



# School Newsletter 2021-2022

## True Light Girls' College



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S3 and S6 students creatively painted the glass bottles, giving a mosaic appearance to the decorative lighting.



# I Love True Light



S1 and S4 students used eye-catching flower petals to create decorative lights.

Every year, True Light has distinctive School Year Themes to encourage students to cultivate the desirable personal qualities. Our school has organised a wide array of events and activities to promote the School Year Theme (2021-2022) – “I Love True Light”. One of the highlights was an expressive art therapy workshop named “Light Up True Light” on 6th December 2021. During this workshop, all True Light girls engaged in creating decorative lights which are a metaphor for our school motto – “Thou art the light of the world”. Whilst decorating the “lights”, students are committed to being the “light” of the world helping people in need with their outstanding capabilities and distinguishable character.



S2 and S5 students paired up to decorate glass bottles with multi-coloured rocks.



True Light girls creatively decorated a series of board displays in our School Mini-hall to promote our School Year Themes. They showcased their aesthetic talents and made a tremendous effort with a view to highlighting the special features of each School Year Theme. These vibrantly decorative boards struck a chord among all students



Visual Arts students also specially designed some stunningly exquisite bookmarks to highlight our School Year Theme (2021-2022) – “I Love True Light”. During the process of designing the bookmarks, our students reflected on their learning process and school experience stemmed from the theme. This was an effective way to help students better understand the School Year Theme and their learning goals.

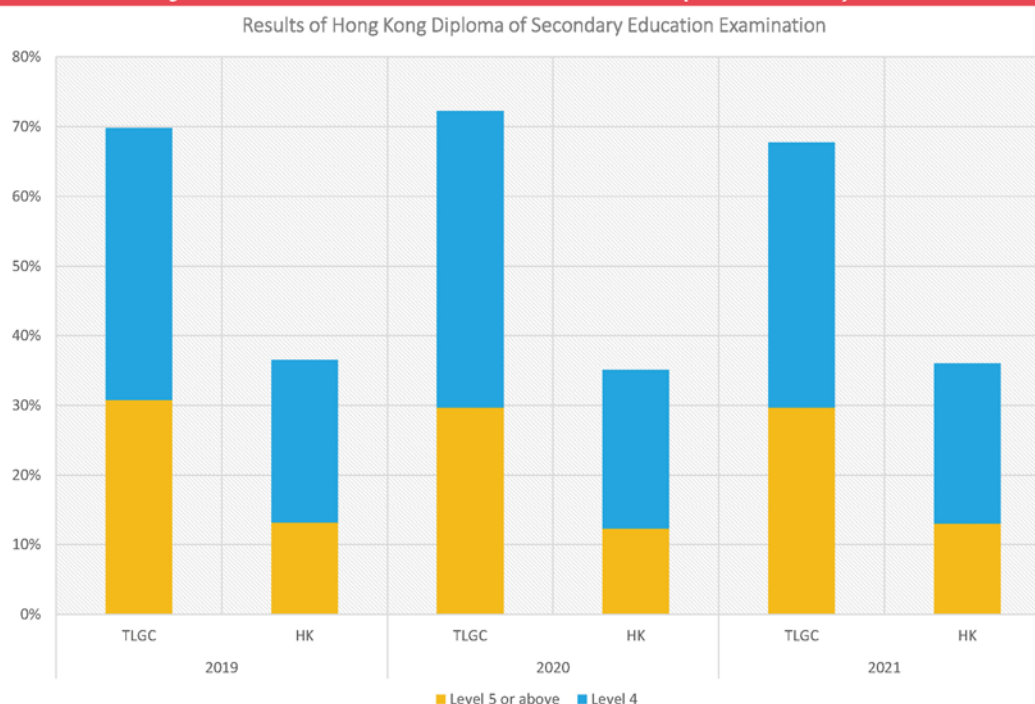




# Congratulations to Our S6 Graduates

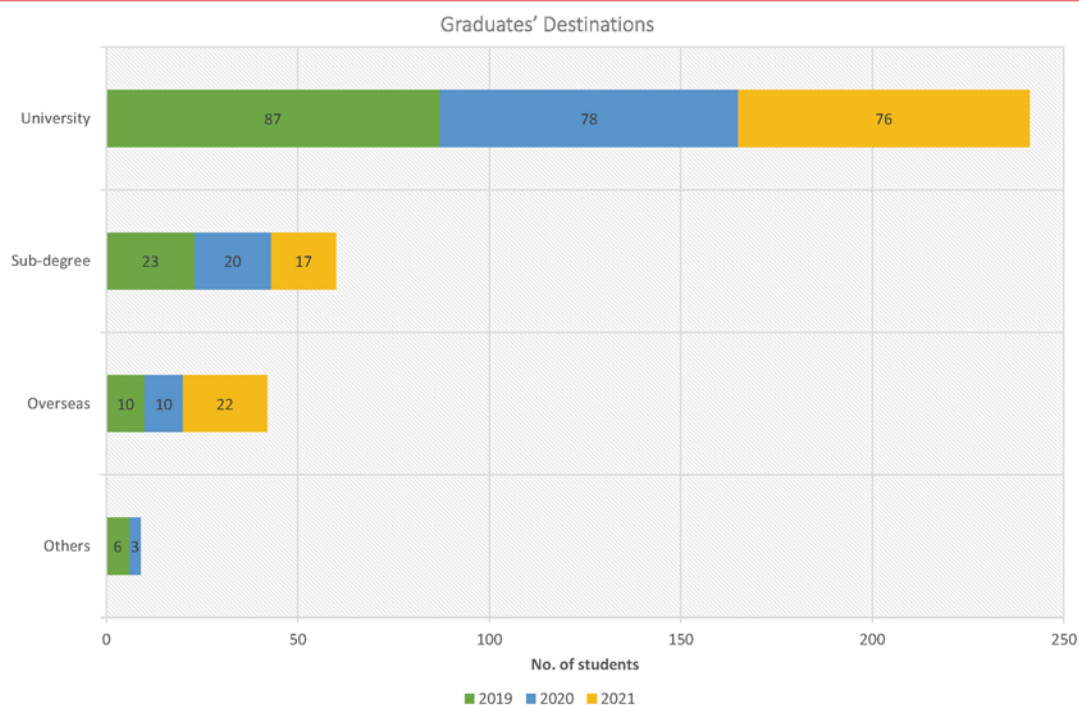
We congratulate all our S6 graduates for achieving outstanding results in the HKDSE examinations over the years. In 2021, about 30 per cent of our students attained Level 5 or above, and approximately 70 per cent of them attained Level 4 or above in the HKDSE examination. We are proud of them for their glowing achievements!

## Summary of our students' HKDSE results (2019-2021) as follows:



All our S6 graduates chose to further their studies in Hong Kong and overseas. More than 90 per cent of them were offered a place at local universities through the 2021 Joint University Programmes Admissions System (JUPAS), while others studied at overseas universities. The following is the summary of the undergraduate programme admission results of our S6 graduates.

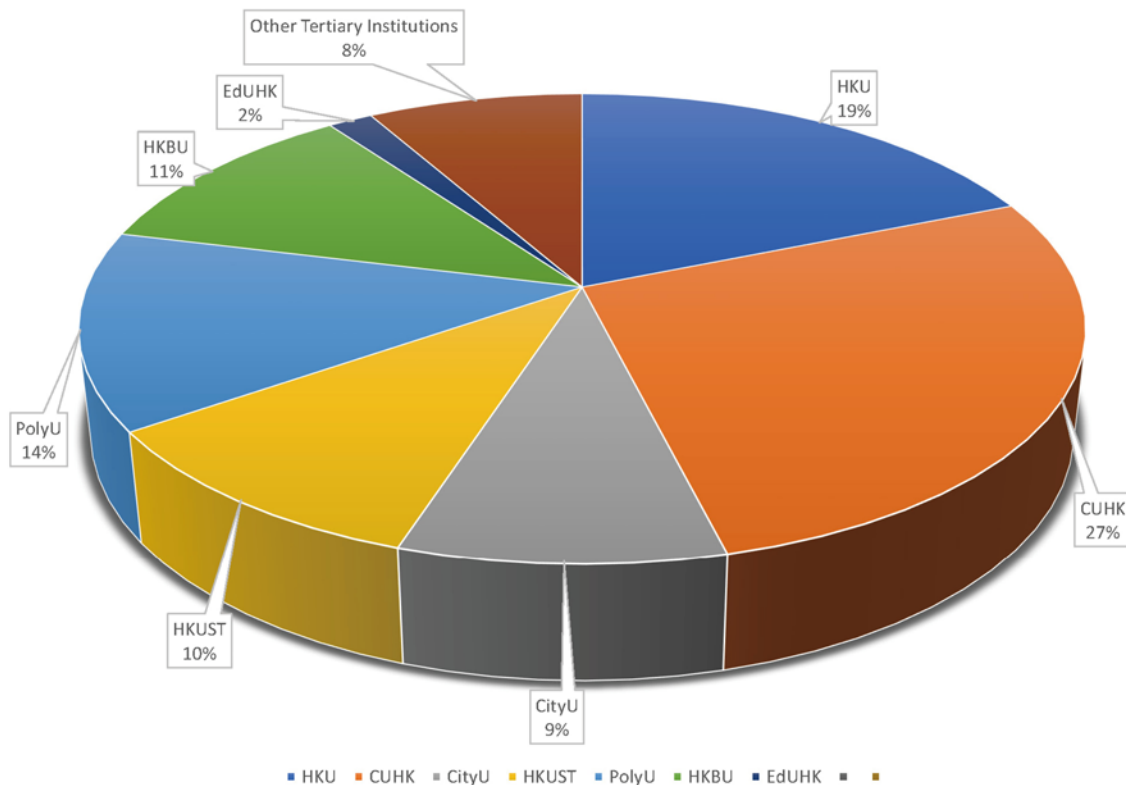
## Summary of the destinations of our graduates





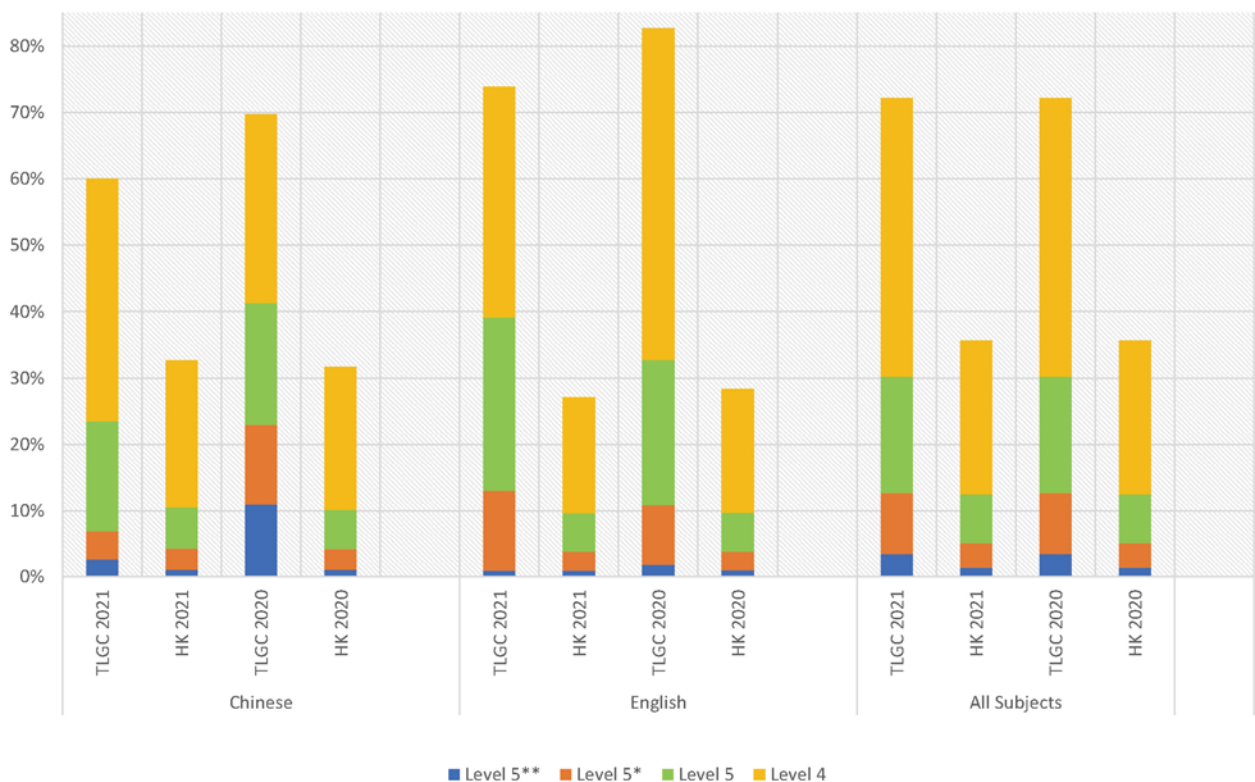
## Undergraduate Programmes (Local)

Local Universities



## HKDSE 2020 and 2021

Results of Hong Kong Diploma of Secondary Education Examination



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



# Life-wide Learning Day in Hong Kong Disneyland

The Life-wide Learning Day was held at Hong Kong Disneyland on 10<sup>th</sup> November 2021. Providing students with a real-life setting outside the classroom, the Day offered numerous team experiments and adventures. Such invaluable learning process at Hong Kong Disneyland encouraged all students to cultivate True Light qualities, encompassing “Persevering”, “Respectful”, “Responsible”, “Positive”, “Self-disciplined” and “Thankful”. Throughout the Day, students were able to build a positive attitude in life and an effective bonding with their classmates and teachers. In tandem with enjoying a day of joyful learning outside the classroom, our students gained new learning perspectives which will foster their all-round development.





# 國民教育委員會

本校很榮幸能邀得第十三屆港區全國政協委員、現任祈福集團副董事長、香港上市公司祈福生活服務控股有限公司董事會主席孟麗紅女士，於 2021 年 9 月 30 日蒞臨本校擔任主講嘉賓；講題為「粵港澳大灣區發展前瞻和香港的機遇」。孟女士透過分享自身經歷，令同學在是次講座中能更深入了解到國家近年發展成就，並學懂應如何裝備自己，迎接未來的挑戰及機遇。



## 同學分享

### 中三 梁凱淇

參與這次講座後，令我更了解大灣區在國家的發展計劃中，扮演著十分重要的角色。講座也令我進步認識到大灣區內的創業和工作機會比香港更多；相信香港人將來到此灣區發展，相信將會是一個大趨勢。

希望各位同學都能夠在這個講座中得到啟發，並好好裝備自己，為自己日後發展在大灣區發展事業打下牢固的基礎。

### 中五 陳逸晴

聆聽孟女士在講座中的分享後，使我對大灣區有更深一步的了解，也同時引起我對此區的興趣。現今的大灣區，原來發展已一日千里，基建配套等日趨成熟。此外，大灣區與香港鄰近，文化相似，相信港人日後倘若到當地生活，也能很快適應。

大灣區除發展潛能力巨大外，也能給予較具優勢的科研創新環境及龐大市場。我深信我們將來畢業後，可以考慮到大灣區工作，於區內發揮所長，貢獻社會。







## The 42<sup>nd</sup> Annual Athletic Meet

The Day One of 42<sup>nd</sup> Annual Athletic Meet was held at the Sham Shui Poi Sports Ground on 7<sup>th</sup> December 2021 after secondary schools had resumed full-day classes in November. It provides students with the opportunity to showcase their remarkable sports talents and cultivate team spirit. We were blessed with perfect weather for the entire morning.

The Athletic Meet started with the parade of elite athletes, followed by the Opening Speech from our Principal, Mr. Tam Kim Hung, who wished all athletes good luck and thrive in the races. The Opening Ceremony ended with the elite athletes solemnly taking the oaths.

The event was bustling with noise and excitement when all athletes made an industrious effort to compete in the races and break several records. Even though there was no Inter-house Cheering Team Competition in this year's event, the Class Associations from different forms organised their own cheering teams to show their enormous support for their fellow classmates. Many of them displayed a high level of teamwork and collaboration.

The Day One Athletic Meet was an invigorating sports event. Whilst putting in their best efforts in every track and field event, all athletes showed a high level of sportsmanship and skills in their specific races. We would like to express our sincerest gratitude to all our teachers and students who ensured the smooth and efficient running of the event.







## The 20<sup>th</sup> Swimming Gala

Originally scheduled in December 2020, the 20<sup>th</sup> Swimming Gala was successfully held at Kowloon Park Swimming Pool on 25<sup>th</sup> November 2021. It was a great success when all athletes, teachers and students immersed themselves in this vibrant and invigorating sports event.

All swimmers performed exceptionally well, breaking a total of three school records in the following individual events.

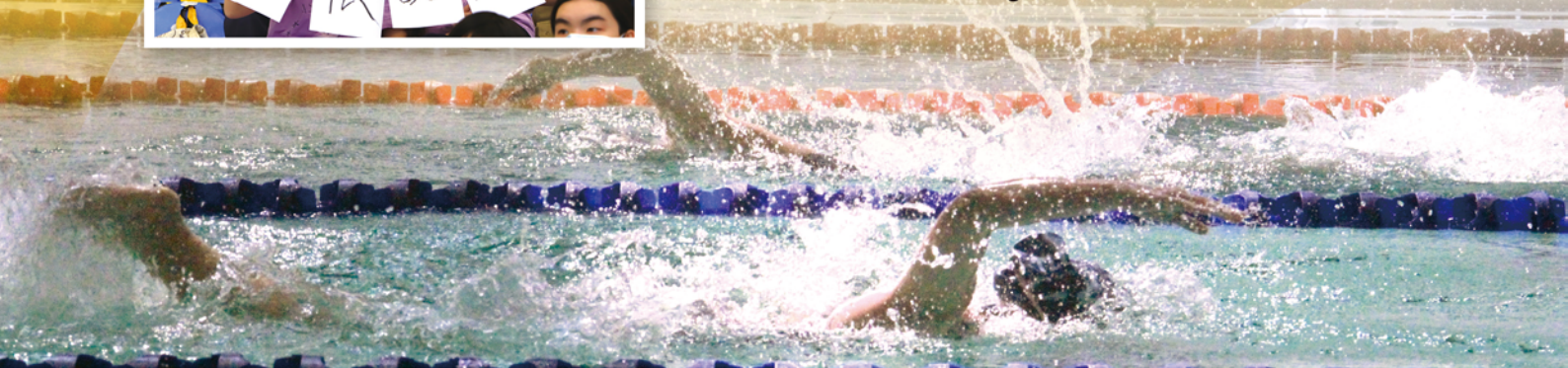


### *New Records:*

Lee Ho Ying (5C)	Grade A 50m Breaststroke
Lee Ho Ying (5C)	Grade A 50m Freestyle
Poon Ka Yan Angel (2D)	Grade C 50m Breaststroke



Throughout the Day, all True Light girls, no matter if they are athletes and spectators, actively engaged in this sports event. Not only did all students showcase their multi-talented character, but they also enthusiastically supported their fellow classmates in every race in hope to display an unyielding commitment to True Light.







## Staff Development Programmes

In True Light, we have an unyielding commitment to the professional development of our teachers. In this academic year (2021-2022), the Staff Development Committee planned a series of educational activities for our teachers with the view to facilitating their professional growth, promoting the culture of continuing professional development and elevating their professional status.

### ***National Education***

We firmly believe that our school has the responsibility to cultivate students' and teachers' sense of national identity. We were honoured to have invited Dr. Wu Siu Wai, Vice-President of the Hong Kong Federation of Education Workers, to deliver a talk titled "The Developments of the PRC from the Perspective of Modern Chinese History". This talk enabled teachers to have a better understanding of how to promote national education through various subjects, learning activities, adoption of learning and teaching resources.

### ***Professional Development***

Teacher training is one of the highlights in our Staff Development Programmes. A series of professional trainings were organised to help new teachers adapt to our school environment.

Two talks were also held in the mini-hall funded by the Quality Education Fund in early September 2021. In the first session, Dr. Wong Lam, an experienced educator, shared with us how life-wide learning can foster the whole-person development of students. The following session was delivered by Mr. Fong Wing Sum, our previous Vice-principal, who explained the essence the True Light Education. Their inspirational talks gave us a chance to reflect on our roles as teachers and reinvigorate our passion.



### ***Wellness Activities***

Our school casts an undue emphasis on the physical and mental well-being of our staff. Our school has joined the Med Wellness Programme organised by the Polytechnic University on 26<sup>th</sup> August 2021 to learn the essential skills of acupressure, office stretching exercise and healthy diet.

Our Staff Development Day on 12<sup>th</sup> January 2022 included some teacher workshops, such as Educational Film Appreciation and Chinese Calligraphy Workshop.



# TL 150<sup>th</sup> Anniversary Life Planning Sharing Day – Providing students a glimpse of future possibilities

To celebrate the 150<sup>th</sup> Anniversary of True Light and to increase students' exposure to various career options, a Life Planning Sharing Day was jointly organised by four True Light schools, namely Hong Kong True Light College, True Light Middle School of Hong Kong, Kowloon True Light School and True Light Girls' College. A total of 363 Secondary Five students from 4 participating schools took part in the activity on 23<sup>rd</sup> October 2021 (Saturday) at Hong Kong True Light College.

We were honoured to have invited our alumnae, Ms. Chan Ka Chai, Executive Director (Monetary Management) of Hong Kong Monetary Authority, and Dr. Chan Wing-Wai, Clinical Director, Kowloon East Cluster Breast Centre, United Christian Hospital, as our Guests of Honour. Both guests shared their insights from their personal experience and provided valuable advice to our students.

During the sharing sessions, our alumnae gave students a fascinating insight into some authentic work environments as well as guiding them to make informed choices in their life planning.



Ms Clara Chan, sharing with students her key to success



Our student MCs

## Reflections from our students:

Not only did the Life Planning Sharing Day enrich my knowledge about various fields, but it also helped me establish a clearer direction on my future career planning. The guest speakers shared their valuable learning and working experience, which inspired me to maintain a positive attitude against all the odds. I will remind myself to always stay positive and believe in myself.

Alcala Divone (5A)

During the sharing sessions, it was undeniable that being a Sports Journalist was not easy and it did not guarantee a stable income. However, with perseverance and diligence, the guest speaker Ms Chui overcame all difficulties and finally became a successful journalist. I found her experience inspirational and it encouraged me to plan my future career. She helped me realise that a university degree is not the sole way to success and I should always be open to opportunities and challenges.

Charlotte So (5A)

In the sharing session, the guest speaker introduced the major duties and career prospect of a civil engineer, whilst sharing her working experience. Although it is challenging to study and work in the field of civil engineering, we should always remain industrious and resilient.

Lau Sum Yu (5B)



Our guest speaker in the parallel sessions sharing her stories of striving for success



Principals, guests of honour and our TLGC alumnae



# True Light Joint School Athletic Meet (2021-2022)



The True Light Joint School Athletic Meet (2021-2022) was successfully held on 17<sup>th</sup> December 2021 at Tseung Kwan O Sports Ground. Jointly organised by 4 True Light schools, this spectacular sporting event was to celebrate their 150<sup>th</sup> anniversary and foster the bonding among sister schools.

It was a day of elite sporting action featuring outstanding athletes of 4 schools. Whilst putting in their best efforts in every track and field event, all athletes showed a high level of sportsmanship and skills in their specific races.

The day witnessed our school athletes' superb performance and a number of new records. Chan Yee Hing, our S6 athlete, clinched gold medals in the Senior Form 800m and 1500m races. We congratulated every True Light athlete for their remarkable achievements in track and field races.

It was our honour and privilege to have invited our Guest of Honour, Ms. Vivian Kong Man Wai, Hong Kong's Olympic female epee fencer, to present the prizes and speak to athletes. During the conversation between Ms. Kong and athlete representatives of 4 True Light schools, she shared her valuable sport experience and encouraged True Light girls to pursue their passion for their sport or other endeavours.

The Closing Ceremony ended when all students and staff sang the True Light songs enthusiastically.



Ms. Vivian Kong Man Wai (middle) spoke to student athletes.



## The 150<sup>th</sup> School Anniversary of True Light Knowledge Fair on Values Education –

# Teachers' Professional Development Day

On 7<sup>th</sup> May 2022, we proudly celebrated the founding of True Light – and this special year marks its 150<sup>th</sup> anniversary. One of the highlights of our 150th anniversary events was “Values Education” on Teachers' Professional Development Day. Titled “Positive Values Enhancing Students' Moral Growth”, this remarkable fair was successfully held at Kowloon True Light School and via Zoom.

The fair commenced with the Opening Speech delivered by Mrs. Hong Chan Tsui Wah, Deputy Secretary for Education (Curriculum and Quality Assurance Branch), who thanked True Light for organising this meaningful event in order to promote wellness education. It was divided into two sessions, including a keynote speech and parallel sharing sessions. In the first session, we were honoured to have invited Professor Paul Yip Siu Fai, Director of the HKJC Centre for Suicide Research and Prevention, at the University of Hong Kong, to deliver an inspirational speech with an emphasis on promoting the public health approach for suicide prevention. He helped our teachers identify and develop good practices for promoting wellbeing of students and in the community. His stimulating and meaningful speech gave us an insight into how to formulate a holistic approach for student mental wellbeing in schools.



Ms. Chow King Yee (left) and Ms. Lau Suk Yin hosted an online workshop titled “School-based Experience Sharing on Affective Education”.



Ms. Chow Sze Ling delivered an online sharing session to help teachers identify and handle students with emotional problems.



Our Vice-Principal Ms. Lai Yuk Kwan shared how to cultivate the qualities of True Light bearers.

The second session comprised a broad spectrum of parallel sharing sessions and workshops. These varied programmes were hosted by our experienced teachers from four True Light schools who shared their invaluable experience and skills with other teachers. These sessions and workshops offered us a glimpse of how to cater for students' emotional needs, cultivate True Light values, arouse Chinese cultural awareness, devise a plan to execute a holistic Christian education, etc.

The efforts to organise Teachers' Professional Development Day paid off as it helped our teachers develop a constructive and positive approach to enhancing students' moral growth and emotional wellbeing. We would like to extend our sincerest gratitude to the Moral, Civic and National Education Section (Education Bureau), the HKJC Centre for Suicide Research and Prevention (HKU), LINGage Counselling and Career Development Centre and four True Light schools for their collaborative effort to ensure the smooth and efficient running of this fair.



# Meeting Our New Vice-Principal – Ms. Cheng Mei Shan

Ms. Cheng Mei Shan has already made her mark as our new Vice-Principal at True Light Girls' College. She has been making a considerable contribution to our school in different aspects. Before taking up her new position, she was previously our Panel Head of Mathematics Department, Head of School Ceremonies Committee, Head of Other Learning Experiences Committee, and Deputy Discipline and Guidance Mistress.

In accordance with Ms. Cheng, her main duty is to coordinate with different subject panels, committee teams and student societies in the execution of school policies and activities. Her emphasis is placed on fostering a harmonious relationship among all school members. It is her belief that this will ensure operational efficiency and pleasant learning in school, and therefore it is her pleasure to serve as a communication bridge between the Principal, teachers and students.



Our new Vice-Principal Ms. Cheng Mei Shan (middle)

To Ms. Cheng, other learning experiences carry a special meaning as they have enriched her life experience. Whilst studying, she had multiple opportunities to serve as a committee member in many student societies. Since she found enormous interest in music, she also made a special effort to nurture her musical talent. With interacting with many people and organising several events, she was able to develop some essential life skills, namely communication, problem-solving and organisational skills. Such competencies can only be learnt from executing these activities instead of only reading textbooks. This is why she constantly encourages her students to get involved in a broad spectrum of school activities, ranging from music, arts to sports. She is also committed to taking a holistic approach to improving our students' social, mental and physical health through other learning experiences, creating a positive and healthy school environment.

The message that Ms. Cheng would give to all True Light girls is "Be Assiduous and Confident". She reminded all students to work hard and ask questions when encountering difficulties. All teachers are willing to find solutions to problems. What is more, she wishes all students could actively partake in school events or activities as they will acquire many essential life skills which will significantly enrich their learning experience.

Having served in our school assiduously and enthusiastically, Ms. Cheng continues making every True Light girl an all-round student.





The Girl Guides attended the Knotting Class.



The Mentoring Programme was hosted by the Alumni Association.

## Our New School Mini-hall

Subsidised by the Quality Education Fund, our school renovated our covered playground to promote quality education in our school. The new venue, renamed to School Mini-hall and launched in May 2021, allows our teachers, students and parents to organise a wide variety of educational programmes with an emphasis on four essential values of True Light Education, namely (1) True Light Traditions & Legacy, (2) Learned Learning, (3) Growth in Love Cultivation and (4) Catering for Whole Person Development.

The programmes that we have organised in this academic term (2021-2022) include the Bridging Model Exhibition, the Joint-house Fun Fair and the Knotting Class. Provided with the air-conditioned and spacious venue, our students have many brilliant opportunities to partake in these educational and vibrant activities, which enhance their proactive learning, innovative thinking and collaborative skills.

We extend our sincerest gratitude to the Quality Education Fund for their kind and generous act.



Students played True Light Star Maze in the Joint-house Fun Fair.



Our Physics students explained how the bridge was built in the Bridging Model Exhibition.



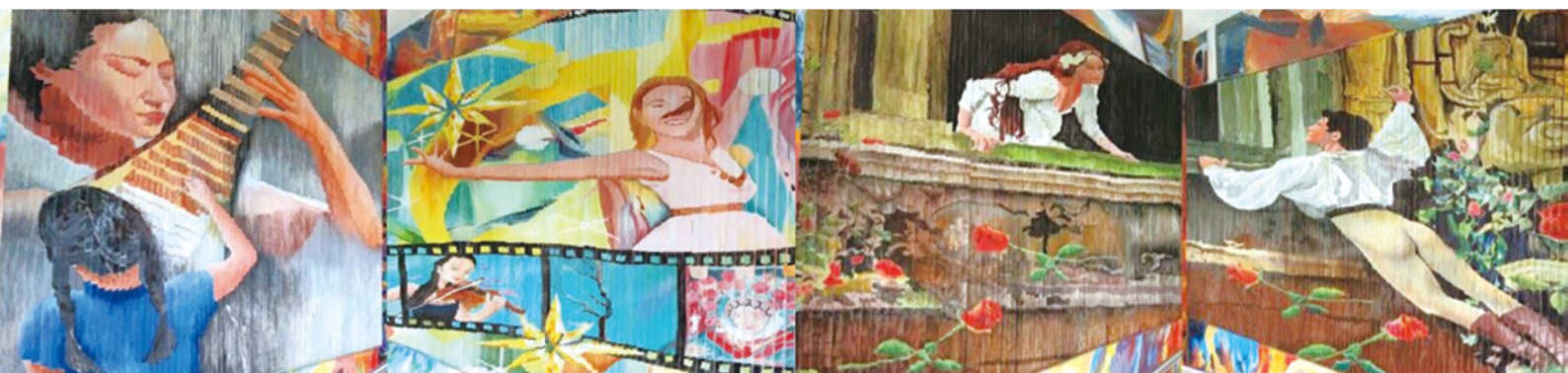


## True Light True Life: 3D Mural Painting and Sculpture

The Visual Arts (VA) subject panel produced new sculptures and paintings in our school. Under the guidance of VA teacher Ms. Wu Lai Ying and multimedia artists Ms. Crane Chan and Ms. Maggie Cheung, students put their considerable effort into painting. Here are the descriptions of our exceptional artworks:

### *Mixed and Missed Touches*

The Performing Gallery on the 5<sup>th</sup> floor in the school's new annex features two large wall murals titled "Missed and Mixed Touches". The artwork uses the two-way 3D illusion elements to illustrate the balcony scene of Romeo and Juliet, while another highlights the multiple talents of True Light girls. Viewers can appreciate these paintings from different angles.



Missed and Mixed Touches



### **True Light Perfection**

“True Light Perfection” is a relief sculpture in which the 3D effects are created in flat surfaces. Produced in a Romanised style, the sculpture depicts some extraordinary moments of True Light students, such as the Athletic Meet, musical and dancing performances, Tug-of-War Competition, Visual Arts lessons, and the like. The artwork creatively shows a broad spectrum of our student’s outstanding qualities.



True Light Perfection

### **Wondering the Land of Wonders**

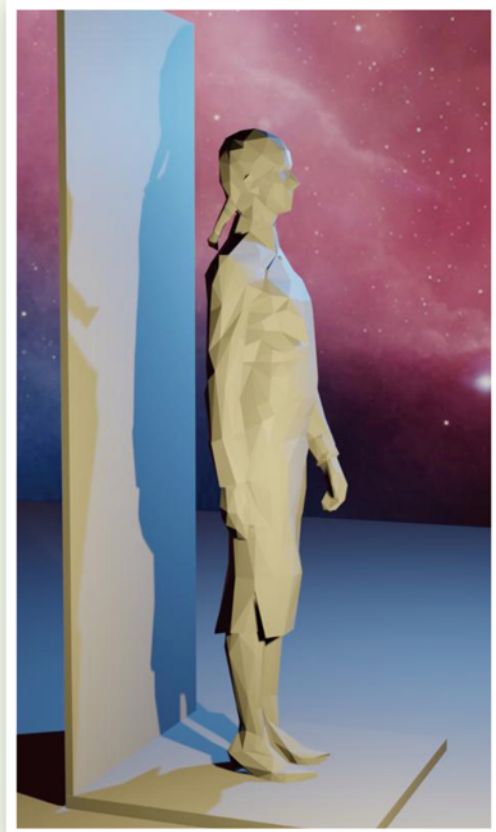
“Wondering the Land of Wonders” is a reverspective painting which features three glass-fiber tetragonal-pyramids. Its exterior angle is stimulated as the interior angle to create an optical illusion to the viewers. The orange ribbon on the left, which turns into different colours when it goes to the next painting, symbolises the fascinating experience of True Light students. It finally transforms into yellow ribbon which represents their graduation and bright future thereafter.

### **True Light, True Life**

“True Light, True Life” is a student sculpture modelled on the real size of one of our students. Placed on the podium in the School Canteen, this white sculpture and the white wall behind it are used as the “screen” for a light animation to depict an unforgettable and typical journey of a True Light girl. Viewers will be immersed themselves with this colourful and interactive light animation whilst appreciating the vibrant and exhilarating lives of True Light girls.



True Light, True Life



“True Light, True Life” features a light animation.



# Thanksgiving Day 2021



The Thanksgiving Day Celebration was held on 26<sup>th</sup> November 2021. The Ceremony commenced with a sensational speech delivered by our Principal, Mr. Tam Kim Hung, who encouraged all True Light girls' to be thankful and make earnest contributions to the community. During the Thanksgiving Day, the Student Union prepared a variety of exquisitely designed posters for students to write gratitude messages to their parents, teachers and friends. Student representatives from each class also held the sign of "Thanksgiving Day TLGC 2021" in the playground. Not only did this iconic sign celebrate the Day, but it also reminded all True Light girls to be thankful for what they have and learn the importance of helping others. The Thanksgiving Day was ended with a sacred, joyful and enthusiastic atmosphere.

The activity sent a strong message of love and thankfulness throughout the school. Showing gratitude makes us more positive in our lives and foster strong relationships with our friends and family. I have learnt the importance of being grateful. I will continue writing my gratitude journal and count my blessings every day.

Pong Sze Ching (5A)

Despite facing these difficult years of the Covid-19 pandemic, the Thanksgiving Day reminded us that we are always blessed. While enjoying the presents and the activities organised by the school during the Day, we should also be grateful for what we have and who always stand by our side.

Leung Kit Ying (4B)



True Light girls thanked the school for giving them valuable and meaningful gifts.



True Light girls (left) and Principal Tam.

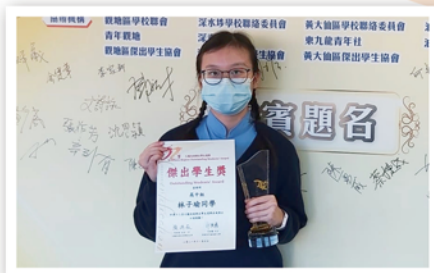


Student representatives held the iconic sign of "Thanksgiving Day TLGC 2021" in the playground.



# Students' Outstanding Achievements

## Kowloon Region Outstanding Students' Association – Outstanding Student in Senior Form: Tweety Lam Tsz Yue (6B)



Tweety received the certificate for the Outstanding Student Election.



Tweety (left) and Principal Tam

To conclude the whole election process of Kowloon Region Outstanding Students' Association – Outstanding Student in Senior Form in one word, it would be "thankful".

I would like to express my sincerest gratitude to our Principal and teachers for giving me numerous opportunities in exploring myself and unleashing my potential. Their encouragement and help have shaped who I am today.

I am thankful that I was given such a precious opportunity to participate in this election. With meeting many talented students in group interviews and activities, not only did we exchange insightful ideas, but I also gained priceless friendships. In one particular team activity, we were divided into groups to discuss how to organise land uses for a public housing estate in several minutes. I once thought that it was impossible. However, with our teamwork and coordination, the results turned out to be a big success. It was an eye-opening and inspiration experience which played a vital part of my secondary school life. Therefore, I would encourage

every True Light student to step out of your comfort zone and grasp every opportunity to partake in numerous youth programmes because this will be an extraordinary experience.

Most importantly, I would like to give thanks to all my family and friends who support me unconditionally. I will endeavour to strive for the best in my future challenges.

## Traffic Kowloon West-Most Outstanding Road Safety Team – Gianna Pong Sze Ching (5A)

It is my honour to have received the championship of the Road Safety Patrol Outstanding Member Election (Kowloon West). The interview in the election tested contestants knowledge of the Hong Kong Road Safety Association, the current affairs about road safety in Hong Kong and marching commands. I would like to express my greatest gratitude to all teachers and members of our school's Road Safety Patrol team for giving me this unique opportunity to participate in the competition.

Partaking in the Road Safety Patrol is one of the best decisions I have ever made in my school life. In addition to taking pride in its appealing team uniform, I have learnt from the team's precious values and life skills, such as self-discipline, leadership and responsibility. The team also places great emphasis on marching. Whilst practising under the scorching sun, we attentively listened to the command. If one member was slightly distracted and made a mistake, the whole team had to start over. Such strenuous footwork training cultivates self-discipline, tacit understanding and cooperation among members. Nevertheless, the profound experience I gained from Road Safety's competitions and activities was memorable.



Gianna (middle) received the championship of the Road Safety Patrol Outstanding Member Election (Kowloon West).



### The 3<sup>rd</sup> Social Innovation Community 4.0 Competition

Our students, including Renee Law Hiu Nam, Stephanie Ong Wing Lam, Esther Wong Yin Ching, Ella Leung Han, were crowned champions in the 3<sup>rd</sup> Social Innovation Community 4.0 Competition (2020-2021) organised by the Hong Kong Council of Social Service. Their prototype “EGames Truck” is a mobile centre equipped with games to provide entertainment for the elderly living in isolated areas, with the objective of improving their mental and social wellbeing. These games featured IT elements, including QR codes and custom-built apps, that acted as a step-by-step guide to enhance the elderly’s digital literacy.

From October 2020, the team attended numerous seminars to learn some concepts of innovation and technology, and the predicaments of the elderly in isolated areas. Then they created a prototype, wrote a PowerPoint and prepared a presentation script for the competition. Their effort paid off as their ideas were highly praised by the judges. The champion team will join a fully-sponsored Overseas Social Innovation Tour, and their prototype will be displayed at North District Town Hall in Sheung Shui in July.



Renee Law (from left), Ella Leung, Stephanie Ong and Esther Wong discussed the design of “EGames Truck”.



The team explained to the public how “EGames Truck” improved their mental and social wellbeing.



Physics teacher Ms. Tong Wing Yun (from left) and the team members celebrated their community-based achievements.



# Words from Outstanding Graduates of 2020-2021: TL Education Makes My Dreams Come True

## *Adela Chan Kei Yin (6C, 2020-2021)*

Notwithstanding many spectacular extracurricular activities and little accomplishments, what played the most impactful part of my school life at True Light was its pure and motivating learning atmosphere I submerged in.

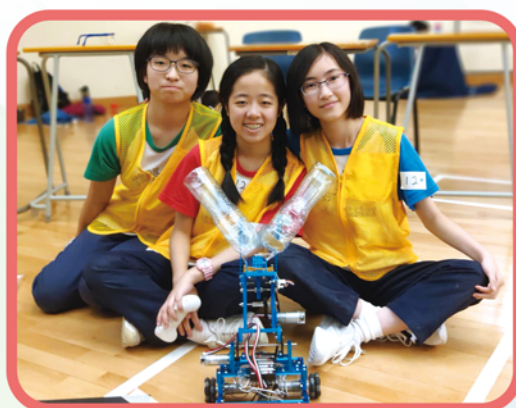
Thanks to my school's dedicated outreach to students with potential in different areas, I was given many brilliant opportunities to take up leadership positions in committee teams and learn from experts outside of school. The trusting relationship between me and the True Light Education was the push that consolidated my foundation of knowledge and life skills. Without nurturing, a sprout will not grow. Without the reliable learning atmosphere True Light Education had given me, I would not have been able to achieve my dreams this steadily.

Allow me to show the greatest gratitude to True Light. My dream will not come true without its powerful and plentiful support. I hope my fellow True Light students would treasure this precious opportunity to study at True Light and strive with the power True Light Education has given them.



## *Christy Yim Man Kei (6C, 2020-2021)*

What is your dream? It may be an easy question for some people, but it was an arduous task for me. Thankfully, True Light provided multiple opportunities for us to explore our interests and achieve my full potential. There are a wide variety of extra-curricular activities, competitions, and exchange programmes. In my junior secondary years, I joined a broad spectrum of STEM-related activities. One of them was a robot competition, which required competitors to design and programme their own robots. Such hands-on experience vastly differed from learning in lessons as we were not limited to the fixed syllabus of exams and were free to explore new things – coding language. This sparked my interest in programming as I particularly enjoy finding solutions to a problem. True Light also offers many opportunities to partake in study tours and exchange programmes. In Secondary 3, I participated in a Guangzhou STEM tour which taught us how to produce trains. The science theorems and engineering principles I learnt from this tour were something we could not find from textbooks. The world is full of unknowns and wonders awaiting us to discover.



Do not worry too much if you have not found out your dream yet. What you can do is to start preparing yourself for every opportunity when the time is right. True Light is always there to help us find our interests, sharpen our skills and achieve our potential. I used to attend extra classes, such as Maths Olympiad, Chinese writing and Chinese debate, which complemented what I learnt from textbooks. With our school giving us enormous support, I am sure all students can fly high and make their dreams come true.



## ***Toby Shin Wing Sum (6C, 2020-2021)***

All people I met in my 6-year studies at True Light made me a better version of myself.

At True Light, you can try different things and learn from experience. You can take up many prominent positions in school committee teams and clubs to hone your leadership, teamwork and interpersonal skills. You can partake in a wide array of activities to form close friendships with others. I was lucky enough to gain these valuable experiences during my studies at True Light. For example, as a member of the school table tennis team, I participated in many competitions and developed stress management skills, which helped me better prepare for the HKDSE examinations. I also received the Hong Kong Biology Literacy Award which motivated me to explore interests in science and equipped me with extensive knowledge and indispensable skills for my future medical studies.



I know it is a cliché but I encourage you to “be persevering” and “not to give up”. Having struggled with English Speaking and Liberal Studies for a long time, I managed to thrive in these subjects and perform satisfactorily in the HKDSE examinations.

Once again, I would like to express my gratitude to True Light for giving me every unique and valuable opportunity to become a better person and pursue my dreams.

## ***Hiromi Lam Hei Wun (6B, 2020-2021)***

Since my primary school study, I have always dreamt of being a healthcare professional with hope to help people overcome illnesses. However, my future career path and goals are vague without any guidance. Whilst studying at True Light, all career programmes and workshops helped me recognise my strengths and weaknesses. A more comprehensive understanding of myself was essential to discover various career paths which catered for my capabilities and enthusiasm.

Apart from career education, True Light offered valuable support for me in preparation for the daunting public examinations. For instance, my teachers provided us with a torrent of past papers and tutorials, and motivated us to be more assiduous during our study leave. Thanks to my supportive classmates and teachers, I successfully completed the examinations and got into my dream university programme. I would also like to express my sincere gratitude to my classmates who always supported me. Having deeply ingrained in my mind, our collective efforts at True Light will never be forgotten.



I am now pursuing my studies in Physiotherapy at the Polytechnic University of Hong Kong. Inspired by my school motto – “Thou art the Light of the World”, I would like to help people in need by offering physiotherapy services in the community.



## ***Teresa Ng Yee Lam (6B, 2020-2021)***

There is one thing that never changes in my secondary school life – the goal-setting session.

In mid-September every year, we were asked to set goals and develop a plan to achieve them. As a S1 student, I did not see the necessity to do so as I always believed it was better to choose what made the most sense to you at that moment. As time passed, the variety of choices and opportunities was no longer a blessing because it became overwhelming and distracting. I was grateful that I had already mastered the goal-setting skills before I realised how indispensable it was to me. With my teachers' practical advice and my friends' warm encouragement, I knew where my strengths and weaknesses lied. This enabled me to draft a reasonable and achievable plan to make my dreams come true.



We are living in a world full of opportunities. However, to turn them into infinite possibilities and actualise our dreams, it is vital to identify what we actually need and what we do not – the exact thing True Light taught me in the past six years.





# Awards and Achievements

## English 2020-2021 (2<sup>nd</sup> Term)

### Sit-Out, Act Up Improvised Drama Competition (NET Section, Education Bureau)

#### Merit Award -

Gurung Subhana (3A), Prithiksha (3A),  
Rana Sumnima (3A), Sukhpreet Kaur (3A),  
Bibi Samra (3B), Gurung Angeela (3B),  
Rai Prathana (3B), Gurung Christina (3B)

### Stories on Stage Drama Competition (NET Section, Education Bureau)

#### 2nd Place -

Chui Mei Yan Ceci (5B),  
Natanakumar Mirnaali (5D),  
Thebe Nimsing (5D)

#### Merit Award -

Quinto Vanessa Gail Aquino (2A),  
Wajid Sheema Hussain (2A),  
Yu Lok Ching (2A)

## 2021-2022 (1<sup>st</sup> Term)

### 73rd Hong Kong Schools Speech Festival (English)

#### Champion – Solo Verse Speaking -

Chan Pok Sze (3D), Choi Pui Cheung (4D)

#### 1st Runner up – Solo Verse Speaking -

Ho Yui Chun (1A), Lo Candis (3A)

#### 2nd Runner up – Solo Verse Speaking -

Chiu Kirsten (1B), Choi Cheuk Ki (3A),  
Lam Hoi Ying (5C)

#### Merit – Solo Verse Speaking -

Yim Ngo Ching (1A), Thapa Simeon (1D),  
Lien Tsz Wing (2B), Amina Bibi (4A),  
Subhana Gurung (4A), Lu Hei Laam (4A),  
Lee Wai Kiu (4C), Lau Hoi Yee (5A),  
Leung Tsz Ching (5D)

#### Merit – Solo Prose Speaking -

Tajudeen Thawseefa (1C), Jade Hui Ying Tang (5A)

#### Merit – Public Speaking Solo -

Bibi Samra (4A), Subhana Gurung (4A),  
Rai Prathana (4C)

#### Merit – Dramatic Duologue -

Gurung Christina (4A), Rana Sumnima (4A)

#### Proficiency – Solo Verse Speaking -

Tajudeen Thawseefa (1C), Bibi Samra (4A),  
Gurung Angeela (4C)

#### Proficiency – Solo Prose Speaking -

So Yan Lok Charlotte (5A)

## Chinese 2020-2021 (2<sup>nd</sup> Term)

### 香港浸會大學主辦之「第十一屆大學文學獎」(2020-2021)

「少年作家獎」- 得獎作品：《對面樓的霓虹燈》-  
李綺韻 (6D)

### 150 周年校慶聯校創作比賽 (中文徵文) (2020-2021)

初中組冠軍 - 黃嘉敏 (3C)

初中組亞軍 - 何卓琳 (3A)

初中組優異 - 陳嘉琳 (2A)

高中組亞軍 - 吳冬妮 (5D)

高中組優異 - 張照蜚 (5C)、鄭曉藍 (5C)

## 2021-2022 (1<sup>st</sup> Term)

### 第七十三屆香港學校中文朗誦節 (21-22)

中學一年級粵語散文獨誦冠軍 - 趙允言 (1B)

中學二年級粵語詩詞獨誦冠軍 - 馮康翹 (2A)

中學三年級粵語散文獨誦亞軍 - 王絡昀 (3C)

中學五、六年級粵語二人朗誦亞軍 -

李映蓓 (5A)、甄子慧 (5B)

中學二年級粵語詩詞獨誦亞軍 - 練芷穎 (2B)

中學一年級粵語詩詞獨誦季軍 - 黃曉慧 (1B)

中學一年級粵語詩詞獨誦季軍 - 趙允言 (1B)

中學五、六年級粵語詩詞獨誦季軍 - 陳婉琪 (5C)

### 第二十四屆全港中小學普通話演講比賽 2022 (九龍區 初中組初賽)

優異星獎 - 楊旋 (2B)

良好獎 - 岑凱琳 (1A)、梁樂妍 (1D)、陳嘉琳 (3A)

## Mathematics 2020-2021 (2<sup>nd</sup> Term)

### 粵港澳大灣區數學競賽選拔賽 2020 (大灣賽區)

三等獎 - 劉嘉淇 (4D)



### Math Conception

#### Group Merit - True Light Girls' College -

Choi Ki Yan (3A), To Man Sum (3A),  
Wong Yin Ching (3A)

#### Silver Award -

To Man Sum (3A), Wong Yin Ching (3A)

#### Bronze Award -

Chan Lok Tung (1D), Wong Sin Yau (1D),  
Choi Ki Yan (3A)

### 華夏杯

#### 中學三年級二等獎 -

蔡祺昕 (3A)、王彥晴 (3A)、何珏恩 (3D)

#### 中學三年級三等獎 - 杜曼琛 (3A)

### 2021 亞洲國際數學奧林匹克公開賽晉級賽

#### 中學三年級組金獎 - 蔡祺昕 (3A)

#### 高中組銅獎 - 余焯盈 (5C)

### 2021 亞洲國際數學奧林匹克公開賽晉級賽

#### 中學三年級組銀獎 - 何珏恩 (3D)

### 2021 區會聯校數字組合遊戲 2022

#### 一等獎 - 陳心朗 (5B)、黃煒鈴 (5B)

#### 三等獎 - 何梓彤 (5B)

### 第十一屆香港中學數學創意解難比賽

#### 金獎 -

李希彤 (1C)、庾啓欣 (1D)、洪麗而 (2A)、張鈺瑤 (2A)

## 2021-2022 (1<sup>st</sup> Term)

### The True Light Girls' Invitational Mathematics Contest 2021

Certificate of Distinction - Zhang Yuk Yiu (3A)

## Chemistry 2021-2022 (1<sup>st</sup> Term)

### ICQ International chemistry quiz 2021 by Royal Australian Chemical Institute

#### High distinction -

Yeung Ying Hei (5A), Choi Ki Yan (4B)

#### Credit -

Chan Sum Yau (4B), Law Hiu Nam Renee (4B),

Wong Yin Ching (4B), Ho Lok Yung (5A),  
Ko Wing Kei (5A), Fung Siu Ying (6B),  
Nayab Naseer Qureshi (6D)

### Chemists Online Self-study Award Scheme 2021

#### Platinum -

Cheung Tsz Ying (5A), Chen Jia Min (6B)

#### Diamond -

Law Hiu Nam Renee (4B), Wong Yin Ching (4B),  
Yuen Anson (4B), Liu Yuen Yam (5A),  
Yeung Ying Hei (5A)

#### Gold -

Chan Wing Chi (4A), Huang Hoi Ling (4A),  
Lee Ying Sin (5A)

#### Bronze -

Au Sin Ting (4A), Chiang Hiu Lam (4A),  
Iu Hei Laam (4A), Leung King Chi (4A),  
Kwok Man Yi (4A), Wong Sum Yuet (4A),  
Liu Wai Man (4B), Wan Chung Yan (4B),  
Ip Hoi Ki (4C), Lai Sum Yu (4C),  
Ong Wing Lam (4C), Ho Kok Yan (4D),  
Leung Wing Tuen Natalie (4D), Liang Kit Ying (S4),  
To Man Sum (S4), Jade Hui Ying Tang (5A)

### 「化學品安全海報及貼紙設計比賽 2021」

最踴躍參與獎 - 真光女書院

## STEM Education 2020-2021 (2<sup>nd</sup> Term)

### Odyssey of the Mind Hong Kong Regional Tournament 2021

#### Problem 4 – It's a Trap! (Division III) 1<sup>st</sup> Runner-up

Cheung Tsz Ying (4A), Ko Wing Kei (4A),  
Fung Wan Hei (4A), Wan Ka Yan (4A),  
Zeng Tsz Lo (4A), Wong Mei Ka Aubrey (4B),  
Wong Chit Ying (4D)





## 22<sup>nd</sup> Consumer Culture Study Award – Sustainable Consumption Creative Design category

### Most Creative Idea Award

Chui Mei Yan Ceci (5B), Lee Ka Chee (5B),  
Liao Kailing (5B), Siu On Yiu (5B),  
Tam Kwan Yi (5B), Tong Shuk Mei Clara (5B),  
Wong Mei Yan (5B), Natanakumar Mirnaali (5D)

### Outstanding Product Award

Choy Hong Ching (4A), Ho Lok Yung (4B),  
Shek Tsui Kei (4B), Lai Ka Kiu (4C),  
Pang Yee Man (4C), Tam Lok Yi (4C),  
Lau Ka Ki (4D), Liang Hiu Yee (4D)  
Zeng Yuet (4D)

### Outstanding Product Award

Karn Lok Yung (5A), 國消費文化考察報告  
Chen Hiu Nam (5B), 獎典禮  
Chen Ho Yan (5B),  
Chen Jia Min (5B),  
Cheung Hin Ka (5B),  
Chung Cheuk Kwan (5B),  
Fung Siu Ying (5B),  
Lam Tsz Yue (5B)



## 2021-2022 (1<sup>st</sup> Term)

### 第二十三屆消費文化考察報告獎 (2020-21) - 「可持續消費創意設計」組別

#### 最創新意念獎 (作品：沉浸式線上演出)

\* 譚均誼 (6B)、李嘉慈 (6B)、廖凱羚 (6B)、  
蕭安瑤 (6B)、湯淑薇 (6B)、黃美茵 (6B)、  
徐美茵 (6B)、Natanakumar Mirnaali (6D)



#### 傑出作品獎 (作品：廁膠筒 & 廁紙販賣機)

\* 黎家喬 (5C)、蔡康澄 (5A)、石瑋琦 (5B)、  
彭依敏 (5C)、劉嘉淇 (5D)、梁曉儀 (5D)、  
曾悅 (5D)

#### 傑出作品獎 (作品：疫塑 · 逆塑)

\* 林子瑜 (6B)、簡洛蓉 (6A)、陳可欣 (6B)、  
陳嘉敏 (6B)、張軒嘉 (6B)、鍾卓君 (6B)、  
馮少瑩 (6B)

### 第三屆 社創 · 社區 4.0 比賽 (2020-21)

#### 冠軍 (六日五夜印尼峇里之旅)

翁泳琳 (4C)、羅曉嵐 (4B)、梁嫻 (4C)、王彥晴 (4B)



#### 優秀表現

周 眷 (5A)、湯惠盈 (5A)、楊凝熙 (5A)、周子媛 (5A)



### 「夢想建築 由你組合」迷你建築模型比賽 (2020-21)

#### 季軍 -

蔣曉霖 (4A)、姚熙嵐 (4A)、姚穎宜 (4A)、蔡祺昕 (4B)



## Music 2020-2021(2<sup>nd</sup> Term)

### 73<sup>rd</sup> Hong Kong Schools Music Festival 2021

聲樂獨唱 - 中文 - 女聲 - 中學 - 14 歲或以下 - 冠軍 -  
羅朗芝 (2D)

Graded Piano Solo - Grade Eight - Champion -  
So Yui Yee(3D)



Flute Solo - Secondary School – Junior- 2nd runner-up -  
Kwok Ching Wind (3D)  
二胡獨奏 - 高級組 - 季軍 - 郭穎藍 (2C)

## Physical Education 2020-2021(2<sup>nd</sup> Term)

東歐四國 (The Visegrad Group) 30 周年會慶表演 -  
表現優秀證書

陳凱欣 (5C) 、潘葦熹 (5C) 、  
馮皓慈 (6A) 、邱天悅 (6A) 、  
屈臣氏集團香港學生運動員獎 - 陳綺馨 (5B)

The Hong Kong Council of the Church of Christ in  
China Inter-school Table Tennis Competition -  
Girl's Single 1<sup>st</sup> runner-up - Tam Ka Ki (4C)

## 2021-2022 (1<sup>st</sup> Term)

57<sup>th</sup> Schools Dance Festival - Western Dance Section-  
Honours Award  
True Light Girls' College Dance Team



2021-22 「跳繩強心」網上跳繩比賽 2021

中學女子 1-3 年級二重跳 - 第二名 - 莫苗欣 (3A)  
中學女子 4-6 年級雙腳前跳 - 第二名 - 余秋儀 (5D)  
中學女子 4-6 年級雙腳前跳 - 優異獎 - 傅咏姿 (4C)  
中學女子 4-6 年級交叉開跳 - 優異獎 - 郭家妮 (4D)

## Community Youth Club 2021-2022

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 - 陳芍穎 (3C) (2020-21)  
亞軍 - 莫菲菲 (5D)  
季軍 - 伍凱欣 (4D)  
優異 - 謝依諾 (6A)

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 - 張慧文 (6A)

線上電影欣賞會暨徵文比賽

亞軍 - 黎家喬 (5C)  
季軍 - 陳曉晴 (6B)  
優異 - 鄭曉藍 (6C)

公益少年團

三等榮譽級

李頌兒 (5A) 、  
陳婉琪 (5C) 、  
陳曉晴 (6B)



## Bussiness & Economics 2020-2021(2<sup>nd</sup> Term)

STEM+E Competition 2021

Finalists -

Gurung Neha (5D), Natanakumar Mimaali (5D)

Most Valuable Players -

Leung Wai Yuet (5C), Li Ka Man, Cara (5D)

## Compuer Panel 2020-2021(2<sup>nd</sup> Term)

真光聯校火箭車真光盃比賽

季軍 -

顧日晴 (2B) 、彭子恩 (2B) 、石璿璇 (2B) 、  
蕭 瑤 (2B) 、鄧子琳 (2B) 、余曉晴 (2B)

## 2021-2022 (1<sup>st</sup> Term)

「逆境自強」短視頻比賽

優異獎 -

馮穎璋 (5B) 、梁善喻 (5B) 、孫 旻 (5B) 、  
黃美嘉 (5B) 、黃妍臻 (5B)





### 'Dream District' VR Competition

#### 2<sup>nd</sup> Runner-up -

Chen Jia Lin (3A), Choi Cheuk Ki (3A),  
Lo Candis (3A), Tung Sum Yi (3A),  
Yu Lok Ching Valerie (3A), Zhang Yuk Yiu (3A),  
Wong Lorraine (3C)



### Scholarship 2020-2021

黃廷方獎學金 (獲獎勵港幣五千元) - 劉婉歆 (4A)

### 2021-2022

#### Elsie Tu Education Fund

Most Improved Student Award - Wong Lei Kiu Lily (2C)

### 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 2021-2022 (1<sup>st</sup> Term)

#### Youth Arch Student Improvement Award (2020-2021)

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)

### Road Safety Patrol 2020-2021

香港交通安全隊西九龍總區 2020 至 2021 年度優秀隊  
員選舉

中學組冠軍 - 龐思晴 (5A)



中學組優異獎 - 吳莉華 (5C)



### Visual Arts 2020-2021

「藝創荃城」繪畫及填色比賽

冠軍 - 3C 曾慧玲





# 家長教師會活動

## 夏日親子電影欣賞

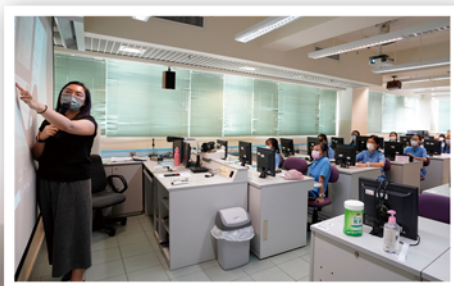
為培養學生正面價值觀及增進親子感情，家長教師會於2021年6月下旬，舉辦了親子電影欣賞活動，觀賞電影《二次人生》。導演何力恒先生更於電影放映後，分享製作電影心得。活動中大家誠摯交流，樂而忘返。

## 暑期升中銜接課程

家長教師會主辦之中一新生升中銜接課程，已於2021年7月下旬舉行，共4天，分7班上課，由本校老師任教。另外，本會亦舉辦了暑期「中、英、數增潤課程」，由8月上旬至中旬舉行，為期15天，並均由真光畢業校友教授準中一新生。參加者於活動後，均表示此課程能提升她們在真光校園學習的自信心，裨益甚大。

## 家長教師會第二十二屆周年大會及第二十三屆委員選舉

家長教師會第二十二屆周年大會於2021年10月16日（星期六），以網上直播形式舉行，並選出新一屆執行委員會委員。此外，本會亦邀請了香港大學社會工作及社會行政學系副教授——曾潔雯博士主講親子講座，講題為「疫逆漩渦中的親子關係」，讓家長明白即使在疫情陰霾下，仍可跟孩子建立良好關係，培育下一代快樂地成長。





# 校友會活動

## 1. Homecoming Day 校友日 2022

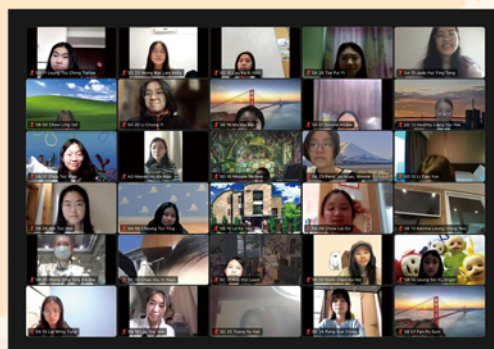
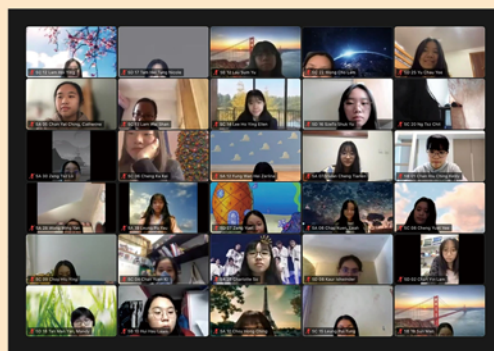
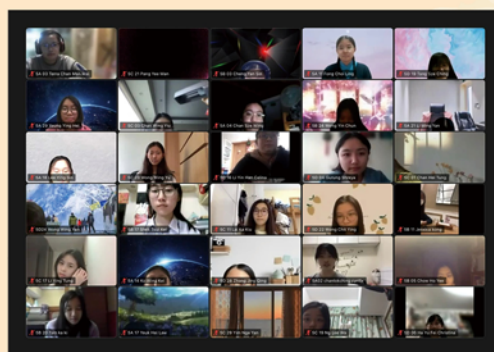
本屆校友會會員大會已於 2022 年 1 月 22 日順利舉行。鑑於疫情關係，為保持社交距離，是次活動改以網上會議形式進行，當天共有 33 位校友出席會議。

## 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，以解答她們有關升學及就業的疑問。本學年共有 47 位校友報名成為導師。啟動禮已於 2022 年 1 月 22 日下午 3 時至 4 時半舉行，是次活動同樣以網上會議形式進行，當中有 33 位校友及百多位中五學生出席活動。從事不同界別及工作範疇的校友，當天與即將升讀中六的同學面談，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」，每級一名。得獎者可獲校友會頒發獎學金及獎狀以資鼓勵。







光之世乃 爾