

- (一) 為推動香港學童脊骨健康，本校將全力支持 2026「全港挺直齊護脊」籌款活動，詳情請參閱附件，捐款與否，純屬自願性質，多少無拘，本校並無強制性參與是次活動，敬希垂注，截止日期：4 月 28 日(星期二)。
- (二) 本校將於 4 月 30 日(星期四)派發「兒童學習歷程檔案」，請家長細閱簽署並於 5 月 6 日(星期三)交回校。如有需要，請自行複印。所有報告表為正本，如有遺失則不會補發，請家長垂注。
- (三) 5 月 1 日(星期五)為勞動節假期，放假一天。5 月 4 日(星期一)學生照常上課。
- (四) 本校將於 5 月 4 日(星期一)全面更換夏季校服，於此段日期之前，家長可因應子女的體質而穿著冬季或夏季校服。男孩子：黑鞋、白短襪(襪頭至足踝處)；女孩子：黑鞋、白短襪(襪頭至足踝處)；外套：純白色外套。
- (五)「一校一脊醫」到校脊骨體態分析，5 月 14 日(星期四)免費為本校高班學生檢查脊骨，詳情請參閱附件。
- (六) 本校於 5 月 16 日(星期六)舉行「運動同樂日」，活動分上、下午班於兆麟運動場進行，詳情請參閱是日派發之通告，請家長填妥紙本回條於 4 月 30 日前交回班主任處。
- (七) 由「家庭與學校合作事宜委員會」舉辦之第 32 屆「家長也敬師」運動現已展開，誠邀各位家長以文字表達對本校教職員的謝語和祝福語去表揚她們默默耕耘，為培育學生作出努力，讓我們多一分支持、多一分鼓勵。家長可將填妥之敬師咭放在東、西門之收集箱內，如需更多敬師咭，也可到收集箱旁索取。



順德聯誼總會

屯門梁李秀娛幼稚園

2026 年 4 月 17 日

- (1) To promote the spinal health of schoolchildren in Hong Kong, our school will fully support the 2026 "Stand Tall, Protect Our Spines Together" fundraising campaign. Please refer to the attachment for details. Donations are entirely voluntary with no fixed amount required. Please note that participation in this activity is not mandatory for our school. Deadline: 28 April (Tuesday).
- (2) The "Children's Learning Portfolio" will be distributed on 30 April (Thursday). Parents are requested to read, sign, and return it to the school on 6 May (Wednesday). If needed, please make your own copies. All report forms are original; replacements will not be issued for any lost copies.
- (3) 1 May (Friday) is Labour Day holiday. Students will have one day off. Classes will resume on 4 May (Monday).
- (4) Our school will change to wear the summer uniforms on 4 May (Monday). Before this date, parents can wear winter or summer uniforms according to children's physical condition. Boys: black shoes, white socks (from toe to ankle); girls: black shoes, white socks (from toe to ankle); coat: a plain white coat.
- (5) "One School, One Spine Doctor" will provide free spinal posture analysis for our K3 students on 14 May (Thursday). For more details, please refer to the attachment.
- (6) On 16 May (Saturday), the "Sports Fun Day" will be held. Morning classes and afternoon classes will participate in the activity during different period at the Siu Lun Sports Ground. For more details, please refer to notice distributed today. Parents are requested to complete the paper reply slip and return it to the class teacher before 30 April.
- (7) The 32nd "Parents Honor Teachers" Campaign, organized by the Committee on Home-School Co-operation, has officially launched. All parents are sincerely invited to express your gratitude and blessings in writing to the school staff, acknowledging their dedicated efforts and hard work in nurturing students. Let us offer them more support and encouragement. Parents may place the completed teacher appreciation cards into the collection boxes at the East and West Gates. Additional cards are available for collection beside the boxes if needed.

Shun Tak Fraternal Association

Tuen Mun Leung Lee Sau Yu Kindergarten

17 April, 2026



親愛的家長：

順德聯誼總會屯門梁李秀娛幼稚園
2025-2026「全港挺直」籌款活動

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」，並獲得卓越護脊校園的美譽，我們十分認同其理念及使命，亦很欣賞基金會在護脊教育方面的貢獻。作為受惠學校之一，本校將全力響應基金會於2025-2026學年舉辦的「全港挺直」籌款活動，當中所籌得的善款將全數撥捐兒童脊科基金之脊科義診服務，一同為孩子脊骨神經健康努力。

「兒童脊科基金」是全港唯一關注兒童脊骨神經健康的慈善團體(編號：91/8705)，為香港社會服務聯會及香港的公益會員機構，並獲頒發「2019社聯最具成效中小型非政府資助社會服務機構獎」及2024社職「我最喜愛慈善機構」。本會透過全港挺直護脊校園計劃，現正服務426間小學及幼稚園，並提供護脊大使義工訓練及社區教育等，致力推動社會大眾關注脊骨神經健康，累積受惠家庭及師生多達50萬人。基金會成立至今，已為超過60,000名學童檢查脊骨，本會轄下「挺直脊科中心」提供獨特的學童脊科保健計劃、兒童脊科義診、優惠脊科護理服務、脊骨側彎挺直運動訓練等服務。近年本會的兒童腦部發展專項脊醫推行「兒童腦部發展計劃」，為孩子提供脊骨神經科護理並配合腦部發展的訓練，協助特殊需要學童提升專注力、身體協調、理解能力、社交互動、情緒管理等整體健康上都有顯著的進步，這些改善均獲得家長及老師的高度評價！「全港挺直」籌款活動，詳情如下：

孩子的故事

笑聲救地球

彥博經常頭痛，無論坐著還是睡覺都痛楚不斷；而彥彤入睡前總是輾轉反側，至少半小時才能入眠。兄妹的情緒也常常不穩，家中氣氛緊張。直到參加義診計劃後，彥博的頭痛居然徹底消失，彥彤也只要躺上床便能很快入睡，他們的脾氣因此變得溫和，家裡充滿歡笑聲。媽媽十分感謝義診計劃，讓孩子們重拾健康與笑容，重燃對未來的信心。

可獲護脊紀念品*

捐款組別	Inner Winner 八達通閃燈卡套	脊骨筆/鉛筆套裝	我是護脊小先鋒故事書	3D 護脊龍匙扣	贏在健康起跑線脊科書刊/頸骨弧度帶
1	\$40-\$99	✓	-	-	-
2	\$100-\$199	-	✓	-	✓
3	\$200或以上	-	-	✓	✓

*紀念品以實物為準，如遇存貨不足時，將隨機以其他贈品替代，如護脊冰巾、護脊遊戲冊等。基金會保留所有最終決定權。

請填妥以下回條連同捐款，並於4月28日或之前交回校務處。捐款與否，均屬自願。感謝您的支持，為兒童脊骨神經健康努力。

順德聯誼總會
屯門梁李秀娛幼稚園
2026年4月17日



【回條】

(請於4月28日或之前將回條連同捐款交回校務處)

本人樂意參與2025-2026「全港挺直」籌款活動，現附上現金，捐款金額為港幣\$_____，請安排紀念品 / 不需要任何紀念品。

*備註：捐款港幣一百元或以上可獲發免稅收據，收據抬頭請寫上_____先生/小姐(正楷)。

本人未克參與2025-2026「全港挺直」籌款活動

此覆
順德聯誼總會 屯門梁李秀娛幼稚園

家長簽署：_____

聯絡電話：_____

學生姓名：_____ ()

日期：2026年 月 日

Dear Parents,

Shun Tak Fraternal Association Tuen Mun Leung Lee Sau Yu Kindergarten
【2025-2026 Straighten Up HK Fundraising Event】





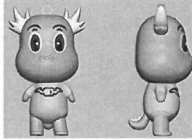


Our school has joined the Straighten Up School Scheme organized by Children Chiropractic Foundation(CCF) and has awarded Excellence Straighten Up School . The scheme has successfully helped our students, parents and teachers to build up healthy spine life. With tremendous increase demand for chiropractic services, they have implemented the brain development and scoliosis program for those special needs students. The foundation needs our support in making donation so as to have steady funding and let kids moving towards a healthy and Straighten Up life.

Children Chiropractic Foundation is the unique charity organization(tax exempted no :91/8705) which focuses on children's spinal health in Hong Kong. They are currently serving 426 which joins Straighten Up School Campaign, with a cumulative more than 60,000 student got their spinal checked and over 500,000 beneficiaries. As a token of appreciation of your support, a set of souvenirs will be awarded to students for donations. CCF specifically selects those spinal protection products as the souvenirs. Thank you for your kind attention. Your support does make a magnificent difference to the development of spinal health promotion in Hong Kong.

Kids story

Laughter saves the world

Yanbo often had headaches—pain that never let up whether he was sitting or lying down. Yantong, meanwhile, always tossed and turned before falling asleep, taking at least half an hour to doze off. The siblings were frequently emotionally unsettled, and the atmosphere at home was tense. After chiropractic adjustment, Yanbo’s headaches unexpectedly disappeared completely, and Yantong could fall asleep quickly. Their tempers softened, and the home filled with laughter. Their mother was deeply grateful to the Children Complimentary Chiropractic Adjustment Program for restoring her children’s health.

		Souvenirs				
Category	Donation amount	Inner Winner flashing card case	Spinal Pen/ CCF Characters Pencil Box Set	I am Little spinal pioneer story book	3D spinal dragon key chain	Be a Straighten Up Winner Booklet / Cervical Curve Restorer
			 or 	 - Creation of life - Body Intelligence Band - Dynamic posture	 (Size: 34x28x56mm approx.)	 or 
1	HK\$40 - \$99	✓	-	-	-	-
2	HK\$100 - \$199	-	✓	✓	-	✓
3	HK\$200 or above	-	-	✓	✓	✓

The above photos are for reference and the foundation will reserve the final decision subject to the stock of souvenirs. If there are not enough nos., will replace other kinds of souvenirs e.g. CCF Characters Pencil Box Set, Straighten up exercise towel or Spinal Game Book. Please complete the following reply slip along with your donation and return it to the school office by 28 April or earlier. Donation is voluntary, regardless of whether you choose to donate. Thank you for your support in promoting children's spinal health.

Shun Tak Fraternal Association
Tuen Mun Leung Lee Sau Yu Kindergarten
17 April, 2026



Reply slip

(Please return the donation and the reply slip on or before 28 April)

I would like to participate 2026 Straighten Up HK Fundraising Event. Please find enclosed HK\$ _____ and **I need** souvenirs / **I don't** need any souvenirs.

* Note: Donations of HKD 100 or above are eligible for a tax-exempt receipt. Please write the name of Mr./Ms. _____ (in block letters) on the receipt.

I will not participate 2026 Straighten Up HK Fundraising Event.

Parent's signature: _____

Telephone No.: _____

Student's name: _____ (_____)

Date: _____

親愛的家長：

「一校一脊醫」到校脊骨體態分析
順德聯誼總會屯門梁李秀娛幼稚園

本校已參與兒童脊科基金舉辦「香港公益金全港挺直護脊校園計劃」，並已獲「卓越護脊校園」美譽，並積極推動兒童脊骨神經健康。兒童脊科基金亦為本校配對「一校一脊醫」服務，為本校推動護脊服務提供意見及支援。

衛生署會為年約十歲或就讀五年級的學生提供首次脊骨評估服務。根據學童健康普查顯示，過去十五年，患有脊骨健康問題的兒童人數不斷攀升。而基金會於2024年期間，亦為5,979名學童提供脊骨體態檢查，結果發現學童脊骨問題劇化，有超過九成學童出現不同程度脊骨問題，更出現年輕化情況。

為了改善學童姿勢及促進脊骨健康，本校將安排於2026年5月14日(四)舉行「一校一脊醫」到校脊骨體態分析，請家長務必把握機會。是次活動專責脊醫為陳鎰生註冊脊醫，具豐富資歷及多年臨床經驗。

陳鎰生脊醫履歷：

Dr. Jacky Chan M.C.

香港註冊脊醫

兒童脊科基金 榮譽顧問脊醫

英國脊骨神經科學院脊骨神經科醫學碩士

活動詳情：

日期：2026年5月14日(星期四)

檢查時間：上午班：上午09:45 – 11:30 (上課時間內)

下午班：下午1:15 – 3:00 (上課時間內)

下3C由於當日參觀立法會，故需提早於下午12:30回校進行檢查後出發(乘搭保姆車之學生仍可照常乘車回校)。

地點：本校

對象：高班學童

內容：
1. 由註冊脊醫為學童進行初步體態脊骨分析
2. 齊唱齊跳護脊操

檢查項目：疑似脊骨側彎、寒背、高低膊、頭部前傾、盤骨前傾

費用：全免

專責脊醫：本校「一校一脊醫」陳鎰生 註冊脊醫

↳ 轉後頁

回條

有關出席「一校一脊醫」到校脊骨體態分析 (請於4月30日前回覆)

本人已知悉上述活動事宜， 同意 / 不同意 (請刪去不適用) 子女參與脊骨體態分析。

學童姓名：_____ 班別：_____

家長姓名：_____ 聯絡電話：_____



脊骨神經健康對學童日常生活息息相關，家長可掃描 QR code 收看【脊醫話你知 - 《如何察覺小朋友有脊骨問題？》】護脊短片及訂閱兒童脊科基金 Youtube 頻道，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，有助學童日常建立良好護脊習慣。

影片網址：<https://youtu.be/GtNZVAEZCrE>



為讓脊醫更了解學童健康狀況進行檢查，欲參與檢查學童之家長，請填寫以下附件：脊骨檢查表的「A」部分之學童健康及生活習慣問卷調查，並於2026年4月30日前連同學校回條交回給班主任收集於檢查當天使用。

備註：

1. 如在初步脊骨體態分析中發現學童出現「脊骨體態問題」情況，兒童脊科基金將建議學童前往其轄下挺直脊科中心進行詳細檢查，需收費\$200之檢查費用(如領取綜援家庭於預約詳細檢查當日出示正本文件則可豁免收費)，家長可自行決定是否參與。
2. 兒童脊科基金設有「兒童脊科義診計劃」適用於領取綜援(免費)、書簿全津(特惠收費)或經學校轉介的特殊需要學童(免費)。
3. 如有查詢，歡迎致電 2388 0802 與本會職員查詢。

挺直脊科中心地址：(觀塘／元朗)

九龍觀塘成業街7號寧晉中心23樓E室 (港鐵觀塘站B1出口)

元朗安寧路180號地下 (港鐵屯馬綫朗屏B2出口)



此致
貴家長

2026年4月17日

Dear Parents:

**“One School one Chiro Scheme” Spinal and Posture Screening Programme
Shun Tak Fraternal Association Tuen Mun Leung Lee Sau Yu Kindergarten**

Children Chiropractic Foundation(CCF) has been funded by The Community Chest of Hong Kong to implement "Student Chiropractic Care Program" since 2017. CCF also provides advice and support to schools by the One School One Chiro Scheme Spinal and Posture Screening service.

The Department of Health provides the first spinal assessment service for students aged about ten or in primary five. According to the School Children’s Health Survey, children who are suffering from spinal health problems have risen in the past 15 years. In 2024, CCF also provided spine examinations for over 5,979 children. Results found the children’s spine and posture problems become more severe. More than 90% of children have different postural or spinal problems and tend to be younger.

To improve students' posture and promote spinal nervous system health, our school will arrange “One School One Chiro” on-site Spinal and Posture Screening on 14 May , 2026 (Thursday), and hold a spine health lecture for parents on the same day. Parents are advised to take this opportunity for your children. Dr. Matthew Cheung, a registered chiropractor with rich qualifications and clinical experience for kids, is the chiropractor in charge of this event.

Dr. Jacky Chan M Chiro Resume:
Registered Chiropractor in Hong Kong
Honorary Advisor, Children Chiropractic Foundation
Master of Chiropractic

Programme details :

Date : 14 May, 2026 (Thursday)

Time : AM class: 09:45 – 11:30
PM class: 1:15 – 2:30

3C PM needs to return to school early at 12:30 p.m. for inspection before departure due to their visit to the Legislative Council on the same day (School bus students can still take the bus to school as usual.)

Venue : Our School

Participant : K3 student

Description : Spinal and Posture check by registered Chiropractor - Dr. Jacky chan

- Content: :
- Spinal health lecture for Parents by Dr. Chan
 - Postural check-up by Dr. Chan
(Check items include Suspected Scoliosis, Round Back, High/Low Shoulder, Forward Head Posture and Forward Pelvic Tilt)
 - Exercise learning on spinal health

The spine plays an important role in the well-being of a child. Be sure to have your child checked by a Chiropractor regularly. It is suggested to watch 【You know what chiropractors say 《How do you know your child has spinal problems?》 (Chinese)】 short video on spine care(QR code) and Subscribe to CCF’s YouTube channel. The content includes chiropractor sharing on spine health knowledge, spine health exercises, games and videos to help children develop good spine health habits in daily life.



<https://youtu.be/GtNZVAEZCrE>

To understand the health status of your child, please fill in the following attachments: The Posture Check Form (Part A) Students Health and Lifestyle Survey with the school reply slip and should be returned to the class teacher before 30/4/2026.

Remarks:

1. If the Chiropractor finds an obvious problem, he/she may recommend the child get a detailed examination.
For a detailed examination, parents need to make an appointment at the Kids First Chiropractic Center (address below), and a \$200 examination fee will be charged(CSSA receiver can be waived). Parents can decide for themselves whether to participate.
2. The Children Complimentary Chiropractic Adjustment Program is available for students with special health conditions or from financially disadvantaged families (CSSA Scheme / (TA)Scheme-full grant / (KCFRS)-full remission, who are diagnosed with spinal problems.
3. Kids First Chiropractic Centre(Kwun Tong):
Unit E, 23/F, Legend Tower, No.7 Shing Yip Street, Kwun Tong, Kowloon (Exit B1, MTR Kwun Tong, Station)
Kids First Chiropractic Centre (Yuen Long):
G/F, No.180 On Ning Road, Yuen Long, New Territories, Hong Kong (Exit B2, MTR Long Ping Station)

Regards,
17/4/2026

✂-----



Reply Slip

I Agree / Disagree (Please delete if applicable) my children to join the "One School One Chiro" on-site Spinal and Posture Screening. (Please reply on or before 30/4/2026)

Student Name: _____ Class: _____

Parents Name: _____ Contact Number: _____