



Dear Parents/Guardians,

15th September, 2021

“Jockey Club School Mindfulness Project’ 330 Parents Talk: Raise Awareness of Children’s Emotions”

In order to care for the physical, psychosocial, and transcendental well-being of students and parents and build together a healthy school environment, our school will participate in the "Jockey Club Campus Contemplation Project" sponsored by the Hong Kong Jockey Club Charities Trust and the New Life Psychiatric Rehabilitation Association in the 2021-2022 school year. The project mainly promotes the physical, psychosocial, and transcendental well-being of students, parents, and teachers through mindful exercises.

Studies have shown that mindfulness can effectively relieve stress and achieve inner peace and stability; mindfulness training can also help parents improve their physical and mental health as well as develop an awareness of their children's emotions, and improve the effectiveness of parenting their children. Continuous practice of mindfulness also helps develop children's concentration and allows them to learn how to take good care of themselves.

In order to deepen parents' understanding of mindfulness, we invite you to attend the "Jockey Club Campus Mindfulness Project" 330 Parents Talk: Raise Awareness of Children’s Emotions. Details of the talk are as follows:

Date:	25 th September, 2021 (Saturday)
Time:	10:00 a.m. - 11:30 a.m.
Venue:	School Hall
Fees:	Free of charge
Summary:	1. Understand what mindfulness is 2. Mindfulness experience 3. Introduction and how to use the 21 day Mindfulness voice navigation (Parents)
Remarks:	Parents who attended this talk will be given a souvenir

Parents interested in participating in the talk, please fill in the reply slip and return it to the class teacher on or before 17th September 2021. For inquiries, please feel free to contact Miss Chan Ying Ying.

This reply slip has been sent to parents’ “eSchool” account.

Yours faithfully,
Mr. Chan Chun Wah
Principal

Reply Slip

(21-016E)

Dear Principal,

I have read the circular **“Jockey Club School Mindfulness Project’ 330 Parents Talk: Raise Awareness of Children’s Emotions”** and I would

* **attend** the “Jockey Club School Mindfulness Project” 330 Parents Talk.

If attending, the number of participants is _____.

not attend the “Jockey Club School Mindfulness Project” 330 Parents Talk.

Class () Student : _____

Parents Signature : _____

Contact Number : _____

Date : _____

* Please tick as appropriate.