



17th October, 2023

Dear Parents,

“Practice Mindfulness for Stress Relief Workshop” Parent Workshop

The school will be organizing an activity called “Practice Mindfulness for Stress Relief Workshop” This is an opportunity provided to parents for them to come together and experience a time of relaxation and stress relief. The details of the event are as follows:

Activity	Practice Mindfulness for Stress Relief Workshop
Date & Time	7 th November, 2023 (Tuesday) : 9:00a.m.–11:00a.m.
Language used in the workshop	Cantonese
Target Group	Parents of P.1-P.6 Students studying at the school
Quota	20 persons (If parents are absent from the workshop without valid reasons, it may affect their participation in future activities organised by the PTA. Please take note of this.
Venue	Activity Room on G/F
Content	<ol style="list-style-type: none">1. Stress Relief Workshop: We have invited professional stress relief coaches who will provide participants with a series of relaxation and stress relief techniques. These techniques include deep breathing, body stretching, muscle relaxation etc, to help you release stress and enhance your physical and mental well-being.2. Mindfulness Practice: Mindfulness is a practice of being present and attentive to both internal and external experiences. It helps to enhance one’s awareness of the present moment. We will provide guidance on basic mindfulness practice and lead everyone into a meditative state to achieve inner calmness and relaxation.3. Yoga Experience: We have invited a yoga instructor who will guide you through a yoga session for an experiential class. Yoga is characterized by gentle movements and deep breathing, which help to balance the body and mind, enhance flexibility, and cultivate a sense of inner harmony.
Remark	<ol style="list-style-type: none">1. Please wear comfortable sportswear and bring a towel (or you may bring your own yoga mat).2. Please arrive at the event venue on time to avoid missing importance instructions and experience.3. If the number of participants exceeds the upper limit, the number of places will be determined by drawing lots, which will be jointly decided by representatives of the school and the PTA together.4. Regardless of whether you are selected or not, the results will be notified individually.5. If the activity needs to be revised, the school has the final decision.

Please fill in this reply slip of electronic notice before 24th October, 2023 (Tuesday). For enquiries, please contact Mr. KWONG Chin Sun, the school social worker. (ONE credit point for FWSGPA Positive-Mind Parent Academy will be given to parents who attend the event.)

Ms. HUANG Jianqing
Chairperson of Parent Teacher Association

[Teacher-in-charge : Mr. KWONG Chin Sun, the school social worker]



2023/24 家長教師會通告第 E020 號

REPLY SLIP

Dear Ms. HUANG,

“Practice Mindfulness for Stress Relief” Parent Workshop

I have read through Type-PTA Notice, E020 and understand the corresponding content.

I will participate and attend the **Practice Mindfulness for Stress Relief Parent Workshop**

will not be able to attend the above workshop.

*Please put a “✓” where appropriate.

Class: _____ Name: _____ () Parent Signature: _____

Contact Number: _____ Parent Name: _____

Date: _____, 2023