

5 October 2023

## **Sports Day and Engagement**

Dear teachers and students,

The wonderful Sports Days have just finished. I would like to take this opportunity to share with you my photo collection.

Firstly, the remarkable S.1-S.2 cheering teams: even when they were losing their voices, they didn't stop; they cheered on their fellow students with unwavering enthusiasm from early morning to mid-afternoon across two full days. Their spirit and dedication were truly inspiring.

Next, I want to acknowledge the student helpers. These individuals voluntarily joined as helpers, not only for personal merit, but out of a genuine desire to contribute. They selflessly devoted their time and effort to ensure the smooth execution of the event.

I must also recognize the House captains and committee members. They played a vital role in the success of the Sports Days. From recruiting members for the field and track events to training the cheering teams, designing eye-catching T-shirts and decorations, they were involved in every aspect of the event. Their commitment and leadership were instrumental in creating a memorable experience for everyone involved.

Let us not forget the spectators representing each House. They actively participated in their own way, cheering wholeheartedly for the contestants and enjoying every contest. Their presence added an extra layer of excitement and unity to the occasion.

And that wasn't all: teachers were also busy helping as announcers, event judges, stand supervisors, and our support staff were busy moving equipment and setting up facilities.

The photos in the power point help create a beautiful picture: every single member of the school was 'involved'; and each of every one was also 'engaged'. And what does it truly mean to be engaged? Think about those moments when you are playing online games with your friends, watching your favourite movies, or enjoying a competitive game of chess: in those instances, you become so immersed and absorbed that you forget about everything else - food, sleep, worries... they all disappear in those moments. That, boys and girls, is what it means to be truly 'engaged'.

Being engaged offers numerous advantages. Not only do you get benefits from the activities you participate in, you also challenge yourself, and foster stronger relationships with your friends. But most importantly, being engaged enhances your sense of belonging within the communities you inhabit. It helps you feel like an important part of the whole, making a deeper connection with your surroundings.

With so many benefits to be derived, I encourage each and every one of you to actively participate in various aspects of school life. Whether it's participating actively in lessons, engaging in drills, joining extra-curricular activities, or taking part in events such as Music Day, PERMA Day, Gospel Week and so on, seize every opportunity to get 'engaged'. Embrace the experiences that come your way, for they will shape you into a more well-rounded, connected individual.

That is all for my sharing today. Thank you!