



Li Cheng Uk Government Primary School

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Parent-Teacher Association

Notice: 24/2024-25

8.4.2025

Dear Parents/Guardians,

Parent Workshops on Mindfulness

Parenting is often stressful. In order to boost parents' resilience and nourish a sense of wellness, two workshops on mindfulness will be organized for the parents. Details of the workshops are as follows:

Date	Time	Venue	No. of participants
6 May 2025 13 May 2025 (Tue)	1:45 p.m. to 3:15 p.m.	Hall	<u>25</u> parents only <i>(If there are more than 25 parents who are interested in joining the workshops, we have to draw lots to confirm the list of successful participants.)</i>

A confirmation note and phone call will be given to successful participants on or before 28.4.2025 (Monday). **Walk-in participants will not be entertained**

Please return the reply slip in the e-notice on or before **10.4.2025 (Thursday)**. Should you have any enquiries, please contact Ms LEE Kwong-yung (Deputy Headmistress) at 2386 8049 during school hours.

(Ms CHUI Sau-man)

Headmistress

Reply Slip

Parent Workshops on Mindfulness

PTA Notice: 24/2024-25

Date: _____

To: PTA Chairperson and Headmistress,

I have read the PTA Notice No. 24/2024-25 dated 8.4.2025 and I fully understand its content.

☐

I wish to join the Parent Workshops on Mindfulness.

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I do not wish to join the Parent Workshops on Mindfulness.

Student's Name: _____ () Class: P. _____

Parent's / Guardian's Signature: _____ Contact number: _____

**Please ✓ the appropriate box.*