



沙巴崇正中学

SABAH TSHUNG TSIN SECONDARY SCHOOL

2022学年4月实体开课校园学务及防疫指南

STUDENT AFFAIRS GUIDE AND PRECAUTIONARY MEASURES
(Resumption of Physical Classes in April 2022)

格物致知

The Knowledge Grid

格物致知

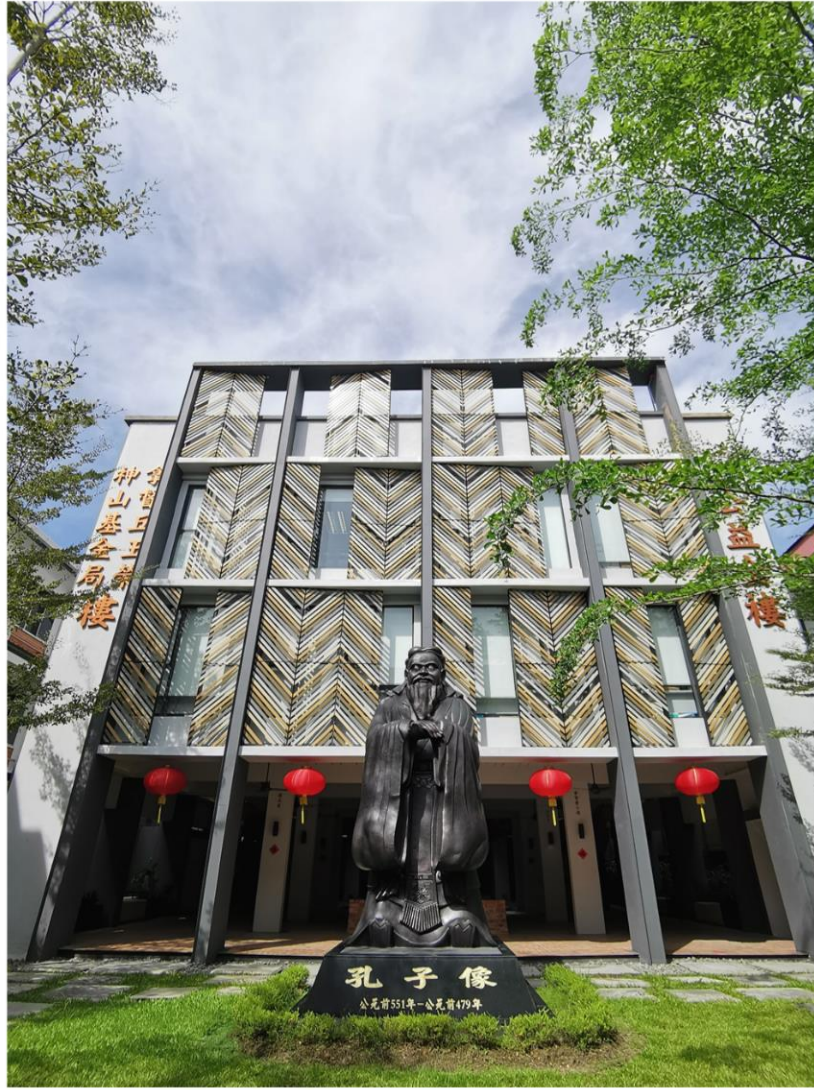


格物致知出自《礼记·大学》：“古之欲明明德于天下者，先治其国；欲治其国者，先齐其家；欲齐其家者，先修其身；欲修其身者，先正其心；欲正其心者，先诚其意；欲诚其意者，先致其知，致知在格物。”

四大学习目标：

- (1) 学会学习
- (2) 认识自己
- (3) 多元探索
- (4) 终身学习

The Knowledge Grid



The knowledge grid comes from The Book of Rites and The Great Knowledge: “Those who desire to be clear and virtuous in the world in ancient times will first govern their country; those who want to govern their country must first cultivate their homes; those who want to cultivate their homes first cultivate their bodies; those who want to cultivate their bodies first straighten out their hearts; those who want to straighten out their hearts first be sincere; those who want to be sincere in their intentions, first give their knowledge, and know that they are in the grid.

4 Learning objectives:

- (1) Learn to learn*
- (2) Know yourself*
- (3) Broaden your horizons*
- (4) Lifelong learning*



学务指南

STUDENT AFFAIRS GUIDE

2022年4月4日起，各年级上课模式如下，直到另行通知：
Lessons shall be conducted according to the format below from 4 April 2022 until further notice:

班级 Form 日期 Date	初一至高三 <i>Junior One to Senior Three</i>	备注 Remarks
04.04.2022 – 30.04.2022	实体课 <i>Physical lessons</i>	Apr 28-30: 49 th Annual Sports Meet
02.05.2022 – 07.05.2022	Hari Raya Holidays	May 02: Labour Day – Replacement Holiday May 03-04: Hari Raya Aidilfitri
09.05.2022 – 21.05.2022	实体课 <i>Physical lessons</i>	May 14: Teachers' Day Celebration May 16: Wesak Day–Replacement Holiday
23.05.2022 – 03.06.2022	第一学期期末考试 TERM EXAMINATION	May 30-31: Harvest Festival

上课时间表

TIMETABLE

D A Y	7:10	7:20	8:00	9:00	9:40	10:30	11:10	12:40	13:20	14:10	14:50
	7:20	8:00	8:40	9:40	10:20	11:10	11:50	13:20	14:00	14:50	15:30
1											
2										9	10
3	MS	1	2	3	4	5	6	7	8		
4										-	
5										-	
	7:10 7:20	7:20 7:55	7:55 8:30	8:30 9:05	9:25 10:00	10:00 10:35	10:50 11:25	11:25 12:00			
6	MS	1	2	3	4	5	6	7	-	-	-

Important Notice

2022年4月4日实体复课首日，第1及2节将和第5及6节对调，以便班导师及同学能为实体复课进行准备。

On 4 April 2022, Periods 1 and 2 will be swapped with Periods 5 and 6 to give form teachers and students time to make preparation for the resumption of physical classes.

DAY	7:10	7:20	8:00	9:00	9:40	10:30	11:10	12:40	13:20	14:10	14:50
	7:20	8:00	8:40	9:40	10:20	11:10	11:50	13:20	14:00	14:50	15:30
1	MS	1	2	3	4	5	6	7	8	9	10
		Class Meeting	Assembly			Period 1	Period 2				



校门及交通管制

SCHOOL GATE OPERATING HOURS &
TRAFFIC CONTROL

早上校门管制

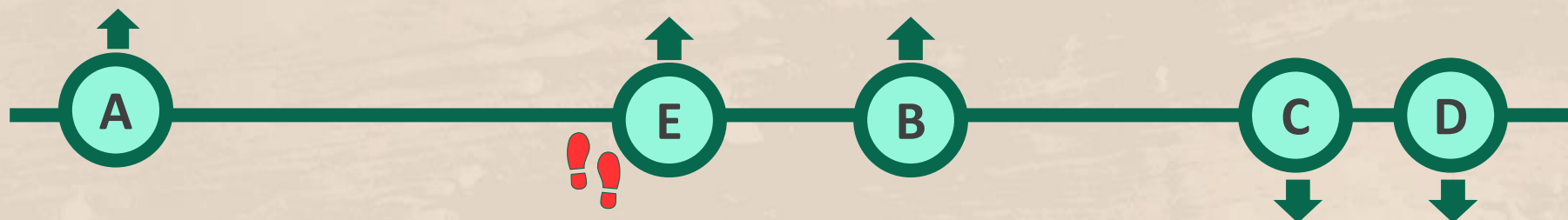
SCHOOL GATES (MORNING)

校门 Gate	开门时间 Opening Time	关门时间 Closing Time
A	6:00 a.m.	7:10 a.m.
B	5:30 a.m.	6:00 a.m.
C	6:00 a.m.	7:10 a.m.
D	6:00 a.m.	7:10 a.m.
E 	6:00 a.m.	7:10 a.m.
后门 Back	6:00 a.m.	7:10 a.m.



所有步行进入校园的同学务必使用Gate E.

All students must use Gate E to enter the school compound.



放学校门管制

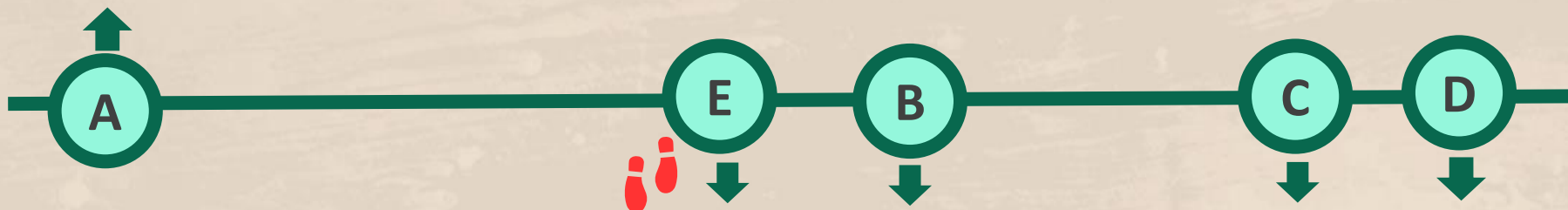
SCHOOL GATES (DISMISSAL)

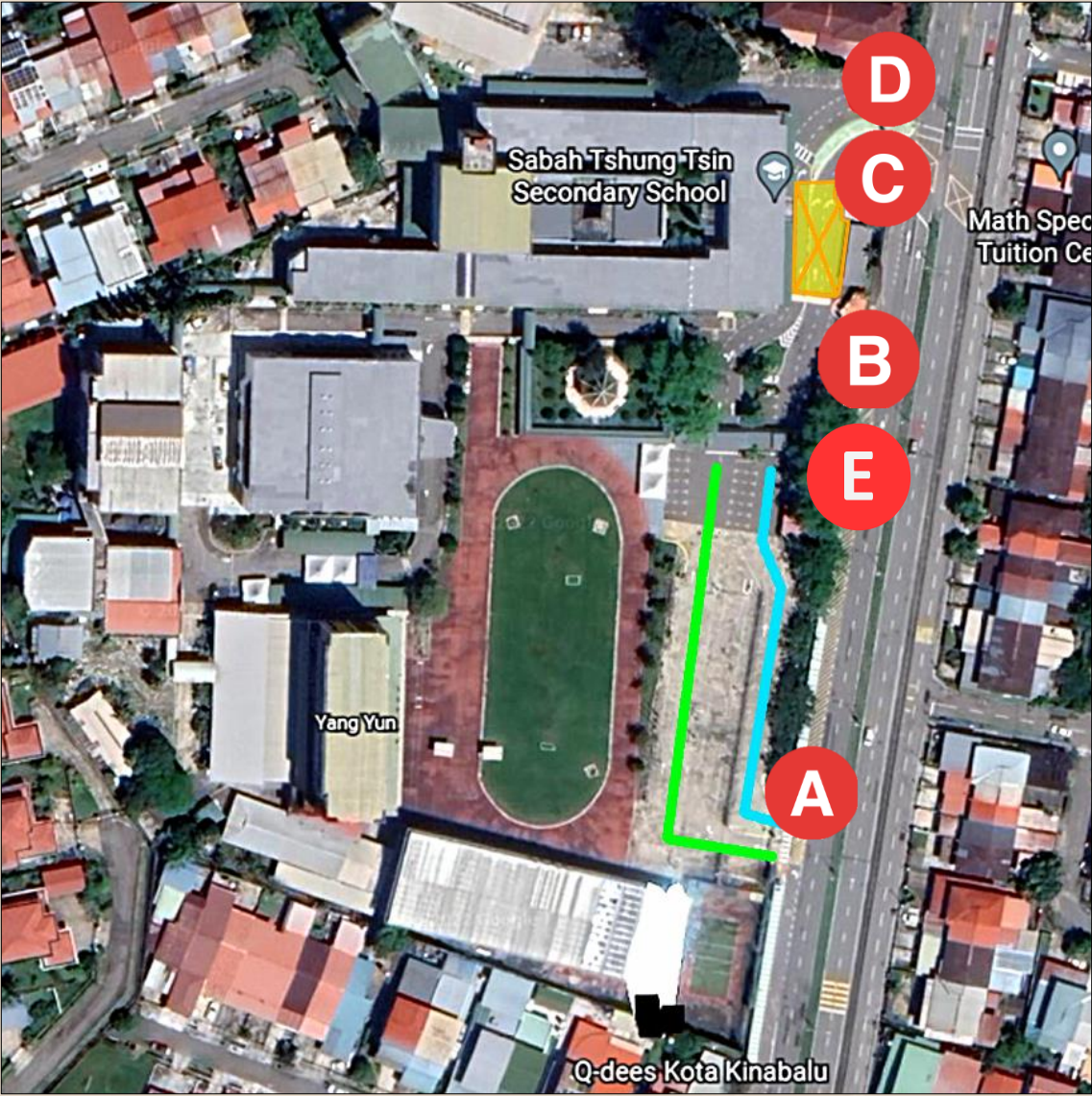
校门 Gate	开门时间 Opening Time	关门时间 Closing Time
A	1:50 p.m. / 3:20 p.m.	3:00 p.m. / 4:30 p.m.
B	-	6:00 p.m.
C	1:50 p.m. / 3:20 p.m.	3:00 p.m. / 4:30 p.m.
D	1:50 p.m. / 3:20 p.m.	3:00 p.m. / 4:30 p.m.
E 	1:50 p.m. / 3:20 p.m.	3:00 p.m. / 4:30 p.m.
后门 Back	2:00 p.m. / 3:30 p.m.	2:30 p.m. / 4:00 p.m.



所有步行离开校园的同学务必使用Gate E.

All students must use Gate E to enter and exit the school compound.







Legend:

 To KK & Likas

 To Damai & Luyang

 School Gate


 No Stopping Zone

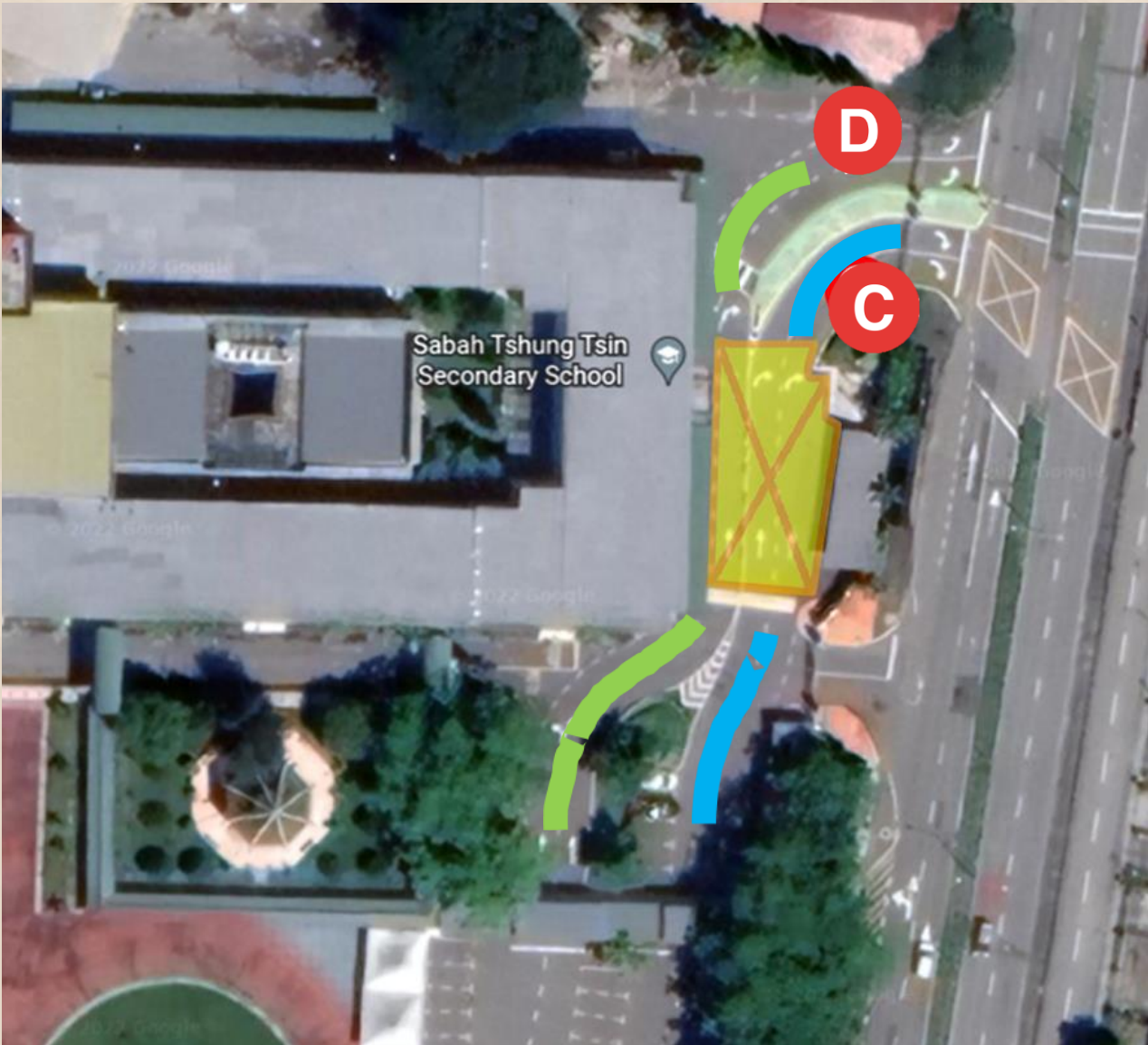


Legend:

 To KK & Likas

 To Damai & Luyang

 School Gate



Legend:



To KK & Likas



To Damai & Luyang



School Gate



No Stopping Zone



□ 学生上下车区。 Student drop-off zone.



□ 禁止上下车。Strictly no drop-off.

- 每天早上提早到，避免塞车及分散检测点人流量。
- *Kindly come to school early to avoid traffic jams and minimize overcrowding at the Access Points.*

- 同学们在等车期间不得群聚嬉闹，严禁到附近商店溜达。
- *Students are not allowed to gather in groups while waiting for their transportation. Going to the nearby shops is also forbidden.*

- 请同学们放学后立即回家，勿到附近商店堂食。
- *Students are to go home immediately after school is dismissed. Dining at the nearby shops is also forbidden.*

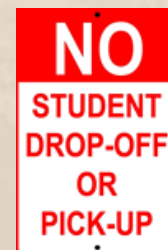
- 一旦离开校园，同学们不允许再次回到学校，请留在人行道等候家长。
- *After exiting the school compound, students are not allowed to go back. Kindly wait at the pick-up zone.*



温馨提醒

FRIENDLY REMINDER

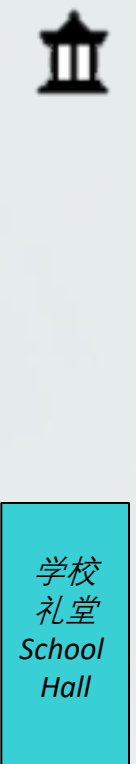
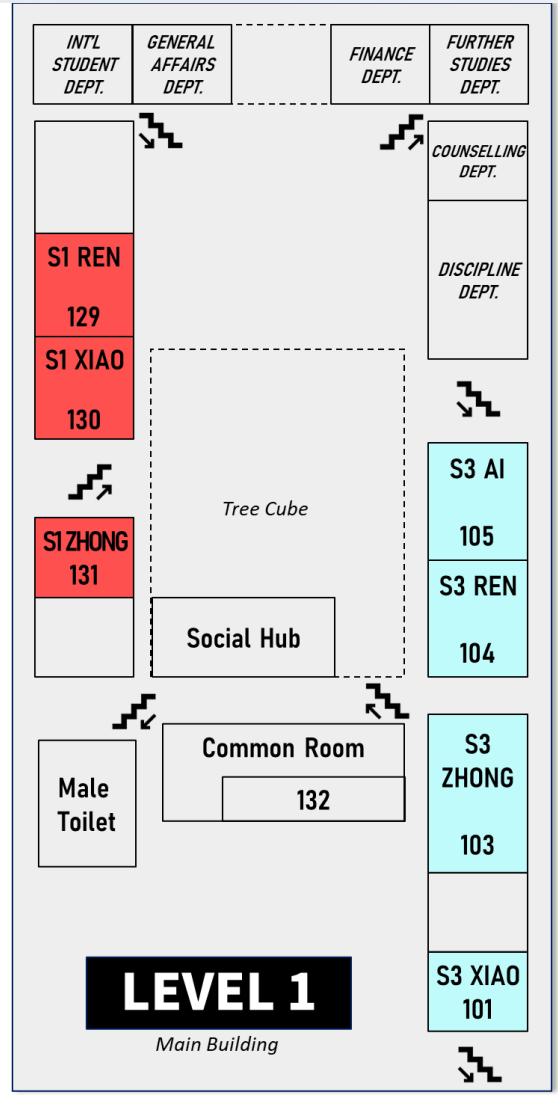
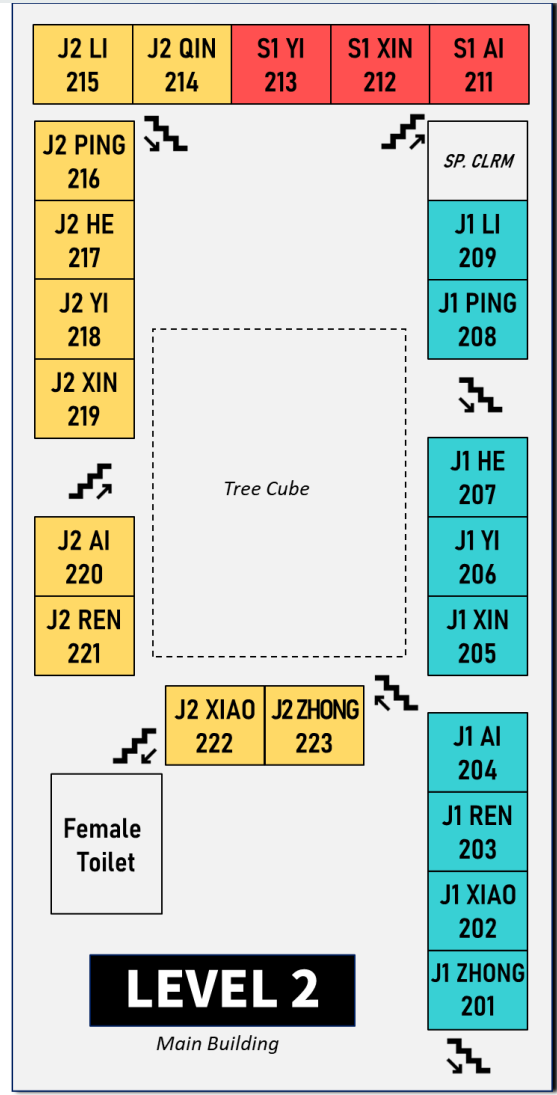
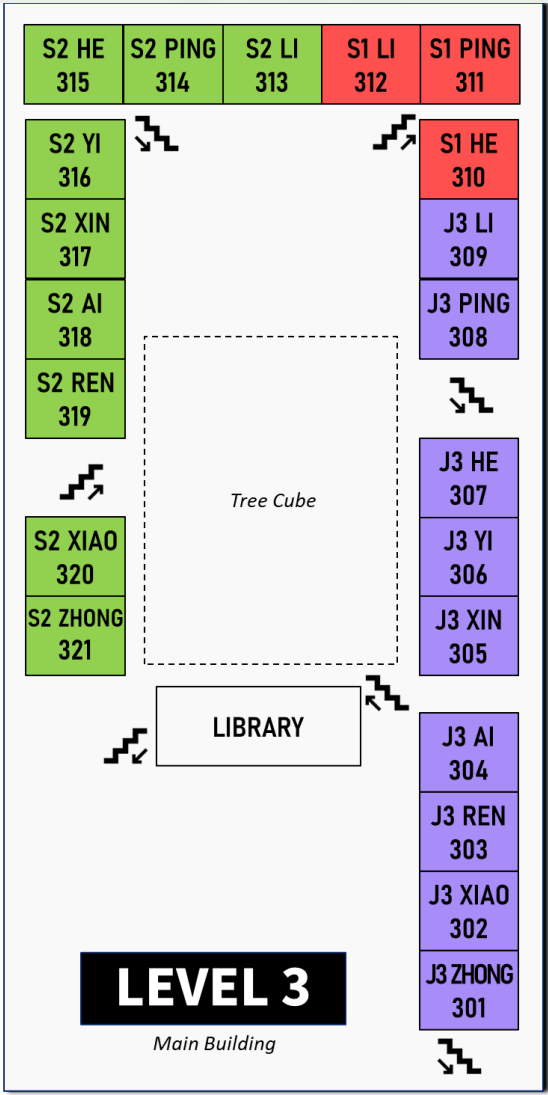
- 请家长避免于放学时段在马路中央让学生上下车，以免造成交通堵塞或事故。
- *To prevent traffic congestion and accidents, parents are not to pick up their children or let them alight from the vehicle in the middle of the road.*
- 校门将于放学前**10分钟**开放，家长请在车上等候，**严禁下车走动**。
- *The school gate is open **10 minutes** before the dismissal time. Parents are **not allowed to alight from the vehicle** and roam about the school compound.*
- 请家长遵守交通规则及礼仪，发挥礼让和公德心精神。
- *Kindly abide by the traffic rules and practice civic consciousness.*





课室分配图

CLASSROOM ALLOCATION



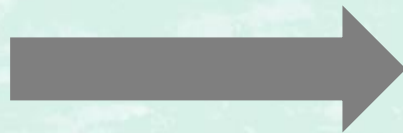
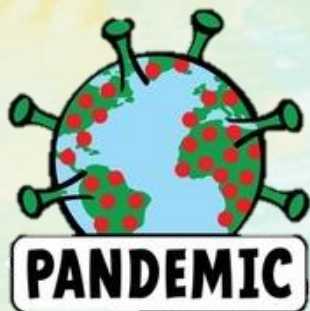


防疫指南

PRECAUTIONARY MEASURES

过渡至地方流行病阶段 标准作业程序


COVID-19 SOP IN TRANSITION
TO ENDEMIC PHASE



允许进入校园的条件

ALLOWED ENTRY:


- COVID-19 风险状况为：
低风险、没症状
- 接种疫苗状况为：
至少完成接种2剂*
- COVID-19 Risk Status – Low Risk No Symptom
- COVID-19 Vaccination Status – At least 2 doses.

 <p>Status Risiko COVID-19 COVID-19 Risk Status Risiko Rendah / Low Risk</p> <p>Low Risk With No Symptom</p>	<p>Kontak Kasual Bergejala</p> <p>Casual Contact With Symptom</p>
<p>Keputusan Penilaian Kesihatan Kontak Rapat</p> <p>Close Contact</p>	<p>Status Risiko COVID-19 COVID-19 Risk Status Individu Dalam Pemantauan / Person Under Surveillance (PUS)</p> <p>Person Under Surveillance (PUS)</p>
<p>Keputusan Penilaian Kesihatan Kes Suspek / Suspected Case</p> <p>Suspected Case</p>	<p>Keputusan Ujian Makmal COVID-19 COVID-19 Lab Test Results Kes Yang Disahkan - Bergejala / Confirmed Case - Symptomatic</p> <p>Confirmed Case</p>


沙巴崇正中学
S. M. TSHUNG TSIN SABAH

NOTICE
Please scan and check-in with MySejahtera APP and follow our SOP.
Only visitors who are classified as "LOW RISK" under MySejahtera APP are allowed to entry.
For non-app users, please use your QR Scanner.

SCAN WITH MYSEJAHTERA APP TO CHECK-IN






DIBENARKAN MASUK / ALLOWED ENTRY
允许进入

 Status Risiko COVID-19
COVID-19 Risk Status
Risiko Rendah / Low Risk

 **Fully Vaccinated**
完成接种2剂

TIDAK DIBENARKAN MASUK / NOT ALLOWED ENTRY 不允许进入

-  Keputusan Ujian Makmal COVID-19
COVID-19 Lab Test Result
Kes Yang Disahkan - Bergejala /
Confirmed Case - Symptomatic
-  Keputusan Penilaian Kesihatan
Kes Suspek / Suspected Case
-  Keputusan Penilaian Kesihatan
Kontak Rapat
-  Status Risiko COVID-19
COVID-19 Risk Status
Individu Dalam Pemantauan /
Person Under Surveillance (PUS)
-  Keputusan Ujian Makmal COVID-19
COVID-19 Lab Test Results
Kes Yang Disahkan - Bergejala /
Confirmed Case - Symptomatic

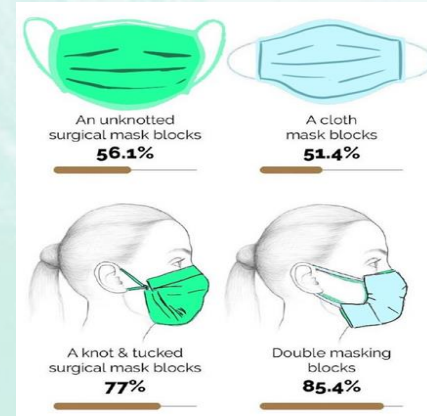
Kontak Kasual Tidak Bergejala



温馨提醒

FRIENDLY REMINDER

- 同学们务必佩戴双层口罩（佩戴KF94或N95除外）。
- *Students are to wear double face masks (except for those wearing KF94 or N95).*
- 只能佩戴浅蓝色、浅绿色或白色的口罩。
- *Face masks must be light blue, light green or white colours only.*
- 请自备消毒洗手液。
- *Prepare own hand sanitizer.*



温馨提醒

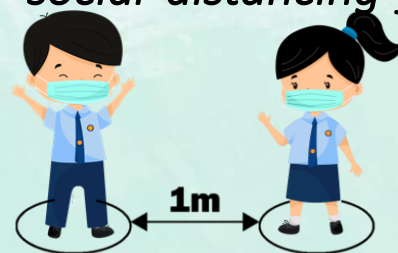
FRIENDLY REMINDER

“Avoid the 3Cs” (避免 3Cs)

1. 避免密闭通风不良的空间。 *Closed spaces with poor ventilation*
2. 避免人群拥挤的地方。 *Crowded places with many people nearby.*
3. 避免近距离对话。例：进食时避免交谈以防止飞沫传播。
Close-range conversations e.g. talking should be avoided while taking meals to prevent the spread of droplets.



- 请同学们需时刻于其他人保持1米的安全社交距离。
- *Students are required to maintain at least 1-meter social distancing from others.*



- 同学若在校期间出现以下症状需马上回家
- *Students are to go home if they have the following symptoms during school hours:*
 - 发烧 (37.5°C 或以上) *Fever (37.5°C and above)*
 - 头痛 *Headache*
 - 干咳 *Dry Cough*
 - 咽喉痛 *Sore throat*
 - 流鼻涕 *Runny Nose*
 - 腹泻 *Diarrhea*
 - 呕吐 *Vomiting*



温馨提醒

FRIENDLY REMINDER

- 若身体不适请勿到校，并进行自我检测。若检测结果呈阳性，请立即通报保健室及班导师并及填写申报表。
- *If a student is unwell, he or she must not come to school and is required to do a self-test. Report to the Health Office and form teacher immediately if the result is positive and fill in the Covid-19 Alert form.*

<http://bit.ly/STTSSCOVID19FORM>






崇正 COVID-19 通报系统
STTSS COVID-19 ALERT SYSTEM

我们关心您的健康
We care for your health

崇正 COVID-19 通报系统 STTSS COVID-19
ALERT SYSTEM

根据教育部及卫生部的要求，全体师生一旦确诊或有确诊之风险（密切接触者、受指示隔离等）皆需向中央通报。一旦符合通报条件，请师生配合填写，以利协助国家防疫工作进行。谢谢！

.....

<p>TEST (T)</p>  <p>TEST</p>	<p>Take COVID-19 antigen rapid test (RTK) if you're experiencing any infection symptoms such as runny nose, sore throat, dry cough and fever.</p> <p>若有流鼻涕、咽喉痛、干咳、发烧，要进行冠病抗原快速检测 (RTK)。</p>
<p>REPORT (R)</p>  <p>REPORT</p>	<p>If your test result is positive, you must report the test result on your MySejahtera immediately.</p> <p>若结果呈阳性，必须呈报 MySejahtera。</p>
<p>ISOLATE (I)</p>  <p>ISOLATE</p>	<p>Adhere to the HSO (Home Surveillance Order) imposed by MOH to isolate or quarantine yourself immediately if you have been tested positive for Covid-19.</p> <p>一旦证实确诊新冠肺炎，务必依照卫生部的规定进行隔离。</p>
<p>INFORM (I)</p>  <p>INFORM</p>	<p>Inform respective form teachers and the Health Office if test result is positive or you're a close contact.</p> <p>无论是确诊或密切接触，同学必须通知班导师及保健室。</p>
<p>SEEK (S)</p>  <p>SEEK</p>	<p>Seek immediate medical treatment at any healthcare facility nearby if you are experiencing worsening symptoms such as breathing difficulties.</p> <p>如果症状不见改善，务必就近寻求医疗机构的治疗。</p>

确诊感染COVID-19

Tested Positive for Covid-19

1. 同学们若确诊，请遵照卫生部的指示在进行检测后，通过 MySejahtera 上报检测结果及居家隔离。（隔离期如下图所示）

If you are tested positive, please report on your MySejahtera after the test and start your home quarantine as instructed by MOH. (Quarantine period shown below)

POSITIVE CASE			
	Received Booster Dose	Fully Vaccinated	Incomplete Or No Vaccination
Isolation Period	7 days	7 days	10 days

Note: Isolation period is the same for both asymptomatic or symptomatic.

2. 于隔离期最后一天进行冠病抗原快速检测 - RTK (Ag)。
Take RTK(Ag) Test on the last day of your quarantine period.

3. 检测结果呈阴性者可返校上课。
You may return to school if your RTK result is negative.

Bagaimanakah cara melaporkan keputusan ujian sendiri?

Semua keputusan ujian sendiri (positif, negatif atau tidak sah) **perlu dilaporkan** melalui aplikasi MySejahtera.



1 Buka aplikasi MySejahtera



2 Pilih "Ujian Kendiri COVID-19"



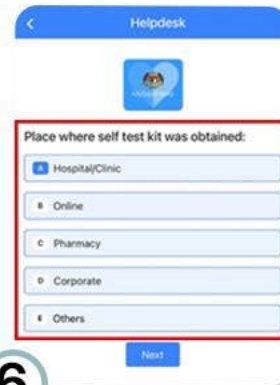
3 Pilih "Kemas kini Keputusan Ujian Kendiri"



4 Isikan butiran (nombor telefon, nama dan emel)



5 Isikan butiran alamat anda



6 Pilih tempat kit ujian sendiri diperolehi



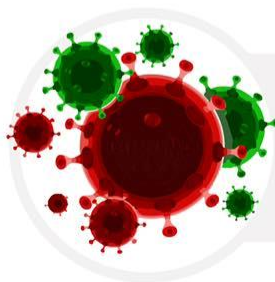
7 Pilih jenis sampel anda



8 Pilih keputusan ujian anda dan tekan 'Hantar'

CATEGORY 2A (MILD) AND 2B (MODERATE) COVID-19 SYMPTOMS

Category 2A	Category 2B
Sore throat or runny nose with no fever/ Shortness of breath	Persistent fever (2 days and more) or new onset fever
Cough with no fever/Shortness of breath (SOB)	Difficulty in breathing when carrying out activities (exertional dyspnea)
Loss sense of taste but still has appetite to eat	Chest pain
Loss sense of smell	No appetite
Experiencing diarrhea twice or less within 24 hours and urinating less	Lethargy especially when carrying out daily activities or after waking up
Feeling nauseous and vomiting	Need assistance to walk
Mild lethargy but still able to carry out daily activities	Worsening or persistent symptoms such as cough, nausea, vomiting or diarrhea
Muscle aches but still able to carry out daily activities	Reduced level of consciousness
	Urinating Less within the last 24 Hours



Individuals who are COVID-19 positive of category 1 (no symptoms) and 2A (mild symptoms) and are not at high risk (60 years of age and under and have no comorbidities) SHOULD NOT ATTEND the COVID-19 Assessment Center (CAC).

Sekiranya, anda kontak rapat, anda akan menerima arahan kuarantin iaitu HSO (Home Surveillance Order) melalui:

- 1) Pejabat Kesihatan, atau
- 2) Notifikasi MySejahtera, atau
- 3) Mengisytiharkan sendiri status kontak rapat melalui MySejahtera.



- Laporkan status anda di MySejahtera. Klik **Close** untuk ke MENU utama.
- Selepas buka MySejahtera, tekan butang **COVID-19 Status**
- Tekan butang **Start** Jawab semua soalan terutamanya Soalan 5. Pilih Yes/Ya. Kemudian pastikan Soalan 5.2 dan 5.3 dijawab.



- Selesai sahaja tamat tempoh menjalani kuarantin, anda akan diberikan Pelepasan RO (Release Order) digital melalui MySejahtera (dalam masa 24 jam).
- Tangkap layar (screenshot) RO untuk simpanan anda.

- HSO (Home Surveillance Order) digital akan diberi kepada anda.
- Status anda akan bertukar **merah** dan MySejahtera akan menunjukkan tempoh kuarantin.
- Tangkap layar (screenshot) HSO untuk simpanan anda.

Anda di**WAJIB**kan untuk menjalani **KUARANTIN** apabila mendapat **Perintah Pengawasan dan Pemerhatian** (HSO) melalui MySejahtera. Kegagalan mematuhi Perintah ini merupakan satu kesalahan di bawah Seksyen 11(5) Akta 342. Sekiranya disabitkan kesalahan boleh dikenakan hukuman di bawah Seksyen 24 Akta 342.

密切接触者

Close Contact

1. 若同学们是密切接触者，请遵照卫生部的指示在进行检测后，通过 MySejahtera 上报检测结果及居家隔离。（隔离期如下图所示）
- If you are categorized as close contact, please report on MySejahtera after the test and start your home quarantine as instructed by MOH. (Quarantine period shown below)*

CLOSE CONTACTS

Vaccination Status	Health Status On First Day Of Reporting	Quarantine Period	Covid-19 Test Requirement	Release From Quarantine
Fully Vaccinated	Asymptomatic or Symptomatic	5 days	Perform RTK (Ag) Self-test if symptomatic	Day 5*
Incomplete Or No Vaccination	Asymptomatic or Symptomatic	7 days		Day 7*

密切接触者

Close Contact

2. 于隔离期最后一天进行冠病抗原快速检测 - RTK (Ag)。
Take RTK(Ag) Test on the last day of your quarantine period.
3. 检测结果呈阴性者可返校上课。
You may return to school if your RTK result is negative.

CLOSE CONTACT 包括... 2/3

"KONTAK RAPAT TERMASUK..."

COVID-19
#KitaTeguhKitaMenang



- 医护人员为确诊者提供治疗，却没有佩戴完整的防护装备

Anggota kesihatan yang memberi perawatan kepada kes disahkan COVID-19 tanpa memakai alat perlindungan diri (PPE) yang lengkap

- 和确诊者同住在一起的人

Individu yang tinggal serumah dengan kes disahkan COVID-19



- 在同一地点（比如办公室、教室、宗教场所和商店等）和确诊者坐在1米以内的距离

Individu yang duduk dekat (kurang 1 meter) dengan kes COVID-19 dalam satu premis seperti pejabat, kelas, rumah ibadat, kedai dan lain-lain

- 和确诊者在一起出游的时候坐在1米以内的距离

Individu mengembara bersama dan duduk berdekatan (kurang 1 meter) dengan kes COVID-19 sepanjang perjalanan



Bersama Hentikan Wabak COVID-19



Kementerian Kesihatan Malaysia



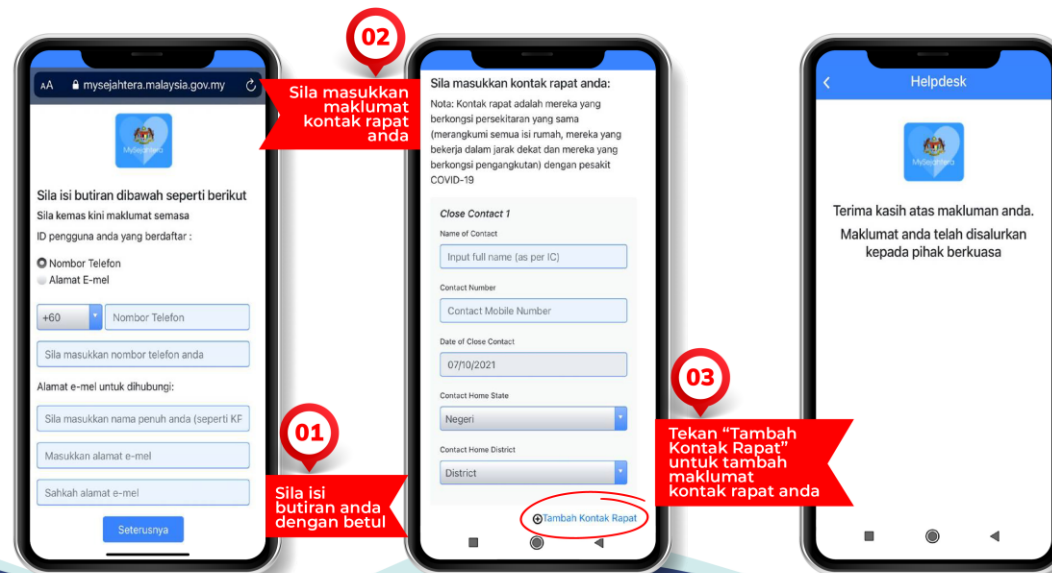
MYHEALTHKKM



MELAPORKAN KONTAK RAPAT DI DALAM APLIKASI MYSEJAHTERA

Lakukan tanggungjawab anda untuk
memutuskan rantaian COVID-19

- Bagi mereka yang disahkan positif COVID-19 anda akan mendapat satu pesanan untuk menyenaraikan kontak rapat anda melalui aplikasi MySejahtera
- Tekan pautan yang diberi dan masukkan maklumat yang diminta





Cara Mengisytiharkan Diri Sebagai Kontak Rapat



1
Klik Status
COVID-19 di
laman utama
aplikasi
MySejahtera.



2
Tekan Mula
untuk mula
jawab soalan.



3
Jawab Ya jika
anda kontak
rapat dengan
seseorang
yang positif
COVID-19 dalam
tempoh 14 hari
yang lepas.



4
Isikan
mlumat
kes positif
COVID-19
tersebut.

唾液检测

SALIVA TEST

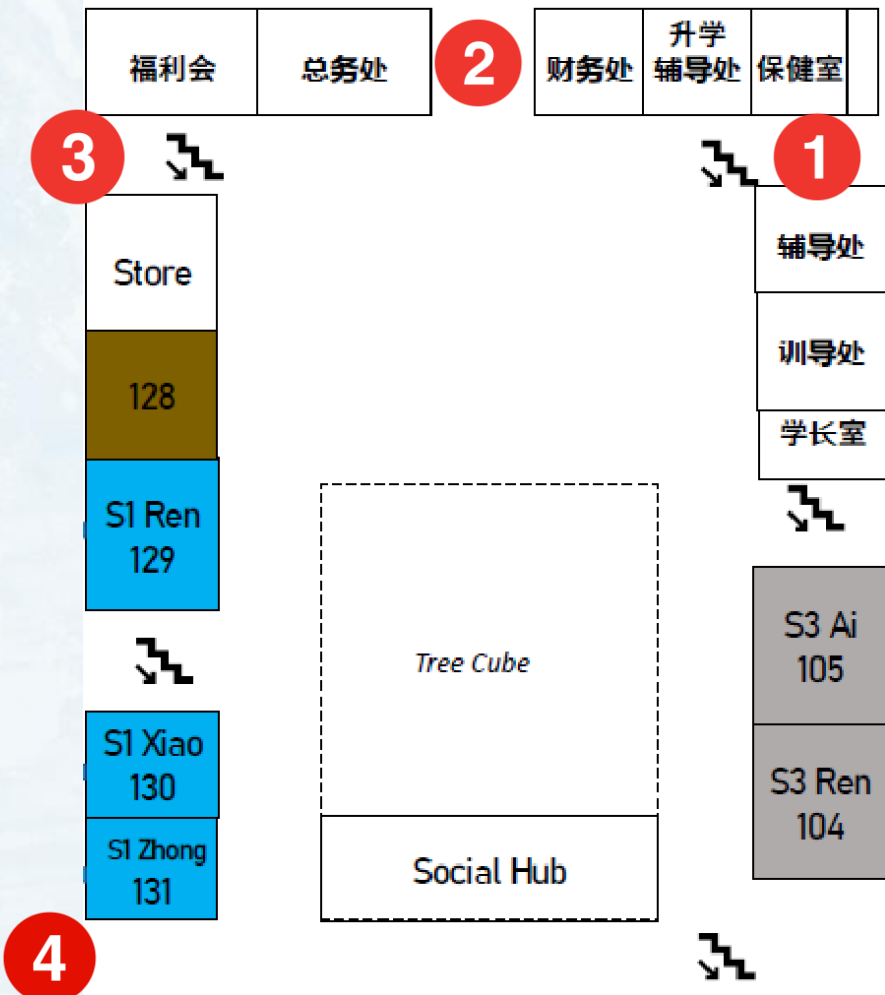
- 为了让学生及师长能在安全健康环境下学习，校方鼓励及建议同学每一周的星期进行唾液自测。
- *In order to ensure that students and teachers are in a safe and healthy environment, the school encourages students to take the saliva self-test every Sunday.*



检测点

ACCESS POINTS

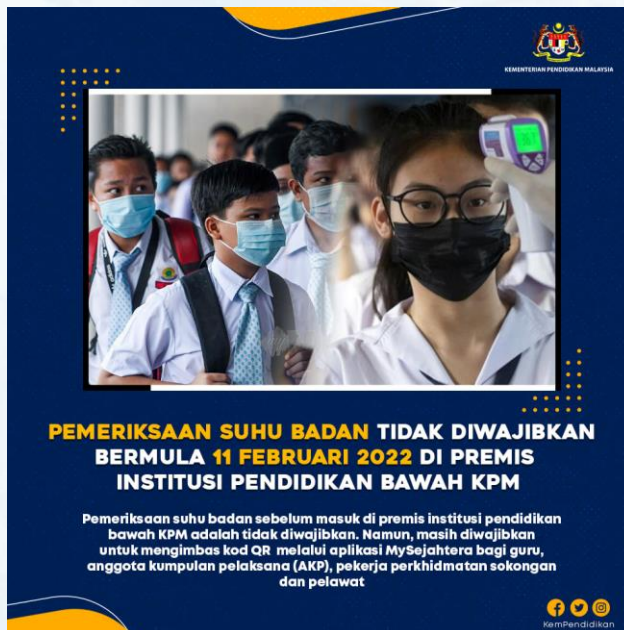
同学们每天早上可通过以下4个检测点进入校园。
Students can enter through the following 4 Access Points.



- 请同学们在检测点前保持距离排队进入校园。
- *Queue up in front of the Access Points before entering.*
- 使用洗手液消毒。
- *Sanitize your hands.*



- 校方将根据卫生部及教育部最新的防疫标准作业程序，不强制测量体温；惟将视疫情的控制情况作出相对应的防疫措施。
- *According to the latest epidemic prevention standard operating procedures of the Ministry of Health, body temperature check is no longer compulsory at the educational institution premises under the MOH. However, epidemic prevention measures must be adhered to strictly.*



KEMENTERIAN PENDIDIKAN MALAYSIA

PEMERIKSAAN SUHU BADAN TIDAK DIWAJIBKAN BERMULA 11 FEBRUARI 2022 DI PREMIS INSTITUSI PENDIDIKAN BAWAH KPM

Pemeriksaan suhu badan sebelum masuk di premis institusi pendidikan bawah KPM adalah tidak diwajibkan. Namun, masih diwajibkan untuk mengimbas kod QR melalui aplikasi MySejahtera bagi guru, anggota kumpulan pelaksana (AKP), pekerja perkhidmatan sokongan dan pelawat

KemPendidikan



储物柜及手机的使用

THE USING OF LOCKER AND HANDPHONE

- 储物柜及使用手机的申请将于4/4 - 8/4开放于全体同学，请同学务必在期限内向训导处提出申请。
- *The application for lockers and mobile phones is open to all students from 4/4 to 8/4. Students must make the application at the Discipline Office within the time frame.*
- 所有的储物柜及手机将从 11/4 开始使用。使用条规可参阅记事本的第13至16页。
- *The use of lockers and handphones will commence on 11/4. Refer to the school planner (pages 13 – 16) for the terms and conditions.*

<https://bit.ly/LOCKERANDHANDPHONESRULES>



课室安排

CLASSROOM ARRANGEMENT

- 为保持通风，课室所有门窗需时刻打开。
- *All doors and windows must be open to promote good ventilation.*
- 不可使用窗帘。
- *Curtains are not allowed.*
- 用餐后，妥当处理厨余，保持校园的卫生整洁。
- *Dispose of rubbish after each meal. Maintain school compound cleanliness at all times.*
- 同学们需每日将书本及个人物品带回家。
- *Students should bring all belongings home every day.*



个人卫生

PERSONAL HYGIENE

- 同学们只坐在自己的位子。
- *Students are not allowed to sit in others' seats.*
- 使用正确方法勤洗手。不要用手擦拭或碰触眼鼻口。
- *Wash hands properly and thoroughly. Avoid touching or rubbing eyes, nose, and mouth.*
- 时刻维护个人和环境卫生。
- *Practise personal hygiene and maintain surrounding cleanliness.*



洗手可预防疾病

Prevent illness by washing your hands

记得在以下活动之前、期间或之后要洗手：

Remember to wash your hands before, during or after the following activities:

- 用餐前与用餐后。 *Before and after eating.*
- 接触你的脸部前。 *Before touching your face.*
- 擦鼻涕、咳嗽或打喷嚏后。 *After blowing your nose, coughing, or sneezing.*
- 使用厕所后。 *After using the toilet.*
- 处理垃圾后。 *After handling the garbage.*



Avoid touching your eyes, nose, and mouth with unwashed hands.

避免使用未清洗的手触摸眼睛、鼻子和嘴巴

洗手的7个步骤

7 Steps of Hand-washing



STEP 1 Rub palms together.



STEP 2 Rub the back of both hands.



STEP 3 Interlace fingers and rub hands together.



STEP 4 Interlock fingers and rub the back of fingers of both hands



STEP 5 Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6 Rub fingertips on palm for both hands.



STEP 7 Rub both wrists in a rotating manner. Rinse and dry thoroughly.

Good ventilation can reduce the number of virus particles in the air.
良好的通风是可以减少空气中病毒颗粒数量



打开门窗保持空气流通，新鲜空气将有助于阻止病毒的传播。

Open windows and doors to allow better airflow. Fresh air helps to stop the spread.



膳食安排

MEALS ARRANGEMENT

食堂开放时间

CANTEEN OPERATING HOURS

- 食堂将于2022年4月4日全面营业及开放堂食。
- *Canteen will operate fully and open for dine-in from 4 April 2022 onwards.*

- 食堂开放时间： *Canteen operating hours:*
 - 早餐 Breakfast
 - 6:00 a.m. – 7:00 a.m.
 - 8:40 a.m. – 9:00 a.m.
 - 午餐 Lunch
 - 初一及初二 J1 & J2 11:45 a.m. – 12:40 p.m.
 - 初三至高三 J3 – S3 11:55 a.m. – 12:40 p.m.

无现金食堂

IMPLEMENTATION OF CASHLESS CANTEEN

- 本校食堂将于2022年7月1日起全面实施无现金营业模式，在过渡期间，全体师生可使用现金和转账卡。
- *Canteen will start implementing the cashless mode from 1 July 2022 onwards.*
- 促请同学们携带转账卡（非接触式支付 - payWave）购买食品。
- *Students are urged to use debit card with Contactless Purchase Features (payWave) to buy food and drinks.*
- 转账卡务必需有MyDebit标志。
- *Debit card must have My Debit – image.*



- 鉴于卫生和防疫考量，全体师生无论打包或堂食，皆需自备便当盒及餐具，食堂将不再提供打包盒，餐盘和餐具。
- *In view of the hygiene and epidemic prevention considerations, all staff and students must prepare their own food containers and cutlery for both dine-in and takeaways. Plates, cutlery, and takeaway lunch boxes will no longer be provided by the canteen operators.*



- 校方允许家长送餐于自己的孩子，唯不允许承包其他同学的伙食。
- *Parents are allowed to deliver meals to their children but are not allowed to provide catering services or take food catering orders from other students.*
- 家长送餐的时间为10:30a.m. 至11:30a.m.，由值班校工在学校正门 (Gate B) 处接收。
- *Parents are allowed to deliver meals between 10.30 a.m. and 11.30 a.m. The school janitors will be on standby at the school entrance (Gate B).*
- 餐盒须清楚注明学生名字、班级和学号。
- *Please make sure the student's name, class, and student number on the meal box are clearly indicated.*



温馨提醒

FRIENDLY REMINDER

- 为提倡环保，家长送餐不使用保丽龙饭盒。
- *In order to preserve the environment, parents are not to use polystyrene to pack lunches.*
- 家长不可在下课时间内进入校园陪同孩子吃饭。
- *Parents are not allowed to enter the school compound to accompany their children taking meals during recess.*
- 严禁任何形式的网上外卖订购。若出现违规情况，违反者将受纪律处分，外卖则会直接没收。
- *All online food delivery orders are strictly prohibited. In case of violation, students are subject to disciplinary action. In addition, the ordered food will be confiscated.*

学生用餐注意事项

STUDENTS EATING BEHAVIOUR

- 食用地点为各自的位子，食堂或空旷通风处，如：看台。
- *Partake of meals at own seat, canteen or in an open-air area, such as the grandstand.*

- 用餐前后要洗手，用餐过程严禁交谈，不分享食物。
- *Wash hands before and after meals. Refrain from chit-chatting with one another and sharing of food is forbidden.*

- 用餐后，妥当处理厨余，保持校园的卫生整洁。
- *Dispose of rubbish after each meal. Maintain school compound cleanliness at all times.*



放学

SCHOOL DISMISSAL



放学按秩序列队离开，不争先恐后。
Exit in an orderly manner.



注意安全，不在走廊群聊嬉闹。
Safety first. Avoid chattering in the corridor



所有安排或因局势变化
而有所更动，
请家长和同学们随时注意
学校官方公布的消息和最新通告。

All arrangements are subject to change.
Kindly take note of the latest announcements.

沙巴崇正中学

2022学年度实体开课校园学务及防疫指南

SABAH TSHUNG TSIN SECONDARY SCHOOL

STUDENT AFFAIRS GUIDE AND PRECAUTIONARY MEASURES



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