



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

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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 2025-2026/025
賽馬會平行心間計劃-問卷調查

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。現誠邀 貴子女參與問卷調查。這是一項嚴謹、專業及有代表性的科學探討，對香港青少年心理健康的改進、推廣和制定相關策略大有裨益。懇請 貴家長及子女支持。

「賽馬會平行心間計劃」成效評估	
對象	中一至中三(2025-2026 學年) / 中二至中四(2026-2027 學年)的全體學生
計劃時期	2025 - 2027 學年
形式	- 學生在一學年間回答兩份問卷(共兩學年) - 學校安排課室於上課時間填寫，需時約 30 分鐘 - 由本中心職員協助收集問卷，教職員離場期間學生自行填寫
內容	- 提升學校對青少年心理健康的了解與重視 - 探討活動的有效性
負責機構	香港中文大學賽馬會公共衛生及基層醫療學院
負責團隊	健康行為研究中心

此項調查不會對參加者構成任何風險，參加者的參與乃自願性質。參加者提供的資料將會絕對保密，並只提供給香港中文大學的計劃團隊作分析用途，資料將在計劃結束五年後銷毀。

冀望 貴子女能踴躍參與是項調查。若閣下或 貴子女不同意參與是項調查，請以書面與學校教職員聯絡，此舉不會影響 貴子女在學校參與任何學習或活動的機會。 貴子女亦不會因為此項活動而被收費，同時也不會獲得任何包括金錢等的物質獎勵。

如閣下對這項調查有任何疑問，可與香港中文大學賽馬會公共衛生及基層醫療學院健康行為研究中心主任巫潔嫻教授或中心職員聯絡(電郵 chbr@cuhk.edu.hk;電話 2647 5628)。如您對計劃參與者的權益有任何查詢，請以電郵 fssc02@cuhk.edu.hk 聯絡調查及行為研究操守委員會 (SBREC) 諮詢您的權利。

此致
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年九月五日



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Parent Notice 2025-2026/025
Jockey Club LevelMind Program - Survey

Dear Parents,

Our school is participating in the "Jockey Club LevelMind Program" initiated by the Jockey Club Charitable Trust, aimed at improving the mental health status of secondary school students in Hong Kong. We sincerely invite your child to participate in a survey. This is a professional, and representative scientific study that will greatly benefit the improvement, promotion, and formulation of related strategies for adolescent mental health in Hong Kong. We kindly ask for your support.

Effectiveness Assessment of the Jockey Club LevelMind Program	
Target Group	Students from F1 to F3 (25-26 school year) / F2 to F4 (26-27 school year)
Program Duration	2025 - 2027 school years
Format	• students will answer two questionnaires over one academic year (across two academic years). • the school will arrange for classrooms to be available during class time to fill out the questionnaires, which will take about 30 minutes. • staff from our center will assist in collecting the questionnaires while teachers are out of the room, allowing students to complete independently.
Content:	• enhance the understanding and emphasis on adolescent mental health. • explore the effectiveness of activities.
Responsible Organization	Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
Responsible Team	Center for Health Behavior Research

This survey poses no risk to participants, and it is voluntary. The information provided by participants will be kept confidential and only used by the project team at The CUHK for analysis. Data will be destroyed five years after the completion of the program.

We hope your child will participate in this survey. If you or your child do not agree to participate, please contact school staff in writing. This will not affect your child's opportunities to participate in any learning or activities at school. There will be no charges for participation, nor will there be any material rewards, including monetary incentives.

If you have any questions regarding this survey, please contact Professor Wu Kit-Hun or the staff at the Center for Health Behavior Research at The Chinese University of Hong Kong (Email: chbr@cuhk.edu.hk; Phone: 2647 5628). For inquiries regarding the rights of program participants, please email fssc02@cuhk.edu.hk to consult the Survey and Behavioral Research Ethics Committee (SBREC).

Yours faithfully,

Chan Yuet Ping
Principal