

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

- Participating in the PE lessons, students should wear appropriate sports clothes and shoes. Students 1. should also tie up long hair and trim nails before the lessons.
- If students should wear glasses in the PE lessons, he/she should use shatter-resistant lenses, and fix 2. them properly and securely.
- During physical activities, students are not allowed to wear ornaments and watches. 3.
- 4. During physical activities, if students feel unwell, they must report to the teacher immediately, so that the teacher can take appropriate arrangement.
- In the PE lessons, extra-curricular activities or matches, students need to behave well. Loud noise, 5. 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:
 - \geq raining
 - \geq too humid and the ground is too wet.
 - too hot or too cold \geq

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 Semptember, 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,

Dear Principal,

I have noted the details of the Circular 2020/2021 No.005 on "Consent for Physical Education Lessons and Student Health Records". My reply to the two parts of the question is as follows:

Part I: Consent for Physical Education Lessons

- My child is suitable to participate in the PE lessons. *
- My child is not suitable to participate in the PE lessons and the medical certificate is attached. *
- My child Apply for an exemption from participating in PE lessons from *

 $\frac{/}{(dd/mm/yyyy)}$ to $\frac{/}{(dd/mm/yyyy)}$ with the medical certificate.

Part II: Student Health Records

- I agree to provide the health record of my child. 1. *
 - I disagree to provide the health record of my child. (No need to complete the Students Medical Record Form) *
- 2. * My child never suffered from any disease. (No need to complete the Students Medical Record Form)
 - * My child has suffered from any disease in the past/at present. (Need to complete the Students Medical Record Form)

Please tick in the box as appropriate and complete the Students Medical Record Form.

Diseases	Suffering from the disease				Remarks (If any)
	*in the past	*at present	from the disease	Information	Kelliarks (II ally)
Glucose-6-Phosphate Dehydrogenate Deficiency					
Asthma					
Epilepsy					
Convulsions caused by high fever					
Kidney disease					
Heart disease					
Diabetes					
Tuberculosis					
Hemophilia					
Anemia					
Autistic / Asperser					
Amblyopia					
Hearing					
Attention Deficit Hyperactivity Disorder					
Slow learners					
Other:(e.g.: surgery)					

Signature of parent/guardian: _____

Name of parent/guardian:

Contact telephone number:

(Block Letter)

Name of Student:

_____ Class: _____ Class No: _____

*Please tick in the box as appropriate.