

(一) 本校招收 2026 年入學之幼兒班新生，詳情如下：

招生對象：2023 年 12 月 31 日或之前出生之兒童

派表日期：2025 年 9 月 22 日(星期一)至 10 月 10 日(星期五)

(報名表可在本校網頁下載或到校務處索取)

派表時間：星期一至星期五(上午 9 時至下午 4 時) / 星期六(上午 9 時至中午 12 時)

交表日期：2025 年 10 月 11 日(星期六)至 10 月 24 日(星期五)

★星期日及公眾假期休息

交表時間：星期一至星期五(上午 9 時 30 分至下午 4 時) /

星期六(上午 9 時至下午 1 時)

★交表時須繳交所需文件及報名費用港幣 40 元正。

(二) 9 月 26 日(星期五)舉行本年度首次生日會，以遊戲形式進行，學生可穿著便服回校，毋須帶書包及功課袋，請帶備杯碟、毛巾及毛巾盒回校，本校會供應水及清蛋糕。各班提早一小時放學：

時間：上午班—上午 9 時至 11 時、下午班—下午 1 時至 3 時。

★乘坐祿姆車的學生，請家長注意生日會放學時間是按平日接車時間接回 貴子弟，不會提早放學；留校時間將會由班主任照顧。

(三) 10 月 1 日(星期三)為國慶日假期，放假一天。10 月 2 日(星期四)學生照常上課。

(四) 為提升幼兒自理能力，由 10 月 2 日(星期四)開始，全校學生須自行進入課室，家長毋須進入校內，接送證將於 9 月 30 日(星期二)派給家長，每次接回 貴子弟(包括課外活動班)時必須出示予老師查看，請家長妥為保存接送證，切勿遺失。如當日有特別事情與班主任溝通除外。

(五) 10 月 7 日(星期二)為中秋節翌日假期，放假一天。10 月 8 日(星期三)學生照常上課。

(六) 本校已參加由「兒童脊科基金」舉辦之「全港挺直」護脊校園計劃，並已認證為「卓越校園」，希望藉此建立護脊從小做起之文化，更可有效預防脊骨問題。本校將於 10 月 8 日(星期三)於上午 9 時 15 分及下午 1 時 15 分在社區中心籃球場舉行「全港挺直」護脊校園啟動禮，歡迎各位家長到場觀看。另外，「兒童脊科基金」亦有《學童脊科保健計劃》服務，詳情請參閱附件。

(七) 童軍活動由 10 月 13 日開始逢星期五於上課時間內，在本校隔鄰之「安定友愛社區中心」籃球場或課室進行集會，幼兒班及插班生必須簽署回條願意參加才可進行活動。

(八) 「英國劍橋電子圖書閱讀計劃」(Cambridge Young Readers)使用小手冊及密碼今天派發，請家長妥善保存，學生完成閱讀電子圖書 15 本或以上，本校便會替該生申請「劍橋閱讀證書」一張，費用由學校支付。另外，本校普通話書本語音及 Cambridge 學習資源(包括英文書及作業語音等)，已放在校網的網站連結內，家長只須輸入通告欄之密碼便可下載檔案，適時給予子女重溫書本內容。

(九) 本校家長資料庫備有學生圖書及家長參考書送贈予學生及家長，該批為曾經外借書本，為環保可以送贈有需要的家庭，書本名單可參閱本校網站，或 9 月 15 日(星期一)開始於放學時段在唱遊室查看並即時取走，乘坐祿姆車學生可以致電回校預留書本，先到先得，送完即止！

(十) 本校走廊壁報及本校網頁均設有榮譽榜以表揚校外獲獎學生，如家長欲將子女獲得獎項證書張貼壁報，可將文件自行彩色影印並在背面寫上學生姓名及班別交彭老師。(張貼期為兩週，如欲放在校網請電郵回校。家長可選擇同時張貼校網及校內壁報。)

(十一) 如家長欲取回由傑信專業攝影公司拍攝之 2025-2026 年度學生相，家長可將貼有學生姓名的 USB 交給班主任下載。

順德聯誼總會
屯門梁李秀娛幼稚園
2025 年 9 月 12 日



- (1) Our school is now enrolling new students for the class in 2026. Details are as follows:
Eligibility: Children born on or before 31 December, 2023
Distribution Date of Application Forms: 22 September (Monday) to 10 October (Friday)
(Application forms can be downloaded from our school website or obtained from the school office)
Distribution Time: Monday to Friday (9:00 AM to 4:00 PM) / Saturday (9:00 AM to 12:00 PM)
Submission Dates: 11 October (Saturday) to October 24 (Friday)
★ Closed on Sundays and public holidays
Submission Time: Monday to Friday (9:30 AM to 4:00 PM) / Saturday (9:00 AM to 1:00 PM)
★ Please submit the required documents and the application fee of HKD 40 when submitting the form.
- (2) The first birthday party of the year will be held on 26 September (Friday). Students will play games at the birthday party. They may wear casual clothes. Please bring the cup and plate, towel, and towel box to school and do not need to bring their school bags and homework bags. Our school will provide water and plain cake. Classes will end one hour earlier than usual:
Time: Morning Class — 9:00 AM to 11:00 AM; Afternoon Class — 1:00 PM to 3:00 PM.
★ Parents of students who take the school bus, please note that the birthday party dismissal time will follow the usual schedule and will not be earlier than normal; the class teacher will supervise students who stay at school.
- (3) 1 October (Wednesday) is National Day, and students will have one day off. Classes will resume as normal on 2 October (Thursday).
- (4) To enhance children's self-care abilities, all students must enter the classroom by themselves starting 2 October (Thursday). Parents are not required to enter the school. The pick-up cards will be distributed to parents on 30 September (Monday). Each time you pick up your child, you must present the card to the class teacher for verification. Please keep the pick-up card safe and do not lose it.
- (5) 7 October (Tuesday) is the day following the Chinese Mid-Autumn Festival holiday, and no school on that day. Classes will resume on 8 October (Wednesday).
- (6) Our school has participated in the spine care school program organized by the Children Chiropractic Foundation, hoping to establish a culture of spine care starting from an early age and effectively prevent spine problems. Our school will hold the launch ceremony of the spine care program on 8 October (Wednesday) at 9:15 a.m. and 1:15 p.m. at the community center basketball court. Parents are welcome to attend. The Children Chiropractic Foundation offers the Student Chiropractic Care Program. Please refer to the attachment for more details.
- (7) Scout activities will start on 13 October and take place every Friday during school hours at the basketball court or classrooms of the "On Ting Yau Oi Community Center" adjacent to our school. K1 classes and transfer students must sign and return the slip indicating their willingness to participate before they can take part in the activities.
- (8) The booklets and passwords for "Cambridge Young Readers" electronic book reading program has distributed today. Please keep the passwords safe. If students complete reading 15 or more electronic books, our school will apply for a "Cambridge Reading Certificate" on behalf of the students, with the fee covered by the school. Additionally, our school's Mandarin audio textbooks and Cambridge learning resources (including English story books and audio homework, etc.) are available through links on the school website. Parents just need to enter the password from the notice board to download the files to assist their children review.
- (9) Our school's Parent Library has some books for children and reference books for parents, which are available for donation to students and parents. These books have been borrowed before. For the sake of environmental protection, they can be donated to families in need. The list of books can be viewed on our school's website, or you can check and pick up the books in the music room after school starting on 15 September (Monday). Students taking the school bus can call the school to reserve books! First come, first served, while supplies last!
- (10) The school corridor wall posters and the school website have honor rolls to praise award-winning students outside the school. If parents wish to display your child's award certificates on the bulletin board, please color photocopy the documents and write the student's name and class on the back before submitting them to teacher Pang. (The display period is two weeks; if you wish to post it on the school website, please email the school. Parents may choose to display it on both the school website and the board.)
- (11) If parents wish to retrieve the student photos taken by Jettson Professional Photography Company for the 2025-2026 academic year, please submit a USB with the student's name attached to the class teacher for download.





致家長/監護人：

《學童脊科保健計劃-初步脊骨體態分析》

兒童脊科基金自 2007 年成立至今已為超過 6 萬名位幼稚園及小學學童檢查體態(並於 2017 年由香港公益金資助推行「學童脊科保健」服務)，據衛生署於 2023/24 學年，共有 264,000 名學生在學生健康服務中心接受脊柱側彎篩查，當中 16.5% (約 43,600) 經篩查和臨床評估後，需要安排覆診或其他測試作進一步脊柱評估。學童脊骨問題日趨嚴重及低齡化趨勢，情況必須及早正視。

衛生署會為 10 歲學童首次檢查脊骨，但服務未能恆常惠及所有學童，因為當脊骨錯位出現，身體通常會出現一些訊號，例如肩頸勞累、經常疲倦、頭痛、腳痛、頸痛、失眠、鼻敏感、呼吸不順、平衡力欠佳等。微小徵狀的出現，都可能表示他們的脊骨神經系統受到刺激、干擾，令身體出現失調的訊號。

本校已參加由兒童脊科基金舉辦之全港挺直護脊校園計劃，挺直脊科中心為該會轄下之脊科服務中心，現重點推介 貴子女參加《學童脊科保健計劃》。倘若 貴子女有以上徵狀，或他們在衛生署學生健康服務，檢查中被診斷疑似脊骨側彎，請家長務必把握這次檢查機會。

《學童脊科保健計劃》

- 活動內容：
- ①. 由註冊脊醫進行初步脊骨體態分析
(包括：疑似脊骨側彎、寒背、高低膊、頭部前傾、盤骨前傾)
 - ②. 齊做護脊運動
 - ③. 【脊骨神經健康】短講(約 20 分鐘)
 - ④. 跟進服務介紹

所需時間：約 1 小時(必需出席整個過程)

檢查地點：挺直脊科中心

觀塘：觀塘成業街 7 號寧晉中心 23 樓 E 室(港鐵觀塘站 B1 出口)

元朗：元朗安寧路 180 號地下(港鐵屯馬綫朗屏站 B2 出口)

服務對象：18 歲或以下學童

活動費用：全免

日期及時段：請在以下網址定期查閱

參加方法：網上預約：<https://www.ccf.hk/sscp> 或掃描 QR Code ▶

備註：可供報名之日期時段會於每月 16 日上午 11 時正更新，每月名額有限，先到先得，額滿即止



脊骨神經對學童整體健康影響深遠，不良姿勢及長時間使用電子產品均會影響學童的體態及脊骨成長。建議家長可定期或最少每 6 個月帶子女檢查脊骨體態。

報名備註：

1. 已預約日期時間不可更改或取消，本會保留最終舉行的決定權。
2. 是次檢查及講解大約為一小時，請家長或監護人預留時間陪同子女參加，並準時出席；如遲到 15 分鐘，恕不能入場，需另再預約時間。
3. 本會不會作出任何活動提示。由於輪候人數眾多，請家長珍惜是次預約。如未能出席，務必通知取消預約，以免耽誤其他有迫切需要的學童。另若失約，需於 6 個月後才能再次於網上預約。
4. 檢查當日需出示學生手冊/學生證以核對學童姓名。
5. 歡迎家中其他 18 歲或以下子女一同參與，可同時於網上登記報名。
6. 經脊醫評估有明顯體態問題的學童將建議跟進另約一天進行詳細脊科檢查，家長可自行選擇是否參與。綜援家庭兒童，於出席當日出示綜合社會保障援助文件正本，可豁免預約詳細檢查費用。其他兒童當天可以特惠收費 \$200 預約。
7. 極力推薦家長訂閱本會 YouTube 頻道：[CCF 兒童脊科基金](#)，平台內容包括：脊醫分享、護脊知識、護脊運動鍛鍊、護脊遊戲等影片。



Dear Parents,

Student Chiropractic Care Programme (Preliminary posture screening)

Children Chiropractic Foundation has been funded by The Community Chest of Hong Kong to implement "Student Chiropractic Care Program" since 2017. According to the Department of Health, 264,000 students underwent scoliosis screening at Student Health Services in the 2023/24. Approximately 16.5% (around 43,600 students) required follow-up consultations or other examinations after the screening. It also notices that there is a tremendous increasing trend of children having posture problems at a younger age. Therefore, the situation shall not be ignored.

Vertebral subluxation interferes with the nervous system, when the body alarms with signs like shoulder and neck stiffness, fatigue, headache, leg pain, neck pain, insomnia, respiratory problems, and poor coordination, etc. It may imply that the nervous system is not functioning well. Student Health Service will provide spinal check for students aged 10 or above only.

Our school has participated in the **Community Chest Straighten Up School Scheme** organized by the Children Chiropractic Foundation. We highly recommend your children to get their spine checked through participating in the **Student Chiropractic Care Programme**. If your children have symptoms such as neck fatigue, headache, foot ache, neck pain, insomnia, or have ever been diagnosed as having scoliosis, please do not hesitate to participate in the programme.

Student Chiropractic Care Programme	➤ Posture screen by registered Chiropractor (Check items include Suspected Scoliosis, Round Back, High/Low Shoulder, Forward Head Posture and Forward Pelvic Tilt)
Content:	➤ Exercise learning on spinal health ➤ Brief talk on spinal health protection ➤ Follow-up consultation introduction
Duration:	Around 1 hour
Venue:	<u>Kids First Chiropractic Centre</u> Kowloon: Unit E, 23/F, Legend Tower, No.7 Shing Yip Street, Kwun Tong, Kowloon (KT MTR Exit B1) Yuen Long: No. 180, On Ning Road, Yuen Long, N.T.(Long Ping MTR ExitB2)
Target:	Students aged 18 or below
Fee:	Free
Date and Time:	Please refer to the online appointment schedule (Time slots will be updated from time to time)
Application:	Please make appointments online at www.ccf.hk/sscp or scan the QR code
Remarks:	Seats are limited and available on a first-come-first-served basis



The spine plays an important role in the well-being of children. Be sure to have your child checked by a Chiropractor regularly.

Remarks:

- Confirmed appointments cannot be changed or canceled. The Foundation reserves the right to implement the event or not.
- Each session of the posture screen takes around one hour. If the participants are late for more than 15 minutes, they need to book another appointment.
- No reminder will be provided to participants. Please do treasure this free service, as there are many students on the waiting list. If the student cannot make it, please inform us about the cancellation. If the students do not show up without any prior notice, the parents can only book the one-line appointment after 6 months
- Participants must be accompanied by their parents or guardians and are required to show their student handbooks to confirm their identities upon arrival.
- We welcome students' siblings aged 18 or below to join the program. Parents can register online
- If the Chiropractor find obvious postural problem, he may recommend the child to get a detailed examination on another date. Parents can decide whether they participate or not. Free of charge students can provide the original CSSA scheme document; other students can enjoy a concessionary examination fee of HK200.
- Parents are strongly recommended to subscribe to the YouTube channel of the Children's Chiropractic Fund. The content of the platform includes videos such as chiropractor sharing, chiropractic knowledge, spinal exercise training, spinal games, etc.

