



Letter to Parents No. 18 – 2024/25

Dear Parents/ Guardians,

2024/25 February Notice (1)

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 69th Sports Day

The reply slip should be duly completed through eClass on or before 28.2.2025 (Friday).

Yours faithfully,



KONG Pik-chi
Principal

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

19.2.2025

a. The 69th Sports Day

Our 69th Sports Day will be held at Tin Shui Wai Sports Ground on 24.3.2025 (Monday) and 25.3.2025 (Tuesday). The two days are normal school days and **all students must attend.** Details are as follows:

<p>1. Sports Day (Heat): Date: 24.3.2025 (Monday) Time: 8:15 a.m. to 4:00 p.m.</p> <p>2. Sports Day (Final) and Prize Ceremony: Date: 25.3.2025 (Tuesday) Time: 8:15 a.m. to 1:00 p.m. The prize ceremony will start at 11:45 a.m.</p> <p>3. Venue: Tin Shui Wai Sports Ground</p> <p>4. Roll call time: 8:15 a.m. Roll call venue: Tin Shui Wai Sports Ground</p> <p>5. Dress code: Proper school sports uniform or activity uniform.</p> <p>6. Events: Participants may view the notice board of P.E. Department for details.</p>	<p>7. Remarks: The sports day will be cancelled under the following circumstances. Students have to return to school at 8:15 a.m.: ~ The Typhoon Signal No.3 remains in force at 6:00 a.m.; or ~ The Thunderstorm Warning remains in force until 9:00 a.m.; or ~ The Amber Rainstorm signal is in force; or ~ The Air Quality Health Index (AQHI) is at the 10+ serious level. (The latest updates will be released on our school website at 7:00 a.m..) If the above-mentioned situations occur during the sports day, the remaining events will be cancelled. Students will be dismissed under safe conditions as soon as possible.</p> <p>8. Enrolment deadline: 28.2.2025 (Friday)</p>
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Events:

- Inter-house relay competition
- Inter-class relay competition
- Individual events (Each student can participate in at most 3 individual events. If a student joins 3 events, at least one event from both the track events and field events categories must be chosen.)

Grade	Boys			Girls		
Event	A	B	C	A	B	C
Track Events						
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
110m Hurdles	✓					
100m Hurdles		✓		✓	✓	
Field Events						
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓				
Discus	✓	✓		✓	✓	
Javelin	✓	✓		✓		
Shot Put	✓	✓	✓	✓	✓	✓

Age groups: A Grade Date of birth on or before 31.12.2008

B Grade Date of birth on or after 1.1.2009

C Grade Date of birth on or after 1.1.2011

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



Letter to Parents No.18 – 2024/25

Reply Slip

To the Principal of Yuen Long Public Secondary School,

i) I, the parent of _____ (Class: _____)(Class No.: _____), acknowledge the receipt of the following circulars:

a. The 69th Sports Day

ii) The 69th Sports Day

I, the parent/ guardian of _____ (student's name)
_____ (class) _____ (class no.) acknowledge that my child **must attend** the 69th Sports Day held on 24.3.2025 (Monday) and 25.3.2025 (Tuesday).

- I* ☐ will attend the 69th Sports Day held on 24.3.2025 (Monday).
☐ will attend the 69th Sports Day held on 25.3.2025 (Tuesday).
☐ will participate in the parent-child relay competition at 10:30a.m. on 25.3.2025 (Tuesday).
☐ will not be free to attend the 69th Sports Day.

- My child* ☐ will not take part in any event.
☐ is healthy, and will participate in events including inter-house and inter-class competitions.
☐ will participate in the following individual event(s): (Each student can participate in at most 3 individual events. If a student joins 3 events, at least one event from both the track events and the field events categories must be chosen.)
1. _____ 2. _____ 3. _____
Gender: Male/Female Grade: A/ B/ C

Signature of Parent/Guardian: _____

Name of Parent/Guardian: _____

_____.2.2025

* Please put a ✓ in the appropriate ☐



家長通函第 18 號 – 2024/25

敬啟者：

2024/25 學年二月份學校安排須知 (一)

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、 第六十九屆陸運會

請家長於 2025 年 2 月 28 日（星期五）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

江碧芝謹啟

上述通告將上載至本校網頁，歡迎家長瀏覽。

2025 年 2 月 19 日

一、第六十九屆陸運會

本校第六十九屆陸運會定於 2025 年 3 月 24 日（星期一）及 3 月 25 日（星期二）假天水圍運動場舉行。當天為正常的上課日子，所有學生必須出席。有關安排如下：

<p>1.陸運會初賽日： 日期：2025 年 3 月 24 日（星期一） 時間：上午 8:15 至下午 4:00</p> <p>2.陸運會決賽日及頒獎禮： 日期：2025 年 3 月 25 日（星期二） 時間：上午 8:15 至下午 1:00 頒獎典禮時間：上午 11:45 開始</p> <p>3.比賽地點：天水圍運動場</p> <p>4.學生點名時間：上午 8:15 學生點名地點：天水圍運動場</p> <p>5.服飾：整齊體育服或活動服</p> <p>6.比賽項目：參賽學生可觀看體育科報告板上之有關詳情。</p>	<p>7.注意事項： 比賽當天如有下列情況，學生須按當天時間表回校上課： ~天文台於上午六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九時；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 （請留意當天上午 7 時學校網頁公佈的最新消息） 若陸運會進行中出現上述天氣狀況，餘下賽事將會取消，並在安全情況下儘快讓學生回家。</p> <p>8.截止報名日期：2025 年 2 月 28 日（星期五）</p>
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參賽項目羅列如下：

1. 社際接力比賽
2. 班際接力比賽
3. 個人項目（每人可參加最多三項項目。如參加三項者，必須包括田賽及徑賽項目。）：

參賽組別	男子			女子		
項目	甲	乙	丙	甲	乙	丙
徑項						
100 米	✓	✓	✓	✓	✓	✓
200 米	✓	✓	✓	✓	✓	✓
400 米	✓	✓	✓	✓	✓	✓
800 米	✓	✓	✓	✓	✓	✓
1500 米	✓	✓	✓	✓	✓	✓
110 米跨欄	✓					
100 米跨欄		✓		✓	✓	
田項						
跳高	✓	✓	✓	✓	✓	✓
跳遠	✓	✓	✓	✓	✓	✓
三級跳	✓	✓				
鐵餅	✓	✓		✓	✓	
標槍	✓	✓		✓		
鉛球	✓	✓	✓	✓	✓	✓

甲組：2008 年 12 月 31 日或之前出生 乙組：2009 年 1 月 1 日或之後出生 丙組：2011 年 1 月 1 日或之後出生

如有任何查詢，請致電 2476 2357 與張子宏老師或葉婷蔚老師聯絡。



家長通函第 18 號 – 2024/25

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、 第六十九屆陸運會

乙部、 第六十九屆陸運會

本人知悉敝子弟_____（_____班）（_____號）**必須出席**於
2025 年 3 月 24 日（星期一）及 3 月 25 日（星期二）在天水圍運動場舉行之第六十九屆陸運會，
本人敬覆如下：

- 本人* ☐ 將出席 3 月 24 日（星期一）之陸運會活動。
☐ 將出席 3 月 25 日（星期二）之陸運會活動。
☐ 將參與 3 月 25 日（星期二）上午 10 時 30 分舉行的親子接力賽。
☐ 無暇出席。

- 敝子弟* ☐ 將不參與任何項目。
☐ 健康良好，可參與陸運會賽事，包括社際及班際比賽。
☐ 報名參與以下個人項目（每人可參加最多三項項目。如參加三項者，必須包括田賽及徑賽項目）：
1. _____（選項） 2. _____（選項） 3. _____（選項）
性別：男/女 所屬參賽組別：甲/乙/丙

此覆
元朗公立中學校長

家長／監護人簽署：_____

家長／監護人姓名：_____

2025 年 2 月 _____ 日

*請於適當 ☐ 填上✓