

Tuen Mun Catholic Secondary School  
2025-2026 School Circular Issue No. 7  
(Suitable for F.1 students)

3<sup>rd</sup> November, 2025

Dear Parents and guardians,

Basic Course on Physical and Mental Health Self-Management, Winter Uniform Change and Payment Notice

Please refer to the following items:

1. Basic Course on Physical and Mental Health Self-Management

Our school is currently participating in the '[Jockey Club LevelMind Programme](#)' initiated by the Jockey Club Charities Trust, aiming to improve the mental health of secondary school students in Hong Kong. One of the activities under this programme will provide Form 1 and Form 2 students with two sessions (a total of four hours) of a Basic Course on Physical and Mental Health Self-Management. Through actively engaging in self-management of physical and mental health, students will be empowered to take charge of their personal well-being. Details of the activity are as follows:

Activity: Basic Course on Physical and Mental Health Self-Management

Organizers: Jockey Club (School-based) LevelMind Programme and New Life Psychiatric Rehabilitation Association

Dates and Times:

Session 1: November 14, 2025 (14:35 - 16:40); Assembly time: 14:35

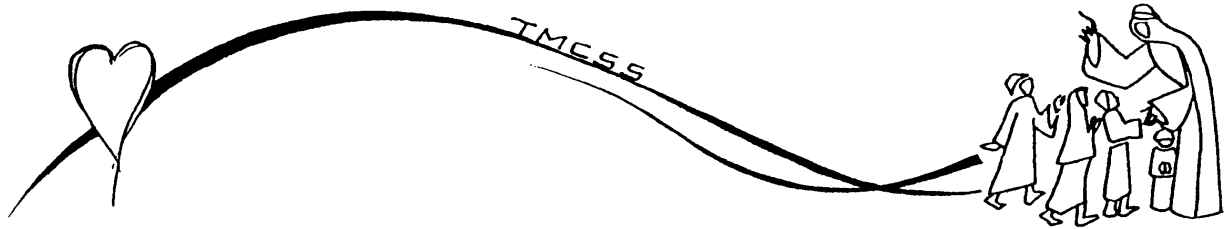
Session 2: March 30, 2026 (time to be confirmed)

Venue: Tuen Mun Catholic Secondary School (Classroom roll call)

2. Winter Uniform Change

As November begins and the weather changes significantly, the school will announce the switch to the winter uniform in a timely manner. Please have your child check whether their winter uniform fits properly. If necessary, uniforms can be purchased from the designated uniform supplier. Uniform requirements can be found on pages 8 and 9 of the student handbook.





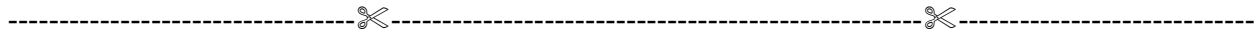
3. Payment Notice

For details regarding payment items, please refer to Payment Notice No. 4. The payment notice will be distributed to parents together with the school newsletter at the beginning of the month.

Should you have any questions, please feel free to contact the class teachers.

Warm regards,

Cheng Suk Wah  
Principal



The reply slip should be submitted by 7<sup>th</sup> November.

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_ Class No.: \_\_\_\_\_

2025-2026 Reply Slip for School Circular Issue No. 7  
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Dear Miss Cheng,

I am well informed with the above information.

Parent's signature: \_\_\_\_\_

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

