

Sports day

[Literature](#), [Russian Literature](#)



Parents, students and faculty, welcome. We are delighted to have you here to participate and share in the Annual Sports day. Thank you for coming. Our School is committed to actively raising the quality of life for every child. We want all children, regardless of age, faith or circumstance to achieve their full potential. Our task is to make it possible. Our mission is to provide practical, step by step assistance. Participating in sports keeps students focused on school and as being part of a team. It instills a sense of dedication to teammates, coaches, teachers and friends. As I look around me here today I am reminded once again of just how passionate our students are about sport and what great competitors you all are. What a great thing sport is on so many levels. Beyond the obvious health and activity benefits, sport can teach us much about life. It teaches us about teamwork, it teaches us how to get along with others, and it teaches us to work together to achieve a common goal. It's also about trust and responsibility and about dealing with success and failure. Sport also helps us learn about coping with pressure and the need to stick with training in order to improve. As well as the benefits to individuals, sports and physical activity also bring great benefits to communities through such things as improved health and education, rehabilitation, crime prevention, and gender equality. There are a lot of schools sports that bring parents closer to their children. I've seen a lot of parents come out and support their kids at these events, to cheer them on and keep them motivated to keep the faith with the team. Having these parents there made a big difference in a lot of us. Prepare yourself to be challenged, excited and inspired.