



Letter to Parents No. 2 – 2023/24

Dear Parents/ Guardians,

**2023/24 September Notice (2)**

To have a better understanding of our school's measures and facilitate home-school co-operation, parents please read the following circulars in detail:

- a. The 11<sup>th</sup> Swimming Gala
- b. Parents' Talk on "How to Deal with 'Internet Addiction' in Teenagers"

The reply slip should be duly completed through eClass on or before 20.9.2023 (Wednesday).

Yours faithfully,



IU Kok-Kin  
Principal

The notice will be uploaded to our school website for your reference.

15.9.2023

**a. The 11<sup>th</sup> Swimming Gala**

Our 11<sup>th</sup> Swimming Gala will be held at Yuen Long Swimming Pool on 6.10.2023 (Friday). **All students must attend.** Details are as follows:

<p>1. <b>Date</b> : 6.10.2023 (Friday)  <b>Time</b> : 8:15 a.m. to 12:30 p.m.          The award ceremony will begin at 12:00 noon.</p> <p>2. <b>Venue</b> : Yuen Long Swimming Pool</p> <p>3. <b>Roll Call Time</b> : 8:15 a.m.</p> <p>4. <b>Roll Call Place</b> : Main Entrance outside          Yuen Long Swimming Pool</p> <p>5. <b>Dress Code</b> : All students have to wear school P.E. uniform or activity uniform.</p> <p>6. Competitors may refer to the notice board of our P.E. Club for details.</p>	<p>7. The Swimming Gala will be cancelled and students have to return to school at 8:15 a.m under the following situations..:</p> <p>~ The Typhoon Signal No.3 remains in force at 6:00 a.m.; or</p> <p>~ The Thunderstorm Warning remains in force until 9:00 a.m.; or</p> <p>~ The Amber Rainstorm Signal is in force; or</p> <p>~ The Air Quality Health Index (AQHI) is at the 10+ serious level.</p> <p><b><u>(The latest updates will be released on our school website at 7:00 a.m.)</u></b></p> <p>If the above-mentioned situations happen during the Swimming Gala, the remaining events will be cancelled. Students will be released to return home under safe conditions as soon as possible.</p> <p>8. <b>Enrolment Deadline</b> : 20.9.2023 (Wednesday)</p>
---	---

**Competitors** must participate in at least one session of swimming trial and training:

Date: 22.9.2023(Friday), 26.9.2023 (Tuesday) and 29.9.2023 (Friday)

Time: 4:00 p.m. to 5:00 p.m.

Venue: Yuen Long Swimming Pool

Dress Code: School P.E. uniform or activity uniform

**Events:**

- Inter-house relay competition (Students who intend to take part in the competition or be a substitute have to check the box.)
- Inter-class relay competition (Students who intend to take part in the competition or be a substitute have to check the box.)
- Individual events (Each student can take part in up to 3 individual events.)

<b>Boys</b>		<b>Girls</b>	
1.	50m Freestyle Boys A	1.	50m Freestyle Girls A
2.	50m Breaststroke Boys A	2.	50m Breaststroke Girls A
3.	50m Freestyle Boys B	3.	50m Freestyle Girls B
4.	50m Breaststroke Boys B	4.	50m Breaststroke Girls B
5.	50m Freestyle Boys C	5.	50m Freestyle Girls C
6.	50m Breaststroke Boys C	6.	50m Breaststroke Girls C
7.	50m Backstroke Boys Open	7.	50m Backstroke Girls Open
8.	50m Butterfly Boys Open	8.	50m Butterfly Girls Open
9.	100m Freestyle Boys Open	9.	100m Freestyle Girls Open
10.	100m Breaststroke Boys Open	10.	100m Breaststroke Girls Open

Group A: Date of birth on or before 31st December 2007

Group B: Date of birth on or after 1st January 2008

Group C: Date of birth on or after 1st January 2010

Should you have any queries, please contact Ms. YIP Ting-wai or Mr. CHEUNG Chi-wan at 2476 2357.

**b. Parents' Talk on "How to Deal with 'Internet Addiction' in Teenagers"**

With the frequent use of information technology, teenagers are spending more and more time on their mobile devices, which could adversely affect their development in learning and emotional intelligence. To address the issue, the Counselling Team and social workers have organized a parents' talk on "How to Deal with 'Internet Addiction' in Teenagers".

The talk will be presented by Ms. YIP, a registered social worker from Hong Kong Family Welfare Society 'Healthy Net', and will provide useful information for parents to deal with and prevent teenagers from becoming addicted to the Internet. Details are as follows:

Date: 10.10.2023 (Tuesday)  
Time: 2:30 p.m. – 4:00 p.m.  
Venue: Room 309

You are cordially invited to attend the talk. Should you have any queries, please contact Ms. MAN So-shan at 2476 2357.



Letter to Parents No.2 – 2023/24  
Reply Slip

To the Principal of Yuen Long Public Secondary School,

i) I, the parent/ guardian of \_\_\_\_\_ ( Class: \_\_\_\_\_ )( Class No.: \_\_\_\_\_ ),  
acknowledge the receipt of the following circulars:

- a. The 11<sup>th</sup> Swimming Gala
- b. Parents’ Talk on “How to Deal with ‘Internet Addiction’ in Teenagers”

ii) The 11<sup>th</sup> Swimming Gala

I, the parent/ guardian of \_\_\_\_\_ (student’s name)  
\_\_\_\_\_ (class) \_\_\_\_\_ (class no.) acknowledge that my child **must attend** the 11<sup>th</sup>  
Swimming Gala held on 6.10.2023 (Friday). My child

- \*  will not take part in any event
  - is healthy, and intends to take part in
    - Inter-house relay competition (Students who intend to take part in the competition or be a substitute should put a ✓ in this box.)
    - Inter-class relay competition (Students who intend to take part in the competition or be a substitute should put a ✓ in this box.)
    - Individual events (Each student can take part in up to 3 individual events.)
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

My child will participate in the following swimming trial(s) and training(s):

- 22.9.2023(Friday) 4:00 p.m. to 5:00 p.m.
- 26.9.2023 (Tuesday) 4:00 p.m. to 5:00 p.m.
- 29.9.2023 (Friday) 4:00 p.m. to 5:00 p.m.

iii) Parents’ Talk on “How to Deal with ‘Internet Addiction’ in Teenagers”

I\*  will /  will not attend the parents’ talk on “How to Deal with ‘Internet Addiction’ in Teenagers” on 10.10.2023 (Tuesday).

Number of Attendees: \_\_\_\_\_

Parent’s / Guardian’s mobile phone number: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

\_\_\_\_\_.9.2023

\* Please put a ✓ in the appropriate .



家長通函第 2 號 - 2023/24

敬啟者：

**2023/24 學年九月份學校安排須知 (二)**

為讓家長更了解學校各項措施及促進家校合作，請家長詳閱下列通告：

- 一、 有關「第十一屆水運會」事宜
- 二、 如何處理子女「沉迷上網」家長講座

請家長於 2023 年 9 月 20 日（星期三）或之前經 eClass 填妥「家長綜合回條」。

此致

各位家長／監護人



元朗公立中學校長

余國健謹啟

上述通告將上載至本校網頁，歡迎家長瀏覽。

2023 年 9 月 15 日

### 一、有關「第十一屆水運會」事宜

本校第十一屆水運會定於2023年10月6日（星期五）假元朗游泳池舉行，所有學生必須出席。有關安排如下：

<ol style="list-style-type: none"><li>1. 日期：2023年10月6日（星期五） 時間：上午8時15分至下午12時30分 頒獎禮時間：中午12時正開始</li><li>2. 比賽地點：元朗游泳池</li><li>3. 點名時間：上午8時15分</li><li>4. 點名地點：元朗游泳池入口處空地</li><li>5. 服飾：全體學生均須穿著整齊體育服或活動服出席</li><li>6. 參賽同學可詳閱體育學會報告板，了解比賽項目的資料。</li></ol>	<ol style="list-style-type: none"><li>7. 比賽當天如有下列情況，水運會將會取消，學生須於上午8時15分回校上課： ~天文台於上午6時仍然懸掛三號颱風訊號；或 ~廣泛地區雷暴警告訊號有效期間至上午9時；或 ~黃色暴雨警告訊號生效；或 ~香港空氣質素健康指數達10+級嚴重水平 <u>（請留意當天上午7時在學校網頁公佈的最新消息）</u> 若水運會進行中出現上述天氣突變，餘下賽事將會取消，並在安全情況下儘快讓學生回家</li><li>8. 截止報名日期：2023年9月20日（星期三）</li></ol>
--	---

參賽學生必須出席最少一節水試及游泳訓練：

日期：2023年9月22日（星期五）、9月26日（星期二）、9月29日（星期五）

時間：下午4時至下午5時

地點：元朗游泳池

服飾：整齊體育服或活動服

參賽項目羅列如下：

1. 社際接力比賽（有意參賽或作後備者必須別選此項目）
2. 班際接力比賽（有意參賽或作後備者必須別選此項目）
3. 個人項目（每人可參加一至三項個人項目）：

男子	女子
1. 男子甲組 50 米自由泳	1. 女子甲組 50 米自由泳
2. 男子甲組 50 米胸泳	2. 女子甲組 50 米胸泳
3. 男子乙組 50 米自由泳	3. 女子乙組 50 米自由泳
4. 男子乙組 50 米胸泳	4. 女子乙組 50 米胸泳
5. 男子丙組 50 米自由泳	5. 女子丙組 50 米自由泳
6. 男子丙組 50 米胸泳	6. 女子丙組 50 米胸泳
7. 男子公開組 50 米背泳	7. 女子公開組 50 米背泳
8. 男子公開組 50 米蝶泳	8. 女子公開組 50 米蝶泳
9. 男子公開組 100 米自由泳	9. 女子公開組 100 米自由泳
10. 男子公開組 100 米胸泳	10. 女子公開組 100 米胸泳

甲組：2007年12月31日或之前出生 乙組：2008年1月1日或之後出生 丙組：2010年1月1日或之後出生

如有查詢，請致電24762357與葉婷蔚老師或張子宏老師聯絡。

## 二、如何處理子女「沉迷上網」家長講座

現今電子科技應用頻繁，學生使用電子產品往往機不離手，對學習及情緒智能發展上有著不良的影響。本校輔導組及社工將舉辦「如何處理子女『沉迷上網』」家長講座。

是次講座由家福會「網想家」網絡教育及輔導服務社工葉泳彤姑娘主講，向家長講解現今青少年的網絡文化及家長如何處理子女沉迷上網的方法。詳情如下：

日期： 2023年10月10日(星期二)

時間： 下午2時30分至4時正

地點： 309室

現誠邀各位家長踴躍參與講座。如有查詢，請致電2476 2357與文素珊老師聯絡。



家長通函第 2 號 – 2023/24

家長綜合回條

敬覆者：

**甲部、** 本人為\_\_\_\_\_（\_\_\_\_\_班）（\_\_\_\_\_號）之家長，已知悉下列通告詳情：

- 一、 有關「第十一屆水運會」事宜
- 二、 如何處理子女「沉迷上網」家長講座

**乙部、** 有關「第十一屆水運會」事宜

本人知悉敝子弟\_\_\_\_\_（\_\_\_\_\_班）（\_\_\_\_\_號）**必須出席**於  
2023 年 10 月 6 日（星期五）在元朗游泳池舉行之第十一屆水運會，而敝子弟

- \* 將不參與任何項目
- 健康良好，將會參與
  - 社際接力比賽（沒有✓此項者不得參賽或作後備替補）
  - 班際接力比賽（沒有✓此項者不得參賽或作後備替補）
  - 下列個人項目（每人可參加一至三項個人項目）  
1.\_\_\_\_（選項）\_\_\_\_\_ 2.\_\_\_\_（選項）\_\_\_\_\_ 3.\_\_\_\_（選項）\_\_\_\_\_

敝子弟將出席以下水試及游泳訓練：

- 2023 年 9 月 22 日（星期五）下午 4 時至下午 5 時
- 2023 年 9 月 26 日（星期二）下午 4 時至下午 5 時
- 2023 年 9 月 29 日（星期五）下午 4 時至下午 5 時

**丙部、** 如何處理子女「沉迷上網」家長講座

本人已知悉有關活動的詳情，並\*將會出席/未能出席 貴校於 2023 年 10 月 10 日  
（星期二）舉行之家長講座。

出席人數：\_\_\_\_\_

家長聯絡電話：\_\_\_\_\_

此覆

元朗公立中學校長

家長／監護人簽署：\_\_\_\_\_

家長／監護人姓名：\_\_\_\_\_

2023 年 9 月 \_\_\_\_\_ 日

\*請於適當填上✓