



Parent-Teacher Association

Notice: 25/2025-26

24.3.2026

Dear Parents/Guardians,

Parents' Workshops on Healthy Cooking

To strengthen family well-being by enhancing nutritional literacy and fostering positive mealtime interactions, we are pleased to organize Parents' Workshops on Healthy Cooking. Details are as follows:

Date:	21.4.2026 & 28.4.2026 (Tuesdays)
Time:	1:30 p.m. – 3:20 p.m. (21.4.2026) 2:00 p.m. – 3:20 p.m. (28.4.2026)
Venue:	Visual Arts Room (Room 37)
Content:	<p>21.4.2026</p> <ul style="list-style-type: none"> ● Understanding Children's needs on healthy eating: A certified nutritionist will cover the principles of child nutrition, explain why healthy cooking is vital for child development, and introduce practical methods for creating nutritious family meals. ● Hands-On Cooking Practice: Parents will participate in a guided session to prepare Tortilla Wraps, allowing them to directly translate the new knowledge into a practical skill.
	<p>28.4.2026</p> <ul style="list-style-type: none"> ● Group Cooking Activity: Working together, parents will practice making a nutritious, flameless meal they can easily replicate at home. The session concludes with tailored advice and tips from the nutritionist to help you apply these ideas in your own kitchen.
Fee:	Free of charge

● **Registration Information:**

1. Quota is limited to **20 parents**.
2. If we receive more than 20 applications, a lottery will be conducted by the PTA Committee to confirm participants and create a waiting list.
3. Please note that **applications after 27.3.2026 (Friday) and walk-in participants on the day will not be accepted.**
4. Confirmation messages will be sent to applicants via eClass on 30.3.2026 (Monday)
5. If a confirmed participant is unable to attend and informs Ms FU in advance, their place will be offered to the next parent on the waiting list.

● **Remarks:**

1. Participants are recommended to prepare a box to contain the Tortilla Wrap.

Please return the reply slip in the e-notice on or before **27.3.2026 (Friday)**. Should you have any enquiries, please contact Ms FU (Deputy Headmistress) at 2386 8049 during school hours.

(Ms CHUI Sau-man)
Headmistress

Reply Slip

Parents' Workshops on Healthy Cooking

PTA Notice: 25/2025-26

Date: _____

To: PTA Chairperson and Headmistress,

I have read the PTA Notice No. 25/2025-26 dated 24.3.2026 and I fully understand its content.

I **wish** to join the Parents' Workshops on Healthy Cooking on 21.4.2026 and 28.4.2026.

I **do not wish** to join.

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

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

**Please ✓ the appropriate box.*