



28<sup>th</sup> January 2026

Circular No. 25068

Dear Parents/Guardians,

### **Mental and Physical Health Dart Sports Experience Class**

To promote home-school collaboration and advocate for a healthy lifestyle, our school will hold a “Mental and Physical Health Dart Sports Experience Class”. We sincerely invite parents to participate and engage in fun sports activities to relieve stress, enhance focus, and strengthen parent-child interaction. We welcome parents to sign up!

#### **Highlights**

- Dart sports combine hand-eye coordination and mental focus, helping to release daily stress.
- Special family groups are set up to encourage parents to team up with their children for challenges.
- Helps improve focus and promotes muscle coordination.

#### **Event Details**

Date: 27<sup>th</sup> February 2026 (Friday)

Time: 3:30 p.m. to 4:30 p.m.

Venue: School Hall

Target: Students and parents

Quota: 12 pairs of parent and child

Fee: Free of charge

*Note: Professional dart equipment will be provided on-site; parents are advised to wear comfortable sports attire. If there are too many applicants, the participating list will be decided by a draw. Selected participants will receive further notice.*

Parents should reply to this circular via eClass by **6<sup>th</sup> February 2026 (Friday)**. If you have any inquiries, please contact Mr. W. L. Yeung at 2711 8175.

Together, let's empower our children's healthy growth! We look forward to sharing an energetic and fulfilling time with you!

Yours faithfully,

Lee Po Chu, Fiona  
Principal



通告編號：25068

啟者：

### 「身心健康飛鏢運動體驗課（親子班）」

為促進家校共育，宣導健康生活理念，本校將舉辦「身心健康飛鏢運動體驗課」，現誠邀家長共同參與，通過趣味運動緩解壓力、提升專注力，同時增進親子互動。。歡迎家長報名參加！

#### 活動亮點

- ✓ 飛鏢運動融合手眼協調與心理專注，幫助釋放日常壓力。
- ✓ 特別設置家庭組別，鼓勵家長與孩子組隊挑戰。
- ✓ 有助學習專注、促進肌肉協調。

#### 活動詳情

日期：2026年2月27日（星期五）

時間：下午3:30 - 4:30

地點：禮堂

對象：本校學生和家長

名額：12對親子

費用：全免

註：現場提供專業飛鏢器材，請家長穿著輕便運動服裝。如報名人數眾多，將會以抽籤形式決定。參加者將會再收到個別通知。

有意參加的家長請於eClass內回覆，截止報名日期為2026年2月6日（星期五）。如有問題，請致電學校27118175向楊宏亮主任查詢。

家校攜手，為孩子的健康成長賦能！期待與您共度一段活力充實的時光！

此致  
中一至中五級家長

陳瑞祺（喇沙）書院校長  
李寶珠 啟

二〇二六年一月二十八日