



# Li Cheng Uk Government Primary School

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## Parent-Teacher Association

Notice: 18/2025-26

6.1.2026

Dear Parents / Guardians,

### **Parents' Talks and Parent-child Interactive Workshops**

To support you in developing an awareness of parental wellbeing and acquire effective parent-child communication, our PTA is pleased to organise a series of Parents' Talks and Parent-child Interactive Workshops on Mental Health. Details are as follows:

#### **1. Parents' Talks on Mental Health and Parent-child Interactive Workshop**

Date:	Tuesday, 13 January 2026
Time:	2:00 p.m. – 2:45 p.m. (Parents' Talk) 2:45 p.m. – 3:20 p.m. (Parent-Child interactive workshop)
Venue:	School Hall
Organiser:	United Christian Nethersole Community Health Service
Content:	<ul style="list-style-type: none"><li>• Understanding Parental Well-being</li><li>• Recognizing and Managing Stress</li><li>• Active listening and empathetic communication.</li><li>• Expressing appreciation and understanding in a playful context.</li></ul>

#### **2. Parents' Talks on Mental Health and Parent-child Art Workshops**

Date:	Tuesday, 20 January 2026
Time:	2:00 p.m. – 2:45 p.m. (Parents' Talk) 2:45 p.m. – 3:20 p.m. (Parent-Child Art workshop)
Venue:	School Hall
Organiser:	Soul Garden
Content:	<ul style="list-style-type: none"><li>• Promotion of Parents' Physical and Psychological Well-being</li><li>• The Contribution of Parental Well-being to Child Development</li><li>• Active listening and empathetic communication.</li><li>• Expressing appreciation and understanding in a playful context.</li></ul>

● Registration Information:

1. Quota is limited to 25 parents for the talk and 25 parent-child pairs for the workshop (one parent and one child per pair)
2. If applications exceed the quota, a lottery will be conducted by the PTA Committee to confirm participants and create a waiting list.
3. The deadline for applications is **8.1.2026 (Thursday)**. **Late applications and walk-in participants on the day will not be accepted.**
4. Confirmation message will be sent to applicants via eClass on 9.1.2026 (Friday).
5. If a confirmed participant is unable to attend, please inform Ms Fu on or before 12.1.2026 (Monday). The place will then be offered to the next parent on the waiting list.

Your active participation is vital in our shared mission to promote our students' well-being. Please return the reply slip in the e-notice **on or before 8.1.2026 (Thursday)**. Should you have any enquiries, please contact Ms FU (Deputy Headmistress) at 2386 8049 during school hours.

Thank you for your attention.



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(Ms CHUI Sau-man)

Headmistress

Reply Slip  
**Parents' Talks and Parent-child Interactive Workshops**

PTA Notice: 18/2025-26

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

To: PTA Chairperson and Headmistress,

I have read the PTA Notice No. 18/2025-26 dated 6.1.2026 and I fully understand its content.

1.  I wish to

- attend the Parents' Talk on **13 January** and
- join the Parent-child Interactive Workshop with my child, \_\_\_\_\_.

(Please write child's name)

2.  I wish to

- attend the Parents' Talk on **20 January** and
- join the Parent-child Art Workshop with my child, \_\_\_\_\_.

(Please write child's name)

3.  I do not wish to attend the Parents' Talks and Parent-child Workshops on Mental Health.

Student's Name: \_\_\_\_\_ ( \_\_\_\_\_ ) Class: P. \_\_\_\_\_

Parent's / Guardian's Signature: \_\_\_\_\_ Contact number: \_\_\_\_\_

\*Please  the appropriate box.