

Chi Yun School

2024-2025 – Parent Stress Relief Activities

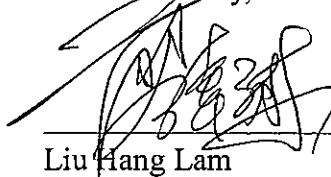

25th April, 2025

Dear Parents/Guardians, our school has always valued parents' physical and mental well-being. To promote work-life balance, we will organize a Mlkky activity. You are cordially invited to participate. Details are as follows:

Activity :	Finnish Mlkky Parent Experience Day		
Content :	Mlkky is a fun and strategic traditional Nordic game suitable for all skill levels, designed to help parents relax and enjoy the pleasures of sports amidst their busy lives. Led by our parent volunteers, this activity will train participants' hand-eye coordination, enhance cardiovascular function, and allow parents to enjoy friendly competition while improving their physical and mental health.		
Date :	8/5 (Thursdays), 20/5, 3/6, 17/6 (Tuesday)	Time :	11:00 am to 12:30 am
Venue :	1/F School Hall	Fee :	Free of charge
Quota :	20 participants (If the quotas are exceeded of enrolment, allocation of places will be determined by drawing lots)		
Remarks :	(1) Please wear comfortable clothing and sports shoes. (2) Avoid eating heavily before the activity.		

For those who are interested to attend, please kindly complete and return the reply slip to our school **on or before 5th May, 2025**. Thank you for your kind attention.

Yours faithfully,

Liu Hang Lam

Acting Principal, Chi Yun School

Finnish Mlkky Parent Experience Day**Reply Slip**

Dear Principal,

Being the parent/guardian of _____ (student's name) in (class) _____, I have read the captioned notice, and * **would like** / **would not like** to join the activities to be held on 8th May, 2025 (Thursday), 20th May, 2025, 3th June, 2025, and 17th June, 2025 (Tuesday).

Parents/Guardians' Name : _____ Signature : _____

Phone Number : _____ Date : _____

*Please tick as appropriate.