



**With effect from 16<sup>th</sup> September, 2020**

S1-S3

<b>Before</b> class resumption	
Online Classes (6-day cycle, 30 min/lesson)	
1 <sup>st</sup> Lesson	08:15 – 08:45
2 <sup>nd</sup> Lesson	08:50 – 09:20
3 <sup>rd</sup> Lesson	09:25 – 09:55
Recess	09:55 – 10:10
4 <sup>th</sup> Lesson	10:15 – 10:45
5 <sup>th</sup> Lesson	10:50 – 11:20
Recess	11:20 – 11:35
6 <sup>th</sup> Lesson	11:40 – 12:10
7 <sup>th</sup> Lesson	12:15 – 12:45
8 <sup>th</sup> Lesson	12:50 – 13:20
Form Teacher Period	13:25 – 13:35

S1-S3

<b>After</b> class resumption	
In-person Classes (6-day cycle, 35 min/lesson)	
1 <sup>st</sup> Lesson	08:10 – 08:45
2 <sup>nd</sup> Lesson	08:45 – 09:20
3 <sup>rd</sup> Lesson	09:20 – 09:55
Recess	09:55 – 10:10
4 <sup>th</sup> Lesson	10:10 – 10:45
5 <sup>th</sup> Lesson	10:45 – 11:20
Recess	11:20 – 11:35
6 <sup>th</sup> Lesson	11:35 – 12:10
7 <sup>th</sup> Lesson	12:10 – 12:45
8 <sup>th</sup> Lesson	12:45 – 13:20
Form Teacher Period	13:20 – 13:35

When classes resume, S1-S3 students should arrive at school by 08:05.  
After-school activities and classes (scheduled after 3:10 pm) will be conducted online.

S4-S5 (not applicable to S6)

<b>Before</b> class resumption	
Online Classes (6-day cycle, 30 min/lesson)	
Form Teacher Period	07:55 – 08:10
1 <sup>st</sup> Lesson	08:15 – 08:45
2 <sup>nd</sup> Lesson	08:50 – 09:20
3 <sup>rd</sup> Lesson	09:25 – 09:55
Recess	09:55 – 10:10
4 <sup>th</sup> Lesson	10:15 – 10:45
5 <sup>th</sup> Lesson	10:50 – 11:20
Recess	11:20 – 11:35
6 <sup>th</sup> Lesson	11:40 – 12:10
7 <sup>th</sup> Lesson	12:15 – 12:45
8 <sup>th</sup> Lesson	12:50 – 13:20

S4-S6

<b>After</b> class resumption	
In-person Classes (6-day cycle, 35 min/lesson)	
Form Teacher Period	07:55 – 08:10
1 <sup>st</sup> Lesson	08:10 – 08:45
2 <sup>nd</sup> Lesson	08:45 – 09:20
3 <sup>rd</sup> Lesson	09:20 – 09:55
Recess	09:55 – 10:10
4 <sup>th</sup> Lesson	10:10 – 10:45
5 <sup>th</sup> Lesson	10:45 – 11:20
Recess	11:20 – 11:35
6 <sup>th</sup> Lesson	11:35 – 12:10
7 <sup>th</sup> Lesson	12:10 – 12:45
8 <sup>th</sup> Lesson	12:45 – 13:20

When classes resume, S4-S6 students should arrive school by 07:55.  
After-school activities and classes (scheduled after 3:10 pm) will be conducted online.





### Temperature Record Sheet

1. Parents/Guardians should take their children's temperature before going to school. For normal body temperature range, please refer to the "Reference Range for Temperature Screening" in the "Guidance Note on Monitoring of Body Temperature" by the Centre for Health Protection, Please browse  
[https://www.chp.gov.hk/files/pdf/guidance\\_note\\_on\\_monitoring\\_of\\_body\\_temperature.pdf](https://www.chp.gov.hk/files/pdf/guidance_note_on_monitoring_of_body_temperature.pdf)
2. When the student has fever, he should not attend school and should consult a doctor promptly, apply for sick leave, stay at home and take rest.
3. Parents/Guardians should record their children's temperature and sign on the record sheet daily. The record sheet should be returned to school staff/class teacher for checking.
4. Parents/Guardians should also complete the record sheet during holiday.

### 量度體溫記錄表

1. 每天上學前，家長/監護人須為學生量度體溫，有關正常體溫讀數範圍，請參考衛生防護中心的《體溫監測須知》內的「體溫量度參考」，請瀏覽  
[https://www.chp.gov.hk/files/pdf/guidance\\_note\\_on\\_monitoring\\_of\\_body\\_temperature\\_chi.pdf](https://www.chp.gov.hk/files/pdf/guidance_note_on_monitoring_of_body_temperature_chi.pdf)
2. 學生如有發燒，切勿回校，應立刻求醫並向校方請假，留在家中休息。
3. 每天記錄學生體溫後，請家長/監護人簽署作實，然後學生交回學校負責教職員/班主任查閱。
4. 放假期間，家長/監護人亦須填寫「量度體溫記錄表」。



**2019 Coronavirus Disease (COVID-19)**  
**Declaration form for travel history and health status of students**

Annex 3

Name of Student: \_\_\_\_\_ Class: \_\_\_\_\_ Class No: \_\_\_\_\_

*Please complete the below form and return to school (Please put a "✓" in the appropriate box)*

**Part A – Travel history of your son outside Hong Kong in the past 14 days**

- My son has not been away from Hong Kong in the past 14 days prior to class resumption
- My son has paid visit outside Hong Kong in the past 14 days prior to class resumption

Duration: From \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) (Departure date)  
To \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) (Arrival date)

Destination (Please specify countries and cities) : \_\_\_\_\_

**Part B – Whether your son has confirmed infection of COVID-19**

- My son has not confirmed infection for COVID-19.
- My son has confirmed of COVID-19 infection and has already recovered. Hospitalization Period :  
From \_\_\_\_\_ (Month) \_\_\_\_\_ (Day)  
To \_\_\_\_\_ (Month) \_\_\_\_\_ (Day)

**Part C – Health status of those taking care of your son, or those living with your son**

- Person taking care of or living together with my son has not confirmed infection for COVID-19
- Person taking care of or living together with my son has confirmed infection for COVID-19, the person has recovered / is still receiving treatment in hospital / has been discharged from hospitals and taking medicine. (please delete as appropriate)

Relation with my son (please specify) \_\_\_\_\_

- Person taking care of or living together with my son, has not been classified as "close contact of an infected person"\* of COVID-19.

*\* In general, close contact means having cared for, having lived with, or having had direct contact with respiratory secretions and body fluids of a confirmed patient.*

**Part D – Current health status of your son**

- My son has no symptoms of cough, shortness of breath, breathing difficulty and sore throat.

Name of Parent/Guardian (in Block Letter) : \_\_\_\_\_

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

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



**2019 冠狀病毒病  
學生外遊及健康狀況申報表**

學生姓名：\_\_\_\_\_ 班別：\_\_\_\_\_ 班號：\_\_\_\_\_

請填妥下列表格交回學校(在適當方格上加上「✓」號)。

**甲部-14天內的學生外遊紀錄**

本人子弟在復課前14天內沒有離開香港

本人子弟在復課前14天曾到訪香港境外的國家／地區

離港時期：由2020年\_\_月\_\_日(離港日期)至\_\_月\_\_日(抵港日期)

外遊地點(請列明國家及城市)：\_\_\_\_\_

**乙部-學生是否曾經確診**

本人子弟沒有證實患上「2019冠狀病毒病」。

本人子弟曾證實患上「2019冠狀病毒病」，並已痊癒。

留院日期：由\_\_月\_\_日至\_\_月\_\_日

**丙部-照顧學生、或與學生同住的人士的健康情況**

照顧本人子弟、或與其同住的人士均沒有證實患上「2019冠狀病毒病」。

照顧本人子弟、或與其同住的人士中，有證實患上「2019冠狀病毒病」，現已經痊癒／仍留院醫治/出院進行藥物治療(請刪去不適用者)。

該患者和本人子弟的關係：\_\_\_\_\_

照顧本人子弟、或與其同住的人士中，並沒有被衛生署界定為2019冠狀病毒病確診個案的「密切接觸者」。

註：「密切接觸者」一般指曾經照顧患者、與患者共同居住或曾經接觸過患者的呼吸道分泌物和體液的人士。

**丁部-學生的健康狀況**

本人子弟沒有咳嗽、氣促、呼吸困難或咽喉痛等徵狀。

家長／監護人簽署：\_\_\_\_\_

家長／監護人姓名(正楷)：\_\_\_\_\_

日期：\_\_\_\_\_