



香港佛教聯合會主辦 **佛教葉紀南紀念中學**

BUDDHIST YIP KEI NAM MEMORIAL COLLEGE

Sponsored by The Hong Kong Buddhist Association

香港新界青衣長青邨 CHEUNG CHING ESTATE, TSING YI ISLAND, NEW TERRITORIES

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敬啟者：

十一月份綜合通告

1. 心靈綠『周』：家長活動

本校輔導組及社工將於 2024 年 11 月 4 至 8 日舉行心靈綠『周』，向全校師生宣揚精神健康的重要性。

考試季節快將來臨，子女面對校內考試或公開試聆，難免感到壓力如山，但往往藏之於心。家長應如何協助子女應付考試所帶來的壓力？最好的方法是與子女同行，一起面對壓力。

本校將於 2024 年 11 月 6 日(星期三，心靈綠『周』期間)下午 1 時 10 分至 2 時 10 分，於本校新翼有蓋操場舉行攤位遊戲。透過攤位遊戲讓家長和學生了解壓力，以及對抗壓力的方法。完成遊戲後，家長及同學可獲許願木牌一塊，並可拍攝即影即有相片留念。

歡迎各位家長踴躍參與！

2. 聯校運動會

11 月 13 日(星期三)至 14 日(星期四)將舉行香港佛教聯合會會屬中學聯校運動會。屆時本校將挑選部份學生外出比賽，其他學生則留校上課。

本校特別安排中二級學生在 11 月 14 日下午前往大埔運動場觀賞賽事。當天中二級學生只需上第一至第五節課。午膳後，由本校老師帶領學生乘坐旅遊巴士前往運動場，比賽結束後將返回學校解散。當天的放學時間預計為下午 6 時。

3. 香港佛教聯合會會慶日

11 月 15 日(星期五)香港佛教聯合會會慶日，當天為學校假期，學生無須回校上課。

4. 學校開放日暨升中資訊日

本校謹訂於 11 月 23 日(星期六)舉行開放日暨升中資訊日，當天節目包括中一入學資訊講座、「葉紀南盃」比賽、攤位遊戲、體藝活動及表演節目，誠邀家長及貴子弟蒞臨參與各項活動。

注意事項：

- (1) 所有學生工作人員須按負責老師所指定的時間回校及解散，並向所屬單位的負責老師報到。為讓中一級學生更了解學校生活，他們須參與開放日活動，並於當天上午 10 時回校報到，由老師點名後，方可參加有關活動。
- (2) 服飾要求：工作人員須穿著整齊校服或制服回校；中一級學生則可穿著簡單便服。
- (3) 由於開放日準備需時，11 月 22 日(星期五)將使用半天時間表上課，每節 25 分鐘，上課時間為上午 8:15 至下午 12:40。學生工作人員或需於放學後留校準備，有關同學將獲另行通知。
- (4) 11 月 25 日(星期一)為學校假期，學生無須回校上課。



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5. 香港佛教聯合會會屬中學聯校畢業典禮

2023 至 2024 年度聯校畢業典禮將於 11 月 26 日(星期二)假沙田鄉議局大樓大劇院舉行，當天部分中六級學生將會出席典禮，下午會回校上課。其他級別學生的課堂如常。

6. 更換冬季校服事宜

因天氣開始轉涼，學校將安排同學更換冬季校服上學，以保障學生健康。學校將於 **11 月 26 日(星期二)**正式換季，同學必需穿著整齊冬季校服回校，標準式樣請參照《學生手冊》第 11 頁至 12 頁。詳情如下：

日期	換季安排
11 月 18 日(一) 至 11 月 22 日(五)	過渡期 (同學可按需要穿著夏季或冬季校服回校)
11 月 26 日(二)	正式換冬季校服

另外，已訂購冬季校服的同學請於 **11 月 18 日(星期一)**帶備收據及餘款購買校服。

此致
貴家長

佛教葉紀南紀念中學

校長



謹啟

二零二四年十月三十日



香港佛教聯合會主辦 佛教葉紀南紀念中學

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30th October 2024

Dear Parents,

Comprehensive Notice for November

7. Mental Wellness Week: Parent Activity

Our school's counseling team and social workers will hold Mental Wellness Week from November 4 to 8, 2024, to promote the importance of mental health to all students and staff.

As the exam season approaches, students inevitably feel immense pressure when facing school internal assessments or public examinations, but often hiding these feelings. How can parents assist their children in coping with the pressure of exams? The best approach is to walk alongside them and face the pressure together.

On 6th November, 2024 (Wednesday, during Mental Wellness Week), our school will hold a booth game from 1:10 pm to 2:10 pm at the covered playground of the new wing. Through these booth games, parents and students will learn about stress and methods to combat it. Upon completing the games, both parents and students will receive a wish wooden plaque and have the opportunity to take instant photos for keepsakes.

We warmly welcome all parents to participate actively!

8. Inter-school Sports Day

The Hong Kong Buddhist Association Inter-school Sports Day will be held from 13th November (Wednesday) to 14th November (Thursday). Our school will select some students to participate in the competitions, while the other students will remain at school for classes.

Special arrangements have been made for Secondary 2 students to attend the events at Tai Po Sports Ground on the afternoon of 14th November. On that day, Secondary 2 students will only attend classes from periods one to five. After lunch, students will be led by teachers to the sports ground by coach bus. After the competitions, they will return to school and be dismissed. The expected dismissal time on that day is around 6:00 pm.

9. Anniversary Day of Hong Kong Buddhist Association

15th November (Friday) is the anniversary day of the Hong Kong Buddhist Association. It is a school holiday and students are not required to return to school.

10. Open Day cum Info Day

Our school will hold Open Day cum Info Day on 23rd November (Saturday). The program on that day will include S.1 admission seminar, "YKN Cup" competitions, booth games, sports and arts activities and performances. We sincerely invite parents and children to come to participate in various activities.

Reminders:

- (1) All student helpers must return to school and be dismissed at the time specified by the teachers in charge, and report to the teachers in charge of their units. In order to let S.1 students understand campus life, they must participate in the open day activities and report back to school at 10 am on the same day. Only after the roll call by teachers can they take part in relevant activities.



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- (2) Clothing requirements: student helpers must wear neat school uniforms or uniforms while returning to school; S.1 students can wear simple casual clothes.
- (3) Due to the preparation needed for Open Day, a half-day timetable will be in effect on 22nd November (Friday), with each class lasting 25 minutes. The class schedule will be from 8:15 am to 12:40 pm. Student helpers may need to stay after school to prepare, and those students will be notified separately.
- (4) 25th November (Monday) is a school holiday and students are not required to return to school.

11. Joint-School Graduation Ceremony of Hong Kong Buddhist Association

The 2023-2024 Joint-School Graduation Ceremony will be held on 26th November (Tuesday) at the Grand Theatre of Heung Yee Kuk Building in Sha Tin. Some S.6 students will attend the ceremony and will return to school in the afternoon on that day. Classes for students at other forms will continue as normal.

12. Winter School Uniforms

As the weather begins to get colder, the school will arrange for students to change into winter school uniforms to protect student health. Officially starting from 26th November (Tuesday), students must return to school in neat winter school uniforms. Please refer to pages 11 to 12 of the "Student Handbook" for the standard style. Details are shown as follows:

Date	Arrangement
18 th November (Monday) to 22 nd November (Friday)	Transitional Period (Students can return to school wearing summer or winter uniforms as needed)
26 th November (Tuesday)	Official change to winter school uniform

In addition, students who have ordered winter school uniforms should bring the receipt and remaining balance to purchase the uniforms on **18th November (Monday)**.

Yours sincerely,

Lam Chi Wai, Jimmy

Principal