



1<sup>st</sup> December 2021

Circular No. 21022

Dear Parents/ Guardians,

### Taekwondo Course for S1 – S5

Tending to whole-person development, the school is organising a taekwondo course for students in order to instill a positive learning attitude and to encourage students to actively participate in extra-curricular activities. Through this course, it is hoped that students can gain a better understanding of their strengths and weaknesses; improve their concentration and patience; and boost their Emotional Intelligence (EQ). Course details are as follows:

Dates (Wednesday)	Time	Type	Venue	Fee	Quota
8/12, 15/12, 19/1, 26/1, 9/2, 16/2, 23/2, 2/3, 9/3, 23/3, 6/4, 27/4, 4/5, 11/5, 18/5, 25/5 (16 in total)	2:45 p.m. – 4:45 p.m.	Sport	Room 821	\$200	20 students

Remarks:

1. Places will be allocated by lot drawing if applications exceed the quota.
2. Participants will be encouraged to take part in external competitions.
3. Participants should ensure having a good condition of health and fitness before applying for the course. The school will not bear any responsibility regarding any injuries caused by poor health and fitness during the course.
4. Participants should ensure that they have had at least one dose of COVID-19 vaccine for at least 14 days prior to course commencement.
5. If red/ black rainstorm signal, or tropical cyclone warning signal 8 is hoisted by the Hong Kong Observatory, the Taekwondo Course will be cancelled. There will be no make-up class.

If your son/ ward would like to apply for the class, please submit both the reply slip and the fee to Ms. YY Lam by 3 December, 2021. Should you have any enquiries, please feel free to contact Ms. YY Lam at 2711 8175.

Thank you for your attention.

Yours faithfully,

Lee Ting Leung  
Principal





敬啟者：

通告編號：21022

### 跆拳道興趣班(S1-S5)

本校重視培養學生良好的學習態度，並鼓勵學生積極參與課外活動，達致全人發展。本校將為學生舉辦跆拳道興趣班，希望透過這些活動可讓學生認識自己的強弱項，協助他們提升專注力、耐力，加強應付逆境的能力及情緒管理。活動詳情如下：

上課日期(星期三)	時間	類別	地點	費用	人數
8/12, 15/12, 19/1, 26/1, 9/2, 16/2, 23/2, 2/3, 9/3, 23/3, 6/4, 27/4, 4/5, 11/5, 18/5, 25/5 (共 16 堂)	下午 2:45 – 4:45	運動	821 室	\$200	上限 20 人

備註：

1. 若參加人數超過名額要求，將會採用抽籤方式決定。
2. 鼓勵學員參加校外比賽。
3. 參加者報名時需確保自身健康及體能良好。若因健康及體能欠佳而引致活動受傷，學校無需負上任何責任。
4. 參加者報名時最少已完成接種第一劑疫苗並超過十四天。
5. 若天文台發出黑色或紅色暴雨警告，或八號熱帶氣旋警告，該日課堂將自動取消，不作任何補堂。

若有興趣參加的學生，請於 12 月 3 日(星期五)或之前將回條及費用交給林婉儀老師。  
如有查詢，可於辦公時間內致電 2711 8175 與林婉儀老師聯絡。

此致

中一至中五級家長



陳瑞祺(喇沙)書院校長  
李丁亮 啟

二〇二一年十二月一日

### 回條 (通告編號：21022)

本人知悉此活動並有興趣讓小兒\_\_\_\_\_ ( ) 班別\_\_\_\_\_ 報名參加跆拳道興趣班。

此覆

家長姓名：\_\_\_\_\_ (中文)

負責老師

家長簽名：\_\_\_\_\_

家長電話：\_\_\_\_\_

日期：\_\_\_\_\_