



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 2025-2026/104 第 49 屆陸運會安排

第四十九屆陸運會將於 10 月 16 日及 17 日進行，期望同學能夠在陸運會中各展所長，發揮個人潛能。以下為當天活動安排。

1. 集合時間及放學時間

活動日期：2025 年 10 月 16 日及 17 日

集合時間：早上八時十分

集合地點：屯門鄧肇堅運動場

放學時間：下午四時正

2. 午膳安排

學生須自行安排外出午膳，在指定時間前回到運動場集合。

3. 服飾安排

- (a) 除制服隊伍代表之外，所有學生須穿着整齊運動服(學校運動衣、運動長褲及運動鞋)進入運動場。
- (b) 運動員可於出賽前始更換適當服裝及比賽鞋具(運動短褲及運動鞋)。
- (c) 運動員必須把號碼布扣於胸前指定位置，遺失號碼布將影響參賽資格。

4. 行為守則

- (a) 學生不宜攜帶貴重物品，錢包及個人財物應自行妥善保管。比賽期間，運動員應將物品交予相熟同學暫作保管；
- (b) 所有音樂播放機及各種遊戲玩物均不得攜帶入場。
- (c) 學生宜自攜足夠清水以備飲用，運動員須注意適時補充水分；
- (d) 學生不得嚼食香口膠或吹波糖；
- (e) 比賽期間，學生不得擅自離開運動場；
- (f) 學生應保持場地範圍清潔，離場前須協助清理垃圾；
- (g) 未經老師許可，學生不可踏入草地範圍。

5. 醫療及救傷

比賽期間如有身體不適或受傷，須即時向老師報告，不應強行參加比賽。陸運會當天有合資格的救傷員當值，為有需要的學生提供協助。

6. 天氣情況

若因天氣惡劣，教育局宣布全港學校停課，陸運會將會取消。若比賽進行期間遇上惡劣天氣，以致不宜繼續比賽，校方將根據教育局活動指引，在安全情況下解散學生。

7. 請假手續

陸運會為學校上課日，所有同學必須準時出席。如學生因病告假，除家長信外，必須遞交醫生紙；事假一般不獲批准，除非事前已通知校方及其理由須為校方所接受。

如有查詢，請致電 2461 1555 與麥斐老師聯絡。



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此致
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年十月九日



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Parents Circular 2025-2026/104

Arrangements for the 49th Sports Day

The 49th Sports Day will be held on October 16 and 17, 2025. We hope that all students will be able to demonstrate their abilities and realize their personal potential during the event. The arrangements for the day are as follows:

1. Assembly and Dismissal Times

- Event Dates: October 16 and 17, 2025
- Assembly Time: 8:10 AM
- Assembly Venue: Tuen Mun Tang Shiu Kin Sports Ground
- Dismissal Time: 4:00 PM

2. Lunch Arrangements

- Students are required to make their own arrangements for lunch outside the venue. They must return and assemble at the sports ground by the specified time.

3. Attire

- Except for representatives of uniformed groups, all students must wear the proper PE uniform (school PE shirt, PE long trousers, and sports shoes) to enter the sports ground.
- Competitors may change into appropriate attire and competition shoes (PE shorts and sports shoes) just before their events.
- Competitors must securely pin their bib numbers to the designated position on their chest. Loss of the bib number may affect eligibility to compete.

4. Code of Conduct

- Students are advised not to bring valuables. Wallets and personal belongings should be kept securely by the students themselves. During the events, competitors should entrust their items to a familiar classmate for temporary safekeeping.
- All music players and various gaming devices are not permitted in the venue.
- Students are advised to bring sufficient water for drinking. Competitors must remember to hydrate appropriately.
- Students are not allowed to chew gum or bubble gum.
- During the event, students are not permitted to leave the sports ground without authorization.
- Students should help keep the venue clean and assist in clearing away litter before leaving.
- Students are not allowed to enter the grassy areas without teacher permission.

5. Medical and First Aid

- If students feel unwell or get injured during the event, they must report it to a teacher immediately and should not force themselves to participate. Qualified first-aid personnel will be on duty during the Sports Day to assist students in need.



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6. Weather Conditions

- If classes in all Hong Kong schools are suspended by the Education Bureau due to inclement weather, the Sports Day will be cancelled. If adverse weather occurs during the event, making it unsuitable to continue, the school will dismiss students under safe conditions in accordance with the Education Bureau's activity guidelines.

7. Leave Application Procedure

- The Sports Day is considered as a school day, and all students must attend punctually. If a student needs to take sick leave, a doctor's certificate must be submitted in addition to a parent's letter. Leave for personal matters is generally not approved unless the school has been notified in advance and the reason is accepted by the school.

For any inquiries, please contact Mr. Mak Fei at 2461 1555.

Yours sincerely,

Chan Yuet Ping

Principal

October 9, 2025