

The Principal's Speech on Preparatory Sports

With today's generation being confined indoors for longer periods of time, owing to classes in school and out of school, long periods of watching TV and being at the computer, sports, games and even mere physical exercise, have become more important for the all-round development and health of children.

Parents must pay as much attention to the children's need for free time and play as to their academic performance. Play is an important release for built up energy and stress. Games and exercise freshens the mind and this leads to better creativity and higher productivity. Such habits must be incorporated into the child's daily schedule from his childhood days. The result will be a happier and a healthier child.

Therefore, sporting events will always be given much importance at St. Mary's. Our deeper motive is to build not just winners on the field, but well-balanced healthy individuals who will have much more to contribute to society and to the world at large.

Fr. Kenneth Misquitta, S.J.