



Sir Ellis Kadoorie (S) Primary School

9 Eastern Hospital Road, Sookunpo, Hong Kong

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1st March, 2022

Notice 59 /21-22

To parents and guardians,


Mindfulness Training Course

Mindfulness is about training the mind to be in the present moment, whatever is happening, be that good or bad. Your child is selected to join the “Mindfulness training course” organized by Dr Jessie Chow from The University of Hong Kong. There are lots of evidence on positive impact of mindfulness training on youth. Throughout the course, student participants will learn how to focus their attention on body parts, emotions and troubling thoughts. There will have lots of practice together with simple home assignment to help participants deepen their practice together.

Details are as follows:

Group:	1(P.5-P.6)	2(P.3-P.4)
Time:	9:30a.m.-10:30a.m.	11:00a.m.-12:00noon
Mode:	Zoom	
Dates:	5, 12, 19 & 26 March, 2 April	
Tutors:	Dr. Jessie Chow from the Faculty of Education, HKU	
Fees:	Free of charge	

Each participant will receive a certificate for successful completion. We highly recommend this course and we are looking forward to see your child in this course. For enquiries, please contact Ms Chen at 2577 3489, thank you.


Ms YU Hing-yin
Headmistress

Reply Slip

Notice 59 /21-22

Mindfulness Training course 2021-2022

(Please return this to Ms Chen on or before 2/3/2022)

Date: _____

To: Headmistress,

I, parent of Class _____ Name _____ (No. _____) have read the School Notice dated 1st March 2022 and I fully understand its content.

☐ I wish my child to join the Mindfulness Training course.

☐ I do not wish my child to join the Mindfulness Training course.

Parent/Guardian's name in BLOCK LETTERS: _____

Parent/Guardian's signature: _____

Parent/Guardian's Telephone Number: _____ Email: _____

☐ Please tick against your choice.

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Our Vision: Develop fully pupils' potentials
Equip them with life-long learning skills
Help them integrate into local community
Develop a global outlook

Our Mission: It is our mission to provide a positive learning environment that enhances each child's opportunity to learn and to develop through educational programme which recognizes the need for growth in moral, intellectual, physical, social and athletic skills, knowledge and attitude.