



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

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Dear Parents,
各位家長：

P22058

Jockey Club Children's Spine Care Community Project
「賽馬會學童脊柱保健計劃」

Posture awareness and spine health are getting more concern in school children. The aim of this program is to promote the public awareness of good posture and provide screening and treatment services to the commonly found spinal deformity in adolescents, which is adolescent idiopathic scoliosis (AIS). While the target population for scoliosis assessment are students at grades 1-3 at secondary schools as they are at higher risk of developing AIS.

The Hong Kong Jockey Club Charities Trust financially supports this project and a team of healthcare professionals from The Hong Kong Polytechnic University (PolyU) and its partner organizations conduct and manage its daily operation.

The team is going to deliver a spine health talk to our F.1-F.3 students on 18 November 2022 which provided students better understanding on spine health and is going to provide free scoliosis screening for F.1-F.3 students on 23-25 November 2022 at our school. Student participants will receive a scoliosis screening result and various interventions and follow-ups to students depending on the severity of their scoliosis will be arranged. For more details, please visit <https://www.polyu.edu.hk/bme/spinecare/hk/>

To understand parents' preference for arrangements of scoliosis screening for students, parents please sign the online reply slip and indicate your preference on or before 11th November 2022. Should you have any enquiries, please contact Ms Mak Yuet Ngor at 24977110.

Appendix 1: Introduction of Jockey Club Children's Spine Care Community Project

學童的正確身體姿勢和脊柱健康日漸備受重視，「賽馬會學童脊柱保健計劃」希望提升大眾對正確身體姿勢的關注，並為學童提供青少年原發性脊柱側彎（AIS）檢查及相應治療。得香港賽馬會慈善信託基金的資助，香港理工大學的專業醫療團隊及其夥伴組織將為全港學校提供免費服務。

團隊將於 2022 年 11 月 18 日到本校為中一至中三學生提供脊柱健康講座，讓學生認識脊柱健康的重要性及增加其對 AIS 的了解。團隊將於 2022 年 11 月 23 日至 25 日到校，為中一至中三學生作免費脊柱側彎檢查。參加脊柱側彎檢查的學生將會收到一份初步檢查結果，並由學生轉交家長。若檢查結果顯示學生有脊柱側彎的臨床特徵，團隊將另行安排作進一步評估及檢查。有關計劃詳情，請瀏覽 <https://www.polyu.edu.hk/bme/spinecare/hk/>

為了解家長的意願，以便學校處理學生脊柱側彎檢查安排，敬請 貴家長於十一月十一日(星期五)前填妥網上回條。如有疑問，請與麥月娥老師聯絡。(電話:24977110)

附件一：賽馬會學童脊柱保健計劃簡介

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Law Wing Chung, Principal 羅穎忠校長

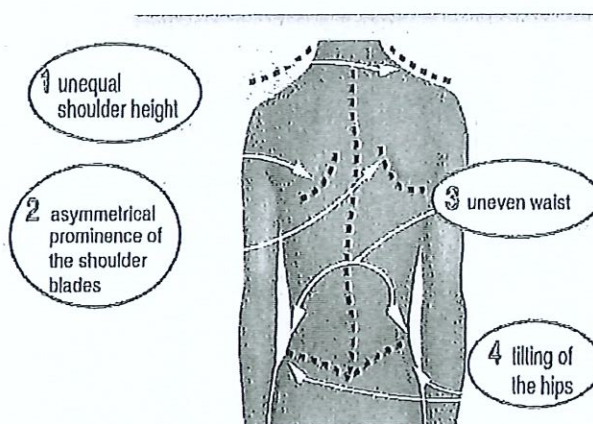
7th November 2021 二零二二年十一月七日



Jockey Club Children's Spine Care Community Project

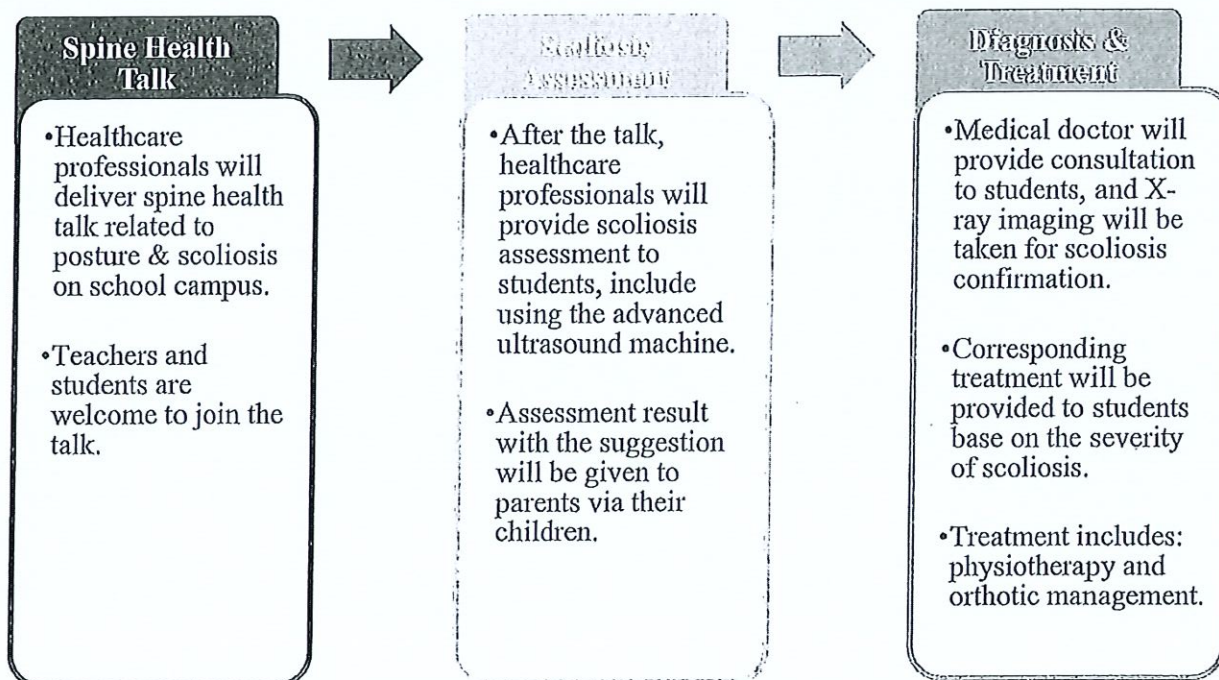
What is Scoliosis?

Scoliosis refers to the lateral curvature and vertebral rotation of the spine which appears like a "C" or "S" shape than a straight line when seeing from the back. Adolescent idiopathic scoliosis (AIS) is the most common type of scoliosis which occurs in the adolescence with unknown causes. Frequently, cases of scoliosis can be ignored or unnoticed as the curves may be obscured by the clothing and the patients are sometimes asymptomatic. However, scoliosis can be noticed by observing asymmetry of the body, such as unequal shoulder height, asymmetrical prominence of the shoulder blades, uneven waist or tilting of the hips. For severe cases, it can cause cosmetic problems and affect cardiopulmonary functions.



(Captured from the HKSAR Department of Health)

Project Details



How to Participate?

If you want your child to participate in this free "Jockey Club Children's Spine Care Community Project", please fill in the enclosed consent form and submit to your child's school.

主辦機構

協辦機構

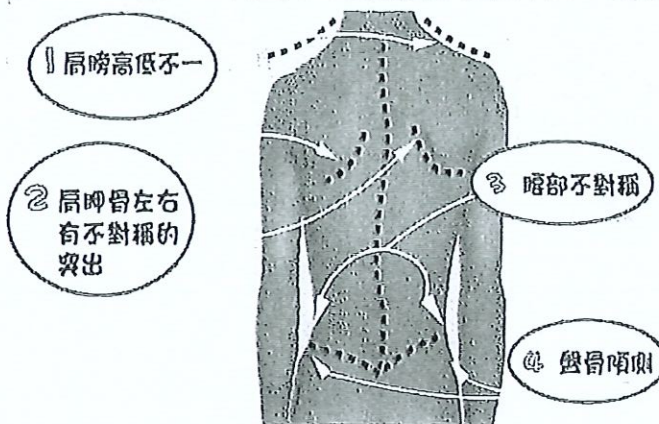
捐助機構



賽馬會學童脊柱保健計劃

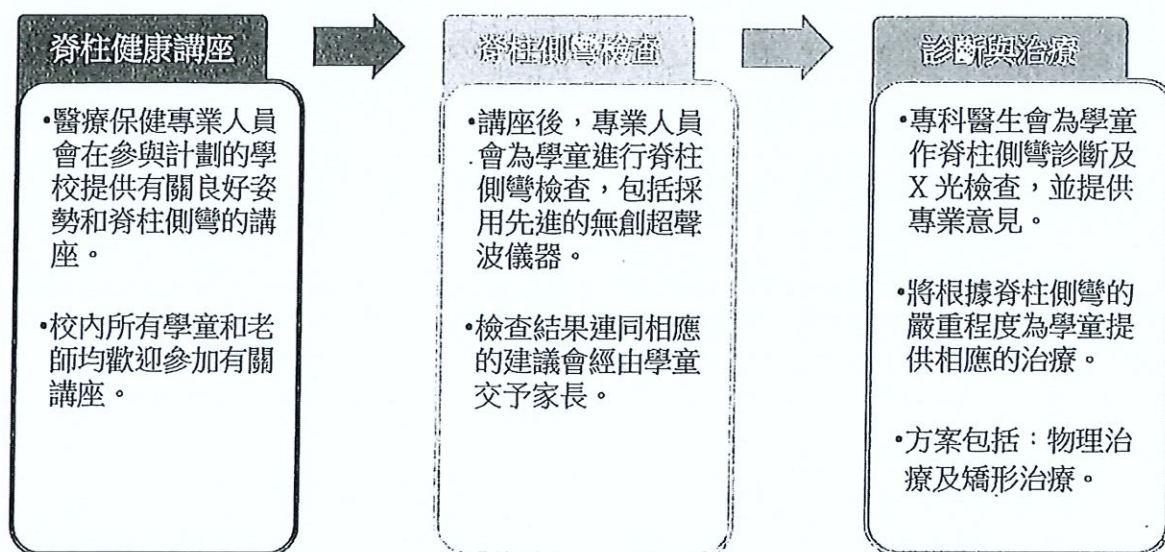
甚麼是脊柱側彎？

脊柱側彎是指脊骨向左或向右彎曲，並呈現「C」形或「S」形，而脊柱亦會有不同程度的扭曲。「青少年原發性脊柱側彎」，是最常見的脊柱側彎類型。這類型的脊柱側彎會在青春期出現，而且成因不明。由於患者一般沒有徵狀及身體被衣服遮蓋，脊柱側彎往往是比較難察覺的。但是，我們仍可以透過對身體左右不對稱的觀察，如肩膀高低不一、肩胛骨左右有不對稱的突出、腰部不對稱及盤骨傾側等而作出判斷。當情況嚴重時，有可能影響外觀及心肺功能。



(圖片摘自香港特別行政區政府衛生署)

計劃內容



如何參與計劃？

若閣下同意子女參與此項免費的「賽馬會學童脊柱保健計劃」，請簽妥同意書並交回所屬學校。

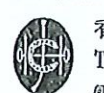
主辦機構



協辦機構



捐助機構



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同德 同進 同躍 同高 RIDING HIGH TOGETHER