



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

家長通告 2025-2026/126

「平行心間計劃」—身心健康管理基礎課程

敬啟者：

本校正參與由賽馬會慈善信託基金推行的「賽馬會平行心間計劃」，目的旨在改善香港中學生心理健康狀況。貴子女將參與由賽馬會(校園版)平行心間計劃及由新生精神康復會主辦之「身心健康管理基礎課程」，旨在培訓他們有關身心健康自我管理的分享，詳情如下：

日期	2025 年 9 月 15 日(已完成)	課後 4:10-5:10
	2025 年 9 月 22 日 (已完成)	
	2025 年 11 月 27 日 (星期四)	
	2025 年 12 月 2 日 (星期二)	
地點	各班課室	
活動內容：	制定維持身心健康的計劃、學習如何自我管理身體	

如有查詢，請致電 2461 1555 與楊仲翹老師聯絡。

此致
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年十月二十七日



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Jockey Club LevelMind Program - Wellness+ Self-management Programme

D Dear Parents,

Our school is participating in the "Jockey Club LevelMind Program," initiated by the Jockey Club Charities Trust, aimed at improving the mental health of secondary school students in Hong Kong. Your child will participate in the Jockey Club (Campus Version) LevelMind and Wellness+ Self-management Programme organized by the New Life Psychiatric Rehabilitation Association. The purpose is to train students in self-management of mental and physical health. Details are as follows:

Dates	September 15, 2025 (Completed)	After School 4:10-5:10
	September 22, 2025 (Completed)	
	November 27, 2025 (Thursday)	
	December 2, 2025 (Tuesday)	
Location	Each class's classroom	
Activity Content	Developing plans to maintain mental and physical health, learning how to self-manage physical health	

For inquiries, please contact Mr Yeung Chung Kiu at 2461 1555.

Yours faithfully,

Chan Yuet Ping
Principal