



靈糧堂怡文中學
Ling Liang Church E Wun Secondary School
電話：2109 4000 傳真：2109 4066

Circular 2020/2021 No.005

10th September, 2020

Dear Parents/Guardians,

Consent for Physical Education Lessons and Student Health Records

Physical Education is a part of our curriculum; therefore, all students should participate in it. Apart from providing the information of the students' past medical records, parent should consult doctors to make sure that children are suitable for participating in the PE lessons and taking part in the physical fitness test. Reminders of Physical Education Lessons for students are as follows:

Reminders of Physical Education Lessons for students

1. Participating in the PE lessons, students should wear appropriate sports clothes and shoes. Students should also tie up long hair and trim nails before the lessons.
2. If students should wear glasses in the PE lessons, he/she should use shatter-resistant lenses, and fix them properly and securely.
3. During physical activities, students are not allowed to wear ornaments and watches.
4. During physical activities, if students feel unwell, they must report to the teacher immediately, so that the teacher can take appropriate arrangement.
5. In the PE lessons, extra-curricular activities or matches, students need to behave well. Loud noise, impolite and vulgar actions are prohibited.
6. If the Air Quality Health Index is high or above, the school will stop the activities.
7. PE lessons will take part in the classroom, covered area or in the school hall under one of the situations below:
 - raining
 - too humid and the ground is too wet.
 - too hot or too cold

Parents need to fill in the information in order to let the responsible teachers to pay more attention to the students. If any students need an exemption from PE lessons, you should submit a doctor's certificate to the School.

Please sign the reply slip on eClass Parent App before 23rd September, 2020. If any student is unable to participate in the PE lessons at any time of this school year, please apply for an exemption by letter with a doctor's certificate after resumption of face-to-face classes.

Should you have any inquiries, please contact Mr. Tsoi Wun Kit at 2109 4000.

Yours faithfully,

Mr. Law Wai Man
Principal

