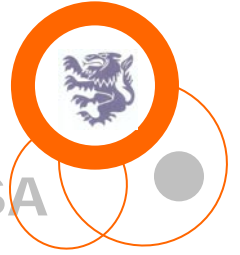


APRIL 2010

Supporting KGV's Core Values:

Honesty before Glory
Community
Respect

The KGV PTSA



Upcoming Dates:

May 5 PTSA committee meeting
May 6 Sausage sizzle 1.25-2.10

May 26 Health and Wellness Seminar
 Under Pressure Feeling Blue?
 Starts 6.30 in the SSC

ALL STUDENTS AND PARENTS WELCOME

The seventh PTSA Executive Committee meeting was held on 14th April and the focus was on the wash-up report for the annual fundraising event, the Fairy Tales Night Market 12th March. We also thanked our student representatives Peter Lau and Emily Ho for their enthusiasm and commitment to the PTSA during 2009-2010. The committee warmly welcomed Holly Urquhart and Roxana Lau our new student representatives for 2010-2011.

Executive Committee 2009-2010

Chair: Sarah Cook cookshk@netvigator.com
Treasurer: Marc Castagnet marc.sgt@gmail.com
Fiona Yao Fiona.Yao@inet.polyu.edu.hk
Louie Win louiewin@hotmail.com
Philoria Ng philoria@netvigator.com
Colin Dyson dyson@netvigator.com
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ConnieKwan connielkma@hotmail.com
Helena Vincent punwailing@yahoo.com.hk
Principal : Ed Wickins
Teacher Representatives
Richard Bradford & Janet Mackett
Student Representatives:
Roxana lau 10laury1@kgv.hk
Holly Urquhart hurquhart04@kgv.hk

PTSA Administrator

Frances Lai 27606660 ptsas@kgv.edu.hk
PTSA Shop Manager-Ester Lai - 2760 6661

PTSA EVENTS

HEALTHY SCHOOL SEMINARS-

Speakers from Dr Vio & Partners

Wednesday 21 April

Smart use of PC Notebook and spinal health

Our thanks to Kelly Lo, Business Manager at Dr Vio and Partners for organizing this seminar. The speaker Albert Tse, a physiotherapist gave some very useful and informative talk to parents and students on this subject. Join us for the next seminar on 26th May!

Thursday May 6th (1.25-2.10)

lunchtime sausage sizzle

Tickets available from the PTSA office!



Wednesday 26 May

Under pressure, feeling blue?

The second in our series of seminars. The speaker is Dr Josephine Wong of Dr Vio & Partners (see below for details)

Parents and students most welcome; If you have a membership number please send this and the number of places you require to Frances Lai (ptsas@kgv.edu.hk) Any queries, contact Frances!

PTSA MEETING ROOM!

We have a new meeting room in the PTSA shop – please join us for a cup of coffee and learn more about the PTSA.

Topic 1: Smart use of PC Notebook & SPINAL HEALTH

Notebook usages have been increasing over the years with their sizes getting smaller and smaller. But on the other hand there is an upward surge in the incidence of notebook related spinal disorders such as Spinal Scoliosis, Thoracic Kyphosis and long term neck/back pain. The importance of raising the issues of spinal health would provide early screening and hence prevention of these potentially long-lasting health problems.

[Seminar Outline](#)

- Current health care problems in relation to electronic gadgets
- Introduction to the Spine – basic knowledge in Orthopaedics
- How our spines react to poor posture – Biomechanics
- Signs and symptoms of Neck and Back pain, Spinal deformities and upper limb disorders – How to spot these problems early
- Proper Ergonomics for students
- Prevention Strategies – What can parents do for their children?
- Physiotherapy Treatments
- Q & A

[Speaker](#)**Mr. Albert Tse**

Registered Physiotherapist
RP (Aust, HK)
MSc. SportsMed.,
BSc. Phty
PD Acupuncture

**Topic 2: UNDER PRESSURE, FEELING BLUE?**

Although some say the teens are the 'best years of your life', there is no doubt the adolescents nowadays are under tremendous stress from various sources. There is increasing evidence that depression, anxiety and stress are major problems for teenagers and causes significant morbidity and may affect academic attainment and social development. What are the common mental health problems in teenagers? How do we detect them in ourselves and people around us? How do we enhance our resilience and AQ (adversity quotient) so that we are less at risk?

[Seminar Outline](#)

- Common causes and responses to stress in adolescence
- Anxiety and depression in teenagers
- Early detection of teenagers at risk
- Enhancement of resilience and AQ (adversity quotient)

[Speaker](#)**Dr. Josephine Wong**

Specialist in Psychiatry
Honorary Clinical Assistant Professor, The University of Hong Kong
MBBS (London)
MRCPsych (UK)
FHKCPsych
FHKAM (Psychiatry)

