



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

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,
各位家長：

P25040

Mental Health Day

精神健康日

As one of the participating schools of “4Rs in the Charter” launched by the Education Bureau, our school casts strong emphasis on students’ physical and mental well-beings.

The 4Rs in the Charter cover four elements and objectives for promoting mental health. They are equally important in fostering students' mental health and are closely related to each other. The 4Rs are:

- (i) Rest: Help students cultivate healthy habits from an early age including having enough rest, adequate sleep and leisure activities.
- (ii) Relaxation: Teach students to take the time to relax, take care of their mental health and practise self-compassion.
- (iii) Relationship: Strengthen the relationships among students, teachers and students, as well as parents and children, so as to enhance their sense of connectedness; help students understand their roles and their importance in these relationships, so as to willingly take on responsibilities and make contributions.
- (iv) Resilience: Equip students to adapt to the inevitable stress and setbacks in life, and teach students to deal with emotions, cope with stress and overcome difficulties with a positive attitude.

In light of this, our school will hold Mental Health Day on 10th October 2025 (Friday) in order to assist students to establish a healthy lifestyle, take care of their mental health, strengthen their positive inter-personal relationships, and foster their resilience. Henceforth, the health culture of the school can be elevated. Details are as follows:

Lessons / Time	Activities
1st to 6th lessons	• Normal lessons • Ice-cream tasting and trampoline trial sessions • S1 students’ visit to Po Leung Kuk Museum (refer to parents’ letter P25039)
Lunch time	• Game booths (Sports and Health)
7th lesson	• House AGM
8th lesson	• S1-S5 students: Hall assembly • S6 students: Talk on JUPAS registration

< To be continued, please see attached 未完，請見附頁 >

Po Leung Kuk Lo Kit Sing (1983) College
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長
30th September, 2025 二零二五年九月三十日

作為教育局推出的《4Rs 精神健康約章》的參與學校之一，本校素來注重學生身心及精神健康。《約章》中的「4Rs」涵蓋四個促進精神健康的要素及目標，對促進學生精神健康同樣重要，同時互相有密切的關係。4Rs 是指：

（一）休息 (Rest)：協助學生從小建立健康的生活習慣，有足夠的休息、充足的睡眠和休閒的活動。

（二）放鬆 (Relaxation)：教導學生適時放鬆，關顧精神健康及懂得自我關懷。

（三）人際關係 (Relationship)：加強同儕、師生，以及家長與子女之間的關係，提升聯繫感；幫助學生明白自己在不同關係的角色及其重要性，願意承擔責任並作出貢獻。

（四）抗逆力 (Resilience)：裝備學生適應生活中無可避免的壓力和挫折，教導學生以正面的態度處理情緒、應對壓力和克服困難。

有見及此，本校於 2025 年 10 月 10 日 (星期五) 舉行精神健康日，協助學生建立健康的生活習慣，為學生提供更多放鬆減壓的機會，幫助學生建立正面的人際關係，加強他們的幸福感及抗逆力，從而提升學校整體的健康文化。活動臚列如下：

課節/時間	活動
第一節至第六節	• 正常課堂 • 雪糕品嘗及彈床體驗 • 中一級同學會參觀保良局歷史博物館，見家長信 P25039
午膳時間	• 「運動與健康」攤位遊戲
第七節	• 社周年會員大會
第八節	• 中一至中五級同學：禮堂集會 • 中六級同學：JUPAS 簡介會

Remarks: Please wear proper activity uniform for the activity.

備註：請穿著活動服出席活動。

Please complete the reply slip in eNotice by 8th October 2025. For enquiries, please contact Mr. Ngai Yat Kwo or Ms. Mak Yuet Ngor at 2497 7110.

敬希 貴家長於 10 月 8 日或之前簽妥電子通告回條。如有疑問，請致電 2497 7110 與魏逸戈老師或麥月娥老師聯絡。