you exactly that. I want people to see that as long as you put in the time and work hard, it is much easier to get direct, positive feedback and personal progress. Your effort is directly translated into your success, which is incredibly empowering.



Table Tennis - S4 Mika Li



As table tennis is a relatively new addition to our school's sports program, have junior or senior students shown more interest in the sport?

Junior form students tend to be more interested, probably because table tennis is a well-known and successful sport in Hong Kong. Additionally, younger students have more time to try out new activities, so they choose table tennis. During the training, they all seem to really enjoy themselves.

Our goal this year is to achieve good results in inter-school competitions. After all, we are a new sports team at our school, so our skills may not have been fully developed yet, and we might not have a chance to win the championship for now. However, I believe our skills will mature and give us the opportunity to compete for the championship title with other schools in the future.

For students looking to try out, what are the core skills and training habits required to excel in table tennis?

I believe the most important criteria are persistence and passion. Every training session can be quite tough. You need to have enough persistence and passion so you won't give up on this sport. As long as you persist through the training process, your skills will gradually improve.



Volleyball - S5 Gigi Yeung



How do you manage the pressure of maintaining your grades while committing to a rigorous practice schedule?

Since I practise regularly after school, I utilise the small gaps in my day, such as my daily commute or the time spent waiting for the bus, to review my notes. On heavy training days like Tuesdays and Fridays, I practise until 7 pm. Once I get home, my immediate priority is completing the homework assigned by the teacher that day. From there, I assess how much time I have left before bedtime to determine how much extra studying or review I can squeeze in. We can never use sports as an excuse for ignoring our academic work.

Communication on the court must be instant. How have you and your teammates built that level of trust?

Since Volleyball is fundamentally a team sport, real-time communication is essential. On the court, we constantly call out plays in real time, deciding who takes the ball or giving



feedback on the set height. Off the court, we hold reflection sessions after every practice to analyse our performance together. What really builds our trust, though, is our strict culture of avoiding blame. We readily take accountability for our own mistakes, which eliminates the fear of failing and allows us to rely on each other completely.

If I could describe the team's personality in only three words, I would say unique, affectionate, and vibrant. Unique - every sports team is a distinct mix of personalities, and our specific chemistry makes us distinct from any other squad. Affectionate - the team is definitely full of love. There is a genuine bond across all three grade levels (A, B, C), and we support each other during matches. The moment someone is injured, the entire team rushes to take care of them. Vibrant - our team is incredibly outgoing, meaning there is never a quiet moment. Whether we are in the middle of a gruelling drill or just taking a break, our energy, along with laughter and chatter, persists.



Word Search

Can you find the following sports related words?

Find these 10 sports-related words hidden in the grid below. They can be horizontal, vertical, or diagonal. Good luck!

1. Stamina
2. Strategy
3. Victory
4. Teamwork
5. Scoreboard
6. Arena
7. Marathon
8. Captain
9. Champion
10. Tournament

Stamina



Arena



Teamwork



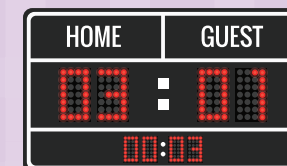
Marathon



Champion



Scoreboard



Strategy



Victory



Sports

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

Meet our teacher athletes...

True Light editorial takes the opportunity to interview our teachers about the sports of their passion. Read on to meet our True Light teacher athletes!

Ms. Fion On - Rope Skipping

I first got into rope skipping in the first week of secondary school, when I went to the team audition just to accompany a friend. At first, it was all about having fun and learning something new after class. But as time went on, we started setting goals together, like winning inter-school competitions, and training became a genuine part of our lives. By Form 4, when our whole batch got selected for the Hong Kong team, it really felt like all our effort and teamwork had paid off. It was such a rewarding moment to see how far we had come together.



My most memorable moment happened right before an important inter-school competition. About an hour before the game, I suffered a serious injury that forced us to completely rearrange our routines. My teammates had to quickly cover my parts in the choreography, and somehow, against all odds, we still managed to win—and it marked our sixth consecutive gold. It wasn't the biggest game I ever won, but it was definitely the one that made me proudest of our team spirit and determination.

Advice from Ms. On

Having companions who share your goals—both in academics and in your passions makes all the difference. They keep you motivated, accountable, and remind you why you started in the first place. So, find that group of people who push you to grow together; once you have that support system, balancing both becomes much more possible and meaningful.

Ms. Winnie Wong - Volleyball

My sister became a volleyball player first. One day, she brought a volleyball home and I played with her in the park and found that it was really fun. Two years later, I got into her school renowned for its volleyball team. It was not easy to stay in the team since it was in Div I. I was not a talented player, so I kept practising and eventually built up my skills in the second year. After graduating, I couldn't imagine joining the college team and a club where I met lots of good friends. Volleyball is not just a hobby anymore, it's also a social means, a bridge between me and my friends. People who play volleyball are usually nice, positive and cheerful.



Advice from Ms. Wong

Make good time management. Try to finish homework at school during recess or lunchtime, so that they can go for their passions after school. Stay focused on the thing you are doing right now. Don't get distracted!

Mr. Billy Chu - Scuba-diving

My passion for diving began when I attended university, where I majored in Biological Sciences. It was during my studies that I discovered my interest in marine ecology. Many of my professors were avid divers and had their diving licenses. They encouraged me to get certified as well, explaining how diving would allow me to bring the theories of marine biology to life.



One memorable experience was a marine ecology field course in Australia to explore both tropical and temperate regions through diving. Excited about this opportunity, I decided to gather some friends and pursue my PADI Open Water Diver license, eager to embark on our underwater adventure. Unfortunately, the COVID-19 pandemic led to the cancellation of our field course. Despite that setback, I realized that diving was more than just a sport or hobby for me. It became a way to immerse myself in the ocean, discover new marine creatures, and create lasting memories with friends. It felt like unboxing a whole new world.



As the lyrics in "Life under the sea" (The Little Mermaid) goes, life under the sea is better than anything they got up there. One of my most unforgettable moments as a diver occurred in a night dive during my Advanced Open Water Diver certification. We plunged into the water armed only with small torches. Initially, it felt like entering a dark haunted house! However, as we illuminated the underwater world, the true colors of marine life came to life in a way that was completely different from what you see during the day, not to mention encountering many creatures that are elusive during daylight hours. The beauty was astounding, and I cherished the calm and serene atmosphere of the ocean at night. It was a magical moment.

Advice from Mr. Chu

Balancing studies with personal passions can be quite challenging, but it is definitely achievable with the right approach. One key piece of advice I would offer is to prioritize time management. As a "T"-person in MBTI, I thrive on creating structured schedules. By planning your weeks in advance, you can ensure that you dedicate time to both your studies and your passions without sacrificing one for the other. This structured approach not only helps in managing your responsibilities but also allows you to fully enjoy your interests and hobbies.

In the Girl's A-grade semi-final, our opponent was DGS. They were a really strong team, and we'd lost to them for 3 consecutive years. They became a trauma for us, so we really wanted to beat them once. We finally did it! We hugged each other and cried for a long time.



Ms. Eva Wong - Football

My passion for football began when I was young, playing casually with my brother in our free time. Those early games sparked my love for the sport and gave me a sense of joy. Later, when I entered university, I received regular training and began playing at a higher level. The discipline of structured practice, the excitement of matches, and the strong bond with teammates all deepened my commitment. I once suffered an injury that made me feel like giving up. It was a difficult time, but with the support and encouragement of my teammates, I found the strength to keep going. Their belief in me motivated me to continue pursuing my passion for football. It was during this period that I truly realized football was more than just a hobby.



My most unforgettable experience was competing with my teammates in the Futsal Cup (School Division – Higher Education Division). Although most of us had never played futsal (five-a-side football) before, we learned and trained together, supporting each other throughout the journey. Against the odds, and in a tightly scheduled competition, we surprised everyone by winning the championship. That victory remains one of my proudest achievements in football.

Advice from Ms. Wong

"Bitter first, sweet later." Focus on completing your studies first, and eventually you will have much more time to devote to your passion. The effort you put into your studies will ultimately give you the freedom and opportunities to pursue your interests.

Ms. Saphina Chu - Taekwondo

I've always loved taekwondo. At first, I only signed up for classes together with my son — it was simply a fun family activity. But as the weeks turned into months, something shifted. Through endless drills and sweat, I discovered the deep satisfaction of persistence and patience. I thrive on pushing my limits and seeing real progress week after week. What I love most, though, is competing in sparring matches: stepping onto the mat, putting every bit of training into action, and feeling that rush when hard work pays off. There's nothing quite like it.



My taekwondo journey hasn't been all smooth. A few years ago, I suffered a complete tear of my ACL and needed surgery. I was out for over a year. My leg muscles wasted away. Those were dark days. Day after day, I stuck to rehab and strength training. Slowly but surely, I rebuilt my body and my confidence, eventually stepping back onto the competition mat.

My most unforgettable moment came in a sparring competition earlier this year (2026). My opponent was younger, taller, and lightning-fast. By the end of the first round, she was way ahead on points. The gap felt impossible to close. But I kept repeating to myself, "Just stay in the fight. Give everything." In the following rounds, I refused to back down. With pure grit and never-say-die spirit, I turned the match around and won. The wave of joy and pride that hit me when the referee raised my hand was beyond words.

Advice from Ms. Chu

No matter what obstacle life throws at you — be it injury, doubt, or a seemingly unbeatable opponent, consistent effort and unwavering commitment will carry you through. Persistence, patience, and heart apply far beyond the dojang; they shape every part of life. So keep going. Believe in yourself. You've got this.

Mr. Paul Wong - Football

When I was in P.5, my father bought me a football as a birthday present. That's when I met my football buddies. I started playing with some kids who played football in the neighbourhood. Since then, they've become my lifelong friends (my brothers for life). Yes, it's definitely more than a hobby. Football is something that maintains and strengthens our bond. You can even make more friends when you play with strangers. So, this is indeed a universal language that connects people all over the world.



I thought about giving up. In 2010, I tore my ACL. Although the injury wasn't too severe, I was about to move to Australia at the time, so I didn't properly undergo physical therapy after the surgery. Even now, I dare not engage in intense exercise, fearing that I might get injured again at any moment.



The most challenging moments are definitely when facing strong teams. In football, we often encounter opponents who are much stronger, and no matter what, we can't score against them. Sometimes, it's even difficult to reach their half of the field. But fortunately, our teammates are not the type to give up easily. Even if we can't attack, we focus on defense to minimize the points lost. So, when everyone shares the struggle and puts in extra effort to regain possession, we feel very proud of ourselves.

Advice from Mr. Wong

I believe the most important thing is to first find what you love. Once you've found it, you need to have self-discipline and create a schedule that outlines when to do homework and study, and when to engage in your passions. With this habit, I believe you'll be able to find balance.

Mr. Eddie Li - Squash

My passion for squash began at university, but after graduation, I stopped playing for a while. It was three years later, while working, that I felt a strong desire to return to the court. That's when I realized it was more than just a past hobby—it had become an essential part of my life that I actively missed and sought out.



I once thought about giving up - I struggled significantly with coordination, particularly my backhand drive shot. During one game, I couldn't return a single serve to the left side of the court. It was incredibly discouraging. What kept me going was a determined response: I studied countless tutorial videos, sought advice from peers and coaches, and spent hours drilling that single shot on court until I improved.

My most memorable moment was my first match in a league held by the Hong Kong Squash Association (HKSA). My opponent was an eight-year-old girl, and I LOST the game. It was a humbling and unforgettable lesson that squash isn't just about power; it's about accuracy, footwork, and patience. That experience completely reshaped my understanding of the sport.

Advice from Mr. Li

It's wonderful to have a passion, and you should set clear goals for it, whether that's winning a championship or simply improving. However, you must also set firm academic goals, like passing all your subjects. If you find yourself struggling to meet your study targets, be prepared to temporarily sacrifice some time from your passion to focus on academics. Balance is about dynamic adjustment, not a fixed schedule.

Ms. Patty Hui - Rugby

During secondary school, I was a sprinter. I loved running because of the thrill of speed. Entering university, however, I wanted to try a new sport—something that involved teamwork. Since running is a personal sport, I decided to explore rugby, which is an uncommon but intriguing choice. As a beginner, I started with touch rugby. This mixed-gender game offers a safer introduction, featuring less collision and more strategy. Eventually, I sought an adrenaline rush that only comes from tackling, so I transitioned to tackle rugby. This version of the sport involves greater physicality and serves as a fantastic outlet for relieving stress from my work.

Along the way, I've faced challenges, particularly in mastering strategy. Sometimes, I struggle to execute two different actions simultaneously during a game, leading to doubts. However, my teammates have always encouraged me, and with their support, I found my way back to rugby.

One of my most memorable moments on the pitch was sprinting down the field and dodging the entire defensive team — what an exhilarating experience!



Advice from Ms. Hui

I believe that if you love your sport, it's essential to balance your learning and practice time. Decision-making is crucial; you must weigh your options and avoid distractions.

Mr. Justin Tam - Basketball



My passion for basketball started when I watched an NBA game on TV and was amazed by Derrick Rose's speed and explosiveness. I wanted to play just like him. By Secondary 1, after joining the school team and training regularly, I realized it was more than a hobby — it became something I couldn't imagine living without, as it taught me discipline and gave me real joy.

Injuries and tough training sessions sometimes made me want to quit, especially when I felt tired or saw slow progress. What kept me going was my love for the sport, so I told myself I could push through.

Every time I step onto the court to play a real game is unforgettable. The feeling of competing with teammates, hearing the crowd, and giving my all makes every match special.

Advice from Mr. Tam

Work hard but also play hard. Set a clear schedule for studying and training, prioritize important tasks, and don't feel guilty about enjoying your passion, it actually helps you recharge and stay motivated for school. Balance is key to doing well in both.

Ms. Ka Wai Yeung - Basketball



I didn't like basketball at all but was coerced to pick it up by my mother who simply thought the sport could help me get taller. So I joined the team, trained, played in interschool competitions, and lost all games, so I quit, period. My fire in the sports rekindled with bonding and partnership — well, when I met the captain of the boys basketball team. We shared the same love of the game, watched NBA games together, played together, formed our street ball team, trained together as basketball coaches, then referees, got married under the blessing of our teammates, and now take our children to the basketball court, passing on our passion so to speak.

My only real contest was the interschool teachers' basketball competition — it's never easy to form a team of female teachers from the same school who can play the game at all! Barely could we form a team with the minimum of three players without any bench members. I got lucky as my teammate was the former Hong Kong Women's Team Captain, who carried the team, even though the third player had not much experience in basketball. I was proud of making my first official point at the free throw line, and of getting the second place eventually, losing to a full team of professional players from the Fukien Women Team, remarkable for an amateur. Another memorable moment was my first and worst injury, when, long story short, my husband in a game broke my fibula that had left me in clutches for two months (and he gained his reprieve on a bail of 6-week housework done).



Advice from Ms. Yeung

Practice makes perfect. I surely am not the fastest player or jump the highest, but repeated practice and drilling can make you a sharp shooter. You don't need to be talented, just diligent, to play well. There's no excuse — you can always make time for exercise if you think it is as important as eating and sleeping every day. Start now!

Ms. Yannie Wong - Equestrian

I used to be a rugby player, but knowing it's not possible to play this high-intensity sport when I get to my 50s, I started to look for another sport with the same excitement. So I took up equestrian. Equestrian is a competitive sport where humans and horses partner to perform disciplines like Show Jumping, dressage, and Eventing.

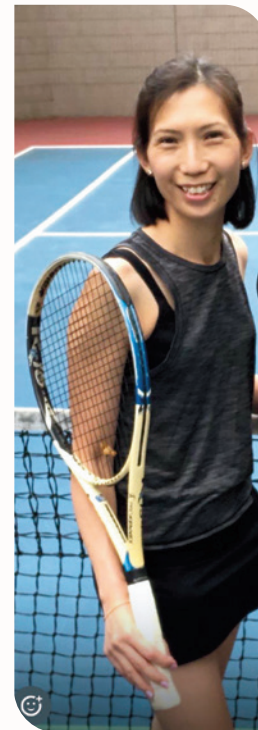
The most memorable moment for me was when I was sending my horse away for retirement. I was taking a retired race horse and training him up for my own riding, which is the same horse shown in the photo.



Advice from Ms. Wong

Be prepared to fall as it happens, just like life is full of ups and downs.

Ms. Sharon Tsang - Tennis



I can't recall when I first started playing tennis, but I distinctly remember the thrilling pop of the ball on my racket during my very first game. Successfully hitting the ball into the opponent's court without it going out felt incredibly rewarding. Later, I practiced regularly with my coach and never grew tired of it.

I haven't achieved much in tennis, but I keep practicing and feel that continuing to play into old age should be something to be proud of.

Advice from Ms. Tsang

Everything involves trade-offs. As a student, you must first prioritize your studies before you can play hard. I hope every student can discover what they truly aspire to—whether it's music, painting, model building, or anything else. Don't just approach it as a hobby; commit to diligently studying and uncover the knowledge and principles within it.

Ms. Maggie Li - Table Tennis

After I graduated from primary school, I was promoted to a girls' secondary school with different inter-house competitions, among which I was invited to join the table tennis matches under the guidance of a senior form student from the school team. At that time, I was deeply attracted to table tennis because it was so interesting. I enjoyed the speed, the spin, and the control over the ball in the games. It was great fun playing table tennis with my friends, so I'd joined the school table tennis team since Form 1. My passion for table tennis goes beyond just hitting a ball back and forth. It embodies dedication, focus, and a drive to constantly improve. It fuels my competitive spirit, sharpens my reflexes, and teaches me valuable lessons about perseverance and sportsmanship.



I was lucky enough to join the Table Tennis Team of the Chinese University of Hong Kong. It was one of the best memories in my university life because I met some really good people with whom we trained, laughed, and fought together.

Advice from Ms. Li

I strongly believe that sports have helped me become an all-round person. I think our passion for sports is a dynamic force that can drive us to reach new heights, both in the game and in life. It also helps us stay focused on our studies and brings us closer to achieving our aspirations. Let's continue to play sports with passion and enthusiasm, and let the spirit of table tennis inspire us to excel both on and off the table.

Mr. Gary Cheung - Shooting



At the beginning, I was attracted by a movie called Triple Tap. I thought the sport inside the movie was very interesting. So, I searched on the internet. It is called IPSC (International Practical Shooting Confederation), and I started to learn it. In 2024, I became one of the top 3 athletes in Hong Kong, and I knew that a world class competition was coming soon. I wanted to see if I could become the world champion. I trained very hard at that time. At that moment I realized it was more than just a hobby.

I once thought about giving up. A few years ago, I tried many different approaches to upgrade myself in the game grading system, but none was useful. Frustrated, I didn't know what to do. Afterwards, I was told if you love the sport, you should relax and enjoy the fun doing it. So, in the coming practices and competitions, I just stayed relaxed, kept focused and didn't think about whether I could win or not. With this approach, my feeling and my skills got better and better. At last, I became one of the top 3 athletes of this sport.

In 2025, I joined the Action Air World shoot, representing Hong Kong in the competition. Around 400 competitors from 30 different countries participate in the competition. After 4 days of hard work, I became the world champion. It was so unreal and I believe that I haven't wasted the effort for my practicing.

Advice from Mr. Cheung

Work-life balance is very important for us. After all the tense work of the day, your hobbies can make you feel relaxed and recharge your mind. Set a target for both your studies and hobbies. When you encounter difficulties, don't give up easily. Try to use different approaches to overcome it.

Mr. Vicky Liang - Snooker



My passion for pool began about a year ago when I started spending time with my friends at a local sports center. What started as casual fun quickly grew into a deep obsession. I realized that pool was much more than just a game or hobby because it demands intense concentration and mental discipline. In today's world, where many people are distracted by social media and short videos, pool offers a refreshing challenge: it trains your patience, sharpens your focus, and helps you develop strategic thinking. Another great thing about the pool is that it's an indoor sport, so you can enjoy it in a comfortable, air-conditioned environment.

For me, personal achievement in the pool is less about trophies and more about little moments of internal satisfaction. There are small, magical instances during the game where I find a bit of joy—like when I execute a trick shot perfectly or hit a surprising fluke shot. These moments bring me a sense of accomplishment that goes beyond winning or losing.

Advice from Mr. Liang

Balancing studies and passions can be challenging, so set clear priorities. By listing your tasks and ranking them by importance and urgency, you can clearly see which activities need your immediate attention and which can be scheduled for later, helping to prevent you from feeling overwhelmed by a long to-do list.

Pass It On – Graduation Ceremony 2025 Queen Elizabeth Stadium

*I'll shout it from the mountain top, I want my world to know:
The Lord of love has come to me, I want to pass it on.*

Pass It On



...The end of one thing signifies the beginning of another. The future contains endless possibilities, opportunities, and pathways. As we depart from True Light for the final time and take a leap into a new world, remember to always keep your chin up and most importantly make the lives of others brighter.

"While I am in the world, I am the light of the world."

John 9:5

Lastly, always have faith in our god for He will always guide us to the path meant for us -

"You, LORD, keep my lamp burning; my God turns my darkness into light."

Psalms 18:28



As the former Head Prefect who has taken part in a few graduation ceremonies as a student helper, this year, I found myself on the stage, being the one who graduated. Memories flooded my mind — joy, sadness, and everything in between.



Despite the challenges of secondary school, filled with daunting past papers, the presence of my classmates and teachers made this journey bearable and unforgettable. Their unwavering support transformed a painful past into a cherished memory.

Words cannot capture the mix of emotions I feel at this moment, standing at the threshold of a new chapter. The laughter in the classroom, the stress of exams, the friendships I've made — every experience has shaped me into who I am today.

Leaving the school feels bittersweet. I'm thankful for the lessons I've learned, the memories we've made, and the person I've become. To everyone who has been a part of my journey, thank you for making it special.

Rebecca Kwok

Graduate of 2025

Head Prefect 2023-2024

Time is slipping away, and my secondary school journey has ended. Reflecting on the invaluable lessons I've learned and the cherished memories I've created, I am reminded of the day I entered this school. I was just a girl with low self-esteem, believing I couldn't do anything special and thinking I would finish my unremarkable secondary school life. But I was wrong. True Light offered me opportunities to find my place.



Being part of the Student Union and serving as head prefect taught me the importance of leadership, responsibility, and teamwork, helping me realize that everyone can make a difference if we try. Each moment spent with my peers, especially during our archery practices, has shaped my character and strengthened our bonds.

Leaving my alma mater fills me with a bittersweet feeling. I am excited about the future but saddened to part ways with the friends and teachers who have played such pivotal roles in my life. The laughter, challenges, and support I experienced here have all contributed to my growth, making this school a second home.

I am deeply grateful to my teachers and mentors for nurturing, guiding, and believing in my potential. As I step into the next chapter, I carry with me the lessons learned and the memories made, forever thankful for the experiences that have shaped who I am today.

Jane Chan

Graduate of 2025

Chairperson of Student Union 2022-2023

Head Prefect 2023-2024



Entering True Light for the first time, the only emotion I felt was anticipation. Would secondary school life be the same as in the movies? Will I make any new friends? Will I be alright?! Such questions swirled endlessly in my head. Now, 6 years later, I can confidently answer "yes but no", many, and definitely. My time in True Light was full of warmth, even during low times. The constant support and encouragement from my classmates

were something I had never experienced before, and I can say with my full chest that they have now become family to me. The countless activities held at school and opportunities given to me by teachers have shaped me into a new person from the one I was 6 years ago. I'll never forget my time in True Light, and the memories made here shall be etched into my soul for millennia to come. As I enter a new chapter of Life and say Ciao to my home of 6 years, I go with a smile on my face and a heart filled with warmth and joy.

Mary Thewe

Graduate of 2025

Chairperson of English Society 2023-2024



Get On Your Toes for the sports idiom challenge!

Are you up for a new challenge? Surely you can complete the following sentences by using an English idiom related to sports, right? Come now and test yourself!

- Q1) As the project leader, she is the one who gets to _____ on budget spending.
- Q2) We need a solid _____ before we present our idea to the investors tomorrow.
- Q3) I decided to _____ during the meeting and let the new team members lead the discussion.
- Q4) When negotiating with that company, _____ so they do not take advantage of you.
- Q5) The unpredictable market conditions keep all the business owners _____.
- Q6) Don't act like such a _____ just because you got the highest score on one video game level.
- Q7) I always root for the _____ when I watch reality TV cooking shows.
- Q8) My best friend _____ and baked my favorite cake for my birthday.
- Q9) Trying to play chess against a grandmaster made me realize I was way _____.
- Q10) He prefers a _____ approach to fixing the car instead of taking it to a mechanic.

Idiom helper:

- Game plan: To create a highly detailed strategy for success
- On your toes: To remain alert, ready, and quick to react
- Take a backseat: To choose a less active or secondary role
- Out of your league: To pursue someone or something too good for you
- Hands-on: To be actively and directly involved in doing something
- Hot shot: To be a highly talented but overly confident person
- Call the shots: To make the major decisions and control a situation
- Underdog: To be the person expected to lose a contest
- Go the extra mile: To make more effort than is strictly required
- Keep your guard up: To stay cautious and alert against potential danger



Call the shots!



Hands-on!



Go the extra mile

Word search Answer

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

... And Here We Cross the Finishing Line!



Becoming the editor-in-chief this year was certainly not on my bucket list, but I'm so honoured to have been it. With this year's topic being Sports, I had the chance to unlock my inner athlete, by becoming more purpose-driven. Stepping into that mindset gave me the motivation to conquer challenges and become more open minded when collaborating with our school's sports captains. And most importantly, this journey wouldn't have been possible without my fellow teammates and my editorial teachers, Miss Li and Miss Yeung. Thanks to their incredible support and patience, we were able to complete this year's True Light Times magazine once again. Sincerely, I hope you all enjoy it.

S5 Eva Phagami
Editor-in-chief

It's hard to believe the school year is already wrapping up. Getting to be a school reporter for the first time was the perfect excuse for me to step out of my comfort zone, socialize, and try things I've never even dreamed of doing before. Between concerts, the chaotic club weeks, and everything in between, this year felt like a non-stop highlight reel. Working on this sports magazine taught me so much, and I truly hope it inspires you just as much as the process inspired me. Don't stop at sports, now go out there, join a club if you want to, cheer your heart out, and try every single activity you can, just enjoy your school life as much as possible!

S4 Ivana Wan

What a year it's been. One that many of us won't forget anytime soon, thanks to the incredible lineup of activities we shared. Some were brand new, others were familiar favourites. Yet no matter the format, the goal was always the same, for everyone to have fun and quite frankly, that is all we ever wanted. This magazine is our time capsule. Whether it was the chaos of English Week booth games or the quiet pride of the English Speech Festivals, every page holds a memory. Here's to next year. We can't wait to see you there.

S4 Hannah Drummond



Editorial Team 2026

- S5 Eva Phagami
- S5 Kandy Yack
- S4 Hannah Drummond
- S4 Aatiqa Khan
- S4 Ivana Wan



Editors-in-Chief

- S5 Eva Phagami
- S5 Kandy Yack



Teacher Advisors

- Ms. Maggie Li
- Ms. Ka Wai Yeung



2025-26 True Light Journalists

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Vice-chairperson	S4 Hannah Drummond
Senior Journalist	S4 Michelle Kwan S4 Emi Lee
Junior Journalist	S4 Ivana Wan S3 Lucy Dong S3 Amra Khan S3 Allyson Lam