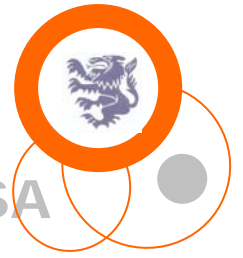


Supporting KGV's Core Values:

Honesty before Glory
Community
Respect



The KGV PTSA

SA

Upcoming Dates:

- 26 March end of term 2
- PTSA shop closes at 3.45 pm
- 12 April PTSA shop opens 8pm-3.45
- 14 April PTSA committee meeting
- 21 April PTSA seminar-6.30 SSC with complimentary refreshments

Smart use of PC Notebook and spinal health

The sixth PTSA Executive Committee meeting was held on 8th March and the focus was on the organisation of the annual fundraising event, the Fairy Tales Night Market 12th March.

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:

Peter Lau and Emily Bao



CONTACT US!

Frances Lai PTSA Administrator

27606660 pts@kgv.edu.hk

Esther Lai PTSA Shop Manager 27606661

PTSA EVENTS MARCH/APRIL

24 MARCH (1.25-2.10)

Easter lunchtime sausage sizzle

The smell of delicious sausages and onions was once again concentrated outside the PTSA office as our hardworking band of volunteer parents helped cook and serve students and teachers. Thanks to Debbie Mann and her happy band of sizzling parents who helped out at this PTSA lunchtime event. Also to our parents who kindly prepared some delicious home-made cakes and cookies!



HEALTHY SCHOOL SEMINARS- Speakers from Dr Vio & Partners

Please see page 4 of this PTSA March Newsletter for further details.
Time: 6pm reception for 6.30pm talk
Complimentary refreshments provided by the PTSA
Venue: SSC

Wednesday 21 April

Smart use of PC Notebook and spinal health

Wednesday 26 May

Under pressure, feeling blue?

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

THE PTSA WISHES EVERYONE A RELAXING HOLIDAY!

KGV Fairy Tales Night Market Report! **FRIDAY 12th MARCH 2010 6-9pm**



Once again, the weather let us down for our 2010 annual fundraising event! It was a simply lovely day on the 11th March with clear skies and not a cloud in sight. What a different picture it was on the day of the Night Market with clouds and some drizzly rain – we even thought about cloud seeding to help improve the weather!! Therefore it seemed sensible to take the decision at 3pm that afternoon to have the food vendors inside the hall and the commercial vendors to be in the Peel Block classrooms. Our intrepid enthusiastic student body decided that they were going to brave what mother nature was going to throw at them and relocated all their stalls (some 12 of them) outside the school. Thanks must go to Sanborn Li as well as our PTSA student reps Emily Ho and Peter Lau for their contributions to the success of this event. A number of KGV stalls were also represented there including Fairtrade and Crossroads, run by Y10 students and Mr Poulsum, the Learning Support Centre with Mrs Angwin and Crafts for Kids charity run by Ms Foley. The USRC club also kindly sponsored their own games stall – so it was a very busy and colourful sight for everyone who arrived at the school as they saw all these stalls.

The annual KGV Community Football Challenge and mini world cup was held outside on the field from 6-8pm. Thanks very much to Mr Wickins and all the staff who helped organize this. Teams of competitive staff, parents, students and alumni provided some 7 a-side games of action packed football; the teachers managed to hold on for a draw against the star-clad Alumni team to win the Cup in the men's competition. Thanks to all our enthusiastic wannabee Beckhams and fabulous KGV staff costumes!

The hall was wonderfully decorated in miles of beautiful Fairy Tale pink chiffon with sparkling stars and ornaments – thanks very much to Amelia Lintern Smith and her team for making the hall so very eye-catching. We placed our international food stalls here as well the bar and pizza stall and a great chocolate fountain stall provided by the school caterers, Sodexo. Our fabulous hard-working parents provided a wonderful selection of delicious food from Korea, China, Japan, the Philippines, the Caribbean and India as well as simply delicious items on the PTSA cake stall. Everyone also enjoyed the two hours of entertainment put on by our extremely talented student body.

The vendors were placed in the Peel Block classrooms and provided the KGV community with fantastic shopping options. A number of charity stalls including the Christina Noble Foundation and Orangutan Aid Foundation were in reception together with members of the PTSA committee who did a tremendous job selling those last-minute raffle tickets! The KGV Alumni Association enticed visitors to their stall with wine/champagne and thanks to the association for generously donating all the profits from this to the school. Thanks to Roi Boyd and her team for running the PTSA White Elephant, to Jill Yang and Debra Farquhar for the PTSA books and to Helena and Yan Vincent for their efforts to sell as much new and donated goods. The piazza was a hive of activity with our PTSA BBQ (thanks to Debbie Mann and Fiona Overton for once again organizing this), a very popular ISCREAM cart selling a delicious range of natural ice-creams and gelatos, and our parents who ran the bar. Screams and shrieks were heard from DS1 where the Haunted House located itself – thanks to Rhea Mogul and her dedicated team for all their hard work.

Other highlights in the entertainment programme included presentation of trophies for the winning football teams; the men's team looked particularly fetching in their fairy outfits complete with wings! We also would to thank Brian Hodgson who very ably coordinated an auction of prizes for the last half hour of the Night Market; a highlight was the bid by Mr and Mrs Lintern-Smith for a dinner party for 6 in their home cooked by our very own Gordon Ramsay, Mr Richard Bradford!

Finally, on behalf of the PTSA, I would like to thank the whole of the KGV Community for their generous support of our annual fund-raising event. We hope that we are able to donate much of the proceeds of the raffle and Night Market to the replacement of the examination chairs and tables used at KGV. All the proceeds from the Charity Auction will go to the Haiti Disaster Relief fund.

Sarah Cook, Chair, KGV PTSA

Thanks to all of our sponsors who have so generously donated to our raffle and charity auction as follows:

Cathay Pacific Airways
Travel Advisors Ltd
Costa Cruises
Hebe Haven Yacht Club Ltd
Chi International
Oxford Oriental Languages
Heliservices (HK) Ltd
Anastassia's Art House
Savvy Style Colour Me Beautiful HK
Chanel Ltd
Hermes Asia Pacific Limited
Peninsula Hong Kong
Swindon Book Company Ltd
Trafalgar Group
O2 Hair Studio
Chiram Strategic Group
Jackie Johnson
Chia Chu
Wilma Wong
KGV Alumni Association
Kowloon Cricket Club
Patsy House
Balu and Anita Chainrai
Colin and Brenda Dyson

Poster Design

Jane Steer

Logistics and set up

George Ho and all the support staff at KGV
Colleen Melvin

Raffle/licences/treasury

Frances Lai
Esther Lai

PROGRAM SUMMARY

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)

