



**ST. LOUIS SCHOOL**

Circular No. 131 (24-25)

18<sup>th</sup> November, 2024

Dear Parents/Guardians,

**Re: Recruitment for the Campus "Youth Freedom Running Team" Programme —  
A Collective Action to Burn Calories and Spread Warmth**

Running trains young people to be resilient and face challenges courageously. Through overcoming difficulties step by step during training, participants learn to persist until they reach the finish line. Through exercise, the body releases endorphins, helping to alleviate academic and life pressures, and supporting young people's social interactions and overall health development.

Your son / charge is cordially invited to join the captioned programme not only for better health but also for a good cause. All participants will wear smart wristbands to collectively accumulate calories burned through exercise, which will be converted into food donations for a drug rehabilitation centre. Details are as follows:

Dates	25 November, 2024, 17 & 24 February, 3, 10, 17, 24 & 31 March, 2025 (Mondays)
Time	3:45 p.m. to 5:15 p.m.
Venue	School Basketball Court
Organising bodies	Organizing Institution: Sports Change Life Foundation Co-organizing Institution: Hong Kong Chinese Christian Youth Association (Shek Kip Mei Centre) Funding Institution: Correctional Services Department Sports Association Charitable Fund Grant Programme
Coach	Viola Lo, pose method running certified technique specialist
Fee	Free of charge
Attire	P.E. uniform or house jersey
Remarks	Participants with good performance will be sponsored to join The Jockey Club Vitality Run on 2 March 2025 (Sunday).

Interested students should submit the reply slip by 22<sup>nd</sup> November, 2024 (Friday). For enquiries, please contact Ms Ng Kar Wai Vivien at 2546 0117.

Thank you for your kind attention.

Ms NG Kar Wai Vivien  
for Principal

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**Reply Slip**

Circular No. 131 (24-25)

**Re: Recruitment for the Campus "Youth Freedom Running Team" Programme —  
A Collective Action to Burn Calories and Spread Warmth**

Dear Principal,

As the parent / guardian of \_\_\_\_\_ (Class: \_\_\_\_\_ No.: \_\_\_\_\_), I **\*allow / do not allow** my son / charge to participate in the Campus "Youth Freedom Running Team" Programme.

Signature of Parent/Guardian : \_\_\_\_\_

Name of Parent/Guardian : \_\_\_\_\_

Emergency Contact Number : \_\_\_\_\_

Student's Mobile Number : \_\_\_\_\_

Date : \_\_\_\_\_

\* Please delete as appropriate.



## 聖類斯中學

通告第 131 號 (24-25)

各位家長/監護人：

### 招募校園「青年自由跑隊」計劃 --- 齊齊儲運動卡路里送暖大行動

跑步鍛鍊青少年堅毅不屈，面對困難勇敢向前，跑步練習遇到挑戰一步步克服堅持到終點，透過運動令身體釋放安多芬舒緩學習和生活壓力，有助年青人擴闊社交身心健康發展。

誠邀 貴子弟參加校園「青年自由跑隊」計劃強健身心靈並實踐愛德。參加者會佩戴智能手帶齊齊儲運動卡路里轉化食物贈送戒毒中心。是次活動詳情如下：

日期	2024 年 11 月 25 日、2025 年 2 月 17 及 24 日、3 月 3、10、17、24 及 31 日(星期一)
時間	下午 3 時 45 分至 5 時 15 分
地點	學校籃球場
主辦機構	主辦機構：運動改變人生基金會 協辦機構：香港中華基督教青年會 (石硤尾會所) 資助機構：懲教署體育會慈善基金資助計劃
教練	盧颯姿 (姿勢跑法認證教練)
費用	全免
服飾	運動服或社衫
備註	表現優秀的參加者將獲資助參加 2025 年 3 月 2 日舉辦的賽馬會全城躍動活力跑。

有意參加者請填妥回條，並於 2024 年 11 月 22 日（星期五）或之前交回吳家慧老師。如有查詢，請致電 2546 0117 與吳家慧老師聯絡，謝謝。

校長 易浩權博士  
(吳家慧老師代行)

二零二四年十一月十八日

回 條

通告第 131 號 (24-25)

### 招募校園「青年自由跑隊」計劃 --- 齊齊儲運動卡路里送暖大行動

易校長：

本人為學生\_\_\_\_\_（班別\_\_\_\_\_學號\_\_）的家長/監護人，現知悉有關活動。本人\*同意/不同意 敝子弟參加是次計劃。

家長/監護人簽名：\_\_\_\_\_

家長/監護人姓名：\_\_\_\_\_

家長/監護人聯絡電話：\_\_\_\_\_

學生聯絡電話：\_\_\_\_\_

日 期：\_\_\_\_\_