



KOWLOON
JUNIOR SCHOOL
九龍小學

Success for Every Child



Date: 17 Dec 2021

ESF Winter Warm-up

An invitation to ESF's new online programme for children who are unable to be in school for the start of term.



Dear Parents,

As the year draws to a close and we look forward to the start of 2022, we invite you and your child to register for ESF's new '**Winter Warm-up**' - an online programme of wellbeing activities for families and children who are unable to be in school for the start of term.

From **Monday, 3 January to Friday, 7 January**, join us for a week-long series of inspiring 90-minute sessions via Zoom at 9.00am - 10.30am to encourage students to stay active, spark creativity and enjoyment and promote healthy bodies and minds, as well as start the new year positively. The sessions will be conducted in English.

Each day we will explore one natural environment and the wild animals that live there. The ocean, desert, jungle, the Arctic, and grasslands will all be the theme for our daily activities and will incorporate yoga, movement and breathing exercises, as well as storybook reading, quizzes and creative art!

Sessions are open to all parents and students from K1 to Year 6. [Register now](#) and we look forward to seeing you and your child in the new year for what promises to be a positive, healthy way to welcome in 2022.





ESF Connections:
Winter Warm-Up

Join us
90 minutes
a day

Keep active

Keep healthy

Keep happy

Yoga & Relaxation

Interactive Story Reading

Creative Art & Craft

Explore natural environment & wild animals

Project activity & Sharing

January 3rd-7th 2022

ESF 英基

The poster features a central light blue banner with the title 'ESF Connections: Winter Warm-Up'. Below the banner are three blue hexagons containing the phrases 'Keep active', 'Keep healthy', and 'Keep happy'. To the left, a purple arrow-shaped box says 'Join us 90 minutes a day'. The main content area is filled with illustrations of children and various activities: a child in a hat doing yoga, a child reading with a dog, a child with a telescope and a box, a child with a crown and a rocket, a child with a magnifying glass, and two children holding a sign. A date sign at the bottom center reads 'January 3rd-7th 2022'. The background is decorated with snowflakes, flowers, and a rocking horse. The ESF logo is in the bottom right corner.