



SINGAPORE INTERNATIONAL SCHOOL
PARENT TEACHER ASSOCIATION
23 Nam Long Shan Road, Aberdeen, Hong Kong.

7 April 2020

Dear Parents

Webinar workshop on the topic of "MINDFULNESS FOR PARENTS"

We hope that everyone is keeping well.

SIS-PTA would like to invite you to a "Webinar workshop" on Thursday, 23 April 2020, on the topic of "MINDFULNESS FOR PARENTS" from 1.00 to 2.30 pm.

The presenter will be Ms Karen Hartcher who have spent over 20 years of experience working with adolescents, both as a secondary school teacher and a social worker. She has been practicing mindfulness since 2011 and after having personally experienced its benefits with "Mindful Schools" and "Mindfulness in School Project" and realizing the need for it in our increasingly stressful, busy and technologically distracted world, she started teaching mindfulness in schools.

Please see the attached flyer for further information. Sign up on SISConnect prior to Thursday, 16 April 2020 to register your attendance. This workshop is free for all SIS-PTA Members and \$100 for non-members. We welcome parents to join the SIS-PTA membership if you would like to. Please make cheque payable to "Singapore International School-PTA" by Thursday, 16 April 2020. For Successful registration, we will send you a zoom invitation nearer the workshop date.

Should you have further enquiries, please do not hesitate to contact Ms Valerie Pereira at val_j_p@yahoo.co.uk or myself at pta@singapore.edu.hk.

Keep well and stay healthy.

Thank you.

Hellen Manning

PTA Chairperson (2019/2020)