

國民學校
KWOK MAN SCHOOL

Phone : 29810432

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Address: 30 Kwok Man Road Cheung Chau

20th December, 2024

Healing Whispers Program: Parent-Child Mindfulness Workshop

Dear Parents/Guardians,

Our school is delighted to be part of the "Healing Whispers" program, organized by the New Life Psychiatric Rehabilitation Association. This program focuses on strengthening family bonds and improving the overall well-being of parents, children, and families through family-centered activities. The details are as follows:

Date:	Saturday, January 18, 2025
Time:	11:30 a.m. - 12:30 p.m.
Target Participants and Quota:	15-20 pairs of parents and children from Primary 1 to 6
Location:	Auditorium
Activity Content:	Warm-up games, mindful communication exercises, parent-child yoga, mindfulness breathing, sharing, and reflection
Important Notes:	Please arrive 10 minutes early for registration and warm-up. Please wear comfortable clothing and athletic shoes for parent-child yoga and other activities. Please bring your own water bottle.

Please return the reply slip to your class teacher on or before January 2nd. If the number of applicants exceeds the quota, participants will be selected by lottery. The results will be announced via E-Class message on or before January 10th. For any inquiries, please contact Ms. Tam Cheuk-yan.



Mr. Lo Wan Kai (Supervisor)

Ms. Kwok Yuen Ki (Principal)

Healing Whispers Program:

Circular No. 146E/24

Parent-Child Mindfulness Workshop (Reply Slip)

(Applicable to the whole school)

I am the parent/guardian of _____ (name of the student) of P. _____ ().

I have read the arrangements for the Healing Whispers Program: Parent-Child Mindfulness Workshop.

Signature of Parent : _____

Date : _____