



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

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家長通告 2025-2026/262

第二學期早餐日

敬啟者：

早餐是一天能量的起點，對孩子們的學習狀態和健康習慣養成至關重要。為了讓孩子們深刻認識到吃早餐的重要性，培養規律、健康的早餐習慣，同時營造溫馨和諧的校園氛圍，我校將於 1 月 22 日（下星期四）舉辦「健康早餐日」活動。詳情如下：

日期：	2026 年 1 月 22 日(星期四)
時間：	上午 7：30 至 8：10
備註：	屆時將會向學生免費提供三文治、水果、酸奶等健康食品

希望通過本次活動，讓孩子們感受到吃早餐的樂趣。同時，亦懇請家長積極配合：一是鼓勵孩子能參與本次活動，提前調整作息，在活動當天提早到校；二是在日常家庭生活中，繼續關注孩子的早餐情況，與學校攜手，共同引導孩子建立健康的飲食習慣。

如有查詢，請致電 2461 1555 與馮馨盈老師聯絡。

此致
貴家長

裘錦秋中學(屯門)

二零二六年一月十四日

陳月平校長謹啟



Parents Circular 2025-2026/262

Second Term Breakfast Day

Dear Parents/Guardians,

Breakfast is the starting point for energy throughout the day, crucial for children's learning performance and the development of healthy habits. To help students deeply understand the importance of eating breakfast, cultivate regular and healthy breakfast routines, and foster a warm and harmonious campus atmosphere, our school will host a "Healthy Breakfast Day" event on January 22 (next Thursday). Details are as follows:

Date	Thursday, January 22, 2026
Time	7:30 AM to 8:10 AM
Remarks	At that time, students will be provided with free healthy food such as sandwiches, fruit, and yogurt.

We hope this event will help children discover the joy of eating breakfast. We also kindly request parents' active cooperation: First, encourage your child to participate in this event by adjusting their sleep schedule in advance and arriving at school early on the day of the event. Second, continue to pay attention to your child's breakfast habits in daily family life, working together with the school to guide them in establishing healthy eating habits.

For inquiries, please contact Ms. Fung Hing Ying at 2461 1555.

Yours faithfully,

Chan Yuet Ping
Principal
14th January, 2026