



## 藍田聖保祿中學家長教師會

九龍藍田安田街十號  
電話:2347 2991 傳真:2349 7892

### 『強身健體太極班』活動

敬啟者

太極拳是中國傳統武術，非物質文化遺產。太極拳可促進心肺功能、肌耐力、柔軟度及平衡性等健康體能要素，改善生活品質及心理健康。本校家教會將舉辦家長太極班，有關詳情如下：

- 活動：強身健體太極班  
日期：2023年3月4、11、18及25日(逢星期六，共四節)  
時間：上午9:00至10:30  
地點：本校新翼二樓學生活動室(SAC)  
報名費用：會員每位\$200，非會員每位\$375(原價\$375，家教會贊助每位會員\$175)  
人數：16人(如人數超出限額，則會員優先)。  
導師：香港體驗教育聯盟董事，YouTube小力大道頻道道主周昭和博士  
備註：為保障閣下及其他參與者的健康，請參與太極班的家長留意以下事項：  
1. 請於進入學校時戴上外科口罩，並在學校入口使用酒精搓手液及量度體溫。  
2. 家長須於活動當天的早上進行快速抗原檢測，確保檢測結果為陰性方能回校進行活動。  
3. 成功報名之家長必須全數出席四次活動，任何理由而缺席活動均不能獲退款。  
4. 是次費用，將捐給香港體驗教育聯盟作慈善用途。

歡迎有興趣的家長參與強身健體太極班。請家長於2023年1月31日(星期二)或之前回覆電子通告。如報名人數超出限額，將以抽籤形式處理。成功報名的家長將收到電子通知確認，並需於限期內，即2023年2月10日(星期五)或之前，到校務處繳交有關費用。

此致  
貴家長

校長 王美德  
藍田聖保祿中學

主席 吳妙蓮  
藍田聖保祿中學家長教師會  
二零二三年一月十八日

### 『強身健體太極班』活動-回條

敬覆者：

頃接來函，得悉貴會舉辦『強身健體太極班』活動。

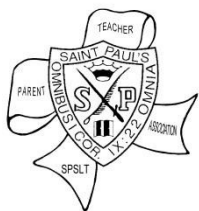
- \*  本人將參加是項活動，並待稍後之確認通知。  
 本人未克參加是項活動。

此覆  
藍田聖保祿中學家長教師會主席

家長簽署：\_\_\_\_\_  
家長姓名：\_\_\_\_\_  
學生姓名：\_\_\_\_\_(英文)  
\_\_\_\_\_(中文)  
班別：\_\_\_\_\_( )  
聯絡電話：\_\_\_\_\_  
日期：二零二三年一月十八日

\* 請在合適的格上加"✓"號。

\* 請家長於2023年1月31日(星期二)或之前回覆電子通告。



# St. Paul's School (Lam Tin) Parent Teacher Association

10, On Tin Street, Lam Tin  
Tel: 2347 2991 Fax: 2349 7892

18<sup>th</sup> January 2023

## Tai Chi Class for Physical Fitness

Dear Parents,

Tai Chi is a traditional Chinese martial art and an Intangible Cultural Heritage. Tai Chi can enhance physical fitness by improving cardiorespiratory function, muscular endurance, flexibility and balance. It can also improve quality of life and mental health. The PTA will hold a Tai Chi class for parents. The details are as follows:

- Activity : Tai Chi class for physical fitness
- Date : 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> March 2023 (Saturday, 4 sessions in total)
- Time : 9:00 - 10:30 am
- Venue : Student Activity Centre on the 2/F (SAC)
- Fee : \$200 per member, \$375 per non-member, (the PTA will sponsor \$175 per member)
- Tutor : Dr. Chow Chiu Woo, the director of Hong Kong League for Experiential Education and host of Great Lesson From Forces @ YouTube Channel
- Quota : 16 participants (Members will be given priority if the number of participants exceeds the quota)
- Remarks : To protect your and the participants' health, parents who participate in Tai Chi classes are reminded of the following:
  - I. Please wear a surgical mask when entering the school campus. Use the hand sanitizer provided and have your body temperature measured at the entrance of the school.
  - II. Parents have to complete a Rapid Antigen Test in the morning. They can only attend the above activity after a negative result is ascertained.
  - III. Parents who have successfully enrolled must attend all sessions. No refunds will be given to those who are absent for any reasons.
  - IV. The fee will be donated to Hong Kong League for Experiential Education for charitable purposes.

Interested parents are welcome to participate in Tai Chi classes for physical fitness. Parents, please sign the electronic reply slip on or before 31<sup>st</sup> January 2023 (Tuesday). If the number of participants exceeds the quota, lots will be drawn. Parents who successfully sign up will receive an electronic notification confirmation and will need to pay the fee on or before 10<sup>th</sup> February 2023 (Friday) to office.

Yours faithfully,

\_\_\_\_\_  
Wong Mei Tak  
Principal,  
St. Paul's School (Lam Tin)

\_\_\_\_\_  
Wu Miao Lian, Cat  
Chairlady,  
St. Paul's School (Lam Tin)  
Parent Teacher Association

## Tai Chi Class for Physical Fitness – Reply Slip

Dear Ms Wu and Ms Wong,  
Concerning the Tai Chi Class,

- \*  I will join the activity.
- I will not join the activity.

Signature of Parent : \_\_\_\_\_

Name of Parent : \_\_\_\_\_

Name of Student : \_\_\_\_\_

Class : \_\_\_\_\_ ( )

Tel no : \_\_\_\_\_

Date : \_\_\_\_\_

\* Please "☑" as appropriate and provide details in the space.  
 \* Please sign the electronic reply slip on or before 31<sup>st</sup> January 2023 (Tuesday).