

黃大仙天主教小學
2026 至 2027 年度
有關「賽馬會樂動人生計劃」事宜

通告 e045

敬啟者：

本校正參與由香港賽馬會慈善信託基金策劃及捐助的「賽馬會樂動人生計劃」。此計劃由香港浸會大學、港協暨奧委會「奧夢成真」、香港教育大學和香港管弦樂團聯合主辦，為學童提供高質素的音樂和體育活動，促進全人發展。同時，香港浸會大學受托進行縱向研究，以探討計劃對學生在社交、情感及認知發展方面的影響。計劃為期三年至 2028/29 學年，將惠及本校學生、家長及教師。

甲. 計劃內容如下：

A. 第一階段：全校參與的體驗活動

音樂範疇		體育範疇	
全年進行	香港浸會大學、香港教育大學及香港管弦樂團分別為本校學生舉辦音樂會及主題學習日。	22/9-9/10 (二至五)	● OCR 障礙競技運動 ● P.1-6 學生在體育課進行

B. 第二階段：持續性音樂或體育訓練

音樂範疇(約 90 人)		體育範疇(220 人)	
年級：	P.3-4 全級學生	年級：	P.1, 2, 5 全級學生 P.4, 6 部分學生
項目：	小提琴、中提琴、大提琴、 低音大提琴	項目：	足球、田徑、躲避盤、欖球
上課時間：	A 組：下午 2:00-3:00 B 組：下午 3:15-4:15	上課時間：	A 組：下午 2:00-3:00 B 組：下午 3:15-4:15

1. 獲選學生須全年參加學校安排的音樂及體育課程，並按時出席每一節課，出席率需達 90%。
2. 部分參與持續音樂或體育培訓的學生，需每週留校一天，訓練至下午 4:15 結束。
3. 計劃免費提供的音樂樂器或體育器材僅於校內使用。

在計劃進行期間，本計劃將透過問卷、訪談及其他方式，收集貴子女的學業表現、音樂及體能活動習慣等資料。所有資料僅供學術研究之用，並嚴格遵循賽馬會慈善信託基金之《私隱條款》。學生一經參與本計劃，即表示貴家長及學生已同意該條款對個人資料處理之相關規定。本校將於活動期間進行拍照及錄影，所獲之照片與影片將用於教育推廣，並可能公開於計劃相關網頁。

如欲參加本計劃，請細閱附件一及二，並於 4/9/2026（五）或之前簽妥電子回條。為使評估更具代表性和完整性，誠盼家長鼎力支持，並鼓勵孩子投入參與，共同為教育及學術發展作出貢獻。若家長對此研究計劃或程序有任何疑問，歡迎透過 jcprojects@hkbu.edu.hk 或 3411 6720 聯絡香港浸會大學研究團隊。

此致
貴家長

校長： 趙懿蓮 謹啟
(趙懿蓮)

二零二六年九月二日

聖經金句：我兒，你若願意，就可受教；你若專心，就會明智。(德 6:33)

----- ✂ ----- 回

條 ----- ✂



敬覆者：

茲收到 貴校第 e045 號通告，知悉有關「賽馬會樂動人生計劃」事宜，現回覆如下：

1. 參加計劃

- ☐ 本人同意敝子弟參加「賽馬會樂動人生計劃」。
- ☐ 本人不同意敝子弟參加「賽馬會樂動人生計劃」。(原因：_____)

2. 參與研究

- ☐ 本人同意本人及敝子弟參與上述評估，並知悉如我的孩子參加「賽馬會樂動人生計劃」第二階段持續性音樂或體育訓練，參加訓練的組別會有機會被隨機分配。
- ☐ 我不同意本人及敝子弟參與上述研究。

3. 參與研究時，進行錄音、錄影及/或拍照

- ☐ 我同意本人及我的孩子進行錄音、錄影及/或拍照。
- ☐ 我不同意本人及我的孩子進行錄音、錄影及/或拍照。

4. 家長問卷

同意參加研究的學生家長，請掃描 QR code 填寫家長問卷。問卷共 24 題，預計完成時間約 5-10 分鐘。



此覆
黃大仙天主教小學

_____ 班學生 _____ ()

家長姓名：_____

家長簽署：_____

聯絡電話：_____

二零二六年九月 _____ 日
負責老師：楊美絲主任

賽馬會樂動人生計劃

使用個人影像及個人資料通告

附件一

親愛的家長 / 監護人：

「賽馬會樂動人生計劃」(下稱“本計劃”)由香港賽馬會慈善信託基金(下稱“信託基金”)策劃及捐助，香港浸會大學、港協暨奧委會奧夢成真有限公司、香港教育大學、香港管弦樂團聯合主辦(下稱“聯合主辦方”)。本計劃旨在透過高質素的免費音樂和體育課外活動，提升兒童的正向發展、學習表現和社會機會。本計劃將惠及小學生、音樂和體育教學人員、家長、教師和公眾人士。本計劃期望令兒童獲得更全面的品格發展，改善心理健康，同時提高公眾的體育和藝術素養，對體育和藝術擁有更高的參與率和欣賞度。貴子女的學校為計劃參與學校之一。

本計劃將致力於音樂及體育活動和全人發展相關之教育與學術研究，因此本計劃進行期間會以不同途徑收集貴子女有關學業成績、音樂及體育活動習慣和能力等個人數據及資料，包括問卷調查、訪問、學校記錄、健康體適能及基礎動作技巧評估作學術研究用途。整個研究過程中所取得資料只用作學術研究用途，閣下及貴子女的姓名絕不會被公開。信託基金將根據其《私隱條款》(www.hkjc.com/home/chinese/corporate/corp_privacy_hkjcct.aspx)使用本計劃所收集的個人資料而有關研究可能交由聯合主辦方負責。研究對本計劃的未來發展及規劃尤其重要。

另外，本計劃將於參與學校進行參加有關音樂及體育活動時拍照及攝錄，以作本計劃推廣教育之用；所得照片及/或攝錄片段可能被上載於本計劃有關之網頁、製作短片及宣傳品。現誠邀閣下及貴子女參與本計劃的照片及/或攝錄部分，閣下及貴子女可以自行決定是否參與本計劃的照片及/或攝錄部分，無論是否參與本計劃的照片及/或攝錄部分，閣下及貴子女都可繼續參與本計劃。閣下及貴子女同意參與本計劃的照片及/或攝錄部分後，亦可以隨時終止參與照片及/或攝錄部分，唯終止參與前所拍攝的照片及/或攝錄部分，如已用以製作短片及宣傳品將未能撤回，敬請留意。

現請有意參加「賽馬會樂動人生計劃」的家庭/監護人請於二零二六年九月十日前簽署附件二之同意書並將已簽妥的同意書交回學校負責老師。

如閣下想知道更多有關「賽馬會樂動人生計劃」的內容，或對本計劃參與者的權益有任何疑問，歡迎致電 2654 3327 與香港賽馬會慈善事務部盧女士聯絡。

賽馬會樂動人生計劃謹啟

二零二六年九月一日

Notice for Use of Image and Personal Data

Dear parents/guardians,

JC Project MuSE (“Project”) is a school-based music (Mu) and sports (S) education (E) programme, initiated and funded by The Hong Kong Jockey Club Charities Trust (“Trust”) and co-organised by Hong Kong Baptist University, SF&OC Sports Legacy Company Limited, The Education University of Hong Kong and the Hong Kong Philharmonic Orchestra (collectively “Co-organisers”). The Project aims to enhance children’s positive development, academic performance and social opportunities through free, high-quality extracurricular activities in music and sports. The Project will benefit primary school students, music tutors, sports coaches, parents, teachers, and the community at large. The Project hopes to enable children to achieve more comprehensive character development, improve mental health, and improve the public’s sports and artistic literacy at the same time, leading to a higher participation rate and appreciation of sports and arts. Your children’s school is one of the schools participating in the Project.

The Project is dedicated to education and academic research related to music and physical activities and whole-person development. Therefore, during the Project, your children’s personal data and information on academic performance, music and physical activity habits and abilities will be collected through different channels, including questionnaires, interviews, school records, health fitness and basic movement skills assessments, for academic research purposes. The information obtained during the entire research process will be used for academic research purposes only, and you and your children’s names will never be published. The Trust will use the personal data collected under this Project in accordance with its Privacy Policy Statement (https://www.hkjc.com/home/english/corporate/corp_privacy_hkjcct.aspx) and the relevant research may be handled by the Co-organisers. Research is particularly important for the future development and planning of this Project.

On the other hand, photos and videos will be captured during the music and sports activities, for promoting education purposes in relation to this Project. The photos and/or video clips obtained may be uploaded to the Project’s related webpage, used in short videos and promotional materials. You and your children are invited to participate in the photo and/or video sections of this Project. Your and your children’s participations are entirely optional, and your decision will not affect your and your children’s participations in the Project. You have the right to withdraw your consent at any time after giving your consent to participate in photo taking and/or video taking. However, kindly note that photos or videos captured before your withdrawal may have already been used for the production of promotional materials or videos. In such cases, those photos or videos used may not be retracted from the promotional materials or videos.

Please sign the consent form provided in Annex II and return the completed form to the teacher-in-charge by **10 September 2026**.

For further information about the Project or any questions regarding your rights, please feel free to contact Ms Lo, The Hong Kong Jockey Club Charities Trust, at 2654 3327.

Yours sincerely,

JC Project MuSE

1 September 2026

「賽馬會樂動人生計劃」
兒童音樂與運動訓練：一項縱向研究
REC/24-25/0141 (Human Ethics - Non-Clinical)

「賽馬會樂動人生計劃」是一項由香港賽馬會慈善信託基金(下稱“信託基金”)策劃及捐助的計劃，及由香港浸會大學受托於信託基金進行的縱向研究。研究旨在探討本計劃對學生社交、情感和認知發展上的影響。

此計劃希望透過長時間收集數據，讓我們更有效地了解音樂和體育教育的長期益處。參與這項研究完全屬自願的，您有權隨時讓您的孩子退出，退出研究並不會對他們的學業造成任何負面後果或影響。我們相信這項研究結果將對音樂及體育的教學領域作出顯著貢獻，望能為其他孩子提供更多學習機會。

研究資訊

研究維持三年。若您同意讓您及孩子參加此項研究，您的孩子將在研究期間參與一套設計全面的長期音樂和/或運動課程。研究團隊亦會在研究計劃期間和在課程中通過直接觀察、使用不同測量工具如：問卷調查、收集學校成績表及訪談(小組或個人形式)來收集數據。研究團隊會安排參加者參加研究 A 或研究 B。

- 研究 A:您的孩子將在研究期間參與持續性音樂和／或體育訓練。
- 研究 B:您的孩子會被隨機分配到其中一組別：持續性音樂訓練、持續性體育訓練、持續性音樂及體育訓練、對照組（沒有任何訓練）。您的孩子將在研究期間參與持續性音樂和／或體育訓練，或沒有任何訓練。

不論您及孩子是參加那項研究，研究團隊將於(i) 研究開始前、(ii) 第一學年完結前、(iii) 第二學年開始時、(iv)第二學年完結前、(v)第三學年開始時、及(vi) 第三學年完結前，收集您孩子的幸福指數（每次約需 5-10 分鐘），以及收集您對孩子執行功能的數據（每次約需 5-10 分鐘）。同時我們亦會在這六個時間點聯絡負責跟進您的孩子的教職員，運用問卷了解他/她的情緒社交能力。研究團隊亦會在每個學年完結前透過學校取得該整個學年的學校成績表和體適能成績(如有)。部分孩子和家長亦會在每個學年完結前獲邀接受研究團隊的訪問，旨在了解孩子在訓練中的經驗。訪問會大約需時 60 分鐘。

減低風險的保障措施

所有音樂和體育活動將由受過訓練的工作人員和導師進行監督，他們熟悉安全規範和正確技術，以確保學習環境安全。在參與任何活動之前，參與者會先理解安全守則及課程對他們的期望，幫助他們理解遵循工作人員指示的重要性。工作人員會監測參與者的情緒狀況，並適時給予支援並解決可能出現的情況。整個研究項目將保密，所有個人資料將妥善儲存，僅供授權人員查閱。

保密

研究期間收集的所有資訊將絕對保密。您及孩子的名字及其身分資料將不會出現在任何報告或出版物中。數據將妥善儲存，並只有研究團隊中授權人員才能存取。所有資料將保留七年，之後將會被安全處理。

退出研究的資料處理

若您及孩子決定退出研究，之前收集的所有資料將繼續受到保密，您有權要求刪除與您及孩子相關的任何數據。如果您選擇不提出此要求，這些資料將會被保留用於研究及分析。您及孩子的身分會保持

保密，並不會識別於任何報告或出版物中。我們將全力以赴保障您及孩子的隱私和福祉。

錄音、錄影/拍攝許可

作為本研究的一部分，我們可能會在研究期間對您及孩子進行錄音、錄影及/或拍照。您及孩子的身分在研究結果將受到保密，並不會識別於任何報告或出版物中，以確保他們隱私。

終止參與

研究團隊將保留終止您及孩子參與本計劃的權利，並毋需得到您們的同意。例如：您們做出對自己或他人構成風險的行為、或他們被診斷因醫療或心理原因而無法參與，或他們未能遵守制定的安全或參與準則。我們將採取措施確保每位參與者安全和福祉，這是我們的首要任務。

聯繫

若您們對我們的計劃或程序有任何疑問，歡迎透過 jcprojects@hkbu.edu.hk 和/ 或 34111259 聯絡研究團隊。

知悉同意

勾選相應方格並簽署此表格，即表示您同意本人及您的孩子參與這項持續性音樂或體育訓練／研究。若您不同意本人並不允許您的孩子參與，請勾選「不允許」方格。透過在下面簽名，您同意您已閱讀所提供的資訊。

我已閱讀並理解有關本計劃的信息，並且同意遵守本同意書中概述的條款和條件。我確認我已收到此表格的副本作為我的記錄。透過簽署本文件，我同意我及孩子參與此項研究，亦了解若不遵守這些準則可能會引致的安全問題，並了解相關風險。

我允許在本計劃過程(包括持續性訓練和研究)中對我及孩子進行錄音、錄影及/或拍照，並理解這些錄音將僅用於研究目的，並將以保密處理。我承諾確保遵守這些準則，並已就任何不確定之處向有關人員提出問題。我明白我及孩子參與這項研究完全是自願的，並同意我及孩子參與這項研究。

JC Project MuSE

Music and Sports Training in Young Children: A Longitudinal Study

REC/24-25/0141 (Human Ethics - Non-Clinical)

JC Project MuSE ("Project"), is a school-based music (Mu) and sports (S) education (E) programme, initiated and funded by The Hong Kong Jockey Club Charities Trust. The longitudinal study, conducted by Hong Kong Baptist University, aims to examine the social, emotional, and cognitive effects on students participating in sports and music programmes provided by the Project.

This study is designed to gather insights over an extended period, allowing us to better understand the long-term benefits of the sports and music interventions provided through the Project. Participation in this study is entirely voluntary, and participants have the right to withdraw from the study at any time without any negative consequences or impact on their educational experiences. We believe that the findings from this study will contribute significantly to the field and help enhance opportunities for other young learners.

INFORMATION

The study will last for three years. If you agree to allow your child to participate in this study, your child will engage in a comprehensive and continuous programme in sports and/ or music sessions throughout the duration of the Project. Throughout the programme, data will be collected through a combination of direct observations, structured surveys using various measurement tools, students' report cards, and interviews (individual or group format) with different stakeholders. The research team will arrange for the participants to participate in either Study A or Study B:

- **Study A:** Your child will continuously participate in music and/or sports programmes during the study period.
- **Study B:** Your child will be randomly assigned to one of the following groups: music programme, sports programme, music and sports programme, or control group (no programme). Your child will either continuously participate in music and/or sports programmes or not participate in any programme.

Regardless of the study in which you and your child participate in, the research team will collect your child's well-being index (each taking about 5–10 minutes) and your responses to a questionnaire about your child's executive function (each taking about 5–10 minutes) at six time points: (i) before the study begins, (ii) before the end of the first school year, (iii) the start of the second school year, (iv) before the end of the second school year, (v) the start of the third school year, and (vi) before the end of the third school year. The research team will also contact the school staff responsible for your child to collect data on your child's social and emotional skills at these six time points. Additionally, the research team will obtain your child's school report and physical fitness record (if any) by the end of each school year. Some parents and children will also be invited for interviews with the research team to understand their experiences on the programme by the end of each school year. The interview will last for around 60 minutes.

SAFEGUARDS TO MINIMIZE RISKS

All music and sports activities will be supervised by trained staff and instructors who are well-versed in safety protocols and proper techniques to ensure a secure environment for participants. Prior to engaging in any activities, participants will undergo a thorough orientation that covers essential safety guidelines and expectations, helping them understand the importance of following these protocols to safely engage in the designed programmes. Regular check-ins will be conducted to monitor the emotional well-being of participants, allowing staff to provide support and address any concerns or issues that may emerge. Data confidentiality will be strictly maintained throughout the programme, with all personal data securely stored and accessible only to authorized personnel, thereby fostering a trusting environment for both participants and their families.

CONFIDENTIALITY

All information collected during the study will be kept confidential. You and your child's name will not be used in any reports or publications. Data will be stored securely and only accessible to the research team. Please note that all data will be retained for a period of 7 years, after which it will be securely disposed of to ensure privacy.

DATA RETENTION UPON WITHDRAWAL

If you and your child decide to withdraw from the study, any data collected up to that point will be managed with the utmost care and respect for your child's privacy. You have the right to request the deletion of all data

related to you and your child, and we will promptly comply with this request. Should you choose not to make such a request, the data will be retained for analysis purposes; however, please be assured that your child's identity will remain confidential, and they will not be identifiable in any reports or publications resulting from the study. You and your child's privacy and well-being are our top priorities.

PERMISSION REQUEST FOR AUDIO TAPE, VIDEO TAPE/ FILMMING

As part of this study, we may audio record, video record, and/or photograph you and your child during sessions to support various research-related objectives. You and your child's identity will be kept confidential in any presentations or publications resulting from the study, ensuring their privacy is maintained at all times.

TERMINATION OF PARTICIPATION

The project team reserves the right to terminate you and your child's participation in this study without regard to your consent under certain circumstances. This may occur if you or your child exhibits behavior that poses a risk to themselves or others, if they are deemed unable to participate due to medical or psychological reasons as determined by the project team, or if they fail to comply with the safety or participation guidelines established by the project. The safety and well-being of all participants are our top priorities, and such measures will be taken to ensure a secure environment for everyone involved.

CONTACT

If you have questions at any time about the study or the procedures, you may contact the research team at jcprojects@hkbu.edu.hk and/ or [34111259](tel:34111259).

CONSENT

You agree to and give permission for your child to participate in this study by checking the appropriate 'Yes' box and signing this form. If you do not agree to and do not give your child permission to participate, please check the 'No' box. By signing below, you agree that you have read the information provided.

I have read and understand the information regarding this study, and I agree to abide by the terms and conditions outlined in this consent form. I acknowledge that I have received a copy of this form for my records. By signing this document, I give my consent for both my child and myself to participate in this ongoing study. I understand that non-compliance with these guidelines may lead to safety issues, and I am aware of the associated risks as detailed above.

I give my consent for both my child and myself to be audio-recorded, video-recorded, and photographed during the course of this study, understanding that these recordings will be used solely for research purposes and will be handled with the utmost confidentiality. I commit to ensuring compliance with these guidelines and have been given the opportunity to ask questions if I have any uncertainties regarding the content. I recognize that my child and my participation in this research are entirely voluntary, and I willingly consent to our involvement in the study.