

# TRUE LIGHT GIRLS' COLLEGE

SINCE 1973



1973 – 2018







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## School Motto



光之世乃爾

## School Hymn

旭日東升，光芒遍照四隅，雨露時降，萬物因此歡娛，  
春去秋來，處處結實滿株，晚霞高照，映出美麗畫圖。

主做天地，指示人生坦途，同聲歌唱，頌揚我主耶穌。  
我校真光，仰承基督良謨，人格教育，向為青年楷模。

宣揚真理，為我基督歡呼，為世之光，我乃紅日前驅。  
主做天地，指示人生坦途，同聲歌唱，頌揚我主耶穌。



## SCHOOL VISION AND MISSION

**School Vision**

*We inspire our students to*

*Think independently,*

*Learn proactively,*

*Grow in love and*

*Contribute to society*

**School Mission**

To develop students' analytical and critical thinking skills and their academic and cognitive abilities

To cultivate students' enthusiasm for the pursuit of knowledge, physical fitness, social skills and aesthetic appreciation to lay a good foundation for life-long learning

To lead students to live in God's love and walk in the right path guided by Christian values

To establish with students their goals in life so as to shine forth as the light of the world



## SCHOOL SONGS

*We sing of a school where we're happy as can be,  
of course, we mean True Light;  
In our work and in our play,  
We're as good as we can be,  
For the glory of True Light.*

*For the glory of True Light we'll live,  
For the glory of True Light,  
In the days that are to be,  
We'll be good as we can be,  
For the glory of True Light.*

*In the days that have gone by,  
there were keepers of the light,  
Good keepers at True Light;  
And in the coming time,  
we too will keep the light,  
keep it shining for True Light.*

*For the glory of True Light we'll live,  
For the glory of True Light,  
In the days that are to be,  
We'll be good as we can be,  
For the glory of True Light.*

中華我國，中華我國，獨立文明亞之東。  
政成共和，民歌大同，學遍唐虞三代隆。  
中華我國，中華我國，十萬兆民表雄風。  
衛我邦家，同胞情重。普遍教育樂融融。

愛我真光，愛我真光，謝師長善誘維良。  
發聾振聵，啟迪多方，恍登臨洙泗之堂。  
愛我真光，愛我真光，天道由茲愈發皇。  
十字旗飄，萬古輝揚，能拯救失路亡羊。

勉哉同學，勉哉同學，暮暮朝朝同切磋。  
光陰易逝，日月如梭，催人歲月易蹉跎。  
勉哉同學，勉哉同學，世紀風潮急且多。  
木蘭紅玉，巾幗英雄，匡時偉業在我曹。

# 45<sup>TH</sup> ANNIVERSARY CELEBRATION







**True Light Girls' College 45<sup>th</sup> Anniversary  
Message from the Secretary for Education**

It gives me great pleasure to extend my warmest congratulations to True Light Girls' College on its 45<sup>th</sup> anniversary.

Embracing the school motto of "Thou art the Light of the World", True Light Girls' College nurtures young ladies who are endowed with distinctive qualities and committed to serving our country and the world. It is remarkable that the College has attached great importance to students' whole-person development and organised a wide range of co-curricular learning activities, which help students acquire necessary skills and foster their positive values and attitudes.

In response to the rapid changes in our society, the College strives to instill in students life-long learning skills. Through the promotion of reading, e-learning and Campus TV programmes, etc, students develop themselves into independent and self-directed learners. Guided by the Christian values, True Light collegians learn to be benevolent to the less privileged and the needy, bringing warmth and light to our city.

As the school celebrates its 45<sup>th</sup> anniversary, I would like to express my gratitude to the school sponsoring body, school leaders, teachers and staff members for their dedication to education and concerted efforts in creating a supportive and effective learning environment. With their passion and professionalism, I am confident that True Light will continue to shine and prosper in the years ahead.

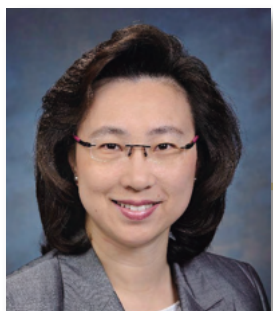
May I wish True Light Girls' College all the best in its future endeavours.

Kevin Yeung  
Secretary for Education

真光女書院四十五周年校慶

桃李廣懋  
杏壇揚芬

教育局常任秘書長楊何蓓茵







真光女書院建校四十五周年紀念誌慶

聖經真理為基礎  
生命光輝照世間

主僕

中華基督教會香港區會

總幹事

蘇成溢  
牧師敬賀

二零一八年二月

真光女書院建校四十五周年紀念誌慶

甄陶佐育薪火傳  
教澤揚芬頌主恩

中華基督教會 香港區會 執行委員會

主席

陳應城

教授

二零一八年一月卅日







真光女書院建校四十五周年紀念誌慶  
謹以約翰福音之記載互勉

那光是真光，來到世上，照亮所有的人。

（約翰福音 第一章第九節）

耶穌說：但實行真理的人就來接近光，為要顯明他／她的行為是靠上帝而行的。

（約翰福音 第三章第二十一節）

耶穌說：你／妳們趁着有光，要信從這光，使你／妳們成為光明之子。

（約翰福音 第十二章第三十六節）

主僕

校監

胡丙杰

牧師



敬錄



## THE UNIVERSITY OF HONG KONG

香港大學



Message  
True Light Girls' College  
45<sup>th</sup> Anniversary School Magazine

My warmest congratulations to True Light Girls' College on the occasion of its 45<sup>th</sup> Anniversary celebrations.

For nearly half a century, the school has been dedicated to nurturing its students to become competent, conscientious and caring youths, armed with sound intellectual training, firm moral and spiritual values, and a sense of civic and social awareness. This ongoing commitment to both individual students and the wider community is certainly a reason why the school is justly recognised in Hong Kong for its educational endeavours.

May this milestone of achievement mark the beginning of further growth and success for True Light Girls' College, and bring the promise of a bright and rewarding future for all its members.

Professor Paul K H Tam  
Acting President and Vice-Chancellor

March 2018



香港科技大學  
THE HONG KONG  
UNIVERSITY OF SCIENCE  
AND TECHNOLOGY  
校長辦公室  
OFFICE OF THE PRESIDENT

I would like to convey my heartiest congratulations to True Light Girls' College on its 45<sup>th</sup> Anniversary.

Since it was founded in 1973, True Light Girls' College has dedicated itself to cultivating young, proactive leaders of tomorrow to become pillars of our society. May you strive in your mission and continue to provide a fertile ground for independent thinking and excellence for many years to come.

Tony F. Chan  
President  
The Hong Kong University of Science and Technology



香港中文大學  
The Chinese University of Hong Kong

## Message

I am delighted to extend my hearty congratulations to True Light Girls' College on its 45<sup>th</sup> anniversary. The anniversary is truly a tribute to the founding members, staff, students, parents, alumni, and other supporters of the College, whose efforts have ensured its continued success.

In Hong Kong, the name 'True Light' readily brings to mind quality education for girls, a tradition that dates back to the 1870s, when the missionary Ms. Harriet Newell Noyes set up True Light Middle School in Guangzhou. Like its sister institutions, True Light Girls' College has borne witness to the spirit of Christian evangelism, and has become one of Hong Kong's foremost secondary schools.

Our society has undergone considerable change since the early 1970s, when the College was established, but the importance attached to secondary education has remained unchanged. The College prepares its students for future academic and career development in a fast-changing world by providing them with an all-round education which keeps them abreast with the times, and the success of which can be seen in the fact that many of the College's alumnae have left their mark on society. It is by consistently putting the interests of their students first that True Light Girls' College has won the trust of the community through all these years.

I am convinced that, in the many years to come, the College will continue to forge ahead and proudly carry on its mission of education to the benefit of our younger generation and Hong Kong as a whole.

Rocky S Tuan  
Vice-Chancellor and President





#### Message

On behalf of The Hong Kong Polytechnic University, I would like to extend our warmest congratulations to True Light Girls' College on the memorable occasion of its 45th Anniversary.

Over the years, the College has earned well-deserved respect for providing quality education for its students. With the aim of realising their full potential and preparing them for life's challenges, the College is committed to developing both the academic and social skills of students, and has been continuously refining its efforts and facilities to enhance their learning experience.

The vision of the College to inspire students to "think independently, learn proactively, grow in love and contribute to society" is indeed admirable. Such emphasis on the whole-person development of students is also shared by our University as we strive to nurture graduates who are critical thinkers, effective communicators, innovative problem solvers, lifelong learners and ethical leaders.

Guided by the College motto, "Thou art the Light of the World", True Light girls will be capable of leading a life of faith and passion. With the dedication of its staff, students and alumni, I am confident that the College and its members will make further contributions for the benefit of the community. I wish them every success in their future endeavours.

Timothy W. Tong, Ph.D.  
President  
The Hong Kong Polytechnic University



#### Message to True Light Girls' College On the 45<sup>th</sup> Anniversary of her Establishment

I would like to offer my heartfelt congratulations to everyone at True Light Girls' College on the occasion of its 45<sup>th</sup> anniversary.

On behalf of everyone at City University of Hong Kong (CityU), I would like to acknowledge the tremendous contributions that your college has made to educating generations of people in Hong Kong.

Indeed, the name of your college perfectly captures the drive, ambition and aspirations that are evident in your success story. Keeping the light, and aiming to be as good as you can be, is a worthy way of characterising True Light Girls' College.

Preparing young people for the rigours of their future careers is one of the noblest services that can be performed for any society, and True Light Girls' College has more than distinguished itself in this capacity.

I know from my own experience as an educator, researcher and administrator in the education sector that facilitating the development of young people is a challenge. Deciding on the right curriculum, accessing resources, finding great teachers, and identifying goals and objectives all take time.

But from what I have seen, True Light Girls' College has consistently ticked all these boxes, moved with the times, evolved and adapted, and consequently you have successfully produced well educated, balanced, thoughtful graduates who have given a huge amount back to the college and Hong Kong.

This is an excellent track record and one to be very proud of.

So best wishes for the future successes that are undoubtedly just over the horizon, and congratulations on reaching this historic milestone in your history.

Way Kuo  
President and University Distinguished Professor  
City University of Hong Kong



#### Congratulatory message for 45th Anniversary Celebration of True Light Girls' College

I take great pleasure in congratulating True Light Girls' College (the College) on the momentous occasion of its 45th anniversary. One of the forerunners in introducing female education to Hong Kong, the College has been dedicated to providing quality education for local girls, and nurturing generations of well-rounded, socially conscious and responsible young ladies who exhibit personal virtues, academic excellence, good leadership and a critical mind. By inspiring them to think independently, learn proactively, grow in love and contribute to society, the College has brought lifetime benefits to its students who shine forth as a light to the world.

The past 45 years saw sustained improvement and spectacular growth of the College, not only in terms of student enrollment and school facilities, but also in teaching and learning excellence, academic performance as well as the provision of valuable out-of-classroom learning experiences and extraordinary exchange opportunities. With the concerted efforts of a devoted team of high-calibre and caring teachers and a proactive learning community, students are able to achieve a balanced development of the six virtues - ethics, intellect, physique, social skills, aesthetics and spirituality - as well as being well-equipped to excel in today's rapidly changing globalised world.

I trust that it is a precious gift to be able to study in the College where students can truly embrace its traditional values and dynamic spirit as well as enjoy a rich and vibrant school life. I sincerely hope that every student of the College treasures this great blessing and works hard together to make it an even better place to learn, grow and flourish.

I wish True Light Girls' College a memorable anniversary year and every success in scaling new heights for many years to come.

Roland T. Chin  
President  
Chair Professor of Computer Science  
Hong Kong Baptist University



張仁良教授 行政總裁、法律學士  
校長 | 公共政策學系教授

Professor Stephen Y.L. Cheung MSc, PhD  
President | Chair Professor of Public Policy

**45<sup>th</sup> Anniversary of True Light Girls' College  
Congratulatory Message of  
Professor Stephen Cheung Yan-leung  
President, The Education University of Hong Kong**

On behalf of The Education University of Hong Kong, I would like to extend my heartfelt congratulations and best wishes to the True Light Girls' College, on this joyous occasion of its 45th anniversary.

From its inception in 1973 to becoming a reputed educational institution, the College has been dedicated to providing quality education to its students and has nurtured generations of knowledgeable, proactive, caring and responsible youngsters by encouraging independent thinking and the spirit of serving the community. Holding fast to its motto "Thou Art the Light of the World", its teachers and staff have never ceased to enrich student learning through promoting extra-curricular activities and the use of technology, while at the same time preserving and instilling the fine virtues of Chinese culture in its students for their whole person development.

The College's transformation has itself witnessed decades of social, economic and demographic development in Hong Kong and its ever-evolving education landscape; and the establishment of millennium-standard school facilities are all testimony to its commitment to the continual pursuit of excellence.

As a True Light alumnus, part of my most precious and vivid childhood memories were formed at True Light until I graduated from its Primary Section in the early 70's. Celebrating this milestone, I sincerely wish True Light Girls' College success in all its endeavours in the years and decades to come. May I also wish that its students will continue to thrive and shine as bright as beacons of light in their future callings.

Professor Stephen Y. L. Cheung  
President



香港樹仁大學校監兼校長

胡鴻烈



敬賀

默默耕耘 四十五載  
培育菁英 譽滿香江

真光女書院四十五周年校慶

光采輝煌 成就榮耀

013



**Congratulatory message for the  
45th Anniversary School Magazine of True Light Girls' College**

On behalf of Lingnan University, I would like to extend my heartfelt congratulations to True Light Girls' College (the College) on the joyful celebration of its 45th Anniversary.

Over the past 45 years, the College has been standing in the forefront to provide quality education for young women, nurturing top learners with independent thinking, positive virtues and global vision who contribute to different sectors of the society.

Guided by its longstanding motto of "Thou art the Light of the World", the College has never ceased to enrich students' learning experience through its comprehensive curriculum and state-of-the-art facilities. By fostering whole-person development, young hearts and minds are not only inspired to pursue academic excellence but also to serve the needs of society.

Despite the changing social needs and expectations on secondary education over the years, the selfless dedication and unwavering support of the College principal, teachers, students and alumni have allowed the College to shine as an exemplar of secondary education. With the concerted efforts of its members, I am confident that the College will continue to uphold the vision of its founder, Ms Harriet Noyes in providing the highest standard of education for young women.

On this memorable occasion, I congratulate the College for its distinguished achievements and trust that its students and graduates will continue to shine with wisdom, courage and faith in the years to come.

Leonard K. Cheng  
President  
Lingnan University

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博雅教育 成就一生

# RECENT DEVELOPMENT OF TLGC

Principal Tam Kim Hung



*"Great is the Lord and most worthy of praise; his greatness no one can fathom. One generation commends your works to another; they tell of your mighty acts. They speak of the glorious splendor of your majesty-and I will meditate on your wonderful works."*

(Psalm 145:3-5, NIV)

True Light Girls' College has been closely guided by the Lord and receiving endless blessings from Him since it was founded 45 years ago. To commemorate the centenary of the True Light Alma Mater, the Kowloon True Light Middle School Management Board, with the assistance of The Hong Kong Council of the Church of Christ in China, applied for opening a girls' English-as-the-Medium-of-Instruction (EMI) school. A year later, in September 1973, True Light Girls' College was established at 54A Waterloo Road, Yaumatei with the colossal effort made by countless True Light associates.

Continuing the century-long legacy of fine education of True Light, True Light Girls' College has been nourishing innumerable graduates who are proficient at both Chinese and English, capable of independent thinking, proactive in learning as well as responding to the needs of the world with compassion and a caring heart for forty-five years since its establishment. They all display the desirable personal qualities of True Light daughters which include honesty, a strong sense of responsibility, an ability to show sound judgment, versatility, creativity, self-sacrificing and being the light of the world.

Review in 2016, the excellent development of the school in different areas and the remarkable achievements of our students were fully recognized.

Regarding True Light Spirit Cultivation, the school has revived some True Light traditions and holds the S6 Form Association Night, the Lantern Passing Ceremony as well as establishing Permanent Form Associations for graduates. The school has also been endeavouring in organizing interclass competitions that help promote True Light traditions, including the True Light Songs Singing Competition, Rope-skipping



the chapel mosaic showing our school as a member of the True Light family



True Light Songs Singing Competition



Rope Skipping Competition

True Light Girls' College has its roots planted in the calling the school founder, Ms. Harriet Noyes, answered over a hundred more years ago. After a tough three-month voyage from America to China and several years of trials and tribulations on her Christian mission in China, Ms. Noyes founded True Light Seminary and picked "Thou art the Light of the World" as the school motto. She was determined to honour the Lord by nurturing True Light girls to brighten up the world as their light shines before others.

Five years ago, when the school was celebrating the 40th Anniversary, all our teaching staff helped draw up a five-year plan, comprising four major concerns which were

1. True Light Spirit Cultivation
2. Learning Effectiveness Enhancement
3. Gifted Education Development
4. Career Education Enrichment

After five years of persistent effort, excellent progress in the programmes included in the plan has been witnessed. Also, in the report of the External School

Competition and Tug of War to foster a stronger sense of belonging to True Light among our students. To enhance the understanding of True Light history of our students, excerpts from A Light in the Land of Sinim written by our school founder are taught in Religious Education lessons. In addition, the school has been organizing short-term overseas missions, following in the school founder's footsteps, and has established closer connections with neighbouring churches, from which our teachers and students can derive more mental and religious support.





an alumna sharing on the school year theme  
'I Love Love True Light'



congratulations on good academic performance

As for Learning Effectiveness Enhancement, the school has improved its Wi-Fi infrastructure to cater for high-speed Internet access and purchased computer tablets in bulk to ensure effective implementation of e-learning. All teachers have also been receiving relevant professional training and participating in professional sharing on e-learning with teachers from other schools. To improve the learning of English and the content knowledge of other subjects of our students, the Learning-English-across-the-Curriculum scheme is introduced in the Junior Secondary Curriculum, and learning and teaching materials with English learning as the focus have been developed and are taught at the junior level. Regarding reforms in the curriculum, English Drama is introduced in the Secondary One and Two Curriculum to enable students to express themselves confidently and creatively through systematic training. Life and Society is also introduced in the Junior Secondary Curriculum to help bridge students to studying Liberal Studies at the senior level. In addition, Business and Economics is included in the Secondary Three Curriculum to serve as a means for students to understand the related senior secondary subjects better so that they can make more informed choices of elective subjects. Our school has, indeed, been dedicating its effort to offering appropriate school-based curricula to equip students for their future study and career.

Concerning Gifted Education Enhancement, members of our teaching staff have actively taken part in relevant training to enhance their understanding of gifted education. The school has built the Talent Pool of eight domains so that students can have a better grip of their gifts and draw up their self development plan. Gifted students also learn to improve their communication skills through receiving affective education provided by the school. Apart from this, through taking part in the Hong Kong Award for Young People Programme, S4 and S5 students improve their leadership and self-directed learning ability, with which they learn to set up proper learning schedules to achieve the goals they set when joining the programme. The school has also been actively encouraging students with identified gifts to enroll on courses or participate in competitions for gifted youth organized by The Hong Kong Academy for Gifted Education and other tertiary institutions, and they have made extraordinary achievements and won major awards.



a dance performance at 45<sup>th</sup> Anniversary School Carnival



Primary School English Quest



As regards Career Education Enrichment, our school obtained funding from the Quality Education Fund and launched a large-scale career and life planning project called "Career Exploration for Secondary School Students" to provide students with information about different workplaces and prospects of different occupations. Career Education is also introduced in the Secondary Three and Four Curriculum to enable students to understand their personality traits in relation to their career interests and the requirements of different jobs so that they can set up more specific life goals. True Light Bonds, a sisterhood scheme, is also launched across all forms, which strengthens the camaraderie among students and the tradition of sister classes so that students will support each other in the pursuit of their dreams. The school has also invited parents to take a career assessment inventory to gain a better understanding of the process of career and life planning their daughter goes through at school so that they will be able to empathize with their daughter when she chases her dreams. To broaden the scope of knowledge of students, our school has been co-organizing an array of activities with different business associations and organizations, joining the Business-School Partnership Programme and encouraging students to take part in career-related competitions. The top-notch performance of our students in these activities and competitions has been lauded and recognized.



True Light Bonds Prize Presentation



Inter-House General Quiz



STEM Education Interflow Tour to Guangzhou

40<sup>th</sup> Anniversary Time Capsule

The continuous development of True Light in different aspects and the broadening of learning experiences of students in different domains so that they can flaunt their talents can all be attributed to the dedication and devotion of the entire teaching staff, the leadership and unwavering support of the Incorporated Management Committee and the selfless sacrifice and active participation of our alumnae and parents. I should give thanks to the Lord to have brought us True Light associates filled with love, who, for forty-five years, have been safeguarding True Light.

I wish, five years later, when True Light Girls' College celebrates its Golden Jubilee and the Time Capsule which was installed to celebrate the 40<sup>th</sup> Anniversary of our school is unsealed, we will still be with each other, to feel grateful for the persistent and excellent development of True Light, and to strive constantly for the brilliance of True Light.

# 真光女書院 近年發展 [2013-2018]

譚劍虹校長



「耶和華是至大的，配受極大的讚美，祂的偉大無法測度。  
世世代代的人都要頌讚祢的作為，他們要傳揚祢大能的作為。  
他們要講述祢威嚴的尊榮，我也要默想祢奇妙的作為。」

(詩 145:3-5)

真光女書院建校四十五年，一直蒙上主的帶領，並領受滿滿的祝福。為慶祝真光創校一百周年，當時九龍真光中學的校董會，在中華基督教會香港區會的協助下，合力申辦一所以英語授課的基督教女子中學。經過無數真光人付出的努力，一年之後，即1973年9月，真光女書院終於在油麻地窩打老道54號A的地段上正式創校。

真光女書院的根源，始於校祖那夏理女士於百多年前回應上主的呼召，離開美國，踏進遠航中國的船上，經過三個多月的顛簸旅程及數年的艱苦經營，創立真光書院，並以「爾乃世之光」為校訓，矢志為上主培訓為世發熱發光的真光女兒。

真光女書院繼承真光一百年的優秀教育傳統，經過四十五年的歲月，孕育出一批又一批中英兼善、具獨立思考能力及積極學習態度、並懂得以慈憐和關愛的心去回應世界需要的畢業生。她們均具備忠誠盡責、慎思明辨、多才多藝、敢於創新、犧牲服務、為世發光等優良的真光女兒特質。

回顧五年前，在本校慶祝四十周年校慶時，全體教職員為學校的發展擬定一份五年的計劃書，當中包括了四個關注重點。它們分別為

1. 傳承真光精神
2. 提升學習效能
3. 發展資優教育
4. 加強生涯規劃



經過五年努力，真光在計劃書上的各方面都取得令人振奮的進展。2016 年的外評報告中，亦給予學校一個非常正面的報告，肯定學校在不同領域的優良發展及學生的驕人成就。

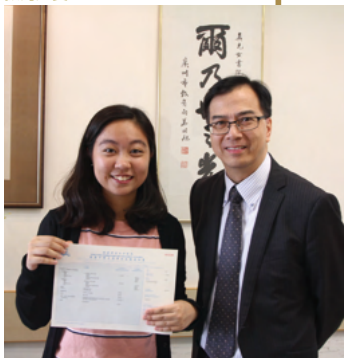
在傳承真光精神方面，學校重新引入真光的傳統活動，為畢業班舉辦「級夕」及傳燈禮，並成立畢業班的永久會社。同時，亦加強推動真光傳統的班際比賽，包括真光歌唱比賽、跳大繩比賽及拔河比賽等，以提升同學對真光的歸屬感。在宗教教育課程上，加入了校祖的著作《光在華夏》的選讀，讓同學更了解真光的歷史。此外，學校更為同學舉辦海外訪宣團，追隨校祖來華宣教服侍的腳跡。並與鄰近教會建立更緊密的網絡，藉此加強對老師及同學在心靈及信仰上的支持。



中一新生校史課



拔河比賽



中學文憑試優異生



傳燈禮



跨科學習日

在提升學習效能上，全校增設高速上網設備，大量添置平板電腦，以加強電子學習。全體老師亦接受相關培訓，並積極與學界分享電子學習的應用心得。在課程改革上，本校在初中階段推行「跨學科英語學習」，以英文科為本，串連其他學科，設計及教授跨科學習課程，使學生於學習過程中，同步深化其英語能力及不同學科知識。並且開設生活與社會科，為同學在高中修讀通識教育科打好基礎。此外，本校亦致力透過提供不同的校本課程，以更適切地照顧學生的學習需要，如於中一至中二級開設英語話劇課程，讓同學透過有系統的訓練，充滿自信及創意以英語表達自己所思所想。此外，中三級亦開設了商業及經濟科，讓同學更為了解高中的相關課程，並作出更合適的選科抉擇。中三及中四級更設有生涯規劃科，讓同學更有系統地了解自己的性向及不同行業的要求，從而為自己訂立更具體的人生目標。

在發展資優教育方面，學校建立了資優教育八大範疇的人才庫，讓同學更清晰知道自己的優秀潛質，從而訂立自我發展計劃。同時為資優生提供適切的情意教育，以促進她們人際關係的發展，並加強其溝通技巧。而中四及中五級的同學，亦透過參加青年獎勵計劃，既可培養領導能力，更可透過為自己編排學習進度以達至計劃的目標而加強自主學習。學校更積極鼓勵相關的學生參加由資優學苑及各大專院校主辦的資優課程及比賽，她們更於當中獲得不少非凡成就和獎勵。全體教師亦積極參與相關的訓練課程，以提升對資優教育的認識及了解。





劉佩瓊教授來校主講「一帶一路」講座



成都文化考察交流團

在加強生涯規劃的培訓上，學校成功申請了優質教育基金以助推動，並主辦「中學生事業探索之旅」大型生涯規劃活動，讓同學深入了解不同行業中的工作環境及發展的機會。另外，在中三及中四級設立正規的「生涯規劃」課程，為學生將來的升學與就業建立紮實的根基。同時亦推行「真光邦友伴計劃 (True Light Bonds)」，藉此加強朋輩的關愛互助，也可承襲真光「姊妹班的傳統，讓友伴間彼此扶持，一起追夢。此外，學校更推動家長參與性向測驗，以了解其女兒在校學習生涯規劃的過程，並增加他們對女兒追尋自己夢想的同理心。學校更與不同的商會及團體協作舉行不同類型活動，參與「商校協作計劃」及與行業相關的比賽，既擴闊了學生的學習領域。而同學在過程中的出色表現，更獲得不同人士的讚賞及肯定。

真光在各方面得以不斷發展，讓學生得到更多在不同領域上學習的機會，並在更大的舞台上發揮自己的才華，這一切都是出於全體教職員忠誠委身及悉心栽培、校董會卓越的領導及鼎力的支持、校友及家長們無私奉獻及積極參與。感謝上主為學校預備了充滿愛心的真光人，四十五年來一直守護著真光。

期盼在五年之後，當真光女書院慶祝金禧紀念，為四十周年校慶擺放的時間囊進行解封之際，我們仍會聚集一起，為真光不斷的卓越發展而感恩，為真光永遠輝煌而努力。



STEM教育中心落成啟用



中一開社朗誦表演



「亦師亦友」計劃



教育局來訪本校升學及就業輔導組

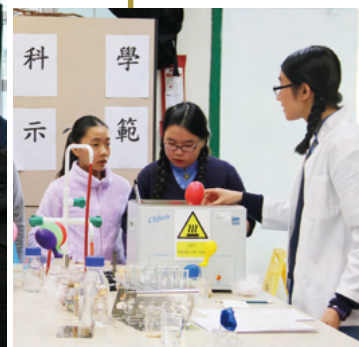


# SCHOOL CARNIVAL

## Variety Show



## Demonstration







## Game Booths

共承共輝 揮獻共榮盛慶

021

## More Fascination



PTA Snack Booth



Basketball Invitation Competition



S1 Admission Talk



exhibition



# THANKSGIVING SERVICE







Welcoming Speech by Rev. Wu Ping-kit



Prayer by Mr. To Yiu-kwan



Bible Reading by Ms. Lee Yi-ying



Sermon by Rev. So Shing-yit



Vote of Thanks by Mr. Tam Kim-hung



Souvenir Dedication to Mr. Kevin Yeung Yung Hung, J.P.



Gift Dedication from Guangzhou True Light Middle School



Benediction by Rev. Wu Ping-kit



# STEM EDUCATION CENTRE INAUGURATION

真理真諦締造真情滿校

024





# UNVEILING CEREMONY OF 3D MURAL PAINTING “STAR BRIGHT SKY”





# THANKSGIVING DINNER







共承共輝 揮賦共榮 盛慶

027







## ORIGINAL ENGLISH MUSICAL "CASTING"

*'Let's show your talent and show me your rhythm!  
For the school anniversary musical in celebration  
To sing, to dance, to act...'*







*'School we treasure, work and pleasure, Hail to Thee!  
In our school we work, in our school we play.  
We love the life we lead there day by day.'*

共承共輝揮賦共榮盛慶

029





*'This is the moment the moment to show.  
This is the moment when our faces glow  
To fly on the stage until the sky birds all know  
It's so cool that the coolness can make Summer snow.'*





# TRUE LIGHT RESTS UPON





# THE INCORPORATED MANAGEMENT COUNCIL (2017 — 2018)



胡丙杰牧師  
校董會主席、校監



華潔明女士  
辦學團體校董、司庫



譚劍虹校長  
校長校董、書記



蘇成溢牧師  
辦學團體校董



陳志堅牧師  
辦學團體校董



張齡蕾教授  
辦學團體校董



郭偉強先生  
辦學團體校董



麥潔瑤女士  
辦學團體校董



杜耀君先生  
辦學團體校董



黃麗娟女士  
辦學團體校董



黃成榮教授  
辦學團體校董



翁傳鏗牧師  
辦學團體校董



李伊螢校長  
替代辦學團體校董



李志華先生  
獨立校董



馬慧儀牧師  
獨立校董



岑國欣教授  
獨立校董



梅麗玉博士  
教員校董



周景怡老師  
替代教員校董



陳嫻妍女士  
校友校董



蘇振強牧師  
家長校董



詹麗嫦女士  
替代家長校董

## 歷任校董會主席

汪彼得牧師	1972-1973	翁珏光牧師	1973-1983	李清詞牧師	1983-1984
蘇宗仁博士	1984-1985	郭乃弘牧師	1985-1987	蘇宗仁博士	1987-1993
吳振智牧師	1993-1997	陳志堅牧師	1997-1999	陸 輝牧師	1999-2005
蘇成溢牧師	2005-2011	胡丙杰牧師	2011-現任		

## 歷任校監

汪彼得牧師	1973-1984	李清詞牧師	1984-1998	胡丙杰牧師	1998-現任
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## 歷任校董

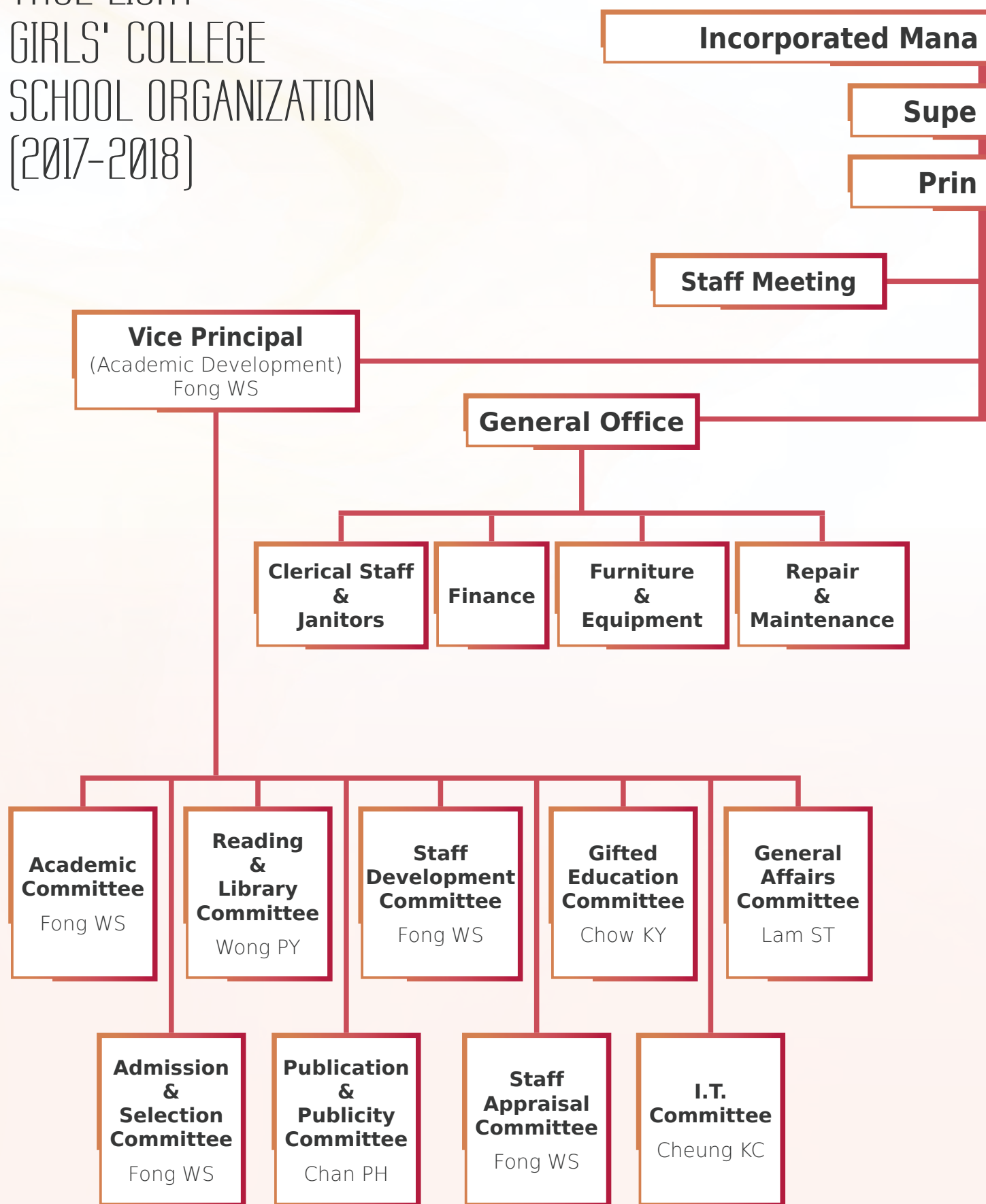
汪彼得牧師	1972-1984	馬儀英博士	1972-1974	吳壯行先生	1973-2004
蘇宗仁博士	1973-2001	黃馬信英女士	1973-1996	羅大堯先生	1973-1991
容啟東博士	1973-1986	馬敬全牧師	1973-1984	翁珏光牧師	1973-1983
彭關大璋女士	1973-1982	黃翠平女士	1973-1979	劉治平牧師	1973-1979
何中中博士	1973-1976	翁喜光牧師	1973-1975	盧惠卿博士	1973-1974
高文蘊女士	1974-1999	黃秀清女士	1974-1989	李惠廉女士	1974-1979
湯保歸先生	1975-1983	黃肖玉女士	1979-1991	畢綺霞女士	1979-1991
郭乃弘牧師	1980-1988	李清詞牧師	1983-1997	鮑瑞美女士	1983-1985
胡丙杰牧師	1984-現任	葉妙玲女士	1984-1995	李熾昌牧師	1985-2014
馮壽松先生	1985-現任	翁珏光牧師	1986-1993	范寶琪女士	1987-1997
翁瑞光牧師	1988-1993	梁燕婷博士	1989-2007	陳婉嫦校長	1991-2010
黃麗娟女士	1991-2011	吳振智牧師	1993-1997	陳志堅牧師	1994-2003
何華潔瑩女士	1997-2006	周馬佩堅女士	1997-2002	陸 輝牧師	1998-2005
蘇義有先生	1998-2010	時美真博士	1999-2011	杜耀君校長	1999-2011
翁傳鏗牧師	2001-現任	余 煊博士	2002-2014	劉美鐘牧師	2004-2006
蘇成溢牧師	2005-現任	麥潔瑤女士	2006-2011	陳志堅牧師	2007-2014
譚劍虹校長	2008-現任	黃成榮教授	2010-現任	華潔明女士	2010-2011
李伊瑩校長	2010-2011	方榮深副校長	2011-2015	梅麗玉老師	2011-2013
周昭賢女士	2012-2013	洪莉慧女士	2012-2014	陳可亭女士	2012-2014
麥潔瑤女士	2012-2015	時美真博士	2012-2016	鄭紅玉老師	2013-2015
周國林先生	2013-2014	朱啟榮博士	2014-2017	劉美鐘牧師	2014-2017
金少雲牧師	2014-2017	潘 靜女士	2014-2015	陳嫦妍女士	2014-現任
李詠詩女士	2014-2017	周景怡老師	2015-現任	梅麗玉老師	2015-現任
周國林先生	2015-2016	黃麗娟女士	2015-現任	蘇振強牧師	2016-現任
華潔明女士	2016-現任	陳志堅牧師	2017-現任	郭偉強先生	2017-現任
麥潔瑤女士	2017-現任	杜耀君校長	2017-現任	李伊瑩校長	2017-現任
詹麗嫦女士	2017-現任	張艷蕾教授	2018-現任	李志華先生	2018-現任
馬慧儀牧師	2018-現任	岑國欣教授	2018-現任		

## 歷任校長

高文蘊女士	1973-1998	杜耀君先生	1998-2008	譚劍虹先生	2008-現任
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# TRUE LIGHT GIRLS' COLLEGE SCHOOL ORGANIZATION (2017-2018)



## Management Committee

Advisor

Principal

### Vice Principal

(Student Development)  
Lai YK

### Core Committee

Tam KH\*, Fong WS,  
Lai YK, Cheung KC,  
Kwong HY, Wong PY,  
Mui LY, Chon CH

### Crisis Management Committee

Tam KH\*, Fong WS,  
Lai YK, Cheng MS,  
Chow SL, Kwong HY

### Finance Committee

Tam KH\*, Fong WS,  
Lai YK, Mui LY

### Religious Education Committee

Chow KY

### Career Guidance Committee

Kwong HY

### Civic Education Committee

Ho YN

### Environmental Education Committee

Wong PY

### Parent Teacher Association

Tse CM

### Alumnae Association

Ng WT

### Guidance & Discipline Committee

Chow SL

### OLE Committee

Cheng MS

### Student Affairs Committee

Lam ST

### Form Coordination

Ho SC (S1) Tse CM (S2)  
Pang YK (S3) Lam ST (S4)  
Chow CS (S5) Chow KY (S6)



# THE PRINCIPAL AND THE TEACHING STAFF



From Left to Right

## Back Row

Ms. Chi King Man, Ms. Chang Chung Tai, Mr. Cheung Kwok Him, Mr. Lee Chun Hong, Mr. Lin Pang Fei, Mr. Pang Kwan Kit, Mr. Pang Yan Kit, Mr. Wong Ka Yan, Ms. Wong Hiu Tung, Ms. Chan Nga Man, Mr. Wong Kai Chi, Ms. Yuen Sheung Ling, Ms. Lim King Chi

## Third Row

Ms. Ng Man Ni, Ms. Chong Cho Man, Ms. Chan Ka Ki, Ms. Tang Yuet Yee, Ms. Lau Suk Yin, Ms. Leung Pui Yee, Ms. Cheung Wai Sum, Ms. Fan Miu Ying, Ms. Tam Ying Ling, Ms. Yim Wing Laam, Ms. Capel Sarah, Ms. Cheng Sau Mei, Ms. Lok Yin Yee, Ms. Li Hiu In, Ms. Tse Wing Sum

## Second Row

Ms. Cheng Wan Sze, Ms. Yeung Yuet Ping, Ms. Lai Yuet Wah, Ms. Chung Ka Kei, Ms. Ng Wai Ting, Ms. Chan Wai Fun, Ms. Tong Wing Yun, Ms. Tong Mang Ying, Ms. Liu Siu Ying, Ms. Yiu Kwan Bik, Ms. Wu Chun Lee, Ms. Poon Wing Sze, Ms. Tse Chui Mei, Ms. Lau Oi Yan, Ms. Chiu Hoi Lun

## Front Row

Ms. Cheng Mei Shan, Ms. Ho Yee Nei, Mr. Lam Sin Tat, Ms. Chow King Yee, Ms. Wong Pui Yee, Mr. Cheung Ki Chung, Mr. Fong Wing Sum (Vice Principal), Mr. Tam Kim Hung (Principal), Ms. Lai Yuk Kwan (Vice Principal), Ms. Kwong Hung Yuk, Ms. Mui Lai Yuk, Ms. Chow Sze Ling, Ms. Chow Chui Shan, Ms. Chan Pik Ha, Ms. Ho Suk Ching



# THE PRINCIPAL AND THE OFFICE STAFF



From Left to Right

## Back Row

Ms. Lam Lin Ping, Ms. Ho Kit Ching,  
Ms. Fung Wai Ying, Ms. Yam Shuk Yee,  
Ms. Yeung Kit Wa,  
Ms. Tsoi Siu Chun, Ms. Tang Fong Mui,  
Ms. Tsui Ying Shan, Ms. Tang Sui Ping,  
Ms. Yuen Ting Yung

## Second Row

Ms. Wong Ching Ting, Ms. Tong Yan,  
Mr. Yeung Sing Kim, Ms. Hung Yin Ting,  
Ms. Ip Kit Wah

## Front Row

Mr. Lam Hau Shing, Ms. Hau Man Ying,  
Ms. Lai Yuk Kwan (Vice Principal),  
Mr. Tam Kim Hung (Principal),  
Mr. Fong Wing Sum (Vice Principal),  
Ms. Cheng Man Yee,  
Ms. Chan Cho Lee





## Core Committee

From Left to Right

### Back Row

Ms. Wong PY, Ms. Mui LY, Mr. Chon CH

### Front Row

Mr. Cheung KC, Mr. Fong WS,  
Mr. Tam KH (Principal),  
Ms. Lai YK, Ms. Kwong HY



## Academic Committee

From Left to Right

### Back Row

Ms. Tse WS, Ms. Wu CL, Ms. Lok YY,  
Ms. Tong MY, Mr. Pang YK, Ms. Tam YL,  
Ms. Tong WY, Ms. Chan KK, Ms. Yiu KB

### Front Row

Ms. Ho YN, Ms. Cheng MS, Mr. Lin PF,  
Mr. Lam ST, Mr. Cheung KC, Mr. Fong WS,  
Mr. Tam KH (Principal), Ms. Lai YK,  
Ms. Mui LY, Ms. Chow KY, Ms. Wong PY,  
Ms. Chan PH, Ms. Ho SC



## Other Learning Experiences Committee

From Left to Right

### Back Row

Ms. Yiu KB, Ms. Ho YN,  
Ms. Mui LY, Ms. Poon WS

### Front Row

Ms. Kwong HY, Ms. Cheng MS,  
Ms. Ho SC



## Career Guidance Committee

From Left to Right

### Back Row

Ms. Lim KC, Ms. Poon WS,  
Ms. Wong HT, Ms. Yim WL, Ms. LI Hi

### Front Row

Ms. Yeung YP, Ms. Mui LY,  
Ms. Kwong HY, Ms. Lok YY, Mr. Chon CH

## Guidance & Discipline Committee

From Left to Right

### Back Row

Mr. Wong KC, Ms. Cheung WS,  
Ms. Tam YL, Ms. Yuen SL, Ms. Tse WS

### Front Row

Ms. Lau OY, Ms. Tse CM,  
Ms. Chow SL, Ms. Wu CL



## Religious Education Committee

From Left to Right

### Back Row

Ms. Lau OY, Mr. Wong KC,  
Mr. Lee CH, Ms. Ng MN

### Front Row

Ms. Chiu HL, Ms. Yiu KB,  
Ms. Chow KY, Ms. Fan MY, Ms. Tong WY



## Civic Education Committee

From Left to Right

### Back Row

Ms. Chang CT, Mr. Pang KK,  
Ms. Tam YL, Ms. Li HI

### Front Row

Mr. Lee CH, Mr. Cheung KH,  
Ms. Ho YN, Mr. Chon CH



## Environmental Education Committee

From Left to Right

Ms. Chi KM, Ms. Liu SY,  
Ms. Tong WY, Ms. Leung PY,  
Ms. Chan WF, Mr. Cheung KH



## Information Technology Committee

From Left to Right

Ms. Chow CS, Mr. Cheung KC,  
Mr. Pang YK, Ms. Lau OY



## Publication & Publicity Committee

From Left to Right

### Back Row

Mr. Wong KC, Ms. Cheng SM.  
Mr. Pang KK, Ms. Cheung WS, Ms. Chan NM

### Front Row

Ms. Liu SY, Ms. Chan PH, Ms. Chung KK



## Gifted Education Committee

From Left to Right

### Back Row

Ms. Lim KC, Ms. Ng WT,  
Ms. Tong WY, Ms. Lau OY

### Front Row

Mr. Pang YK, Ms. Chow KY,  
Ms. Leung PY



## Reading & Library Committee

From Left to Right

Ms. Fan MY, Ms. Yeung YP,  
Ms. Wong PY, Ms. Ng MN,  
Ms. Tse CM, Ms. Chan WF



# TEACHER PROFESSIONAL DEVELOPMENT

*Based on the Generic Teacher Competencies Framework in Secondary Education Curriculum Guide (EDB, 2017), the teacher professional development programmes can be categorized into four domains: Teaching and Learning, Student Development, School Development and Professional Relationships and Services.*

*Our school has also organized respective school-based professional development programmes for teachers.*

## A. Teaching and Learning

### *How Data Facilitate School Learning and Teaching*

Dr. Chu Kai Wing, Principal of CCC Heep Woh College, was invited to share his experience on making use of student assessment data, such as their past academic results, to project students' performance in the near future, in June 2017. With the good use of such academic data, teachers could formulate more appropriate teaching strategies to enhance students' learning effectiveness.



Sharing by Dr Chu, Principal of CCC Heep Woh College

## B. Student Development

### *Understanding of NCS Students and Students with Diverse Learning Needs*

To facilitate better and thorough understanding of our students of diverse learning needs and cultural backgrounds in order to enhance our teaching effectiveness, corresponding talks were delivered by our school social worker and Mr. Li Wing Leung, the retired Principal of Sir Ellis Kadoorie Secondary School (West Kowloon), to share with teachers their respective precious experience.



Sharing by Mr. Li Wing Leung, Former Principal of Sir Ellis Kadoorie Secondary School



## C. School Development

### *Visit to the Institute of Vocational Education (Tsing Yi)*

'Gearing towards STEM education' is one of our major concerns in the school development plan. To equip our teachers with this latest education trend, a visit to the Institute of Vocational Education (Tsing Yi) was arranged in August 2017. This eye-opening experience provided our teachers a better understanding of the implementation of STEM Education in tertiary institutions.

### *Staff Development Tour to True Light Schools in Guangzhou*

This two-day staff development tour was held in June 2018. With the lesson observation, teachers' interflow and campus tours held during the visit, our teachers learnt more about the secondary education in China, the teaching professionalism of their peers in Guangzhou, as well as the True Light legacy.



Visit to IVE (Tsing Yi)



Staff Development Tour to True Light Schools in Guangzhou

Our eLearning sharing at 145<sup>th</sup> Anniversary of True Light Schools – Interschool Education Conference

Our English teachers' sharing at CCC EMI Secondary Schools Staff Development Day

## D. Professional Relationships and Services

### *CCC EMI Secondary Schools Staff Development Day & 145<sup>th</sup> Anniversary of True Light Schools – Interschool Education Conference*

The CCC EMI Secondary Schools Staff Development Day (Nov 2016) and 145th Anniversary of True Light Schools – Interschool Education Conference (March 2017) had provided precious opportunities for our teachers to enhance their professional knowledge and to share their good practices with the peers in the field, as our teachers of different disciplines had been invited to share their invaluable experience with teachers in Hong Kong.

### *New Teacher Mentorship Programme*

The New Teacher Mentorship programme is organized to help new staff to get adapted to our school culture and environment easily. Each new teacher is assigned with a subject mentor and a personal mentor, and at least two programmes, including an orientation in late August to familiarize them with the code of practice, school history and the school campus, and a mid-year meeting with the experienced mentors to discuss the challenges and difficulties they face, will be held to help solve their problems.



New Teacher Mentoring Programme



# INTERVIEWS OF TEACHERS

Not sitting throughout the whole assemblies seems unimaginable, but it happened at the time when Ms. Ho Suk Ching was studying at True Light Girls' College. As an honourable alumna and a Physical Education (PE) teacher, Ms. Ho has been witnessing the changes of several things and people at her school. What hasn't changed, she insisted, is all students' heart and devotion to alma mater.

"There weren't any chairs in the hall and everyone had to stand throughout the assemblies," said Ms. Ho. "We didn't feel tired as we were used to it."

It appeared that assemblies could boost everyone's endurance, patience and resilience, but Ms. Ho recalled that other school activities also showed the positive qualities of True Light girls. She wasn't a stranger in dancing and other sports events. Joining the Zonta Z Club at school also gave her many opportunities to serve the community.

Ms. Ho described the 10-day sea adventure in the Outward Bound programme as an once-in-a-lifetime experience. "One of our activities in this adventure was to spend a night on a deserted island. It was very frightening because of heavy rain and utter darkness on the island. I tried to be braver and faced the challenges I encountered. Surviving that night, the whole experiences of this adventure boosted my mental and physical endurance," she said.

Apart from such excursion, other Outward Bound activities also helped Ms. Ho develop a strong sense of responsibility. She said she had to perform her duties more conscientiously and work closely with other team members, too. Everything they did was to make sure they did it in a safe and pleasant way. The whole programme eventually helped her look outside the school and build up her confidence.

After cultivating positive beliefs and skills in and outside the school, Ms. Ho aspired to be a teacher. Asked why Ms. Ho chose to teach at TLGC, she said it was a coincidence. "Having applied for a teaching post in any schools of the Hong Kong Council of

## She is more than a PE teacher at TLGC

Interviewee: Ms. Ho Suk Ching  
Interviewer: Ada Wu Wan Sheung (4A)



Ms. Ho received the Teacher Commendation Certificate from Mr. Kevin Yeung, the Secretary for Education, in the 45<sup>th</sup> Anniversary Thanksgiving Service.

the Church of Christ in China, I was selected to teach at my alma mater. I believe their decision to select me was based on my close relationship with my school and teachers. I was also familiar with its missions and environment, which helped me adapt to my teaching duties more easily."

Having studying and teaching at TLGC for several years, Ms. Ho witnessed there were many changes in terms of the food, exterior designs, uniforms and facilities. "You'll be surprised when we could buy congees in the canteen. Eating congees as my breakfast was one of my most wonderful memories at TLGC especially it could keep us warm in winter. To ensure the safety of students, we don't sell congees anymore at the moment," she said.

"Another difference is our school sports uniform. We called it 'rainbow battle suit' because of its rainbow-streaked sleeves. With our dark blue tracksuit, the sports uniform looked very smart and chic," Ms. Ho recalled.

Ms. Ho added that the current school facilities were a lot different from the time when she was studying here. Unlike what we have today, she and her schoolmates didn't have air conditioners and lockers in the past but they were used to carry heavy books and sweat. You also couldn't spot the rainbow building as the school was all pale yellow. Thanks to the establishment of the new annex, students now have a spacious campus and many other special

rooms like the STEM Education Centre, a chapel-cum-school history archive and a multi-function room.

Despite some drastic changes of the "external appearances", the values and qualities of every True Light girls haven't been eroded. Having said that, Ms. Ho offered some useful advice to current True Light girls. "Don't limit yourself to one thing such as your hobbies, studies and careers. Try to step out of your comfort zones and participate in something different. This is a great way to discover your talents and reach your full potential. Also explore your strengths and weaknesses. Don't be arrogant if you're particularly strong at something. Always ask your teachers and schoolmates to give you feedback and improve yourself. Lastly, tolerate, accept and care about others. Put yourself in someone's place as it can help create a harmonious learning environment," Ms. Ho explained.

Even though Ms. Ho is a Physical Education teacher, it is her dearest hope that all True Light girls can be all-round persons. She cited what Chinese scholar wrote in On Teaching, "A teacher is one who transmits knowledge, provides for study and dispels confusion." Inspired by the scholar, Ms. Ho will continue to share her knowledge and values with students. Her dedication to the alma mater is to celebrate and promote the school motto "Thou art the light of the world".



# INTERVIEWS OF TEACHERS

Being a symbolic face, even an icon, of Business, Accounting and Financial Studies (BAFS) and career guidance at True Light Girls' College, Ms. Mui Lai-yuk has been meticulously and passionately serving the school.

Ms. Mui has been devoting all her energies and time to her alma mater. Her role as Assistant Career Mistress of Career Guidance Committee has greatly impressed many True Light girls. With sharing of her skills and experiences with students, Ms. Mui has played a prominent role in helping them plan their own paths such as selecting elective subjects, university courses and jobs.

When Ms. Mui was a Form One student, she was an eloquent speaker in our school's debate team. "My first duty was to help conduct research as it would lay the foundations of being a good debater. Everything I found had to be authentic and evidently true to make our arguments more persuasive. Thanked to my senior school sisters, I learnt many basic debating skills such as expanding my bank of examples, structuring arguments and analyzing issues," she said.

To carry out her research, Ms. Mui read many books and newspapers in libraries. However, she recalled that her senior school sisters gave her instruction on how to perform her tasks better.

"We had the opportunity of discussing the debate motion and what should be included in our arguments to make our debate speech more convincing. Up till Form Two, I had the chance to take part in various inter-House debating competitions. This taught me that everyone played their parts in the debating team, including the frontline and backup members," Ms. Mui said.

When Ms. Mui was a Form Four student, she followed in her senior school sisters' footsteps to teach junior school sisters how to carry out their research and debate.

## An Enthusiastic True Light Alumna-Teacher

Interviewee: Ms. Mui Lai Yuk  
Interviewer: Cindy Lau Yuet Yin (4A)



Ms. Mui (on the left) was pictured with Madam Li, Chairlady of Alumni Association, in the 45<sup>th</sup> School Anniversary Carnival.

Apart from debating competitions, she was an enthusiastic member of Green House and participated in many inter-House competitions such as debating competitions and the General Quiz. What was more unforgettable was her wholehearted contribution to her House cheering team. She diligently practised cheerleading postures in hope of winning the cheering team competitions in various school sports events.

"I remembered we had an opportunity to perform in front of all True Light girls at the joint-school Athletic Meets. Feeling very proud and thrilled, I had developed a very strong sense of belonging to my alma mater," Ms. Mui recalled.

Ms. Mui thanked her teachers for teaching her true values and knowledge. "Our teachers could be very strict. However, they actually gave us countless support because they always saw what we did wrong and gave us valuable feedback. With their remarks, I understood more about myself," she said.

Ms. Mui's devotion to TLGC was not restricted by the limited space of the school environment. "The school was enormously different from the time when I was studying here. Unlike

our current students who have their own classrooms, some of us had lessons in the floating classrooms because of insufficient classrooms. The new annex now offers many spacious, special and hi-tech rooms including STEM Education Centre, Music Room and Student Activity Centre."

Even though TLGC has been providing a pleasant and inspiring learning environment for students, Ms. Mui recommended current True Light girls to look outside the school. "Don't only focus on your studies as you should explore what is happening outside and what potential you can extend. For example, our school has been organizing numerous workshops, seminars, job-shadowing programmes and university tours to encourage students to get better prepared for their own academic and career paths."

Following the example set by her teachers, Ms. Mui was willing to share her knowledge and life experiences with the current students. She hoped every True Light girl to grasp every opportunity to explore where their passions lie.



# LEGACY AND GLORY





# 1970S: TRUE LIGHT PASSES ON 真光傳薪火

## 1972

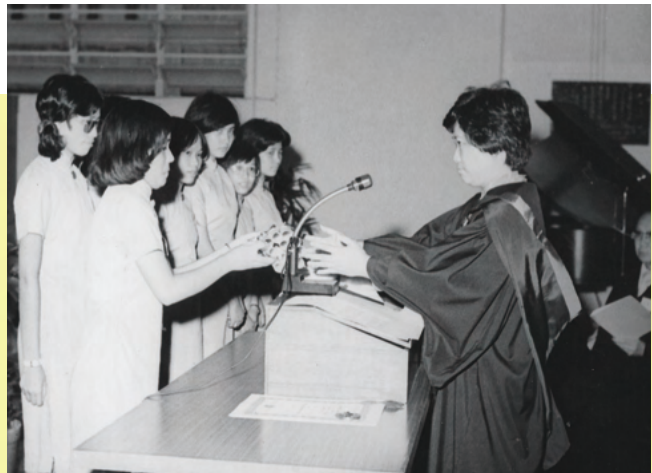
- To commemorate the centenary of the True Light Alma Mater, the Kowloon True Light Middle School Management Board, with the assistance of the Hong Kong Council of the Church of Christ in China, founded True Light Girls' College to help realize the vision of our school founder, Ms. Harriet Noyes, in girls' education, and to respond to the need of the community for English education and Anglo-Saxon secondary schools.



our school was founded in 1973

## 1973

- Rev. Peter Wong became the Chairman of the School Management Board and the School Supervisor. Ms. Faith Ko Man Wan was appointed as the founding Principal.
- The school opened in September with 13 teachers and 9 classes from Secondary One to Secondary Three.
- The Student Fellowship and the Drama Club were founded. They have become the two most long lasting student clubs in the school.



Prize Giving Day in early 1970s

## 1974

- The School Inauguration Ceremony cum Thanksgiving Service was held on 30<sup>th</sup> November, 1974.

## 1975

- The Form Associations and the Science Society were established.



performance of the graduates at Second Graduation Ceremony



Light Passing Ceremony in early 1970s

## 1976

- The school size grew into 17 classes from Secondary One to Secondary Six with 25 teachers and 659 students.
- Our students sat for the Hong Kong Certificate of Education Examination (HKCEE) for the first time, and the passing rate reached 83.16%.
- The House System was established, as well as the Zonta Z Club and the Art and Design Club.



Joyful Club in 1970s

## 1977

- There were a total of 735 students with 21 classes from Secondary One to Secondary Seven.
- The First Annual Athletic Meet was held.

## 1978

- The first batch of students studying here since Secondary One sat for the HKCEE. The passing rate rose to 93.86%.
- The "Principal Cup" and the "Alumni Cup" were first awarded to the House which respectively won the Overall Championship in the Athletic Meet and the Best Overall Performance Prize.



Christmas Celebration in 1970s

## 1979

- The Zonta Z Club was awarded the "Most Active Zonta Z Club" Prize for many times since the 1979 – 1980 school year.



# 1980S: LIGHT OF CHRIST SHINES UPON 光耀基督愛

## 1980

- TLGC became a school of 24 classes with 898 students.
- The school social worker service started. A social worker was arranged by the Social Welfare Department to visit the school once a week.
- Vietnamese children from the refugee camps were invited to join our Christmas Celebration.

## 1981

- Chan Man Sze became the first student in our school to obtain 9 distinctions in the HKCEE.



Inter-Form Drama Competition in early 1980s



Chinese dance at 10<sup>th</sup> School Anniversary Celebration

## 1983

- The School Management Board Scholarship was founded to award students with excellent performance in the HKCEE.
- The first Swimming Gala, organized with the initiative of the students, was held. It then became a biennial school event.
- The 10<sup>th</sup> School Anniversary Ceremony was held and officiated by the Director of Education Department, Mr. Topley.
- Our school joined the Sister Schools Scheme of the Education Department and provided recreational and voluntary services to the mentally retarded children in Caritas Lok Kan School from 1983 to 1988.

## 1984

- The Community Youth Club was set up.



S1 Form Association Inauguration in early 1980s



a Percussion Marching Band parade at  
15<sup>th</sup> School Anniversary Celebration



Staff photo 1987-88



the old staff room in early 1980s

## 1985

- The Computer curriculum was first introduced, with lessons conducted in a Computer Room converted from the original Medical Room.

## 1986

- Human Biology was introduced as a HKCEE subject for the Arts students.
- Five issues of True Light Girls' College School Newspaper were published between 1986 and 1991.

## 1988

- In the 15<sup>th</sup> School Anniversary Ceremony, the Director of Education Department, Mr. Li Yuet Ting, J.P., was invited to officiate at the unveiling ceremony of the School Founder Brief History Plaque and the inauguration ceremony of the School Percussion Marching Band.

## 1989

- Our school won the Overall Championship in the final and Fourth Joint True Light Schools Athletic Meet. This Joint True Light Schools Athletic Meet had been previously held every three years, starting from the first one held in 1981-82. Our school hosted the second one, and our School Cheering Team won the Best Cheering Team Award in the third Athletic Meet.



# 1990S: GIRLS' EDUCATION BECKONS 女學見姿彩

## 1990

- The charitable "KF Operation", organized by the Student Counselling Committee, was held with stall games to raise funds for the Hong Kong Kidney Fund.

## 1991

- The annual "Five Loaves and Two Fishes" fund-raising function was held for the first time before the Easter Holiday.

## 1992

- The Student Social Service Corps was established.

## 1993

- The dawn-breaking "Family Gathering Day at School" was held with different kinds of educational games and recreational activities for parents and students.

## 1994

- In the 20<sup>th</sup> School Anniversary Celebration, the "Students' Green Declaration" was made by our student leaders and student representatives of other schools as a milestone of our environmental protection movement.

## 1995

- The True Light Girls' College Alumni Association was established with Ms. Yeung Pui Shan elected as the first Chairlady.



The Green Declaration made by student leaders at 20th School Anniversary Celebration



School Family Day 1993



Fashion Show 1996



A drama performance at Charity Fun Fair 1997



## 1996

- Our school was ranked Division One in the Interschool Athletics Championship.

## 1997

- Ng Jia Yan obtained eight distinctions in the 1997 HKCEE.

## 1998

- Rev. Wu Ping Kit succeeded the retired Rev. Lee Ching Chee as the School Supervisor.
- Mr. To Yiu Kwan was appointed as the new Principal and started a new page for the school with many fascinating developments.
- Our school was listed by the Education Department as one of the 114 English as the Medium of Instruction (EMI) schools.



Mr. To Yiu Kwan became our Principal in 1998

## 1999

- Our 5-day week school timetable was replaced by a 6-day cycle system.
- The school library service became computerized.
- The four True Light secondary schools started to jointly organize overseas study tours during the summer vacation.
- The Parent Teacher Association was established with Mr. Lee Wing Kay as the first Chairman.



a staff development day in late 1990s



# 2000S: COLLEGE REACHES NEW HORIZONS 書香新世代

## 2000

- The Student Union and the School Philharmonic Orchestra were founded. The School Newspaper, named "Echo", was re-published.
- The new Computer Room was opened, the Art Room, the Chemistry Laboratory and the Cookery Room were refurbished, and the staff room was renovated with access to the Internet from the teachers' desks.

## 2001

- The Oxfam Club, Civic Education Society, Green Club, Pan Flower Handicraft Club and Taekwondo Club were founded.

## 2003

- The first Open Day and the first Annual Concert were successfully held, while the 30<sup>th</sup> Anniversary Banquet was held as the first splendid dinner organized by the school.
- The School Office was refurbished, with a Reception Room and a Medical Room included in the renovation.

## 2004

- Leung Pak Yee obtained 5 distinctions in the Hong Kong Advanced Level Examination.
- AL Business Studies and AS Liberal Studies were introduced to our curriculum.



Student Union Election 2007



Circus Extravaganza 2004



A school assembly in the SARS year of 2003



Athletic Meet 2001



## 2005

- Principles of Accounts and Civic Education were introduced at the senior secondary and junior secondary levels respectively.
- The school hall was refurnished and the school canteen was renovated into a mini hall cum canteen.

## 2006

- Life Education was introduced at the junior secondary level.
- The five-storey New Annex was formally inaugurated in the 33<sup>rd</sup> School Anniversary Ceremony.

## 2007

- Our school was awarded a grand slam of all the four first prizes in the Schools' Roof Greening Competition.
- Dr. Lily Sun Sui-fong, the granddaughter of Dr. Sun Yixian, visited the school and shared with students the political career and patriotic ideas of her grandfather.
- The school lobby was renovated with the installation of the Smart Card System.

## 2008

- Mr. Tam Kim Hung was appointed our third Principal.
- The Sky Garden and the Digital Creative Arts Centre were both officially inaugurated in the 35<sup>th</sup> School Anniversary Thanksgiving Ceremony.
- The 35<sup>th</sup> School Anniversary Concert was held at the Jockey Club Auditorium of Hong Kong Polytechnic University, staging our first English Musical, "The Wizard of Oz".

## 2009

- The Performing Art Gallery was set up in the New Annex and officially inaugurated in the 36<sup>th</sup> School Anniversary Ceremony.
- The Biology Laboratory was refurbished and a Prayer Room was newly built.



farewell to back hill court

35<sup>th</sup> School Anniversary Musical "The Wizard of Oz"



# 2010S: LEGACY BREEDS FRAGRANCE FROM CRAYON 院深見棟樑

## 2010

- Both the Science Laboratory and Physics Laboratory underwent renovation.

## 2011

- The Incorporated Management Committee (IMC) was established.
- The Cross-Curricular Learning Day was introduced.
- The E-learning Pilot Scheme was jointly launched with the other three True Light Secondary Schools in Hong Kong.
- The interflow with the Education undergraduates of Dongguk University from South Korea was held for the first time. Several more interflows were organized in the later years.

## 2012

- Career Education was introduced in the Secondary Four curriculum. It was extended to Secondary Three in 2014.
- The first local student exchange programme was organized with Munsang College.
- The first exchange student from Austria, Julia Zahlner, attended Secondary Four at our school.

## 2013

- Cheung Yik In attained 5\*\* in 7 subjects & 5\* in Mathematics (Extended Part) in 2013 HKDSE.
- Business and Economics was introduced in the Secondary Three curriculum.
- The school celebrated its 40<sup>th</sup> Anniversary with Open Days, the Student TV cum School History Gallery Inauguration Ceremony, and the 40<sup>th</sup> Anniversary Variety Show and Musical, "Godspell".

40<sup>th</sup> School Anniversary Walkathon

Plaisin de la Musique 2012



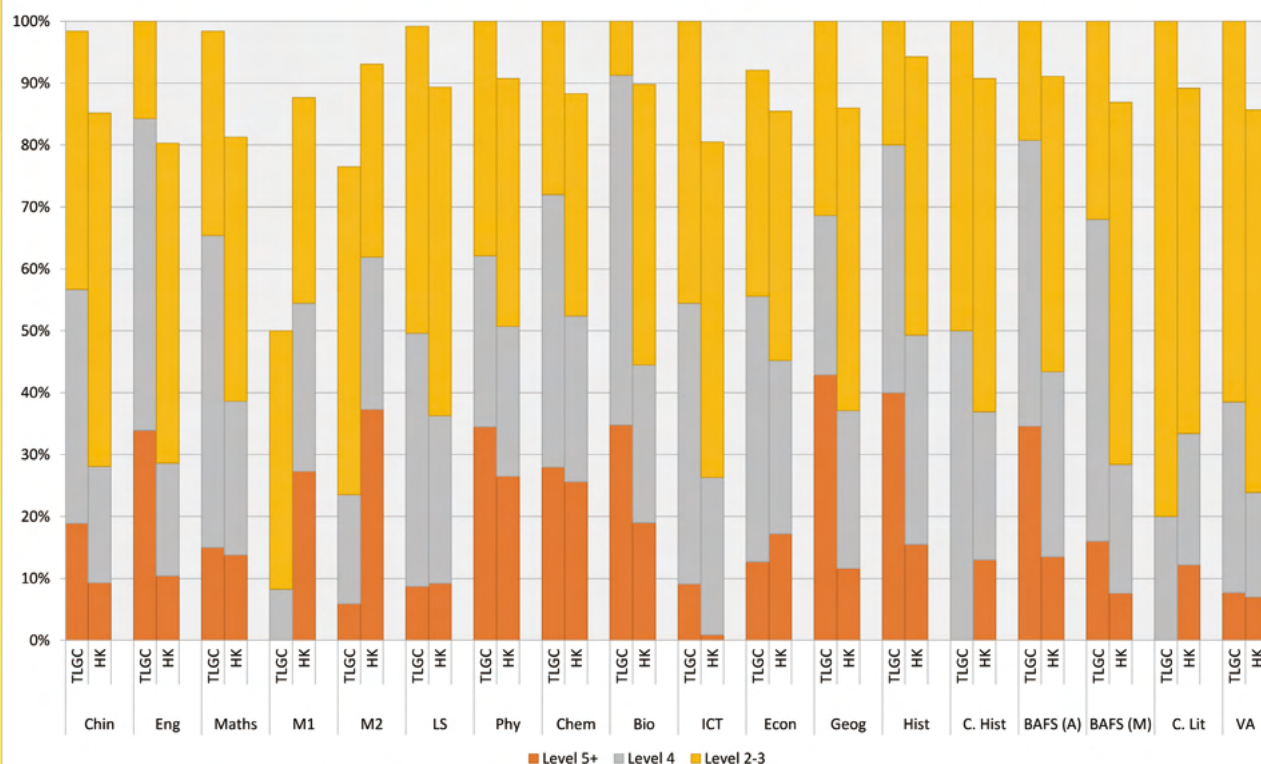




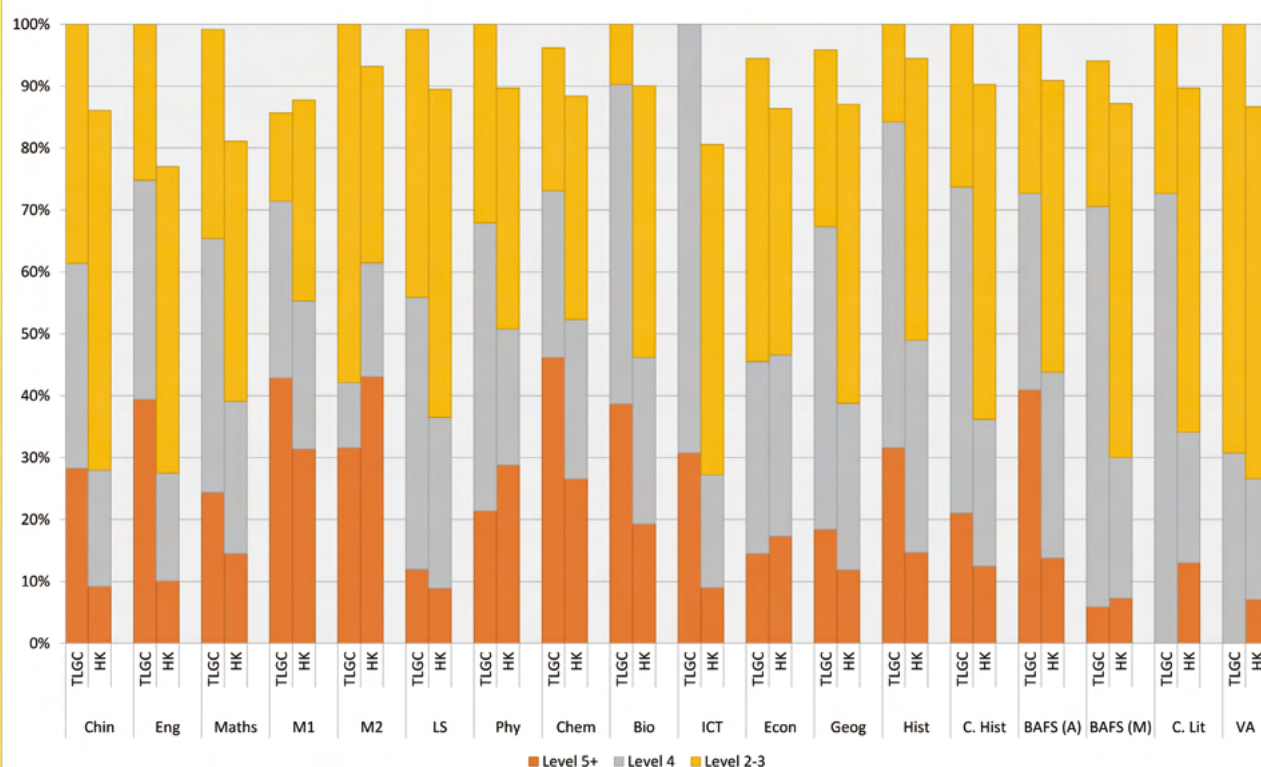
# HKDSE ACHIEVEMENTS

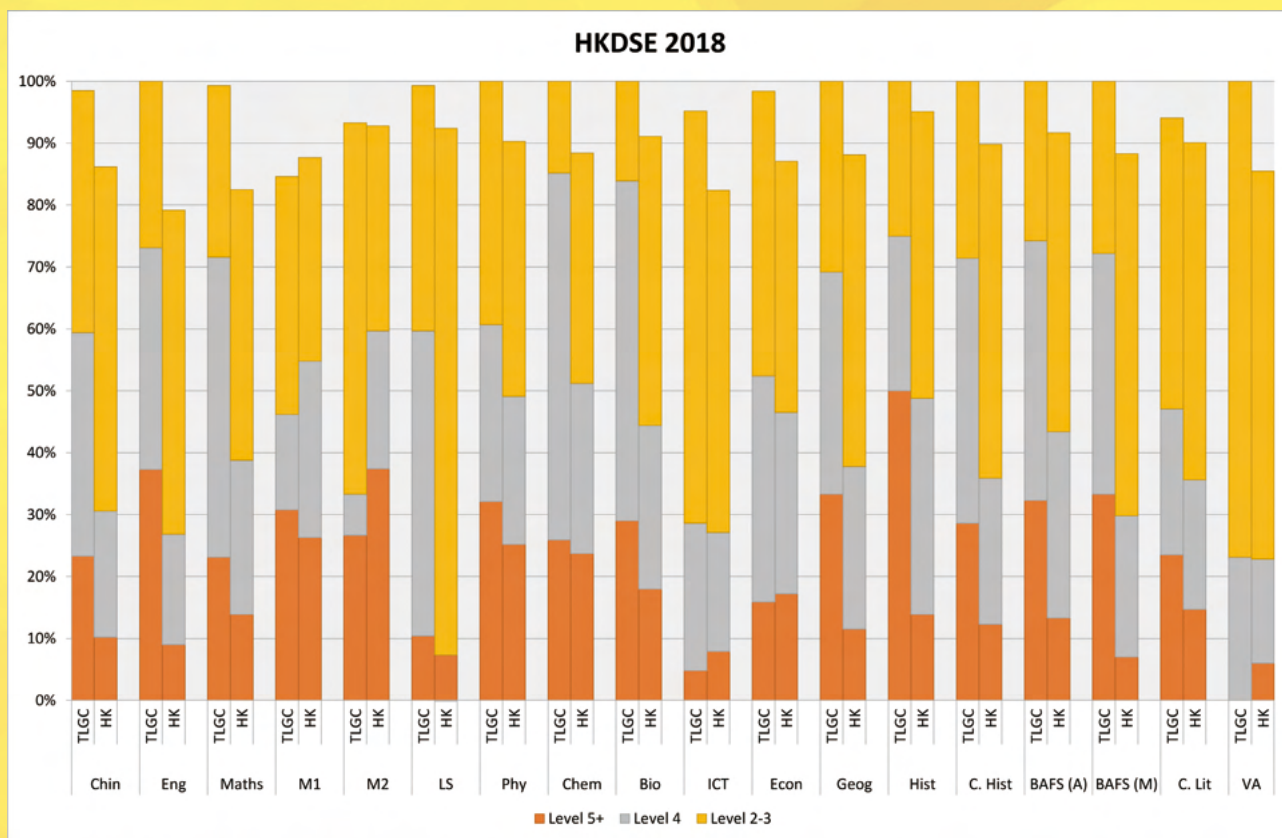
## Subject Results

HKDSE 2016

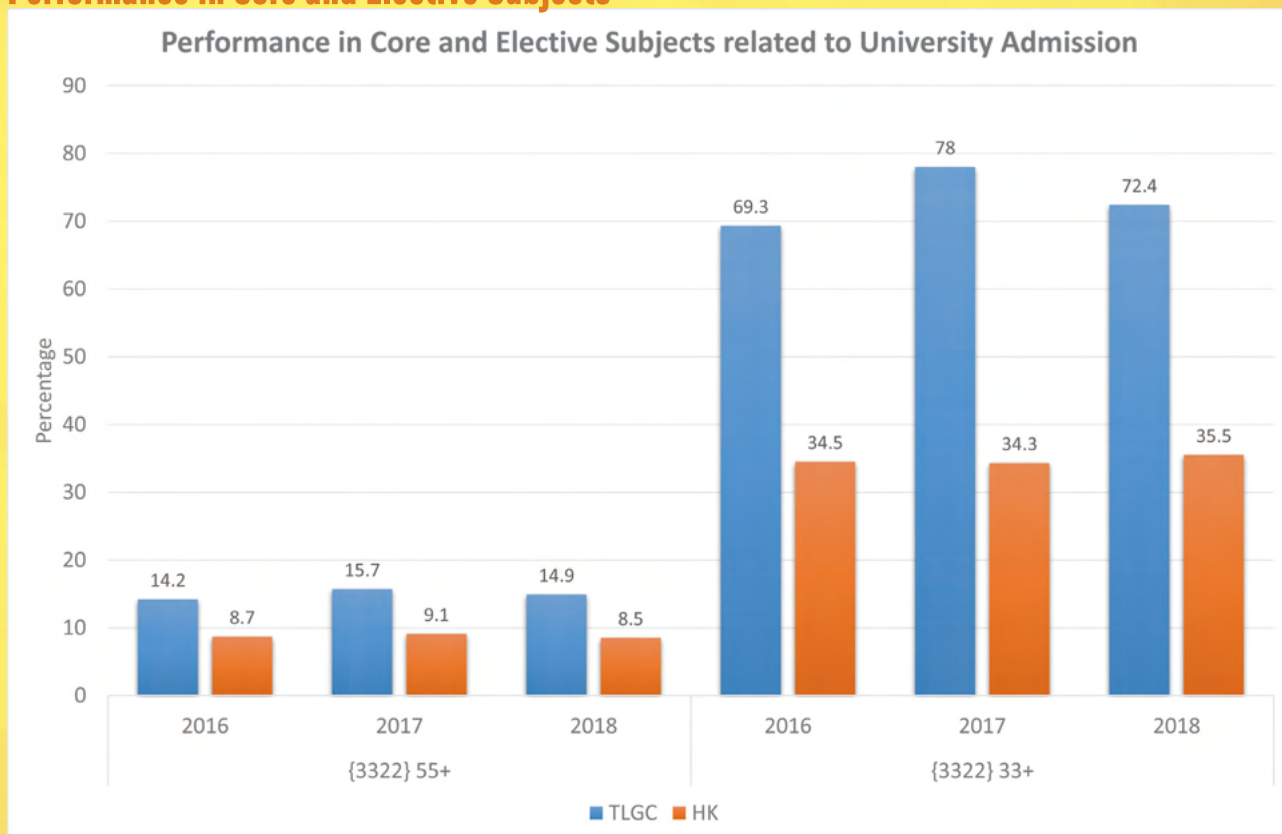


HKDSE 2017





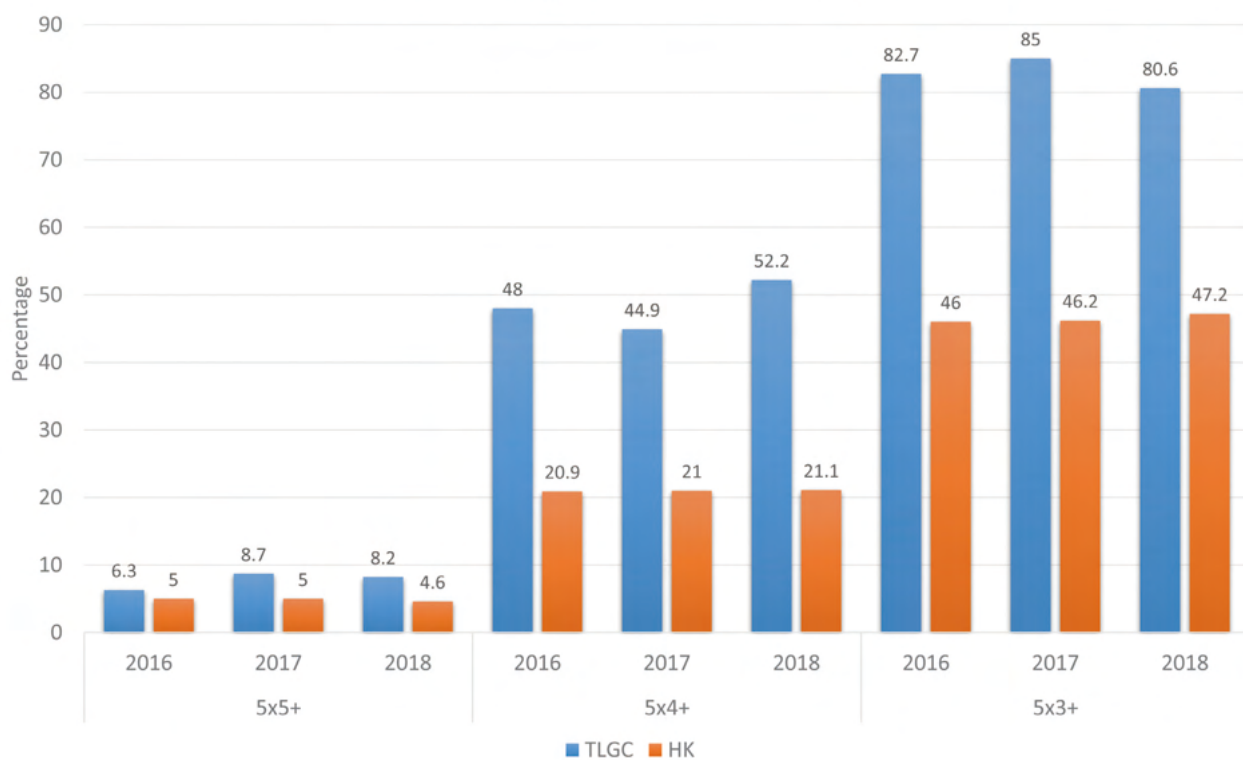
## Performance in Core and Elective Subjects



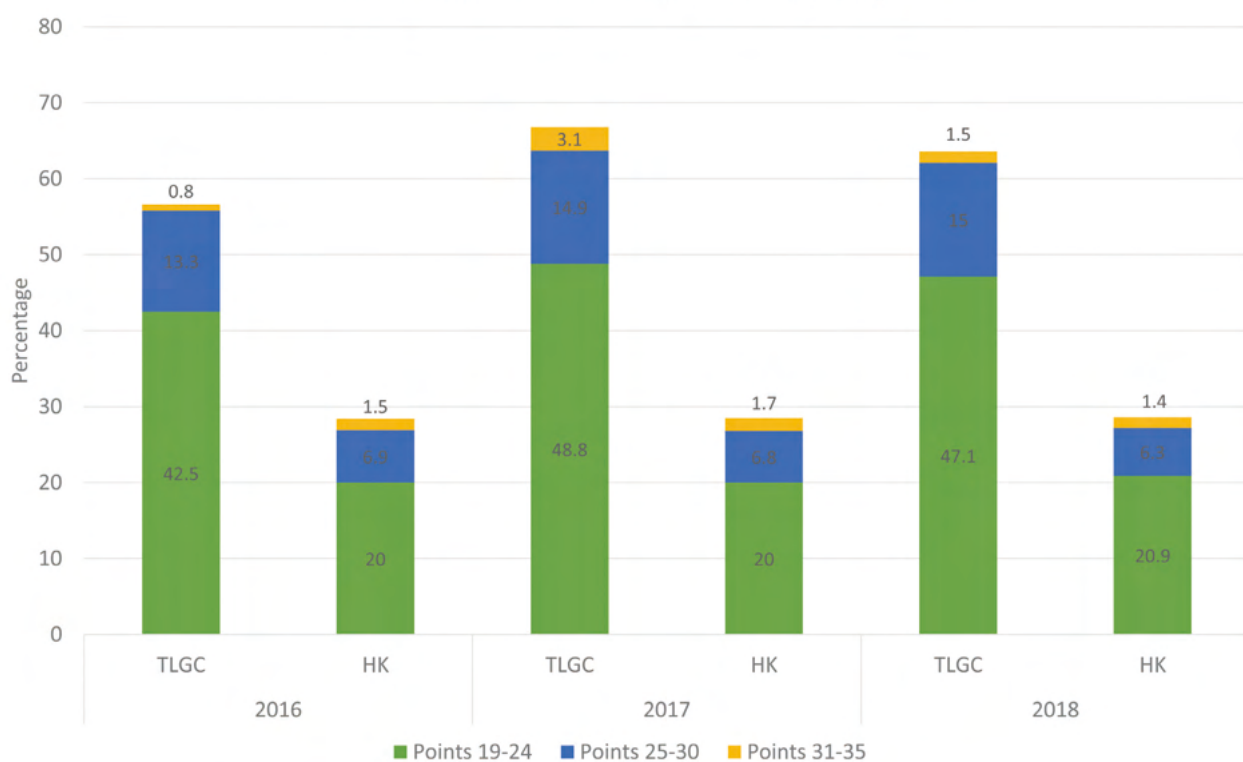


## Best Five Subjects

General Performance in Best Five Subjects



Grade Point Distribution in Best Five Subjects



# MAJOR AWARDS AND PRIZES 2015 — 2018

## English & Chinese Language Education

### 2015-2016

#### 67<sup>th</sup> Hong Kong Schools Speech Festival

- ★ Public Speaking Champions – Chow Karis 3A, Wun Consuelo 3C, Siu Wing Yi Gabriella 3C
- ★ Solo Verse Speaking Champion – Siu Wing Yi Gabriella 3C

#### St. Patrick's Cup Debating Competition 2016

- ★ Champions – Debating Competition

#### 中國中學生作文大賽

- ★ 銅獎（香港賽區決賽）— 張彤6A

#### 「向老師致敬2015」中文徵文比賽

- ★ 亞軍（中四至中六組別）— 傅嘉蔚5A

#### 第六十七屆香港學校中文朗誦節

- ★ 冠軍 — 羅靜宜2B, 葉韻祈2C, 李亭穎1A

### 2016-2017

#### 68<sup>th</sup> Hong Kong Schools Speech Festival

- ★ S1 Girls Choral Speaking Champions
- ★ Solo Verse Speaking Champions – Tsang Tsz Wing 3A, Chow Hei Tung 1A
- ★ Dramatic Duologue Champions – Chiu Chun Ling 5A, Leung Oi Lun 5D; Yep Pui Yi 3A, Liang Ka Yi 3A; Chien Long Ching 1C, Chui Mei Yan Ceci 1C

#### St. Patrick's Cup English Language Debating and Public Speaking Competition 2017

- ★ Champions – Debating Competition

#### 香港浸會大學文學院主辦「第九屆大學文學獎」

- ★ 少年作家獎 — 鄧子瑤 6D

#### 香港高中校本評核優秀學習成果獎

- ★ 中國語文科冠軍 — 趙芷琦6A

#### 香港教育專業人員協會主辦「第28屆中學生好書龍虎榜」

- ★ 冠軍（初級組讀後感寫作比賽）— 周慧琳 3C

#### 第六屆香港青少年科幻小說創作大賽

- ★ 亞軍（初中組）— 周慧琳 3C

#### 第六十八屆香港學校中文朗誦節

- ★ 冠軍 — 黎愷欣4A, 鄧惠儀 4A

### 2017-2018

#### 69<sup>th</sup> Hong Kong Schools Speech Festival

- ★ S1 Choral Speaking Champion
- ★ Solo Verse Speaking Champion – Chan Chi Wing Alison 4B

#### St. Patrick's Cup English Language Debating and Public Speaking Competition 2018

- ★ Champions – Debating Competition

#### 香港中華廠商聯合會主辦「更生微電影觀後反思徵文比賽」

- ★ 季軍（高中組）— 周慧琳4C

#### 第二十屆全港中小學普通話演講比賽

- ★ 優異星獎（九龍區初中組）— 周芷曦3B



香港高中校本評核優秀學習成果獎中國語文科冠軍



St. Patrick's Cup English Language Debating and Public Speaking Competition 2017 Champions – Debating Competition



# STEM, Mathematics, Science & Technology Education

## 2015-2016

Secondary School Mathematics & Science Competition 2015

- ★ High Distinction (Biology) – Leung Chi Hang 6D

Hong Kong Polytechnic University Secondary School Mathematics and Science Competition 2016

- ★ Medal (Chemistry) – Lau Wai Shan 5A
- ★ High Distinction (Chemistry) – Chan Nok Tung 5A, Fu Ka Wai 5A
- ★ High Distinction (Biology) – Lo Ying Yan 5A, Leung Yan Tung 5C
- ★ High Distinction (Physics) – Lee Ching Man 5A, Ng Hoi Ying 5A
- ★ High Distinction (Mathematics) – Chan Nok Tung 5A, Li Sze Man 5A

Australian National Chemistry Quiz 2015

- ★ High Distinction – Lau Wai Shan 5A

Chemists Online Self-Study Award Scheme (COSAS) 2015-2016

- ★ Platinum Award – Yeung Pui Yu 6A, So Fook Yan 4D

World Telecommunication and Information Society Day Hong Kong 2016

– HUAWEI Lend a Helping Hand with ICT Community Caring Award

- ★ Champion – Li Yuhuan 5B

學習如此多紛2016：電子學習套件製作比賽

- ★ 優秀演繹獎、優秀研習報告獎、優異獎 — 吳凱盈5A, 陳曉韻5B, 李裕歡 5B

2016環亞太國際數學邀請賽

- ★ 一等獎 — 李佩榆 2A



電子學習套件製作比賽優秀演繹獎

## 2016-2017

Celebration of the 20<sup>th</sup> Anniversary of the Establishment of the HKSAR - "Togetherness" Video Competition (Secondary School)

- ★ Champions (Secondary School Category) – Yip Tin Kuen 5C, Chee Ka Ka 4A, Lai Hoi Yan 4A, Lam Hoi To 4C

Australian National Chemistry Quiz 2016

- ★ High Distinction Excellence – So Fook Yan 4D
- High Distinction – Chan Nok Tung 6A, Chan Yan Yan 5A

Inter-school Mobile Application Development Contest (IMADC) 2016

- ★ First Runners-up (Concept Stream – Senior Group) – Ng Hoi Ying 5A, Chan Hiu Wan 5B, Leung Oliver Krystal 5B, Li Yuhuan 5B, Law Sha Lee 5D

第十五屆培正數學邀請賽決賽

- ★ 優異 — 李心怡2D



Celebration of the 20<sup>th</sup> Anniversary of the Establishment of the HKSAR - "Togetherness" Video Competition – Champions (Secondary School Category)

## 2017-2018

Odyssey of the Mind Hong Kong Regional Tournament 2018

- ★ Problem 4 – Animal House Division III – 2<sup>nd</sup> Runners-up

Australian National Chemistry Quiz 2017

- ★ High Distinction Excellence – So Fook Yan 5D
- ★ High Distinction – Wong Sin Tung 4C, Leung Kar Nam 4D

Chemists Online Self-Study Award Scheme (COSAS)

- ★ Certificate of Platinum – So Fook Yan 5D, Yau Hoi Ching 4A, Yeung Cheuk Lam 4D, Chu Hiu Lam 4D

「現代激答2017-18 活力暑期篇及至醒開學篇」

- ★ 中三組別亞軍 — 胡海晴3B
- ★ 九龍區中學組最積極參與獎

華夏盃全國數學奧林匹克邀請賽2018 (香港賽區)

- ★ 一等獎 (晉級賽) — 何寶鸚3A

港澳盃 HKMO Open

- ★ 金獎 — 劉悅然4A, 周汶穎3D, 何寶鸚 3A, 周儷安1A
- ★ 中華基督教會創會一百周年區會魔力橋 (Rummikub) 比賽
- ★ 二等獎及最佳隊員獎 — 曾孝霖4C



「現代激答2017-18 活力暑期篇及至醒開學篇」九龍區中學組最積極參與獎

# Arts Education

## 2015-2016

### 68<sup>th</sup> Hong Kong Schools Music Festival

- ★ Graded Piano Solo (Grade Seven) Champion – Chow Wing Yin Wynne 3B
- ★ Female Voice Duet (Age 14 or under) Champion – Ng Cheuk Ying 3C, Li Yan Seen Olive 3C
- ★ 琵琶獨奏(高級組)冠軍 – Yiu Hoi Ching 4C

### Sixth Winter Choral Festival

- ★ Senior Mixed Choir, Mixed Voices (Age 16 or under) Gold Award

### My Australian Christmas Card Competition 2015 (organized by Australian Consulate General Hong Kong)

- ★ The Senior Secondary School Category 1<sup>st</sup> Runner-up – Ho Man Yi 5B

## 2016-2017

### My Brilliant Kids International Children's Art Competition 2016

- ★ Overall Champion – Lai Kei Kwan 2A

### DSH Illustration Competition 2016 for Health Care Service Industry

- ★ Champion – Li Qinghua 6C

### GNET STAR World Children's Art Competition 2016

- ★ Gold Award (Painting in Youth Section) – Lai Kei Kwan 2A

### GNET STAR "I Love Summer"

#### 兒童創作比賽(環保袋設計)

- ★ Gold Award in Youth Section – Lai Kei Kwan 2A

#### Art in Your Life – Youth Design Campaign

- ★ Secondary School Division Best Design Award – Chow Sin Man 5B, Wan Lok Yi Angel 5B, Tsui Pui Sze 5D, Kwok Ka Lam 4A, Lee Hannah Ka Yee 4B

### 69<sup>th</sup> Hong Kong Schools Music Festival

- ★ Church Music (Chinese) Secondary School Choir Age 14 or under – Champion
- ★ Female Voice Duet (Age 19 or under) 1<sup>st</sup> runner up – Ng Cheuk Ying 4B, Li Yan Seen 4C
- ★ Oboe Solo Secondary School Senior 1<sup>st</sup> runner up – Leung Hoi Tung 3D
- ★ 箏獨奏中級組亞軍 – 陳心朗 1A
- ★ 粵曲對唱公開組亞軍 – 謝思晴 5D

### Winter Choral Festival 2016

- ★ Equal Voices (16 years and below) – Silver Award

### Hong Kong International Acappella Contest 2016

- ★ Ensemble – Silver Award

## 2017-2018

### 70<sup>th</sup> Hong Kong Schools Music Festival

- ★ Church Music (Chinese) Secondary School Choir Age 14 or under – Champion
- ★ Graded Piano Solo Grade 4 Champion – Yeung Ying Hei 1A
- ★ Zheng Solo Intermediate Champion – Wan Ka Yan 1C
- ★ Female Voice Duet Age 19 or under 1<sup>st</sup> Runner-up – Ng Cheuk Ying 5B, Li Yan Seen Olive 5C
- ★ Graded Piano Solo Grade 4 1<sup>st</sup> Runner-up – Cheng Cheuk Ying 4C
- ★ Descant Recorder Solo (Aged 19 or Under) 1<sup>st</sup> Runner-up – Lee Yu Ching 4C

### Hong Kong International Accapella Competition 2017

- ★ Gold Award – Accapella Team

### "The Melody of Love" Joint School Concert 2018

- ★ Outstanding Performance Award (Champion) – Accapella Team

### 優質教育基金20周年海報設計比賽

- ★ 初中組冠軍 – 王偉賢 3C

### 創夢校園。中x大學生創新學校設計比賽

- ★ 最佳創新校園獎總冠軍 – 麥芷妍 5B, 黃諾琳 5C, 葉櫻潼 5C, 葉舒琳 5D

### 第二屆城市大學香港高中校本評核優秀學習成果獎

- ★ 視覺藝術科推薦獎 – 周羨汶 6B

### 「畫出心思」國際繪畫比賽2018

- ★ 一等獎 – 曾慶福 3B

### 全國少年兒童美術書法攝影大賽

- ★ 書法壹等 – 林珈瑤 3B

### 印象台灣行李牌設計比賽

(中國文化協會主辦)

- ★ 初中組一等獎 – 馮皓慈 3B



印象台灣行李牌設計比賽  
(中國文化協會主辦)  
初中組一等獎



創夢校園。中x大學生創新學校設計比賽  
最佳創新校園獎總冠軍



優質教育基金20周年海報設計比賽初中組冠軍



# Physical Education

## 2015-2016

Inter-School Basketball Competition 2015-2016

- ★ Girls A Grade – Champion

Inter School Table Tennis Competition 2015-2016 (Division II)

- ★ Girls Overall Champion

Inter-School Cross Country Competition 2015-2016

- ★ Girls B Grade Individual Championship – Fung Ching Man 3A

Inter-School Swimming Championship 2015-2016 (Division II)

- ★ Girls B Grade 4x50m Medley Relay – 1<sup>st</sup> Runner-up

Inter-School Table Tennis Competition 2015-2016 (Division II)

- ★ Girls B Grade – 1<sup>st</sup> Runner-up

全港學界跳繩比賽 2016

- ★ 中學組全港總亞軍
- ★ 二重跳之王冠軍 — 譚嘉嫻 2D
- ★ 2 x 30秒 二重速度接力冠軍 — 賴恩盈2C, 譚嘉嫻2D
- ★ 2分鐘6-8人大繩8字接力賽冠軍 — 方靄盈4A, 謝美儀4A, 梁思彤4C, 唐興平4C, 潘靜3B, 吳倩慧3C, 賴恩盈2C, 譚嘉嫻 2D



Inter-School Squash Team Competition 2017-2018 Girls' Overall 3<sup>rd</sup> Runners-up



52<sup>nd</sup> Schools Dance Festival Western Dance – Honours Award

## 2016-2017

Inter-School Athletic Competition 2016-2017

- ★ Grade B 100m Champion & Grade B 200m Champion – Ng Hei Hiu 3C
- ★ Grade B 800m Champion & Grade B 1500m Champion – Fung Ching Man 4A
- ★ Girls Grade B – 1<sup>st</sup> Runner-up
- ★ Grade B 4 x 100 m Relay – 1<sup>st</sup> Runner-up
- ★ Grade A Long Jump 1<sup>st</sup> Runner-up – Chan Suen Wan 5A
- ★ Grade A High Jump 1<sup>st</sup> Runner-up – Ng Tsoi Wing 5D
- ★ Grade C 1500m 1<sup>st</sup> Runner-up – Chan Yee Hing 1A

Inter-School Cross Country Competition 2016-2017

- ★ Girls Overall Champion
- ★ Girls B Grade Overall Champion
- ★ Girls C Grade Overall Champion
- ★ Girls B Grade Individual Champion – Fung Ching Man 4A

The 44<sup>th</sup> HK Open Dance Contest

- ★ Western Dance Gold Award

53<sup>rd</sup> Schools Dance Festival

- ★ Western Dance Section (Turkish Dance) – Honours Award and Choreography Award

全港跳繩錦標賽 2017

- ★ 1x30秒速度跳比賽冠軍 — 賴恩盈3A



53<sup>rd</sup> Schools Dance Festival Western Dance (Turkish Dance) Honours Award and Choreography Award



Inter-School Cross Country Competition 2015-2016 Girls B Grade Individual Championship

## 2017-2018

54<sup>th</sup> Schools Dance Festival

- ★ Western Dance Section (Hungarian Dance) – Honours Award and Choreography Award

Inter-School Table Tennis Competition

- ★ Girls B Grade 1<sup>st</sup> Runner-up

Inter-school Cross Country Competition 2017-2018 (Division II)

- ★ Girls C Grade Individual 1<sup>st</sup> Runner up – Chan Yee Hing 2C



Inter-School Basketball Competition 2015-2016 Girls A Grade - Champion

## Other Learning Experiences

### 2015-2016

Zonta International District 17, Z Club Outstanding Advocacy Award

- ✦ First Place – TLGC Zonta Z Club

The Chief Commissioner's Guide Badge of the Girl Guides 2015-16

- ✦ Chief Commissioner's Guide Badge – Leung Chuek Wing 6A, Au Hoi Ming 6B, Kwan Yuet Ying 6B, Wong Choi Ching 6B

Girl Guides Chief Commissioner's Guide Badge & Outstanding Unit Award (2015-16)

- ✦ Outstanding Unit Award

Annual Inspection of Hong Kong Safety Patrol Kowloon West Region (2015-16)

- ✦ Championship

V-ARE\_ONE 義人行學界義工計劃2015-2016

- ✦ 傑出義工學生 — 鍾詠謠6A
- ✦ 超卓學校策劃 — 真光女書院

Working Reality 終極大賽

- ✦ 最佳營運亞軍 — 劉佩瑜6A, 蕭明意6A
- ✦ 最具心思創意獎 — 劉佩瑜6A, 蕭明意6A, 鄭伶俐6A, 何君栩6A, 梁濤曦6A

「商校合作 - 企業杏林：尋找企業家的故事」訪談短片製作比賽

- ✦ 總冠軍及最佳主題 — Lee Ching Man 6A, Li Yuhuan 6B, Law Sha Lee 6B

交通安全隊「無毒有關愛，家庭幸福載」中學組禁毒海報設計比賽

- ✦ 中學組冠軍 — 邱韻儀4D, 黃佳琳4D, 李曉彤3B, 方雅琪 3D

關愛樹推廣計劃

- ✦ 「積極推動計劃」 — 真光女書院

「義油未盡油尖旺」城市定向比賽

- ✦ 冠軍 — 鍾詠謠5A, 陳心謠5B, 李裕歡5B, 羅莎莉5D

### 2016-2017

Hope for Success 2016

- ✦ Gold Award (Best 20 Proposals) – Chan Yan Yan 5A, Lee Wing Yi 4D

Annual Inspection of Hong Kong Road Safety Patrol Kowloon West Region

- ✦ Championship

Hong Kong Road Safety Association

- ✦ The Director's Honorary Commendation Award – Fong Nga Ki 4A, Wong Ho Yi 4B, Li Wing Ki 3D

Girl Guides Chief Commissioner's Guide Badge & Outstanding Unit Award

- ✦ Chief Commissioner's Guide Badge – Ho Pik Chi 6C, Mah Shuk Yu 6C, Tsang Nok Hei 6D, Leung Wing Ching 5A, Wong Yan Yi 5C, Kuang Yuyan 5D, Lee Wai Nga 5D
- ✦ Outstanding Girl Guide Award – Wong Yan Yi 5C

Hong Kong Playground Association Mong Kok Integrated Service Centre for Children and Youth Photography Competition

Champion – Yik Miu Sze Milcy 3B

Kiwanis International Community Service Award

Winner – Law Sha Lee 6D

青Teen講場2016 — 模擬法庭比賽

- ✦ 最佳隊伍
- ✦ 最佳律師 — 吳卓盈4B, 李心怡3A

十面埋「服」社會創新服務大賽

- ✦ 冠軍 — 真光女書院



2017-2018

Junior Career Planner Contest 2017

- ★ Champion – Chan Pui Lam (4C), Chang Hui Ling (4C) ,  
Chow Wai Lam (4C), Ho Mei Sze (4C)

Hope for Success 2017

- ★ Life Planning Grand Prize – Chan Yan Yan 6A
- ★ Gold Award (Best 20 Proposals) – Wong Hei Ching Amy 5D

Annual Inspection of Hong Kong Road Safety Patrol Kowloon West Region

- ★ Championship

Road Safety Youth Leader

- ★ Road Safety Leader Prize – Chan Ching Yan 3A, Hsu Lam Lam 3A,  
Lau Rachel 3A, Tung Ue Chi 3A

LegCo Mock Debate Competition

- ★ The Best Performer Award – Chow Wing Tung 4C

Stock Trading Guru Board Game Competition

- ★ Outstanding Performance Award – Wong Sin Na 5D

香港女童軍總會油尖旺分會女童軍會長盃2018

- ★ 團隊事工項目 - 冠軍及全場總亞軍

人道校園計劃 2017-18

- ★ 人道校園獎及關懷傷困獎 - 麥婉雯5B

公益少年團《關懷服務四十載》公益互勉創未來文件夾封面設計比賽 (2017-2018)

- ★ 中學組冠軍 - 潘愷信5B

The Kowloon Region Outstanding Student Award

2015-2016 – Yiu Kwan Ching 6D

2016-2017 – Chan Nok Tung 6A

2017-2018 – Yuen Lok Yi 6A



Annual Inspection of Hong Kong Safety Patrol Kowloon West Region (2015-16)  
Championship



香港女童軍總會油尖旺分會女童軍會長盃2018團隊事工項目 - 冠軍及全場總亞軍



Hong Kong Road Safety Association – The Director's Honorary Commendation Awards (2016-17)



# GLAMOUR OF KNOWLEDGE





# LEARNING EFFECTIVENESS ENHANCEMENT

*To realize the three emphasized foci in Learning Effectiveness Enhancement in our new 5-year School Development Plan (2017 – 2022), including ‘developing students’ self-directed learning habits, skills and practices’, ‘catering for students’ learning diversities in class and after class’ and ‘realizing students’ learning without borders with cross-curricular learning’, steady and cooperative efforts have been made by the whole teaching staff in carrying out innovative and effective measures to greatly and effectively benefit students in their academic pursuit in school.*

## Self-directed Learning

Students are much facilitated in developing their self-directed learning habits and skills with the provisions for e-learning from the school, the making use of the Student TV, and through reading for learning.

### E-Learning Provisions

Students are given e-learning materials and easy access to iPads, apps, E-Learning Centre or Computer Room for their self-explorative learning activities.

Self-directed learning materials, packages and software are conveniently accessible to students in the school intranet or the e-Class platform. Students are provided with a good number of iPads, and teachers of different academic and cultural subjects have included the application of iPads in many of their lessons to enhance further students’ capabilities in using iPads for school learning as well as self-directed learning.

The E-Learning Centre, with its full coverage of high speed Wi-Fi access and provision of sufficient iPads and related furniture, has become an ideal place for students’ e-learning and self-directed learning activities.



e-learning with iPads



Student TV as a multi-functional platform for self-directed learning

### Student TV

The multi-functional Student TV is effectively made use of to promote students’ self-directed learning through either producing or viewing the Student TV programmes. Members of the Student TV production team have been enthusiastically engaging themselves in the regular production and broadcasting of Student TV programmes, which could be viewed by students at school or through the internet.

### Reading for Learning

Reading for learning in a self-directed way is persistently and effectively promoted through e-Reading, prescribed reading and class libraries.

E-Reading is promoted to facilitate students’ self-directed learning at any time and in any place. Suitable eBooks are subscribed, links to read electronic English magazines and classics are provided, and students are arranged to use iPads to read eBooks in reading periods. Prescribed reading lists of different subjects in every level are provided, while class libraries are set up in S1 and S2 classrooms to help nurture good reading habits of junior form students with a fine reading atmosphere.



reading for learning

# Catering for Learning Diversities

## The S1 Year

As the S1 year is important for students to establish confidence and ability to learn well in an EMI school like ours, significant strategies are adopted to help the S1 newcomers strengthen their English language ability and study skills, which are also crucial steps to help minimize learning diversities.

To enhance their ability to learn in English, new S1 students are provided with the pre-S1 Bridging Course and English Enhancement Course, which would also nurture them with good learning attitudes and necessary study skills, like cooperative learning. S1 students will also be given a vocabulary list of classroom language to facilitate their study.

## Teaching Strategies

Teachers are well aware of adopting suitable teaching strategies in classrooms to cater for learning diversities, like applying corresponding pedagogies and different approaches to arouse students' learning motivation and to provide them with exposure to different fields; making use of graded questions and differentiated tasks or exercises to help students of diverse abilities to learn more effectively; and, for high achievers, asking high order thinking questions, providing more challenging and demanding tasks, and setting bonus questions in assignments and assessments.



students' celebration in Bridging Course

## School-based Measures

School-based measures to cater for learning diversities, like offering pullout and off-site programmes for high-achieving senior secondary students to further enhance their learning abilities, are adopted. Teachers are also frequently engaged themselves in professional sharing and Common Free Periods on developing strategies and teaching plans to cater for learning diversities.

## Learning without Borders



cooperative learning in classroom

## Language across Curriculum

Language across Curriculum (LAC) teaching and learning packages with interactive learning activities and graded exercises on English, Mathematics, Science, History and Geography are provided for junior form students to enable them to learn across subjects with English as the medium and facilitator.

## Cross-Curricular Learning Day

Through the annual Cross-curricular Learning Day (CCLD), students are provided with task-oriented thematic learning opportunities to learn more effectively and creatively without subject boundaries. The tailor-made across subjects learning activities outside the classroom held on the day help foster the effective learning of students while broadening their learning horizons and enriching their learning experiences.

## Cross-Curricular Curriculum

A school-based cross-curricular learning 'curriculum' is likely to take shape especially in STEM or Science subjects. Cross-curricular learning through STEM education has been making progress, while the newly renovated STEM Education Centre could provide the facilities needed for STEM education lessons and activities. Attempts are also made on developing cross-curricular learning across the various Science subjects, and Science subject teachers are helped in the cause with the adoption of the Twig Science Package in the eResources Adoption Programme (eREAP).



cross-curricular learning in Central



# ENGLISH LANGUAGE EDUCATION

## Language Enhancement

Our English Department is dedicated to providing students the chances to learn English in a variety of ways, not only to pass the public examinations, but also to use English as an international language for their further studies and future prospects.

In the lessons, elements of language arts, language-across-curriculum, debates and information technology are integrated in the learning and teaching of the subject. A range of class activities are also included in our teaching so as to give students the chance to present, discuss, share and express their opinions, as well as to develop their generic skills. Students at True Light enjoy plenty of opportunities to learn, put into practice and consolidate the learnt language items.

We also firmly believe that the learning of English should not be confined to the classrooms. The school has always been supportive of students taking part in various inter-school debating, public speaking and essay-writing competitions, as well as speech festivals in which our students have continually attained outstanding results. Study tours to English-speaking countries are also organized annually to give students the occasion to be immersed in an English speaking environment and learn about the foreign cultures. Over the years, we have been to a number of English-speaking countries such as Australia, Canada and the United Kingdom.



using iPads in a Bridging Course lesson



students taking part in a debate competition



a S1 choral speaking group



English Ambassadors and participants in an ESD game



a study tour to the UK



## Drama Education

Drama education has been made a compulsory part of the English Curriculum of our junior forms since 2012 to ensure all students can reap the benefits of learning English through drama. In every other cycle, a double lesson is allocated to Drama Education in Secondary One and Two. These drama lessons are taught by our native English-speaking teacher and students learn English in smaller groups through games and activities. Through the lessons, students not only learn English interactively with their peers, but also develop their confidence and fluency in spoken English during the process.

The English Department helps nurture True Light students' passion in performing arts not just through drama education in lessons, but also beyond the classroom. Students are selected every year to join various inter-school competitions including The EMI Drama Fest and The Hong Kong Schools Drama Festival, in which our students enjoy opportunities to demonstrate their talents and learn from their peers from other schools. The Joint True Light Improvised Drama Workshops and Sharing Sessions are also held every year, providing our girls a chance to foster their bonds with students from other True Light schools while learning skills in drama performance.



S2 drama education lesson

a musical performance



The Improvised Drama Workshop and Sharing Session 2018

## Primary School English Quest

The Primary School English Quest (PSEQ) has been organized every year as a platform for our English teachers and students to get in touch with the primary school English teachers and Primary 6 pupils in the community. Every year, more than a hundred Primary 6 students enthusiastically take part in our event to enjoy the chance to learn English in a secondary school environment while playing fun and interactive games with their peers and our student helpers. The most anticipated game is always the Scavenger Hunt, in which pupils are required to locate different check points on our school campus to find clues to complete a task.

Every year, about 50 helpers, the majority of whom are our English Ambassadors, are recruited to assist the running of the event. They serve different roles including masters of ceremonies, team leaders and assistants, markers, scorers and photographers. Not only do they acquire the skills in working as a team and enhance their communication and leadership skills, but they also enjoy the opportunities to practice their spoken English purposefully and meaningfully, as well as develop their confidence in interacting with people they first meet in their second language.



a group game in PSEQ



the scavenger hunt



Primary School English Quest



## English Society

The English Society plays a vital role in organizing a variety of extra curricular activities catering for the different interests of students in their learning of English. Led by the English Society, a team of enthusiastic students volunteer to serve as English Ambassadors to help their junior schoolmates improve their English through games, especially during the English Speaking Day (ESD) in every cycle. For every English Speaking Day, a topic is chosen and a short passage is created by our native English-speaking teacher. Based on the topic, our English Ambassadors will design relevant reading and vocabulary games to be run in the morning Reading Period, as well as interactive games, quizzes and competitions to be held during the lunch time. Apart from consolidating their vocabulary through playing games, junior form students also have the chance to converse with the English Ambassadors on some current and interesting topics and develop their confidence in using English.

Besides the English Speaking Days, the English Society also runs other activities for their schoolmates of different forms to brush up their English or prepare for the public examinations. Within these activities there are the English Week, the OLE Day English activities as well as joint-school oral practice, all of which are more than just fun and enjoyment, but are undertakings conducive to better language and generic skills. They are indeed invaluable chances for our students to learn to be confident and expressive speakers of English.



a tea culture workshop



an ESD vocabulary game



a big scrabble game in the English Week



a visit to Cathay City



# 中國語文教育

## 提高學習語文效能與興趣

本校中文科透過舉辦不同課程及活動，除促進學習外，亦提高學生的學習效能與興趣。

在2015-17兩個年度，本科繼續使用「多元學習津貼」，為中五學生開設「議論文寫作能力拔尖課程」，分兩組上課，每組學生十五名。參與的學生除撰寫作文至少兩篇外，並將作品投稿至校報或其他刊物，以進一步提升其議論文之寫作能力。

此外，為提升學生的說話能力，除平日的操練外，更透過本科負責老師和中文學會，安排與友校同學進行訓練。過去五年，曾與本校合辦「聯校模擬口試」進行小組討論練習的學校，包括華仁書院(九龍)、聖芳濟書院及拔萃男書院等。參加學校各派出多位中文科老師擔任評核員，並於練習後為同學提供意見。此活動每年均為逾百名應屆文憑試考生提供實戰機會，令同學獲益匪淺。

本科每年均挑選學生參加香港學校音樂及朗誦協會舉辦之「中文朗誦節」，參加人數平均有七十人。以2016-17年度為例，本校共有七十八名學生參加粵、普不同項目，合計取得兩冠(粵、普各乙名)、三亞、十三季之佳績，成績斐然。又本校多年來均選派學生參加「全港中小學普通話演講比賽」，成績不俗，其中2015-16年度3B黃靖驊及2016-17年度3A周詠彤和1C吳冬妮於分區初賽中均獲得「優異星獎」。另外，中一學生也於開社時表演普通話集體朗誦，她們的精彩演出，給來賓留下深刻印象。



聯校模擬口試練習



中文朗誦節粵語及普通話項目奪冠



中國中學生作文大賽香港賽區高中組亨達文學之星



中國中學生作文大賽香港賽區初中組金獎

## 推廣課外閱讀 文白並重

閱讀是所有學習的根本。透過閱讀，同學既可汲取課外知識、豐富人生經驗，亦可加強理解及分析能力，從而提高其語文水平。本科踵武前賢，以推薦優質書目及老師書介等方法，致力推廣課外閱讀。自2009-10年度開始，本科每年均於校內舉辦「課外閱讀報告獎」，中一至中五各班任教老師從學生優秀閱讀報告中篩選三篇作品，集成每級各十二篇，再由各級中文科老師及學生投票評選最後三強。得獎同學獲校方頒發獎狀及書券以資鼓勵，並於週會向全體同學分享閱讀報告，以推廣課外閱讀風氣。

另外，自2015-16年度起，本科為提高同學閱讀文言文的興趣及習慣，於初中課程中加入自主學習元素，安排同學於初中三年內分別精讀《世說新語》、《搜神記》及《論語》三部經典名著，循序漸進地提升其理解文言文的能力。



課外閱讀報告候選作品展



## 推動課外寫作 鼓勵同學以賽練寫

本科除注重同學日常寫作練習外，亦鼓勵同學參加校內、校外徵文比賽、閱讀報告比賽等，以賽練寫，藉以提高其寫作能力。

為鼓勵創作，中文學會於2003-04年度出版《螢》文集。之後於本校35及40周年，本科分別出版《鑒光集》及《宴饗集》。適逢45周年校慶，本科將同學作品共六十篇匯編成書，出版《載心集》，以茲為校慶獻禮。

此外，本科每年均有同學獲選參加「明報校園記者計劃」，並有約三至四位同學符合計劃要求，成功畢業。



中國中學生作文大賽香港賽區決賽高中組銅獎



明報小作家培訓計劃



於高山劇場觀賞粵劇後參觀後台

過去五年，本科同學於寫作方面屢獲獎項，表現不凡，主要成就如下：

### 2012-13年度

中國中學生作文大賽香港賽區高中組亨達文學之星獎：張亦妍(6D)

中國中學生作文大賽香港賽區初中組金獎：朱茵桐(2B)

香港浸會大學主辦第七屆大學文學獎傑出少年作家獎：鄭東儀(5B)

油尖旺無毒標語創作比賽高中組亞軍：陸可盈(5C)

### 2013-14年度

中國中學生作文大賽香港賽區比賽初中組金獎：朱茵桐(3D)

中國中學生作文大賽香港賽區比賽高中組銀獎：張彤(4A)

### 2014-15年度

「向老師致敬2014」中文徵文比賽亞軍：吳家穎(6A)

「向老師致敬2014」中文徵文比賽優異獎：張詠茵(6A)

### 2015-16年度

中國中學生作文大賽香港賽區決賽銅獎：張彤(6A)

「向老師致敬2015」中文徵文比賽亞軍：傅嘉蔚(5A)

第二屆「老有所居」全港高中學生徵文比賽優異獎：陳諾彤

### 2016-17年度

香港浸會大學主辦第九屆大學文學獎少年作家獎：鄧子瑤(6D)

香港教育專業人員協會主辦之「第28屆中學生好書龍虎榜」

讀後感寫作比賽初級組冠軍：周慧琳(3C)

香港高中校本評核優秀學習成果獎 - 中國語文科冠軍：趙芷琦(6A)

香港高中校本評核優秀學習成果獎 - 中國語文科優異獎：陳諾彤(6A)

第六屆香港青少年科幻小說創作比賽初中組亞軍：周慧琳(3C)

美荷樓香港精神學習計劃『兩代情』徵文比賽高中組優異獎：陳芷晴(4A)

語常會及明報合辦「悅讀悅寫—全港學生閱讀報告比賽

初中組優異獎：周慧琳(3C)

萬國郵政聯盟第46屆國際書信寫作比賽優異獎：周詠彤(3A)

## 學以致用 中文辯論盡顯同學辯才

本科自2011-12年度起，使用「學校發展津貼」為中二至中四級約三十名資優學生舉辦「中文演辯能力訓練課程」，藉此加強學生邏輯思維訓練，提升其演辯能力，並鼓勵同學於完成課程後參加校內、校外辯論比賽，俾使其學以致用，持續提升辯論技巧。

在2015-17兩個學年，中文學會與四社復辦中文辯論比賽，為完成演辯能力訓練課程的同學，提供演辯平台，讓同學盡顯所長。此外，本科於2016-17年度，組隊參加由辯論協會與香港辯論總會合辦之「學思盃2017(中學組)」，經過連場辯論，本校學生於總決賽中奪得殿軍。辯論隊參賽成員共七人，其中周詠彤(3A)於季軍賽及十六強賽中均獲頒最佳辯論員；伍映濤(4B)及梁稀雯(4D)則於八強賽及複賽中獲頒相同榮譽。



中文辯論比賽



## 培育幼苗 積極推動文學活動

本科積極推動文學活動，以培育文學創作人才。自2015-16年度起，本科分別推薦中二、中三級學生參加「讀寫我城寫作計劃」，以及「明報小作家培訓計劃」，以加深學生對文藝創作的認識，進一步提高其對創作的興趣及提升其寫作技巧。另外，本科亦推薦同學參加「香港中學生文藝散文即席揮毫大賽」，鼓勵學生寫作，並讓其文學創作潛能得以發揮。

為使高中中國文學科的學生得到更好的栽培，本科鼓勵她們參加不同的文學創作比賽，並曾一起前赴高山劇場觀賞粵劇折子戲；科任老師更多次陪同學生參加由中央圖書館舉辦之文學月會專題講座，讓同學透過名家講解，深入認識中國文學之博大精深。此外，本科亦推薦同學參加由香港浸會大學主辦之大學文學雙年獎，並先後榮獲第七屆傑出少年作家獎及第九屆少年作家獎。同學們才華橫溢，成就令人鼓舞。



中華文化週「中醫、剪紙、茶藝、繩結」的茗茶活動



佈置中華文化週「徜徉史詩長河」展板



中華文化週「琴棋書畫」展板之一

## 中文學會 全力推動中華文化及語文學習

中文學會承傳本科傳統，每年均舉辦文化週，透過不同專題，如2014-15年度之「琴棋書畫」、2015-16年度與中史學會合辦之「徜徉史詩長河」及2016-17年度之「文化專題：中醫、剪紙、茶藝、繩結」等，以嶄新形式，介紹中華文化，內容豐富。

另外，中文學會亦帶領同學走出教室，參觀香港藝術館之「身是客一歸來」、香港中文大學中國文化研究所文物館之「清代楹聯書法」等專題展覽。此舉除了拓寬同學視野外，亦可增長知識，加深其對中華文化的認識。此外，本科活動如中文辯論比賽、聯校模擬口試、朗誦節優勝者表演，以及課外閱讀報告獎匯報及頒獎活動等，中文學會亦鼎力相助，共同推動同學學習中華文化及語文，以提高其人文素質及語文水平。



參觀香港中文大學中國文化研究所文物館



元朗文化遊共融活動

## 調適非華語生中文課程 構建共融校園

2016-17年，本科參加了由教育局統籌之「支援非華語學生中文學習支援計劃」，獲局方增撥資源，並派員支援本科發展校本非華語生中文課程、擬定課程大綱及設計單元工作紙等。此計劃為非華語學生提供調適課程，逐步提高其學習效能。本科則希冀藉此能讓同學逐步銜接主流課程，增強其選讀本地課程的信心。本科更為非華語學生安排不同活動，如元朗文化遊、參觀黃大仙祠、年宵花市參觀等，讓同學透過認識中華文化，以提升其學習中文的動機和興趣，並融入多采多姿的校園及城市生活。



# LIBERAL STUDIES

The Liberal Studies curriculum aims to broaden the knowledge base of our students, ranging from the learning of oneself to our society, our country and to the world we live in, through the study of different modules. During the learning process, students' social awareness will also be enhanced as current issues are always used for reference and discussions.



our professional sharing of e-learning in Liberal Studies in an inter-school education sharing conference



the winning team in S4 Interclass Debate Competition



a floor speaking session in S4 Interclass Debate Competition



Liberal Studies could also enable students to make connections across different fields of knowledge, complementing other senior secondary subjects to help students broaden their horizons and perspectives, strive for academic excellence, and attach learning more closely to daily life experience.

In helping students to acquire more substantial general knowledge, develop greater social awareness, and nurture much stronger critical thinking, Liberal Studies turns out to become a much needed subject as a response to the expressed needs of our community to have responsible citizens capable of facing and solving new and different challenges.

In helping our students to learn well the subject, various effective teaching strategies to cater for students' learning diversities, to foster cooperative learning, to make use of e-learning, and to promote project-based learning are adopted. Different learning activities held outside the classrooms are attempted, such as debates, forums, workshops, visits, guest talks, interflow tours and experiential learning activities, in order to strengthen students' subject knowledge and to facilitate the development of their various generic skills in learning the subject, like critical thinking and an analytical mind. These learning experiences could also foster students' capacity for life-long learning so that they can face future challenges with confidence.

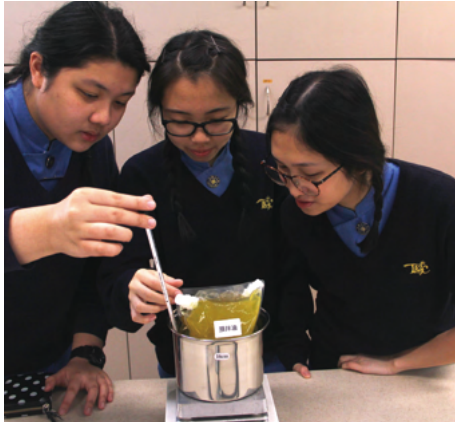


professional sharing among panel members





S5 experiential learning activity



a soap making workshop



our school won the "Best Creative Award"



products produced by students experiencing life in a Sweat Factory in China



an activity held under the "Civic Scientist" School Partnership Scheme

Two notable life-wide learning activities of Liberal Studies were worth mentioning. One was the S5 experiential learning activity held within the Jockey Club Fair Trade School Award Scheme. It provided our students the opportunity to experience the working condition of the 'Sweat Factory' workers in China. The other one was a 2-year cross-curricular programme co-organized with the Biology Panel under the "Civic Scientist" School Partnership Scheme with the help of the WWF Environmental Conservation Fund. Some notable activities within the programme included teaching S1 students to make soap with natural ingredients, and a Community Action in which our students helped promote the marine protection message to over 150 kindergarten students. Our school won the "Best Creative Award" in this programme.



our students promoting marine protection messages in a kindergarten



# MATHEMATICS EDUCATION

## The Teaching of Mathematics



students playing a logic puzzle game

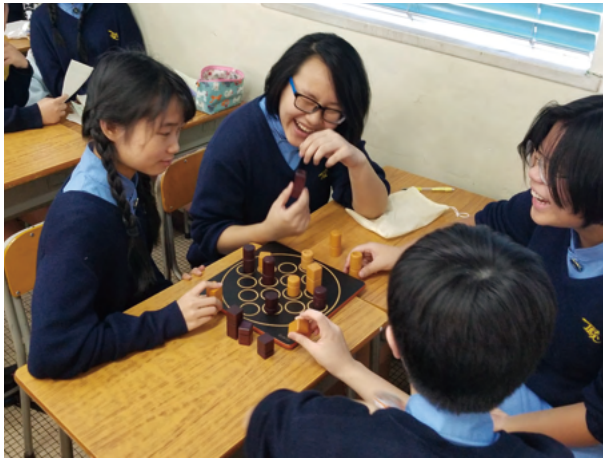
Students require knowledge and skills that will help them live a full life in the society of the 21<sup>st</sup> century, which is an information age. Knowledge of Mathematics is a necessity for every individual in Hong Kong if they are to contribute towards the prosperity of the community. Mathematics pervades all aspects of life. It is not possible to live in the modern world without making some use of mathematics. Mathematics is invaluable in helping students develop the necessary skills for lifelong learning. It is an integral part of general education and hence an important Key Learning Area (KLA) in the school curriculum of Hong Kong. Furthermore, the vigorous promotion of STEM education, to which Mathematics constitutes an indispensable part, aligns with the worldwide education trend of equipping students to meet the changes and challenges in our society and around the world which are undergoing rapid economic, scientific and technological developments. With STEM education becoming one of the key focuses in our school, learning well Mathematics has become more and more important for students in their academic pursuit and preparedness to contribute to the society.



students training for a Rummikub competition







students playing Quarto



Quarto



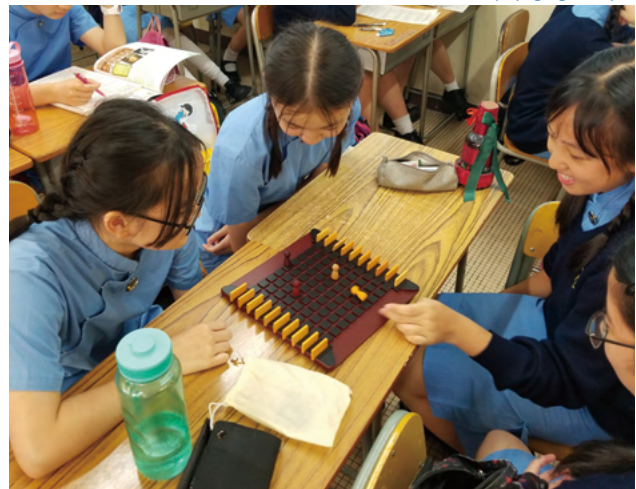
Quixo



students playing Quixo



students playing Gigamic Pylos



students playing Gigamic Quoridor Classic Game



Super 24 Workshop

In teaching Mathematics, our teachers work devotedly to introduce to our students Mathematical concepts and develop their generic skills, positive values, attitudes and interest towards Mathematics through different learning activities with the use and help of information technology. For senior form students, both Module 1 and Module 2 of the Extended Part of Mathematics in the HKDSE syllabus are offered as options to our students to suit their needs and interests in the learning of the discipline.

Besides normal lessons, different Mathematics enrichment courses tailor-made for high-achievers and for junior form students are provided in order to extend students' potential in learning Mathematics and to cater for students' different learning needs.

It is the hope of our Mathematics education in the school to provide our students, with their affluent Mathematics knowledge, a solid foundation to prepare for their further education and to have the ability to cope with the demands of their career in the future.



## Mathematics Society

From buying a lunch to the future workplace, Mathematics has an inextricable link with our daily life. To help equip our students with the Mathematics skills and knowledge to strengthen their ability to embrace all unprecedented challenges ahead, the Mathematics Society plays its role to help cultivate students' interests in Mathematics and develop their critical and creative thinking skills. Through an array of engaging and groundbreaking activities, the Society aspires to turn Mathematics as a cornerstone for our students to explore the infinite universe of knowledge.

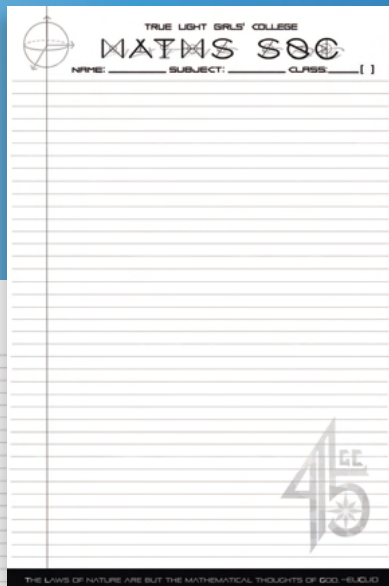
In the 45<sup>th</sup> anniversary carnival, we designed an information and game booth to introduce our Society to the guests. Products of students' projects were presented to display our innovative and interesting mode of study and showcase students' talents in Mathematics. Apart from introducing our diverse learning experiences in this subject, different games were also prepared to let the visitors experience the fun of Mathematics, like Quixo and Quarto, which stretched players' mind and stimulated their creative thinking while requiring them to apply some mathematical concepts. These challenging games could arouse their interests in Mathematics, thus providing a glimpse of the interesting world of Mathematics.



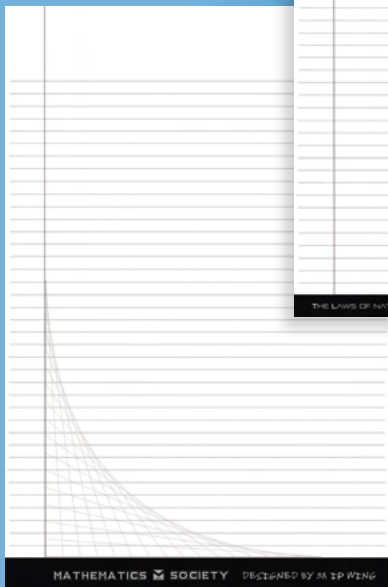
students using an iPad in S1 Mathematics Orienteering Competition



students completing a task in S1 Mathematics Orienteering Competition



angles involved in the 'MATHS SOC' text are at 45°



Mathematics Society foolscap paper designed with mathematical concepts

In a bid to truly and effectively increase our students' exploration of the world of Mathematics, a series of activities, such as the S1 Mathematics Orienteering Competition, are organized every year. The S1 Orienteering requires S1 students to finish plenty of Mathematics-related tasks. With the advanced technological development nowadays, students can make good use of electronic gadgets, like iPads, throughout the activity. This allows them to learn Mathematics through a more exhilarating way, bringing their experience to the next higher level. The multitude of tasks from the S1 Orienteering can enhance students' higher order thinking and help them get a good grasp of mathematical knowledge.

Aside from providing different opportunities for students to flex their muscles in Mathematics, we also sell tailor-made foolscap papers with distinctive designs to our students annually. Gratefully, the foolscap paper selling receives warm response from our students every year. This year, the foolscap paper is designed by applying mathematical concepts, deductive geometry and symmetry. To celebrate the 45th anniversary of our school, special elements are added into the design. For instance, the angles involved in the 'MATHS SOC' text are at 45° to symbolize the 45<sup>th</sup> anniversary. On the back page, there is a watermark of a piece of right angle string art, allowing our students to appreciate the beauty of Mathematics and thereby striving to do their best in Mathematics.

# PERSONAL, SOCIAL AND HUMANITIES EDUCATION

## Economics

Economic activities, which include production, consumption, asset transactions, international trade, transport, housing and education, etc, play a predominant role in our society.

To understand the complex ways in which these activities interact with each other and their relevance to our daily life, the study of Economics will provide our students with a systematic, scientific and analytical framework from which they could start their investigation.

A good mastery of Economics can equip students with the necessary analytical skills to have a deeper understanding about different economic issues and be able to analyze them independently and systematically.



broadcasting of an Economics TV programme at lunchtime



Economics Society committee members taking a picture with the Principal and Ms. Lim at School Anniversary Carnival





a field trip to Shek O



a Geography Society visit to Hong Kong Observatory

## Geography

Our Geography department immerses students' learning of the curriculum of Geography with their daily life and current issues. In their learning process, students acquire knowledge of Geography through student-oriented activities, such as role plays, projects, and group discussions. Moreover, field trips are organized for the students to have tangible and practical experience for what they learn from books and in classroom. It is believed that field trips would be precious learning experience for students to apply and consolidate what they learn in the lessons.

### Geography Society

Our Geography Society has been very proactive in organizing different life-wide learning activities for students to help make studying Geography fun and arouse students' interest in studying the discipline.



students studying rural development in Lai Chi Wo



students making a presentation at a field study site in Tseung Kwan O



a Geography Society visit to Tai Tong Nature Trail



bird watching in Mai Po



## History

History students, through their thorough investigation of the past with different perspectives and with the required research and analytical skills, will gain a better and meaningful understanding of the world, their country and Hong Kong. Such learning of and from the past contributes also to one of the goals in studying History, which is to enable students to gain a deep appreciation of the diversity of human experience over time.

The study of History can also engage students in dialogues with the past, which will be a great help for them to learn to interpret their own experiences and shape their own values. Through studying History, students can also develop their ability to view and understand the world and its different cultures from multiple perspectives. Additionally, by teaching students how to apply critical thinking skills in their study and in solving problems, History could act as a bridge in providing a firm foundation for students to learn other subjects, especially Humanities like Chinese History, Liberal Studies and Geography.



Students learnt the contribution of the shipping industry to the economic development of Hong Kong in a visit to the Maritime Museum



Our students took part in an oral history project competition with the theme on traditional photographic studios



Our students visited Jao Tsung I Academy under the Jao Tsung I Academy History and Cultural Scheme



The visit to the Correctional Services Museum helped students learn more about the past of Hong Kong

Our History teachers always encourage and facilitate students to have active engagement in historical inquiry through giving presentations, doing project works and visiting historical sites and monuments. Learning History with inquiry activities enables students, in their study of the past, to master basic knowledge, to make good use of a variety of data and sources, to access and evaluate information, to ask significant questions, and to communicate with what they have learned in both spoken and written words.



## LIFE AND SOCIETY

### Why do we offer this subject?

We are living in a rapidly-developing era in which we need to face new social, economic and political landscapes as well as new ideologies on a daily basis. To strive for excellence in this era, students need to develop an enquiring and analytical mind in order to tackle the challenges confronting them every day. It is with this in mind that Life and Society is offered to our junior form students.

### What can students learn in this subject?

Life and Society allows students to explore the important contemporary issues that challenge our society and world. The subject offers a stimulating mix of different themes, including personal and social development, the economy and the socio-economic system, giving students the opportunity to develop a better and greater understanding of themselves, their society and the world around them.

### What is it like to be in a Life and Society lesson?

In Life and Society lessons, knowledge acquisition is as important as the development of generic skills and positive values. Students will have the chance to explore and examine how cultural, economic, environmental, moral, political and social factors will affect our lives and the world we live in. Through this learning process, there are ample opportunities for students to develop their generic skills, like communication skills and critical thinking skill, through various activities like debates and discussion.

Students will be more motivated to learn and they do really learn better when they can take ownership of their learning. This is why cooperative learning is promoted in the Life and Society classroom to maximize students' involvement in proactive learning and their interaction with peers. Students can further personalize their learning through doing self-directed projects, which is an ingrained part of our school-based curriculum, to work on topics they choose for their further exploration and expression of their views.



students shared their views on environmental protection in group discussion



nurses from the Department of Health conducted a workshop on challenges faced by adolescents



students discussed ways to protect endangered species



a group presentation in a Life & Society lesson



## 中國歷史

中國歷史科，顧名思義，是一門學習及研究有關中國五千多年歷史文化的沿革及發展的學科。本科旨在讓學生研習中國歷代及近代的重要史事、人物事蹟及文化知識，並由此俾使學生能增長基本的史識、建立客觀處事的態度、強化事理分析之能力及培養優良品德，並藉此養成其社會、民族、國家，以致世界的關注和責任。

在香港回歸後，中國歷史科更受到政府及社會各界人士的重視，認定學習此科是港人深切了解中國文化、建立對祖國的歸屬感的有效途徑。自開校以還，中國歷史科已於本校初中階段獨立成科。近年來，政府也對全港中學作了同樣的規定，可見學習中國歷史之重要，也是本校一直貫徹的教育政策。



校慶嘉年華會中史學會攤位



校慶嘉年華會師生合影

### 中史學會

為了傳承並推廣中國博大精深的文化與悠長歷史，中史學會亦不遺餘力，致力透過舉辦不同類型的課外活動，如參觀博物館、觀賞與中國歷史有關之電影、舉辦歷史問答比賽及進行考察活動等，以加深同學對中國歷史的了解及興趣。



中史學會老師及幹事合照



# SCIENCE EDUCATION

## Biology

Life is a miracle! From molecules to cells, from genes to traits, from species to ecosystems, Biology is the study of the complicated and charming systems that make life possible.

During the Biology lessons, students have plenty of opportunities to learn about life from scientific investigations. Beyond the classroom, students are encouraged to participate in various learning activities like field studies, competitions, and experiment demonstrations, to enroll in enhancement programmes like ambassador programmes, biotechnology programmes and environmental education programmes, and to attend talks and public lectures in order to enrich their exposure in different areas in Biology learning.



a Horse Shoe Crab Rearing Programme co-organized with Science Society



a GPS tracing device making workshop co-organized with the Liberal Studies Panel



students participated in a workshop held under WWF Environmental Conservation Fund "Discovery of Ocean Drifters" School Partnership Scheme

Some other measures useful to students' learning of Biology are also attempted. For instance, STEM education has been integrated in our S3 curriculum with topics like investigating the fruit juice production process. Furthermore, collaboration will be made with local universities, non-government organizations, other subject panels like Liberal Studies and also the Science Society to hold some learning activities to provide our students a broader view to understand how Biology is related to different aspects of our daily lives.



students studied leaf transpiration using potometer



a S6 Biology lesson on Amgen Biotechnology Experience co-organized with the Faculty of Education and the School of Life Sciences of The Chinese University of Hong Kong



a food science laboratory demonstration to the public in School Anniversary Carnival



## Chemistry

Chemistry is a key to open up the amazing world of microscopic particles. It is on which our future depends if our next generations will gather the existing Chemistry knowledge to unleash their potentials for innovations in areas from materials and energy sources to food production and drug industry.

In recent years, the learning and teaching of Chemistry faced many challenges, like alterations in the curriculum that went with students' taking of public examinations, changing from taking two within four years to one in three years. With the new HKDSE, most students no longer take three Science subjects and Additional Mathematics. Subsequently, it has become a bigger challenge for Chemistry students nowadays to face the fierce global competition and the rapid technology change and development.

In response, strategies like the use of e-learning, flipped classroom, doing investigative projects, self-directed learning and continuous assessment are adopted to facilitate students' learning, making Chemistry lessons filled with interests and curiosity. With the help of IT, students can understand the subject better as the chemical processes and particles are visualized.



prize presentation in Chemical Safety Booklet Design Competition



posters designed by students with application of Chemistry knowledge



students doing titration in Chemistry laboratory

Chemistry students are interested not only in pursuing knowledge but also in solving problems and scientific investigation with comprehensive skills. After having finished a group project on making a time clock by investigating the degree of rust in different concentrations of electrolytes, a S3 student expressed that she would like to be a scientist to conduct scientific research.

Chemistry lessons are not bounded by heavy textbooks. Our students had applied their Chemistry knowledge in pictures and QA code when they collaboratively designed colourful posters, which showed also their creativity and multiple intelligences. These posters won them awards in Chemical Safety Comic Design and Booklet Cover Design competitions.

Our Chemistry students learn outside the classroom as they attend talks and lectures delivered by professors of different universities and continuously get remarkable achievements in many events. In the Chemist Online Self Study Scheme, our students have received more than a hundred awards since 2014, including 3 Diamond, 49 Platinum, 10 Gold, 10 Silver and 41 Bronze. Many awards have also been won in the Australian National Chemistry Quiz, including 10 High Distinction and 16 Distinction since 2012.



students doing experiments in a Chemistry lesson



a talk delivered by Dr. Jason KK Chan from The Hong Kong University of Science and Technology



## Physics

To prepare and equip our students with the competence to be competitive in the 21<sup>st</sup> century world of rapid economic, scientific and technological developments, Physics can provide them with the platform to acquire the essential science knowledge to help them excel in scientific literacy, which is one of the keys for them to succeed in the modern society.

To help students apply Physics knowledge in their daily life, more STEM elements are added in Physics lessons, which also make learning more interesting and effective. Despite learning in classrooms, our Physics students are strongly encouraged to join seminars, courses, activities and competitions. These experiences are invaluable in enhancing students' science knowledge and arousing their awareness of the relationship between Physics and other STEM-related disciplines.



Secondary School Mathematics and Science Competition 2018



a talk on forensic science



a STEM Challenge Seminar for S3 students held by MTR at school



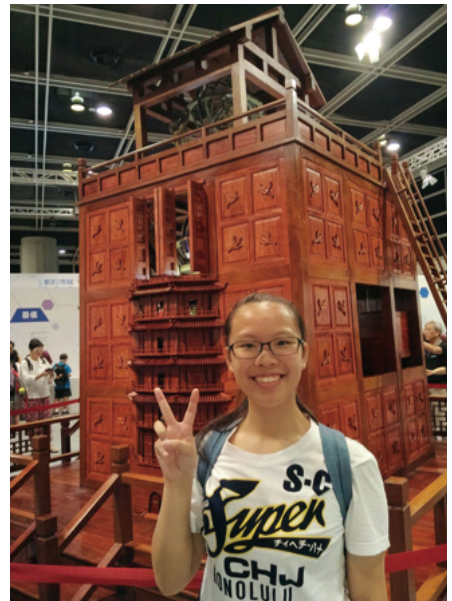
Smart City Project Programme 2017/18  
- Induction Trip to Guangzhou



students learned to make a fidget spinner by a 3D printer in a 3D CAD & Printing Workshop



Consumer Cultural Study Award  
(Sustainable Consumption Creative Design)



InnoTech Expo 2017



students attended a lecture within the PolyU STEM Lecture Series



## Science

Science education in the junior secondary level at TLGC aims to help students acquire the necessary scientific and technological knowledge, as well as to develop the right attitudes and generic skills along the way so as to cope with the rapid advancement in science and technology nowadays.

The investigative approach adopted in Science lessons helps enhance students' skills in defining problems, designing experiments, finding solutions and interpreting results. Such infusion of strands of scientific investigation in lessons also helps facilitate students' understanding and acquisition of the science process skills.

In addition, joining workshops and competitions can raise students' awareness of the relationship of Science with other STEM-related disciplines. Such learning activities outside the classroom can also develop students' critical thinking skills as well as interpersonal skills.



the take-off of a water rocket



Our exhibition in Hong Kong Student Science Project Competition 2018



students working hard on their project for a science competition



some S2 students creating their water rockets in their science investigation



S1 Science Investigation – Filter Column



the team of students participating in Hong Kong GreenMech Contest



## Science Society

From the air we breathe to the water we drink, science is everywhere. Despite being a very relatable topic in our daily lives, science may fall out of students' 'interest span' sometimes, due to the way that it is presented. To arouse students' interest in science, the Science Society this year took "Innovation" as the theme to hold a plethora of events and activities to encourage creativity through science among students.

The first activity was the Bath Bomb Workshop for junior form students. Through the workshop, students could understand the materials needed in making commonplace bath bombs and the chemistry involved when bath bombs dissolved into water. Learning science in a hands-on non-academic manner in the workshop would sparkle students' interests in Science. The curiosity and creativity aroused will guide them to have further academic pursuits in science.

A Wildlife Excursion was also organized for junior form students to visit Mai Po and to observe and investigate the nature, ecology and wildlife animals at first hand outside the classroom setting. Students could learn about the migration patterns of birds, which helped enhance their knowledge in biology.

A joint school activity with St. Francis Xavier's College, "L'évasion Folle – The Mad Escape", was held as a highlight this year to allow senior form students to put their scientific knowledge into practical use by solving puzzles and cracking codes, while friendship and communication among students of the two schools were promoted. The importance of cooperation was another underlying message of the event as students had to work in groups to accomplish the tasks and 'escape'.

This year, we worked to spark students' interest in science in some unconventional ways, through hands-on experimentation, first hand observation and real-life application. It is hoped that students will portray Science in a new and different light, taking Science not only for nerds, but for the passionate who strives to make a change in the world with logics and scientific knowledge. Passion is a flame that begins with a spark, the spark which we aim to ignite.



students solving a maze puzzle using domino in "L'évasion Folle – The Mad Escape", a joint school activity with St. Francis Xavier's College



students solving problems with light ray experiments



a wildlife excursion in Mai Po



students attending the Bath Bomb Workshop



# TECHNOLOGY EDUCATION

## Business, Accounting and Financial Studies

The business related subjects offered in our school include Business & Economics, which has a school-based curriculum, in Secondary Three and Business, Accounting and Financial Studies (BAFS) in senior secondary levels. The most fundamental objective of learning BAFS is to “provide students with fundamental business knowledge and skills, and develop their positive values and attitudes, so that they can fulfil their roles competently and confidently as consumers, investors, employees and / or entrepreneurs” (CDC& HKEAA 2014).

Both the Business and Accounting Department and the Entrepreneurship Education Society organize activities for students to promote business education and foster entrepreneurial spirit.



students attending a talk on the hotel business



students attending a BAFS workshop – JA It's My Ideal



students visiting Grand Hyatt Hong Kong



students attending a food tasting class as a way to understand a business in an in-depth way



S1 Business Quiz – promoting business education to junior form students



an interactive drama on money management

## Achievements (2017-2018)

**Stock Trading Guru Board Game Competition – Outstanding Performance Award:**  
Wong Sin Na 5D

**HKICPA/HKABE Joint Scholarships for BAFS:**  
Fung Wing Man 5A

**HKICPA/HKABE BAFS Mock Examination (Top 10):**  
Yiu Hoi Ching 6C



## ICT & Computer Literacy

In TLGC, the two Computer subjects, namely Computer Literacy and Information & Communication Technology offered to junior and senior secondary students respectively, provide students the opportunities to learn computer and IT knowledge. Not only learning basic theories including information processing and presentation, computer systems and networking, the Internet and its applications, basic programming concepts and social implications, all our students are also well trained in applying IT in their daily lives like designing graphics, retouching photos, designing and authoring web pages, constructing animation, editing videos, as well as coding and creating apps and games.



TLGC Booth in the 27th Joint School Electronic and Computer Exhibition in Cyberport



IT Exploration Tour to MakeBlock Centre



HK mBot Challenge Competition 2018  
— Prize presentation



Workshop on mBot with Project Add-on Pack & IoT

Recently, in order to help promote STEM education through Computer subjects, various after-class STEM courses and workshops, including “Basic mBlock programming”, “mBot with Project Add-on Pack & IoT”, “Programming with Microbit” and “3D Modeling and Printing”, were launched. Through these training, students learnt the applications of some common sensors in daily life in building smart home products and the new 3D modeling and printing technologies. Their creativity and skills in solving problem, self-directed learning and computation were also nurtured and developed. Students even took part in different public IT competitions and contests, and some even won prizes.



Visit to 3D Printing Centre of the Hong Kong Productivity Council

## Computer Club

To support the computer and IT education in True Light, the Computer Club has been organizing various extra-curricular activities, including visits, workshops, competitions, Computer Week, funfair, magazine publication, to arouse students' interests in the discipline.



3D Modeling and Printing Training Course



## Home Economics

The focus of Home Economics education has broadened nowadays. The main objectives of the subject are as follows:

- to develop a caring attitude to others by understanding their changing needs throughout their lives
- to develop personal and communal values in determining priorities for choices
- to foster an aesthetic sense and to stimulate ideas of creativity
- to establish a positive attitude towards consumers' rights and responsibilities and protection for consumers
- to acquire the knowledge and to develop the skills required for organization and management of resources
- to have an appreciation of social, cultural, economic and technological influences on family and community living

Home Economics, offered in S1 to S2 classes, is a multi-disciplinary subject with the curriculum covering three major aspects, namely "Food, Nutrition and Diet", "Home and Family" and "Needlework, Dress and Design". The Home Economics education helps students acquire the knowledge and skills of home-making which are indispensable to healthy physical and intellectual development. Good home management plays an important role in cultivating close and harmonious family relationships.



pizza making in a S2 Cookery lesson



Bread-making Workshop held by Home Economics Club



Cookery practical examination



S1 embroidery work



decoration on baked delicacies



S2 fashion design project



poster design on low carbon diet

The balanced curriculum within the two years of study is developed with the teaching content arranged under different sections and topics and to provide a coherent learning structure with continuity. Knowledge is gradually built up from year to year. Upon Home Economics education, students will develop a caring attitude towards others and cultivate their multi-generic skills, like decision-making, manipulative skills and creativity, which will help them develop positive attitudes, values and goals in life.



# ARTS EDUCATION

## Visual Arts

Visual Arts is offered to S1 to S6 students in our school. In junior forms, the curriculum is mainly focused on personal growth, media exploration, enjoyment and value and attitude development. Students learn the fundamentals of art, visual elements, design principles, art appreciation and criticism. In addition to painting, drawing, paper cutting, computer graphics, comics and collage are included as students work with a variety of materials and the use of fine craft techniques. Lessons and learning activities are not only designed to reinforce and enhance students' personal values but also to help students be proactive to reflect on themselves through Visual Arts.

In senior forms, Visual Arts lessons include visual studies, painting, digital art, sculpture, mosaics, photography, glassware, art history, art appreciation and criticism. From learning the fundamentals of art to exploring the principles of design, students go further to experiment with various materials so as to prepare well for further studies in the field.



3D Mural Painting "The Cross Passage"



3D Mural Painting "Star Bright Sky"



Digital Art Workshop



Secretary for Education, Mr. Yeung Yun Hung Kevin, JP, at our CCC Centennial Anniversary Joint Secondary School Art Exhibition



## Art & Design Club

The Art & Design Club was established in 1976. Our aim is to arouse students' interest in different Art aspects, such as image design and glassware making. To help enhance effective learning of the discipline, the Art & Design Club is enthusiastic in providing students with different learning experiences through various means, including organizing field trips and visits, to meet their different needs in learning. Students are also encouraged to participate in competitions in their area of specialization, so as to gain more practical experiences.



Our Art project and show "Death Fest" supported by S.K.H. Holy Carpenter Church District Elderly Community Centre

In learning Visual Arts, first-hand experiences are important for students to acquire the knowledge, while students are affected by their different learning styles. Some students learn better through their sense of vision while other through their sense of hearing or touching. This club aims to satisfy these learning needs of students with its various learning programmes and activities.



Art Medium Workshop



Image Design Workshop



Sketch Up Workshop



Sand Painting Workshop



## Music & Aesthetic Development

Music lessons are provided for S1 to S3 students so as to enable them to learn the basic knowledge of music, be in touch with different kinds of music around the world, and develop their sense of music appreciation and music composition. Music is also taught to S4 to S6 students in the school-based Aesthetic Development lessons specifically designed for senior form students to provide them with relaxing and meaningful learning experiences through appreciating various performing arts, including music, choreography, Chinese opera, and accapella. In recent years, e-learning, such as music video making, dance video making and music composition with software, is added into our Music and Aesthetic Development curriculum to help cultivate students' interest and talents when learning the discipline.

As learning to play musical instruments is important to students' aesthetic development in music, our school has started the "One Student One Instrument" Programme since 2004 for S1 and S2 students. Presently, there are up to a total of 25 instrumental classes with about 220 members.

Apart from the normal Music and Aesthetic Development lessons, various types of music activities are arranged for students every year. The school encourages students to join the "Young Friends Scheme" sponsored by the Hong Kong Arts Festival Association, take the chance to appreciate free concerts sponsored by different arts organization, and to participate in the various competitions in the Hong Kong Schools Music Festival. Our students and school choirs have been making great achievements in these competitions annually.

Students also had the opportunity to learn music in foreign lands when two overseas music tours were arranged for them in the recent two years. In July 2017, True Light students went to Vienna for 11 days for a Music Masterclass Cultural Tour which helped broaden their music and cultural horizons and enhance their music performing skills to professional standards. In January 2018, our School Choir was invited to Singapore on a Music Performance and Cultural Exchange Tour and performed in the local schools and church, through which the passion of our choir members in music and in True Light values was vividly shown and shared.



a joint school orchestra performance and exchange with Queen's Elizabeth School



Christmas caroling by the senior school choir in The Ritz-Carlton Hotel



a performance of the Accapella Team in Hong Kong International Accapella Festival 2018

### Music Association

The Music Association has been set up since 2001. It acts as the bridge between the school and the music teams. Every year, with the guidance of the Music teacher, the Music Association organizes different music-related events for students, such as the True Light Songs Singing Competition, the Singing Contest, assembly concerts and the Annual Concert, which involve and show brilliantly our students' good initiative and high responsibility.



school choir members on the Singapore Music Performance and Cultural Exchange Tour





a school choir performance in our Annual Concert

## Music Teams

For students rich in talents and interests in music, there are various music teams, such as the Junior and Senior School Choirs, the School Orchestra, the Chinese Orchestra, the Accapella Team, the Recorder Team and the Percussion Team, for them to have frequent practices and performances inside and outside the school. For instance, at the end of the school year, the Annual Concert, combined with music, dance and art, will be hosted to provide a platform for students to showcase their talents and share their joy and interests in music to others.

Our **School Choir** pioneered in the music extra-curricular activities of the school. Throughout the years, it has been training and bringing up many students with passion and interests in singing, glorifying God along the way when they beautifully sing. Brilliant results in the Hong Kong Schools Music Festival have been achieved, like winning the championship of the Chinese Anthems competitions for over 10 years. We have collaborated with Ying Wa College to form a mixed choir and earned fantastic results in the Music Festival as well as the Winter Choral Festival over the past years. The School choir has also a lot of opportunities every year to perform on different occasions, such as Christmas caroling in hotels, the School Anniversary Thanksgiving Service, the Graduation Ceremony and the Annual Concert. Thanks must be dedicated to Ms. Tse, our Music teacher and conductor, for her support and leadership.

The **School Orchestra** was established in 2000, aiming at providing proper orchestral training and performing chances for students who are talented in playing musical instruments. The orchestra has participated in many activities both inside and outside school, such as the Graduation Ceremony and the Annual Concert. With our conductor, Dr. Jennifer Ho, taking the lead, the orchestra members had a cultural exchange activity and a joint school orchestra performance with students from CCC Kei San Secondary School and Queen Elizabeth School respectively in the past two years.

The **Chinese Orchestra** was established in 2016, with 30 members from S1 to S5. It aims to provide talented students who are fond of Chinese musical instruments a chance to learn and inherit the Chinese music culture. Last year, we collaborated with Shung Tak Catholic English College and won the 3<sup>rd</sup> Honour Award in the New Tune Cup Music Competition.

The **Accapella Team** was established in 2017, formed by 6 members. The team has grabbed the attention in Hong Kong accapella field by being the female accapella vocal band to enter the Final in the Hong Kong International Accapella Contest and winning the gold award. The group was invited to perform in Hong Kong City Hall in the 2018 Hong Kong International Accapella Festival.

The **Recorder Team** is conducted by Mr. Michael Leung, who is well-known to Asia-Pacific recorder educators and global artist-scholars. Over the past years, the team has won various awards in the Hong Kong Schools Music Festival and many overseas competitions.

The **Percussion Team** is formed from a group of students in the percussion class. The students learn to play different percussion instruments, including snare drums, bass drums, cymbals, bells, xylophones, vibraphones and marimbas. Moreover, they play different percussion ensemble pieces from all over the world when they perform.

a masterclass concert performed by our students on the 5<sup>th</sup> day of the Vienna Music Masterclass Cultural Tour

the first competition of the newly established Chinese orchestra in May 2017





# PHYSICAL EDUCATION

Our Physical Education Department endeavors to provide various learning experiences for students to develop healthy life styles, improve physical competency, cultivate generic skills as well as acquire positive values and attitudes. Many opportunities are offered to students through PE lessons, ECA programmes and sports teams trainings to help them excel in the various aspects of physical education.

## PE Lessons

A diversity of physical activities in PE lessons are tailor-made for students. Different topics, such as rhythmic gymnastics, hockey, softball, frisbee and touchball are taught in different levels.



i-pads are widely used in PE lessons



an introductory lesson on rugby



a netball class



S6 students enjoying the last PE lesson with laughter and applause at the bowling centre



a Yoga lesson in S5



a one-minute indoor rowing competition experienced by all S1 to S5 students

## Sports Association

More than 15 inter-class and inter-House competitions are organized every year by the Sports Association. Among all, the two traditional sports events, Rope-Skipping Competition and Tug-of-War Competition, are the biggest sports events of the year in which all the students are welcomed to join. These inter-class competitions help promote class spirits as students on one hand work and train hard in great unity in order to win the games, and on the other hand form their cheering teams and design different slogans to boost their morale.



students cheering for their own class



Interclass Volleyball Competition



Interclass Rope Skipping Competition



Inter-House Dance Competition





Prudential Hong Kong Tennis Open



the 7-day training camp at Huangcun Sports Training Base



Hong Kong Open Badminton Championship



a dance performance at Joint-True Light Schools Variety Show in Guangzhou



Active School Programme



Compression-only CPR Course



the 5-day kayaking journey

## Sports Promotional Activities

Sports promotional activities are also organized with external organizations so as to provide more life wide learning experiences for our students to get in touch with more sports events and further develop their interests and potentials. For instance, students' knowledge of racket games became broadened after having watched the Prudential Hong Kong Tennis Open and Hong Kong Open Badminton Championships participated by many top world-ranking players. Students have also benefited from programmes like the Compression-only CPR course introduced by the experts from HKU Li Ka Shing Faculty of Medicine, the interesting fitness training conducted by coaches from Active School Programme, and an intensive 5-day kayaking journey organized by the Outward Bound of Hong Kong, from which students' leadership skills and maximum potential are much cultivated.

Our school teams have also gained from many exposures. Our badminton team was delighted to have been coached by the famous world champion, Miss Wei Yili. Outstanding sports team members from the Table Tennis Team and the Basketball Team were selected to join a 7-day training camp at Huangcun Sports Training Base. The Dance Team had also the opportunity to perform in the Joint-True Light Schools Variety Show in Guangzhou



Miss Wei Yili coaching our badminton team





our outstanding sports teams members



Athletic Team



Basketball Team



Cross Country Team



Squash Team



Swimming Team





Badminton Team

## Sports Teams

In order to cultivate students' sports potential so as to help the gifted to excel in physical activities, ten school sports teams have been set up in these few years. Through undergoing intensive training and getting precious experiences in competitions, team members' sports skills and knowledge, sportsmanship and team spirit will be fully strengthened. It is encouraging to see our school teams achieving remarkable results in various inter-school competitions throughout the years.



Dance Team



Rope-skipping Team



Table-tennis Team



Volleyball Team



# NEW LEARNING HORIZONS

## Cross-Curricular Learning

What better way to teach students than by providing them with meaningful and purposeful learning opportunities. It is through cross-curricular learning that students are offered with a creative way to develop knowledge, skills and understanding while they are motivated to learn through stimulating, interconnected topics across different disciplines. This kind of learning without subject boundaries allows for investigations that will engage the imagination of students and widen their horizons. It also gives teachers opportunities to encourage active enquiry, taking the initiative, discussion and debate by students. By enabling students to solve problems, negotiate and learn from each other with cross-curricular learning, we aim to build on concrete learning experiences by 'lighting the flame' and inspiring students to achieve, be determined and strive for the best.

Cross-curricular learning has been effectively practiced in our school especially through the various learning activities organized on the Cross-Curricular Learning Day (CCLD) since its introduction in the academic year of 2010-11. A thematic approach is taken by different Forms with learning activities distinct from students' daily classroom learning experiences. Students often find themselves fully engaged as active learners on this day of learning outside the classroom.

Doing field studies in the Central district has been the theme adopted for S1 students since 2011, though with a slight change of the theme name from 'The Changing Face of Central' to 'The Evolving Central'. Well designed and structured cross-curricular learning and teaching packages on the Central have hence been established. The CCLD thematic learning for S3 students has also been constantly set on 'Field Study in King's Park', which was slightly changed to 'STEM Field Study in King's Park' in 2017-18, as the learning activities have always been involving STEM elements.



S1 'Evolving Central' – making an interview



S2 'Knowing My YMT' – inquiry learning



S5 'Working Reality' – running a business



S5 'Working Reality' – doing propaganda work





S1 'Evolving Central' – sharing of learning outcomes



S2 'Knowing My YMT' – guided tour



S3 'Field Study in King's Park' – collecting samples for examination



S3 'Field Study in King's Park' – making data analysis



enjoying cross-curricular learning



using iPads for cross-curricular learning

The CCLD theme for S2 students has constantly been 'Knowing My YMT' since 2014-15. As for S4 students, the theme for their cross-curricular learning has been about their understanding of and concerns for the neighborhood or the community, varying from 'Caring & Serving', 'Social Concerns for Neighborhood Districts' to 'We Love Hong Kong'.

As S5 students are approaching a new stage for their life planning, they are given 'Working Reality' as the theme for their CCLD learning activities, with visits to workplaces of different kinds, which will definitely enrich their knowledge across different disciplines. Places they have visited include Central & Western Heritage, Hong Kong Court of Final Appeal, Hong Kong Science Museum, RTHK, Hotel Icon, Swire Coca-Cola HK, etc.

Besides CCLD, it is our plan to develop a school-based cross-curricular learning 'curriculum', with initial attempts now taken by some Science subjects or through STEM education.



## Information Technology & E-Learning

There are various computer equipment and IT facilities and resources in True Light Girls' College, not only facilitating learning and teaching, the daily school administration work, but also the communication among the school, students, parents, alumnae and the public.

To keep pace with the fast advancing IT world, both the hardware and the software are always upgraded, replaced and newly added. In particular, there are two broadband leased lines, with bandwidth 300M and 500M, currently subscribed to provide a fast and stable connection of all the workstations and wireless mobile devices in the school campus to the Internet.

With the WiFi 900 Project launched by the Government, the school WiFi infrastructure has been greatly enhanced. There is now a fast and full WiFi coverage in all the 24 classrooms, 10 special rooms, the staff room, the school hall and the mini-hall. Together with a total of 105 iPads available, e-learning and mobile learning activities in the school can be much supported and promoted.

Since the successful application of the eLearning Pilot Scheme, starting with English Language in junior forms, electronic contents and materials have also been developed in all other subjects and levels. Such e-learning practices could help enhance interaction, sharing and collaboration among students in lessons, while students' learning diversities could also be catered for. Parallel to this, with the applications of suitable apps and learning platforms, e-learning has also been implemented in lots of our cross-curricular and extra-curricular learning activities and school functions. Students' self-directed learning, co-operative learning and reflective learning can then be promoted at anytime and anywhere within the campus.



S1 students using ExplainEverying App in a Science lesson



S4 students having self-directed learning in E-Learning Centre



students learning 3D modelling software





an Access Point on the ceiling to provide fast Wi-Fi network connection



Student TV

To further enhance the implementation of e-learning, the MMLC was converted to the new E-Learning Centre. The centre is equipped with 42 tablet computers, a high capacity Wi-Fi network, an interactive electronic white board, a spontaneous response system with 40 polling devices, a wireless audio-visual receiver, high-definition LCD projectors and visualisers, as well as 2 tablet synchronizing, charging and storage carts. With a central audio-visual control system, a digital sound system and stylish movable furniture, undoubtedly, the Centre surely provides students with an effective and efficient e-learning environment for their study.

Furthermore, with the setting up of the Student TV, students are provided with a new digital multi-functional platform to develop self-directed learning through producing and viewing programmes to be broadcasted through the various Student TV channels.

In order to support our STEM education, four 3D printers (including a single-head printer, a double-head printer and a 3D food printer) have been installed. Through learning 3D modelling and printing, students can develop their creativity, problem solving skills and self-directed learning skills.



the iPad Storage & Charging Unit in E-Learning Centre



3D printers and students' works



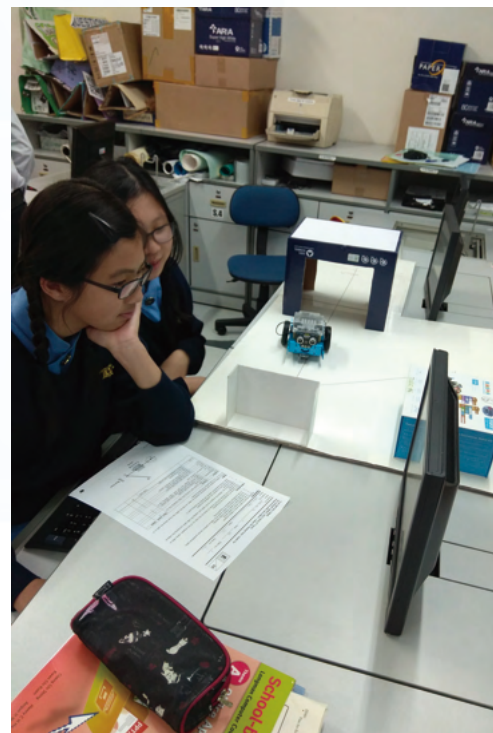
## STEM Education

To promote STEM education at our school, the STEM Working Group, comprising 7 teachers teaching different STEM subjects, has been formed since 2017. Through organizing different STEM activities, the teachers aim to help students reach their full potential in related fields.

Students have been strongly encouraged to take part in STEM competitions for schools in Hong Kong. These experiences are invaluable in enhancing the awareness of the students of the relationship between science and STEM-related disciplines.

Our school also organized a STEM exchange tour this year. 36 students from S2 to S4 of our school shared with the 36 students of Guangzhou True Light Middle School their STEM education learning experiences through different activities. Four STEM workshops were also co-organized by the two schools. The tour provided students with a chance to develop a better understanding of STEM knowledge and appreciate the rapid economic growth in Mainland China, which has helped promote their independent and innovative thinking.

School-based Support Services from the Education Bureau have also been sought to support the development of STEM education of our school in the academic year 2017-18. Different STEM learning activities have been arranged in Secondary Two Science and Computer Literacy and Secondary Three Biology, Chemistry and Physics classes.



S2 students are taking the mBot Practical Test in a Computer Literacy lesson.



S3 students are making periscopes in a Physics lesson.



Students are undergoing a Biology investigation carefully.



S2 students are doing the Water Rocket experiment in a Science lesson.





Odyssey of the Mind Hong Kong Regional Tournament 2018 Problem 4 – Animal House Division III 2<sup>nd</sup> Runner-up



The Glocksenspiel Making workshop



The Micro:bit Workshop



The Trotting Horse Lamp Making workshop



The Light Sensing Car DIY workshop



Equiz 2017-18  
Secondary Schools in Kowloon District Most Supportive School Award  
S3 Division 1<sup>st</sup> Runner-up Woo Hoi Ching Joyce 3B



A sharing session on STEM Education was held in a STEM learning community comprising STEM teachers from different schools



## Gifted Education

To help unleash students' talent, TLGC has been offering our girls a great number of diversified programmes and trainings. A Talent Pool embodying eight domains, namely Art, Chinese, English, Leadership, Mathematics, Music, Physical Education and Science, has been established as an effective way to spot and identify students' multiple intelligence in these various perspectives so that their potentials could subsequently be better nurtured and extended. For instance, students in the Talent Pool with exceptional performance will be selected to enroll in the many programmes offered by the Hong Kong Academy for Gifted Education, the Education Bureau and local institutes or universities.

There are also varied systematic school-based training programmes for students' gifted education in different levels.



S1 Multiple Intelligence Workshop



S3 Affective Education Programme



S2 Learning Style Workshop







a scientific knowledge enrichment programme: visit to radiation detection vehicles

For junior forms, a workshop on Multiple Intelligence will be organized for S1 students to help them understand better their own developmental direction. For S2 students, a Learning Style Workshop will be held to help them develop better their learning strategies according to their learning styles. For S3, there will be an Affective Education Programme in which the gifted students are given the opportunities to share their affective needs with their fellow schoolmates and teacher mentors.

The school has also implemented the Awards for Young People Scheme for the S4 students. The Scheme aims to help them to acquire the necessary leadership, social and life skills through participating in the various AYP activities and voluntary services.

Furthermore, by providing our students with more guidance in gifted education and exposures through attending talks, workshops and competitions like Odyssey of the Mind, it is hoped that our students can stretch further their potentials while broadening their horizons in learning.

We believe that everyone has gifts from God, and it will be a great blessing if their gifts are well nurtured as their talents for their whole person and future development.



visit to Biomedical School of The Chinese University of Hong Kong



Introductory Talk on Awards for Young People Scheme for S4 students



a musical intelligence enrichment programme: making music without score



a sharing session held by The Hong Kong Academy of Gifted Education in our school



## Reading to Learn

Various reading programs and activities are adopted every year in True Light Girls' College in order to promote the reading atmosphere in school and motivate the student to read. We firmly believe that reading is not just a means to expand one's horizons, but also a key to better learning of the subjects and whole person development.

Reading-across-the-curriculum has been a key element in the Reading Program at True Light Girls' College. Subject teachers provide not only a list of recommended books and magazines to the library to purchase for students, but also acquire books with specific themes to be displayed in a special corner of the library to encourage students to go deeper into various disciplines. A recent topic welcomed by students was one related to STEM education.



reading materials related to STEM Education are popular in the school library



a corner of the school library



class library



our Teacher and Student Librarians in the school anniversary carnival

In recent years, we have also been exploring the use of technology and launched an eBook reading program. A list of Chinese and English eBooks chosen by teachers are either subscribed or placed in the school intranet for students to read. With their mobile devices, students can read anywhere and anytime. Students, however, still enjoy the pleasure of reading with their peers in the reading periods, and also by exchanging comments and leaving recommendations on the website.

With the growing craze for book crossing around the world, we are also setting up class libraries in Secondary One and Two classrooms, as well as book-crossing corners in open spaces on campus to encourage students to share their books and read more during free time. At the same time, Reading Ambassadors are appointed in each class to manage the libraries. It is hoped that this scheme will promote more than just a culture of reading and sharing, but also a stronger sense of responsibility among students.

The Library Club has also organized book swapping activities since 2016. Students are encouraged to contribute books they have read. For each book they contribute, they are allowed to take back one book in return. By sharing the books they have read and avoiding new purchases, students are able to obtain some good reads to enjoy and learn to be friendly to the environment.



Book exhibition



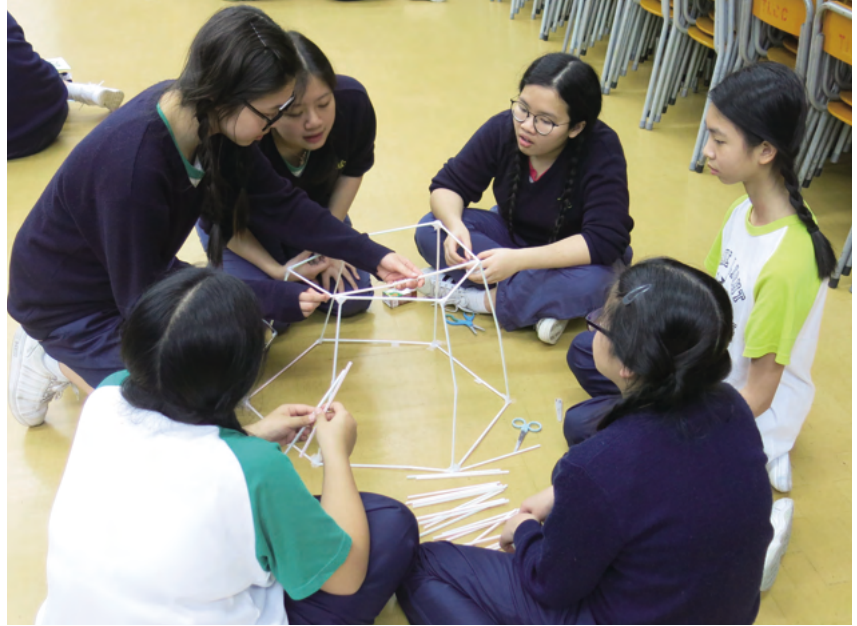
# CARE, LOVE AND FAITH





# PASTORAL CARE AND STUDENT GROWTH

*Our school aims at nurturing students and providing them with pastoral care so that they could develop into integrated persons of all-round attainment and development. We believe that every student is unique and talented. Each of them will thrive for excellence when they are given opportunities to develop their potential and pursue their dreams.*



Team building through Straws Tower Making Competition

## Qualities of True Light Girls

To that end, the school focuses on promoting the eight important qualities of True Light Girls, namely awareness, dedication, fitness, modesty, perseverance, sacrifice, versatility and illumination, which our students should possess to manifest their love for True Light. To facilitate our students' whole-person development with these qualities, a wide range of programmes and activities are organized by various Committees of the school, the Student Union, the four Houses, the Student Fellowship, the Sports Association, the Music Association, as well as the various Uniform Teams, Service Groups and Interest Clubs.

## Spiritual and Ethical Education

In addition to long and short assemblies and Religious Education lessons, spiritual education is enhanced through a series of evangelistic programmes and activities organized by the Religious Education Committee and the Student Fellowship, all of which aim at introducing the Christian faith and the love of Jesus Christ to students to help enrich their ethical and spiritual life in their whole-person development.



## True Light Sisterhood

Besides, True Light sisterhood genuinely ripens among our students along with many well treasured measures adopted by the school, like the House System, the Sister Forms System, and True Light Bonds as some notable examples.

The “True Light Bonds” programme specially pairs up S1 students with their S4 school sisters, S2 with S5 students, as well as S3 with S6 students, to develop among our students one-to-one mentor-and-friend relationships. Through the various well-designed activities of the programme, the tradition of Sister Forms System in True Light is strengthened, while our students are provided with an invaluable platform for both the mentors and mentees to share their learning experiences, cultivate their interpersonal and communication skills, nurture leadership skills, and learn to co-operate constructively and harmoniously with one another.

## Pastoral Care for Student Growth

The ultimate goal of our pastoral care is to create an inviting and healthy school atmosphere and environment that is conducive to student growth as our students are empowered to take important steps in True Light for their pursuit of their all-round development.



A Sister-Class Book Sharing Activity



True Light Bonds Leadership Training Workshop



## Guidance & Discipline

With a work force consisting of eight teachers and a programme assistant, a whole school approach of guidance and discipline is adopted by the Guidance and Discipline Committee to cater for the various needs of our students in accomplishing good discipline and in seeking guidance whenever necessary.

Our guidance and discipline teachers work also closely with two school social workers, who will assist students in coping with their emotional, family and adjustment problems.

Besides teachers, ardent and dutiful students with pleasing academic results are appointed as school prefects and guidance prefects to help promote remarkable self-discipline and maintain good moral standards among all students. As school prefects are all members of the Prefect Council, their potential in leadership and in self-monitoring could also be much nurtured. Guidance prefects are also nurtured with skills in providing guidance to their peers. For instance, there is a whole year “Peer counselling” programme for S3 to S5 guidance prefects to develop their interpersonal skills to help S1 and SEN students to adapt to school life.

To promote positive values and mental health among students, our school social workers, educational psychologist and the school liaison police officer had been invited to assemblies to give talks to students. Parents of the S1 students were specially invited to attend the talks.

Besides the provision of counseling services to students, a wide variety of tailor-made guidance programmes for students in different forms were also held, like the Form 1 Learning Skills Workshops to help S1 students to better understand their learning styles and improve their learning skills. Other workshops held for students included Zentangle Workshops, Snow Skin Mooncake Making Workshops and the 330 Mindfulness Workshops, which included the making of handmade and leather wallets aiming at strengthening students’ mindfulness in daily life.

Students had joined also many guidance programmes for their personal growth, like the Health in Mind Programme, which required them to participate in voluntary services to promote integration and acceptance of the underprivileged. In the EDB Peace Ambassador Training Programme, 6 students were chosen as Peace Ambassadors, who had helped promote “no bully” in school and organize a joint school carnival to raise public awareness of the issue. Through doing voluntary services, like teaching the elderly to make leather wallets and chatting with them in nice manners, students had great benefits for their moral and personal development.

With the concerted effort made by teachers, students and their parents, students of True Light are expected to cultivate positive values for life and develop their potentials to the fullest.



Health in Mind Programme





School Prefects and Guidance & Discipline Teachers



Guidance Prefects and Guidance & Discipline Teachers



330 Mindfulness Workshop



Voluntary Service



Form 1 Learning Skills Workshop



Zentangle Workshop



Peace Ambassador Training



Snow Skin Mooncake Making Workshop



"Harmonious Campus--No bullying" Bronze Award



## Career Guidance and Education

### Career Guidance Committee

Career guidance and education in our school, with the Career Guidance Committee playing the pivotal role, has been in full swing through both the formal school curriculum and a great variety of other learning experiences activities, to brighten up our students in their career development and life planning by guiding them to find their values in life, helping them nurture good and correct attitudes, and facilitating them to make well-informed career choices.

### Career Education, Career Aspiration Society, Sun-Light Society

Career Education, as a school-based subject, has been built into the curriculum of S4 since 2012-2013 and of S3 since 2014-2015. There are also two student societies, namely the Career Aspiration Society and the Sun-Light Society, to provide opportunities for Career Prefects to initiate their own career and life-planning activities, while students in general will experience invaluable gains through taking part in the career-related activities organized by the two societies.



Chen Yan Yan (SA), Life Planning Grand Prize of Hope for Success winner, with our Principal



Some school-based Career Education learning materials



Caring School Award Scheme 2016 – Promoting Life Education (Merit Award)



Teacher advisors and Committee members of Sun-Light Society with members of Rotary Club of Bayview Sunshine Hong Kong



Our strong team of Career teachers and Career Prefects



Below are some of the significant achievements, both of the Career Guidance Committee and the students, remarkable professional sharing, and major events that had been organized:

## I. Major Achievement of the Career Guidance Committee

- Caring School Award Scheme 2016 — Promoting Life Education (Merit Award) (EDB, Hong Kong Christian Service, HKACMGM, 2016-2017)

## II. Major Achievements of Students

### Career Planning Competitions

- Junior Career Planner Contest 2017-2018 — Champion (Y.E.S.) (S5)
- Hope for Success 2017 — Life Planning Grand Prize (HKFYG & Prudential) (S5)
- 「商校合作 - 企業杏林：尋找企業家的故事」訪談短片製作比賽 2015-2016 — Champion (EDB) (S5)

### Job-specific Competitions

- Moot Court Competition for Hong Kong Secondary School Students 2015-2016 — Champion (IVE and Rotaract Club of New Territories) (S4-5)
- Working Reality — Ultimate Challenge 2015-2016 — Champion (Best Business Operation) (The Hong Kong Federation of Youth Groups) (S5)

## III. Professional Sharing Sessions (invited by EDB)

- Life Planning Education Sharing Series 2016: Promoting Life Planning Education through Home-School Cooperation (30 May 2016)
- EDB District Development Networks
- Talk for Teachers and Parents on Life Planning Education for Youngsters by Committee on Home-School Co-operation (30 Jun 2017)
- Celebration of the 20<sup>th</sup> Anniversary of the Establishment of the HKSAR — Mainland-Hong Kong Life Planning Education Symposium — Building a Collaborative Team (3 Nov 2017)

## IV. Professional Sharing Sessions (with different secondary schools)

- with CCC Ming Kei College (6 Jun 2015)
- with Shatin Tsung Tsin Secondary School (18 Mar 2016)
- with St. Louis School (14 Oct 2016)
- with Hoi Ping Chamber of Commerce Secondary School (25 Jan 2017)



「生涯規劃匯萃」published by EDB



## V. Career Exploration Days (by professionals from different sectors)

- co-organized with Junior Chamber International Hong Kong (6 Nov 2015 — for all students and some parents)
- co-organized with The Chinese General Chamber of Commerce, Hong Kong (26 Jun 2017 — for students from YTM secondary schools)

## VI. Media Interviews (by EDB Career Guidance Section for publications)

- Wen Wei Po (2015–2016)
- 「生涯規劃匯萃」 (2016–2017)



The Champions of the Moot Court Competition for Hong Kong Secondary School Students at the prize presentation ceremony with the Principal, Career Mistress and teacher advisor



Our Career Mistress and Assistant Career Mistress at the Talk for Teachers and Parents on Life Planning Education for Youngsters organized by EDB



Our Principal, Vice Principal, Career teachers, Career Prefects and organizers from EDB at the Mainland-Hong Kong Life Planning Education Symposium



The talk on Life Planning Education by Committee on Home-School Cooperation organized by EDB



A staff development programme offered to Hoi Ping Chamber of Commerce Secondary School



「商校合作-企業杏林：尋找企業家的故事」訪談短片製作比賽冠軍



The Career Exploration Day co-organized with Junior Chamber International Hong Kong



# RELIGIOUS, CIVIC AND ENVIRONMENTAL EDUCATION

## Religious Education

Enveloped in the love from God and in the belief that God is the origin of true light, the utmost mission of Religious Education in our school is to spread gospel in the school, radiate God's unconditional love and proclaim the teaching and revelation of the Christ with an ultimate goal to bring salvation to everyone.

In this 45<sup>th</sup> school anniversary year, the Student Fellowship had set 'Love' as the year theme, which utterly echoed the annual school theme of "I Love True Light", with True Light symbolizing the truth of God. To cultivate this seemingly impalpable and intangible love in our campus, we had organized a wide variety of activities, ranging from gospel training for junior form students to the Gospel Week.



2017-2018 Student Fellowship



Gospel training for junior form students after Hong Kong Gospel Festival 2017



Hong Kong Gospel Festival 2017



In the regular Student Fellowship meetings held on Fridays after school, different topics from Ten Commandments to current issues like environmental protection were explored and discussed, focusing at how we should tackle these issues as Christians. Through games, mini-debates, bible studying and witness sharing, students would experience the love of God and understand the words from God vividly. In the hope of spreading the gospel, all schoolmates were welcomed to join our meetings.

On 1<sup>st</sup> December 2017, all True Light students had participated in the meaningful territory-wide decennial Hong Kong Gospel Festival together with hundreds of students of other secondary schools. The speaker, Dr. Sung Jao-Yiu, shared his journey of giving his life to God and how God had led him to combat predicaments in his life. This large-scale evangelistic event enabled students to enrich their understanding towards Jesus and motivated them to open their heart to believe in God and accept his love. After listening to Dr. Sung's inspiring and awakening speech, more than ninety students accepted God to be their saviour.

Subsequently, a series of gospel training sessions were organized in March for over thirty junior form students. In these training sessions, our Principal and Christian teachers nurtured them with words of God and encouraged them to have daily prayer and scripture study so that they would grow with a strong spirit and a sober mind.

In the 45<sup>th</sup> anniversary school carnival in December 2017, our Student Fellowship had set up some distinctive game booths for guests to know more about us, and more importantly, the almightiness of God. We put different objects in the 'terror boxes' and invited guests to guess what they were. The seemingly unchallenging game indeed embedded a meaningful message that life is full of challenges and uncertainties. We can never predict and control what comes next but only God can guide us in darkness. We should therefore strengthen our confidence in God.



Christmas Service



Easter Service



Praying for Secondary 6 students



hymn singing in school assembly



Game booth in the 45th Anniversary School Carnival



Without a shadow of doubt, we do understand HKDSE is an arduous and strenuous task for S6 students. To resonate with this year's theme of love, we held various activities to invigorate our S6 students to strive hard with faith and perseverance despite all the thistle and thorn. In the farewell assembly, teachers and students sang S6 students songs to convey to them encouragement and inspiration with motivational messages. The Fellowship read aloud the messages while the songs were played to S6 girls. We also wholeheartedly made suffrage for them, prayed that they had the wisdom and faith, and asked God to take care of their burden. These programmes provided our S6 students with relentless support and incitement, delivering them love in the name of Jesus.

God sacrificed his beloved son, Jesus Christ, to clean the sins of mankind and bring peace and restoration to the broken relationship between God and us. Immersed in such unreserved love from God, the Religious Education Committee and Student Fellowship are determined in our ultimate mission to deem propagating the truth of love and bringing salvation to everyone in True Light.



religious education camp in Cheung Chau



sharing by alumnae



sharing by Student Fellowship



sharing of Gospel



## Civic Education

Civic education in our school, promoted mainly through the relentless efforts made by the Civic Education Committee, aims to foster core civic values, social awareness and positive attitudes in our students in order to cultivate their sense of citizenship, willingness to contribute to the community and sense of belonging to the society.



Civic Education Week



ICAC Drama Show



National Flag Flying Ceremony



Board Display on School Information Day



Sister School Interflow with Guangzhou True Light Middle School



Study Tour to Xiamen



Multiple civic education activities, including talks, interflows and exchange programmes, have been organized over the years. For instance, besides talks on various current issues of our Hong Kong society, the Civic Education Week has also been held for arousing civic consciousness of our students. Students' identity with and understanding of the mother country has also been enhanced with the annual holding of the National Flag-flying Ceremony and the various study tours to different places in the mainland, like Beijing, Shanghai, Chengdu, Xiamen, Guangzhou, to name just a few. These all-round life-wide learning activities have been brilliant opportunities for our students to learn to live up their life as devoted and very responsible citizens, who will be determined in the pursuit of their goals while making invaluable contribution to our society.



Study Tour to Shanghai on its City Planning and Economic Development



Study Tour to Nansha and Qianhai



Study Tour to Guangzhou



Study Tour to Chengdu



## Environmental Education

To create a green school campus and to echo with the school theme of 'I Love True Light', 'Adopting a low carbon lifestyle' was taken by the Environmental Education Committee as the main theme of our environmental green activities to arouse students' awareness of becoming green citizens.



A board display on green roof



Low Carbon Lifestyle Game Booth



Workshop on Photo Frame Making



Experiential Workshop on Organic Farming



On Education Forum on environmental and climate change



### 1. Carbon Audit Reduction Project: Creating a Green TLGC Campus

In this Carbon Audit Reduction Project, the school aimed at effective carbon reduction after installing upgrading energy-saving measures and facilities. Through the project, we were able to reduce about 22 tons of carbon dioxide in a year, the amount of which is equivalent to planting 968 trees.

### 2. Low Carbon Lifestyle Game Booths

To promote a low carbon lifestyle to the school and to the public, two games booths, one on energy saving and the other on waste recycling, were set up in our School Anniversary Carnival. To further promote the idea of reuse and upcycling by careful use of resources, hand-made towel rabbits and wooden photo frames made of recycled materials were dedicated to visitors and students as souvenirs.

### 3. TLGC Green Roof

In our School Anniversary Carnival, a board display on the use of green roof to help reduce room temperature and electricity consumption was made to promote to the public the importance of rooftop greening in a busy district like Yaumatei.

### 4. Experiential Workshop on Organic Farming

Through the workshop on organic farming, students learnt the techniques to grow crops good for our health and learnt to conserve soil in the farmlands without using chemical fertilizers and pesticides. They shared the idea of conserving the natural environment with fellow schoolmates by writing reflections on their organic farming experience.

### 5. Workshop of Upcycling: Photo Frame Making

A photo frame making workshop was organized for students to learn to make use of disposed CDs and recycled wood from cartons collected from the Fruit Market to make photo frames. It helped students learn a way to lead a green lifestyle in their daily life.

### 6. 'Disney's Environmental Exploration' Workshop

A workshop of 'Disney's Environmental Exploration' was organized to help students understand how environmental protection and emission reduction concepts and measures have been applied in the management and operation of Hong Kong Disneyland. The workshop helped encourage students to take environment protection as their lifelong values and civic responsibility.

### 7. Green Ambassadors Training Workshops

Two training workshops on 'Preservation on Heritage buildings in Hong Kong' were organized for all green ambassadors, who learnt to be more engaged in heritage conservation while developing a sense of environmental protection of our society.

### 8. Education Forum

An environmental education forum titled 'Environmental and Climate Change Forum Series: Energy Saving for All' was organized to let students voice their views on the recent and updated issues about environmental conservation.



Disney's Environmental Exploration Workshop



## Moral Education

Moral education plays a pivotal role in our nurturing of the whole person development of all students. It is radiated from our school motto 'Thou art the Light of the World' and much emphasized in the School Regulations, stating that 'all students must follow the Christian spirit of love and equality as well as sacrifice and service for others'. True Light girls are expected to develop the intrinsic qualities of 'awareness', 'dedication', 'fitness', 'illumination', 'modesty', 'perseverance', 'sacrifice' and 'versatility', much of which is cultivated with moral education.

It has been the practice of the school to pick up in turns certain important values and qualities as the year theme for students to have the focus for their personal growth. These year themes have included 'Appreciation & Thankfulness', 'Be Persevering, Be Resilient', 'Be Proactive, Be Positive', 'Caring & Serving', 'G.O.O.D. (Gratitude, Obligation, Objective, Dignity)', 'Objective & Obligation', 'Respect & Responsibility', while 'I Love True Light' was chosen for the 45th anniversary year.

The year theme is promoted with a whole-school approach as all school committees, subject panels and OLE units are requested to draft their action plans with corresponding programmes or activities, which will be held throughout the year following a kick-off assembly held by the Student Union. Guest speakers, including notable alumnae, will also be invited to assemblies to share with students on the year theme.

On entering our school, it is easy to find pictures of True Light students helping others shown on the reflective stainless steel mirrors on both sides of the school lobby, or holding a candelabra, received from an angel painted at the ceiling, on the four doors leading to the mini-hall. This shows the heavy weight of moral education in our school, emphasizing on the spirit of love while sustaining also the True Light legacy.

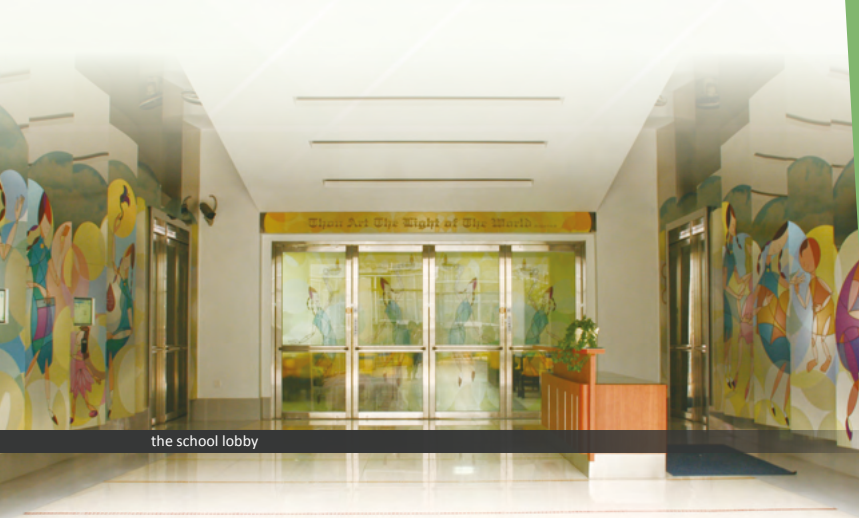


a Year Theme Kick-off Assembly



an alumna sharing on the year theme in an assembly

## board designs with the year themes



the school lobby



# TRUE LIGHT SHINES





# SCHOOL FUNCTIONS

## School Anniversary Celebration

Our school anniversary celebration is traditionally featured with an Anniversary Thanksgiving Service, usually held on the first Friday afternoon in May. It has been our great prestige to have invited honorable pastors, including Rev. Ng Chun-chi, Rev. Lo Lung-kwong, Rev. Hui Hoi-ming, Rev. Yung Chuen-hung and Rev. So Shing-yit, to come for the Sermon in the recent five years. Renowned alumnae, like Minister Lucinda Tsang, Ms. Chan Hoi-ting Yuki, Ms. Lo Chi-kiu, Ms. Yip Ka-ying and Ms. Fu Nicole Wai-lam, have also been invited to the Sharing Session to share with the audience their sweet memories and affection towards the school.

As our school keeps on developing quality education for our students, new innovations are constantly made, and the Thanksgiving Service is taken as the most suitable occasion for their inauguration, like the Student TV and the School History Gallery in 2013, the E-Learning Centre in 2014, and the STEM Education Centre in 2018. The 3D painting 'The Cross Passage' and the 3D mural painting 'Star Bright Sky' were also each unveiled respectively in the 42<sup>nd</sup> and 45<sup>th</sup> School Anniversary.

Tributes are also paid to our Alma Mater in Guangzhou in the celebration of the True Light Anniversary. During the 145<sup>th</sup> True Light Anniversary, tours were organized for our school managers, the Principal, teachers, students and parents to pay their visit to Guangzhou, while our school Dance Team was invited to perform in the Celebration.

### THANKSGIVING SERVICE

40<sup>th</sup> Anniversary41<sup>st</sup> Anniversary42<sup>nd</sup> Anniversary43<sup>rd</sup> Anniversary44<sup>th</sup> Anniversary



## INAUGURATION CEREMONY



Student TV, 2013



School History Gallery, 2013



E-Learning Centre, 2014



STEM Education Centre, 2018

## UNVEILING CEREMONY



The Cross Passage, 2015



Star Bright Sky, 2018

## 145<sup>TH</sup> TRUE LIGHT ANNIVERSARY



student leaders attending True Light 145<sup>th</sup> Anniversary



school Dance Team performing in True Light 145<sup>th</sup> Anniversary Celebration



## Annual Concert

The Annual Concert, once known as Homecoming Concert, has been being held since 2003, usually at the first weekend of our summer vacation, as a celebration of the accomplishments and whole person development of our students through Music. It has since become a distinguished school function for our students to show their talents and brilliance in music, from which the audience will not withhold themselves to give the performers big applause and massive appreciation.

There is always a special theme attached to each of the concerts in order to bring out its unique features and attractions. For instance, you can imagine yourself immersed in fantasies filled with beautiful music when you enjoy *La fantasia* at a mid-summer night in 2014, or you will find music bringing you into a mysterious and unimaginable dimension as you are in *Inception* in the packed school hall in 2015. Performers in *True Light Grammy* in 2016 would feel like performing as Grammy Awards winners.

When it comes to our milestone school anniversary, an English Musical will instead be put onto the stage, like *The Wizard of Oz* in our 35<sup>th</sup> anniversary year of 2008 and *Casting* in this 45<sup>th</sup> anniversary year. It was very special at our 40<sup>th</sup> anniversary year to have our annual concert held in the form of the Musical *Godspell* and Variety Show.

UNITED STATES OF MUSIC 2011



PLAISIN DE LA MUSIQUE 2012



VARIETY SHOW 2013





## LA FANTASIA 2014



## INCEPTION 2015



## TRUE LIGHT GRAMMY 2016



## ETERNITE 2017





## S1 Form Association Inauguration Ceremony

Every year, a new S1 Form Association is established in a solemn inauguration ceremony. Each Form Association distinguishes itself with its own traditional motto, flower and colour. These customary symbols are preserved, together with the "Sister Forms" practice, to promote True Light sisterhood. The S1 Form Association does not only enhance the communication between S1 girls and their S4 school sisters, but also enables the S1 newcomers adapt themselves to the school and understand the culture of True Light.

All S1 students will celebrate their Form Association Inauguration day with joy, pride and their show of talents, either in music, languages, dance or drama, through various performances. After having chosen the kind of programme to perform, they will then enthusiastically prepare and practise together with guidance and support from teachers and their S4 school sisters. Their performances have always received great appreciation from the audience. It is hoped that all S1 students will work hard to realize the missions of their Form Association and school to become exemplary True Light daughters.





## Light Passing Ceremony

The Light Passing Ceremony is absolutely the key and indispensable element that helps constitute the whole True Light culture and tradition today. As bearers of True Light, every True Light girl is first nurtured with the qualities to be the light while at school, so that they may shine forth as the light of the world after leaving the school. The Light Passing Ceremony symbolizes this hereditary succession of the light as the school leavers will pass the light on to their younger school sisters, wishing them to take up the responsibility as the light holders by doing their best at school, while the graduates will carry on with the mission to spread the light in their further studies and pursuits in life.

The Light Passing Ceremony was used to be held on one of the post-examination activity days in early July, but has since 2011 coupled with the Graduation Ceremony to become a signature event of the school.

### 2013



### 2014



### 2015



### 2016



### 2017



### 2018





2014



## S6 Form Association Nite

The Form Association Nite (級夕) has been a long tradition of the True Light family of schools, originating from its Alma Mater, as a meaningful and affective way to strengthen the bonds among the graduates as well as between the graduates and the school. Such fine roots of True Light traditions were first planted in our school in the summer of 2014, and this invaluable occasion has since then been highly treasured by our graduates, who will whole heartedly dedicate themselves, after having finished the hectic HKDSE examination, to work out programmes and performances which will help bring back memories of those good old school days, sustain the friendships that have been made, express thanks and gratitude to teachers and keep the ties with the school. The Form Association Nite is so moving and touching that it will stay long lasting in the minds of every graduate.

2015



2016



2017



2018





## Graduation Ceremony

The Graduation Ceremony is an important rite of passage for our S6 graduates as their achievements in their six years of study are recognized and celebrated before they turn a new page of their life. The Ceremony was used to be a joint-school function held with Kowloon True Light School until 2010. It was then held together with the traditional Light Passing Ceremony for some more years before it has become an independent school event since 2015. Leading educators like Professor Kuo Way, Dr. Leung Wing Tai and Dr. So Kwok Sang, as well as high achieving alumnae including Ms. Elaine Ho, Dr. Ching Mei-bo, Ms. Dora Fu JP and Ms. Reddy Ng JP, had been invited as our Guest of Honour to present the graduation certificates and give a speech from which the graduates could learn as they prepare to reach for another milestone in their quest for dreams to fulfil.



Graduation Certificate Presentation



school orchestra in the ceremony



the graduate class taking a group photo



Graduation Speech by graduate representative



hymn singing by school choir



Prize Presentation



## Graduation Camp

S6 students treasure very much the Graduation Camp, usually held after their Mid-year Examination, which helps strengthen their friendship and reinforce their bonding while enhancing their sense of belonging to the school. Among the campsites they choose for this most unforgettable event are Wu Kwan Sha Youth Village, Lady Maclehoze Holiday Village or HKFYG Jockey Club Sai Kung Outdoor Training Camp. Students enjoy having group games and performances, like fashion shows, together in the camp with laughter and closeness. There are also sharing sessions when our graduates will easily burst into tears as they recall all those sweet and bitter moments in their school years with their form sisters. The Principal and Vice Principals will usually visit the graduates in the camp, bringing them not just fruits but also words of cheers and encouragement. With the blessings of words from the Bible and hymns singing during the camp, it is hoped that all our graduates will have a bright future as they shine forth as the light of the world.



taking a refreshing moment outdoor in the camp



words of encouragement from the Principal



playing a team building game



an evening sharing session in the camp



fashion show



strong bonding established in the camp



## Swimming Gala

The biennial Swimming Gala is one of our important sports events, providing our elite swimmers a precious opportunity to showcase their skills and talents. Pleasingly, it is not only the number of participants in the competitions has been increasing, but even the standards and levels of the competitions have also been raised throughout the years. Many of our swimmers had achieved remarkable results, setting seven and six new school records respectively in the last two Galas.

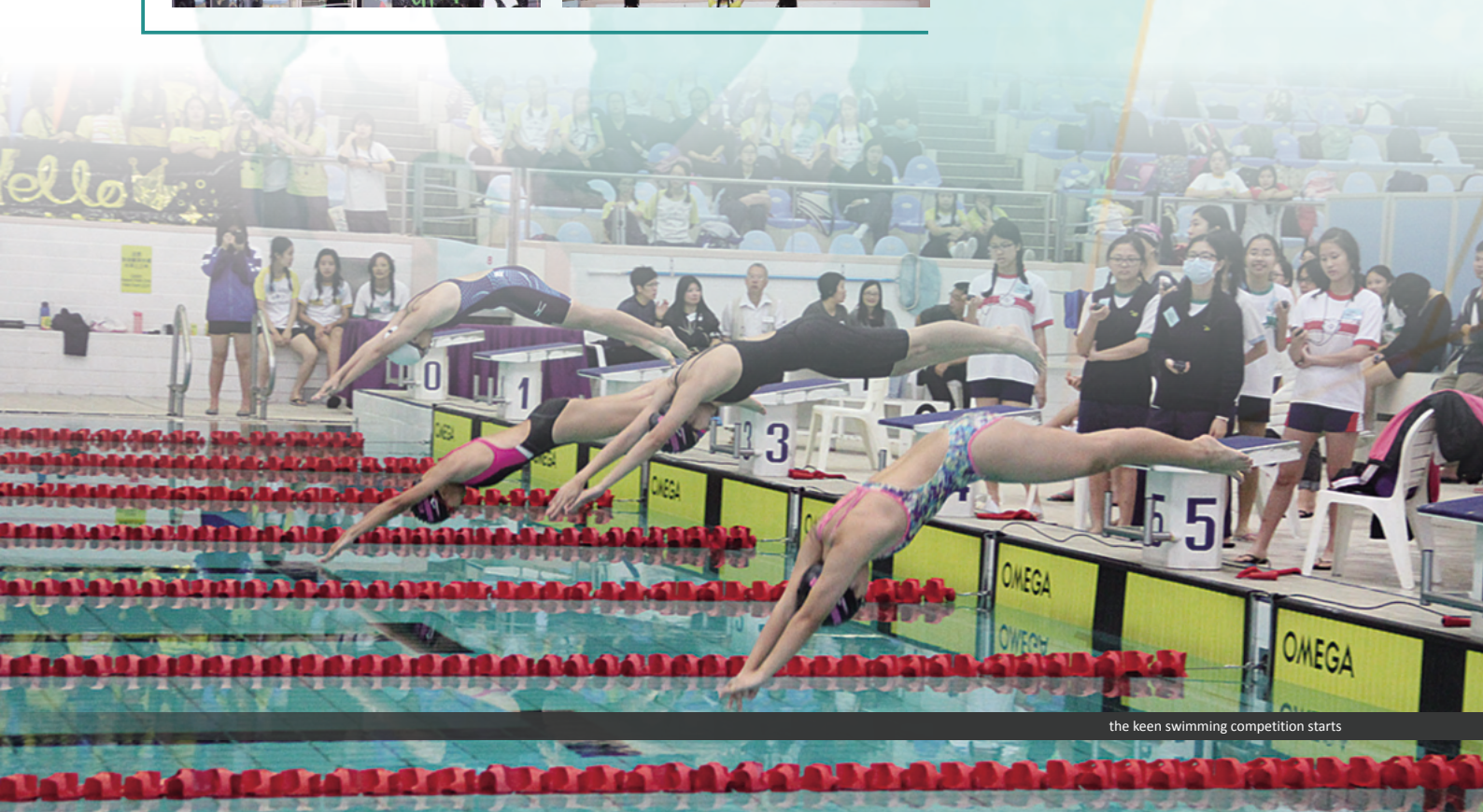


prize presentation to winners

### HOUSE CHEERING TEAMS



Apart from keen competitions between the swimmers, the House cheering teams with their passionate performance do also help arouse the jubilant atmosphere in the swimming pool. The pool arena is always roared with rhythmic House songs and beautifully choreographed slogans delivered by the cheering teams, while the competitors are swimming at their highest speed in the pool.



the keen swimming competition starts



## Athletic Meet

Our Athletic Meet has been being held for 38 years. It provides a great chance for our girls to demonstrate their sportsmanship, as well as display their strength and agility by taking part in various track and field competitions. It is also the occasion for students to shine and fight for their own House, displaying their team spirit in the intense races and demonstrating their energetic enthusiasm in the cheering team competition. All these exuberant events go smoothly every year with active participation of students, teachers, parents and alumnae.

In the Athletic Meet this year, there were some remarkable and fascinating achievements made by our sports girls which are worth mentioned. For instance, Fung Ching Man from 5A set again the new record for the middle distance running in our Athletic Meet. She has broken this record consecutively for five years. Ng Hay Yiu from 4D, who took the 10<sup>th</sup> place in 200m race in the athletic ranking of Hong Kong in 2018, broke our Grade B 400m race record with her high standard of performance.



Parent-Teacher 4 x 100m Invitation Relay



teachers joining 1500m race



our elite athletes





There are always many eye-catching highlights in the Athletic Meet. Besides the House cheering team performance and competition which definitely attract the focus of everybody, teachers and parents will also get the attention of all the spectators when their respective teams compete in the 4x100m Invitation Relay, which is one of the eagerly anticipated competitions at which students always loudly cheer.



Ng Hay Yiu breaking Grade B 400m run records



Fun Fun Run



Alumni Cup



Fung Ching Man breaking middle distance run records

The Athletic Meet seems like another school carnival when it is bustling with the excitement of the 400-metre “Fun Fun Run” event, with nearly 300 students, teachers and guests gathering at the sports ground and promenading along the tracks smoothly under the accompaniment of the traditional True Light sports songs. The Athletic Meet comes to its perfect climax with the “Alumni Cup” event, which is a student-teacher 10×40m relay particularly organized for our S6 graduates, who will invite their class and subject teachers to join them in this meaningful ‘run-as-one’ race.

## HOUSE CHEERING TEAMS





## School Information Day

The School Information Day has become one of the major annual school functions since 2011. It provides the best opportunity for the school to keep the public, especially Primary Six students and their parents, informed of our most recent overall development in providing quality True Light education to our students.

On the School Information Day, visitors opting for the S1 Admission Talk will know more about our school history, school vision and mission, and the important features of our provisions for learning and teaching and the whole person development of our students through the speech of our Principal. They will then be clearly informed of the application procedures for the Secondary One Discretionary Places by our Vice-principal, who will also provide the Primary 6 students with useful warm reminders on preparing for and attending the admission interviews.



School Ambassadors and Teachers-in-charge



performance by School Orchestra



Campus Tour



S1 Admission Talk

To let visitors know more about our school, campus tours are conducted by our School Ambassadors, who will explain to visitors the various school facilities and answer their queries when they are shown around on our campus. Our School Ambassadors and student helpers are highly appreciated for their good manners, hospitality and attentiveness to the visitors.

Visitors, especially the Primary 6 students, may also explore the various taster programmes, such as an interactive English lesson with e-learning using iPads, or a Colourful Science Experiment, so as to experience learning in our school. There will also be artwork displays and exhibitions to let visitors learn more about the school life of our students. The talents of our students in more aspects are further shown when visitors enjoy various students' performances, like by the School Orchestra or the Rope Skipping Team, on the playground. Sometimes there will also be some stall games and ball games.

Throughout these years, our carnival-like School Information Day has become more and more popular with an average of over 800 visitors each time. This event has established itself as a very good way to bridge our school with the community.



## OTHER LEARNING EXPERIENCES

To facilitate students' all-round development as lifelong learners with sustainable capacities and to align with the objectives of the government in developing secondary education, the Other Learning Experiences Committee helps to provide and coordinate a wide range of extensive other learning experiences (OLE) activities for students so that their enthusiasm for pursuing personal growth in spiritual, moral, intellectual, academic, physical, social and aesthetic aspects could be well nurtured and cultivated.

To this end, a kaleidoscopic range of life-wide learning activities outside the classroom are offered by different subject panels, the Student Union, the four Houses and the 55 clubs, societies and sports teams. These extensions of classroom learning reflect not only the magnitude of opportunities for students to acquire other learning experiences, but also their enormous sense of belonging to the school that is nurtured through the activities.



街坊真善義



舞端端賀端午



Besides the various other learning experiences activities organized by subjects, clubs and societies, our school also holds the OLE Activity Week, during which students will participate in different activities in various OLE components, such as moral and civic education, community service, aesthetic development, physical development and career-related development, to broaden their horizons for meeting future challenges.

A very special OLE activity is tailor-made for all S4 students to participate, which is a school-based service learning programme combined with structured learning that will link up students' service tasks to their self-reflection, self-discovery and acquisition, and comprehension of knowledge, skills and values. This activity reflects the belief of our school that opportunities offered to students to initiate activities to serve the needy will result in outcomes geared towards benefiting all parties that are involved.

## TRUE LIGHT GRAMMY 2016



Service Learning Activity of S4 (14-15)



Service Learning Activity of S4 (17-18)



## Student Union



members of the Student Union Cabinet

*The Student Union, founded in 2000-2001, has been living up to its aims stated in its Constitution in promoting mutual help, cooperation and leadership among students, helping them to achieve a balanced development in their school life, taking care of their general welfare and cultivating their sense of belonging to school.*

*In this 45<sup>th</sup> school anniversary year, conscious and extraordinary efforts were made by the Student Union to help fill our iridescent campus with vivacity and diversity. To help make the year joyful, meaningful and unforgettable for all the schoolmates with various notable activities, the Student Union had worked wholeheartedly to fulfill the promises of serving the school and all the schoolmates.*

### School Anniversary Carnival

On the ninth of December, in the elaborate and dynamic School Anniversary Carnival, the Student Union had successfully sold in its stall a multitude of self-designed products and organized a variety show in order to showcase the outstanding achievements of our schoolmates in performing arts like music and dance.

Our most prominent and enticing self-designed products were definitely the debut hoodies, of which our schoolmates have always been desirous. At the front of the hoodie, the words 'True Light' designed with a chirpy font style give away an energetic impression, reflecting the vivacious learning atmosphere within the school. The words 'Since 1973' are placed beneath to indicate the founding year of our school, with a line next to it to represent the retrospection of the passing years. Our school motto, 'Thou art the light of the world', is shown on the back as a great emphasis of our will and determination to follow the motto to glitter with exuberance upon darkness.



product selling in the School Carnival

There were a myriad of extraordinary performances in the variety show, such as duet singing, Western dance, Chinese dance, as well as the school choir and the school orchestra. The melodious and harmonious music performances and the fascinating dances had won the hearts of the audience. The talents, skills, enthusiasm and dedication of the performers gained rounds and rounds of rapturous applause. The variety show definitely provided an invaluable opportunity for our talented schoolmates to demonstrate their potentials and accomplishments in different aspects of performing arts.



photo-taking with a special photo frame in the School Carnival

Nowadays, it is omnipresent and popular for people to take pictures with the Instagram or Facebook-styled photo frames. To be commensurate with this trend, the Student Union had also prepared several such photo frames for schoolmates and visitors to photograph the memorable moments at the carnival. Moreover, there were also special photo frames painted with images of True Light students. Visitors taking photos of themselves with these photo frames would see themselves dressed like True Light girls in the cheongsam school uniforms.



## True Light Songs Singing Competition

True Light Songs Singing Competition is a traditional annual programme held by the Student Union as a way to sustain our True Light legacy. In the competition, each class will compete by singing as a group, interpreting the chosen 'True Light Songs' with different elements such as drama, raps, playing of some musical instruments and especially dances, which have become indispensable over the years. The choreographies of these dances, which see the performers move like waves, or in innovative gestures or special positioning, often become the highlights of the competition that astonish the audience and the adjudicators. The creativity and harmony shown by the performers on stage have brought the competition to another high level.

There were some remarkable performances this year. A class did beatboxing along with rapping and a short speech. Some classes added ritardando (rit.) or accelerando (acc.) in their song arrangements, which changed the original atmosphere and increased the entertainment of their performance. Many classes made good use of the light equipment.

What really matters the most in this competition is actually the teamwork within a class. Without cooperation, the uniform dance steps, for instance, will not be performed successfully. The competition is a platform where team, and class, spirit is cultivated and witnessed.



an appealing scene in True Light Songs Singing Competition



dance performance in the School Carnival variety show



Inter-Form Dodgeball Competition



cheering for the participants in the Inter-Form Dodgeball Competition

## Inter-Form Dodgeball Competition

Whenever the Inter-Form Dodgeball Competition is held on the school playground, big crowds of schoolmates can be found at the corridors on every floor gazing at this exhilarating game. It is a game in which players have to aim at hitting the opponent team with the ball while at the same time avoiding being hit by the opponents. Eventually, the team with more members left in the pitch wins the game. The bursts of sprinting and jumping involved in the game, which help circulation and burn calories, can improve our cardiovascular health.

This dodgeball competition can help bring students of the same Form together and urge teamwork among them. Taking down the opponents requires strategizing and execution which can be done only when all the students cooperate as a team with a Form team spirit. What is more, students are often preoccupied with their heavy studies and multitudinous tests, and they definitely need a feasible stress reliever. In this competition, participants can feel a bad day slip away bit by bit with every throw. They have their frustration vented out while the spectators can enjoy the fun by lounging out loud. These are the reasons why the Inter-Form Dodgeball Competition gains so much popularity at school!



## 4 Houses

### BLUE HOUSE

Over the years, the Blue House has organized a great array of activities to foster a strong sense of belonging among all House members. Apart from providing a platform for House members to showcase their unique strengths in hotly contested Inter-House competitions, members can also stretch their various potentials through taking part in many House activities or helping to run House events as sub-committee members. Every year, the Orientation Day will be held for S1 members to familiarize them with the school life and with one another. Interest classes as well as visits to luxury hotels, companies and firms are organized to broaden our members' horizons. Popular House products including various types of stationery, card cases and stickers have also been designed and made.

Gifted with multiple talents, our members had won many major awards. Among those remarkable achievements include Championship in Inter-House General Quiz (13-14), Inter-House Chinese Debate (15-16) and Inter-House Basketball Competition (16-17). We were twice the Overall Champions in the biennial Swimming Gala in 2014-15 and 2016-17. In the annual Athletic Meet, we were the Overall First-Runners-up in 2013-14 and 2017-18, while our Cheering Team won the Best Cheering Team Award in 2015-16 and the Cheering Team Best Dress Award in 2017-18.



2016-17 Swimming Gala Overall Championship



2017-18 Cheering Team Best Dress Award

### GREEN HOUSE



some Green House Cheering Team members



Green House winners in Swimming Gala

We're Green House! Mighty Mighty Green House! Each and every Green House member is like a tiny droplet of water. When we come together, we become a Green House as invincible as the mighty sea.

As their drive flares, our talented members often win numerous awards for our House every year, including those from the Cheering Team competition, swimming events, track and field events, and the Inter-House Dance Competition. Such glorious achievements have brought us pride and a great sense of belonging to our House. There is lovely satisfaction in victories, but the experiences we gain and the bonds we build during the process make everything much more meaningful. When we get out on the stage for the real show, or heat up the stadium grounds with our roaring voices, we have given our all, without any ounce of regret. The joy we have found and the friendships we have created are not things that any trophy can reflect or measure.

A strong Green House is due, not just to the amount of medals we have gained, but to the love and care among our fellow members. Six years flash by in the blink of an eye, but they are enough for us to enjoy what we can give to our House. We hope as Green House members we will all do our best together and create a grander Green House.



## RED HOUSE



Red House Cheering Team



Red House S1 Orientation Day

Our school focuses not only on academic performance, but also on students' all-round development. The establishment of the four Houses is one of the important ways for students to cultivate their true talents, develop true team spirit, and cultivate their sense of belonging.

At the beginning of each academic year, the Red House will organize an orientation day for our S1 members to help them gain a greater understanding of the House. The nurturing of team spirit and sense of belonging is one of the essential elements in the function. Recreational activities, like a bracelet making workshop, will also be held for our members to better utilize their spare time at school. These activities will also provide a bridge of communication between the House and its members.

Red House members will also take part in charity works, like the holding of a charity cafe with CYC. Moreover, with our concern for the underprivileged and the needy, all the earnings from our House products sales activities will be donated to charity organizations.

Looking forward to the future, it is hoped that all Red House members will embrace our House spirit and be the light of the world.

## YELLOW HOUSE

Every year, a lot of different kinds of activities will be organized by the Yellow House for its members for their all-round development. For example, there is the Orientation Day for our S1 members, the cheering slogans competition for our Cheering Team, the sale of House T-shirts, and some recreational activities like the Candies' Day and a visit to the Ocean Park. Our House members have also been active and successful in many inter-House competitions, from the General Quiz, Chinese Debate, to many sports and dance competitions.

All these activities and competitions provide not only good learning opportunities for our members, but could also greatly cultivate in them the House spirit and the sense of belonging to the House and to the school.

In future, all Yellow House members will continue to try our best to bring joy to each other and pride and glory to the House.



Yellow House Cheering Team in Athletic Meet



S1 Orientation Day of Yellow House



Yellow House Cheering Team in Swimming Gala



## Uniform Teams

### GIRL GUIDES 133<sup>RD</sup> WEST KOWLOON COMPANY



a group photo taken after regular training



Flag Raising Ceremony



Annual Parade



Joint Schools Backwoods Cooking



Enrolment



Yau Tsim Mong Division President Cup Competition



12133 Joint Unit Campfire



the Girl Guides stall in 45<sup>th</sup> Anniversary Carnival

The present Girl Guides of True Light Girls' College, the 133<sup>rd</sup> West Kowloon Company, was established in 2000 with a history of more than 18 years.

In the Company, we currently have 5 guiders, including 3 teacher advisors and 2 alumnae, with around 40 members.

The Company aims at providing unique and challenging programmes to all and individual members to meet the needs and interests for their personal growth.

Meetings are held regularly on Wednesday mornings and afterschool to offer trainings, namely marching, knotting and other drillings of skills, to help and support our girl guides to reach their full potentials.

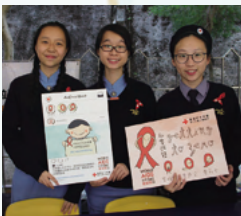


## RED CROSS YOUTH UNIT

Red Cross aims primarily to relieve human suffering in disasters and emergencies. It is of paramount importance to understand the plights of people and take the initiative to carry out voluntary work. Red Cross works also to preserve life and establish respect for all across the globe. In this way Red Cross does not only serve the community but indeed everyone in the world. It depends heavily on volunteers and donors to help it achieve its ultimate mission.



members of Youth Unit 226 with the Principal and teacher advisor



World Aids Day



Red Cross Enrollment



health check in the School Anniversary Carnival



health check on school campus

The Red Cross in TLGC, the Youth Unit 226, established in 2000 as a group of members of Hong Kong Red Cross, carries the aims that our members will live up to the objectives of Red Cross and be resolving to lead a life that can enlighten and inspire others. It is hoped that students can actively participate in services and raise people's awareness of volunteering issues. Belonging to the big family of True Light, we are here to spread love and care in our school as well as promote humanity and team spirit. During these 18 years, we have been trying our best to serve in this family through providing health check services and performing first aid duties. We hope we can spread the importance of health to the students through these activities.

Besides, our Unit encourages our members to take part in a prodigious number of activities such as drilling competitions, sign language courses and first aid courses etc. We hope that they can enjoy the activities organized by the Hong Kong Red Cross and find it life-fulfilling to endeavour to satisfy other's needs.

We will sincerely keep on serving in True Light and making our society more beautiful and peaceful. Each small step makes a huge difference. With every step we take, we are trying to make this world a better place to live in.



Humanity Study Trip to Cambodia



## SCHOOL ROAD SAFETY PATROL

Our School Road Safety Patrol Unit was set up in 2002, aiming to promote traffic rules and regulations to students in order to enhance their respective knowledge and prevent traffic accidents. Through our regular marching practices on Friday afternoons, our members can develop different valuable qualities, including leadership, self-discipline, perseverance and a strong sense of responsibility. With our wide range of activities, our members are enriched with meaningful experiences in life.

In recent years, our members have been awarded with different prizes in various events, such as receiving Hong Kong Road Safety Patrol Scholarships, HKRSP Commissioner's Commendation Awards, championship in the most distinguished member election, and championship in the Annual Inspection of Hong Kong Road Safety Patrol Kowloon West Region.



a group photo of our committee members and teacher-in-charge, Ms. Liu SY



a group photo of our members with the Principal and the officials of the Hong Kong Road Safety Patrol



preparing for the marching competition with painstaking efforts



our winning smiles at the marching competition



we were champions in the Annual Inspection of Hong Kong Road Safety Patrol Kowloon West Region (2018)



raising the national and regional flags at the Golden Bauhinia Square



winning the Hong Kong Road Safety Patrol Commissioner's Commendation Awards (2018)



# Service Groups & Interest Clubs

## STUDENT SOCIAL SERVICE CORPS

Adhering to our school motto “Thou Art the Light of the World”, members of the Student Social Service Corps have been enthusiastically providing assistance to the disadvantaged in the community. Not only do the members offer helping hands to the needy, they can also develop themselves and gain invaluable experience in life.

The Student Social Service Corps has been organizing diversified voluntary services including flags selling, visits to community centres and joint-school social services. Our service targets are the elderly, mentally handicapped people, the disabled, as well as students with learning disability. Furthermore, our members have also committed themselves to service plan formulation, participating even in the exchange of service planning competitions.

Through taking part in different community services, members of the Student Social Service Corps can develop their various social skills while enhancing their understanding of current social conditions.



our members and teacher advisor in our stall at school anniversary carnival



a S4 voluntary service for the elderly



students experiencing personal growth in voluntary services



種樂樂



午餅義娛



街坊真善義



a workshop on skills in handling wheelchairs



inclusive education is included in our voluntary services



a joint-school social service project



## ZONTA Z CLUB

The word “Zonta” means “honest” or “trustworthy” in Lokata. This year, “Women Warriors” is our theme as we aim at advancing the status of women. Through carrying out different activities, we develop students’ potentials and abilities so as to help them fight for women’s rights.

On the day of the 45<sup>th</sup> Anniversary School Carnival, we set up game booths and designed souvenirs. With detailed and organized research, we sorted an immense amount of information and showed it in our booths. Such information included the worldwide situation of domestic violence and child marriage, allowing visitors to know more about the reasons leading to these issues and the different types of domestic violence. Three famous celebrities were introduced with their pictures and involvement in fighting for women’s rights, including Emma Watson, Yousafzai Malala and Beyoncé, emphasizing the unlimited abilities of women.

The 45<sup>th</sup> Anniversary of the school provided us a precious chance to introduce our club to the visitors, as well as the various major events held by the Zonta International. Our booths helped spread the message of gender equality and raise the awareness of visitors towards related social issues. Through the questioning and games sessions, visitors were provided with some effective ways to understand more about the Zonta Z Club and our mission.

It was an unforgettable memory for our members as they prepared the School Carnival and celebrated the 45<sup>th</sup> school anniversary at the same time. As booth holders we felt proud to present our learning outcomes to the visitors, who were also presented with our beautifully designed stickers as souvenirs.

Our club has been working persistently to accomplish the goals of helping the needy in the society and spreading the message of gender equality. With great honour and recognition we would also be hosting the centennial Z Club Installation Ceremony in late 2018. As both a Z Club member and a True Light student, each of us is committed to the school motto—Thou art the light of the world, adhering to lighting up the dark corners in the world and serving the community with grateful heart.



a group photo of our committee members and teachers-in-charge



visitors listening to the questions asked by Z Club members in the game booth



Zonta International Mock Legislative Council Debate



visit to an elderly home



a joint-school social service project



voluntary service at a centre for the elderly



## COMMUNITY YOUTH CLUB

The motto of the Community Youth Club (CYC) is "Learn, Be Concerned, and Serve". Our committee members are devoted to organizing various activities, both internal events and joint-school programmes, leading members to achieve the goals of CYC. Through our activities, we believe that members can understand more about the needy in our society and give them a friendly and helping hand.

For internal events, we encourage all members to have concerns for our community by involving themselves in different charity events such as joint-club charity café, carnivals and flags selling.



A group photo of CYC teacher advisors and committee members



a joint-school voluntary service project

The CYC organizes also joint-school voluntary service projects for S4 and S5 students to provide them with a platform to serve the needy while developing their leadership skills when designing the programmes for the service. In the past years, through this joint-school project, activities like funfairs and outdoor services were successfully held. The performance of the participants was highly appreciated by different service centres.

Every year, all CYC members are given a membership record book to keep records of their participation in different CYC activities. In the Member Merit Award Scheme launched by the Education Bureau to award outstanding CYC members, many of our members have attained the honour level with their great contributions in CYC.

The CYC is a very good example to see the dedication of True Light girls in contributing to the society.



performing in CYC Prize Presentation Ceremony



the award winners in the CYC Member Merit Award Scheme



CYC Prize Presentation Ceremony at QES



## OXFAM CLUB

'Think globally, act locally to fight against poverty' is the motto of Oxfam Club. Every year our dedicated committee members plan an array of activities to raise students' awareness of poverty issues. Through simulation workshops students can understand the causes of poverty and the plight of the disadvantaged. They can develop a deeper sense of empathy and justice when visiting places of poor living conditions.

On the other hand, there is no better way to instill in our schoolmates a passion for charity than by organizing fundraising events such as Hunger Banquet and Charity Café for the afflicted. Nonetheless, the number of students that we can reach is still rather small due to our limited manpower and resources.



committee members and teacher advisor of Oxfam Club



Oxfam Club helpers at our stall in 45<sup>th</sup> Anniversary School Carnival



introducing Fair Trade to visitors at 45<sup>th</sup> Anniversary School Carnival



Fair Trade Food Campus Sale for students



Fair Trade Food Campus Sale for parents on Parents' Day

To increase the impact of the campaign about Fair Trade on campus, our club joined the Jockey Club Fair Trade School Award Scheme in 2017. With the generous support from Fair Trade Hong Kong, committee members were trained and empowered to be Fair Trade ambassadors. A talk about fast fashion from sweatshops was successfully held in an assembly. Two simulation workshops were also tailor-made for S1 and S5 students, putting them into the shoes of the most disadvantaged farmers and factory workers in developing countries respectively. Participants were fully engaged in the workshops and it was hoped that they had developed a deeper sense of empathy and justice.

The promotion of Fair Trade should not be confined to students but also parents and the public. Two fabulous game booths were set up to promote Fair Trade to visitors in the 45th Anniversary School Carnival. To provide a platform for the staff, students and parents to support Fair Trade, Free Fair Trade Food Tasting and Fair Trade Campus Sales were held. All these activities received warm responses and the sales records hit another record high this year.

Looking ahead, our club is planning to collaborate with more existing clubs at school in order to maximize the impact of the campaigns against poverty issues.



Jockey Club Fair Trade School Award Scheme Kick-off Ceremony



## JUNIOR POLICE CALL



visiting Ocean Park



a scarf knitting class

Award for Best Creativity in  
"Fight Crime Without Boundary Talent Competition 2017"Award for "Best Cooperation Cheer Teams"  
in JPC Dragon Boat Charity Raceorganizing a booth in Tsim Sha Tsu  
to promote anti-drugs

The school Junior Police Call unit was set up in 2009 to foster police-youth partnership to combat crimes.

Our students can get involved with a wide range of activities and training programmes organized by the unit to develop their potential leadership and equip themselves to become future leaders.

We aim to develop our students' sense of responsibility towards society and to cultivate positive values in them.

Apart from that, we hope to promote positive peer influence among teenagers to tackle juvenile delinquency. Moreover, our unit was awarded the "Best Supporting Team Award", and our teacher advisor, Ms. Chow Sze Ling, had won the "Outstanding Performance Award 2016-2017". Other awards we won included the Award for Best Creativity in "Fight Crime Without Boundary Talent Competition 2017", and the Award for "Best Cooperation Cheer Teams" in JPC Dragon Boat Charity Race.

## GARDENING CLUB

The Gardening Club is a community which aims at developing students' interest in gardening and enriching their knowledge in organic farming. Being members of the Gardening Club, participants can grow and cultivate different kinds of plant, such as vegetables, fruits and herbs.

Apart from acquiring different gardening skills, members can experience various farming processes including sowing, fertilizing and harvesting. Besides, students can enjoy the crops that they have planted after harvest. Joining the Gardening Club gives everyone special and unforgettable experiences of being a city gardener!

the Gardening Club stall in the 45<sup>th</sup> Anniversary School Carnival



## PHOTOGRAPHY CLUB

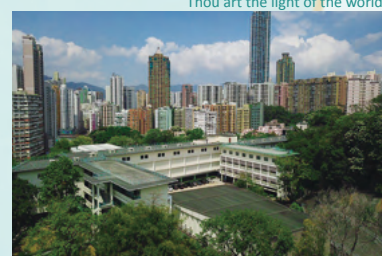
The Photography Club aims to promote the knowledge of photography and using cameras, as well as drones, by holding various activities for students to participate, like the Orientation Day for all True Light girls, visiting exhibitions, and a 2-day joint school activity with St. Louis School for S3-S5 students. In an outdoor photography class organized by the Club, the participants could understand more about our society and unique culture of Hong Kong as they captured images of street life with people and buildings across the Nathan Road, the Fruit Market and the West Kowloon Waterfront Promenade.



a photo taken by a member, showing different colours of light coming out from classrooms, reminding us of "Thou art the light of the world"



an aerial view of Ho Man Tin taken from our school



an aerial photo taken by the professional drone

## STUDENT TV

Our Student TV, established in the 40<sup>th</sup> school anniversary year, provides a good platform for students to involve in the production of video programmes for academic, recreational and propaganda purposes. Students could also make good use of the Student TV for their self-directed learning through either producing or watching the Student TV programmes. Though having a short history, the Student TV has already made a lot of changes, including the introduction of 10 small drones for students to have a taste of aerial photography. There is also a professional drone for filming school videos and taking photos for different activities.

To celebrate the 45<sup>th</sup> school anniversary, the Student TV has introduced a new announcement system via Instagram, which allows different societies to promote their activities. The system can keep our students better informed of more of the activities in our school, supplementing the traditional means of putting up posters and making announcements through the public address system. This innovation can enhance the collaboration of the Student TV with other clubs and societies for the benefits of all the True Light students.



a top view of our school building taken by our Student TV flying drone

## DRAMA CLUB

The Drama Club aims at fostering lifelong interests in the performing art of drama in our students, and the Club might even be a platform for every True Light girl to take the first step to be a star. We have been organizing numerous activities such as orientation programmes and booth games at the 45<sup>th</sup> Anniversary School Carnival. These activities were excellent opportunities for students to learn some essential elements of drama production, performance and appreciation as well.



visitors playing the Shakespeare Quiz with tablets in the Drama Club game stall



## JAPANESE CULTURE CLUB

Nowadays, the craze for Japanese culture sweeps the world, spreading to every corner like a prevailing wind, and, now it embraces True Light.

The Japanese Culture Club is a newly established student body aiming to offer precious opportunities for students to enhance their knowledge, interest and enthusiasm in Japanese culture and history.

Our stall in the 45<sup>th</sup> Anniversary School Carnival had become a platform for visitors to experience the rich diversity and uniqueness of Japanese culture and language and they were introduced with various traditional Japanese toys and basic Japanese vocabulary.

In the coming year, events like a cooking workshop to teach students to make Japanese traditional snacks will be organized to broaden students' horizons and cultivate their respect of time-honored customs.



The board design of the Japanese Culture Club stall in the school carnival



our Vice Principal enjoying a photo taking in the Japanese Culture Club stall in the school carnival

## KOREAN CULTURE CLUB

The Korean Culture Club aims to promote Korean culture among our students. Recently, different aspects of Korean culture, including K-pop, has spread throughout the world. By holding different kinds of activities, like K-pop dancing competition, songs sharing, Korean culture quiz and Korean traditional games, it is hoped that our students can know more deeply about Korean culture in an interesting way and show their talents in the respective aspects.



a workshop on Korean culture



a group photo of members and teacher advisor of Korean Culture Club at the school carnival



# TRUE LIGHT STARS







### Class Teachers

Ms. Cheng Wan Sze, Mr. Pang Kwan Kit

### Students (from left to right)

#### Back Row:

Chow Lai On, Lau Ka Ki, Wong Ki Ki, Fu Sin Yu, Wong Cho Lam, Lee Ying Sin, Yam Pei Wa, Tan Man Yan, Cheung Pui Ying Esther, Lo Ka Yan, Chan Yin Lam, Li Ying Tung

#### Second Row:

Lo Po Man, Li Ming Yan, Cheng Yan Sin, Yan Tsz Wai, Cheung Wing Tung, Ng Lee Wa, Yeung Ying Hei, Ha Tsz Ching, Chan Yat Ching, Ma Hiu Kei, Fung Wing Cheung, Leung Ching Yu

#### Front Row:

Pong Sze Ching, Peng Jiahuan, Wong Ming Yan, Wong Yin Chun, Mr. Pang Kwan Kit, Ms. Cheng Wan Sze, Pang Kwan Kit, Cheng Wan Sze, Chau Kuen, Fong Wai Ki Katie, Chan Wing Yiu, Chan Ka Hei

## WE ARE FRIENDS

*Our friendship is love  
We share the same cup  
Love each other  
We always catch up*

*Our friendship is tough  
Sometimes it's rough  
But we're like a plough  
To sow the love seeds more than enough*

*Our friendship is help  
We won't be here without your hands  
Friends are our lamps  
We always light up our hearts*

*Our friendship is like a braid  
It's not easy to separate  
Find the value of 1A  
It's like a star shining all our ages*







### Class Teachers

Ms. Ho Suk Ching, Ms. Chi King Man

### Students (from left to right)

#### Back Row:

Tam Ka Ki, Bibi Samra, Yang Tsz Ching, Yim Nga Yan, Ha Yu Fei Christina, Lai Junyan, Yip Kathy, Pang Yee Man, Chen Hei Man, Hui Hau Laam, Choy Hiu Ying, Liu Yuen Yam

#### Second Row:

Chan Hiu Ching Kelily, Chan Ho Yau, Lo Wing Nin, Tam Hei Tung, Shek Tsui Kei, Li Tian Yun, Au Lok Yin, Gurung Sulochhana, Law Yeuk Hei, Or Wing Lam, Tong Sze Ching, Yang Hoi Wai

#### Front Row:

Gurung Shreya, Chan Hiu Yi, Sun Man, Wong Wing Yu, Ms. Ho Suk Ching, Ms. Chi King Man, Jade Hui Ying Tang, Lau Hoi Yee, Wong Chit Ying, Chow Ling Yat Lael



## TRUE LIGHT

*True Light Girls' College*

*Reputable teachers and students*

*United from all nations*

*Educating all generations*

*Lighting up the world with our brightness*

*Inspiring good deeds*

*Giving selflessly*

*Hailing God's love with our hymns*

*That tightly bind us together as True Lighters*







### Class Teachers

Ms. Chung Ka Kei, Ms. Tang Yuet Yee

### Students (from left to right)

#### Back Row:

Ng Tsz Chit, Yeung Wing Yi Winnie, Fung Wan Hei, Ho Hiu Kwan, Chan Yan Yu, Zhou Tsz Wun,  
Ho Sum Yin, Fong Choi Ling, Wong Wai Lam, Zeng Tsz Lo, Cheng Shannon, Lam Hoi Ying

#### Second Row:

Chow Tsz Tsun, Wong Zing Ting Cecilia, Leung Sin Yu, Lam Wai Shan, Zhi Ka Ching,  
Wan Ka Yan, Leung Pui Tung, Zhang Jing Qing, Chan Ching, Chung Hei Ching,  
Tse Cheuk Tung, Wong Mei Ka Aubrey

#### Front Row:

Cheung Tsz Ying, Ho Ka Wai, Ms. Chung Ka Kei, Wong Sze Kei, Ko Wing Kei, Leung Po Yau,  
Alcala Divone, Ms. Tang Yuet Yee, Kong Sze Ying, Yu Chau Yee



## WE LOVE OUR SCHOOL

We are 1C  
We work as hard as the bumble bees  
We are enthusiastic as you can see.  
We all love our school!

Our teachers are nice  
They always give us advice  
And remind us to revise  
They are wise and bright.  
They lead us like our light.  
We love our teachers!

Our classmates are friendly  
We are caring and lovely  
We always share with others  
We acquire knowledge together  
Our encounter is a wonder  
We love our classmates!

Our school is like our home  
We are never alone  
We will grow together  
Our friendship is forever  
We love True Light Girls' College!







# 1D

## Class Teachers

Ms. Yeung Yuet Ping, Ms. Chan Nga Man

## Students (from left to right)

### Back Row:

Yuen Cheuk Tung, Lee Ho Ying, Wong Tsz Ching, Ho Lok Yung, Leung Tsz Ching, Molope Refilwe, Wong Wing Yan, Shum Cheuk Lam, Chau Ho Yee, Chan Sze Wing, Lai Wing Tung, Choi Pui Cheung

### Second Row:

Cheng Ka Ki Jenny, Tse Pui Yi, Chan Lok Ching, Zeng Yuet, Hon Yuet Mui, Choy Hong Ching, Fok Hoi Laam Charlotte, Yeung Wing Ki, Liang Hiu Yee, Fan Po Sum, Chan Yuen Ki, Kaur Ishwinder

### Front Row:

Tam Lok Yi, Tse Sum Yi, Kwan Hiu Huen, Tsang Yu Yan, Ms. Yeung Yuet Ping, Ms. Chan Nga Man, Lai Ka Kiu, Cheng Yuet Yee, Li Chung Yi, Chan Man Wai

*To be honest we learnt really smart  
Restlessly studying was our daily routine  
Until we came to True Light  
Everyone immediately improved a lot  
Little did we know  
It was just the start  
Gradually we became, a  
Happy family  
Together  
Gesture of kindness  
Is what we give  
Reading and talents  
Love them we do  
Studying is our hobby  
Constantly you'll see  
Open books in our hands  
Love one another is what we  
Learnt in school  
Everyday we improve  
Greatly  
Effortlessly  
I love True Light!*







**Class Teachers**

Ms. Ng Wai Ting, Ms. Chiu Hoi Lun

**Students (from left to right)**

**Back Row:**

Chilem Laura Amaka, Chan Hoi Yan, Natanakumar Mirnaali, Cheung Chiu Fei,  
Huang Siu Nga, Gurung Logika, Sum Bo Yui

**Third Row:**

Lam Tsz Yue, Cheung Hin Ka, Li Wing Yan, Kwan Yuk Kei, Kan Hei Lam,  
Ip Nga Ching, Chu Ho Lam May, Wong Ka Wing

**Second Row:**

Chan Ho Yan, Cheng Cheuk Kiu, Li Ka Man Cara, Kwok Rui Rachel, Chung Cheuk Kwan,  
Fung Siu Ying, Cheung Yan Tung, Chen Jia Min, Cheung Wai Man

**Front Row:**

Chan Hiu Lam, Pu Ka Yu, Choi Ching Yin, Chui Mei Yan Ceci, Cheng Hiu Lam,  
Wong Nga Yiu, Thebe Nimsing, Kan Lok Yung



Sun goes down, stars come up,  
Shining, shooting, bright stars,  
Keep on sparkling in True Light.  
Laughter, happiness, smiling everywhere,  
Staying joyful in such a wonderful place,  
Our beloved True Light,  
Happy 45<sup>th</sup> anniversary!  
I love True Light!  
We love True Light!  
Once a "Truelighter",  
Be proud forever!





2B

**Class Teachers**

Ms. Chan Ka Ki, Mr. Wong Kai Chi

**Students (from left to right)****Back Row:**

Poon Sau Ming, Chau Ching Yin, Lee Chin Wai, Lam Shun Yin, Lau Yan, Chan Sum Long,  
Leung Ka Yan, Lau Sum Yu, Chien Long Ching, Ho Tsz Tung, Chung Cheuk Yan

**Second Row:**

Chan Tiffany, Li Hiu Yan, Chan Wing Yi Whitney, Tam Kwan Yi, Lo Yuet Tim, Mok Sui Chi,  
Luo Hoi Ching, Ho Long Ki, Chan Mei Ki, Lin Gigi, Li Yin Han, Fung Hung

**Front Row:**

Yeung Wing Hee, Lam Hok Yin, Tang Long Ching, Chan Hiu Ching, Ms. Chan Ka Ki,  
Mr. Wong Kai Chi, Ng Tung Ni, Lam Shuk Ching, Chu Hoi Ching, Chow Hei Tung

**TWO BRAIDS***True Light Girls' College 45th anniversary**With a lot of fun activities**Obedient and Bright students**Braids with blue ribbons**Respect to all elders**Always care for the others**Influenced by teachers**Daring with care**Surrounded by love*





### Class Teachers

Ms. Li Hiu In, Ms. Chong Cho Man

### Students (from left to right)

#### Back Row:

Yang Sze Man, Ng Ka Yi Kalen, Nayab Naseer Qureshi, Yuen Lai Yung, Lee Yue Man, Yu Tsz Ying, Li Lok Yi, Tong Shuk Mei Clara, Ho Sze Man, Man Tak Laam, Ho Yuen Ting

#### Second Row:

Yuen Lai Yan, Ng Tsz Ching, Yu Yan Yan, Liu Yuen Ying, Poon Wai Hei, Seyed Ahamed Refayee Marjan, Rai Ninam, Wong Hing Sim, Chan Yip Chun, Kwok Chui Fong, Fok Yan Tung

#### Front Row:

Chow Cheuk Yee, Tang Xingyi, Tung Sin Ting, Hou Wing Yan Ms. Chong Cho Man, Ms. Li Hiu In Cindy, Lai Ka Wing, Lau Sze Ue, Huang Wai Ling, Chan Yee Hing

*Oh 2C, how you have inspired me to write  
About our times together  
In my eyes, you are the star that stands out and shines bright  
Something about you attracts me to look further*

*Remember the times we laugh and smile  
Or the times we share our tears  
The memories you gave me made my mundane life worthwhile  
The things you do make my smile appear*







2D

**Class Teachers**

Ms Tse Chui Mei, Mr. Lam Chi Ming

**Students (from left to right)****Back Row:**

Tam Wing Yin, Yu Tsz Yin, Wong Ching Man, Yu Cheuk Ying, Pang Wing Ki, Cheng Wing Sam,  
Chan Hei Yu, Chan Hiu Lam, Leung Wai Yuet, Kwong Hiu Lam, Kwan Ting Wan

**Second Row:**

Wong Mei Yan, Kwong Sze Ka, Leung Wai Tung, Chan Lily, Xiao Jia Yi, Leung Tze Ki, Siu On Yiu,  
Chou Wing Chi, Sze To Shuk Yu, Lam Wai Tsz

**Front Row:**

Yau Lok Ching, Chan Wing Yiu, Lai Sin Lam, Leung Ching Ching, Ms Tse Chui Mei,  
Kwok Tim Yan, Wong Ying Tung, Chan Wing Tung, Lee Ka Chee



*When you think of Class 2D,  
You'd think of  
Happy, free-spirited and carefree  
Well, your guess wouldn't be that off!*

*Yes, 2D is a very noisy class,  
But it is also the determined and dauntless one.  
Everyone, including teachers,  
Could count on us to create an atmosphere of fun!*







3A

**Class Teachers**

Mr. Pang Yan Kit, Ms Wu Lai Ying

**Students (from left to right)**

**Back Row:**

Ng Yee Lam, Hsu Lam Lam, Lam Hei Wun, Li Sing Shuen, Chung Yan Ching,  
Lai Kei Kwan, Chan Ruth, Chan Kei Yin Adela

**Third Row:**

Fong Lok Man, Chow Tsz Ching, Chau Pui Yuet, Chan Ying Ka, Kwok Lee Ling, Lo Hiu Ching,  
Man Tsz Ching, Tse Cheong Hang

**Second Row:**

Yuen Hiu Wai Lilian, Chun Ka Yin, Wong Lai Yiu Yoyo, Ho Po Ying, Tung Ue Chi, Lau Rachel,  
Woo Ho Yan Esther, Lee Ting Wing

**Front Row:**

Yeung Carolyn Michelle, Chan Sum Yin, Chan Ching Yan, Chan Lam Lam, Mr. Pang Yan Kit,  
Shin Wing Sum, Toy Min Cheng, Chan Ying Yee, Hoi Shun Lam

Astonishing, astounding, amazing  
Our teachers are amiable and affectionate  
Caring us with their empathetic heart  
There lessons are never dull or boring  
We always ended up learning a lot of useful things  
From academic knowledge  
To the way of treating others  
Lucky enough to study in 3A  
With such encouraging students  
Who cheered me up through the hard times  
Who embraced me at my worst  
Losing faith in everything  
They'll tell me  
Thou art the light of the world  
Let your light shine before others  
So they may one day do the same  
We are true lighters







3B

**Class Teachers**

Ms Tong Wing Yun, Ms Chan Pik Ha

**Students (from left to right)****Back Row:**Tso Hiu Yan, Cheng Hiu Tung, Liu Ka Yi, Yu Nga Yan, Wong Fai, Tang Tsz Yin, Tsang Hing Kwok,  
Lin Ka Yiu, Woo Hoi Ching Joyce, Sin Long Kiu, Cheung Cheuk Ni**Second Row:**Lau Sin Man, Yim Man Kei, Wong Nga Ching, Wong Tsz Yeuk, Liu Valerie, Fong Shun Kit, Lam Ying Yu,  
Ng Sin Yi, Ngo Cheuk Lam, Wong Hoi Tung, Cheung Yuk Tsang Queenie, Cheng Yan Tung**Front Row:**Tsang Mei Yan, Fung Ho Chi, Zhao Qiao, Cheung Ka Hei, Ms. Tong Wing Yun, Ms. Chan Pik Ha,  
Zhou Zhi Xi, Cheung Yuen Chun, Tse Yee Lok Kimberly, Leung Wing Sum**3BARBIE**

*We fight and scream when at school.  
We don't have perfect grades,  
And we always get our teachers dismayed.  
But every single one of us is unique,  
And that's what makes our class complete.  
For example,  
Tracy is artsy and Coco is sporty,  
Anson is lively and Kimberley is bubbly.*

*I think we can all agree,  
That all makes us class 3B.  
Because none of us is replaceable,  
And don't argue... that ain't even debatable.*

*And that's why,  
No matter where we go,  
We will always know...*

*We are 3Barbie!*







3C

**Class Teachers**

Ms. Liu Siu Ying, Ms. Lim King Chi

**Students (from left to right)**

**Back Row:**

Wan Hon Tung, Yu Mei Shan, Wong Mei Suet, Ng Yi, Au Chak Hing,  
Wong Rong Mandy, Yeung Ka Yi

**Third Row:**

Wong Sin Tung, Wan Sze Ki, Wong Ka Ki, Chong Tak Ying, Chung Hi Sen,  
Lau Yan Hei, Yau Tin Yuet, Tang Wing Chu

**Second Row:**

Hui Wing Ki, Wong Hei Yin, Kong Choi Yiu, Lee Lok Hang, Lai Sum Wing, Ng Hoi Yan,  
Yuen Hei Lam, Man Ho Tung

**Front Row:**

Lam Wing Yi, Tsang Fan Chi, Ting Yi Sin, Mak Lai Ki, Ms. Liu Siu Ying, Ms. Lim King Chi,  
Ho Yan Yin, Leung Ka Ying, Yau Yi Yeung, Li Tsz Ching



We are the members of 3C  
Every day we attend school on time as you see  
Lots of beautiful flowers and trees  
Offer us energy like Vitamin C  
Violets and bauhinia are also likely to be seen  
Eager to learn from Miss Liu and Miss Lim  
True Light and teachers are the best for me  
Learning to be giving than to receive  
Grow in love with a smile on face  
Cheer for True Light and Cheer for 3C!







### Class Teachers

Ms. Lai Yuet Wah, Ms. Wu Chun Lee

### Students (from left to right)

#### Back Row:

Wan Hiu Tung, Wong Tze Wun, Yau Wing Ki, Fung Gloria Tsz Yu, Ku Wan Ching Vincy, Kam Pheobe, Chan Hoi Tik, Yip Wing Kwan, Mak Mei Ki, So Cheun Yan, Lam Zoe

#### Second Row:

Yiu Wing Tung, Wong Hin Ching, Chan Tsz Yi, Chau Man Wing Tammy, Liu Wing Shan, Li Yee Wan, Leung Man Wing, Yang Qianjun, Chen Hoi Yee, Gurung Neha, Lau Hiu Yee Kristie, Chan Wing In

#### Front Row:

Ho Nga Yin, Ho Man Yan, Sze Pui Yuk, Mo Hei Ting, Ms. Lai Yuet Wah, Ms. Wu Chun Lee, Lo Hau Ying, Fung Wing Man, Yuen Lok Sze, Wong Lok Yi



*Laughter isn't strange here  
Everyone cheers up everywhere  
It's like an animal farm  
But we like to hold our arms*

*We play together  
We study altogether  
We love each other  
We support one another*

*Two class teachers Ms Lai and Ms Wu  
Like the sun shining and they've the cool  
Giving us unlimited support and love  
Caring for us and make us tough*







### Class Teachers

Mr. Cheung Ki Chung, Ms. Yim Wing Laam

### Students (from left to right)

#### Back Row:

Lai Yan Ying, Mak Tsz Yan, Lam Ting Yan, Lau Yuet Yin, Wong Wai Laam, Sze To Kit Yuk,  
Yiu Wing Chi, Lui On Ki, Or Ka Po, Leung Hoi Tung

#### Second Row:

Lau Sin Man, Chang Wing Kiu, Tse Fuk Lam, Chui Pui Ka, Yep Pui Yi, Lee Ching Yan,  
Tang Tsz Ying, Lo Ching Lam, Chan Ho Nam, To Cho Kiu, Lau Wing Yin

#### Front Row:

Lee Wing See, Cao Weiyl, Yau Hoi Ching Lezlie, Wu Wan Sheung, Mr. Cheung Ki Chung,  
Ms. Yim Wing Laam, Wong Wing Yee, Chung Hoi Shan, Luk Cheuk Yi, Li Miu



*Adorned with love of TLGC  
Laughter fills up the 4A classroom  
Active learning every day and not alone  
Care and love create miracles  
Reaching goals despite obstacles  
Intelligence from humbly learning  
Thankful for the nurturing  
Yell for the glory of TLGC*





### Class Teachers

Ms. Poon Wing Sze, Ms. Ng Man Ni

### Students (from left to right)

#### Back Row:

Huang Jiushuang, Wong Yi Tung, Mohammad Ramsha Sadia, Chung Wing Sum, Chiu Tsz Ching, Wong Lok Yung, Chan Wing Lam, Lam Tsoi Kuk Chrysan, Gurung Jassicka, Lai Shu Wai, Wong Cheuk Kiu Monique

#### Second Row:

Kwong Chung Man, Mak Tsz Ying, Chan Ching Man, Lee Sum Yi, Chan Sheung Yu, Ng Sin Tung, Kwok Ka Yan, Pan Lok Yi, Li Ching Yi, Cheung Wing Laam, Ho Cheuk Kei, Yik Miu Sze Milcy

#### Front Row:

Hung Kwan Yiu, Leung Yuet Sze, Chan Ning, Tsang Po Lam, Ms. Ng Man Ni, Ms. Poon Wing Sze, Chan Chi Wing Alison, Chan Lai Yan, Cheung Yuk Yuet, Au Yeung Pui Ka

Being in TLGC for 4 years makes us the luckiest girls in the universe  
 Echoing the melody of lives and the voice of soul  
 Letting us learn everything step by step and  
 Live on to pursue our own dreams  
 Achieving almost impossible goals  
 Thanks to everyone who's been by our sides  
 Regretting nothing as we keep going for our rides  
 Imagining ourselves wondering in the real world  
 "X" is a negative symbol but together, we can make it '∞'





**Class Teachers**

Mr. Lam Sin Tat, Ms. Cheung Wai Sum

**Students (from left to right)****Back Row:**

Tam Wing Yan, Lee Yu Ching, Tsang Isabella Livia, Poon Sau Laam, Chan Suet Ching Gloria,  
Chang Hoi Yan, Wong Wai Ying, Ng Yui Lam, Lei Pui Yu Vienna, Tang Ka Lam, Pang Po Yi

**Second Row:**

Yuen Ho Yee, Ho Mei Sze, Siu Yuen Ying, Chow Wai Lam, Chan Pui Lam,  
Chan Fung Yu, Lam Kelly Kin Ting, Chau Wing Tung, Chan Wing Yan,  
Fu Cheuk Lam Cherry, Lee Ka Yan, Wong Sin Tung

**Front Row:**

Tsang Tsz Wing, Chan Cheuk In, Lee Yan Wing, Law Ching Yi, Mr. Lam Sin Tat, Ms. Cheung  
Wai Sum, Chang Hui Ling, Leung Wing Yee, Chen Cheuk Ying, Lam Chung Yi

**CAVALRY***Warriors on horses**Fighting the battle until the break of dawn**Spirits of thirty-one**Their hearts beating to the distant drum**In the air a dark presence**Of menace, malice, and greed**Warriors, they are bound by ambition,**To fight to the death, and earn their rightful place**The boss battle is among them**Tension is rising**The true fight over yonder**They are not prepared, but who is ever prepared**Behind they see the light,**They see hope in darkness**Warriors on horses march on**They see no inevitable doom**Only triumph awaits ahead.*





### Class Teachers

Ms. Lau Oi Yan Irene, Ms. Leung Pui Yee

### Students (from left to right)

#### Back Row:

Cheng Tin Nga, Ng Hei Yiu, Li Wing Ki, Wu Yuen Ying, Leung Hin To, Wong Cheuk Wa,  
Cheung Man King, Lau Tsz Ying, Chu Hiu Lam, Ip Wan Ki, Lam Sze Yan

#### Second Row:

Ng Nga Man, Wong Man Yuk, Lee Wing Yee, Leung Kar Nam, Tang Yuen Yau, Tsoi Sze Wan Swank,  
Cheng Ka Hei Sophia, Fung Wai Shan, Cheung Hoi Shan, Lau Wing Yan, Tse Melanie Chin Chin

#### Front Row:

Yeung Cheuk La, Leung Ka Wa, Tsang Yuen Nam, Ng Ka Yan Kelly, Ms. Lau Oi Yan Irene,  
Ms. Leung Pui Yee, Liang Ka Yee, Tsang Wing Lam, Tam Ka Lu, Yeung Sze Nga

## 4DEXTEROUS

*Delighted to serve,  
Empowered to 'checkmate'.  
Xcellent we learn,  
True Light schoolmates.  
Energetic and passionate,  
Resilient to care.  
Optimistic future,  
United together.  
Super family we swear!*







5A

**Class Teachers**

Ms. Tam Ying Ling, Ms. Fan Miu Ying

**Students (from left to right)**

**Back Row:**

Fung Ching Man, Chan Nok Yan, Kwok Audrey, Yeung Wing Tung, Cheung Yu Ping,  
Tang Wai Yee, Law Tsz Ying, Lai Hoi Yan, Fong Nga Ki

**Third Row:**

Law Hoi Ting, Louie Sum Tin, Ng Hiu Lam, Kwok Cho Ying, Kwok Ka Lam, Chan Tsz Ching,  
Poon Ching, Liu Tsz Ching Vanessa, Wong Hoi Lam

**Second Row:**

Lai Cheuck Yu, Lam Ching Yi, Li Peikun, Chu Ka Ying, Kan Li Kiu, Chung Hei Ching Alice,  
Lai Pui Yin, Hung Megan, Wong Wing Yan

**Front Row:**

Wong Tsz Han, Law Ka Wing, Tsang Ting Yin, Chung Yuen Wing, Ms. Tam Ying Ling,  
Ms. Fan Miu Ying, Chan Yan Tung, Fong Kit Wa, Che Ka Ka, Ip Wing

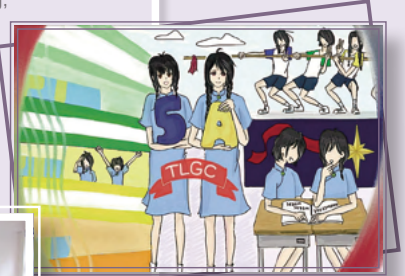
## THE SONG OF ASCENDANTS

*We dare to dream  
Nothing holds us back  
We shine and we beam  
Clear eyes and big hearts  
We march on as a team*

*Hard times do bother  
Just carry on through the dark  
Resist the harsh, cold weather  
Sweaty hands and shivering shoulders  
And we'll fight this war together*

*A trip with trips  
But fear no tears  
As in battles we leap  
With beaten bodies and battered souls  
We will ascend from the pit*

*We entered as people of different kinds  
But come out as one  
Pounds gathered from dimes  
Remembered and credentialed  
As one we leave none behind*





**Class Teachers**

Ms. Tong Mang Ying, Ms. Ho Yee Nei

**Students (from left to right)****Back Row:**Cheung Yuet Ching, Lam Wing Yan, Mak Tsz Yin, Yu Yi Ching, Tse Ka Yan, Lee Hannah Ka Yee,  
Siu Wing Yi Gabriella, Tam Yuk Ying, Lai Wing Ki, Ng Cheuk Ying, Fan Jiaxin**Second Row:**Chow Wing Yee, Luk Tsz Ying, Wong Ho Yi, Wan Nok Tung, Fok Lui, Lam Lok Yiu, Yip Wing Tung,  
Fok Charis Ching, Kong Sum Yuet, Mak Yuen Man, Wong Ching Yee**Front Row:**Pan Kaixin, Ho Ka Wai, Ho Sum Yee, Yu Tsz Ling Kisty, Ms. Tong Mang Ying, Ms. Ho Yee Nei, Li Po  
Lam, Ng Ying Shan, Yeung Wing Ching, Wong Chui Shan**5BLOSSOM**

*Birds quirking  
Laughter reigning  
It's back to school once again.*

*Excitement fills in the air  
As we welcome  
Knowledge and  
New adventures*

*Remember the first day we met  
When we were too shy  
To say much at all?  
Funny because now  
We're having a ball!*

*We've been through  
So much together  
In so little time we've shared  
Never shall you forget moments  
You should treasure most of all.*







### Class Teachers

Ms. Chow Chui Shan, Mr. Cheung Kwok Him

### Students (from left to right)

#### Back Row:

Chau Tsz Ki Connie, Lau Foo Kiu, Wong Kwan Yi, Lee Hiu Tung, Lee Sui Wan, Lui Wing Yan, Li Mei, Yu Yan Ki, Xiang Xuecheng, Li Yan Sin Olive, Kwok Man Yan, Lai Le Yan

#### Second Row:

Law Wing Sze Vincy, Li Kiwi, Huang Ching Wah, Lun Pui Man, Leung Wan Kei, Wong Nok Lam Joyce, Ng Sin Wai Javis, Leung Suet Ying, Wong Yuen Ting, Leung Pak Yu, Leung Yui Pui, Lau Hoi Tung

#### Front Row:

Lam Hoi To, Ho King Lam, Ip Ying Tung, Tang Tsz Yan, Ms. Chow Chui Shan, Mr. Cheung Kwok Him, Leung Hoi Suet, Lam Mui Ying, Chow Wing Ying Wynne, Leung Kwan Yi



## 5CHIMPS

Here come the 5Chimps  
 Led by Chui Chui and Him Him  
 A bunch of monkeys that you dare not to tease  
 With nary childish whims  
 But with limitless fists  
 Cradle of athletes and elites  
 We need no first-aid kits  
 Not only do we shine bright like a diamond  
 But we also treasure bonds between us  
 We want no bananas  
 But five double stars!!!  
 We are the 5Chimps  
 A bunch of monkeys you never wanna tease







5D

**Class Teachers**

Ms. Mui Lai Yuk, Ms. Tse Wing Sum

**Students (from left to right)****Back Row:**

Moo-Penn Maria Goretti, Tai Long Ching, Ho Ka Ki, Lee Wing Yi, Tsang Ching Ting, Chow Karis, Wong Man Hei, Mok Hiu Kei, Chan Ka Wai, Wong Hei Ching Amy, Choi Hiu Ying

**Second Row:**

Kan Ka Tung, Leung Kennis, Chan Wai Laam, Wong Sin Na, Lee Pui Ying, Wong Oi Ying, Siu Man Hei, Chiu Suet Ying, Tong Wing Yan, Shek Yuk Pui, To Lok Yan, Chan Sham Yi

**Front Row:**

So Fook Yan, Pang Yee Lam, Shiu Nok Yin, Hon Kwan Ying, Ms. Mui Lai Yuk, Ms. Tse Wing Sum, Yip Shu Lam, Chan Ling Yan, Li Hiu Laam, Yu Yue

The way we are is a funny little thing.  
 We begin by sticking numbers  
 On each others' foreheads in September  
 And promising each other a comrade  
 When we're fighting off a doze in class  
 Wrestling with the class computer  
 And side by side, on the war field of DSE  
 We fight, rarely with tact or with sharpened weapons  
 But we sweat and try our best  
 Taking pride in our camaraderie with our sisters in battle  
 Maybe the chance that we're bound to each other in this classroom  
 Is already a lucky coincidence  
 Despite the bland walls, our classroom rivets with spirited noise, loud chatter  
 and squeaky belted tunes.  
 Our hues do not easily fade  
 Locked into shimmering moments of our years here  
 The droopy heads nodding along to the symphony of sweet dreams  
 Groups shoving around and dancing in recess  
 The splitting grins when we surprise our teachers  
 The torn dresses, lost stationery, the warmth of a glance  
 The people we've quietly been there for these years  
 This is what I want myself to remember  
 When I bring out my candid school life  
 Years later, brushing off the dust on the frame, smiling  
 I hope I remember that it was worth it.  
 I hope when I raise up your picture I'll still hear  
 Your messy laughter, ringing at the back of my mind  
 I'll remember your enormous heart and the way I chose to believe in you.  
 And even when then you will be miles away  
 Scattered in different cities and days  
 My thread of colour will not fade from my badge of honour  
 My veteran pride will be consisted mostly of your smile  
 Instead of numbers and places  
 I'm thankful for you  
 I hope you know that







### Class Teachers

Ms. Lok Yin Yee, Mr. Chon Chung Ho

### Students (from left to right)

#### Back Row:

Mak Ching Yan, Kwok Wing Yan, Tse Mei Yee, Ma Tsz Yan, Kam Hoi Yan, Chan Suen Wan,  
Wong Yuen Yu, Hui Man Chun, Ho Ka Yiu

#### Third Row:

Leung Hiu Ching, Lam Nga Man, Lam Kwan In, Hui Sui Ting, Chow Tin Yuet, Chan Hoi Ching,  
Ho Sen Sze, Yim Cheuk Hei, Lau Hoi Lam

#### Second Row:

Yip Yuk Yee, Poon Man Yu, Chan Wan Yi, Fong Oi Ying, Ho Wai Lam, Li Yuen Man,  
Wong Cheuk Yi, Chiu Chun Ling, Leung Yuet Sum, Yuen Lok Yi

#### Front Row:

Au Tsz Ki, Chan Yan Yan, Hui Lok Hang Hedy, Ng Ka Lok, Ms. Lok Yin Yee,  
Mr. Chon Chung Ho, Lei Yuen Kiu, Louie Yan, Yiu Kei Tung, Cheng Sze Ching



## THANKS FOR EVERYTHING IN TRUE LIGHT!

*In winter, we walk on the road and it is freezing cold.  
But stepping in True Light,  
We are warmed by teachers who have to work till night.  
They teach us the difference between wrong and right.  
With them, our future is bright.  
We have also made a lot of friends.  
We spend time together on schooldays and at weekends.  
Our friendships will never end.  
At True Light, we learn  
For the future we yearn.  
Sometimes we fall,  
But we will get up after all,  
Because everyone will lend a helping hand.  
Happy birthday to True Light,  
Thanks to True Light,  
We are able to shine our light!*







### Class Teachers

Ms. Wong Pui Yee, Ms. Cheng Sau Mei

### Students (from left to right)

#### Back Row:

Yang Nga Ting, Chen Chloe, Leung Ka Yi, Lam Tsz Ting, Kung Ka Ki, Wong Tsz Yin, But Ka Ying

#### Third Row:

Tang Pui Yung, Chan Ngai Tung, Chan Hoi Ying, Wong Tsz Ying, Chung Kit Yi,  
Chu Yin Man, Wong Lok Yin, Cheung Hoi Woon

#### Second Row:

To Hoi Ching, Yu Yee Lam, Wan Lok Yi Angel, Lam Tsz Yau, Wong Yee Wa,  
Lam Wing Yin, Ho Chin Yan, Lai Sin Ying

#### Front Row:

Chow Sin Man, Lo Wing Yee, Kwot Hiu Tung, Chan Hoi Ying, Ms. Cheng Sau Mei,  
Ms. Wong Pui Yee, Ngai Wing Ka, Wong Wai Ki, Yuen Shu Man, Chan Yuet Tung

## THE END AND START

*The end of secondary school life  
Opening a whole new chapter  
Closing with joyful tears  
Starting with new fellow peers  
Strived to be the best  
Surmounted all stress  
We are not alone  
Flashback of fond memories  
They will stay with us  
We are like bees  
Spinning and running around  
Not just for assignments, examinations and meetings  
But also to play sports in the playground  
But how lucky we are  
We have the most amiable, humble mentors  
Those are our teachers  
A teacher is like a candle  
Consuming itself to help us overcome hurdles  
Lighting the way for us  
To fight against the examinations with us  
Passionate when they teach  
Compassionate when we need care  
They are always by our side  
Say goodbye to those overwhelming assignments  
But never say goodbye to our teachers and friends  
Starting a new journey ahead of us  
But we'll never forget their efforts*







### Class Teachers

Ms. Chan Wai Fun, Mr. Lin Pang Fei

### Students (from left to right)

#### Back Row:

Yiu Hoi Ching, Kwong Hoi Yan, Lau Shuk Lai Unique, Li Wun Yi, Wai Yuk Shun,  
Chan Suet Yee, Yuen Yuen Sin

#### Third Row:

Yip Tin Kuen, Lam Shuk Ka, Ho Alison Ka Hey, Sheh Hiu Tung Lorraine, Wong Sze Wing,  
Lee Wing Yan, Law Po Man, Cheng Yuen Tung

#### Second Row:

Wong Yan Yi, Yip Hiu Kei, Lau Charmanine, Liu Cheuk Ying, Ho Wun Yan, Man Po Yan,  
Kwok Wing Hang, Yam Hiu Ching

#### Front Row:

Tong Grace Hingping, Liu Ying Yiu Claudia, Chan Chong Yuen, Chan Lori, Ms. Chan Wai Fun,  
Mr. Lin Pang Fei, Chan Hei Lam, Zhao Ye, Choi Han Nah, Chan Sze Ue



## CAMELLIAS OF 6C

*Camellia, for three years we are as one  
Realm of our own filled with love  
With laughter, with tears  
Side by side we face our fears.*

*Rope skipping, class relay, tug of war,  
Working together we grew strong  
A shoulder to cry on, look no further  
All of us, all as one, we are Camellia.*







### Class Teachers

Ms. Chow King Yee, Mr. Lee Chun Hong

### Students (from left to right)

#### Back Row:

Tang Ngai Ching, Kuang Yuyan, Fok Tsz Wing, Wu Tsz Yiu, Au Tsz Ching, Cheong King Fong,  
Ng Tsoi Wing, Chan Luk Shu, Lau Wing Man Erica

#### Third Row:

Yee Kei Yiu, Chan Ka Wan, Lo Hoi Lam, Chau Tsz Ching, Kwok Ka Yiu Kelly, Li Wing Lam,  
Lee Hiu Yee Candy, Cheung Choi Ying, Leung Sze Tung

#### Second Row:

Ho Po Ying, Lee Wai Nga, So Lai Wa, Tsui Pui Sze, Hon Man Yin, Yau Wan Yee,  
Tse Sze Ching Toby, Tang Wing Yi, Leung Hau Yan

#### Front Row:

Chan Ka Yi Joyce, Wong Kin Sze, To Pui Chi, Tang Hiu Ching, Mr. Lee Chun Hong,  
Ms. Chow King Yee, Leung Oi Lun, Chan Shuk Yin, Lau Hui Ching, Huang Kai Lam



## DYNASTY

*Oh, Dynasty  
The pure, the beautiful  
That stirred our hearts in youth  
Like White Rose, humble and bashful*

*Oh, Dynasty  
We found the truth veiled by the wrong  
We overcame billows of the sea  
Like Red Rose, hardy and strong*

*Oh, Dynasty  
Our aspiration to the better  
Beaming with grins  
Like Orange Rose, ardent and eager*

*Look at him, the king  
Who makes us believe in tomorrow  
Who waters us with streams of love  
Who is our hero*

*Now, petals apart  
On his 45<sup>th</sup> birthday  
But Dynasty never evanesces  
He shall again welcome us on his next birthday*

*Promise us*





# 1A

## Class Teachers

Ms. Ho Suk Ching, Ms. Tse Wing Sum

## Students (from left to right)

### Back Row:

Ho Kok Yan, Ng Pak Wai, Wong Hiu Yee, Mo Abigail Hoi Ching, So Yui Yee, Man Hui Yan, Ho Ka Shun, Wong Hoi Ching, Law Hiu Nam Renee, Leung Han, Wong Tse Ching, Yim Yiu Wa

### Second Row:

Leung Hoi Ting, Lam Ka Yi, Chan Ching Hei, Yuen Anson, Chiu Chi Yan, Ho Wing Yiu Yo Yo, Chiu Ying Yan, Toy Min Ling, Choi Ki Yan, Chung Wing Sze, Hui Wai Kiu, Cheung Yu Shan

### Front Row:

To Man Sum, Ong Wing Lam, Lee Yuen Yi Nicole, Cui Tsz Ki, Ms. Ho Suk Ching, Chan Cheuk Wing, Wong Sum Yuet, Pang Hoi Lam, Ip Hoi Ki



# 1B

## Class Teachers

Ms. Cheng Wan Sze, Ms. Chi King Man

## Students (from left to right)

### Back Row:

Rai Prathana, Lau Yan Yuet, Huang Hoi Ling, Li Yuen Ying, Chan Cheuk Yin, Tse Tsz Kiu, Wan Chung Yan, Lu Wing Yi, Leung Tsz Ki, Tam Shing Hei, Au Sin Ting, Gurung Subhana

### Second Row:

Lai Lok Yee, Prithiksha, Tsang Man Ki, Choi Pui Cheung, Tang Pak Lam, Chau Kei Yi, Wong Ting Yan, Hon Chung Miu, Leung Wing Tuen Natalie, Leung King Chi, Liang Kit Ying, Wu Wai Yi

### Front Row:

Choi Man Ting, Leung Ka Man, Chan Lok Chi, Wong Yin Ching, Ms. Cheng Wan Sze, Ms. Chi King Man, Cheung Sin Yan, Ng Hei Yan, Cheung Ho Ho, Amina Bibi





## 1C

### Class Teachers

Ms. Tang Yuet Yee, Ms. Chan Nga Man

### Students (from left to right)

#### Back Row:

Lau Tsz Yan, Leung Hoi Ching, Kwok Man Yi, Lam Ching, Zhang Xinling, Wang Lu, Choy Chi Wing, Fu Sin Yu, Choi Wai Ying Sharon, Chan Yuen Yu Rosara, Guo Ka Ni, Wang Mei Lam

#### Second Row:

Chan Sze Yu, Lee Sin Yi, Chung Hoi Lam, Chan Pui Ying, Chan Wing Chi, Ng Tsz Yan, Lee Rio, Wong Yin Ting, Cheng Ching Tung, Kwok Ching Wind, Lu Hei Laam, Chou Wing Yin Sofie

#### Front Row:

Law Wan Yan, Chiang Hiu Lam, Fu Wing Chi, Ho Cheuk Lam, Ms. Tang Yuet Yee, Ms. Chan Nga Man, Lam Tsz Kwan, Fung Ying Wai Sharon, Chan Yuet Fei, Sun Ho Yung



## 1D

### Class Teachers

Ms. Yeung Yuet Ping, Ms. Chang Chung Tai

### Students (from left to right)

#### Back Row:

Yu Kai Ki, Chan Ka Pui, Yang Tsz Ching, Kan Heung Han, Chan Yuet Yee, Gurung Christina, Gurung Angeela, Cheng Yee Nga Andrea, Wong Ka Man, Rana Sumnima, Pun Sneha, He Man

#### Second Row:

Lai Sum Yu, Ng Wing Hei, Chan Sum Yau, Ho Wing Shan, Hue Lok Yiu, Ng Tsz Yau Renee, Ng Hoi Yan, Li Yuen Ching, Chen Hei Man, Huang Lok Huen, Sukhpreet Kaur, Yiu Sum Yau Amber

#### Front Row:

Cheung Chin Yuet, So Cheuk Wai, Lee Wai Kiu, Ku Tsz Yan, Ms. Yeung Yuet Ping, Ms. Chang Chung Tai, Lam Lok Hei, Ng Man Wai, Yeung Eunice, Chan Sze Wing Leanne



## Learning Through Study Tours - Mesmerizing Memories Engraved On My Mind

Gwennie Leung 5C (2017-2018)

As I looked at the photos taken during my UK and Japan study tours in the last two years, fragments of fond memories reappeared on my mind. Thanks to True Light, I was given invaluable chances to explore different cultures and widen my horizons through the two trips. Not only did I acquire knowledge on different cultures, but I also gained abundant precious memories treasured in the deepest part of my heart.

Being offered a full scholarship by Madam Shiu, our generous and kind-hearted alumna of True Light Alma Mater, I went on a 17-day study tour to Britain in 2016. That was such a wonderful experience in which we not only learnt about drama, Shakespeare, culture and literature; but also developed a passion for the arts and unbreakable bonds with our friends, host families and teachers.

Stepping out of Asia for the very first time, I was taken aback by the charisma of the Western culture and the friendliness of the local people. During my stay in England, I stayed with the Scott family. Our relationship was like friends rather than family members. Mrs. Scott packed lunch for me every day. Apart from sandwiches and wraps with ham, cheese or tuna, she also ensured my meals were accompanied with some fruit and juice to balance my diet. To show our gratitude, my roommate Victoria and I made a Chinese dish as our last weekend supper for them. Our bond was so strong that all of us burst into tears and hugged each other so tightly on our departure. Such memorable moments are still marked deeply in my heart. Without True Light, I would not have learned and grown so much.

Different from Hong Kong, UK students focus more on self-exploration rather than rote learning. The average workload is about an hour of homework a day so that students have more time to spend on their interests, such as sports, engineering and reading. A coin has two sides. I would not comment on the two education systems as they are shaped according to the demands of different stakeholders in society. What matters, however, is the attitude of students towards life. From what I observed, British students live to realize their dreams and possess a more positive mindset, which make their lives more meaningful and colourful. This journey has indeed brought me some thought-provoking lessons on how I live my life.

Last year, True Light gave me another opportunity to broaden my scope of view through my study tour to Japan. Months after my return to Hong Kong, I still cannot forget that fresh air, mouth-watering delicacies, picturesque sceneries, and more importantly, the fine manners and kindness of the people I met.

Having learnt Japanese for almost four years, I had always wanted to go to Japan. Having yearned to visit my dream country for ages, I felt like winning a Wonka's golden ticket when being told I was selected for the trip. With a spring in my step and excitement swelled in my chest, I finally took my first breath in Japan as I took my first leap out of the airport. Filled with a tight but certainly fruitful schedule, we visited two high schools, a number of museums, shrines and temples, and spent a night at a hot spring hotel. Breath-taking views, crystal-clear skies, gourmet food were just icings on the cake. What truly touched us was the attitude and spirit of the Japanese.

Omotenashi, without a shadow of doubt, is the most significant concept I experienced throughout the journey. Its meaning, however, goes way beyond providing outstanding hospitality, but to entertain guests wholeheartedly. Take my host family as an example. Even though we stayed only one night with them, our host family treated us as if we were their children. Macky Mama (our host mother) not only prepared for us a sumptuous udon-yaki (a hot pot with beef, veggies, and udon), but also helped us to try on the yukata, which is a traditional clothing for the Japanese to attend cultural events. The family even waited for all of us to finish bathing before they had theirs. In Japan, family members share a common bathtub with the same tub of water. Being treated as family, we felt being embraced by warmth despite the coldness in the midst of winter.

One of the most delightful moments I had in Japan was being on the streets of Japan. Being used to seeing rubbish on the streets of Hong Kong, we were astonished by the clean streets in Japan. The cleanliness of the streets showcases a high level of civic consciousness as well as environmental friendliness of the Japanese. There is also a very meticulous sorting system for garbage, in which recyclable materials are separated from general waste. With my eyes closed, I could hear nothing but winds gently brushing trees and the footsteps of pedestrians; I could smell nothing but the freshness of the air; I could feel nothing but a touch of calmness amid tranquility. With the ginkgo leaves dancing in the breeze, the quietness of the people and cleanliness of the street made the city a spectacle.

All these once-in-a-lifetime experiences changed me from being a narrow-minded and timid girl into an open-minded, mature and confident individual. The personal growth I experienced was drastic as my scope of view widened. Words cannot describe my greatest gratitude to my beloved school for offering me such chances to enrich myself and make my dream come true.



Trying on the yukata



My host family in the UK



Visiting a shrine



The British Museum



## All Because Of True Light

Chow Karis 5D (2017-2018)

True Light is not a place where students spend hours burying their heads into piles of books. As students, we enjoy plenty of chances to expand our scope of view and develop ourselves in different aspects. Through taking part in school activities, I feel grateful I have been given chances to improve my skills and become a better person for a challenging future ahead of me.

I joined the Prefect Council when I was in Form Two. Some classmates of mine remarked that it might affect our academic performance because of the long hours of duty. I was not deterred by the thought but submitted my application bravely. I am glad I made a right move. With years of training and experience serving as a Prefect, I have learnt some very handy skills. We have been trained to observe small details and to communicate with our schoolmates tactfully. Our emphasis on discipline has also heightened the standards of my own behaviour. I learnt to observe punctuality and manners, maintaining confidence and prudence at the same time. I became more mature and patient with others. With the weight put on my shoulders by this tiny silver badge resting on my chest, I became more careful with my actions, knowing that many of my schoolmates look up to me as a role model.

Apart from serving my schoolmates as a Prefect, I also joined the Publicity Team as a School Ambassador. One of the duties of a School Ambassador is welcoming visitors at school events, and introducing our school to them. By being a School Ambassador, I learnt the importance of good preparation before an event and how to handle unexpected situations without a sweat. My time serving in the team has taught me to be calm at all times, and work out a solution to a problem on my own feet. The most important thing I learnt is that we should stay confident, think, and smile, and all problems can be handled with calmness and patience.

Through my service as a Prefect and a School Ambassador, my attitude towards both people and life has changed enormously. Being one of the very first faces welcoming guests to our school, my attitude is of prime importance. I have learnt that you must first smile before you expect others to do the same. Smiling plays a vital role in forming first impressions, and this is a practical skill we should learn for meeting new people. Over the years, I have come to the conclusion that being patient while tackling problems gives me a clearer mind to come up with better solutions. I also learnt the message of No Gain, No Pain; and I now firmly believe that I can learn more only if I put in more time and effort in my work.

English learning has always been a passion of mine and I started serving the English Society as an English Ambassador in Secondary Three. I became a committee member the following year. With more responsibilities on my shoulders, I learnt the importance of being organised. I learnt many "lessons" in running programmes to help our junior formers learn English. Although I learnt my lessons through failures, I became better in planning, execution and time management. Indeed, being in the English Society has given me bountiful opportunities to learn how to organise activities and be considerate whenever anyone is involved in the process. Through the help from my seniors and teacher-advisors, I have learnt how to properly organise activities step by step from scratch, from early preparation to publicity, from implementation and execution to evaluation. It is necessary to be realistic and considerate while planning an event and, most importantly, to feel free to explore new options. I have learnt to make phone calls, appointments, cooperate with different parties, and delegate work and power. Although I am still working on teamwork, I am grateful to have been granted opportunities to learn through experience.

Looking back at myself when I first stepped into True Light and on how much I have learnt throughout the five years, I must thank my school, my teachers and schoolmates for entrusting me with duties and responsibilities, and chances for me to learn. With all these practical learning opportunities endowed onto me, I am making improvement in my whole-person development and becoming a better ME. I would say I become better-prepared to face my future challenges ahead, all because of True Light.



performing in TLGC 45<sup>th</sup> Anniversary Original Musical: Casting



中國中學生作文大賽（2013-2014年度）  
香港賽區 初中組 金獎

## 有時，我也想對爸爸說出心底話

朱茵桐 3D (2013-2014)

婚禮開始了，燈光一暗，莊嚴的音樂緩緩揚起。我被白紗遮擋了視線，只能看見一片充滿希望的純白，彷彿在等我為亮麗的人生填上更多美麗的色彩。

父親握着我的手，在聚光燈下一步一步踏上紅地毯，在兩旁賓客的掌聲中走到台前。他必定是十分緊張，手心冒了不少汗。回想上一次跟父親牽手已是多年前的事了。

爸爸的手，還是記憶中的寬大溫暖。

短短的路好像走了很久，父親的腳步終於停下來。我聽到他說：「我女兒的終身幸福便交給你了。」我未來的丈夫連聲道「應該」。然後，父親便把我的手珍而重之地放在我丈夫手上。我聽得出父親語調中的不捨，也能感受到他的手在震抖。我鼻子一酸，眼淚幾乎要奪眶而出了。

接下來的儀式和程序都教人忙亂不堪，父親由始至終都陪伴著我，我看著他不停打點著一切，忙碌的背影，不禁回憶起不少往事，想起他大半生都是辛苦地工作，賺錢照顧我。此時此刻，我真想對他說一句：「謝謝您！」只是人長大了，很多話有口難言。好幾次我跟爸爸四目交投，我動了動嘴唇，仍是把心底話吞回去。

休息了一會兒，便到了致詞的時間，我站在台上，說了一些客套的說話，感謝一眾來賓的到來。

「接下來我希望能夠在此為大家分享一些心底話，一些我一直想說，卻又不敢說的心底話。」

我在一個單親家庭長大，也許你會覺得我很可憐，自小缺乏母愛，甚至認為我會自憐，活在一個黑暗的世界裏。但事實並非如此，我有一個愉快的童年，活在明亮的世界裏。我的自信，源自我的父親。

父親是世上最好的男人。母親早逝，他忙於工作之餘，還得身兼母職，打理家務。他毫無怨言，亦絕不會對我發脾氣，我沒有媽媽，他便給予我雙倍的關愛。我從不缺乏親情。

爸爸從未對我說過他愛我，但他的愛，很容易發現，就在一些回憶的小小片段裏。

記得小時候我和爸爸一起逛商場，那裏正在舉行一個親子問答比賽，比賽的獎品是一隻巨型的熊玩偶。那時我的家境清貧，哪能抵擋如此的誘惑？我拼命地央求父親參賽，他敵不過我的撒嬌，硬著頭皮地報名了。接下來，主持人邀請參賽者上台接受挑戰，我站在台下，興奮地朝父親揮手打氣，他站在台上，向我舉出勝利的手勢。

比賽開始主持人拿著麥克風道：「請各位參賽者在3秒內模仿世界上現存體積最大的動物，1、2、3，開始！」

爸爸模仿的，竟是一隻大象，只見他左手捏著鼻子，右手變成長長的鼻子，誇張地在半空中擺動。

其他家長模仿的，是鯨魚。

爸爸輸了。

我站在台下，看著父親漲得通紅的臉，我很感動，亦很感恩，他竟為我勇敢地站在台上，即使被嘲笑也願意因我而不退縮，我很幸福。

我想父親肯定不是一個國王（因為家裏很窮），但我一定是他的小公主。而父親比國王偉大得多了，因為他會親自為我把星星摘下來，而不是吩咐他的手下為我效勞。

還記得有一次，伯父的女兒要出嫁了，我跟父親一起赴宴喝喜酒。父親給我買了一條漂亮的紅裙子，自己卻是隨便的套上平日所穿的一件上衣。

我忍不住問他：「爸，您怎麼不穿著西裝？」他悄悄地說：「沒錢唄！」再一臉認真地補充：「你出嫁時爸爸才花錢買。」我的心一揪，心中有著千言萬語跟父親說，臉上卻是一副若無其事的模樣。

我下定決心長大後一定要給父親過安穩的生活，我不要他再為了我的幸福而擔心，賣力忘命地工作。

我的婚禮即使沒有錢買婚紗，我也一定要買一套西裝給父親。

「爸，您是最帥氣的父親了！」說到這裏我已淚盈滿眶。全場一片靜默，伴隨著零星的掌聲響起，每位賓客都拍起手來。

我拉起裙擺，一步一步地走向父親。

我緊緊地擁抱著他，說出了一直覺得難以啟齒的話：

「爸爸辛苦您了！」

辛苦您了，為我撐起了這片天，讓我茁壯地成長。

辛苦您了，為我付出了這麼多犧牲了這麼多，卻無怨言。

父親輕拍我的肩背，聲音沙啞地說：「爸爸並不苦，有你這麼好的一個女兒，我很驕傲。再辛苦也是甘之如飴呀！」

淚如泉湧，我終於說出了藏在心底好久好久的話。

「我愛您！謝謝您！」

謝謝您，願意包容我的任性和缺點。

謝謝您，在我難過的時候永遠在我的背後支持我。

感謝您一路的陪伴。

感謝您一直沒離開我。



## 西湖記

李綺韻 3D (2017-2018)

三月的風帶着春天的暖意打在我臉上，我在杭州西湖旁漫無目的地走着，看着如畫的風景，又看見一對母女在散步，我忽然有點晃神，思緒跟着春風回到了好多年前的那個春天。

那年的春天也像今天這樣暖和，一個少婦第一次輕輕地牽着女兒，在西湖旁漫步。西湖馳名的景色可不是浪得虛名，母女倆邊走邊看，二人眼中充滿着笑意，幸福像要在眼角滿溢出來。

左邊是嫣紅姹紫的花團，這裏綠影婆娑，綠茸茸的樹上，不知名的花兒在頂端開得繽紛嬌艷，殷紅、絳紫、鵝黃、湛藍，似是誰也不認輸地爭妍鬥麗，看得路人眼花繚亂。各種豔麗的顏色卻不顯俗氣，在春天暖洋洋的氣氛下更顯燦爛。女孩看着眼前的花兒，興高采烈。對一切都充滿好奇的她，小心翼翼地試著拿幼嫩的小手碰碰看鮮紅色的花兒，像是怕會傷害了脆弱易碎的它們，又膽怯地縮回了手。見花兒沒有抵抗她的撫摸，便高興地觸碰着一片片薄薄的花瓣，感受着它細小的紋路，一隻明亮的眼睛閃爍着光芒，彎成了天上的月牙。少婦看着女兒在花團中駐足，有點笨拙地拿起她第一次使用的相機，毫不吝嗇地把女兒的一笑一顰定格在不便宜的菲林上。

走過花叢，帶了一身花香。

右邊是靜如晶石的湖泊，綠瑩瑩的湖面像一塊品質上乘的碧玉，平靜得令人不禁屏息，誰也捨不得打擾它。遠處的幾個青春洋溢的小伙子正泛舟湖上，船槳掃過水面，汨汨留下兩條連綿的水痕，連潺潺流水聲也格外悅耳動聽；一對紅黃相襯的錦鯉躍出湖面，在空氣中轉了個圈兒，一下子又跳回了湖中，悠悠自悅，湖面泛起一道道漣漪。恬靜幽雅佈滿了整片土地，彷彿哪個畫家筆下鐫畫。走過的途人無不為這良辰美景驚嘆連連，要不是遊人的喧嚷吵鬧，還真以為是天上人間。少婦看着女孩在湖畔跳跳跑跑，有點慌張，卻也追不上靈活好動的女兒，連忙叫她跑慢點兒，別摔着了。女孩嘻笑着回頭看她，眼裏滿是那個年紀獨有的天真爛漫，一不留神，腳上踩到了一塊濕漉漉的春泥，還真差點滑倒了，趕緊又回頭牽着媽媽走。

路過西湖，掛了一身詩意。

我的靈魂離開了我和母親，回到了多年後的今天，可能是因為沒有了母親的陪伴，縱然這裏的改變不大，西湖依舊動人，天色依舊清亮，春風依舊暖和，我卻再也看不到當年美好的風景了，這就叫物是人非嗎？

## 西湖記



李綺韻  
真光女書院  
中三

三月的風帶着春天的暖意打在我臉上，我在杭州西湖旁漫無目的地走着，看着如畫的風景，又看見一對母女在散步，我忽然有點晃神，思緒跟着春風回到了好多年前的那個春天。

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第一次使用的相機，毫不吝嗇地把女兒的一笑一顰定格在不便宜的菲林上。

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右邊是靜如晶石的湖泊，綠瑩瑩的湖面像一塊品質上乘的碧玉，平靜得令人不禁屏息，誰也捨不得打擾它。遠處的幾個青春洋溢的小伙子正泛舟湖上，船槳掃過水面，汨汨留下兩條連綿的水痕，連潺潺流水聲也格外悅耳動聽；一對紅黃相襯的錦鯉躍出湖面，在空氣中轉了個圈兒，一下子又跳回了湖中，悠悠自悅，湖面泛起一道道漣漪→（。）恬靜幽雅佈滿了整片土地，彷彿哪個畫家筆下鐫畫。走過的途人無不為這良辰美景所驚嘆連連，要不是遊人的喧嚷吵鬧，還真以為是天上人間。少婦看着女孩（兒）在湖畔跳跳跑跑，有點慌張，卻也追不上靈活好動的女兒，連忙叫她跑慢點兒，別摔着了。女孩嘻笑着回頭看她，眼裏滿是那個年紀獨有的天真爛漫，一不留神，腳上踩到了一塊濕漉漉的春泥，還真差點滑倒了，趕緊又回頭牽着媽媽走。

路過西湖，掛了一身詩意。

我的靈魂離開了我和母親，回到了多年後的今天，可能是因為沒有了母親的陪伴，縱然這裏的改變不大，西湖依舊動人，天色依舊清亮，春風依舊暖和，我卻再也看不到當年美好的風景了，這就叫物是人非嗎？

## 蒲葦

## 評語

文章很有心思，描寫極為全面。同學筆觸輕重有致，重描寫，情為點染，效果良佳。此文結構亦見心思，分以「走過花叢，帶了一身花香」、「路過西湖，掛了一身詩意」作過渡，「一帶一掛」，讓文章增添活力和動感，末段帶出物是人非之歎，以此總結前文之鋪排及情意，點到即止，大大減輕了文章的說教意味。簡言之，我很欣賞同學為文章所花的心思，希望我的理解不會讓同學失望。



中國中學生作文大賽(2012-2013年度)  
香港賽區 高中組 亨達文學之星

## 請管住你的嘴

張亦妍 6D (2012-2013)

人天生有兩隻眼睛，環觀四周；兩隻耳朵，細聽八方；偏偏只有一張嘴巴。這構造警醒我們管好嘴巴，可是我們卻多撒手不管，放任嘴巴，讓它放肆狂妄，在喧鬧混濁中加添紛亂。我們固然不能無視生活實際需要而絕對沉默，但至少我們還能奪回自主權，管好自己的嘴巴。

在生活巨輪下，煩惱、不順意滿滿地橫互在生活道路上，扼殺了喘息的空間。心中一腔鬱悶無所緩解，我們訴諸於喉舌：埋怨世事的不公，抱怨生命的潦倒，希望透過語言宣洩內心的委屈。但我們遺忘了沉默的力量：胸中縱有驚濤駭浪，不語，讓它平靜下來，反思人我的不是，再引導至心田，澆灌自我，從中成長。語言其實蒼白無力，喧鬧過後，心靈卻未受滋養，落得虛空。若又一輪的驚濤來襲，心靈便會再次淹沒在滾滾濁流中了。心靈的虛空拖慢我們前進的步伐，我們口中抱怨，以自怨自艾來為自己築起避難所；以言語反擊來表現自身的強悍，卻忘記步出陰霾才是擺脫現實羈絆的良方：收斂抱怨之言，讓我們儲積力量，以行動打破命運的引領，克服困難，比起只說不做自然是另一層次了。

管好嘴巴除了是少為個人抱怨外，更是著眼於對別人的影響，即慎言。南丫島撞船事故叫廣大市民痛心疾首，可是更教人咋舌的，是傳媒的表現：訪問問題的不體諒及尖銳，猶如在受害人傷口上撒鹽。傳媒固然有職責全面報導事情真相，但這種超越專業操守、有違同理心的行為卻不可饒恕。歸根究柢，還是缺乏「慎言」意識作怪。說話前未經深思熟慮便衝口而出，欠缺了沉澱及反芻，自然容易傷害別人感受，更會流於片面單薄，再多詞藻的修飾也掩蓋不了缺乏思考的空白，說話也就失卻了意義。慎言亦體現了個人品德修養。孔子稱：「仁者，其言也訥」，說的便是慎言。只有注意說話素質，閑談時莫道人非，才是仁者的表現，符合義理。

此外，在評論別人時，我們往往只抓住了事情的一面，妄下判斷，話語中免不了添鹽添醬、誇誇其詞。別人的名聲固然有損，自己的品德亦一併賠上了：未掌握事情真相便斷章取義，假借道德價值肆意批評，偏離義理。

可是，這種盲目批評、附和的歪風卻熾熱地侵捲我城的每一個角落。環觀四周，喧鬧之聲此起彼落：政黨在選舉論壇中互相謾罵、港人及內地人互相指責……這些噪音交織，結成一片薄紗蒙蔽著我們的眼睛。在紗布的縫隙中，我們以為看清了世界，於是更多人加入謾罵，務求以群起誅伐之勢橫掃千軍。在這個混沌的時代，沉默是我們澄明的眼眸。唯有沉默，我們才能解下薄紗，透徹澄明地認清事實，在混亂中理清前路。

沒有思考的言語是蒼白無力的。慎言並非因言語的枯竭，只是為開拓一個靜謐的思想空間審視事物。別讓你的嘴巴在嘈雜的世界泛起更洶湧的濁浪。請管好你的嘴巴。



張亦妍於中六學年榮獲第四屆九龍地域傑出學生獎



# TRUE LIGHT LINKS





# 家長教師會

「真光女書院家長教師會」於一九九九年十月廿三日正式成立，為加強家長與學校的溝通和合作，促進學生的全人發展。家教會舉辦各類型活動和講座。例如：升中銜接課程及中、英、數提昇課程、中一迎新日及親子聚餐晚會、周年會員大會暨親子專題講座、開心果日、親子旅行、親子興趣班、「情緒管理」講座及2018年首次舉辦「中六惜別下午茶聚」等。

自2010年3月本會透過小食義賣籌款成立「學生活動基金」。本會每年以該基金贊助各類型校內、校外學習活動，以擴闊同學多元發展經驗。例如：真光邦、社區體驗義工服務、模擬法庭公義計劃、創意思維世界賽香港區賽及週年音樂會。



家長教師會周年會員大會



學生活動基金贊助的其中一項活動——「真光邦」



本會參與贊助週年音樂會



合辦中六惜別茶聚





廣州真光母校歸寧團



家教會家長委員頒發「家長教師會獎學金」

2011年10月，本會成員積極參選真光女書院法團校董會第一屆家長校董及替代家長校董，透過家長代表加入校董會，落實校本管理，推動家長參與學校管理和決策事宜。

本會於2002年3月、2007年11月、2012年4月及2017年4月舉辦「真光母校歸寧團」，以增強與廣州真光母校的聯繫，及提升會員對真光的歸屬感。

為鼓勵學生積極學習，本會以書券形式頒發「家長教師會獎學金」予學業成績優異的學生，每年獲獎的學生近百人。



親子興趣班



家教會親子旅行



# 校友會

校友會執行委員會由10位來自不同屆別的校友組成，每兩年換屆一次，並由譚劍虹校長、黎鈺琨副校長及王啟蕃前副校長擔任榮譽顧問，更有三位畢業後回到真光任教的校友擔任顧問老師。

## 2017-2019年度執行委員會

榮譽顧問：譚劍虹校長、黎鈺琨副校長、王啟蕃前副校長

顧問老師：吳慧婷老師、嚴穎嵐老師、吳曼妮老師

主席：李詠詩 副主席：麥司沛 文書：蔡菲玉

財政：陳嫦妍 康樂：陳運昕 福利：李雋珉

宣傳：何嘉敏，文曦賢 總務：葉綺慧，梅麗玉

校友會每年均會定期召開執行委員會會議及會員大會、製作校友會精美紀念品，並舉辦各式各樣的活動，讓校友參與。校友會亦不時了解學校的發展及需要，並予以捐助及支援，以配合學校之發展。

欣逢學校45周年校慶，校友會於2017年12月9日校慶嘉年華當日，在學校擺設攤位，售賣校友會精品；設置拍照道具，讓校友即場留影及參與募捐；同時播放校友會活動精華短片，讓參加者對本校校友會有更多認識。而45周年校慶感恩聚餐，更是校友會本年度之校慶重點節目。聚餐於2018年5月5日(星期六)假大會堂美心皇宮舉行，報名情況熱烈，筵開56席，參加者包括一眾嘉賓、退休老師、現任老師及約520位來自不同屆別的校友。



亦師亦友計劃啟動禮



2017-2019年度執行委員會



校慶嘉年華當日，校友會在學校擺設攤位



校友會在校慶嘉年華當日設置拍照道具，讓校友即場留影

## 校友會2018年度活動時間表



亦師亦友計劃啟動禮



# INTERVIEWS OF ALUMNAE

## True Words from the First HKDSE Perfect Scorer

Interviewee: Ms. Cheung Yik-in  
Interviewer: Yola Wong Yi-tung (4B)

Cheung Yik-in is famous for being the first True Light girl to get seven 5\*\* in HKDSE in 2013. Her brilliant academic performance gained public recognition, but she was most acclaimed for her pivotal roles in various school clubs and activities.

"True Light Girls' College gave me enormous opportunities to explore my potential," said Ms. Cheung. "The years I spent in my school choir were unforgettable. As the chairlady of the choir, I was responsible for managing many affairs such as establishing a daily practice routine. With providing a bridge between teachers and choir members, I was able to develop a high level of maturity and interpersonal skills. This is the very reason why students should grasp the opportunities to play some leading or supporting roles in various activities."

What distinguish Ms. Cheung from others must have been her exceptional all-round achievements. Back in 2013, besides attaining the highest score of 5\*\* in seven subjects and 5\* for the extended Mathematics module in her HKDSE examination, Ms. Cheung also received the 4th Kowloon Region Outstanding Student Award in recognition of her brilliant performance in every aspect. Added to this, she had won many remarkable awards, including Sir Edward Youde Memorial Prizes 2012-2013 and Lam Hang Hong Mathematics Scholarship, to name but a few.

Studying hard doesn't mean you need to sacrifice all your time for learning. Ms. Cheung tried to manage her time more effectively to strike a balance between studying and extra-curricular activities, spending quite a considerable amount of time on school events such as rope skipping competitions and the True Light Songs Singing Competition.

"In these activities, my classmates and I developed a strong bond of friendship. We tackled many difficulties and cooperated well with each other. We're now very close friends and have been staying in touch," Ms. Cheung said.

Ms. Cheung said such strong bonds of friendship gave her power to deal with many challenges. "My classmates were selfless and helpful. For example, they were willing to share their notes with me in preparation for the HKDSE examination. I didn't feel alone as they were always around me when I needed help."

The journey to the perfect scores in the HKDSE examination was never easy. It's hard to believe that she used to fail in English when she was a Form One student. "Coming from a Chinese-medium primary school, I encountered many difficulties. I was terribly weak in English as I hadn't used it very frequently in my primary school. Luckily, I particularly thanked my Form One English teacher Ms. Chung Ka-kei for her sincere heart and effort. She gave me a variety of reading materials to get me exposed to the world of English. With my foundation built with the learning of more sentence patterns and vocabularies, my English showed a remarkable improvement," Ms. Cheung recalled.



After putting great effort and time to prepare for HKDSE, Ms. Cheung tried her best to do well during the examination but she had not expected to achieve the top scores. "The results exceeded my expectations, but it meant my effort paid off. It also enabled me to fulfill my dream to become a cardiologist in the future."

Presently studying Medicine at The University of Hong Kong, Ms. Cheung kindly advised current True Light girls to seriously consider their future paths and set their goals earlier. "I aspired to become a doctor when I was a Form Three student. I would like to help as many people as possible. I believe it's essential to discover your interest because you need time to nurture it. With the goal you set, you will work harder to make your dreams come true."



## Why is True Light Girls' College meaningful to its alumnae?

Interviewee: Ms. Hui Wa Ying  
Interviewers: Yep Pui Yi Qube (4A)  
Wu Wan Sheung Ada (4A)



Ms. Hui and the interviewers



an old photo which Ms. Hui took with her classmates in school picnic



an old class photo of Ms. Hui with Principal Faith Ko



an old photo of Ms. Hui taken with her classmates in the back hill basketball court

Honourable alumna Ms. Hui Wa Ying's dedication to her alma mater is unquestionable as she has been wholeheartedly supporting many key school events in recent years. What makes Ms. Hui a very committed alumna? She explained the school holds a special meaning for all True Light girls. Apart from her school life engraved on her memory, she also learnt enormously from her alma mater.

"The school gave us a lot of precious memories," said Ms. Hui, the Principal of SKH All Saints' Middle School in our neighbourhood. "Things you learn in True Light are never worthless, like you are taught how to be the 'light' to brighten every part of the world."

Sharing her memory with the school student reporter, Ms. Hui thanked one particular teacher who taught her some of the most important values. She was Ms. Lau who taught her Economic and Public Affairs (EPA) when she was a Form Three student. "I was very scared of Ms. Lau as she was very strict. But when we came to Form Four, the way she treated us was vastly different. Feeling very astonished, I wondered why she became very friendly and gentle. "She explained Form Four differed from junior forms as teachers and students needed to respect each other more," Ms. Hui said.

In Form Six, Ms. Hui was invited by Ms. Lau to be the Vice-chairlady of the Senior Student Fellowship. It offered Ms. Hui a brilliant opportunity to learn how to spread God's words, brighten the world and get along with her teammates. "This teacher had considerable influence on me and I won't forget how she inspired me," she said.

Asked how True Light girls can give their valuable support to the school and be the light of the world, Ms. Hui said even a small donation could make a significant difference. "There are many ways to give back to the alma mater. Simply attending a school anniversary thanksgiving dinner or a school Musical is very encouraging already. We are very excited about these events because meeting my schoolmates brings back a lot of good memories," she said.

Other than school events, alumnae can also come back to share their practical working experience with students, offering them some fresh insights into different career fields, which are extremely useful before entering the job market.

"Current students can make contribution to school by studying hard, participating in various activities and supporting the community. Last year, the news about TLGC students helping an elderly woman pick up the fallen cardboards from her cart was very touching. It shows that True Light girls are very caring, compassionate and self-motivated. I told others I was proud of being a True Light alumna," Ms. Hui said.

After attending several school events, Ms. Hui witnessed there were some changes in terms of the uniforms, facilities and student-school relationship. "You must be surprised that we had to wear a white shirt and a pair of long blue pants during the school picnic. This brought us much inconvenience as it made us look like those illegal immigrants coming from the mainland at that time."

Another difference Ms. Hui discovered is our new annex with many new rooms and facilities including the School History Gallery, a Chapel and the STEM Education Centre. There is even a Democracy Wall on the ground floor of the main building where students can voice their opinions on student welfare, school events and current affairs. "Compared to the time when I was studying here, there is now more freedom for students to express their views, but it's crucial for them to express their ideas in an appropriate and respectful way," she said.

With some wonderful experience and skills acquired from her learning in True Light, Ms. Hui decided to devote her time and energies to her alma mater. She encouraged True Light girls to live up with the school motto 'Thou art the Light of the World'.



## TLGC and Calculus Filled Ms. Chu with Wonder

Interviewee: Ms. Chu Chi Yin  
Interviewer: Cherry Wong Cheuk Wa (4D)

Doing ten calculus math questions within a day is a real bear, but for our alumna Ms. Chu Chi-yin, it's an intriguing but fun task.

"I'm keen on doing a considerable amount of calculus exercises. These tough math questions are never easy, but finding solutions gives you a great sense of achievement," said Ms. Chu.

She said this was what made TLGC distinct from other schools as it provided every student with great freedom to learn what they wanted. "It's like giving you a key and you can use it to open any knowledge boxes."

Graduated from our school in 1977, Ms. Chu has made a great deal of contributions in education. She had served as the Principal of Lok Sin Tong Yeung Chung Ming Primary School between 2000 and 2012. Ms. Chu is now working for the Family Value Foundation as the Fathering Education director who enthusiastically promotes the importance of the fathering role in child development.

Freedom to learn was one thing, but Ms. Chu recalled that there were certain rules every True Light student had to follow when she was studying here. For example, students in the 1970s were not allowed to reach the Staff Room. To see teachers they needed to write down the request details at the office and waited for the teachers to give the green light.

The dress and grooming policies were very strict too, Ms. Chu explained. "It wasn't 'easy' to keep our hair long when we studied here. We had to submit an application letter to the school for official approval. After we were given permission, we had to wear our hair in two braids instead of one braid or a ponytail and add a blue ribbon to each of our braids. We also had to put a metal school badge on top of our cheongsam. It could take a considerable amount of time and effort to 'get groomed' before going to school."

"I'm not sure if the school rules have been relaxed, but something has been changed. There is a new annex at our old basketball playground where you can use a variety of facilities like the chapel, the True Light History Gallery and the school library."

What hasn't changed is students' strong voice, Ms. Chu said. "I see that up till now every True Light girl still has a strong voice in such a democratic school like True Light Girls' College. Student can voice out at many students' issues and take leadership in organizing many student and inter-class activities."

Another thing that hasn't changed here is the pleasant learning environment. "We enjoyed freedom to learn and try anything we're interested in. Sometimes knowledge we acquired here didn't remain in our brain for a long time, but what we still remember is the 'free' learning environment in our school. My active participation in lessons, school clubs and activities also gave me many memories which made my school life much more beautiful," Ms. Chu said.

Asked what advice she would give to her school sisters, Ms. Chu cited her favourite quote from the Bible which boosts her confidence in dealing with difficulties.

*"Who, then, are those who fear the Lord? He will instruct them in the ways they should choose."  
(Psalm 25:12).*

Ms. Chu believes that all secondary school students should start planning their own routes and thinking about what is suitable for them, ranging from choosing school duties and electives to deciding future careers. "You can take other people's advice, but it's you who make the final decision. With the guidance of the school, I'm sure you'll have the best choice and a fruitful life."





## I LOVE TRUE LIGHT

鄔曉晴校友  
畢業年份：2014(中六)

在真光七年，最慶幸的事是加入了籃球隊，那是一個充滿著活力和溫暖的地方。外向如我總是愛「跳跳紮」，要我乖乖坐著會渾身不對勁，在籃球隊就能好好揮霍我用之不盡的精力。

而歸屬感則來自跟隊友們之間的聯繫。我們上上下下都相處得很融洽，那時候最嚮往就是星期二和星期五下課後的練習。有同伴一起為著一個目標努力的感覺，是無與倫比的滿足。

最感謝的是我們的領隊Miss Ng。她不會給我們很大的壓力，做得不好的時候也從不大聲吆喝我們。她為我們締造了滿是歡樂的氣氛，輕鬆愉快的在籃球隊成長，留下的全是美好的回憶。因此，我們每一個都很崇拜和愛護她，離開真光後也有保持著聯絡。

時光飛逝，轉眼畢業四年，我們仍會不定期相聚，重拾那份不能忘懷的歡樂。

謝謝真光。

## 一個真光文科生的自白

嚴穎嵐校友

也許很多修讀文史科的人，都曾經對某幾個課題咬牙切齒，每次溫習都想挖某幾個古人出來鞭屍。然而當年在真光修讀中西史、文學，那段日子雖然背得痛苦，但讀得痛快；那段時光雖然深陷低谷，但總有人關懷，無疑是幸福的。

讀文學的朋友，大概很難忘記庚信的《哀江南賦序》。還記得打開書本，原文瑟縮在右邊三行，注釋大片大片地盤踞著整個版面，九版如是。最要命的是一句一典，終於找到一句較淺易的「將軍一去，大樹飄搖」，八個字背後原是一個上百字的典故，而全篇這樣的故事竟有近六十個。六十個不同的人名、地名，六十件不同的事件，我深覺自己也在風雨飄搖之中，每次溫習都好像人格分裂一樣。

讀中史的朋友，大概很難忘記讀思想史的日子。以為齊集一套「子」字的閃卡（孔子、孟子、荀子、老子、莊子、墨子、韓非子）已經很夠的時候，原來這個世界還有很多更玄的東西：宋明理學——朱熹「形而上」的「理」和「形而下」的「氣」、陸九淵的「心即理」、陳白沙的「心之體」、王陽明的「良知」論……哎，每次溫習朱熹的時候，我覺得自己在行為上已經充分詮釋了「形而上」這三個字了，哪次心神不是飄蕩在形體以上呢？再多考幾次宋明理學，大概會魂飛魄散呢！

還有西史的Europe Since Napoleon，那段好似珠網般縱橫交錯的各國歷史，我只覺得自己是陷在珠網中待宰的螞蟻，極力掙扎，只求脫險逃生。說起來還有會考中文那課《聽陳蕾士的琴箏》，那時毫無想像力和音樂涵養，我只驚疑這首新詩哪裡是描述琴聲？詩人根本是一個記者，前半寫出他對禽鳥生態的觀察，一時游隼翻飛，一時鷓鴣破空，一時鴻雁陡降；後半又突然轉去探索外太空，直擊金太陽如何擊落紫水晶，星雲如何在靜旋發光……

面對以上這些艱深沉悶的課題，很難存有誤解與偏見，然而，我萬分慶幸在真光遇到很多良師，在公開考試的路途上，他們一直帶著我們迎難而上。或製作井然有序的筆記，或提供豐富的參考資料，或在課上課後作詳盡的講解；有的翻閱大學專書，回應考評的要求，有的不吝展示當年的詩作，引起我們的興趣；他們批改無數的測考，忍受我們潦草的字跡，印發同學優秀的答卷讓我們得以改進……除卻課業上的指導，還有更多在品德情意的教育，以及情緒疏導和支援。總有人在中學生活就不幸地提前遇上一些人生的考驗與難關，然而只要你需要，這裡就會有人伸手，也許是一點關心，一句問候，卻足以溫暖你的世界。確實沒有真光的老師，不會有今天的我。

這幾年以另一個身份踏進真光，更能體會昔日老師對教學的熱誠，一個好老師的背後，往往有很多學生難以覺察的犧牲。但願各位師姊師妹能夠多回真光與老師共聚，讓他們在繁忙的工作之中，得以洗滌疲憊的心靈。



## 讓人戀戀不捨的暖暖真光

彭宇彤校友  
畢業年份：1988（中七）

2018年 悉尼

清晨6:30，陽光明媚，又是一個湛藍的晴天。吃了健康早餐，給孩子們準備好午飯，把我16歲的女兒和14歲的兒子送出門；早上7:30，我把手提電腦合上，稍微化了一個淡妝，在衣領上別上學校語言部主任的名牌，拿著我的手提電腦出門了。



2018年 悉尼

1988年 香港

高中了，每天從沙田坐車到油麻地真光上學，天天早上車裡都很擠，我站著一邊看書，一邊聽音樂。總是會擔心今天的測驗沒有溫好，也會怕上課遲到，功課做好了沒有？運動制服準備好了沒有？舞蹈比賽的舞步姿勢練熟了沒有？老師交代的事情做好了沒有？還有沒有忘掉什麼好同學的生日…。



1988年 香港

現在我在悉尼一家有名的私立女子中學教中文，每天看見努力認真的學生，每年高考成绩都非常優異的同學，認真把每個漢字都寫得整整齊齊的澳大利亞學生，我都會想起自己中學時期同學們如何努力，如何認真的去學英文，數理化和其他各科！

以前的真光同學，可以在中五畢業，也可以於中六時以暫取生的名義進入中文大學，更可以一直讀到中七畢業，再進入其他大專院校。我在真光一共讀了七年，中學畢業的時候，真的覺得真光就是我家，一個讓我念念不忘的家，裡面每一位老師，同學和員工都是我的家人。中一第一天交了三個知己好友，Elsie, Cynthia和Irene，到了今天還是我的摯友！我們一起經歷過家人的生離死別，一起去中國背著背囊漫遊，看盡了最美的湖光山色；大家都結了婚生了子；最有趣的是我們四個人都當過或還在當校長、主任或者老師。說起為什麼大家都喜歡教育，離不開一個原因，就是我們都愛極了我們的母校，真光女書院！

中學時代，我最喜歡填詞，畢業時寫了一首歌，細訴了我們同學知己相隔多年後重聚的心聲，全校的老師同學一起唱著，一起流淚！“我是這般的掛念你，其實你可知我心？我只深深感覺到，心裡愁似霧。……縱沒有一封慰問信，還願以心相扣緊，也許風吹草再生，此際時光未老！”

那一年，我是F7的學生代表，除了學習，每天的生活多姿多彩。那年我們舉辦了一個義賣活動，為貧困山區的學校籌款。我們積極參加學校所有的體育活動、校慶活動、社際活動和公益活動，因為我們都知道，那是最後一年了，除了努力學習為學校爭光，我們更捨不得的，是離開！

打開電腦，看到了2016年畢業的Alice Lam 同學製作的視頻，讓我看到了當年和現在的同學穿著一樣的校服，一樣是趕上學怕遲到，一樣有那麼多永遠做不完的作業和溫不完的書，一樣是那麼愛著我們的學校、老師和戰友們。不同的是現在學校先進得多，漂亮得多，已經沒有了F7班，當年對我們循循善誘的一群老師們也大都退休了！港大翻譯系畢業以後，我當過雜誌編輯，音樂記者，運動教練，後來移民到了澳洲。不過至今當我回到香港，我們一群同學還會常常聚會，或者在WhatsApp上聊天。讓我們最想念的老師們有Ms. Sin, Ms. Lai, Mr. Ko, Mr. Fong (English), Mr. Fong (Geography), Mr. Ng, Mr. Wong, Mrs. Kwan, Mr. Chak, Ms. Yam, Ms. Chan...。最難得的，是老師們也沒有忘記我們，常常和我們在網上聊天，我每次回香港，也會跟老同學們和某幾位老師一起閒話家常，真的是跟家人見面一樣！

現在我自己為人師表，是兩個孩子的媽媽，每年教育出來的學生，也有不少大有作為的，有些甚至也成為了老師。想起真光對我的培育，至今心存感激！我還清清楚楚記得當年學過的附加數，生物常識，化學理論，甚至美術老師教的素描，音樂老師教我們怎麼讀音符，體育老師教我們玩的每一種運動……就是所有的這些累積的知識和老師們的身教，塑造了今天的我。就是所有學校教職員對教育的執著，和他們的教育理念，影響了今天的我對教育的看法。就是那些親切的同學們、戰友們，支持著我每天的努力，讓我變成一個自信，開朗，散發正能量的人。

還記得當年唱過的校歌：In the days that are to be, we are as good as we can be, for the glory of True Light! 和當年的校訓：爾乃世之光！這些都可能一直在影響著我們每位從真光畢業，永遠屬於真光的學生！



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