



可立中學(嗇色園主辦)
Ho Lap College (Sponsored by Sik Sik Yuen)
九龍新蒲崗爵祿街 15 號 15 Tseuk Luk Street, San Po Kong, Kowloon
電話/Tel : (852) 2322 2229 傳真/Fax : (852) 2320 2414
網址/Website : <http://www.holap.edu.hk>



二零二三至二零二四年度 十一月份學校通告

敬啟者：

現有以下重要事項，敬希 台端垂注，並加配合，以收學校與家庭雙軌教育之效。

一、第五十三屆陸運會

本校謹定於二零二三年十一月十四日及十二月五日假斧山道運動場舉行本校第五十三屆陸運會，時間為：
初賽日(十一月十四日，星期二)由上午八時至下午一時三十分
決賽日(十二月五日，星期二)由上午八時至下午三時四十五分

注意事項：

1. 陸運會為正常上課日，全體學生必須參與，如因特別情況未能出席，必須事前提交家長信作申請。
2. 學生當日應穿著整齊冬季體育服。
3. 如陸運會當日天文台於早上六時三十分前宣佈懸掛三號或以上熱帶氣旋警告、紅色或黑色暴雨警告，陸運會則取消。除非教育局宣佈當天停課，否則所有學生需帶備書本回校如常上課。
4. 陸運會當天，如遇身體不適，請家長在集合時間前致電學校請假。
5. 同學須自行到達斧山道運動場集合。
6. 十一月十五日(星期三)及十二月六日(星期三)為陸運會翌日假期，學生不需回校。

如對陸運會安排有任何查詢，歡迎致電本校與體育科主任陳沛聰老師聯絡。

二、轉換冬季校服安排

二零二三年十一月二十二日(星期三)至十二月五日(星期二)為轉換冬季校服之過渡期，期間同學可按情況穿著整齊的冬季或夏季校服回校。由二零二三年十二月七日(星期四)起，所有同學回校時必須穿著整齊的冬季校服。

三、中三至中六級家長晚會 (只適用於中三至中六級)

本校將於十二月舉行三場家長晚會，誠邀相關級別的家長出席。有關詳情如下：

中三級家長晚會

日期：2023年12月8日(星期五)

時間：下午6時至7時45分

內容：高中學制及選科安排、與班主任會談

*學生需陪同家長一同出席

中四級家長晚會

日期：2023年12月18日(星期一)

時間：下午6時至7時30分

內容：成長思維主題分享、正向管教「小貼士」、與班主任會談

*學生不需出席

中五及中六級家長晚會

日期：2023年12月15日(星期五)

時間：下午6時至7時45分

內容：聯招及多元出路簡介、正向管教「小貼士」、與班主任會談

*學生不需出席

因座位有限，上述家長會最多安排兩位家長出席。

四、培養成長型思維 提升學生心理韌力

本校一直關注學生精神健康，本年度學校以成長型思維(正向教育)為主題，透過不同類型的活動提升學生心理韌力。學生在成長的不同階段，或會面對不少困難和挑戰。家長是子女最重要的守護者，當察覺他們面對困難時應給予關懷和支持，引導他們運用合適而有效的方法應對。若家長發現子女出現情緒問題，請盡快聯絡班主任、輔導主任或學校社工加以協助。

教育局學生精神健康資訊網站：<https://mentalhealth.edb.gov.hk/tc/>



五、使用互聯網、社交媒體及即時通訊軟件守則

隨著資訊科技的急速發展，學生經常會使用互聯網、社交媒體及即時通訊軟件。本校不時提醒學生要做一個網絡好公民，以正確及負責任的態度，在網上和別人有正面的交流。敬請家長提醒學生注意網上言行，應保持禮貌，不要參與欺凌行為、發放惡意中傷或騷擾他人的信息及散播謠言等。如學生涉及違規行為，學校將依校規作出相應的懲處。

衛生署健康使用互聯網及電子屏幕產品的資訊：

https://www.studenthealth.gov.hk/tc_chi/internet/recommendations/recommendations_parents.html



十一月份 學校通告
[請於十一月六日或之前簽妥電子回條]
【回 條】

敬覆者：

頃閱來函，已知悉下列各項通告事宜，本人定當予以配合：

一、第五十三屆陸運會

敝子女屬非參賽者，會遵照學校規定，穿著整齊冬季體育服準時出席陸運會。

敝子女屬參賽者，其健康狀況良好，適合參加陸運會比賽。

二、轉換冬季校服安排

三、中三至中六級家長晚會 (只適用於中三至中六級)

本人將會出席。

希望了解的事項／與班主任討論的事宜：*(如有)*

本人未能出席。

* 請在適當方格內加上“✓”號

四、培養成長型思維 提升學生心理韌力

五、使用互聯網、社交媒體及即時通訊軟件守則

此覆

喬色園主辦可立中學校長

家長姓名：_____ 簽署：_____

學生姓名：_____ 班別：_____ 班號：_____

日期：_____

有關上述各項通告，台端如有疑問，歡迎致電本校校務處查詢。

此致
貴家長 / 監護人



普色園主辦可立中學校長

黎洛琪 謹啟
(黎洛琪校長)

二零二三年十月三十一日



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2023-2024
Circular November 2023

31st October 2023

Dear Parents / Guardians,

I would like to draw your attention to the following arrangements:

1. 53rd Sports Day

The 53rd Sports Day will be held at Hammer Hill Road Sports Ground on 14th November, 2023 and 5th December, 2023. Details are as follows:

Heats (14th November, 2023 (Tuesday)): From 8:00a.m to 1:30p.m
Final (5th December, 2023 (Tuesday)): From 8:00a.m to 3:45p.m

Reminders for Sports Day:

1. Sports Day is a normal school day. All students should attend. A parent's letter is required for school approval if a student cannot attend Sports Day.
2. All students should wear proper winter P.E. uniform.
3. Sports Day will be cancelled if the Tropical Cyclone Warning Signal no.3 or above, Red or Black Rainstorm Warning Signal is hoisted by the Hong Kong Observatory before 6:30 a.m. that day. In such a case, all students have to attend classes as usual at school unless the Education Bureau makes the class suspension announcement.
4. Parents who wish to apply for sick leave for the students are kindly requested to call the school before the scheduled time of assembly that day.
5. All students have to go to the place of assembly by themselves.
6. 15th November 2023 (Wednesday) and 6th December 2023 (Wednesday) will be school holidays, students are not required to return to school.

Should you have any enquiries regarding Sports Day, please do not hesitate to contact Mr. Chan Pui-chung, the Panel Chairperson of the P.E. Department.

2. Arrangement for Changing Winter School Uniforms

Students can wear either summer or winter school uniforms between 22nd November 2023 (Wednesday) and 5th December (Tuesday) 2023. From 7th December (Thursday) onwards, all students must wear proper winter school uniforms.

3. S.3 to S.6 Parents' Nights (Applicable to S.3 to S.6 only)

We cordially invite S.3 to S.6 parents to attend the corresponding Parents' nights to foster effective communication between parents and the school. The details are listed below:

S.3 Parents' Night

Date: 8th December 2023 (Friday)

Time: 6: 00 p.m. to 7: 45 p.m.

Programme: 1. A talk on senior secondary curriculum and selection of elective subjects
2. Meeting class teachers

**Both students and parents attend*

S.4 Parents' Night

Date: 18th December 2023 (Monday)

Time: 6: 00 p.m. to 7: 30 p.m.

Programme: 1. A talk on Growth Mindset
2. Positive parenting tips
3. Meeting class teachers

**Students need not attend*

S.5 to S.6 Parents' Night

Date: 15th December 2023 (Friday)

Time: 6: 00 p.m. to 7: 45 p.m.

Programme: 1. A talk on JUPAS and multiple pathways
2. Positive parenting tips
3. Meeting class teachers

**Students need not attend*

Due to limited seating capacity, we welcome at most two parents from each family to attend.

4. Developing a Growth Mindset and Building Resilience Against Challenges

Our school is committed to promoting students' mental health through various measures. This year, we aim at helping students develop a growth mindset and build resilience against challenges. At different stages of growth, students may face difficulties and challenges. Parents are the most important gatekeepers of their children. If parents notice any signs of difficulties in their children, they should give them care and support and guide them find appropriate and effective ways to cope with them.

Please do not hesitate to contact the class teachers, teachers in charge of the Counselling Committee or school social workers if your children have emotional problems.

EDB Student Mental Health information online: <https://mentalhealth.edb.gov.hk/en/index.html>



5. Guidelines on the Use of the Internet, Social Media and Instant Messaging Apps

Students are using the Internet, social media and instant messaging apps in their daily lives. Our school has been urging students to be good “digizens” and to adopt a positive and responsible attitude when they communicate with others online. Parents are kindly requested to remind your children to be respectful and polite online, and not to engage in bullying, gossiping, harassing or flaming others with mean or scornful messages. Students violating the school regulations will receive appropriate penalties according to the seriousness of the misbehaviour.

Parent tips on healthy use of internet and electronic screen products:

https://www.studenthealth.gov.hk/english/internet/recommendations/recommendations_parents.html



Should you have any enquiries, please do not hesitate to contact the school office.
Thank you very much for your kind attention.

Yours faithfully,



Ms. LAI Lok-ki
Principal



Reply Slip
(Please return the slip on or before 6th November 2023.)

Date: _____

Dear Principal,

I fully understand the following circulars and the contents of which are noted.

1. 53rd Sports Day

My child is a non-athlete. He/ She will wear proper winter P.E uniform and attend the Sports Day punctually.

My child is an athlete. He/ She is physically fit to take part in the competitions.

2. Arrangement for Changing Winter School Uniforms

3. S.3 to S.6 Parents' Nights (Applicable to S.3 to S.6 only)

I **would attend** the event.
I would like to know more about and/or discuss the following item(s) with the class teachers (if any): _____

I **would not attend** the event.
**Please choose the appropriate option.*

4. Developing a Growth Mindset and Building Resilience Against Challenges

5. Guidelines on the Use of the Internet, Social Media and Instant Messaging Apps

Parent's signature: _____

Student's name: _____

Student's class & class number: _____ ()