



ST. LOUIS SCHOOL

Circular No. 188 (22-23)

3rd February, 2023

Dear Parents/Guardians,

**Re: Mindshift Educational Networking Programme –
FitMind Volunteer Service in the Community**

With the principal’s nomination, your son / charge is participating in the captioned programme and completed the Intensive Knowledge and Skills Training Workshops in the first term. The remaining activities in this programme include four sessions of FitMind Volunteer Service, three sessions of song-writing mentorship, two student-led mental health promotion projects and an attachment programme. Please find the schedule for the volunteer service component below:

Date	Time	Content	Venue
11 February 2023 (Saturday)	4:30 p.m. – 5:45 p.m.	Mindshifters will act as Assistant FitMind Coaches in delivering exercise intervention (yoga) to people with psychosis in the community.	Hong Kong Scout Centennial Building, 23 Yat Sin Street, Wan Chai
18 & 25 February (Saturday) 11 March 2023 (Saturday)	10:00 a.m. – 11:30 a.m.		

Please kindly acknowledge receipt of this e-notice and give your consent by 9 February 2023 (Thursday). For enquiries, please contact Ms NG Kar Wai Vivien at 2546 0117.

Thank you for your kind attention.

Ms NG Kar Wai Vivien
for Principal

敬啟者：

思動計劃 - FitMind 義工服務

貴子弟於上學期獲校長推薦參與思動計劃並完成三節技巧訓練工作坊。此計劃餘下的活動包括四節 FitMind 義工服務，三節作曲指導，兩項由學生帶領於校內推廣精神健康的活動及一項實習計劃。FitMind 義工服務的時間表如下：

日期	時間	活動內容	地點
2023 年 2 月 11 日 (星期六)	下午 4 時半 至 5 時 45 分	思動大使將擔任 FitMind 助理指導員，協助 FitMind 義工教練在指定的社區帶領思覺失調患者進行運動治療練習。	灣仔日善街 23 號香港童軍百周年紀念大樓
2023 年 2 月 18 及 25 日 (星期六)	上午 10 時 至 11 半		
2023 年 3 月 11 日 (星期六)			

請知悉以上活動安排並於 2023 年 2 月 9 日(星期四)或之前簽回電子通告。如有任何疑問，請致電 2546 0117 與吳家慧老師聯絡。

此致
各位家長/監護人

校長
易浩權博士
(吳家慧老師代行)

二零二三年二月三日