Congratulations to all prize winners for your outstanding achievements. Very well deserved.

I was recently asked a question by a friend of mine, which is fitting for me to share on today's occasion. He asked me how can he find the motivation to work hard and strive for the best? This had me thinking about how we should approach the act of working hard and what is the best motivation for doing that.

I would like to ask you all to think of a time in your life when something happened not in your favour, and you had no control over its happening whatsoever. For all of us, the Covid pandemic is one example. Lockdown and isolation meant that Rugby and Cricket tours were cancelled, friends and family were kept apart, and our social life was drastically reduced. It was very frustrating.

When I compare that to school – a time in our life when we sit in a classroom to learn the same principles, have assessments that judge our abilities as objectively as possible, and have our futures determined as much as possible by merit. In comparison to the uncertainty of the outside world which offers no guarantee for your success, school is as good as possible a place for gaining the fair opportunities everyone deserves. I think that is the best motivation we need in order to aim high and strive for our best in academics, sports, music and all other areas of school.

With that, I would like to end with a quote which I hope is quite relatable. It is not from a famous historical figure or piece of document. It is, rather, from the Pixar film Cars 3, which I re-watched a few weeks ago. You might think "why would the Deputy Head of School be suddenly watching Cars?" — in fact I may regret sharing this with you already. Anyway, it was a childhood favourite of mine, but it also has an excellent message. In the film, Lightning Mcqueen is now old. He increasingly is overtaken by younger and faster race cars, which starts to convince him to give up racing and retire. This is what his friend Sally said to him — "Don't fear failure, fear not having the chance". We have the chance in LRGS, and my message therefore to all of you, is to take this chance and make the best of it.

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Clement Mok.