



## Sir Ellis Kadoorie (S) Primary School

9 Eastern Hospital Road, Sookunpo, Hong Kong

Tel: 2577 3489 Fax: 2882 4520 Web: www.sekps.edu.hk E-mail: webmaster@sekps.edu.hk

2<sup>nd</sup> March, 2022

Circular 30 / 2021-2022

Dear Parents / Guardians,

### Parent Academy (March)

In order to promote positive value on individual and parental aspect, we have organized a series of parent talks for all parents. Details are as follows:

#### **Talk 1: “Unplug” - Using Board games to enhance parent-child bonding**

Date	8 <sup>th</sup> March, 2021 (Tuesday)
Time	15:45-16:45
Content:	Playing board games is entertaining and can enhance parent-child bonding. In this session, our SGP Mr Wong, will share with you some hints on how to spend quality time with your child using board games as a tool, especially when we have to stay indoors during the COVID-19 pandemic.

#### **Talk 2: Stress-free Relaxation Workshop**

Date	29 <sup>th</sup> March, 2022 (Tuesday)
Time	15:45-16:30
Content:	Stress is the body's natural response to certain events that cause you to feel overwhelmed and unable to cope with the situation. Everyone feels it at different times and to varying degrees. In this session, a speaker from the Community Drugs Advisory Council will share with us tips on self-care and emotion management.

#### Remarks

1. Places will be allocated by drawing lots if applications exceed 20. Successful applicants will be notified individually.
2. The meeting will be conducted via Zoom. Login details and the required materials will be given upon the confirmation of participants.
3. Successful participants please log in 15 minutes prior to the starting time.

For enquiries, please do not hesitate to contact Mr. Wong on 2577 3489. We look forward to seeing you at the workshops.

(Ms. Yu Hing Yin)  
Headmistress

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**Our Vision:** Develop fully pupils' potentials  
Equip them with life-long learning skills  
Help them integrate into local community  
Develop a global outlook

**Our Mission:** It is our mission to provide a positive learning environment that enhances each child's opportunity to learn and to develop through educational programme which recognizes the need for growth in moral, intellectual, physical, social and athletic skills, knowledge and attitude.



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## Reply Slip Circular 3030 / 2021-2022

### Re: Parent Academy (March)

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

To Headmistress,

I have read the Circular 30/2021-2022 dated 02-03-2022 and fully understand its content.

I do not wish to join Parent Academy (March)

I wish to join the activities in Parent Academy (March)

Please "✓" if you are interested	Name	Date and time
	"Unplug" - Using Board games to enhance parent-child bonding.	8 <sup>th</sup> March, 2022
	Stress-free Relaxation Workshop	29 <sup>th</sup> March, 2022

\*Please put a ✓ in the box of your choice(s)

Name of Pupil: \_\_\_\_\_ ( ) Class: ( )

Name of Parent/Guardian in BLOCK LETTERS: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Emergency Telephone No.: \_\_\_\_\_

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