



Li Cheng Uk Government Primary School

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Parent-Teacher Association

Notice No: 26/2023-24

5.3.2024

Dear Parents/Guardians,

Fitness Class on Stretching/Aerobic and Yoga

Parents of children at primary level play a significant role in providing guidance for and facilitating children's social and emotional development. Their well-being is vital to healthy parent-child and marital relationships, as well as a harmonious and balanced family system. In order to promote and develop parents' physical and psychological well-being, our PTA will co-organise the Fitness Class on Stretching/Aerobic and Yoga with United Christian Nethersole Community Health Service. Details are as follows:

Date:	9/4, 16/4, 23/4, 30/4, 7/5, 14/5, 21/5, 28/5, 11/6, 18/6 (Tuesday)
Time:	2:00 p.m. – 3:15 p.m.
Venue:	Student Activity Centre (SAC), 5/F
Remarks:	<ol style="list-style-type: none"> 1. Body Fat and Blood Pressure Screening will be conducted in the 1st lesson and the 10th lesson (9/4 & 18/6). 2. Prizes (1st and 2nd Prize) will be given to those 2 participants who manage to lose their Body Fat the most, with at least 80% attendance rate. 3. If the participants' attendance rate decreases in the first 2 weeks (i.e. less than 10 participants), then only the first 5 lessons will be conducted. 4. In case of adverse weather condition and announcement of school suspension by the EDB, the activity will be cancelled. 5. Maximum number of participants: 25 (If the number of applicants exceed 25, the PTA will draw lots to confirm the successful applicants.)

Please return the reply slip to the class teacher on or before **8.3.2024 (Friday)**. Should you have any enquiries, please feel free to contact Ms LEE Kwong-yung (Deputy Headmistress) at 2386 8049.

Thank you for your attention.

(Ms CHUI Sau-man)

Headmistress

Reply Slip

Fitness Class on Stretching/Aerobic and Yoga

PTA Notice: 26/2023-24

Date: _____

To: PTA Chairperson and Headmistress,

I have read the PTA Notice No. 26/2023-24 dated 5.3.2024 and fully understand its content.

I **will** participate in the Fitness Class on Stretching/ Aerobic and Yoga.

I **will not** participate in the Fitness Class on Stretching/ Aerobic and Yoga.

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

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

* Please put a '✓' in the appropriate box.