



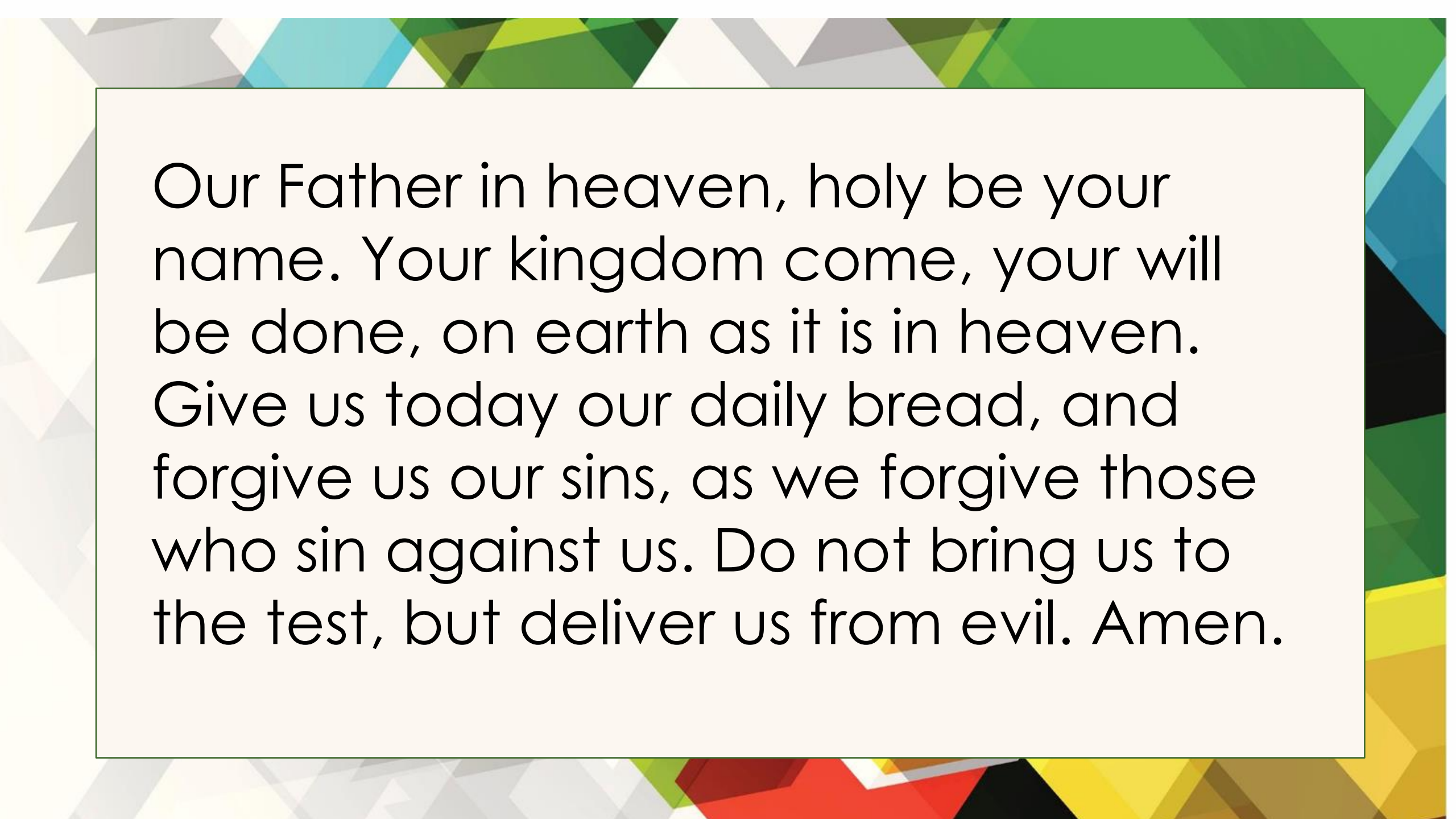
MORNING ASSEMBLY

3 November 2021

Let's pray.

In the name of the Father, and of the
Son, and of the Holy Spirit

Amen.



Our Father in heaven, holy be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread, and forgive us our sins, as we forgive those who sin against us. Do not bring us to the test, but deliver us from evil. Amen.



In the name of the Father, and of the
Son, and of the Holy Spirit

Amen.

Morning Sharing by 6C Chui Wai Ki

*The story
of Derek
Redmond*



Good morning principal, vice principals, teachers and my fellow schoolmates.

This morning, I'd like to tell you the story of Derek Redmond.

Redmond is a former British sprinter.

In 1992, Redmond was in good form by the time of the Barcelona Olympics. He had a high chance of winning a medal in the 400 metre sprint. In the semi-final, Redmond started well in the beginning of the race.



Many people thought that he might win the race. Until 150 meters into the race, Redmond felt a searing pain, his hamstring (大腿後肌) tore. He walked painfully, and then fell to the ground in pain.



But then he got back on his legs,
determined to finish the race. He
began to hobble along the track.



He was soon joined on the track by his father, Jim Redmond. Jim and Derek completed the lap of the track together, with Derek leaning on his father's shoulder for support.



As they crossed the finish line, the crowd of 65,000 spectators rose to give Derek a standing ovation.

Derek Redmond didn't finish first in the race. He finished last. But, he finished!



My dear schoolmates,

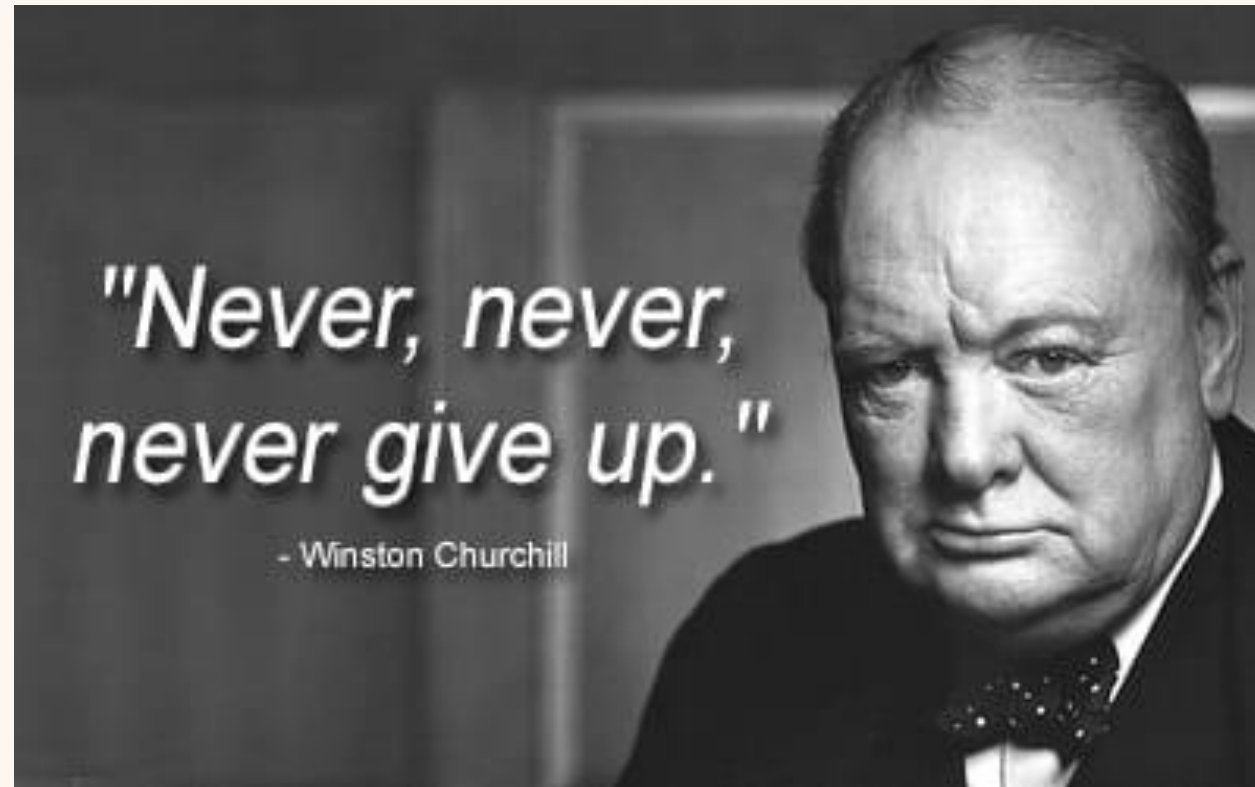
What have you learnt from this story?



As a Form 6 student, I've found Derek Redmond's story very inspirational.

DSE is just around the corner. What we do right now will heavily affect our future. We can play video games and waste our time, or start changing our lifestyle and preparing for the DSE. The future is in our hands.

If you feel agonised while preparing for the DSE, think about the story of Derek Redmond. Think about the people who support you, such as your teachers, friends, parents, or family members. Don't give up. Try your best, you won't regret it.



This is the end of my sharing. Thank you.

Useful Vocabulary

1. determined (adj.) 意志堅定
2. hobble (v.) 蹣跚
3. searing (adj.) 灼熱的
4. spectator (n.) 觀眾
5. standing ovation (n.) 起立鼓掌