



YAN OI TONG
Tin Ka Ping Secondary School

仁愛堂田家炳中學

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No. 24-25/12

13 September 2024

'Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative' (JC PandA)

Foundation Mindfulness Course

Our school have participated in the 'Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative' organized by the University of Hong Kong's Faculty of Social Sciences since 2020. We hope that through a systematic foundation mindfulness course, we can assist Form One students in enhancing their attention and coping with stress. The curriculum was developed by the UK charity Mindfulness in Schools Project (MISP) and has been translated into Chinese teaching materials based on local needs. Through this curriculum, students will learn about and enjoy mindfulness, practicing how to integrate mindfulness into their daily lives and grasping how to appreciate the beauty in life. Form One students will also participate in a research project (Appendix 1) led by the Faculty of Social Sciences, the University of Hong Kong, with the expectation that the research results will provide insights to the education sector and the public on how mindfulness can positively impact students.

Mindfulness has been proven by numerous studies to help reduce stress and alleviate emotional distress. Practicing mindfulness enables individuals to experience more positive emotions and enhances resilience, while also improving selective attention, executive attention, and working memory. We sincerely hope you will support your child's participation in the program. Details are set forth as follows:

Objective :	Students will be able to learn mindfulness life skills, enabling them to: - Learn more attentively; - Handle stress and anxiety more skillfully; - Feel happier, calmer, and more satisfied; - Interact more harmoniously with others; - Perform better in various areas, among other benefits.
Content :	Through a ten-week course, students participate in various activities, discussions, and classroom practices to learn mindfulness. The course content includes how to enhance attention, cope with stress and anxiety, and appreciate the beautiful things in life.
Date & Time :	Every WED/Thursday 16:00-17:00 1A & 1C (25/9 WED, 2/10 WED, 9/10 WED, 24/10, 31/10, 14/11, 21/11, 28/11, 5/12, & 12/12/2024 THUR) Every Thursday 16:00-17:00 1B & 1D (6/2, 13/2, 20/2, 27/2, 6/3, 13/3, 20/3, 27/3, 3/4 & 8/5/2025)
Venue :	Room 209 & Room 211
Target :	S1 students
Instructors :	Ms. Hung Man Fong (Former Vice Principal) · Mr. Chan Hin Yeung
Remark :	- The course booklet costs \$15.5 (to be paid in the 1st Installment of Miscellaneous Fees.) - The curriculum does not contain any religious elements. - Upon completion, students will receive a certificate from the MISP Schools Mindfulness Program.

For enquiries, please contact Mr. Chan Hin Yeung.

Dr. Kai Sze Fai
Principal

Reply Slip (to be returned to form teacher on 16/9)

_____ September 2024

I am notified of the arrangements for 'Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative' (JC PandA) Foundation Mindfulness Course and will ask my child to attend:

- * Foundation Mindfulness Course (1A, 1C) between 25/9 and 12/12/2024.
 * Foundation Mindfulness Course (1B, 1D) between 6/2 and 8/5/2025.

Class: _____ Class number: _____

Name of student: _____

Parent signature: _____

No. 24-25/12

*Please tick the appropriate box.