



Dear Parents,

Invitation to participate in the 'World Spine Day – Back On Track challenge'

Our school has joined the Children's Chiropractic Foundation's Spinal School programme to spread the message about the importance of spinal health. There are events and activities all over the world to celebrate 'World Spine Day', which is an international awareness activity held every October 16. In 2020, due to the corona virus situation, we have mobilized the 'Back On Track in 21 Days challenge' to mark the occasion instead of organising a large scale gathering.

The 'Spinal superman exercise' involves full spine movement. It can enhance the strength of muscles and joints of the neck, back, lumbar and pelvic regions and spinal health. It can prevent and treat effectively. Our school encourages students, parents and teachers to take up the challenge of 'Spinal superman exercise'. The details are as follows:

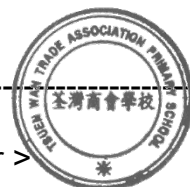
Activity name	World Spine Day – Back On Track challenge
How to participate	<ul style="list-style-type: none"> · Perform spinal superman exercise 30 times for 21 consecutive days. · Record video of yourself doing the exercise. · Share it on the social media with hashtag #Tsuen Wan Trade Association Primary School #ChildrenChiropracticFoundation. · Tag your friends and invite them to join the challenge.
Relevant information	<ul style="list-style-type: none"> · Demonstration :  · Facebook : 
Remarks	After completing this activity, you will receive a certificate and a souvenir.

Our school would like to invite your family to participate in this challenge, to establish a habit of performing spinal exercise, leading your spine 'back on track' and from inside out to enhance its healthy resilience. At the same time, we will raise awareness of spinal health. For enquiries, please contact Ms. Kwok Yik.

Yours faithfully,

Chow Kim Ho

Chow Kim Ho
Principal



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Tsuen Wan Trade Association Primary School
Reply Slip of Circular 20-040/G04 < Please return it to the class teacher >

Invitation to participate in the 'World Spine Day – Back On Track challenge'

Dear Principal,

I acknowledge the receipt of the implementation of the 'World Spine Day – Back On Track challenge'.

Parent's Opinion (if any): _____

Student's Name: _____ () Parent's Signature: _____

Class: _____ Date: _____