

Good Morning Principal, Vice-principal, teachers and fellow students.

I'm Sandy Li from 4B. In school, I lead a life of a normal student, studying, doing homework, preparing for tests, etc. Outside school, I'm a gymnast - a sports person who's on a balance beam, trying not to fall on the ground while doing different challenging moves. Throughout the years as a gymnast, I've learnt so much - not only does it require tremendous strength and effort, my mentality has to be strong. Let me share with you three important lessons I've learnt.

The first one is about self-love. Never compare yourself to others, especially those people who seem perfect. I remember, back in those days, my coach reminded my friends and me to always feel confident with ourselves and never afraid to stand out from the crowd. For example, since I started learning ballet from a very young age, my coach once picked a classical swan lake music as my floor music. I was pretty excited when I first heard of this, but then I asked her, "Well, It seems like nobody has used a classical ballet music before, so don't you think it will be really weird?" And her reply is "My girl, it is okay to be different." It turns out quite unexpectedly that I received positive feedback from my friends and other coaches. What's more, I felt special and started realising that being different can actually be an advantage. And it's very vital to always remind yourself that your flaws, your imperfections are actually things that make you unique, and are deserved to be embraced.

The 2nd lesson is to be always grateful and happy, not only for ourselves though, but for others as well. For instance, sometimes, training can be really boring and tiring, especially after a long day of school. But one thing that always keeps me motivated is the smiles on my coaches and friends' faces. As I always see charming smiles on their beautiful faces even in a 4-hour training session, it makes me want to smile, and carry on! So remember, happiness can spread wide and far, so don't hold it back - give it to others.

Last but not least, it's caring and helping people. We don't live alone, we are inter-dependent, we are all connected to each other. Being a gymnast, I have faced so many difficulties, they could be, failing to nail a skill again and again that I have been practicing for weeks, or, struggling to strike a balance between school work and the upcoming competition. But luckily, my friends always get my back whenever I feel depressed. They would meet me after training, they would tap on my shoulder, they would tell me that I have to believe in myself. Those are simple words, but those are also the most touching thing, the best support for me at that moment. And in return, I

do the same to them when they stress out as I know how powerful it can be if a person feels cared when they're grieving. Therefore, it's very paramount to always be kind to others, because they might be fighting a battle you know nothing about.

Love yourself, smile and care for others - with these three, I believe we can overcome anything, together. Wish you all a joyful life. Thank you very much!