



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

12th April, 2021

Circular 33 / 2020-2021

To: Parents / Guardians,

Parent Academy (April)


In order to promote positive value on individual and parental aspect, we have organized a series of parent talk for all parents. The topic and content is as follows:

Talk: How to practice mindfulness at home

Date	20 th April, 2020
Time	15:30-17:00
Organizer	ELCHK, Wong Choi Ming Joyful Family Nurturing Centre
Content:	The HK life style can be stressful for some people. Let's take a rest and enjoy the moment with NOTHING. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.
Remarks	<ol style="list-style-type: none">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.

Parents with 80% participation of our parent workshop will be invited to join an Honor Workshop in late June. Details will be announced later. For enquiries, please do not hesitate to contact Mr. Wong at 2577 3489. We look forward to seeing you at the workshop.

Yours sincerely,


(Ms. Yu Hing Yin)
Headmistress

Reply Slip

Seize the Day 🍀 Seize the Day 🍀 Seize the Day 🍀 Seize the Day 🍀 Seize the Day

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.



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

Circular 33

Re: Parent Academy (April)

Date : _____

To Headmistress,

I have read the Circular 33/2020-21 dated 12-04-2021 and fully understand its content.

☐ I do not wish to join any activities in Parent Academy (April)

☐ I wish to join the activities in Parent Academy (April)

Please "✓" if you are interested	Name	Date and time
	How to practice Mindfulness at home	20 th April, 2021 (Tuesday) 15:30-17:00

*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.: _____

Seize the Day ☺ Seize the Day ☺ Seize the Day ☺ Seize the Day ☺ Seize the Day

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.