

Dear Parents,

Circular on Mindfulness Counselling Group

Our school has invited St. James' Settlement to hold a Mindfulness group. Through activities associated with nature, students will learn skills and strategies related to positive thinking, mindfulness, relaxation and communication. The details of the training sessions are as follows:

| | |
|--------------|---|
| Date | 15/6, 22/6, 29/6, 6/7, 13/7, 20/7 (Every Wednesday, 6 lessons in total) |
| Time | 12:45 — 13:45 |
| Venue | School Hall |
| Fee | Free of charge |

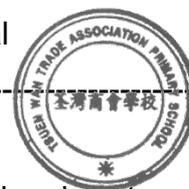
To increase the effectiveness of the group, students' attendance is mandatory for all the activities. For enquiries, please contact Ms. Cheung Yan Ting.

Yours faithfully,

Chow Kim Ho

Chow Kim Ho

Principal



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Tsuen Wan Trade Association Primary School

Reply Slip of Circular 21-104/H04 < Please return to Ms. Cheung Yan Ting via the class teacher >

Circular on Mindfulness Counselling Group

Dear Principal,

I acknowledge receipt of the above mentioned circular regarding the Mindfulness Counselling Group.

- * I allow my child to participate in this group.
 do not allow my child to participate in this group.

Student's Name: _____ ()

Parent's Signature: _____

Class: _____

Date: _____

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