



Cognitio College
(Kowloon)

Newsletter

9 March 2023

COGNITIO COLLEGE



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Athletic Meet events

22 & 24 February 2023

The atmosphere at the stadium was vibrant as everyone was so energetic and spirited. Under the strong leadership of the House Captains and House masters, the audience were very much engaged, united and fervent in supporting the athletes on both the track and the field. With the enthusiastic and energetic crowd to cheer on and fuel them up, the athletes showed their strength and sportsmanship in all events. Red House claimed the title of overall championship at the Meet and Li Sze Ying of S4D became the new record holder of Girls Grade A 800m Individual. No doubt, the highlighted event must be the student-teacher relay.



Guest-of-honour Mr. Wong Alfred Lut Yiu

We are glad to have invited our distinguished alumnus, Mr. Wong Alfred Lut Yiu, to present the prizes to the winners and deliver a speech during the closing ceremony. Mr. Wong is now a player at Fukien Basketball Team in Hong Kong Division A1 Championship. He graduated from our school in 2013 and won many basketball competitions representing his teams, including Hong Kong Men's National Basketball Team and Hong Kong University Basketball Team. During an Asia activity "RISE" organized by a famous sport brand in 2014, Mr. Wong was elected one of the "Most Valuable Players (MVPs)" and was awarded the basketball training experiences at Shanghai and Spain. From the sharing of Mr. Wong, our students got substantial inspiration on the positive attitudes towards active learning and participation, in order to actualize their goals.



Jubilant victory in sports

Our Sport Teams have also brought us good news upon resumption of inter-school competitions. Apart from the good results brought by our Grade A Girls Volleyball Team and Grade A Boys Table Tennis Team, the most delightful news would be the Championship attained by our Grade C Boys Athletics Team in 4x100-metre event during the Inter-School Athletics Competition 2022-2023. Despite the hardship and challenges they faced throughout the training session, amidst the strict anti-epidemic measures in the First Term, they persevered to strive for excellence and glory.



Principal's Message

After suspension due to the COVID-19 epidemic for two school years, our annual Athletic Meet was successfully held at Hammer Hill Road Sports Ground on 22 and 24 March 2023. The event clearly revealed the continuation of the path for our students towards normalcy in terms of life-wide learning comprehensively. Basking in the soft sunlight, with occasional breezes, our athletes and spectators could devote themselves in the activities and cheers to their hearts' content.

Healthy lifestyle belongs to one of the updated seven learning goals of secondary education in Hong Kong. I believe that an optimized sports atmosphere and a "sports for all" policy in school could encourage students to engage in regular exercise for the sake of maintaining good health and mental wellness, adopting an active and healthy lifestyle, as well as unleashing vitality with positive attitudes. Particularly, the spirit of sportsmanship should be inculcated in students with respect to the positive values of commitment and perseverance, through participation in physical activities. Special thanks would be given to our Physical Education Department and Sports Committee for organizing such a meaningful event for us. We all look forward to the forthcoming Swimming Gala to be held on 19 May 2023.

