



School Newsletter 2020-2021

True Light Girls' College



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Be Persevering, Be Resilient

Every year, True Light has different School Year Themes to encourage students to cultivate the desirable personal qualities. Our school has organised a diverse range of events and activities to promote the School Year Theme (2020-2021) – “Be Persevering, Be Resilient”. One of them was the “Year Theme Bookmark Competition” in which all True Light girls designed many colourful and lively bookmarks. Ten of the highest-voted bookmarks will be given to all teachers and students with hope to disseminate positive messages and encouragement.

Be Persevering
Be Resilient





True Light Roly-poly Doll and Reflection Postcard

To highlight our school year theme – “Be Persevering and Be Resilient”, we have specially designed a Reflection Postcard and a tailor-made True Light roly-poly doll.

The Reflection Postcards are a truly accurate reflection of students’ school life at True Light. Through the act of writing Reflection Postcards, we hope all True Light girls can reflect on their learning process and school experience based on our school year theme. This is a good way to help students better understand the school year theme and their learning goals.

The True Light roly-poly dolls are given to students to encourage them to be Persevering and Resilient when encountering difficulties in their studies and school life.

Being resilient and persevering means that we are able to withstand or bounce back quickly from difficult and unpredictable conditions. During the class suspension, all students need to have ZOOM lessons. Despite facing adversaries such as technical issues and learning effectiveness, we should keep ourselves calm, positive and strong.

Puk Ka Yu (5C)

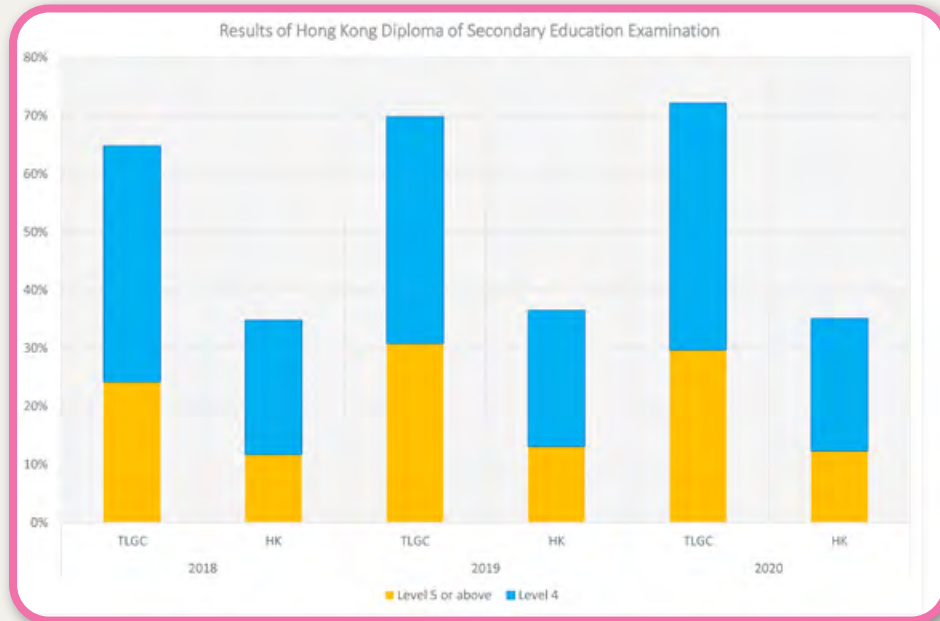
I think this year’s school theme fits perfectly to the situation we are facing right now. Because of the COVID-19 pandemic, we are all trapped at home. Keeping ourselves in peace seems impossible, but it is essential to be persevering when fulfilling our goals and be resilient when facing obstacles.

Gurung Shreya (4D)

Congratulations to Our S6 Graduates

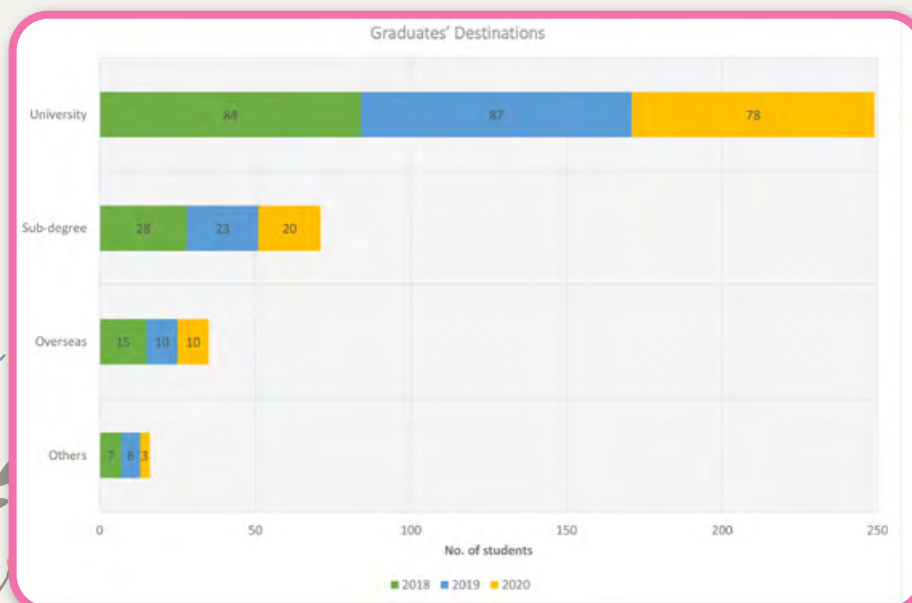
We congratulate all our S6 graduate students for achieving outstanding results in the HKDSE examinations over the years. About 29.7 per cent of our students attained Level 5 or above, and 72.2 per cent of them attained Level 4 or above in the HKDSE examination in 2020. True Light is proud of them for their brilliant achievements and for being able to meet their own learning goals.

Summary of our students' HKDSE results (2018-2020) as follows:

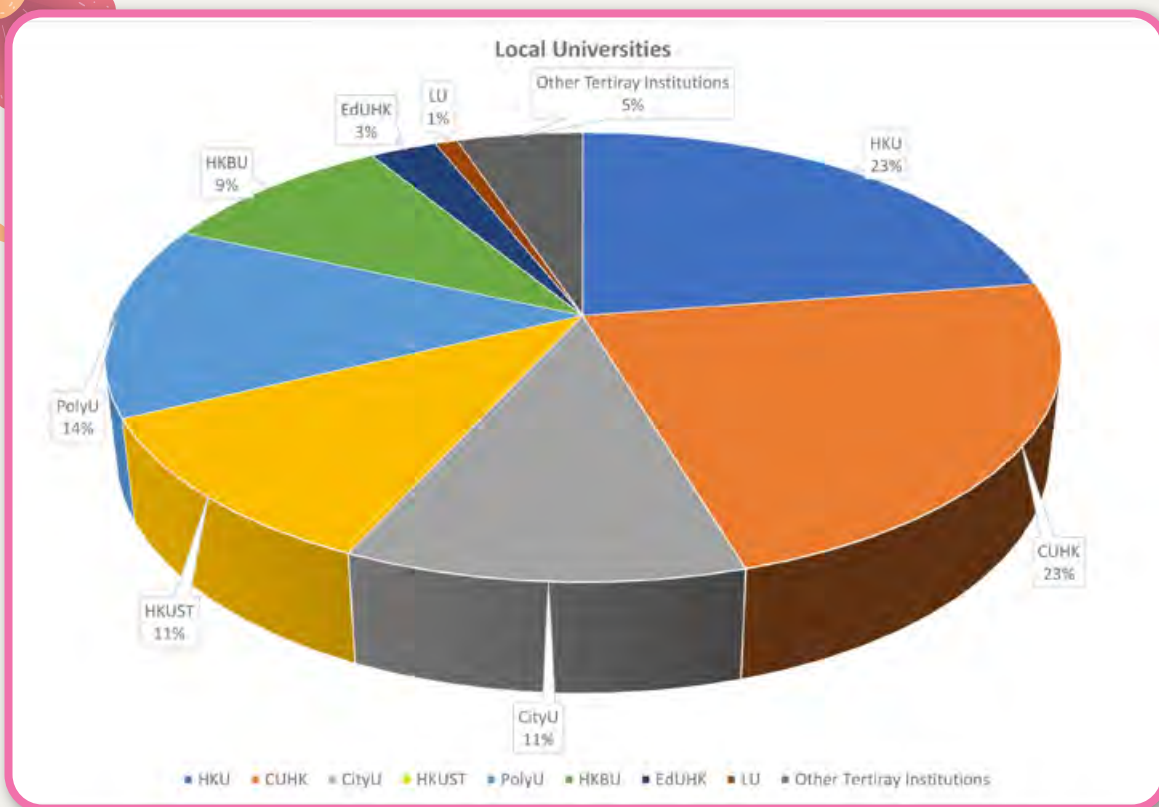


Among our S6 graduate students, approximately 80 per cent of them were offered a place at local universities through the Joint University Programmes Admissions System (JUPAS), while others went to overseas universities. The following is the summary of the undergraduate programme admission results of all our S6 students.

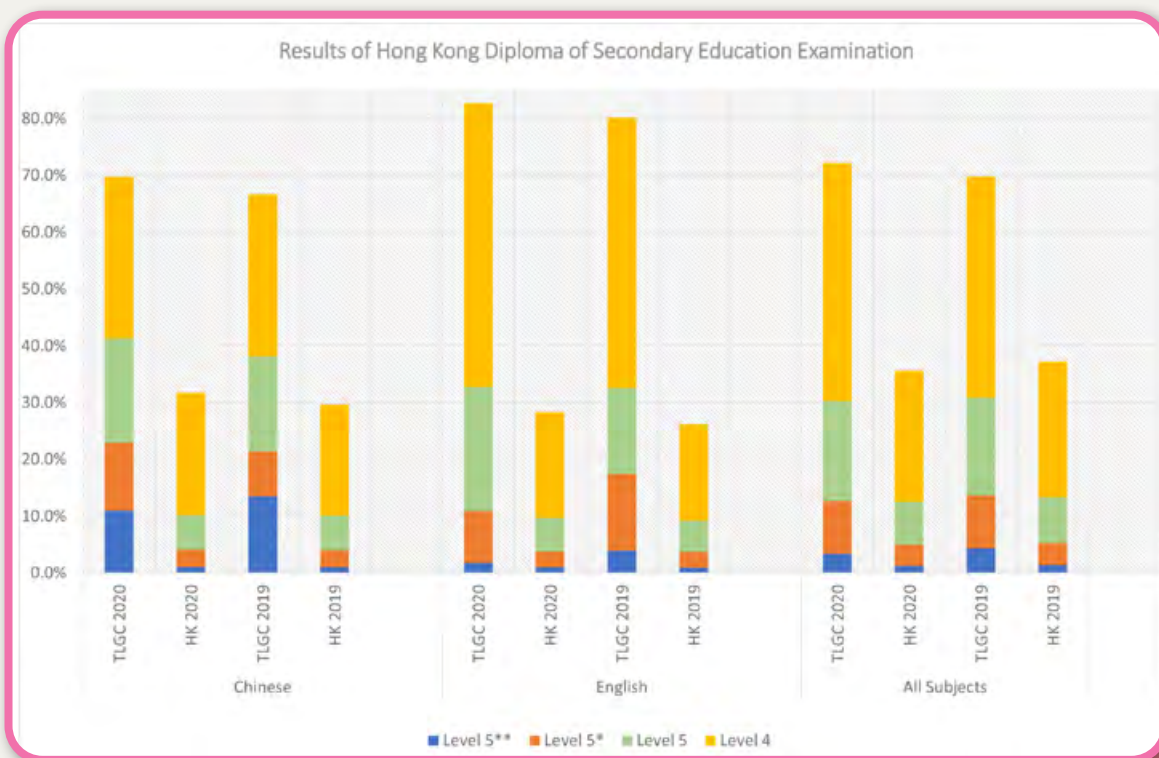
Destination of graduate students



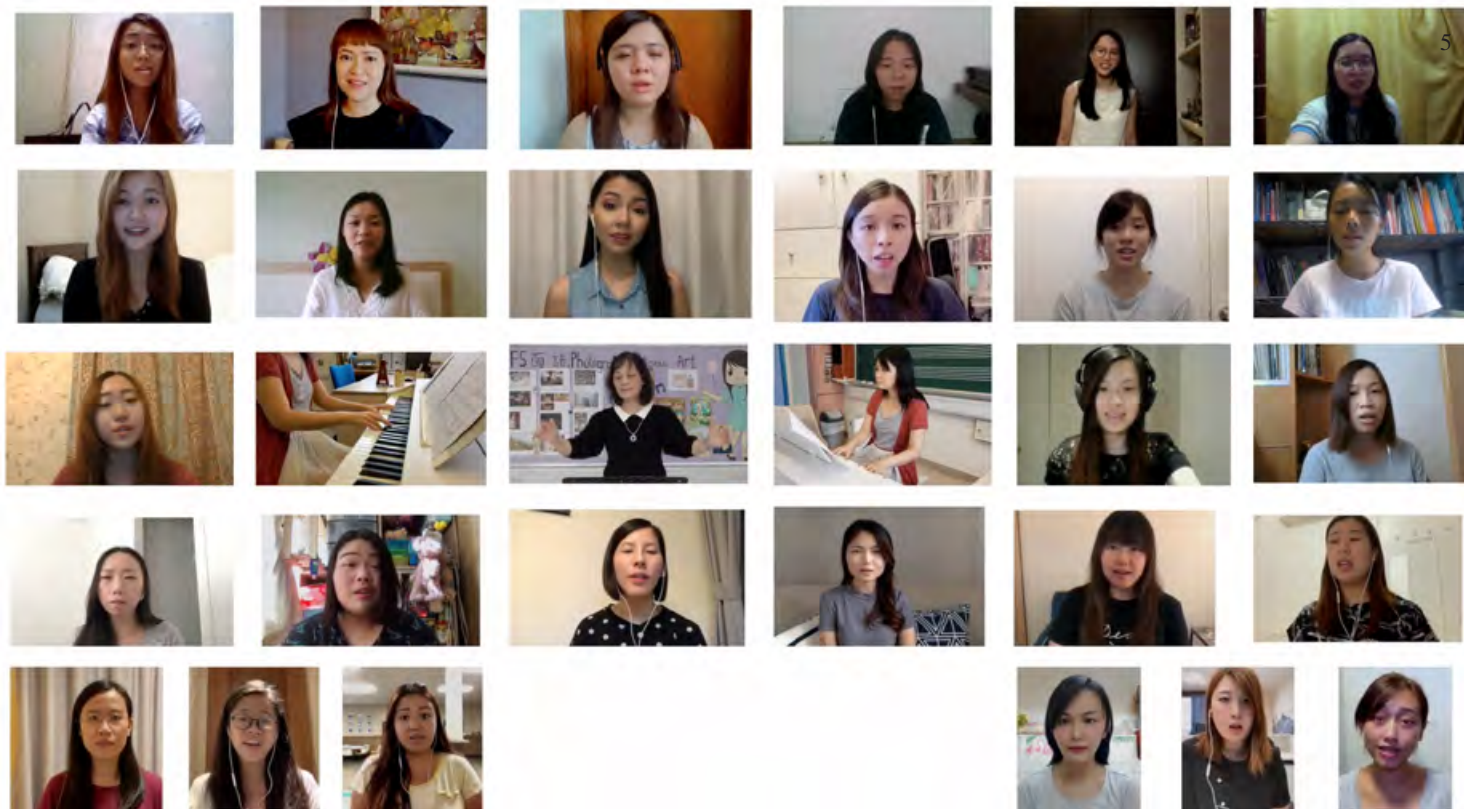
Undergraduate Programmes (Local)



HKDSE 2019 and 2020



We wish our S6 graduates all the best in the future!



The TLGC Virtual Old Girls' Choir was singing *The Lord Bless You and Keep You*.

Virtual Choir by TLGC Old Girls & Virtual Orchestra

Music Teacher Ms. Tse Wing Sum – Music in Social Distance

Due to the COVID-19 pandemic and social-distancing measures in Hong Kong, playing flute, Dizi or other wind instruments seems more difficult. Communal singing is also regarded as one of the close-contact activities even though people sing together with their masks on. These challenges have opened a new era of the virtual music performance – playing music at home. With this new trend, people try their best to record their performance by using a wide range of hi-tech recording devices and audio/video editors.

Our virtual performance has gained great public attention. Our Old Girls' Choir virtual performance was aired on an episode of "The Arts on Air" on Radio Television Hong Kong in January, 2021.

Rebecca Li – Alumnae, Sound Mixing Engineer

I was very grateful for being a part of the Virtual Orchestra / Chinese Orchestra project after having graduated from TLGC (2014). As Mixing Engineer, my job was to issue clear recording guidelines for students who played music and recorded their videos at home. Then I collected all audio files and upgraded their sound quality. Working smoothly with Music Teacher Ms. Tse and Video Editor Hilary, I was delighted to see the exceptional result of the project.



Alumna and Sound Mixing Engineer Rebecca Li was editing the students' audio files.

Hilary Ho – Alumnae, Video Editor

In this video production, about 30 alumnae' or students' video clips were synchronised and merged with the sound track. The most challenging (and exciting) part was to arrange all different voice types and instruments, and then integrate them into the melody of the songs. We presented the video in a grid to make everyone think that all girls were performing together. It was my pleasure to take up this challenging task!

Ms. Szeto Lai-yin – Former Music Teacher of TLGC

We were grateful to two alumna who helped the choir mix video clips and edited all audio files. I thank God we live in a world and time where technology allows us to make music together even when we are apart. I also thank all old girls for their wonderful participation in this meaningful work.

"May the Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." Numbers 6:24-26

Chau Kuen (4A) – Chairperson of School Orchestra

Music is spread with no place and time limitations. During the COVID-19 pandemic, our school orchestra tried a new way to present music – making a virtual orchestra video. Playing the violin while recording was never easy. To make sure I had a quiet place, I had to switch off all the fans and air conditioners. My family had to leave home, and I had to film many times to make the perfect video. It was my pleasure to partake in such unforgettable experience.



The QR Code of the TLGC Virtual Old Girls' Choir: *The Lord Bless You and Keep You*



The QR Code of the TLGC Virtual Orchestra: *Christmas Extravaganza*



Our Principal, (from left), True Light girls and their parents attended the film appreciation.



True Light girls set the photo-taking backdrop.

Film Appreciation – *Find Your Voice*

The True Light Schools Managers, our Principal, Vice Principals, teachers, parents, alumnae and 50 students were invited to watch an inspirational movie called *Find Your Voice* at IMAX, K11 Musea Art House on 26 November 2020. The film appreciation was an integral part of celebrating the 150th anniversary of True Light. The film tells a story of Secondary Four student Fun Sun-hei who achieved poor academic results and caused a lot of troubles in school. Encouraged to participate in the “Find Your Voice Trial Programme”, he overcame many challenges and found his dreams in the music field. Director Adrian Kwan showed up in the theatre after the film for a sharing session. All participants were very touched by the film and as well as the positive messages brought by the distinguished guest. The event ended in joyfulness and applause.



All audience showed appreciation to the movie.

China Culture Foundation's Anti-Epidemic Support Scheme for Students and Visit to TLGC

Our school would like to express our gratitude to China Culture Foundation (CCF) for its generous and kind acts in helping our students combat the pandemic COVID-19.

To help students better prepare for the school resumption and the fight against the epidemic, our school participated in the "China Culture Foundation's Anti-Epidemic Support Scheme for Students" in September 2020. Our special appreciation goes to China Culture Foundation for providing our students with a total of 76,000 surgical masks which helps them combat COVID-19, overcome hard times and stay resilient. With the gracious help of the Scheme, we hope to help students cultivate a heart of thankfulness and perseverance, stay diligent in their studies, and make valuable contributions to our society and country.

On 28th September, 2020, we were also honoured to have invited Mr. Cheung Kong Ting (CCF Executive Vice Chairman) and his team to pay a visit to our school. Led by our Chief School Ambassadors, the school tour showed the guests our school campus and facilities. A ceremony was held in Classroom 6C to thank CCF for its generosity and kindness. Followed by our Principal Tam's welcoming speech, Tung Ka Wai from Class 6C performed the Erhu Appreciation to our guests. After this stunning performance, Mr. Cheung delivered a speech to encourage our students to stay resilient during the hard times. The ceremony ended with souvenir presentation and photo-taking sessions.



Mr. Cheung Kong Ting from China Culture Foundation (left) donated a total of 76,000 surgical masks to True Light girls.



True Light girls thanked China Culture Foundation for the donation of surgical masks.



Tung Ka Wai from Class 6C performed the Erhu Appreciation to our guests.



We were honoured to have invited guests from China Culture Foundation to visit our school.



Donation of Reusable Masks to TLGC

Alumna Ms. Cherry Wong (right) helped True Light girls wear reusable masks.

Alumna Ms. Cherry Wong (left), True Light girl and Principal Tam (right)

To show her dedication to True Light and environmental protection, alumna Ms. Cherry Wong donated about 1,000 cloth face masks to our school. Sewed with the TLGC logo, the masks consist of two components: an inner layer (100 per cent of woven) and outer layer (85 per cent of woven and 15 per cent of polyester). To ensure they are breathable and comfortable, these specially designed masks allow students to adjust the length of the ear loops. Not only can students wash these masks using warm water and light detergent, but they can also add an antiviral filter to the masks. Ms. Wong also paid a visit to our school, gave the masks to our students and reminded them to stay healthy and resilient during hard times.

This was not the first time Ms. Wong showed her dedication to True Light. She regularly gave her enthusiastic support for many school fundraising activities, such as Anniversary



All reusable masks are knitted with the TLGC logo.

Celebration and the construction of our school new annex. As well as donating stationery and masks to our students, Ms. Wong also sponsored more than 90 students in our activity – “Lion Rock” Movie Appreciation – in November 2019. Our school would like to express our gratitude to Ms. Wong for her generous and kind acts in helping our students combat the pandemic COVID-19.



True Light girls thanked Alumna Ms. Cherry Wong for donating reusable masks.

TLGC Aims to Tackle Food Waste with their Invention – Easy Car



Helen Kan (from left), Ceci Chui, Natanakumar Mirnaali and Thebe Nimsing were having a discussion in their project.



Easy Car

Our students, including team leader Ceci Chui Mei Yan (5B), Helen Kan Hei Lam (5A), Natanakumar Mirnaali (5D) and Thebe Nimsing (5D) won the championship in the Social Innovation Community 4.0 Competition (2019-20) organised by The Hong Kong Council of Social Service. The team designed a food waste collection vehicle – Easy Car – that transforms leftover food into fertiliser for farms. They hoped Easy Car will encourage people to reduce the amount of rubbish on the streets and beautify the city.



Helen Kan (left) explained the designs of Easy Car to the judges.

Praised for its sustainable, community-based and creative design, the team also won the “Innovative Design Award” and “Best Social Efficiency Award”. They will be awarded a field trip in Bali, Indonesia to explore other sustainable programmes.

Their remarkable achievements have been reported by many newspaper and media: South China Morning Post, ET Net, AM730, to name a few.



Physics teacher Tong Wing-yun (from left), the TLGC girls and Principal Tam celebrated their community-based achievements.

Outstanding Performance in Community Services

Resonating with our school's vision, our school's Community Youth Club (CYC) encourages every True Light student to achieve her full potential and to be the light of the world, serving the community with their outstanding capabilities and personalities. With their excellent work and heartfelt dedication to community services in previous years, our students received multiple awards: Folder Cover Design Contest — Open Section, Greening for the Chest — Cleaning for Charity and Award Scheme for Activity Planning, to name a few.



CYC will continue to provide our students with many opportunities to serve and understand the community.

2020 - 2021

Title	Names	Achievements
公益少年團「尊重包容寬待人 感恩 珍惜愛社群」文件夾封面設計比賽公 開組 Folder Cover Design Contest — Open Section	6A 陳滢而 Chan Ying Yee 6D 陳心言 Chan Sum Yin 6C 曾慶嫻 Tsang Hing Kwok	冠軍 Champion 亞軍 First runner-up 優異 Merit
公益少年團「尊重包容寬待人 感恩 珍惜愛社群」文件夾封面設計比賽中 學組 Folder Cover Design Contest — Secondary School Section	6A 馮皓慈 Fung Ho Chi 6C 董嘉慧 Tung Ka Wai	優異 Merit 優異 Merit
公益少年團 優秀團員 Nomination of Outstanding Members	6A 陳滢而 Chan Ying Yee	優秀團員 Outstanding Member
公益少年團 中級章及高級章 Secondary School Level 2 & Level 3 – Orange Badge & Purple Badge	6A 許琳琳 Hsu Lam Lam 6B 陳灝兒 Chan Ruth	中級章及高級章 Orange Badge & Purple Badge
公益少年團團隊獎勵計劃 Outstanding Team Award	真光女書院 公益少年團 TLGC CYC Team	優秀團隊獎 Outstanding Team Award
公益少年團「環保為公益」慈善清 潔籌款 Greening for the Chest – Cleaning for Charity	真光女書院 公益少年團 TLGC CYC Team	金獎 Gold
公益少年團 活動設計獎勵計劃 Award Scheme for Activity Planning	真光女書院 公益少年團 TLGC CYC Team	活動設計獎勵計劃獲獎學校 Award Scheme for Activity Planning – Awarded School

Community Service – Zooming Christmas & Scarf Knitting

True Light girls have been actively taking part in diverse community service in hope to make a positive impact on our society. Through their community contributions, not only are they helping people regardless of their socio-economic status, they have also been connecting with others while developing soft skills they will use throughout their lives. We spoke to three True Light girls about their community experiences and hopes for the future.

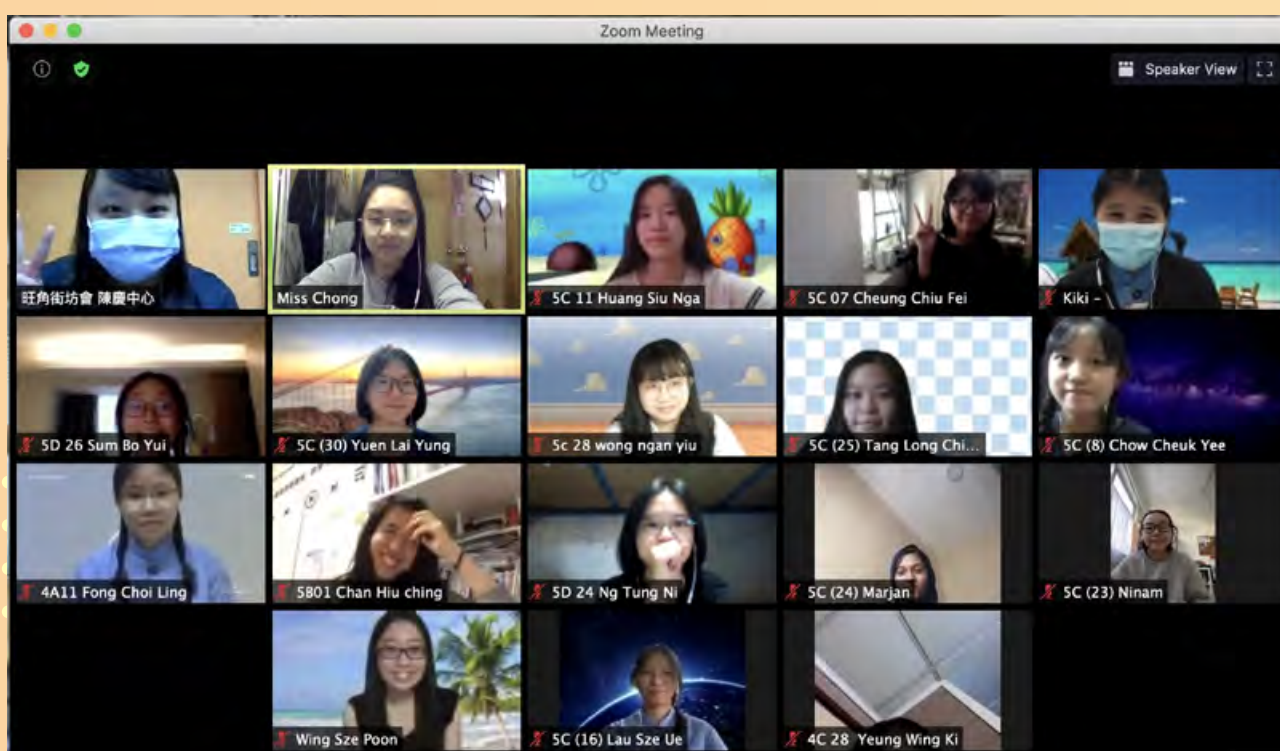
Cheung Chiu Fei (5C)

In December 2020, I celebrated Christmas in a unique way – teaching English and playing with primary students in an online community activity called Zooming Christmas.

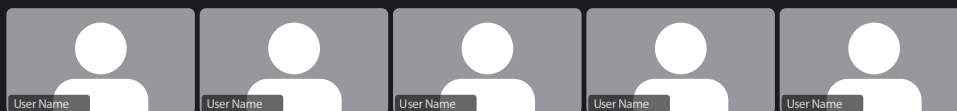
It was a truly meaningful and memorable event to me. Prior to the activity, we first designed some interesting games and prepare some teaching materials. Dividing ourselves into different groups, we came up with some innovative ideas. I was so thankful to my group members for their hard work and time.

Elatedly, we finally got to meet the children on ZOOM. During the activity, two True Light girls were responsible for teaching one primary student. The girl in my group was a bit shy, but she was cheerful and smart as she quickly understood what we were teaching. The activity ended with singing the Christmas songs together. Her laughter and innocence brightened my day.

Despite meeting the primary students online, we solved all technical issues to make this activity happen. I would like to thank my teachers and group members for their effort and useful advice. It was also fascinating as the event combined our kind acts with happiness.



True Light girls had a briefing session in preparation for Zooming Christmas.



Ng Tung Ni (5D)

I was so grateful and delighted to join the two-day service named Zooming Christmas as I had the opportunity to serve some primary students in Yau Tsim Mong District.

During the first-day activity, we were in charge of a teaching session and some English activities. It was a bit challenging when there were no teachers next to us during the ZOOM meeting. But we tried our best to act as little teachers and taught the girl in our group some vocabulary items. The activity helped us understand more about the girl who expressed great interest in drawing.

On the second day, we changed our teaching approach – using drawing to teach new words. It successfully attracted the girl's attention as she focused more on our lesson. The activity taught me a valuable lesson as I appeared too seriously. I should have acted more naturally to make the lessons more stimulating and interesting. But it was such a meaningful event as I was able to build up confidence and leadership skills whilst contributing to the community.

Yannes Chung Cheuk Yan (5B)

Even though some of our scheduled community activities have been cancelled, we always try to do something meaningful to serve the community this year. One of our activities is to invite some True Light girls to knit scarves as gifts for the people in need. The reason for making scarves was to spread love and care to the community, especially the elderly who need warm clothing in winter.

Knitting scarfs seems feasible as we can do it anywhere and anytime. As we have been staying home for a long time, it is a good way to relieve our study stress and spend our time more wisely. For those who do not know how to knit, we can use ZOOM meetings as a platform to teach students some knitting skills.

Not having delivered our scarves to the elderly last winter, we have decided to meet them in person and give them our handmade gifts when the COVID-19 pandemic ends. This community work provides us with the opportunity to be connected with others in the society while developing some useful soft skills.



ZOOM meetings were held to teach students some knitting skills.



These handmade scarves will be given to the elderly.

Meeting Our New Vice Principal Dr. Mui Lai Yuk

Being a familiar face at True Light, Dr Mui has already made her mark as our new Vice-Principal since September 2020, especially in her dedication to taking a more rounded approach to education. Before taking on her new position, she was previously our Discipline and Guidance Mistress, Panel Head of Business, Accounting and Financial Studies (BAFS), Assistant Career Mistress of Career Guidance Committee, and a distinguished student at our school.

Having served in True Light meticulously and zealously, Dr Mui shared with us her valuable learning and teaching experience, the challenges and gains from her new position, and some advice for our current True Light girls.

Reporter: Why did you decide to become a teacher?

Dr. Mui: My dream was to be a teacher since kindergarten. During my childhood, I used to play the role as a teacher and read aloud the passages every day at home. The teachers at True Light also inspired me to be a teacher as they often showed care and were doing their part to support us, such as telling us what mistakes we made and learnt. They were easily contactable as we talked to each other after school every day. Having graduated from my Commerce studies in Canada, I followed my dream to pursue a teaching profession in Hong Kong. I hoped to follow in my teachers' footsteps, and give support to my students when they are having difficulties.

Reporter: What made you choose to teach True Light?

Dr. Mui: I believe my school holds a special meaning to me and other True Light girls. With a lot of invaluable experience and skills acquired from my learning in True Light, I am determined to devote my time and energies to my alma mater. As an alumna, I very much care about the school's development, the students' growth and academic results. My enthusiasm for True Light has also inspired me to make an impact over my students. This explained why I always want to teach here.



Dr. Mui is now our Vice-Principal at TLGC.

Reporter: What are some unforgettable experiences in your teaching life at True Light?

Dr. Mui: I love being a class teacher as this is a pragmatic approach to getting to know each of my students. What I typically did as a class teacher was to spend time talking and listening to them. This provided me a brilliant opportunity to understand their distinctive learning and pastoral needs. For example, if my students encountered problems with their parents, I tried to be a mediator to build bridges and settle disputes. I also frequently make a conscious effort to observe my students even though this is not something huge. Observation is beneficial to the personal growth of young people because you can give them care and support. If someone has no confidence at all, you can always observe and tell them what they have done well. You will feel exhilarated when you see them grow.

But the best part of being a class teacher is the enormous fulfillment in guiding my students in their learning and personal development. I endeavoured to impart positive attitudes and values to my students, and it is always fulfilling to witness their life journey and growth in True Light.

Reporter: What is the difference between being a teacher and Vice-Principal?

Dr. Mui: For a subject and class teacher, I placed greater emphasis on my students' learning progress and pastoral needs. However, as a Vice-Principal, my first priority is to explore different approaches to helping students learn better and engage in their studies. Room has to be given to students to explore and to learn, a lot of times through failure. Being a Vice-Principal can be challenging as you have to manage multiple administrative tasks, such as devising contingency plans and providing a positive learning environment for students to learn more effectively. I am thankful to my colleagues who offered notable support for all of my tasks.

Reporter: What advice would you give to our current True Light girls?

Dr. Mui: Treasure your school life. During your secondary school years, you often make many close confidants, and your friendship with them is always strong enough to last. Also gain greater exposure to diverse learning experiences. Try to partake in multiple learning activities which would help you better understand yourself and choose the study path which best suits you.



Dr. Mui as a True Light student



Dr. Mui as a True Light student

Farewell to our renowned Vice Principal Mr Fong Wing Sum

Having taught at True Light for a total of 37 years, our Vice Principal Mr Fong had to say goodbye to us. Before his departure, our Staff Development Team organised a farewell party on 28th August, 2020 to thank him for his invaluable contributions to our school.

The occasion began with a touching speech delivered by Principal Tam who thanked him for making remarkable achievements at True Light. The speech was followed by a video clip showing his memorable experience at True Light, including his history lessons, study tours, staff development activities and other school events. The clip showed deep gratitude to Mr Fong for being an inspiring mentor and Vice Principal. Some heartwarming mementos and gifts were given to Mr Fong by our School, Parent Teacher Association, Staff Club, Alumnae Association and teachers. During his sharing session, Mr Fong shared his precious experience at our school and thanked every staff member for their devotion to True Light. All participants were very touched by his positive and meaningful messages. At the end of the farewell party, many staff members, alumnae and parents exchanged touching words of farewell and took pictures with Mr Fong.

Mr. Fong delivered a touching farewell speech.



Memento for Mr Fong



True Light Staff Club gave a farewell banner to Mr. Fong.



The video clip captured some Mr. Fong's elated memories at True Light.

True Light High Achievers 2019-2020

Marina Szeto Scholarship – Wong Tsz Wun (5C, 2019-2020)

Music plays a vital role in my life. It helps me show my real self and clearly express myself. Having deep interest in song interpretation and Classical/Pop music, I have become an active member of the Hong Kong Children's Choir, Madrigal, Chinese Orchestra, etc. My dream is to be an opera singer and a conductor since I was in kindergarten. My dream did not change its route since then. I am very pleased to be awarded Marina Szeto Scholarship this year as it has genuinely motivated me to pursue my dream. In the future, I hope I can share happiness with others through music and create some musical pieces that can inspire others.



Student Scientist of the Year Scholarship – Chan Kei Yin (5C, 2019-2020)

Thanks to True Light, I have evolved into a resilient student with the capacity to strive for my dream. I also have a taste of success, especially in the field of science. This happens when my teachers in senior forms always encouraged me to partake in various science programmes and competitions to boost my confidence and unleash my potential. With the accumulated experience acquired during my studies at True Light, I have created a clear vision and path for my future.

Student Scientist of the Year (Junior) Scholarship – Yeung Ying Hei (3A, 2019-2020)

I have always been curious about science phenomenon in our daily lives. Feeling sincerely grateful for many opportunities offered by my school and teachers, I am always able to pursue my interests in science. For my position as Sub-committee member in the Science Society, I have enriched my experience in organising various science activities and am deeply immersed into different science theories. The scholarship is a genuine recognition for my enthusiasm in science.



Student Linguist (Chinese) of the Year Scholarship – Zhou Zhixi (5D, 2019-2020)

I am honoured to receive the Student Linguist (Chinese) of the Year Scholarship which recognised my time and effort for promoting the Chinese culture at True Light. Being the Chairlady in the Chinese Society was challenging but fruitful as I was able to organise many Chinese activities and explore the diverse Chinese culture and traditions. Thanks to True Light for giving me the opportunity to enrich my learning experience and have a deep understanding of the Chinese culture.



Student Mathematician of the Year Scholarship – Cheng Hiu Lam (4C, 2019-2020)

I am thankful to be awarded Student Mathematician of the Year as this has motivated me to keep on pursuing my interests in Mathematics. I am sincerely grateful to the school which always provides me with multiple opportunities to acquire certain Mathematics knowledge and explore the world of Mathematics. I will keep on sharpening my abilities and trying my very best to strive for excellence in the future.

True Light Legacy Scholarship – Kan Hei Lam (4A, 2019-2020)

I am really grateful for having many opportunities at True Light to explore my interest in History. It is a thought-provoking and interesting subject that requires us to study historical events and figures from various perspectives. It helps sharpen my critical thinking and essay-writing skills. The scholarship is a strong motivation for me to study harder, explore the world and understand different cultures.



True Light Legacy Scholarship – Chang Hoi Yan (6C, 2019-2020)

It is my honour to receive this award. Whilst studying history, I paid a considerable amount of time and effort to examine historical events and figures from different perspectives. This helped me achieve satisfactory results in this subject at True Light and the HKDSE examination. I am very grateful to my teachers and peers for showing support and care for my studies. This award will motivate me to achieve more successes in the future.

TL Education Makes My Dreams Come True

Cynthia Chau Wing Tung (6C, 2019-2020)

True Light has cultivated all-rounded individuals who grow in love and contribute to the society. It has been almost a year since my graduation but the memories at True Light are still so vivid.

With the opportunity to take up different roles and participate in a broad spectrum of activities, I was able to develop some indispensable skills. Being the Head Prefect improved my leadership and communication skills. Participating in different competitions also sharpened my competitive edge. My school life in True Light has equipped me with essential skills and knowledge in preparation for my future studies at university.

I am also thankful that I had enthusiastic and caring teachers who have enlightened me with their knowledge and experience. It was their endless support that encouraged me to face obstacles and keep pursuing my dream. With the love and support of all school members, I have grown up to be a brave person who will confront any crisis with courage.

I thereby express my greatest gratitude to True Light and wish all True Light girls can accomplish their dreams.

Vienna Lei Pui Yu (6C, 2019-2020)

I have never considered myself as “outstanding”. Advised to attend mathematics tutorial lessons in summer before bridging courses, I had never thought I could be invited to Mathematics Olympiad competitions or become the Chairlady of the Mathematics Society. It was so surprising that I was, luckily, given the opportunity to study Medicine at the Chinese University of Hong Kong (CUHK).

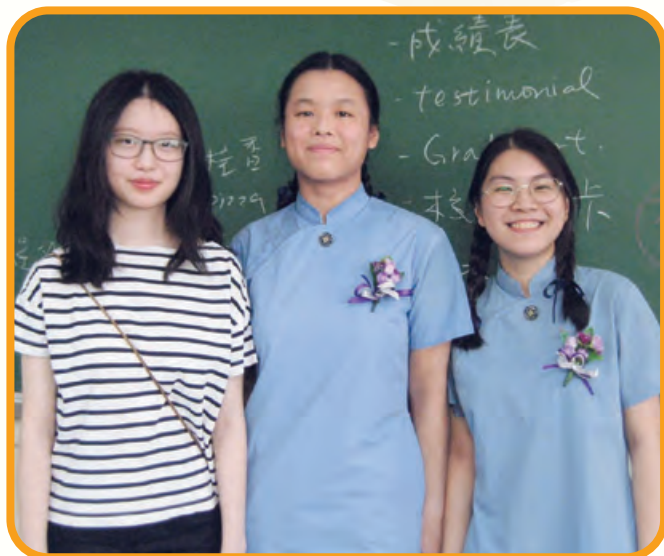
I am thankful to True Light which gave me a lot of freedom and opportunities. Whenever you see something that interests you, the school is willing to support your decisions and open doors for you. I have never regretted my decision to ask for a place for JENESYS in which I met so many kind and lovely friends from Hong Kong and Japan. My advice would be: grab any chances that interest you!

I would like to take this chance to thank everyone who have given me so much guidance and support throughout these years. Without the teachers and friends that I met here in True Light, I would not be able to reach my dreams.

My dear True Light Sisters, remember to appreciate yourselves for getting through the Covid-19 pandemic and not giving up. It has been but you all survive and rise from the challenges. I am proud of you all!



Gloria Chan Suet Ching (6C, 2019-2020)



To conclude the six years in True Light, the word 'bittersweet' suits the best. The tests and exams may stress you out, but the people you met and things you learnt here will benefit all your lifetime.

The individual project named "I Have a Dream" gave me constructive advice on how to pursue my dreams. Being a doctor has long been my dream since I was small, and this project guided me in planning for my future study and career step by step, such as reviewing my plans regularly and timely. The senior form sisters I met through True Light Bond also shared their experience with me. This meaningful project allowed me to rethink my study progress and interests.

True Light provides an array of opportunities. You can become committee members of any societies and serve your fellow schoolmates. I took up the role as Committee Member of Community Service Club in my school and put my aspiration into practice. With more exposure to new challenges, I was motivated to strive for the best and chase after my dreams.

Although it is a cliché, do not hesitate or be afraid to reach out. Experienced teachers are willing to lend you a helping hand. Especially during such pandemic, they comforted me and drove me to keep my study on track.

The school motto – Thou Art the Light of the World – reminds me of the welcoming speech on the Commencement Day delivered by Principal Tam. He highlighted "G" in TLGC stood for growing in love and "C" stood for contributing to the society. After receiving so much love and help from True Light, I uphold the school motto and begin my new journey as a medical student. I hope each of you can have a fruitful and splendid academic year in True Light.

Janice Leung Yuet Sze (6B, 2019-2020)

From a young age, I have realised that it is my obligation to contribute to our society. Not only has this realisation fueled my interest in exploring different social issues and searching for possible solutions to various problems, but it has also stiffened my resolve to expand my capabilities in order to pursue my dreams.

True Light played an instrumental role in equipping me with extensive knowledge and essential skills to achieve satisfactory results in the public examination and cultivate my traits. The school helped me pursue my dream – pursuing my undergraduate studies in the field of Government and Laws. Throughout my secondary school life, I was provided with countless opportunities to develop my interest and unleash my potential. My posts as School Post Reporter, School Ambassador and other school club committee members helped cultivate my interpersonal skills, communication skills, as well as problem-solving skills.

Teachers' unlimited support and assistance were also of tremendous significance in helping me plan my career and future path. Through different career workshops, sharing and counselling sessions, we obtained practical career advice and useful information to make well-informed decisions on academic and career planning.

Last but not least, I would like to express my gratitude to True Light for all the opportunities and quality education which have made me capable of pursuing my dreams.



True Lives in True Light



True Lives in True Light is an impressive collection of our students' artworks, displaying their brightest artistic capabilities and their devotion to True Light. The booklet comprises various art categories, including cover designs, bookmarks, illustrations, banners, posters, thank you cards, 3D mural paintings and souvenirs.

The booklet celebrated the success of art learning and appreciation in our school, witnessing the creative and artistic cultivation of our students. From learning the fundamentals of art to exploring the principles of design, students go further to experiment with various art techniques and mediums which can be witnessed in this booklet.

Featuring True Light girls in school uniforms, most of their artwork carries very strong True Light traditions in cultivating both the True Light Spirit and sisterhood. Whilst serving a fond memory for every participant, this booklet is a great pathway to strengthen students' sense of belonging to the school.



Principal Tam, Ms. Wu and other VA students joyfully celebrated their finished artworks.

3D Mural Painting “Missed and Mixed Touches”

The Visual Arts (VA) Subject Panel has produced two full wall murals on the 5th floor in the school new annex. The murals use the two-way 3D illusion elements to show two different paintings. The first painting expresses the balcony scene of Romeo and Juliet, whereas the second work shows two talented True Light girls who are dancing and playing the violin. When the viewers walk in between the mural walls, they can view the paintings from different angles and interact with the characters. Not only does this artwork give viewer a vibrant art tour, but it also showcases our students' artistic talents and creativity.

3D Mural Painting “Missed and Mixed Touches” in the Performance Art Gallery

The first artwork uses the two-way 3D illusion elements to illustrate the balcony scene of Romeo and Juliet. When you walk toward it in one direction, you see Romeo declaring his love for Juliet. And if you walk from the opposite direction, you see Juliet swearing her true love to Romeo. The artwork creatively shows the same scene from different perspectives.

The second artwork also uses the two-way 3D illusion elements to highlight the multiple talents of True Light girls. When viewed from one angle, you

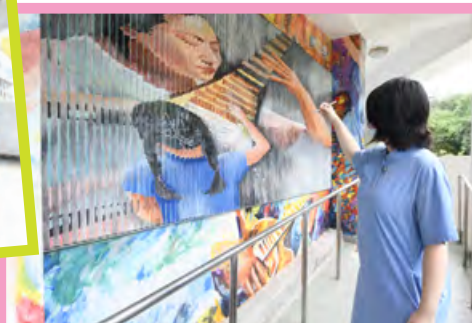
see a girl vibrantly and cheerfully dancing. When viewed from other sides, you see another girl skillfully playing the violin. Matched with colourful painting styles, the artwork is a subtle way to display the bright artistic talents of our students.

Appreciation Method

The artwork presents multiple paintings when viewed from different angles. When the viewers walk in between the mural walls, they can view the paintings from different angles, interact with the characters and take many interesting photos. If you film the paintings, it seems you are filming a moving story.



The first artwork shows the balcony scene of Romeo and Juliet.



The second artwork celebrates our multi-talented True Light girls.



VA teacher Ms. Wu Lai Ying and her VA students were working on the aluminum 3D surface in Artist's studio before installing it on the 5th floor's school walls.



Principal Tam delivered a welcoming speech.



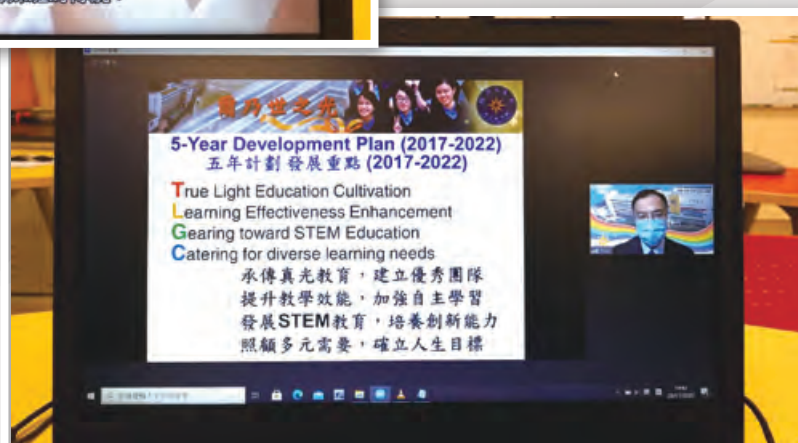
Vice Principal Ms Lai delivered the S1 Discretionary Places Briefing Session.

Virtual Info Day 2020

Our Virtual Info Day was held on Zoom on 28th November 2020. Divided into the morning and afternoon sessions, the Virtual Info Day attracted almost 700 parents and primary students who could collect from us rich information about our S1 admission procedures, the curriculum and our school learning environment. The programme started with the welcoming speech from our Principal Mr Tam, followed by our Student Representatives who shared their invaluable learning experiences in True Light. While parents and primary students attentively listened to the S1 Discretionary Places Briefing Session delivered by our Vice-principal Ms Lai, they were well impressed by our School Ambassadors who introduced our school in a positive and hospitable manner.



Student Representatives shared their invaluable learning experiences in True Light



Principal Tam delivered a welcoming speech.

Student Union AGM & Election 2020-21



Cabinet Arolaze will become the new Executive Committee of the Student Union 2020-2021.



Nebulas, the SU cabinet of 2019-2020, gave a report in the Annual General Meeting.

The Annual General Meeting of the Student Union was held on Zoom on 9 October 2020. Nebulas, the cabinet of 2019-2020, made a clear and lucid report on the activities they had organised and offered the succeeding cabinet useful advice on what improvements to make.

The Election Forum was then kicked off with proposed Cabinet Arolaze and Cabinet Sodalís. After an intense debate between the cabinets over their platforms, Cabinet Arolaze won the election with 430 votes. Led by Chairlady Tang Long Ching (5C) and Vice Chairlady Ng Tung Ni (5D), Cabinet Arolaze will become the new Executive Committee of the Student Union 2020-2021.



Proposed cabinets tried their best to prepare for the Election Forum.

Awards and Achievements

English 2020-2021

72nd Hong Kong Schools Speech Festival

Champion – Solo Verse Speaking (Secondary 1)

Fung Hong Kiu (1B)

Solo Verse Speaking (Secondary 2)

Chan Pok Sze (2C)

Solo Verse Speaking (Secondary 4)

Jade Hui Ying Tang (4A)

Solo Verse Speaking (Secondary 5)

Cheung Wai Man (5A)

Solo Verse Speaking (Secondary 5)

Liao Kailing (5B)

1st Runner-up - Solo Verse Speaking (Secondary 1)

Nayab Naseer Qureshi (5D)

2nd Runner-up - Solo Verse Speaking (Secondary 1)

Kwok Cheuk Yiu (1B)

Solo Verse Speaking (Secondary 2)

Lo Candis (2A)

Solo Prose Speaking (Secondary 3)

To Man Sum (3A)

Solo Verse Speaking (Secondary 4)

Leung Tsz Ching (4D)

Solo Verse Speaking (Secondary 5)

Chen Jia Min (5B)

冠軍 - 中學一年級粵語詩詞獨誦

練芷穎 (1D)

中學三年級粵語詩詞獨誦

蔡培璋 (3D)

亞軍 - 中學一、二年級普通話詩詞獨誦

高紫晴 (1C)

中學五、六年級粵語詩詞獨誦

簡洛蓉 (5A)、陳曉藍 (5B)

季軍 - 中學二年級粵語詩詞獨誦

陳嘉琳 (2A)

中學三年級粵語詩詞獨誦

林樂希 (3A)

中學五、六年級粵語散文獨誦

劉欣 (5A)、何梓彤 (5B)

中學五、六年級普通話詩詞獨誦

陳嘉敏 (5B)、廖凱鈴 (5B)

Mathematics 2020-2021

Thailand International Mathematic Olympiad

Gold Award - Zhang Yuk Yiu (2A), Choi Ki Yan (3A),
Cheng Hiu Lam (5C), Yu Cheuk Ying (5C)

Silver Award - Lau Ka Kei (1B), Chan Sum Long (5B),
Ng Tung Ni (5D)

Bronze Award - Kwok Ka Po Venice (1B),
To Man Sum (3A)

粵港澳大灣區數學競賽預選賽 2020 (香港賽區)

一等獎 - 張鈺瑤 (2A)、蔡祺昕 (3A)、余焯盈 (5C)

二等獎 - 賴穎桐 (1B)、吳昱瑩 (1B)、黃靖柔 (1D)、
陳嘉琳 (2A)、張慧芬 (2A)、王彥晴 (3A)、
趙盈欣 (3B)、蔡康澄 (4A)、李頌兒 (4A)、
吳冬妮 (5D)

三等獎 - 陳婉琪 (4C)

中文 2019-2020

香港中華文化促進中心主辦之 2019-2020 中國中學生 作文大賽 (香港賽區)

2019-2020 中國中學生作文大賽「旭日文學之星獎」
(高中組)

董煦慈 (5A)

2019/20 非華語學生中文寫作及才藝比賽 (高中寫作組)

亞軍 - Nayab Naseer Qureshi (5D)

季軍 - Thebe Nimsing (5D)

2020-2021

香港中華文化促進中心主辦之 2019-2020 中國中學生作 文大賽 (全國總決賽)

2019-2020 中國中學生作文大賽「恒源祥文學之星獎」
(高中組) 及 大賽單項榮譽「最佳感染力獎」

董煦慈 (6A)

第七十二屆香港學校中文朗誦節

共 52 位學生參加，本校學生取得 2 冠、3 亞及 6 季之
成績。

Chemistry 2020-2021

The Chemist Online Self-study Award Scheme 19-20

Platinum

Yiu Wing Tung (6C), Nayab Naseer Qureshi (5D),

Cheung Tsz Ying (4A), Fung Wan Hei (4A),

Lai Wing Tung (4A), Lau Hoi Yee (4A),

Li Ming Yan (4A), Choy Hiu Ying (4C),

Lai Ka Kiu (4C), Kaur Ishwinder (4D),

Liang Hiu Yee (4D)

Gold

Choy Hong Ching (4A), Lee Ying Sin (4A),

Li Chung Yi (4A), So Yan Lok Charlotte (4A),
 Leung Sin Yu (4B), Lo Ka Yan (4B),
 Wong Yin Chun (4B), Yan Tsz Wai (4B),
 Cheng Wing Sam (4C), Yeung Wing Ki (4C)

Diamond

Ng Yee Lam (6B), Chan Kei Yin Adela (6C),
 Shin Wing Sum (6C), Wong Lai Yiu Yoyo (6C),
 Yim Man Kei (6C), Chan Hiu Ching (5C),
 Chen Jia Min (5C), Fung Siu Ying (5C),
 Lam Tsz Yue (5C), Chan Lok Ching (4A),
 Chau Kuen (4A), Ko Wing Kei (4A)

STEM Education 2020-2021

The 2nd Social Innovation - Community 4.0 Competition

Champion (6 days and 5 nights Bali Study Tour)

Innovative Design Award,

Best Social Efficiency Award

Chui Mei Yan Ceci (5B), Kan Hei Lam (5A),
 Natanakumar Mirnaali (5D), Thebe Nimsing (5D)



Outstanding Performance Award -

Chan Hiu Ching (5B), Chen Jia Min (5B),
 Ng Ka Yi Kalen (5B), Tam Wing Yin (5B),
 Wong Ying Tung (5B)



20th Consumer Culture Study Award – Sustainable Consumption Creative Design category (2019-20)

Outstanding Product Award -

Liu Ka Yi (6C), Kwok Lee Ling (6C),
 Ng Yi (6C), Tang Tsz Yin (6C),
 Wong Fai (6C), Wong Tsz Wun (6C)

Music 2020-2021

1st PPA Online Music Festival Choral Group -

Silver Award

Mixed Choir with Ying Wa College

Au Sin Ting	(3A),	Choi Man Ting	(3A),
Huang Lok Huen	(3A),	Lu Wing Yi	(3A),
Lam Lok Hei	(3A),	Tse Tsz Kiu	(3A),
Wong Yin Ching	(3A),	Hui Wai Kiu	(3B),
Huang Hoi Ling	(3C),	Lee Wai Kiu	(3C),
Cui Tsz Ki	(3D),	Tam Shing Hei	(3D),
Wong Sum Yuet	(3D),	Ko Wing Kei	(4A),
Leung Po Yau	(4A),	Zhou Tsz Wun	(4A),
Wong Tsz Ching	(4B),	Chan Ho Yau	(4D),
Cheung Pui Ying Esther	(4D),	Liang Hiu Yee	(4D),
Zhang Jing Qing	(4D),	Lin Gigi	(5A),
Tse Yee Lok Kimberley	(5A),	Tong Shuk Mei Clara	(5B),
Lai Ka Wing	(5B),	Ng Ka Yi Kalen	(5B),
Chow Cheuk Yee	(5C),	Leung Wai Yuet	(5C),
Poon Wai Hei	(5C),	Chan Yip Chun	(5D)

Physical Education 2019-2020

56th Schools Dance Festival Chinese Dance (Solo) -

Highly Commended Award

Zhou Tsz Wun (4A)



Community Youth Club 2020-2021

公益少年團「尊重包容寬待人 感恩珍惜愛社群」文件夾封面設計比賽公開組

冠軍 - 陳滢而 (6A)



亞軍 - 陳心言 (6D)**優異 - 曾慶嫻 (6C)**

公益少年團「尊重包容寬待人 感恩珍惜愛社群」文件夾封面設計比賽中學組

優異 - 馮皓慈 (6A)、董嘉慧 (6C)

公益少年團 **優秀團員** - 陳澄而 (6A)

公益少年團 **中級章及高級章** - 許琳琳 (6A)、陳灝兒 (6B)



公益少年團團隊獎勵計劃 - **優秀團隊獎**

公益少年團「環保為公益」慈善清潔籌款 - **金獎**

公益少年團 **活動設計獎勵計劃獲獎學校** -

真光女書院 公益少年團

Career Education 2020-2021

2020 前海粵港澳青年創新創業大賽香港區比賽 (中學組)

Merit Award -

Chien Long Ching (4B),

Li Ka Man Cara (5D),

Nayab Naseer Qureshi (5D)

Gifted Education 2020-2021

Harvard Book Prize Award 19-20

Tung Ue Chi (5A), Ng Yee Lam (5B),

Shin Wing Sum (5C)

AYP 2020-2021

2020-2021 香港青年獎勵計劃

銀章 - 梁穎心 (6A)、李芷晴 (6B)、

黃婧彤 (6B)、余美珊 (6B)、

董嘉慧 (6C)、嚴敏旗 (6C)

Student Affairs 2020-2021

Youth Arch Student Improvement Award (2019-2020)

Lai Lok Yee (1A), Huang Tsz Lam (1B),

Lee Wing Shan (1C), Fu Sin Yu (1D),

Leung King Chi (2A), Wong Tse Ching (2B),

Ho Sum Yin (2C), Cheng Cheuk Hang (2D),

Lam Hoi Ying (3A), Hui Hau Laam (3B),

Lam Wai Shan (3C), Cheung Wai Man (4A),

Chung Cheuk Kwan (4B), Ho Sze Man (4C),

Leung Wai Tung (4D), Or Wing Lam (4D),

Wong Tse Yeuk (5A), Yau Tin Yuet (5B),

Lin Ka Yiu (5C), Li Yee Wan (5D),

Lau Yuet Yin (6A), Hung Kwan Yiu (6B),

Chan Fung Yu (6C), Cheng Ka Hei Sophia (6D)

Scholarship 2020-2021

黃廷方獎學金 (獲獎勵港幣五千元) - 劉婉歆 (4A)

真光新老師



大家好，我是鍾凱雯老師，在這個學年任教中二生活與社會、中三商業與經濟科、中四企會財（商業管理）。很榮幸能加入真光女書院這個大家庭，很高興能與學生們一同分享學習的樂趣，分享生活中的點滴。最後，十分感恩遇上充滿愛同親切的團隊，令我很快適應這裏的生活。



大家好。我是任教英文科的關嘉鈴老師，並專門從事學校內的特殊教育。對於畢業後第一年服務的學校就是真光女書院深感榮幸，亦很感恩一路以來有着同事們的照顧和指教，助我適應這裏的生活。

雖然礙於疫情，今年與大家面對面見面相處和進行不同多元活動的機會較少，但絲毫無妨我對真光女生們的喜愛。你們的乖巧、謙遜、純樸和好學不倦在短短時間裏已給我很深的印象。

最令人讚歎的是有些品學兼優的學生會反過來給予鼓勵、支持和啟發。全因你們可貴的品格，才讓我真徹體驗到何謂教學相長。能看見你們的進步和陪你們一同成長就是我最大的滿足感。

在這充滿着不確定性的新常態下，讓我們一同懷着信念，抱着堅持，以波瀾不驚的心應對一切。謹記積跬步能至千里，積小流能成江流。共勉之。



大家好！我是蘇翠，畢業於香港中文大學藝術系，今個學年於真光女書院擔任教學助理。

我很榮幸今年能加入真光女書院這個大家庭。整體而言，真光同學給我留下良好印象：活潑可愛，動靜皆宜之餘，亦十分好學，經常在圖書館看見真光學生借閱書籍及自習。

除了藝術，我亦喜歡發掘不同類型的音樂，歡迎大家和我討論、交流。我希望將來成為視覺藝術科老師，讓各位真光女兒欣賞不同的藝術作品，發掘自己的興趣及長處，與青少年同行，陪伴學生成長。

大家好！我是溫穎彤。很榮幸今年有機會回到真光女書院這個大家庭，以另一個身份與真光一同成長。作為舊生，回顧在真光學習的六年時光，感謝老師給予各種機會，把我塑造成今天的我。因此，我必定會好好珍惜能夠回饋母校的機會。

不論在我學習抑或教學期間，都經常感覺到女孩子對學習數學的恐懼。然而，身為數學老師，我希望讓各位真光女兒知道大家有能力理解數學，更加希望能夠令大家體會學習數學的樂趣。

在未來的日子，我期望與各位師妹們一同成長，亦期待將來有更多機會與大家分享自己在真光或校外的經歷。



家長教師會

暑期升中英語銜接課程及語文提升課程

由家長教師會主辦之「升中銜接課程」，已於 2020 年八月中旬以網上授課形式舉行，為期四天，報讀學生分七班上課。由於七月中至八月初本港疫情嚴峻，本會停辦了「中一英語能力提升課程」、「暑期中國語文提升課程」，及「升中數學提升課程」，以保障同學健康。

家長教師會第二十一屆周年大會及第二十二屆委員會選舉

家長教師會第二十一屆周年會員大會已於 2020 年 10 月 17 日（星期六）舉行，以網上直播形式舉行，並選出新一屆執行委員會委員。周年會員大會舉行後，由香港理工大學會計及金融學院實務教授司徒永富博士為大會作專題演講，講題為「子女溝通有辦法」，冀盼引導父母和子女構建優質的雙向溝通模式，增進親子感情。

大會結束後，班主任返回課室透過網上會議形式與家長傾談學生學習情況，增進家校之間的溝通。

「親子興趣班」、「編織頸巾送長者」、「開心果日及中六惜別茶聚」

因應 2019 冠狀病毒仍然非常嚴峻，原定 1 月至 2 月舉行之「親子興趣班」、「編織頸巾送長者」、「開心果日及中六惜別茶聚」都需要取消或延期舉行。



校友會活動 2020-2021

1. Homecoming Day 校友日 2021

校友會會員大會於 2021 年 1 月 23 日舉行，鑑於疫情及社交距離的措施，是次活動以網上會議形式進行，共有 31 位校友出席會議。本年度選出新一屆校友會委員，由 11 位校友組成，任期兩年，由 2021-2023。

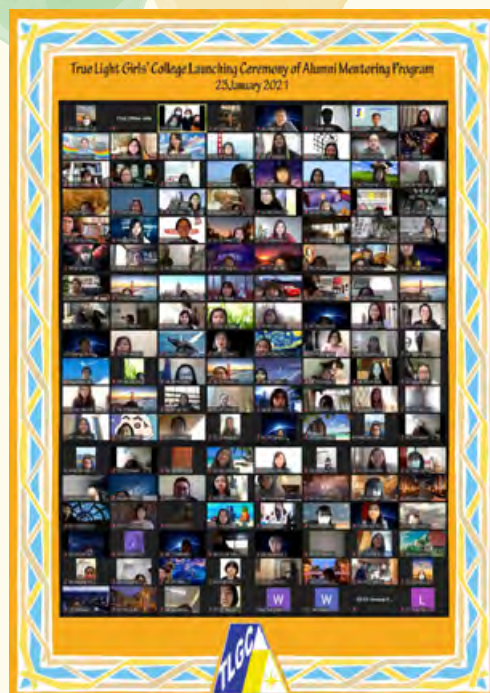
Post	姓名	Name
主席	李詠詩	Li Wing Sze , Jenny
副主席	麥司沛	Mak Sze Pui, Cheryl
文書	蔡菲玉	Choy Fei Yuk, Violet
財政	陳嫦妍	Chan Sheung Yin, Mina
康樂	陳運昕	Chan Wan Yan, Gus
福利	何芷茵	Ho Hilary
福利	何嘉瑋	Ho Alison Ka Hey
宣傳	何嘉敏	Ho Ka Man, Mandy
宣傳	文曦賢	Man Hei Yin, Angela
總務	葉綺慧	Yip Yee Wai, Fanny
總務	梅麗玉	Mui Lai Yuk, Shirley
顧問	譚劍虹	Mr. Tam Kim Hung (Principal)
顧問	黎鈺琨	Ms. Lai Yuk Kwan (Vice Principal)
顧問	王啟蕃	Mr. Wong Kai Fan (Former Vice Principal)
顧問老師	吳慧婷	Ms. Ng Wai Ting
顧問老師	吳曼妮	Ms. Ng Man Ni
顧問老師	溫穎彤	Ms. Wan Wing Tung

2. 亦師亦友啟動禮

校友會為中五同學個別配對校友作為導師，解答她們有關升學及就業的疑問。啟動禮已於 2021 年 1 月 23 日下午 2 時半至 4 時半舉行，是次活動同樣以網上會議形式進行，當中有 31 位校友及百多位中五學生出席活動，不同屆別及工作範疇的校友與即將升中六的同學面談，分享讀書及升學心得。

3. 獎學金 - 最佳學業進步獎

為鼓勵同學努力學習，校友會為同學設立了最佳學業進步獎，每級一位。得獎者可獲校友會頒發獎學金及獎狀。





光之世乃 爾