



12th Mar, 2024

Dear Parents,

Fitness Class on Stretching/Aerobic and Yoga
Organised by Li Cheng Uk Government Primary School

Parents of children at primary level play a significant role in providing guidance for and facilitating children's social and emotional development. Their well-being is vital to healthy parent-child and marital relationships, as well as a harmonious and balanced family system. In order to promote and develop parents' physical and psychological well-being, our PTA will co-organise the Fitness Class on Stretching/ Aerobic and Yoga with United Christian Nethersole Community Health Service. Details are as follows:

Date:	9/4, 16/4, 23/4, 30/4, 7/5, 14/5, 21/5, 28/5, 11/6, 18/6 (Tuesday) , 10 lessons
Time:	2:00 p.m. – 3:15 p.m.
Venue:	Attending in person at the hall on 5/F at Li Cheng Uk Government Primary School, Student Activity Centre (SAC) (Address: 43 Tonkin Street, Sham Shui Po, Kowloon)
Fees	Free
Language	English
Quota	3 ➤ As the places are very limited, parents <u>MUST</u> attend all the lessons. ➤ If the number of participants exceeds the upper limit, each quota will be determined by drawing lots, which will be jointly decided by representatives of the school and the teacher parent association.
Remarks:	<ol style="list-style-type: none">1. Body Fat and Blood Pressure Screening will be conducted in the 1st lesson and the 10th lesson (9/4 & 18/6).2. Prizes (1st and 2nd Prize) will be given to those 2 participants who manage to lose their Body Fat the most, with at least 80% attendance rate.3. If the participants' attendance rate decreases in the first 2 weeks (i.e. less than 10 participants), then only the first 5 lessons will be conducted.4. In case of adverse weather condition and announcement of school suspension by the EDB, the activity will be cancelled.5. On the day of the talk, parents are kindly requested to be mindful of their own physical condition. You are not advised to enter the school campus if you have got a fever or respiratory symptoms.6. School will take photos, videos and interviews during the event. Participants' images (including videos and photos) and sounds may be used for educational purposes and publicity, and may appear on different media, including our school website and social platforms, or publications, etc.7. Please pay attention that if parents are absent without any reasons, the chance of participating in PTA activities in the future may be affected.8. Parents who attend the Fitness Class can get <u>TEN</u> credits of FWSGPS Positive-Mind Parent Academy.

Please return the reply slip to the class teacher on or before **18.3.2024 (Mon)** if you would like to join the workshop. Should you have any enquiries, please feel free to contact Deputy Head Ms CHAN Shuk-fan.

Ms. HUANG Jianqing
Chairperson of Parent Teacher Association



REPLY SLIP

Dear Ms. HUANG,

Fitness Class on Stretching/Aerobic and Yoga
Organised by Li Cheng Uk Government Primary School

I have read through Type-PTA Notice, No. E041 and understand the corresponding content.

* I ***will*** participate in the Fitness Class on Stretching/ Aerobic and Yoga **organized and held by Li Cheng Uk Government Primary School**

* I ***will not*** participate in the Fitness Class on Stretching/ Aerobic and Yoga

*Please put a “✓” where appropriate.

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

Contact Number: _____ Parent Name: _____

Date: _____, 2024