



Po Leung Kuk Centenary Li Shiu Chung Memorial College

19th January, 2024

Dear Parents,


Re: Sports Days 2023-2024

The Sports Days 2023-2024 are going to be held on 27 February from 8:15 a.m. to around 4:15 p.m., and 2 March 2024 from 8:15 a.m. to around 1:30 p.m., at the Tuen Mun Tang Shiu King Sports Ground. For further details, please refer to the attachment. 4 March is a school holiday.

All students are required to attend the Sports Days as they are a part of the formal school curriculum. **Application for casual leave to travel will not be approved or conduct mark deduction penalty will be imposed.** In case of very special circumstances, students should seek prior approval from the school discipline teachers Ms. Cheung Yin Miu or Mr. Chan Kwan Fai. In case of sick leave, students should inform the school general office at 2462 3945 between 8:30 a.m. and 9:00 a.m. A medical certificate should be produced in support of the application of sick leave when the student resumes school.

Please encourage your child to take an active part in various athletic events of the Sports Days.

Yours sincerely,



Mr. Lui Hang Sum
Principal



保良局百周年李兆忠紀念中學

SA/Parentletter/2324/062C

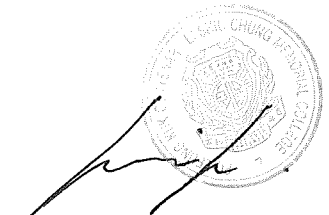
陸運會2023-2024

敬啟者：

本學年陸運會將於二零二四年二月二十七日(星期二)上午八時十五分至下午約四時十五分及三月二日(星期六)上午八時十五分至下午約一時三十分假屯門鄧肇堅運動場舉行，詳細資料請參閱附頁。三月四日(星期一)，學校放假一天。

陸運會為學校課程的一部份，全體學生必須出席。學生如因事未能出席，必須於陸運會前向訓導處張燕妙老師或陳昆輝老師申請。告假外遊將不獲批准，缺席外遊學生將予扣操行分。告病假者，必須於早上八時三十分至九時致電校務處告假，並請於返校後攜同醫生紙辦理請假手續。

此致
貴家長



保良局百周年李兆忠紀念中學
呂恒森校長謹啟

二零二四年一月十九日



保良局百周年李兆忠紀念中學
陸運會應注意事項
(初賽日：27/2/2024；決賽日：2/3/2024)

陸運會進行順利，有賴全體學生遵守大會規則。陸運會乃租借政府場地舉行，為保持社區一直以來對本校全體學生的良好印象，故希望全體學生嚴守下列規則，表現出好學生應有的自律精神和公民意識。

1. 學生進出運動場：學生可於6:30 a.m. 使用1號/2號閘口進入屯門鄧肇堅運動場，場地在8:00 a.m.前仍開放予公眾使用，請勿打擾在場內進行緩步跑或參加太極活動等公眾人士。
學生、老師及參觀家長進出運動場時必須利用1號/2號閘口進出。(請參閱圖一)。
2. 點名：於8:15 a.m.及1:45 p.m. (或按當天宣佈為準) 進行，學生請依指示到西看台前方賽道上點名，線道次序請參閱圖一。點名完畢後，學生依照老師及領袖生指示返回各社座位就座。(見圖一)
如天氣欠佳，學生請依指示到看台點名處依各班座位入座(見圖二)等候點名。點名完成後，依照老師及領袖生指示返回各社座位就座。(見圖一)
初賽日1/2下午主要進行班際賽事，故將分班就坐(見圖二)，好讓學生為所屬班別打氣。
3. 服裝：
 - (a) (i) 初賽日學生必須穿著整齊校服、學校運動服或經批准的班服。若天氣寒冷，可加深藍色毛衫或校褸。如穿著班服，請穿著運動褲或藍色牛仔褲。
 - (ii) 決賽日學生必須穿著整齊校服或學校運動服。
 - (b) 其他服式，如風褸、非校方認可之運動套裝等，嚴禁穿著。訓導處將備有毛衣，供服飾不合規格之學生更換，並即時扣操行分。
 - (c) 工作人員請穿著運動鞋及可穿藍色牛仔褲加夏季／冬季運動服上衣，若天氣寒冷，可加深藍色毛衫或校褸。
4. 隨身物品：
 - (a) 帶備少量零用錢。
 - (b) 個人隨身音響、報章、雜誌或其他玩意，皆不准帶入運動場。
 - (c) 視乎天氣而決定是否須帶雨傘或帽，並小心看管自己的衣物及金錢。
5. 報失、拾得失物、遲到、早退，請到領袖生辦事處辦理手續。
6. 告假手續：請依照學校規則辦理(參閱學生手冊第八至十一頁)。
唯事假必須先經訓導處張燕妙老師或陳昆輝老師批准。病假必須附醫生紙。
7. 遵守維持場內秩序之規則：
 - (a) 嚴禁橫過草地。非出賽運動員亦嚴禁離開看台。
 - (b) 不准隨意橫過跑道，亦不可以在跑道上練習或作熱身運動。
 - (c) 不准隨意走到別社的座位。
 - (d) 保持場地及座位清潔。
 - (e) 不應在看台或其他地方(例如：走廊、洗手間、更衣室)嬉戲。
 - (f) 如發現有閒雜人等在運動場內走動，應立即向司令台或訓導組老師報告。
8. 各項比賽的召集處地點：
 - (a) 徑賽召集處：為各有關項目之起點。
 - (b) 田賽召集處：為各有關比賽地點。
9. 飲品及午膳：
 - (a) 學生請勿在看台進食；學生請自行攜帶清水。
 - (b) 午膳時學生請攜同個人物品離開球場，出外午膳。
 - (c) 不可攜帶玻璃樽及香口膠進場。
10. 典禮時的禮儀：學校典禮乃嚴肅的場合，學生必須自律，並請注意下列各點：
 - (a) 司儀開始宣讀時，應立刻安靜，留心宣佈。
 - (b) 為得獎的學生及社鼓掌，表示支持及讚賞。
 - (c) 保持禮貌，不發噓聲。
 - (d) 唱校歌、升旗及降旗時必須肅立。
 - (e) 嘉賓及任何人士演講時必須保持肅靜。
11. 服從裁判：勝者不驕，敗者不餒。
12. 有關陸運會各項資料，可瀏覽本校網頁：<http://www.plkclscmc.edu.hk/sportsday>

Reminders for Sports Days 2023-2024
(27/2/2024 & 2/3/2024)

It is important for all students to abide by the rules and regulations of the Sports Day, so as to facilitate the running of the event. As the school is employing a government public venue for the implementation of Sports Day, any nuisance or misbehavior by particular students may result in damage to the school reputation or public criticism. Due to this reason, all students are required to abide by the following rules and regulations. Students should demonstrate self discipline as model students and civic awareness as members of society.

1. **Entry and Exit:** Students can enter the Tuen Mun Tang Siu Kin Sports Ground by using the gate No.1 or 2 from 6:30 a.m. onwards. The venue is still open to the public before 8:00 a.m., so please do not create disturbance to the local residents using the venue for other purposes. Students and teacher MUST use the gate No.1 or 2 for entering and leaving the venue. For parents who are interested in joining the Sports Day as spectators, please access the venue by using the gate No 1 or 2 (See diagram 1, Chinese version only)
2. **Roll Call:** Roll calls will be taken at 8:15 a.m. and 1:45 p.m.(or as announced on the Sports Days) Students should take their roll call in front of the west spectator stand as instructed. Please refer to diagram 1 for the order. After the roll call, students should follow teachers' and prefects' instructions to take their seats according to their houses. (see diagram 1)
If the weather is unstable, students should follow instructions to take their seats at the spectator stand (see diagram 2, Chinese version only) and wait for attendance-taking. After the roll call, students should follow the teachers' and prefects' instructions to take their seats according to their houses. (see diagram 1)
Inter-class relays will be conducted in the afternoon on Sports Day I. Students should sit according to their classes (see diagram 2) so as to better support their own classes.
3. **Attire:**
 - (a) (i) On Sports Day I, students should wear proper school uniform, school PE uniform or permitted class T-shirts. If the weather is cold, the dark blue school cardigan / sweater or school jacket can be worn. If students are to wear class T-shirts, they should wear tracksuit pants or blue jeans.
 - (ii) On Sports Day II, students must wear full uniform / PE uniform.
 - (b) Other clothing items, such as wind breakers and unauthorized track suits, are not allowed. The Discipline Committee will provide school sweaters for those who fall short of the specifications of proper attire. Conduct mark(s) will also be deducted.
 - (c) Helpers are required to wear sneakers, proper winter/ summer PE uniform together with blue jeans. If the weather is cold, the dark blue school cardigan / sweater or school jacket can be worn.
4. **Personal Belongings:**
 - (a) Students should bring a reasonable amount of money for use.
 - (b) Newspaper, magazines and other gadgets for leisure purpose are strictly prohibited in the premises of the stadium.
 - (c) Depending on the weather, students can bring along their umbrellas or caps. Students should also take good care of their property.
5. **Report on Lost Items:** For reports on lost and found items, late comers and students intending to apply for early leave, please go to the Prefect Counter at the stadium for the required procedure.
6. **Application for Leave:** All leave application should be done in accordance with the required procedures listed in the school rules (Please refer to p.8-11 of the student handbook). Students intending to apply for casual leave must seek prior approval from Miss Cheung Yin Miu or Mr.Chan Kwan Fai of the Discipline Committee. Medical Certificate is needed to support the application for sick leave.
7. **Rules and Regulations in the Stadium**
 - (a) Students should stay away from the lawn. Other than competitors, no one is allowed to leave the spectator stand.
 - (b) Students are not allowed to cross the lanes when competitions are in progress.
 - (c) Students are not allowed to go to zones specified for other houses.
 - (d) Students should keep the venue clean.
 - (e) Students should not frolic on the spectator stand and in other areas (e.g. corridor, washrooms, changing rooms) of the stadium.
 - (f) If strangers are spotted at the venue, it should be reported to the command stand or any discipline teachers at once.
8. **Assembly Points for Various Events:**
 - (a) Track Events: The starting points of relevant events
 - (b) Field Events: The venue of competitions
9. **Beverage and Luncheon:**
 - (a) No food is allowed in areas other than the tuck shop. Students should bring along their own drinking water.
 - (b) Students should carry their own belongings and leave the stadium for lunch during the lunch break.
 - (c) No glass bottle and chewing gum is allowed to be brought to the venue.
10. **Etiquette During The Ceremony:**
 - (a) When announcement is made, students should stop making any noise at once and pay close attention to the speakers.
 - (b) Students should applaud athletes and houses whom prizes are presented to.
 - (c) Booming is not allowed.
 - (d) Students should rise solemnly while the school songs are playing, and when raising or lowering the national/school flag.
 - (e) Absolute silence should be kept while speeches (e.g. by the guest of honour) are given.
11. **Submit Oneself to Judgment of Referee:** Students should at all times, be good sportsmen/ women – participate fairly and honestly, accept success and failure equally and with no disagreement.
12. For further details regarding Sports Days, please visit our school website: <http://www.plkclscmc.edu.hk/sportsday>