Li Cheng Uk Government Primary School

43 Tonkin Street, Sham Shui Po, Kowloon
Tel : 2386 8049
Fax : 2708 9950
Website : http://www.lcu.edu.hk
Email : lcugps@edb.gov.hk

Parent-Teacher Association
Notice No: 9/2026-27

27.10.2026

Dear Parents / Guardians,

Health Advocate Volunteer Training Programme

To strengthen home-school cooperation, our Parent-Teacher Association (PTA) is co-organising the **Health Advocate Volunteer Training Programme** in collaboration with the **United Christian Nethersole Community Health Service**.

Aims of the Programme:

- Health Volunteer Development: Equip parents with practical health maintenance skills for daily life.
- Family Health Improvement: Promote early detection and risk reduction of chronic conditions (e.g., hypertension, diabetes, obesity).

Programme Schedule & Details:

Session	Date	Time & Venue	Content
1st	3/11/2026 (Tue)	2:00 p.m. – 3:30 p.m. School Hall	i. Health talk on Hypertension & Diabetes Mellitus
			ii. Mini health check-up (blood pressure, blood glucose, cholesterol, body fat & body weight, etc.)
2nd	24/11/2026 (Tue)		i. Health talk on breast cancer and cervical cancer
			ii. Practical Training: Measuring blood pressure, blood sugar, blood Cholesterol and body fat.
3rd	10/12/2026 (Thur)		i. Health talk on Women's Health and Obesity
			ii. Health check up measuring practice
4th	15/12/2026 (Tue) Service Day	9:00 a.m. – 12:00 Room 201-203	**Parents' Day:** Parent Volunteers take turns serving at the Parents' Health Check Stations

Remarks:

1. Participants who attend all three training sessions will receive a certificate and souvenirs.
2. Volunteers must attend at least one training session.

Your active participation is vital in our shared mission to promote our students' and families' well-being. Please submit your response via the **e-Notice reply slip** on or before **30.10.2026 (Friday)**. Should you have any enquiries, please feel free to contact Ms Devneer at 2386 8049.

Thank you for your continued support and attention.

Yu King Tsz

(Mr YU King-tsz)
Headmaster

Reply Slip
Health Advocate Volunteer Training Programme

PTA Notice: 9/2026-27

Date: _____

To: PTA Chairperson and Headmaster,

I have read the PTA Notice No. 9/2026-27 dated 27.10.2026 and fully understand its content.

☐ I ***wish to*** join the Health Advocate Volunteer Training Programme.

I will attend the following session(s):

- ☐ Session 1: Tuesday, 3 November 2026)
- ☐ Session 2: Tuesday, 24 November 2026)
- ☐ Session 3: Thursday, 10 December 2026)
- ☐ **Volunteer Service:** I can serve as a volunteer at the Parents' Health Check Stations on Tuesday, 15 December 2026.

  (Volunteers must attend at least one training session)

☐ I ***do not wish to*** join the Health Advocate Volunteer Training Programme

Student's name: _____ ( ) Class: P. _____

Parent's/Guardian's Signature: _____ Contact telephone number: _____

Parent's/Guardian's Name: _____

** Please put a '√' in the appropriate box.*