



裘錦秋中學(屯門)  
Ju Ching Chu Secondary School (Tuen Mun)

地址：香港屯門楊青路 28 號

Address: 28 Yeung Tsing Road, Tuen Mun, Hong Kong

網址 Web site: <http://www.jcctm.edu.hk> 電話 Tel.: (852)-2461 1555 傳真 Fax: (852)-2464 6161 電郵 E-mail: [mail@jcctm.edu.hk](mailto:mail@jcctm.edu.hk)

---

家長通告 2023-2024/168

堅毅晨跑 2024

敬啟者：

為了促進學生身心健康，鍛鍊堅毅精神，並提高學習效果，本校將開展晨跑活動，特此通告如下：

日期：4 月 10 日至 5 月 29 日 (逢星期三，不包括勞動節及佛誕)

地點：裘錦秋中學(屯門) 環校位置

時間：上午 7 時正集合

形式：根據個人能力和舒適程度自由選擇步速。跑步距離將根據實際情況進行安排，起始階段約為 1 公里(即環校跑一圈)。

集合地點：學校有蓋操場

注意事項：穿著舒適的運動服裝和運動鞋參加晨跑活動。

學生需按照個人身體狀況而晨跑。

報名：向麥斐老師報名

若遇天氣不佳(如大雨、雷暴)，晨跑活動將暫停一次，並提前通知。如有查詢，請致電 2461 1555 與麥斐老師聯絡。

此致  
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二四年三月二十五日



裘錦秋中學(屯門)  
Ju Ching Chu Secondary School (Tuen Mun)

地址：香港屯門楊青路 28 號

Address: 28 Yeung Tsing Road, Tuen Mun, Hong Kong

網址 Web site: <http://www.jcctm.edu.hk> 電話 Tel.: (852)-2461 1555 傳真 Fax: (852)-2464 6161 電郵 E-mail: [mail@jcctm.edu.hk](mailto:mail@jcctm.edu.hk)

**Parents Circular 2023-2024/168**

**Morning Jog 2024**

Dear Parents/Guardians,

To promote the physical and mental well-being of students, cultivate perseverance, and enhance learning effectiveness, our school will organize morning running activities. The following is hereby announced.

Date:	10 April to 29 May (every Wednesday, not including labor day and Buddha's Birthday)
Location:	Area around Ju Ching Chu Secondary School (Tuen Mun)
Time:	07:00 AM
Format:	Participants are free to run at their own pace based on their personal capabilities and comfort level. The running distance will be arranged according to the actual circumstances, starting with approximately 1 kilometer (equivalent to one lap around the school).
Assembling venue:	Covered Playground
Matters to notice:	Participants should wear comfortable sportswear and sports shoes for the morning jog. Students should engage in morning running according to their individual physical condition.
Registration:	Register with Mr Mak Fei

If there are any weather conditions such as heavy raining and thunderstorms, the morning jog will be cancelled. Should you have any enquiries, please contact Mr Mak Fei via 2461 1555.

Yours faithfully,

Chan Yuet Ping  
Principal