



ST. CLARE'S GIRLS' SCHOOL

50 MOUNT DAVIS ROAD,
HONG KONG

Web Page : www.stclare.edu.hk
E-mail : info@stclare.edu.hk

Tel : 2817 1764
Fax: 2855 8420

Dear Parents,

Sports Elements Measuring

The P.E. Department will arrange Sports Elements Measuring for all S.1 students. The measurings include explosive force, muscle endurance, cardiopulmonary, flexibility, equipoise, agility and so on. The objectives of this programme are to measure students' athletic abilities and identify their talents in sports so as to provide them more accurate training. The details are as follows:

Class	Date	Time	Venue
S.1A	10/9/2016 (Saturday)	09:00 – 10:00	School Covered Playground
S.1B		10:00 – 11:00	
S.1M		11:00 – 12:00	
S.1R		12:00 – 13:00	

All S.1 students will only have to come back to school at the specified time listed above. They should wear summer sportswear, bring sufficient water and a towel with them. After measurements, they will leave school on their own.

Thank you for your attention.

Yours sincerely,

Ms Lucia Lau
The Principal

-----Reply-Slip-----

Notice No. : 1617003

To St. Clare's Girls' School,

Sports Elements Measuring

I hereby agree that my child will attend Sports Elements Measuring at school on 10/9/2016.

Student Name

Parent's Signature

Class & Class Number

Date



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敬啟者：

運動元素測量

本校體育組為全校新中一同學安排運動元素測量，測量項目包括爆發力、肌肉耐力、心肺能力、柔韌性、平衡力和敏捷性。此次活動目的是測量學生的運動能力，找出學生的特質，從而提供最適合的運動培訓。詳情如下：

	日期	時間	地點
1A	10/9/2016 (星期六)	09:00 – 10:00	本校操場
1B		10:00 – 11:00	
1M		11:00 – 12:00	
1R		12:00 – 13:00	

同學當日須穿著整齊運動服裝，帶備水和毛巾，按指定時間自行回校，測量完畢，須自行返家。

此致
貴家長

校長劉鳳兒謹啟

二零一六年九月一日