

- (一) 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 14 日(星期三)於(上午班)上午 9 時 15 分及(下午班)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。如遇下雨天將改於校內進行。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。
- (二) 10 月 19 日(星期一)為重陽節翌日假期，放假一天。10 月 20 日(星期二)學生照常上課。
- (三) 為培養幼兒從小學會對社會上有需要的人士表達關懷，本校訂於 10 月 28 日(星期三)響應「公益金」之籌款活動；特意定於當天舉行「公益金便服日」，凡捐款者，可於當日穿著便服回校並配掛標貼(標貼於前一天派發)，如捐款者請填妥派發之捐款表格連同款項交學生，由他們自行到校務處放進本校捐款箱內，捐款多少無拘，本校並無強制性參與是次活動，捐款與否，純屬自願性質，敬希垂注！凡捐款港幣 100 元或以上者，均獲當局發出收據，豁免慈善稅。凡捐款港幣 200 元或以上者，可獲得多用途環保袋一個，截止日期：10 月 23 日(星期五)。
- (四) 本校在學期終結時，均會設立「學習表現優異獎」，每班 3 名，頒發獎學金(以書券代替)分別為\$500、\$400、\$300，以茲鼓勵在該年學習上較優異的學生。計算方法如下：高、低班全年 3 次，幼兒班全年 2 次，以不定期方式在校完成工作紙/教具，以答對題最多作計算。
- (五) 本校校外為公眾地方，屬於公眾人仕使用，避免阻塞道路或影響其他道路使用者，所有嬰兒車、買餸車、滑板車及單車……等等，一概不可泊於學校外圍，包括校外盆栽周圍，必須在送完學生回校後自行移走，請家長合作！

順德聯誼總會

屯門梁李秀娛幼稚園

2026 年 10 月 2 日



- (1) 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 14 October (Wednesday) at 9:15 a.m. (Morning classes) and 1:15 p.m. (Afternoon classes) at the community center basketball court. Parents are welcome to attend. It will be held on campus in case of rain. The Children Chiropractic Foundation offers the Student Chiropractic Care Program. Please refer to the attachment for more details.
- (2) 19 October (Monday) is the day following Chung Yeung Festival holiday, and no school on that day. Classes will resume on 20 October (Tuesday).
- (3) In order to cultivate children from an early age to express care for those in need in society, our school has scheduled a fundraising event "The Community Chest Dress Casual Day" on 28 October (Wednesday). Anyone who donates can return to school wearing casual clothes on that day with a sticker (the sticker will be distributed the day before). If you want to donate, please fill in the donation form and hand it to the students together with the money. Students will then go to the school office and put it into the donation box. There is no limit on how much they can donate. Please notice that our school is not obligated to participate in this event. Donating or not is purely voluntary. Anyone who donates HK\$100 or more will receive a receipt from the authorities which can be exempted from charity tax. Anyone donating HK\$200 or more will receive a multi-purpose reusable bag. Deadline: 23 October (Friday).
- (4) At the end of each school year, our school will establish the "Academic Excellence Award". There are 3 recipients per class, and scholarships (in the form of book coupons) of \$500, \$400, and \$300 are awarded respectively to encourage students who have better academic achievements in their studies. The calculation method is as follows: 3 times a year for K3 and K2, 2 times a year for K1 in which worksheets are completed individually at school irregularly with the most correct answers will be counted for calculation.
- (5) The area outside the school premises is a public space for public use. To avoid obstructing roads or affecting other road users, all prams, shopping trolleys, scooters, bicycles and the like must NOT be parked around the school exterior, including around the school planters. Please remove them immediately after dropping off students. Thank you for your cooperation!

Shun Tak Fraternal Association

Tuen Mun Leung Lee Sau Yu Kindergarten

2 October 2026



公益金捐款表格

- ☐ 本人願意參與「公益金」之籌款活動，現附上現金，捐款金額為港幣_____，並欲取回收據(凡捐款港幣 100 元或以上者均獲公益金發出收據)。

★收據抬頭請寫上_____先生/小姐。(請用正楷書寫)

- ☐ 本人未能參與「公益金」之籌款活動。

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

Donation Form for the Community Chest

- ☐ I am willing to participate in the fundraising activities of the "Community Chest". I am donating _____ Hong Kong dollars in cash and want to get a receipt (any donation of HK\$100 or more will be issued a receipt by the Community Chest).

(Please write the receipt header as Mr./Ms. _____ in block letters)

- ☐ I am not willing to participate in the fundraising activities of the "Community Chest".



Parent's Signature: _____

Contact Number: _____

Student's Name: _____()

Date: _____

致家長/監護人：

《學童脊科保健計劃-免費初步脊骨體態分析》

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 貴子女有以下徵狀，或他們在衛生署學生健康服務中心的檢查中，被診斷疑似脊骨側彎，請家長務必把握這次專業分析服務機會。

兒童脊科基金自 2007 年成立至今已為超過 6 萬名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 2025-2026 年學童體態檢查統計發現，近九成的學童出現多項脊骨相關問題，當中寒背的學童佔最多，需要作進一步測試及詳細跟進。學童脊骨問題日趨嚴重及低齡化趨勢，情況必須及早正視。

衛生署一般會為 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，都可能表示兒童的脊骨神經系統受到刺激、干擾，令身體出現失調的訊號，影響成長、學童或運動表現。

- 《學童脊科保健計劃》**
- 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

活動內容 約 1 小時(必需出席整個過程)

所需時間 檢查地點 **挺直脊科中心**

觀塘：觀塘開源道 79 號鱷魚恤中心 16 樓 1603 室(港鐵觀塘站 A2 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(全年接受報名)

參加方法 網上預約：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。歡迎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，兒童脊科基金保留最終舉行的決定權。
2. 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. 兒童脊科基金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(可揀選非護脊校園學生)。
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學童脊科保健當日，請出示綜合社會保障援助文件正本，可豁免收取預約詳細檢查費用。其他兒童當天可以特惠收費\$250 預約。
7. **極力推薦家長訂閱兒童脊科基金 YouTube 頻道及 Facebook 專頁：[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 recent statistics on student's posture data during the period of 2025 to 2026, more than 90% of the children are suffering from different postural or spinal problems. 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 by HK Government will provide spinal check for students aged 10 or above only.

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
Content:	(Check items include Suspected Scoliosis, Round Back, High/Low Shoulder, Forward Head Posture and Forward Pelvic Tilt)
Duration:	➤ Exercise learning on spinal health
Venue:	➤ Brief talk on spinal health protection (around 20 mins)
	➤ Follow-up consultation introduction
	Around 1 hour
	<u>Kids First Chiropractic Centre</u>
	Kowloon: Unit 03, 16/F., Crocodile Center, 79 Hoi Yuen Road, Kwun Tong, Kowloon (KT MTR Exit A2)
	Yuen Long: G/F, No. 180, On Ning Road, Yuen Long, N.T.(Long Ping MTR Exit B2)
Target:	Students aged 18 or below
Fee:	Free of charge
Date and Time:	Please refer to the online appointment schedule (Applications open year-round) (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 students are late for more than 15 minutes, you need to book another appointment.
- No reminder will be provided to students. Please do treasure this free service, as there are many students on the waiting list. If the student cannot make it, please inform the foundation 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
- Students must be accompanied by their parents or guardians and are required to show their student handbooks to confirm their identities upon arrival.
- The foundation welcomes students' siblings aged 18 or below to join the program. Parents can register online(Available for non-Straighten Up School students).
- If the Chiropractor find obvious postural problem, he/she may recommend the child to get a detailed examination on another date. Parents can decide whether your children participate or not. Students who can provide the original CSSA scheme document can enjoy free detail examination; other students can enjoy a concessionary examination fee of HK\$250.
- Parents are strongly recommended to subscribe to the YouTube channel and Facebook page of the Children Chiropractic Foundation. The content of the platform includes videos such as chiropractor sharing, chiropractic knowledge, spinal exercise training, spinal games, etc.



計劃目的

為16歲或以下兒童提供適切的脊科護理，促進脊骨神經系統效能，讓孩子可發揮最高潛能，享有健康挺直的人生。

服務包括

- 脊科檢查
(觸診、脊骨活動能力測試、神經反射測試、步態及長短腳分析等)
- 脊骨調整 (處理脊骨錯位，提升神經訊息傳遞)
- 護脊運動 (強化脊骨關節、肌肉、筋腱)

申請資格

1. 領取綜援家庭學童*#
2. 居住劏房學童*#
3. 領取高額傷殘津貼兒童*#
4. 書簿全津/幼稚園及幼兒中心學費減免全免#

*綜援家庭/居住劏房/領取高額傷殘津貼 可獲免費脊骨調整服務

#亦適用於已參加護脊校園計劃的特殊學校中學部的學童



計劃查詢: 2388 7291



請捐款支持
「兒童脊科義診計劃」
為基層兒童的健康重燃希望！

從容踏上挺直路



可兒從小到大都喜歡側睡，用其他姿勢就會睡不著，就算媽媽多次勸她改變也不願意。直到來到挺直脊科中心，她才知道睡姿與脊骨有密切關係。當可兒看到自己的X光片，逐步理解到脊骨的狀況時，心中便燃起改變的希望。接受脊骨調整後，可兒整個人煥然一新，以前她很自然就會寒背，現在能夠精神奕奕挺直站立；就連在學校排隊時，也不再縮肩駝背，肩膀放鬆，步伐都更從容。媽媽深受感動，若非參與了兒童脊科義診計劃，可兒的脊骨側彎很可能會變得更嚴重。如今可兒每天在家不需媽媽提醒就能自覺地做護脊運動，並樂於將自己的護脊心得分享給身邊的朋友與親人。

深呼吸 新明天



Kimberley自小就有鼻敏感困擾，在第一次脊骨調整後便出現顯著改善，現在她鼻塞情況明顯好轉，每天使用的紙巾數量也大幅減少。媽媽深深感受到脊骨護理的成效，之前她不知道Kimberley的姿勢不正確，現在理解了護脊知識後，便能依循所學去提醒小朋友維持正確站姿；她也會按脊醫所教的運動每天跟Kimberley一起練習，讓護脊概念在日常生活中實踐，邁向健康的明天。



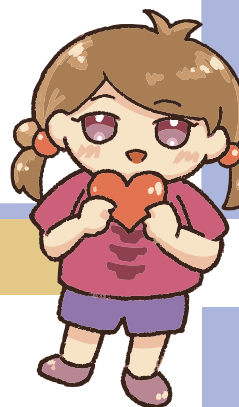
了解脊骨 了解健康

子軒本身有寒背問題，並且明顯出現高低膊，爸爸亦因此擔心子軒的情況會惡化。幸好同學介紹子軒到挺直脊科中心，經脊骨調整後，側彎尺度數由5度下降至2度，頭痛問題也減少。爸爸感慨，子軒進行脊骨調整後，開始更清楚地了解自己身體的狀態，於是更留意自己的姿勢，避免問題再度惡化，讓他在成長路上能挺直、自信地向前。



跌倒到穩步

鍵朗自幼平衡力差，走路時常跌倒三四次。某日媽媽替他換衣服時，發現他的身體一側明顯較薄，另一側較厚，讓她十分憂心。於是她立即在網上搜尋相關資訊，得知有學童脊科保健便馬上報名，更參與了脊科義診計劃。發現鍵朗有脊骨錯位後，經數次脊骨調整，鍵朗的情況便出現顯著改善，只有長時間走動時才會跌倒，完成十次調整後已甚少再跌倒了。此外，鍵朗本來容易情緒失控、發脾氣，現在已逐漸學會用語言表達情緒，情緒管理也在慢慢改善。媽媽感激兒童脊科基金的脊醫與職員，以耐心與溫暖照顧鍵朗，讓鍵朗不再跌倒，踏上挺直人生第一步。



重獲安穩美夢



耘赫過去不僅難以入睡，還常在半夜被驚醒，必須花上數小時才能重新入睡，甚至時常做惡夢、輾轉反側和大叫，甚至出現夢遊的情況，讓媽媽也無法安睡。長期的睡眠困擾，讓他整日提不起精神，上課時經常打盹、疲憊不堪，難以專注，所學內容也難以記住。不過經脊骨調整後，他的情況顯著改善：半夜的驚醒大幅減少，即使醒來也能很快再入睡，白天的精神與專注力明顯提升，媽媽終於可以安心入眠，家庭氣氛也變得平靜與溫暖。如今，耘赫已重新找回充足的睡眠與活力，能逐步自信地學習，重新點亮了他的成長之路。