



景嶺書院  
King Ling College  
二零二三至二零二四年度家長通告第七號  
School Notice 7



(本通告已上載於本校網頁 <https://www.kingling.edu.hk>)

敬啟者：茲有下列重要事項，祈予垂注：

4 January 2024

Dear parents,

Here are the items for your immediate attention:

(一) 「千日耕耘；萬分收穫」境外交流團儲蓄計劃(中一至中五級)

為了灌輸學生規劃人生的基本觀念，養成良好的儲蓄習慣，並循序漸進地於生活中實踐，本校鼓勵學生在中一入學時每日儲蓄零用錢，作高中大型境外交流之用(中一至中五學生每天儲\$4)。本校希望透過大型課外學習計劃，加深學生對國家的認識和歸屬感，並達致本校弘揚中華文化的辦學宗旨，同時豐富他們的學習經歷，擴闊視野。

(A) Sow the Seeds for Success (S1 - S5)

Since S1, all students were expected to save up pocket money every day for their off campus education needs in senior level (**S1 to S5 students save \$4 per day**). In line with fostering Chinese culture, a sense of belonging for our school and the society will be cultivated when students join in our programmes. Such activities will broaden students' horizons. Please monitor your child's progress.

按照計劃進行，學生於本年一月底應累積至以下金額：

By the end of January, students should have saved the amounts as follows:

級別 Level	2022-2023 年八月底為止 累積儲蓄款項 Accumulative Saving Amounts as at 31 August 2023	本年度的儲蓄款項 (截至一月底) Saving Amounts from September 2023 to January 2024	總儲蓄款項 Total Saving Amounts
中一 S1	---	\$612	\$612
中二 S2	\$1460	\$612	\$2072
中三 S3	\$2920	\$612	\$3532
中四 S4	\$4380	\$612	\$4992
中五 S5	\$5840	\$612	\$6452

如有任何疑問，可向呂君諾老師或彭瑋滢副校長查詢。

For enquiries, please contact Mr. Lui KL or Ms Pang WC, Vice Principal.

(二) 中六 DSE 講座

學校於 1 月 18 日(星期四)為中六同學舉辦 DSE 講座，簡介 DSE 考試細節，並讓同學測試收音機，當天放學時間為 1:00 pm。

**(B) S.6 DSE Talk**

The school will arrange a DSE talk for S.6 students on 18 January (Thursday). Examination details and test of radio reception will be included in the talk. The school will end at 1:00 pm.

**(三) 教師發展日**

1月18日(星期四)為教師發展日，中一、中二、中四、中五學生不用回校。中六級需按照考試時間表回校考試。中三同學將參觀「粵港澳大灣區青年AI發展中心及香港商湯科技公司」，同學請穿著冬季校服及三十周年外套回校，同學可按天氣情況在外套內添衣，參觀詳情請參閱12月6日發出的通告。

**(C) Staff Development Day**

The Staff Development Day will be held on 18 January (Thursday). There is no need for S1, S2, S4, and S5 students to attend school that day. S.6 students will take the exam according to the exam timetable. S.3 students will visit “The Gaungdong-Hong Kong-Macau GBA Youth AI Development Center and SenesTime”. Students should wear the winter school uniforms with 30-year anniversary hoodies. Students are advised to wear warm clothes under the hoodies if the weather is cold. For details, please refer to the school notice dated 6 December.

**(四) 課外活動日**

1月17日(星期三)為中一至中五級課外活動日，部分學會將舉辦活動予同學參加。各學會活動詳情將另函通告。

**(D) ECA Day**

ECA Day will be held on 17 January (Wednesday) for S1 to S5 students to promote all-round development of students. Some ECA clubs will organize activities for students. Details of the ECA clubs activities will be announced in a separate notice.

**(五) 考試之旅單張**

教育局出版的《考試之旅》單張已於18/12/2023分發予同學送達學生手中。它概述以實證為本之抗壓方法力管理技術，以保持心理健康。當事情越重要，同學感受到的壓力就越大。事實上，壓力既可以是正面的，也可以是負面的。適度的壓力是有益的，因為它會激勵我們認真對待事情。然而，如果壓力太大，就會帶來負面影響。這可能會導致拖延、逃避、身體和精神症狀（如胃痛）和失眠。所有這些都會影響我們在工作、考試和學習等日常生活中的表現，導致成績較差。如有需要，學生可以參考單張，並向輔導老師或社工尋求協助。

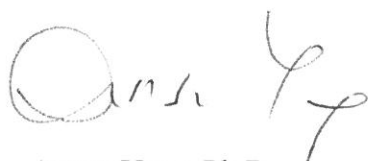
**(E) Journey of Examinations**

The “Journey of Examinations” guide published by EDB has been delivered to students on 18/12/2023. It outlines evidence-based stress management techniques, to maintain mental health. When students feel stressed about things they considered important, they might be anxious. The more important the matter is, the more pressure they feel. In fact, stress can be both positive and negative. A moderate amount of stress can be beneficial as it motivates us to take things seriously. However, if the stress becomes too overwhelming, it can bring negative effects. This may lead to procrastination, avoidance, physical, and mental symptoms (like stomach-aches) and insomnia. All of which can impact our performance in everyday life like work, exam and study, resulting in poorer results. If needed, students can refer to the guide and seek assistance from guidance teachers or social workers.

此 致  
貴家長

Thank you for your attention.

Sincerely,

A handwritten signature in black ink, appearing to read 'Anson Yp', written in a cursive style.

Anson Yang, Ph.D.  
Principal

校長

楊明倫 謹啟

二零二四年一月四日